Use of household food consumption data (HCES) in food security analysis in the Pacific region

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https://sdd.spc.int/food-systems

Pacific Nutrient Database

Indicator	Edible portion	Water	Energy (kcal)	Protein	Fat	Carbohydrate, available	Dietary fibre
Unit of measure	percent	g	kcal	g	g	g	g
Food category							
Lettuce, composite, raw	* 73	* 96	* 11	* 1	* 0.2	* 0.8	* 1.4
Sweet potato, leaves, raw	* 94	* 88	* 33	* 2.9	* 0.8	* 1	* 5.2
Banana, cooking, raw	* 65	* 68	* 126	* 0.9	* 0.2	* 29.8	* 0.7

|	Polynesia	Micronesia	Melanesia	Pacific
Cereals and their products	20%	45%	25%	28%
Roots, tubers, plantains and their products	21%	2%	33%	25%
Pulses, seeds and nuts and their products	14%	5%	17%	14%
Sweets and sugars	16%	15%	5%	9%
Fish, shellfish and their products	4%	9%	6%	6%
Meat and meat products	12%	7%	2%	5%
Fruits and their products	3%	5%	4%	4%
Fats and oils	4%	4%	2%	3%
Savoury snacks	2%	2%	2%	2%
Vegetables and their products	1%	0%	2%	1%
Beverages	2%	3%	0%	1%
Composite dishes	1%	0%	2%	1%
Milk and milk products	1%	1%	0%	0%
Spices and condiments	1%	1%	0%	0%
Eggs and their products	0%	0%	0%	0%
Foods for particular nutritional uses	0%	0%	0%	0%

Pacific Nutrient Database User Guide

A tool to facilitate the analysis of poverty, nutrition and food security in the Pacific region
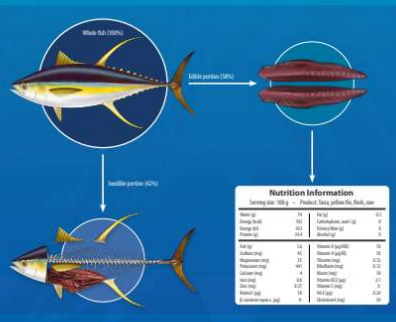
Classifications:
i. COICOP 1999
ii. COICOP 2018
iii. GIFT
iv. Pacific Guidelines for Healthy Living
v. HDDS
vi. FAO Food Commodity Group Classification
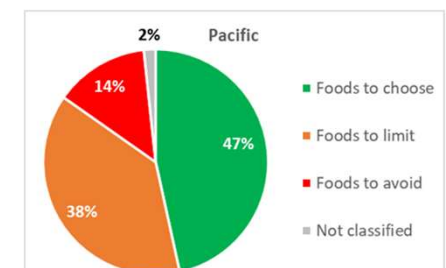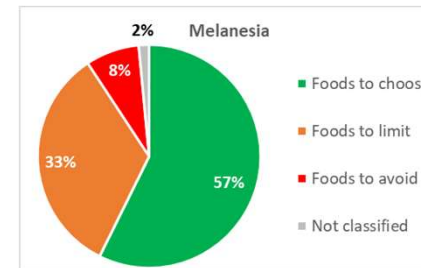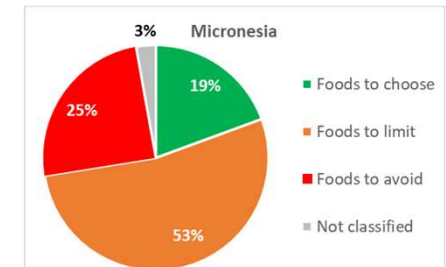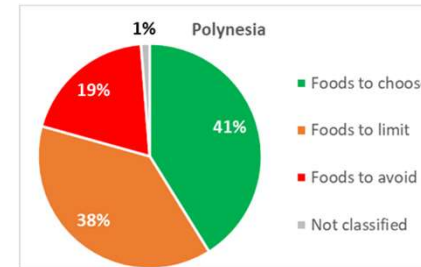
Source: Troubat et al 2023 (provisional and not to be cited)

Food security profiles

Food security profiles

Food security profiles

Food consumption reports
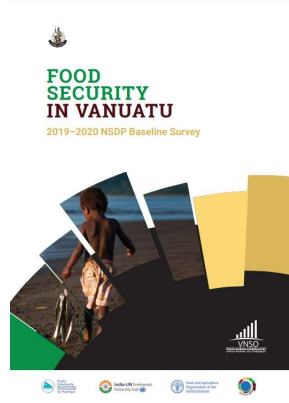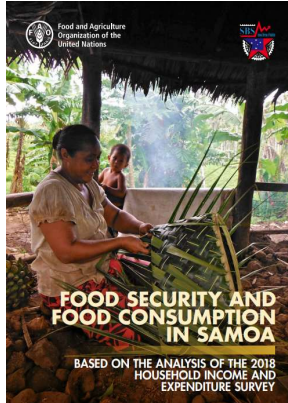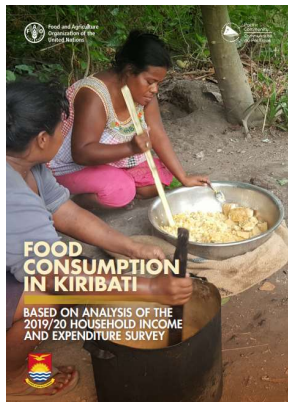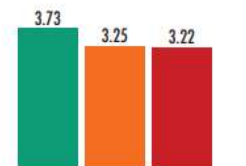
ADePT-FSM

1.3 Selected food consumption statistics by population groups

Average

Kiribati		
Urban		
Rural		

Percentag

Less than 3
or obese
33% to 50%
obese
50 to 75%
obese
More than
overweight

Education
Pre- or prin
Lower sec
Higher/pos

Any HH m
No HH mer
Any HH me
activities

2.1 Food consumption by food commodity groups

Ki

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Fruits and their products	85.0	0.2	81	1.1	17.1	0.4	
Fats and oils	10.1	0.0	87	0.0	0.0	9.7	
Sweets and sugars	120.2	0.3	465	1.8	106.9	3.2	
Spices and condiments	16.4	0.1	6	0.5	0.6	0.1	
Beverages	162.5	0.3	101	0.7	21.2	0.7	
Foods for particular nutritional uses	0.3	0.0	1	0.0	0.1	0.1	
Food not classified	361.1	0.5	330	9.9	59.4	5.9	
Food additives	0.0	0.0	0	0.0	0.0	0.0	

5.1 Consumption of vitamin A

Ratio of retinol   Beta-carotene

6.6 Contribution of food groups to micronutrient consumption by area

Average micronutrient consumption, % of total consumption

	Vitamin A	Retinol	Beta-carotene	Vitamin B1	Vitamin B2	Vitamin B12	Vitamin C	Calcium	Zinc	Animal iron
Urban										
Cereals and their products	0.04	0.00	0.05	60.24	40.78	4.29	0.14	22.40	62.88	0.00
Roots, tubers, plantains and their products	0.09	0.00	0.12	0.54	0.21	0.00	2.92	0.82	0.67	0.00
Pulses, seeds and nuts and their products	0.00	0.00	0.00	1.08	0.40	0.00	3.58	1.01	1.78	0.00
Milk and milk products	1.49	4.74	0.14	1.20	7.69	3.25	0.39	11.09	1.69	0.31
Eggs and their products	0.44	1.48	0.00	0.09	0.60	0.35	0.00	0.15	0.17	0.93
Fish, shellfish and their products	14.29	47.38	0.56	9.56	19.10	76.48	0.80	21.05	13.18	60.20
Meat and meat products	3.44	10.12	0.69	4.69	7.82	12.89	0.48	1.11	11.64	26.40
Vegetables and their products	60.38	0.00	85.49	2.61	4.47	0.00	18.98	4.98	1.55	0.00
Fruits and their products	4.23	0.00	5.96	5.40	3.74	0.00	30.72	4.84	1.26	0.00

Capacity building

- FAO TCP on SDG 2.1
    - National workshop
    - Technical attachment to SPC
    - Sub-regional physical workshop
    - Regional virtual workshop

TARGET 2·1

UNIVERSAL ACCESS TO SAFE AND NUTRITIOUS FOOD

SDG Target 2.1

By 2030, end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round.

- **Indicator 2.1.1** - Prevalence of undernourishment
- **Indicator 2.1.2** - Prevalence of moderate or severe food insecurity based on the food insecurity experience scale (FIES)
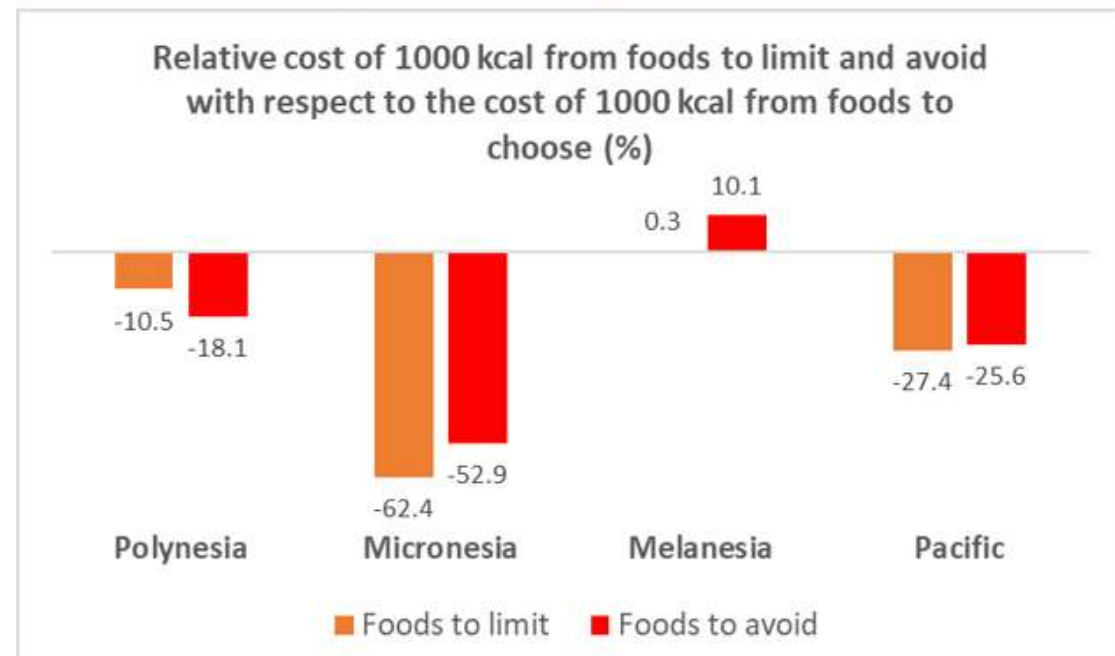
Harmonisation

Table 7. Contribution of main sources of dietary energy by food groups (%)

	Purchase
Cereals	93%
Roots, tubers, plantains	17%
Pulses, seeds and nuts	11%
Milk and milk products	98%
Eggs	96%
Pelagic fish	46%
Reef fish	22%
Invertebrates/shellfish	29%
Canned fish	74%
Processed fish	62%
Other fish, fresh	37%
Meat offal	95%
Poultry	87%
Beef	74%
Pork	19%
Sheep meat	94%
Canned meat	79%
Processed meat	93%
Other meats	74%
Vegetables	60%
Fruits	15%
Fats and oils	98%
Sweets and sugars	95%
Spices and condiments	95%
Beverages	65%
Composite dishes	87%

Table 9. Percentage difference between the cost of 1000kcal from the food group with respect to 1000kcal from roots/tubers/plantain and average in-house dietary energy consumed (kcal/capita/day)

Cereals and their products
Roots, tubers, plantains and their
Pulses, seeds and nuts and their p
Milk and milk products
Eggs and their products
Fish, shellfish and their products
Meat and meat products
Vegetables and their products
Fruits and their products
Fats and oils
Sweets and sugars
Spices and condiments
Beverages
Composite dishes
Savoury snacks

	2%	3%	96%
Beverages	65%	33%	2%	60%
Composite dishes	87%	5%	8%	67%

Graph 6. Percentage difference between the cost of 1000 kcal from foods to limit or avoid with respect to 1000 kcal from foods to choose

Relative cost of 1000 kcal from foods to limit and avoid with respect to the cost of 1000 kcal from foods to choose (%)

Polynesia: Foods to limit -10.5, Foods to avoid -18.1
Micronesia: Foods to limit -62.4, Foods to avoid -52.9
Melanesia: Foods to limit 0.3, Foods to avoid 10.1
Pacific: Foods to limit -27.4, Foods to avoid -25.6

■ Foods to limit ■ Foods to avoid

Thank you ☺