



FOOD THINKERS

**Centre for
Food Policy**

Educating, researching, influencing for
integrated and inclusive food policy



2018 Global Nutrition Report

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Report*

About the GNR

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

**Malnutrition is a universal
problem**

The global burden of malnutrition is unacceptably high



Children under 5

1 in 5 stunted

15.9m stunted *and* wasted

8.23m stunted *and* overweight

Undernutrition explains around **45% of deaths among children under five**, mainly in low and middle-income countries

34% of children in conflict states are affected by stunting, compared with 20% in non-conflict states



Adults

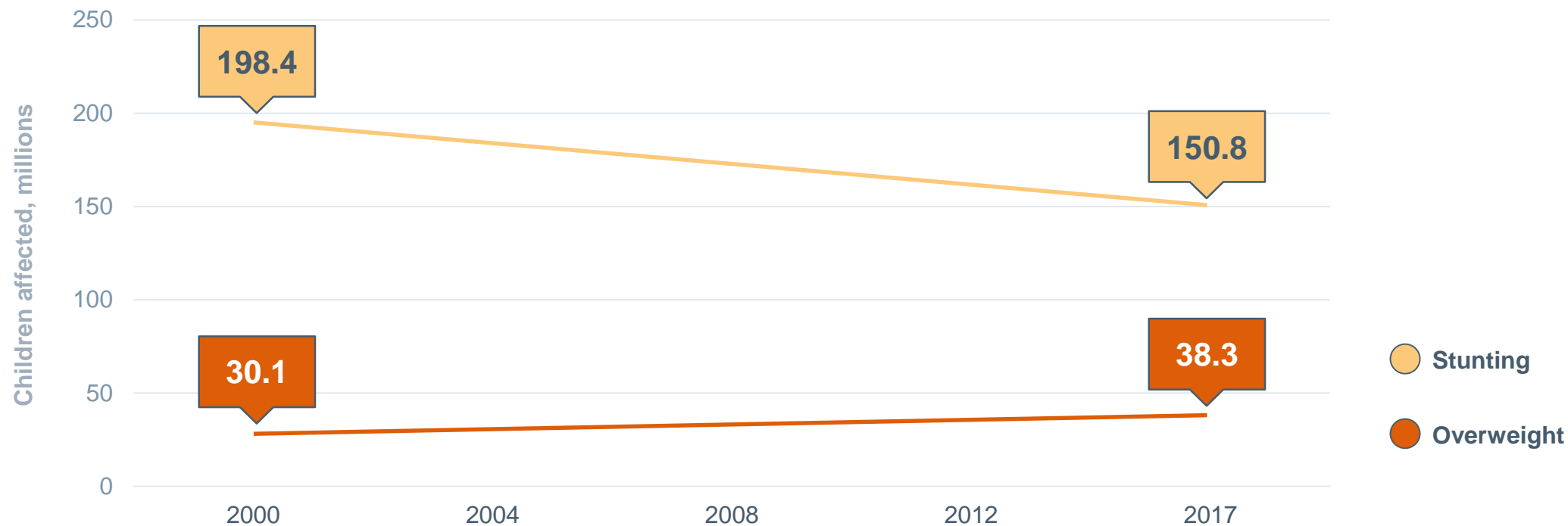
1 in 3 either overweight or obese

Adolescents

Record overweight and obesity

Stunting is declining (2000–2017)

Most significant declines are in Asia and Latin America and the Caribbean



Source: NCD Risk Factor Collaboration

48% of countries are on track for at least one nutrition target

Global nutrition targets for 2025



TARGET 1:
40% reduction in the number of children under 5 who are stunted



TARGET 4:
No increase in childhood overweight



TARGET 2:
50% reduction of anaemia in women of reproductive age



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



TARGET 3:
30% reduction in low birth weight



TARGET 6:
Reduce and maintain childhood wasting to less than 5%

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



TARGET 4:
30% relative reduction in mean population intake of salt



TARGET 6:
A 25% relative reduction in the prevalence of raised blood pressure



TARGET 7:
Halt the rise in obesity and diabetes

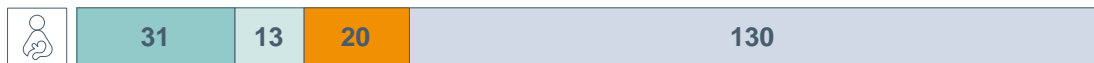
Yet progress towards targets is too slow

Maternal, infant and young child nutrition targets

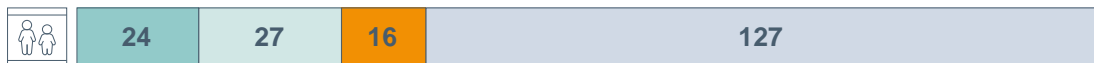
Anaemia



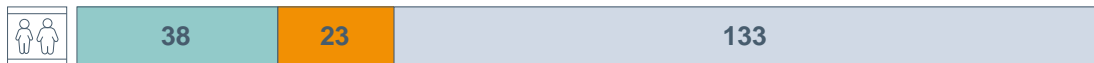
Exclusive breastfeeding



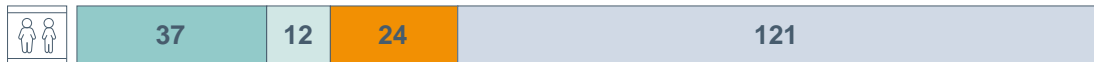
Childhood stunting



Childhood overweight



Childhood wasting



Nutrition-related NCD targets

Obesity, men



Obesity, women



Diabetes, men

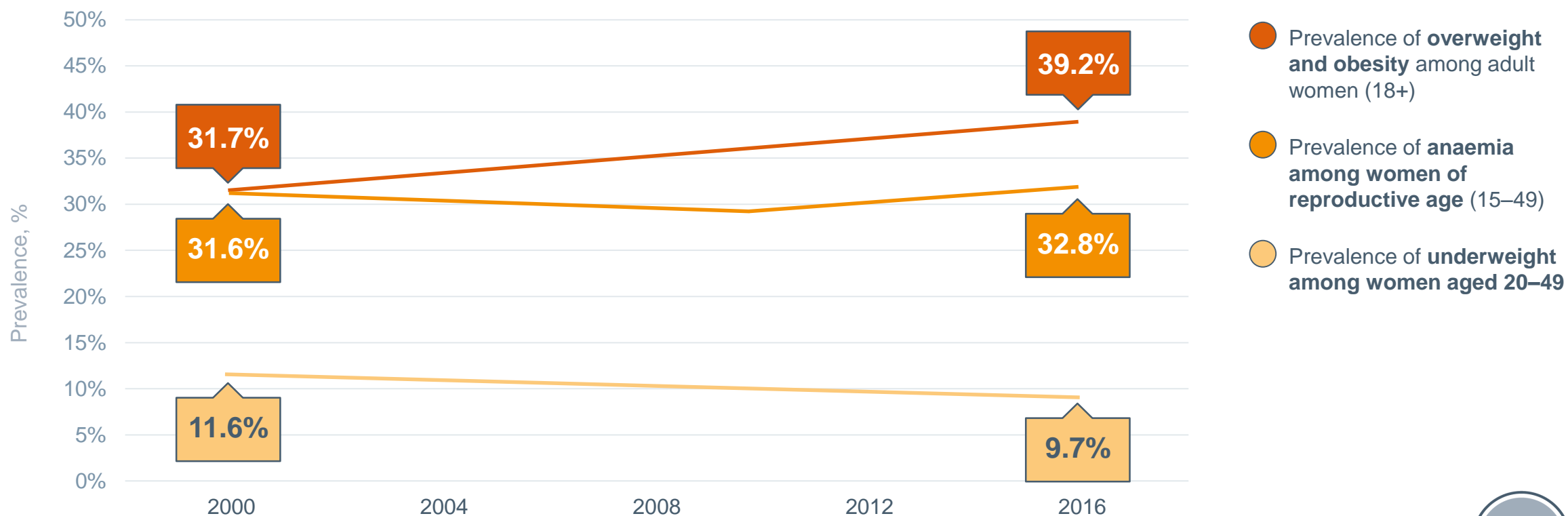


Diabetes, women



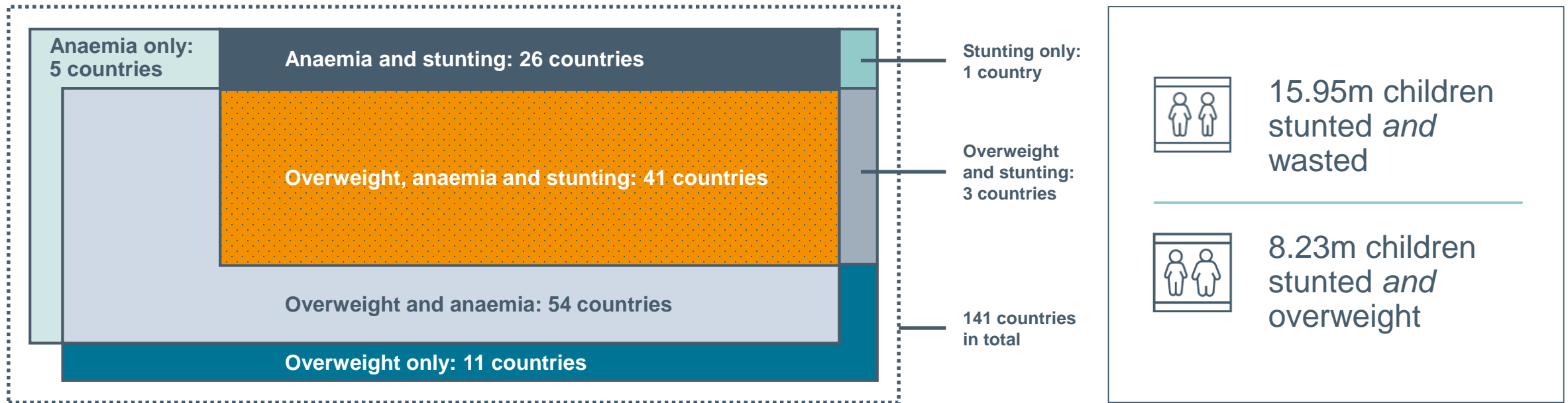
Rates of anaemia and women underweight have barely changed, while obesity is rising

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

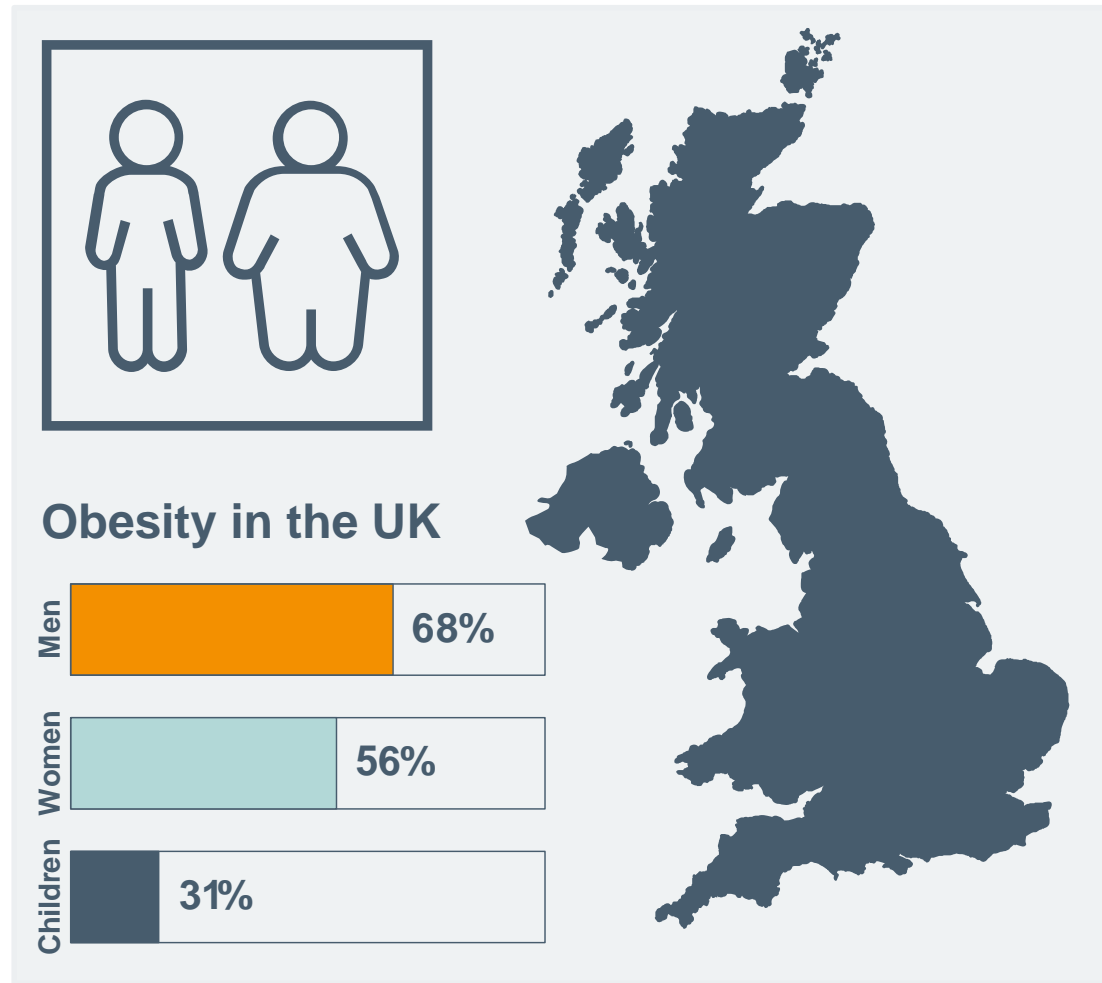


88% of countries face overlapping burdens

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



Spotlight on the UK

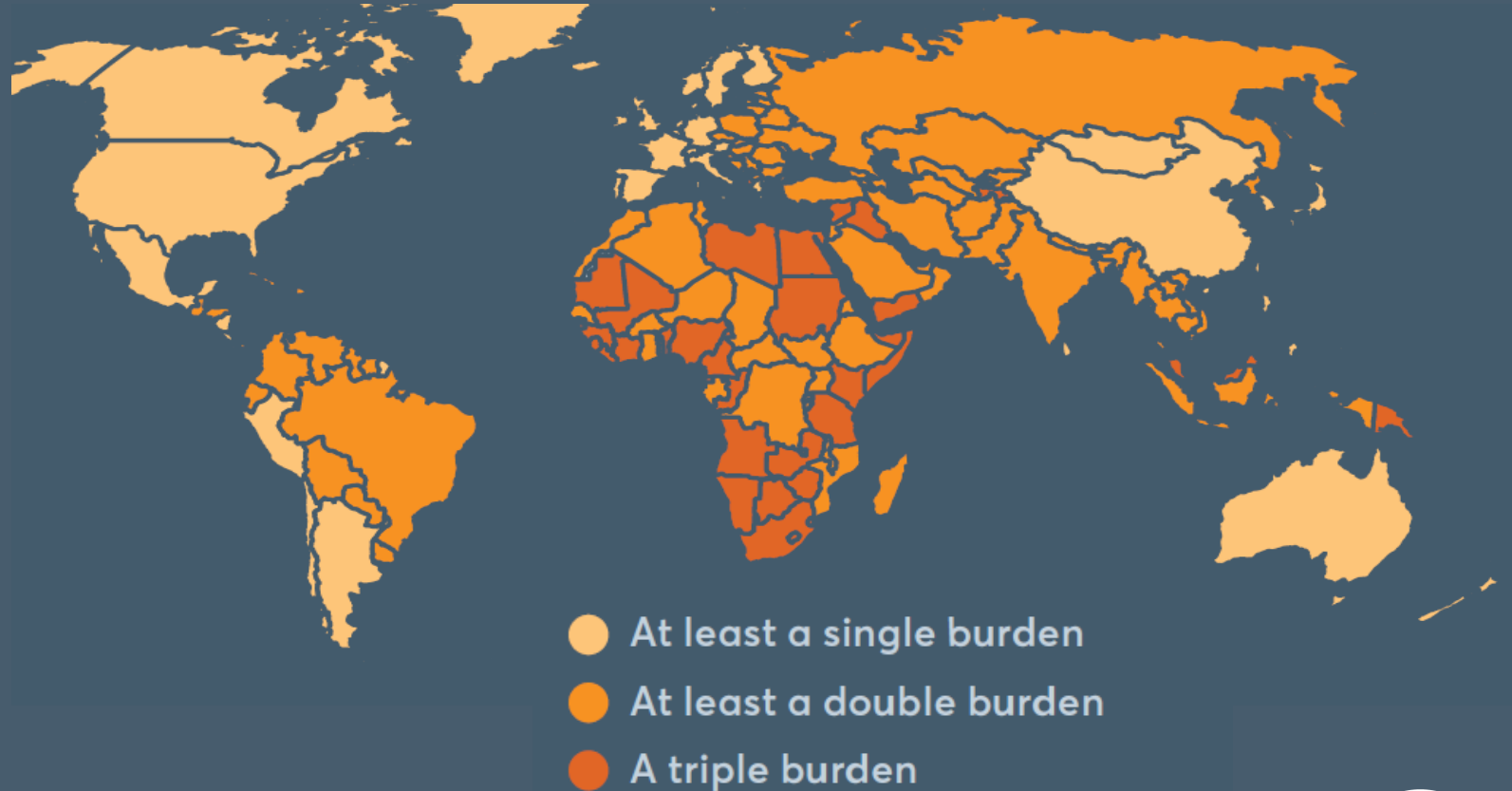


- **10.1% (8.4 million people)** live in households where adults report insecure access to food
- **More than 1 million** emergency food parcels given out by the Trussell Trust in 2016/17
- **22% of girls** aged 11-18 % below the Lower Reference Nutrient Intake value for calcium; 27% for zinc; 54% for iron
- **1.3 million people** over age 65 experience, or are at risk of, undernutrition

Every country in the world is affected by malnutrition

Every country has a malnutrition problem, irrespective of wealth

88% of countries experience more than one type of malnutrition burden



The poor quality of diets among infants, young children, adolescents and adults is universal - and unacceptable

Diets low in nutritious foods are a leading cause of healthy life years lost

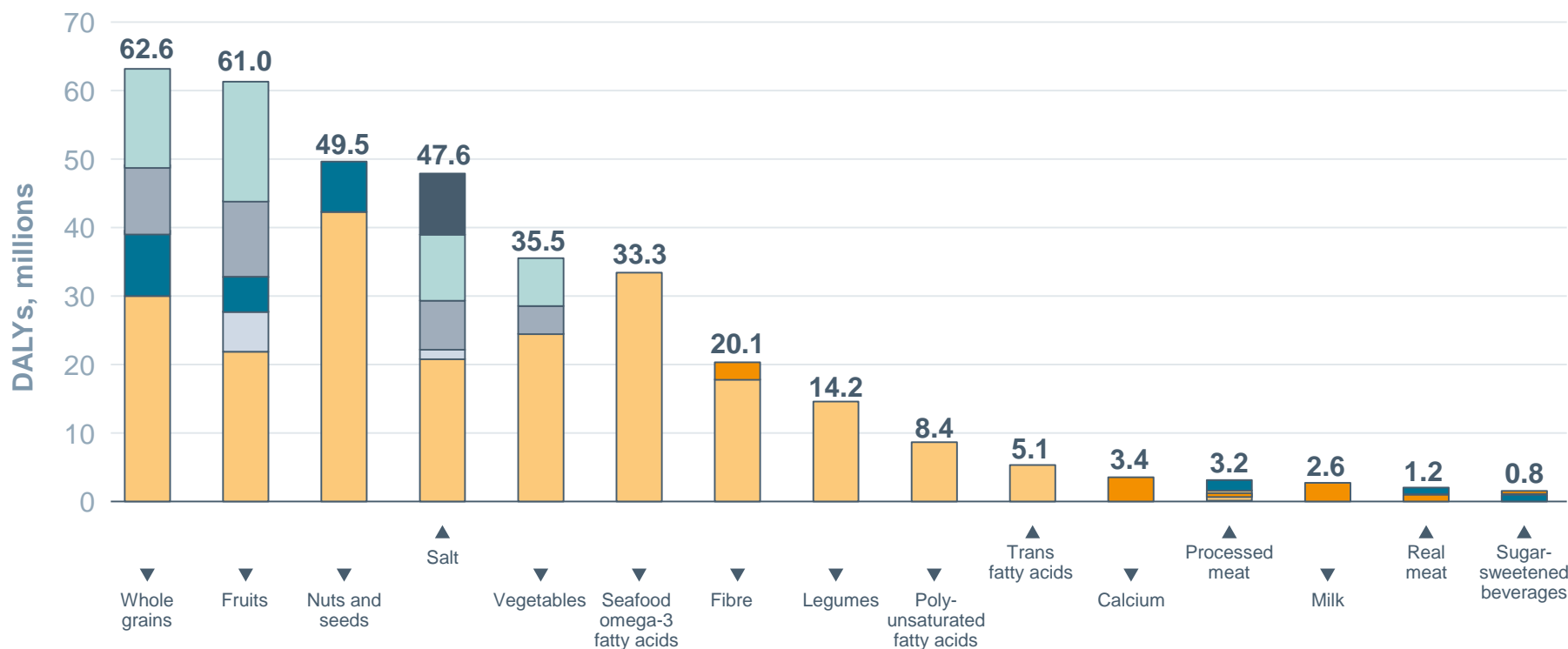
DALYs related to each dietary risk factor

Risk factors

▼ A diet that is low in

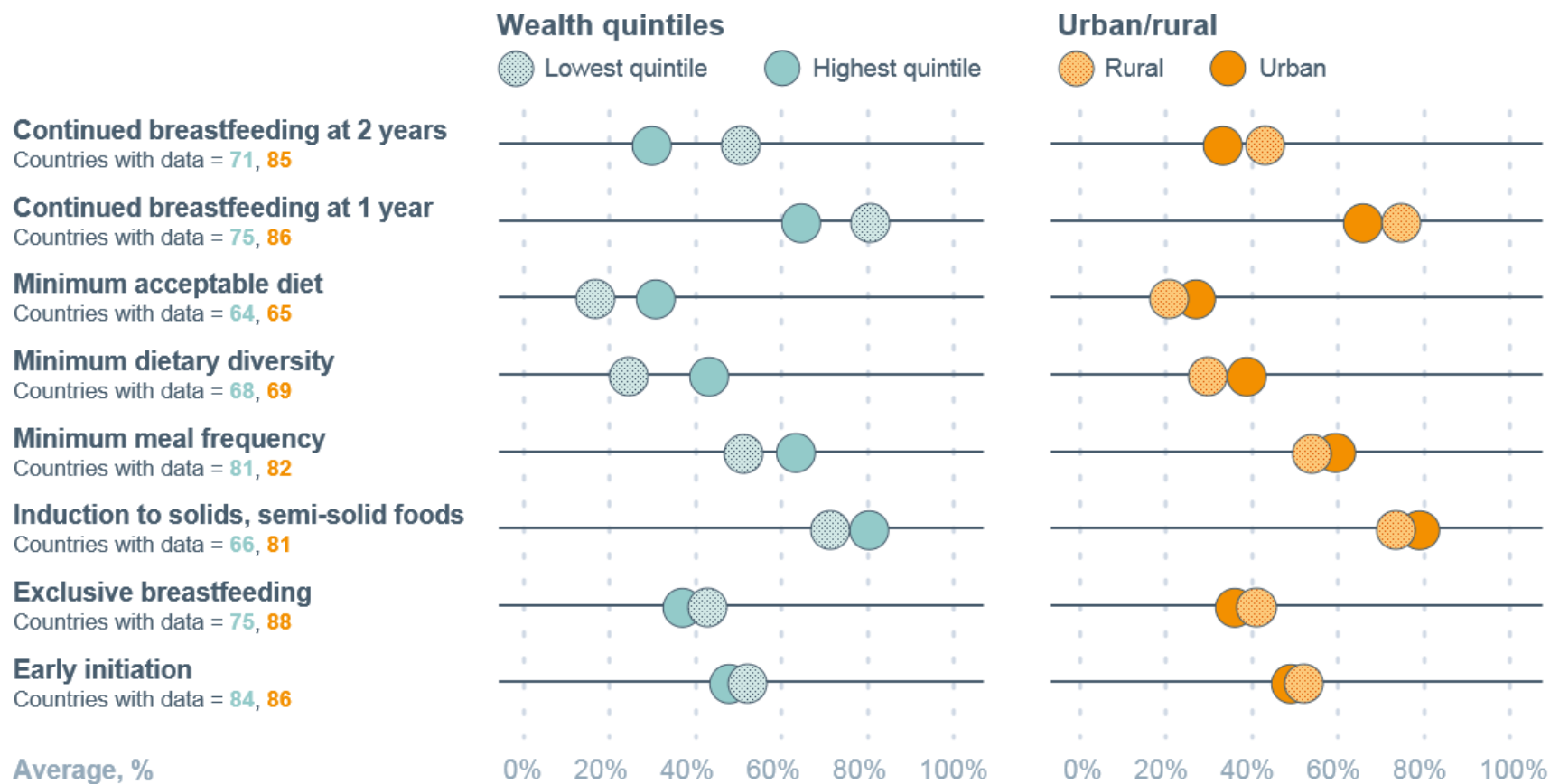
▲ A diet that is high in

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



Diets of infants and young children are suboptimal *everywhere* in *all* wealth groups

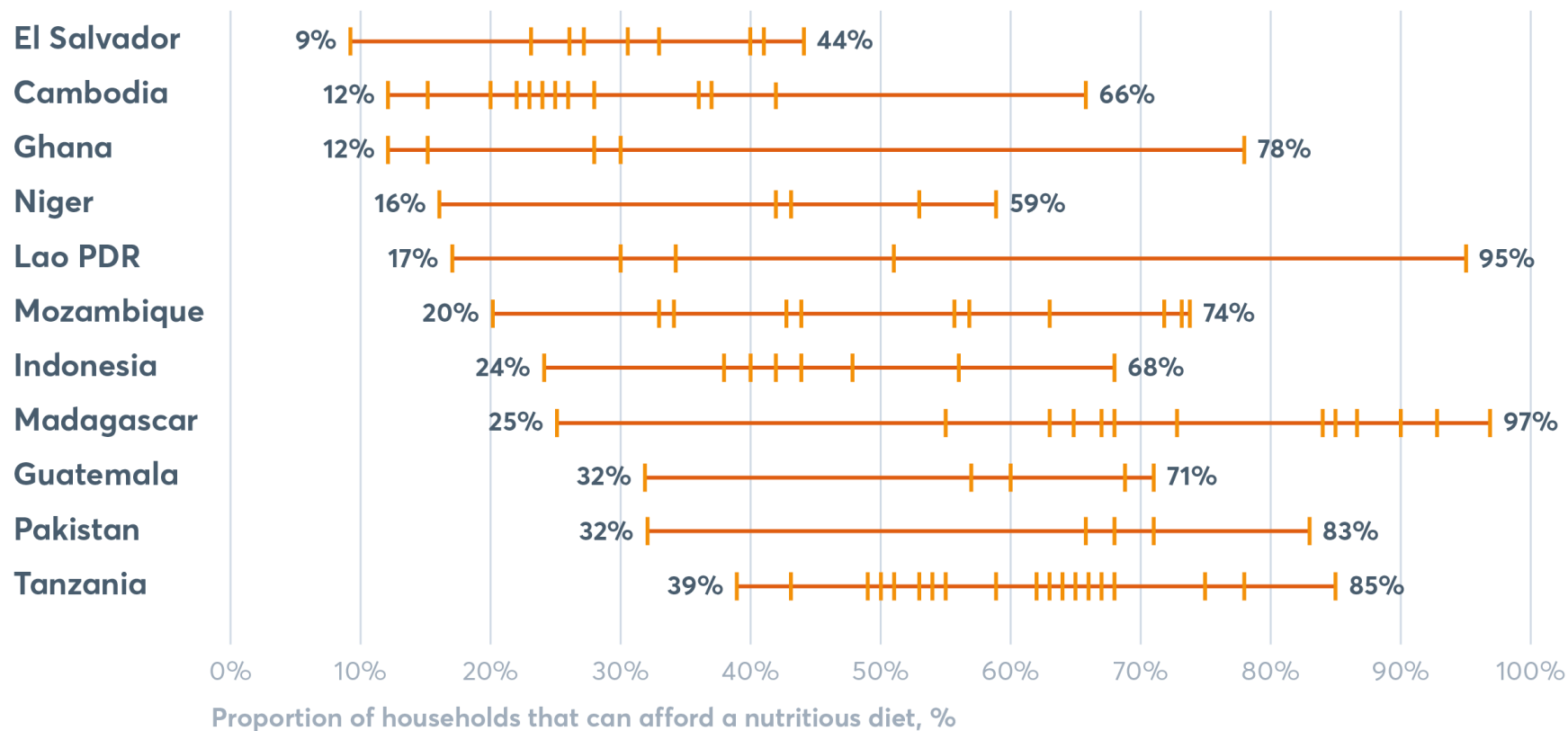
74.6% of children 6–23 months of age do not have sufficient diet diversity for a healthy diet –
 75.6% in lowest wealth quintile
 56.7% in highest wealth quintile



Many countries have areas where majority of people cannot afford a nutritious diet

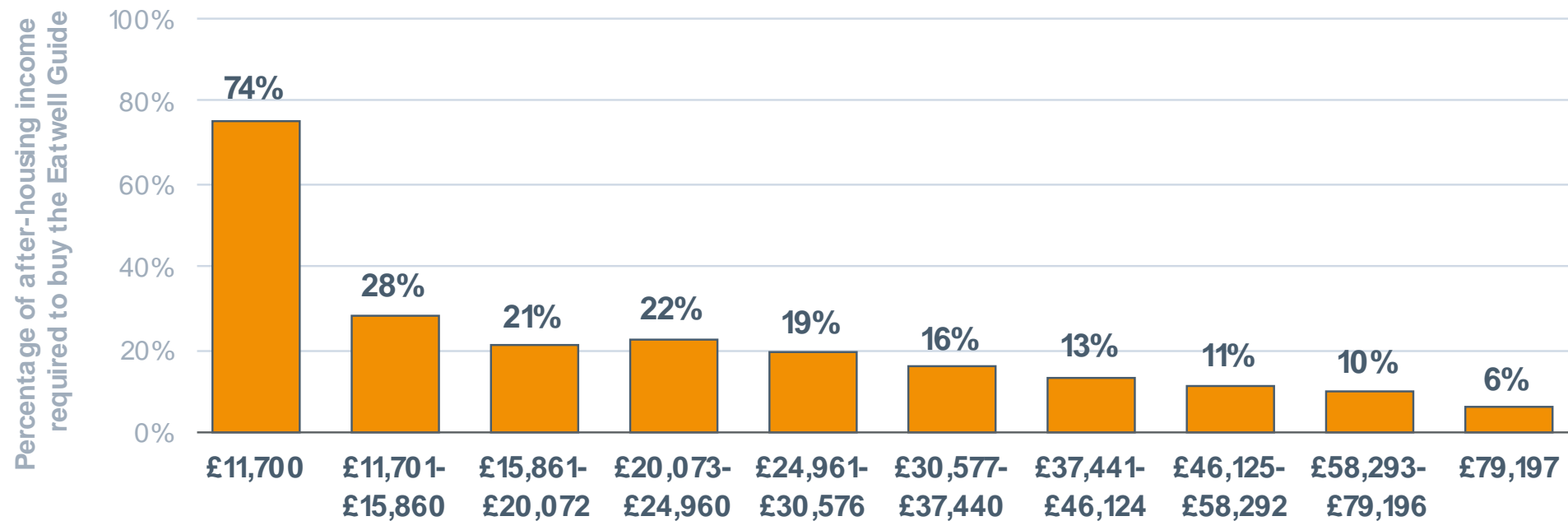
Results from the World Food Program Fill the Nutrient Gap Tool

| Data for different area of the country



The cost of nutritious diets in the UK

According to The Food Foundation study *Affordability of the UK's Eatwell Guide* (September 2018), the cost of the UK Government's recommended diet is 74% of the household income of the poorest families (£41.93 per adult per week, or £103.17 per week for a family of two adults and two children)



Source: Food Foundation, 2018

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

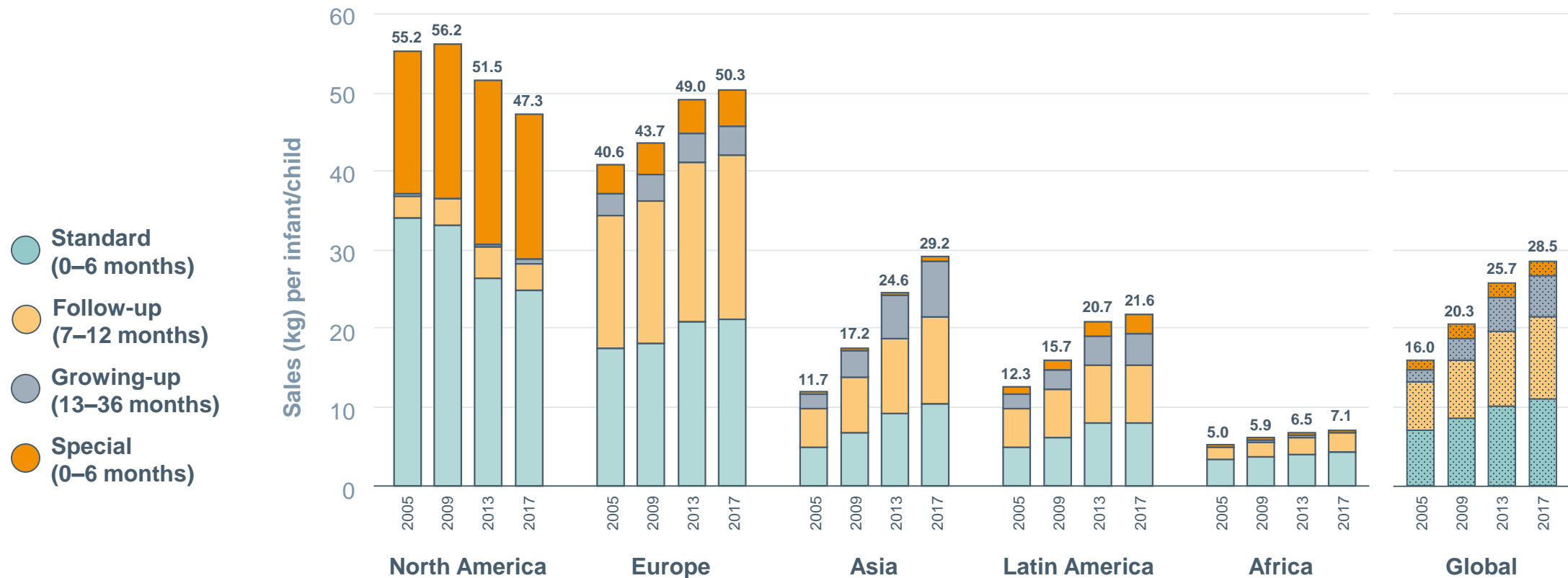
Exclusive breastfeeding rates improved from 9% to over 50% between 1992 and 2014

Nepal

Exclusive breastfeeding in targeted districts increased from 46% to 70% between 2012 and 2016

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

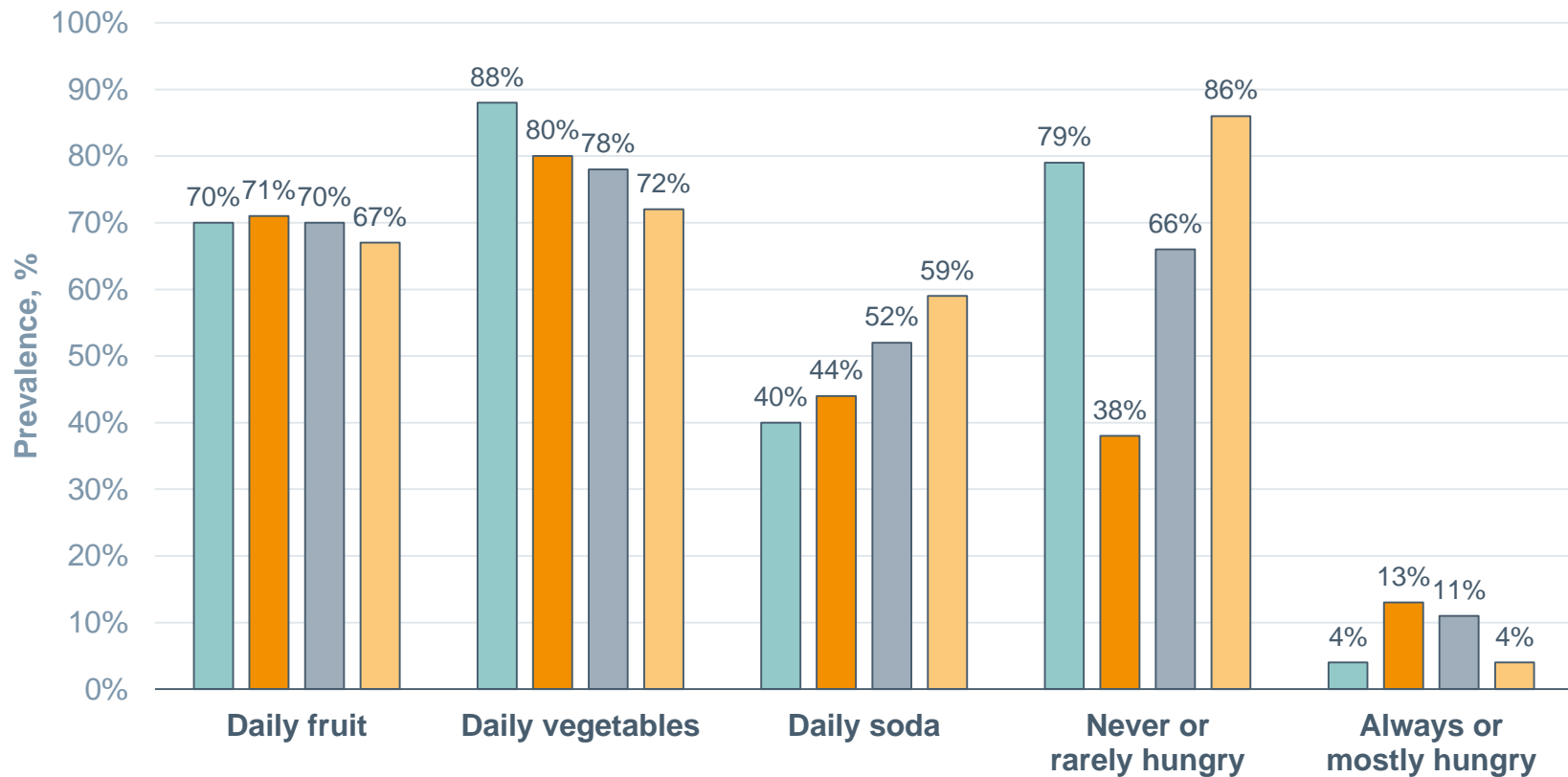
Trends and patterns in per infant/child commercial breast milk substitutes sales by region, 2005–2017



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

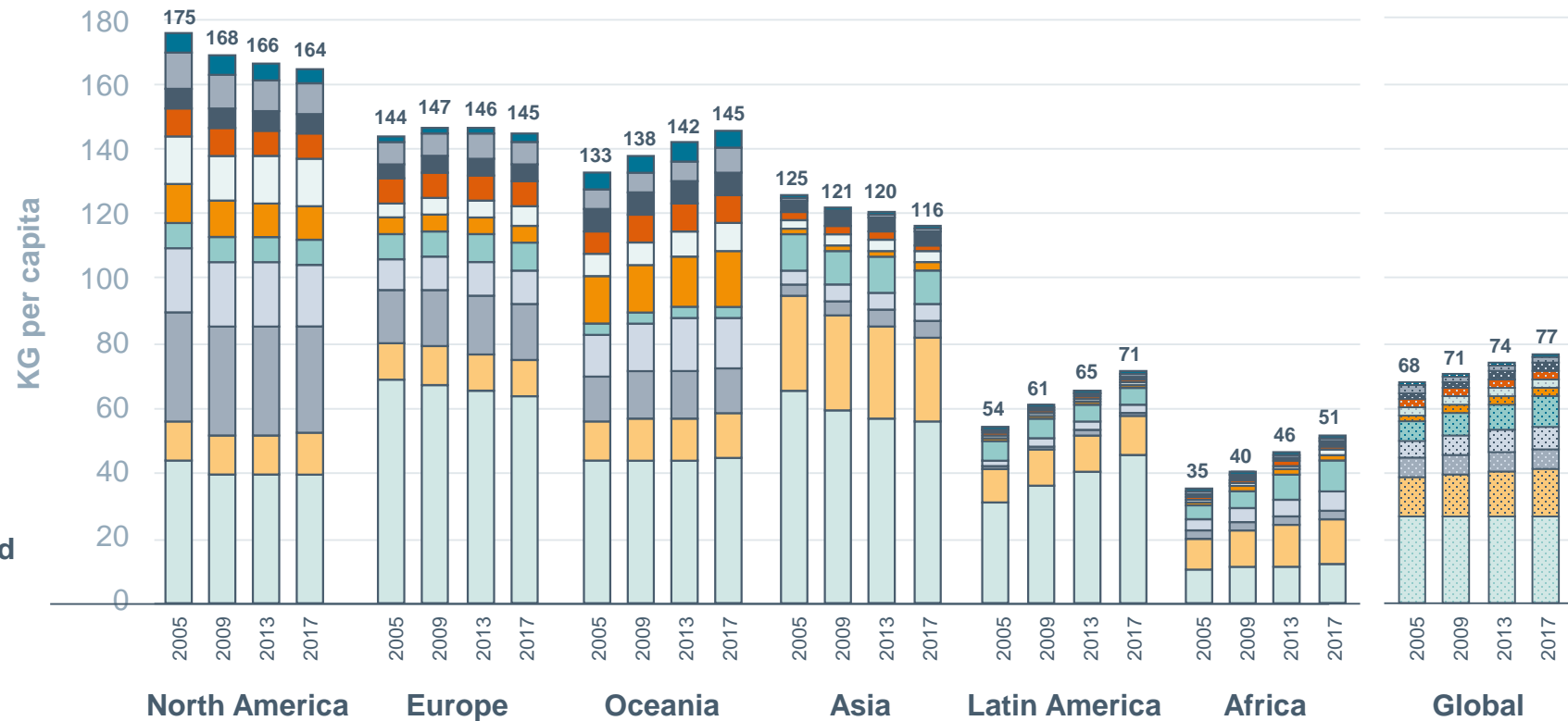
- Asia
- Oceania
- Africa
- Latin America and the Caribbean



69% packaged foods aren't aligned with healthy diets

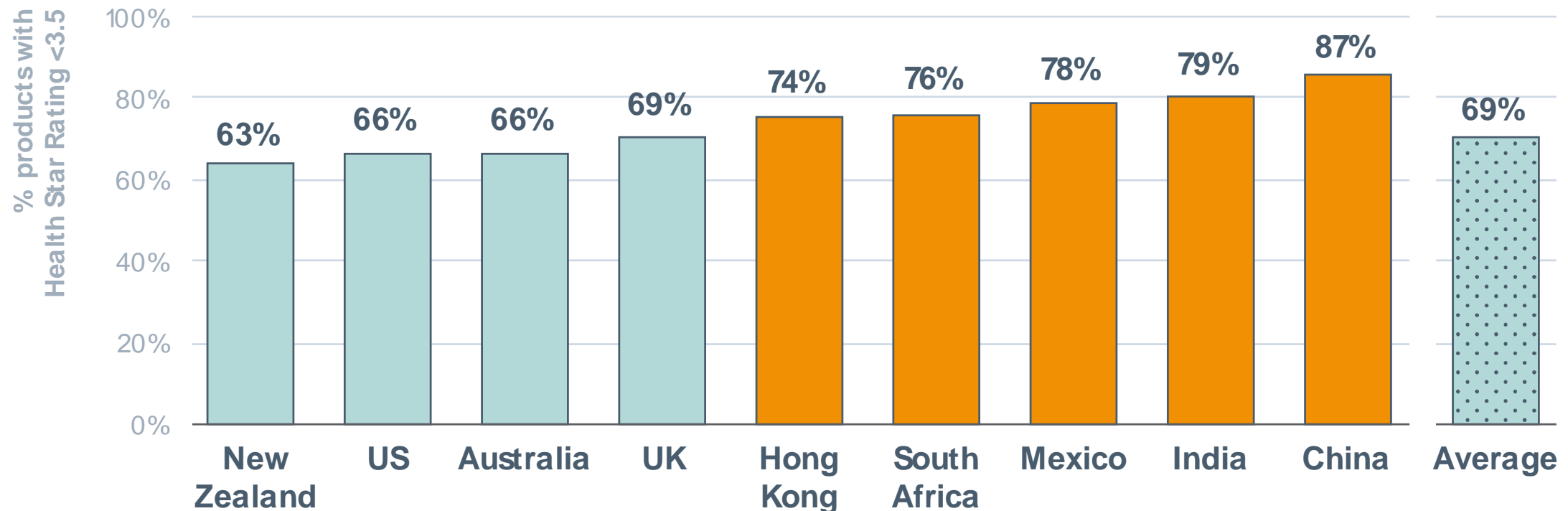
Trends and patterns in per capita packaged food category sales by region, 2005–2017

- Breakfast cereals
- Ready meals
- Sweet biscuits, snack bars and fruit snacks
- Confectionary
- Savoury snacks
- Ice cream and frozen desserts
- Edible oils
- Sauces, dressings and condiments
- Processed meat and seafood
- Dried processed foods
- Baked goods



Percentage of unhealthy packaged foods higher in “emerging” markets

● Developed markets ● Emerging markets



Note: Amended from *Global Nutrition Report 2018*

What we are eating (or not) in the UK



- 69% of packaged foods in the UK do not align with healthy diets
- 8% of UK teenagers meet the 5 A Day recommendation for fruit and vegetables
- Children aged 1.5-3 years consume 11.3% of their calories from added sugars, more than double recommendations.



- Adults 19-64 years eat on average 19g dietary fibre per day, far less than the recommended 30g
- Meat intake in women meets the recommendation of no more than 70 g/day but men exceed recommendations



- All age groups have a mean consumption of oily fish well below the recommended one portion (140g) per week.

Source: Public Health England, 2018

**The opportunity has never
been greater to effect change**

More and better data is being collected, collated and analysed

Global Dietary Database

- Collating, processing and disseminating data on dietary intakes of major foods and nutrients for adults by age, sex, maternal status, education and rural or urban location.
- Includes estimates for 187 countries.

FAO/WHO Global Individual Food Consumption Data Tool (GIFT)

- Collates existing subnational and national datasets to provide an open-access platform to make individual quantitative food consumption data from all countries around the world.

The International Network for Food and Obesity/NCDs Research, Monitoring and Action Support (INFORMAS)

- Monitors and benchmarks efforts to create healthy food environments and rates public and private sector policies and actions to reduce obesity and NCDs.

CO-CREATE

- Consortium of researchers from Europe and South Africa identifying solutions for obesity in adolescence through a systems approach and involving young people in all aspects of the project.

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%, small but 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

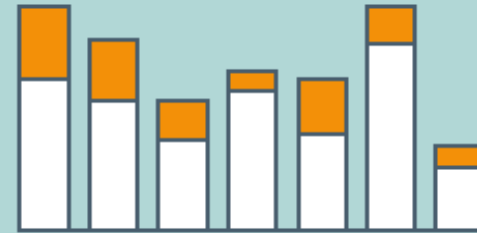
The uncomfortable question is not so much why things are so bad, but why things are not better given how much more we know than before?

Five critical steps

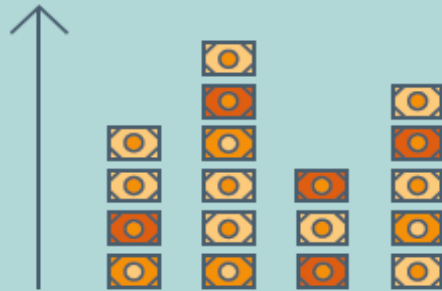
1: Break down silos and develop comprehensive programmes



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

