2018 Global Nutrition Report

Shining a light to spur action on nutrition

Professor Corinna Hawkes
*Co-Chair, Independent Expert Group of the Global Nutrition Report*
About the Global Nutrition Report
The Global Nutrition Report 2014 to today

- 2018 Global Nutrition Report
  Shining a light to spur action on nutrition

- 2017 Global Nutrition Report
  Nourishing the SDGs

- 2016 Global Nutrition Report
  From promise to impact: ending malnutrition by 2030

- 2015 Global Nutrition Report
  Actions and accountability to advance nutrition and sustainable development

- 2014 Global Nutrition Report
  Actions and accountability to accelerate the world’s progress on nutrition
The 2018 Global Nutrition Report

• Chapter 1
  Why malnutrition matters

• Chapter 2
  The burden of malnutrition

• Chapter 3
  Three issues in critical need of attention

• Chapter 4
  What people eat and why it matters

• Chapter 5
  The fight against malnutrition – commitments and financing

• Chapter 6
  Critical steps to get nutrition on track
What progress has there been in reducing malnutrition?
Stunting is declining (2000–2017)
Most significant declines are in Asia and Latin America and the Caribbean

Source: NCD Risk Factor Collaboration
New innovations in geospatial data shows it varies significantly within countries

Prevalence of stunting in Africa

2015

Prevalence, %

<10  30  ≥50
48% of countries are on track for at least one nutrition target

### Global nutrition targets for 2025

<table>
<thead>
<tr>
<th>Target</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>TARGET 1:</td>
<td>40% reduction in the number of children under 5 who are stunted</td>
</tr>
<tr>
<td>TARGET 2:</td>
<td>50% reduction of anaemia in women of reproductive age</td>
</tr>
<tr>
<td>TARGET 3:</td>
<td>30% reduction in low birth weight</td>
</tr>
<tr>
<td>TARGET 4:</td>
<td>No increase in childhood overweight</td>
</tr>
<tr>
<td>TARGET 5:</td>
<td>Increase the rate of exclusive breastfeeding in the first 6 months to at least 50%</td>
</tr>
<tr>
<td>TARGET 6:</td>
<td>Reduce and maintain childhood wasting to less than 5%</td>
</tr>
</tbody>
</table>

### Global non-communicable disease targets for 2025 (diet-related)

<table>
<thead>
<tr>
<th>Target</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>TARGET 4:</td>
<td>30% relative reduction in mean population intake of salt</td>
</tr>
<tr>
<td>TARGET 6:</td>
<td>A 25% relative reduction in the prevalence of raised blood pressure</td>
</tr>
<tr>
<td>TARGET 7:</td>
<td>Halt the rise in obesity and diabetes</td>
</tr>
</tbody>
</table>
Exclusive breastfeeding has increased 4 percentage points since 2012 to 41%

**TARGET 5:**
Increase the rate of exclusive breastfeeding in the first 6 months to at least 50%

**Burkina Faso**
Exclusive breastfeeding rates improved from 9% to over 50% between 1992 and 2014

**Nepal**
Exclusive breastfeeding in targeted districts increased from 46% to 70% between 2012 and 2016
Yet progress towards targets is too slow

Maternal, infant and young child nutrition targets

<table>
<thead>
<tr>
<th>Target</th>
<th>On course</th>
<th>Some progress</th>
<th>No progress or worsening</th>
<th>No data</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anaemia</td>
<td>49</td>
<td>138</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Exclusive breastfeeding</td>
<td>31</td>
<td>130</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Childhood stunting</td>
<td>24</td>
<td>127</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Childhood overweight</td>
<td>38</td>
<td>133</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Childhood wasting</td>
<td>37</td>
<td>121</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Nutrition-related NCD targets

<table>
<thead>
<tr>
<th>Target</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity</td>
<td>180</td>
<td>178</td>
</tr>
<tr>
<td>Diabetes</td>
<td>182</td>
<td>164</td>
</tr>
</tbody>
</table>
... including for stunting

Childhood stunting

Off course

Target: 40% reduction in the number of children under 5 who are stunted

Baseline (2012) 165.2m
2017 data 150.8m
Target (2025) Around 100m

There will be about 130 million stunted children in 2025 if current trends continue.
Stunting is shown to be higher in conflict versus non-conflict countries

Prevalence of stunting in conflict countries versus non-conflict countries

- 20% of children affected by stunting in conflict countries
- 80% of children not affected by stunting in conflict countries
- 34% of children affected by stunting in non-conflict countries
- 66% of children not affected by stunting in non-conflict countries
Rates of anaemia and women underweight have barely changed

Global prevalence of anemia, overweight (including obesity) and underweight in women, 2000–2016

- **Prevalence of anaemia among women of reproductive age (15–49)**
  - 2000: 31.6%
  - 2016: 32.8%

- **Prevalence of underweight among women aged 20–49**
  - 2000: 11.6%
  - 2016: 9.7%

- **Prevalence of overweight and obesity among adult women (18+)**
  - 2000: 31.7%
  - 2016: 39.2%
We still lack key evidence for tackling micronutrient deficiency

It’s often cited that

“Over 2 billion people worldwide suffer from a chronic deficiency of micronutrients, a condition known as hidden hunger”.
(World Health Organisation, 2006)

Yet we don’t know the state of micronutrient deficiencies in nutritionally vulnerable populations, such as children under five years of age, women and adolescent girls.
Adult overweight and obesity continue to rise

Global prevalence of obesity (BMI ≥30) among adults aged 18 years and over, 2000–2016
Significant challenges in adolescent nutrition

Adolescent obesity, ages 10 to 19 years, by region, 2016

Poor dietary behaviour
We need ever greater focus on this critical life stage in global and national efforts on nutrition

Daily soda
88% of countries face overlapping burdens

Number of countries with overlapping forms of childhood stunting, anaemia and overweight in adult women, 2017 and 2018

- **15.95m children** stunted and wasted
- **8.23m children** stunted and overweight
- **Overweight and anaemia and stunting:** 41 countries
- **Overweight and anaemia:** 54 countries
- **Overweight only:** 11 countries
- **Anaemia only:** 5 countries
- **Stunting only:** 1 country
- 141 countries in total

---

2018 Global Nutrition Report
New analysis shows almost 25 million children are stunted *and* overweight or stunted *and* wasted

Children under 5 experiencing two forms of malnutrition
What progress has there been in improving diets?
Diets of infants and young children are suboptimal everywhere

How infant and young child feeding practices differ across wealth quintiles, and urban and rural areas

- Continued breastfeeding at 2 years
  - Countries with data = 71, 85

- Continued breastfeeding at 1 year
  - Countries with data = 76, 86

- Minimum acceptable diet
  - Countries with data = 64, 65

- Minimum dietary diversity
  - Countries with data = 68, 69

- Minimum meal frequency
  - Countries with data = 81, 82

- Induction to solids, semi-solid foods
  - Countries with data = 66, 81

- Exclusive breastfeeding
  - Countries with data = 75, 88

- Early initiation
  - Countries with data = 84, 86

Average, %
Infant formula (0–36 months) sales increased from 16.0kg–28.5kg per infant 2005–2017

Trends and patterns in per infant/child commercial breast milk substitutes sales by region, 2005–2017
Diets low in nutritious foods are a leading cause of healthy life years lost

DALYs related to each dietary risk factor

- Ischemic heart disease
- Other cancers
- Diabetes mellitus
- Ischemic stroke
- Intracerebral hemorrhage
- Colon and rectum cancer
- Other

<table>
<thead>
<tr>
<th>Risk factors</th>
<th>A diet that is low in</th>
<th>A diet that is high in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole grains</td>
<td>62.6</td>
<td>61.0</td>
</tr>
<tr>
<td>Fruits</td>
<td>49.5</td>
<td>47.6</td>
</tr>
<tr>
<td>Nuts and seeds</td>
<td>35.5</td>
<td>33.3</td>
</tr>
<tr>
<td>Salt</td>
<td>20.1</td>
<td>14.2</td>
</tr>
<tr>
<td>Vegetables</td>
<td>8.4</td>
<td>5.1</td>
</tr>
<tr>
<td>Seafood omega-3 fatty acids</td>
<td>3.4</td>
<td>3.2</td>
</tr>
<tr>
<td>Fibre</td>
<td>2.6</td>
<td>1.2</td>
</tr>
<tr>
<td>Legumes</td>
<td>0.8</td>
<td>0.8</td>
</tr>
<tr>
<td>Trans fatty acids</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pol-unsaturated fatty acids</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Processed meat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Real meat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugar-sweetened beverages</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
No income group is eating enough vegetables, whole grains or legumes, and all are drinking too much soda

Consumption of food groups and components across income groups, 2016

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Low income</th>
<th>Lower-middle income</th>
<th>Upper-middle income</th>
<th>High income</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>360g</td>
</tr>
<tr>
<td>Legumes</td>
<td>60g</td>
<td>60g</td>
<td>60g</td>
<td>60g</td>
</tr>
<tr>
<td>Trans fat</td>
<td>0.5%</td>
<td>0.5%</td>
<td>0.5%</td>
<td>0.5%</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>7%</td>
<td>7%</td>
<td>7%</td>
<td>7%</td>
</tr>
<tr>
<td>Red meat</td>
<td>22.5g</td>
<td>22.5g</td>
<td>22.5g</td>
<td>22.5g</td>
</tr>
<tr>
<td>Processed meat</td>
<td>2g</td>
<td>2g</td>
<td>2g</td>
<td>2g</td>
</tr>
<tr>
<td>Salt</td>
<td>2g</td>
<td>2g</td>
<td>2g</td>
<td>2g</td>
</tr>
<tr>
<td>Sugar-sweetened beverages</td>
<td>2.5g</td>
<td>2.5g</td>
<td>2.5g</td>
<td>2.5g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Midpoint of TRMEL</th>
<th>0% of TRMEL</th>
<th>200% of TRMEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nuts and seeds</td>
<td>20.5g</td>
<td>435g</td>
</tr>
<tr>
<td>Milk</td>
<td>1.25g</td>
<td>250g</td>
</tr>
<tr>
<td>Calcium</td>
<td>125g</td>
<td>225g</td>
</tr>
<tr>
<td>Fruit</td>
<td>0.25g</td>
<td>11%</td>
</tr>
<tr>
<td>Whole grain</td>
<td>60g</td>
<td>125g</td>
</tr>
<tr>
<td>Omega 3</td>
<td>0.5%</td>
<td>7%</td>
</tr>
<tr>
<td>Polyunsaturated fat</td>
<td>11%</td>
<td>22.5g</td>
</tr>
</tbody>
</table>
In some regions up to 33% of school-aged children eat no fruit daily – and up to 59% consume soda

Prevalence of daily fruit, vegetable and soda intake among school-age children and adolescents

- Africa
- Oceania
- Asia
- Latin America and the Caribbean

- Never or rarely hungry
- Always or mostly hungry

- Daily fruit: 70%, 71%, 67%
- Daily vegetables: 88%, 80%, 78%, 72%
- Daily soda: 40%, 44%, 52%, 59%
- Never or rarely hungry: 79%, 66%
- Always or mostly hungry: 13%, 11%, 4%
69% packaged foods aren’t aligned with healthy diets

Trends and patterns in per capita packaged food category sales by region, 2005–2017
But there is progress in effective policies and programmes

1. More countries have mandatory fortification
   86 countries now require at least one type of cereal grain to be fortified with iron and/or folic acid. Only 19 countries are still classified with insufficient iodine intake, a dramatic shift from 110 countries in 1993

2. Governments are acting to improve diets
   59 countries impose taxes on sugar-sweetened beverages, many in the context of excess intake: Mexico saw 9.7% decline in spending on sugary drinks within 2 years

3. Multi-sector action in cities is growing
   Decline of obesity in Amsterdam by 12.5%, declines in municipalities in the US

4. Multi-level, community based interventions show rapid impact
   Minimum dietary diversity prevalence increased 5.2%–24.9% in communities with intense activity by “Alive and Thrive” in Ethiopia 2015–2017
.... and growth in data initiatives to help us understand the role of diet in malnutrition

Global Dietary Database
Global Burden of Disease study
FAO/WHO GIFT
Gallup Diet Quality Worldwide project,
International Dietary Data Expansion (INDDEX) Project

Intake at the Center for Dietary Assessment at FHI 360
IANDA project
Fill the Nutrient Gap tool
INFORMAS
Range of initiatives for adolescents, bringing in their voices e.g. TALENT, CO-CREATE
What progress has there been in financing and commitments?
Disbursements to nutrition through overseas development assistance were US$856 million in 2016

Basic nutrition ODA disbursements, 2007–2016
The N4G financing target was met 2 years early

**N4G**

**NUTRITION FOR GROWTH PLEDGE**

- by 2020: US$19.6 bn
- disbursed in 2018: US$21.8 bn

Target exceeded two years early

**Milan Summit 2017:**

an additional US$640 million was pledged and all financial commitments were SMART.
Disbursements to diet-related NCD projects rose to US$32.5 million in 2016

Diet-related NCD ODA disbursements and commitments, 2014–2016
Domestic spending in 25 countries risen from US$13.2bn to 16.2bn over their last 2 budget years

47 countries are conducting analyses of their nutrition spending, several at county level
81% of countries have three or more nutrition targets

Percentage of countries with selected nutrition targets, 2018

- Overweight adults and adolescents: 84%
- Childhood overweight: 73%
- Exclusive breastfeeding: 66%
- Childhood stunting: 58%
- Salt intake: 57%
- Childhood wasting: 53%
- Low birth weight: 52%
- Anaemia: 46%

189 countries have at least 1 nutrition target

164 countries have nutrition action plans
The area of greatest progress: we know so much more than before

The uncomfortable question is not so much why are things so bad, but why are things not better when we know so much more than before?
5 critical steps to speed up progress
Five critical steps

1: Break down silos and develop comprehensive programmes

2: Prioritise and invest in the data needed and capacity to use it

3: Scale up and diversify financing for nutrition

4: Focus on healthy diets to drive better nutrition everywhere

5: Improve the targets and commitments that are driving actors