
2020 Global Nutrition Report

**Technical note:
definitions and sources**



	INDICATOR	DEFINITION	TYPE	SOURCE
Overview	Malnutrition status			UNICEF global databases Infant and Young Child Feeding, 2019, UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Stunting, Wasting and Overweight, (March 2019, New York), NCD Risk Factor Collaboration, WHO Global Health Observatory and UNICEF-WHO low birthweight estimates, 2019.
	Progress against global nutrition targets	<p>The Global Nutrition Report assesses country progress against 10 of the global nutrition targets using projected data and average annual rates of reduction.</p> <p>Data is unavailable for many countries across the targets, ranging from 4 countries with insufficient data on diabetes, to 123 on exclusive breastfeeding. Where adequate data exists, progress is expressed as 'on course', 'some progress', or 'no progress or worsening' for maternal, infant and young child nutrition targets and 'on course' or 'off course' for nutrition-related NCD targets.</p> <p>Regional progress is expressed as the total number of constituent countries that are 'on course'.</p>	Data types, methods and sources for assessing progress differ between the targets.	UNICEF global databases Infant and Young Child Feeding, 2019, UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Stunting, Wasting and Overweight, (March 2019, New York), NCD Risk Factor Collaboration, WHO Global Health Observatory and UNICEF-WHO low birthweight estimates, 2019.

Children (under 5) nutrition status	Coexistence of wasting, stunting and overweight	Coexistence of wasting, stunting and overweight among children under 5 years of age.	Population surveys	UNICEF, Division of Data Research and Policy (2019). UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight, January 2019, New York.
	Low birth weight	Infants born who weigh less than 2,500 grams (less than 5.51 pounds)	Modelled estimates	UNICEF/WHO Low birthweight estimates, 2019 edition. Available at: https://www.who.int/nutrition/publications/UNICEF-WHO-lowbirthweight-estimates-2019/en/
Child (under 5) nutrition status over time	Under-five stunting	Percentage of children 0–59 months who are more than two standard deviations below median height for age of the WHO Child Growth Standards. Regional data, where disaggregated, is based on the population-weighted means of all constituent countries with available data.	Population surveys	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Stunting, March 2019, New York. Available at: https://data.unicef.org/resources/dataset/malnutrition-data
	Under-five wasting	Percentage of children 0–59 months who are more than two (moderate and severe) standard deviations below median weight for height of the WHO Child Growth Standards. Regional data, where disaggregated, is based on the population-weighted means of all constituent countries with available data.	Population surveys	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Wasting, March 2019, New York. Available at: https://data.unicef.org/resources/dataset/malnutrition-data

	Under-five overweight	Percentage of children under 5 years who are more than two standard deviations above the median weight-for-height of the WHO Child Growth Standards. Regional data, where disaggregated, is based on the population-weighted means of all constituent countries with available data.	Population surveys	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight, March 2019, New York. Available at: https://data.unicef.org/resources/dataset/malnutrition-data
Infant and young child feeding	Early initiation of breastfeeding	Proportion of children born in the last 24 months who were put to the breast within one hour of birth. Regional data is based on the population-weighted means of all constituent countries with available data.	Multiple Indicator Cluster Surveys (MICS), Demographic and Health Surveys (DHS) and other nationally representative surveys	UNICEF, Division of Data Research and Policy, 2019. Global UNICEF Global Databases: Infant and Young Child Feeding: Early initiation of breastfeeding, Ever Breastfed, New York, June 2019. Available at: http://data.unicef.org/nutrition/iycf
	Exclusive breastfeeding	Proportion of infants 0–5 months who were exclusively breastfed. Regional data is based on the population-weighted means of all constituent countries with available data.	MICS, DHS and other nationally representative surveys	UNICEF, Division of Data Research and Policy, 2019. Global UNICEF Global Databases: Infant and Young Child Feeding: Early initiation of breastfeeding, Ever Breastfed, New York, June 2019. Available at: http://data.unicef.org/nutrition/iycf
	Minimum dietary diversity	Proportion of children 6–23 months who receive foods from five or more food groups. Regional data is based on the population-weighted means of all	MICS, DHS and other nationally representative surveys	UNICEF, Division of Data, Analysis, Planning and Monitoring (2019). Global UNICEF Global Databases: Infant and Young Child Feeding: Minimum acceptable diet, Minimum diet diversity, Minimum meal frequency, New York, June 2019. Available at: http://data.unicef.org/nutrition/iycf

		constituent countries with available data.		
	Minimum acceptable diet	The composite indicator is calculated from: the proportion of breastfed children aged 6–23 months who had at least the minimum dietary diversity and the minimum meal frequency during the previous day, and the proportion of non-breastfed children aged 6–23 months who received at least two milk feedings and had at least the minimum dietary diversity not including milk feeds and the minimum meal frequency during the previous day. Regional data is based on the population-weighted means of all constituent countries with available data.	MICS, DHS and other nationally representative surveys	UNICEF, Division of Data, Analysis, Planning and Monitoring (2019). Global UNICEF Global Databases: Infant and Young Child Feeding: Minimum acceptable diet, Minimum diet diversity, Minimum meal frequency, New York, June 2019. Available at: http://data.unicef.org/nutrition/iycf
	Minimum meal frequency	Proportion of children 6–23 months of age who received a minimum meal frequency. Regional data is based on the population-weighted means of all constituent countries with available data.	MICS, DHS and other nationally representative surveys	UNICEF, Division of Data, Analysis, Planning and Monitoring (2019). Global UNICEF Global Databases: Infant and Young Child Feeding: Minimum acceptable diet, Minimum diet diversity, Minimum meal frequency, New York, June 2019. Available at: http://data.unicef.org/nutrition/iycf

	Continued breastfeeding at 1 year	Proportion of children 12–15 months who are fed breast milk. Regional data is based on the population-weighted means of all constituent countries with available data.	MICS, DHS and other nationally representative surveys	UNICEF, Division of Data, Analysis, Planning and Monitoring (2019). Global UNICEF Global Databases: Infant and Young Child Feeding: Continued breastfeeding, New York, June 2019. Available at: http://data.unicef.org/nutrition/iycf
	Continued breastfeeding at 2 years	Percentage of children 20–23 months who are fed breast milk. Regional data is based on the population-weighted means of all constituent countries with available data.	MICS, DHS and other nationally representative surveys	UNICEF, Division of Data, Analysis, Planning and Monitoring (2019). Global UNICEF Global Databases: Infant and Young Child Feeding: Continued breastfeeding, New York, June 2019. Available at: http://data.unicef.org/nutrition/iycf
	Introduction of solid, semi-solid or soft foods	Percentage of infants 6–8 months of age who receive solid, semi-solid or soft foods. Regional data is based on the population-weighted means of all constituent countries with available data.	MICS, DHS and other nationally representative surveys	UNICEF, Division of Data, Analysis, Planning and Monitoring (2019). Global UNICEF Global Databases: Infant and Young Child Feeding: Introduction to solids, semi-solids and soft foods, New York, June 2019. Available at: http://data.unicef.org/nutrition/iycf
Child and adolescent (aged 5-19) nutrition status	Child and adolescent underweight	Percentage of children and adolescents aged 5–19 years who are more than one standard deviation below the median BMI for age of the WHO growth reference for school-aged children and adolescents. Regional data is based on the population-weighted means of all constituent countries with available data.	Modelled estimates	NCD Risk Factor Collaboration. Available at: http://ncdrisc.org/data-downloads.html

	Child and adolescent overweight	Percentage of children and adolescents aged 5–19 years who are more than one standard deviation above the median BMI for age of the WHO growth reference for school-aged children and adolescents. Regional data is based on the population-weighted means of all constituent countries with available data.	Modelled estimates	NCD Risk Factor Collaboration. Available at: http://ncdrisc.org/data-downloads.html
	Child and adolescent obesity	Percentage of children and adolescents aged 5–19 years who are more than two standard deviations above the median BMI for age of the WHO growth reference for school-aged children and adolescents. Regional data is based on the population-weighted means of all constituent countries with available data.	Modelled estimates	NCD Risk Factor Collaboration. Available at: http://ncdrisc.org/data-downloads.html
Adult nutrition status	Diabetes	Percentage of adults aged 18 and older with diabetes. Diabetes is defined as fasting glucose 7.0 mmol/L, on medication for raised blood glucose or with a history of diagnosis of diabetes.	Modelled estimates	NCD Risk Factor Collaboration. Available at: http://ncdrisc.org/data-downloads.html

		Regional data is based on the population-weighted means of all constituent countries with available data.		
	Overweight	Percentage of adults aged 18 and older with a BMI of 25 kg/m ² or higher. Regional data is based on the population-weighted means of all constituent countries with available data.	Modelled estimates	NCD Risk Factor Collaboration
	Obesity	Percentage of adults aged 18 and older with a BMI of 30 kg/m ² or higher. Regional data is based on the population-weighted means of all constituent countries with available data.	Modelled estimates	NCD Risk Factor Collaboration
	Raised blood pressure	Percentage of adults aged 18 and older with raised blood pressure. Raised blood pressure is defined as blood pressure, systolic and/or diastolic blood pressure $\geq 140/90$ mmHg. Regional data is based on the population-weighted means of all constituent countries with available data.	Modelled estimates	NCD Risk Factor Collaboration. Available at: http://ncdrisc.org/data-downloads.html

	Anaemia in women of reproductive age	Prevalence of anaemia among women of reproductive age (15–49 years), both pregnant and non-pregnant, with haemoglobin levels below 12 g/dL for non-pregnant women and below 11 g/dL for pregnant women. Regional data is based on the population-weighted means of all constituent countries with available data.	Modelled estimates	WHO, Global Health Observatory Data Repository/World Health Statistics 2019. Available at: https://data.worldbank.org
	Sodium intake	The mean intake of sodium expressed in grams per day. Regional data is based on the population-weighted means of all constituent countries with available data.		Global Burden of Disease, the Institute for Health Metrics and Evaluation 2019.
Dietary needs	Consumption of food groups and components	Intake of various foods and nutrients by adults aged 25 and older, compared against their ‘theoretical minimum-risk exposure level’ (TMREL). TMREL is the exposure level (i.e. intake level of a food or nutrient) that minimises the risk of death from all causes related to a single risk factor.	For further details see pages 84–86 of the <i>2018 Global Nutrition Report</i> .	Global Burden of Disease, the Institute for Health Metrics and Evaluation.
Intervention coverage	Children 0–59 months with diarrhoea who	Percentage of children under 5 who had diarrhoea in the 2 weeks and received zinc supplements.	Data is compiled using STATcompiler and taken from country DHS for 2005– 2018	Huestis A. and Kothari M., based on <i>2016 Global Nutrition Report</i> and UNICEF global databases, 2019.

	received zinc treatment			
	Children 6–59 months who received two doses of vitamin A supplements	Percentage of children 6–59 months who received vitamin A supplements in last 6 months.	Data is compiled using STATcompiler and taken from country DHS for 2005– 2018	Huestis A. and Kothari M., based on <i>2016 Global Nutrition Report</i> and UNICEF global databases, 2019.
	Children 6–59 months given iron supplements in past 7 days	Percentage of children age 6–59 months who were given iron supplements in the seven days preceding the survey.	Data is compiled using STATcompiler and taken from country DHS for 2005– 2018	Huestis A. and Kothari M., based on <i>2016 Global Nutrition Report</i> and UNICEF global databases, 2019.
	Women with a live birth in the five years preceding the survey who received iron tablets or syrup during antenatal care	Percentage of women with a birth in the five years preceding the survey who received iron tablets and syrup during antenatal care.	Data is compiled using STATcompiler and taken from country DHS for 2005– 2018	Huestis A. and Kothari M., based on <i>2016 Global Nutrition Report</i> and UNICEF global databases, 2019.
	Household consumption of any iodised salt	Percentage of households with any iodised salt.	Data is compiled using STATcompiler and taken from country DHS for 2005– 2018	Huestis A. and Kothari M., based on <i>2016 Global Nutrition Report</i> and UNICEF global databases, 2019.
Determinants	Undernourishment	The percentage of the population whose food intake is insufficient to meet dietary energy requirements continuously. Calculated from 3-year averages for countries, and annual for regions. The associated year is the middle year of those three.	Food security indicator	FAO Statistics Division, 2019. Food Security/Suite of Food Security Indicators. Available at: http://faostat3.fao.org/faostat-gateway/go/to/download/D/FS/E

Availability of fruit and vegetables	The total amount of fruit and vegetables available for human consumption during the reference period, expressed as grams per capita per day.	Food balance sheets	FAO Statistics Division, 2019. Food Balance/Food Supply – Crops Primary Equivalent. Available at: http://www.fao.org/faostat/en/#data/CC
Percentage of total calories from non-staples	Share of dietary energy supply derived from all food sources except cereals, roots and tubers, calculated as a 3-year average for countries and regions. The associated year is the middle year of those three.	Food security indicator	FAO Statistics Division, 2019. Food Security/Suite of Food Security Indicators. Available at: http://faostat3.fao.org/faostat-gateway/go/to/download/D/FS/E
Early childbearing – births by age 18	Percentage of women age 20–24 who gave birth before age 18. Regional data is based on the population-weighted means of all constituent countries with available data.	Based on MICS, DHS and other nationally representative surveys.	UNICEF Global databases 2019. Available at: http://data.unicef.org/maternal-health/delivery-care
Gender Inequality Index	An inequality index measuring gender inequalities in three important aspects of human development – reproductive health, measured by maternal mortality ratio and adolescent birth rates; empowerment, measured by proportion of parliamentary seats occupied by women and proportion of women and men aged 25 years and older with at	Composite index	UN Development Programme (UNDP). Human Development Reports, 2018. Available at: http://hdr.undp.org/en/data#

		least some secondary education; and economic status, expressed as labour market participation and measured by labour force participation rate of female and male populations aged 15 years and older.		
	Female secondary enrolment rates	The ratio of female children of official school age who are enrolled in school to the population of the corresponding official school age. Regional data is based on the population-weighted means of all constituent countries with available data.	Population surveys	UNESCO Institute for Statistics 2019. Available at: https://data.worldbank.org/indicator/SE.SEC.NENR.FE
	Drinking water coverage	Percentage of the population using improved drinking-water sources. Includes the following categories. Safely managed: drinking water from an improved water source that is located on premises, available when needed and free from faecal and priority chemical contamination Basic: drinking water from an improved source, provided collection time is not more than 30 minutes for a round trip, including queuing	Modelled estimates	WHO/UNICEF Joint Monitoring Programme for Water Supply and Sanitation, 2019. Available at: https://washdata.org/data

		<p>Limited: drinking water from an improved source for which collection time exceeds 30 minutes for a roundtrip including queuing</p> <p>Unimproved: drinking water from an unprotected dug well or unprotected spring. Surface water: drinking water directly from a river, dam, lake, pond, stream, canal or irrigation canal</p> <p>Regional data is based on the population-weighted means of all constituent countries with available data.</p>		
	Sanitation coverage	<p>Percentage of the population using improved sanitation facilities. Includes the following categories.</p> <p>Safely managed: use of improved facilities that are not shared with other households and where excreta are safely disposed in situ or transported and treated off-site</p> <p>Basic: use of improved facilities that are not shared with other households</p> <p>Limited: use of improved facilities shared between two or more households</p> <p>Unimproved: use of pit latrines</p>	Modelled estimates	WHO/UNICEF Joint Monitoring Programme for Water Supply and Sanitation, 2019. Available at: https://washdata.org/data

		<p>without a slab or platform, hanging latrines or bucket latrines.</p> <p>Open defecation: disposal of human faeces in fields, forests, bushes, open bodies of water, beaches and other open spaces or with solid waste</p> <p>Regional data is based on the population-weighted means of all constituent countries with available data.</p>		
Resources, policies and targets	Development assistance	<p>Official development assistance (ODA) received/disbursed (US\$ millions/% of total). Disbursements of ODA from/to countries, reported to the OECD Development Assistance Committee (DAC) under the basic nutrition purpose code (number 12240).</p> <p>Regional data is the sum of disbursements received by constituent countries.</p>	<p>Amounts based on gross ODA disbursements, constant 2017 prices.</p> <p>Includes ODA grants and loans, but excludes other official flows and private grants reported to the OECD DAC Creditor Reporting System (CRS)</p>	Development Initiatives based on OECD DAC CRS.
	Mandatory legislation for salt iodisation	<p>Countries with legal documentation that has the effect of mandating the iodisation of salt.</p> <p>Regional data is expressed as the total number of constituent countries that have mandatory legislation.</p>		Global Fortification Data Exchange 2019.

	Sugar-sweetened beverage tax	Jurisdictions with implemented sugar-sweetened beverage taxes. Regional data is expressed as the total number of constituent countries with implemented sugar-sweetened beverage taxes.		Collated by WHO from: WHO Country Capacity Survey 2017; WHO Global Nutrition Policy Review 2016–2017; WHO Global database on the Implementation of Nutrition Action (GINA); and World Cancer Research Fund International NOURISHING database.
	Food-based dietary guidelines	Countries with national food-based dietary guidelines. Typically, food-based dietary guidelines propose a set of recommendations in terms of foods, food groups and dietary patterns to provide the required nutrients to promote overall health and prevent chronic diseases. Regional data is expressed as the total number of constituent countries with guidelines.		FAO 2019. Available at: http://www.fao.org/nutrition/education/food-based-dietary-guidelines/en
	Policy to reduce salt consumption	Country has implemented a policy (or policies) to reduce population salt/sodium consumption such as product reformulation by industry, regulation of salt content of food or public awareness programmes. This indicator is based on those of countries who have responded “Yes” to the question “Is your country implementing any policies to reduce population salt		WHO Global Health Observatory. Available at: https://apps.who.int/gho/data/view.main.2473

		consumption?". Method of estimation: Official country response to the NCD Country Capacity Survey.		
	Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs	Country has an operational policy, strategy or action plan for unhealthy diet. Method of estimation: Official country response to WHO NCD Country Capacity Survey.		WHO Global Health Observatory. Available at: https://apps.who.int/gho/data/view.main.2473
	Operational, multisectoral national NCD policy, strategy or action plan	Country has an operational, multisectoral national NCD policy, strategy or action plan that integrates several NCDs and their risk factors. 'Multisectoral' refers to engagement with one or more government sectors outside health. 'Operational' refers to a policy, strategy or action plan which is being used and implemented in the country, and has resources and funding available to implement it. Countries who have a "Yes" for this indicator have responded "Yes" to the question "Does your country have a national NCD policy, strategy or action plan which integrates several NCDs		WHO Global Health Observatory. Available at: https://apps.who.int/gho/data/view.main.2473

		and their risk factors?” and the sub-question “Is it multisectoral?”. Countries also had to respond “operational” for the sub-question “Indicate its stage” and indicate that the policy/strategy/action plan addresses the 4 main risk factors for NCDs (harmful alcohol use, unhealthy diet, physical inactivity and tobacco) and the 4 main NCDs (cancer, cardiovascular diseases, chronic respiratory diseases and diabetes). An exception is made for alcohol according to national context. Method of estimation: official country response to the WHO NCD Country Capacity Survey.		
	Operational policy, strategy or action plan for diabetes	Country has an operational policy, strategy or action plan for diabetes. Method of estimation: Official country response to the WHO 2013 NCD Country Capacity Survey.		WHO Global Health Observatory. Available at: https://apps.who.int/gho/data/view.main.2473
	Policy to reduce the impact on children of marketing of foods and beverages high in saturated fats,	Country has a policy (or policies) to reduce the impact on children of marketing of foods and non-alcoholic beverages high in saturated fats, trans-fatty acids,		WHO Global Health Observatory. Available at: https://apps.who.int/gho/data/view.main.2473

	trans-fatty acids, free sugars or salt	free sugars or salt. This indicator is based on those countries who responded “Yes” to the question “Is your country implementing any policies to reduce the impact on children of marketing of foods and non-alcoholic beverages high in saturated fats, trans-fatty acids, free sugars, or salt?”. Method of estimation: Official country response to the NCD Country Capacity Survey.		
	Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats	Country has a policy (or policies) to limit saturated fatty acids and virtually eliminate industrially produced trans-fats in the food supply. This indicator is based on those countries who have responded “Yes” to the question “Is your country implementing any national policies that limit saturated fatty acids and virtually eliminate industrially produced trans-fats (i.e. partially hydrogenated vegetable oils) in the food supply?”. Method of estimation: Official country response to the WHO NCD Country Capacity Survey.		WHO Global Health Observatory. Available at: https://apps.who.int/gho/data/view.main.2473

	Targets included in national (nutrition or other) plan	The number and type of global nutrition and diet-related NCD targets included in each country's national policies. National policies do not have to be exclusively nutrition related and can include broader health policies. Regional data is expressed as the total number of constituent countries with each target in their national policies.		WHO GINA, 2nd Global Nutrition Policy Review.
Economics and demography	Poverty rates	Percentage of the population living on less than \$1.90 a day at 2011 international prices. Regional data is based on the population-weighted means of all constituent countries with available data.	Household surveys	World Bank 2019. Available at: http://iresearch.worldbank.org/PovcalNet/home.aspx
	Poverty rates	Percentage of the population living on less than \$3.20 a day at 2011 international prices. Regional data is based on the population-weighted means of all constituent countries with available data.	Household surveys	World Bank 2019. Available at: http://iresearch.worldbank.org/PovcalNet/home.aspx
	GDP (PPP\$)	GDP per capita based on purchasing power parity (PPP). Data is in constant 2011		International Monetary Fund (IMF) World Economic Outlook database 2019. Available at:

		international dollars. Regional data is based on the population-weighted means of all constituent countries with available data.		https://www.imf.org/external/pubs/ft/weo/2019/01/weodata/index.aspx
	Under-five mortality rate (per 1,000 live births)	Probability of dying between birth and 5 years of age, expressed per 1,000 live births.	Modelled estimates	The UN Inter-agency Group for Child Mortality Estimation, UNICEF, WHO, UN Population Division, World Bank) 2019. Available at: http://data.unicef.org/child-mortality/under-five
	Government revenues (\$m)	Government tax and non-tax revenues.		IMF Article IV staff reports (country specific) and IMF World economic Outlook Database (April 2019)
	Income inequality	Gini index measures the extent to which the distribution of income (or, in some cases, consumption expenditure) among individuals or households in an economy deviates from a perfectly equal distribution. A Gini index of 0 represents perfect equality, while an index of 100 implies perfect inequality.	Index, based on primary household survey data obtained from government statistical agencies and World Bank country departments	World Bank 2019. Available at: https://data.worldbank.org/indicator/SI.POV.GINI
	Population (thousands)	Total population.	Modelled estimates	World Bank 2019. Available at: https://data.worldbank.org/indicator/SP.POP.TOTL
	Under-five population (thousands)	Total population of children aged 0–59 months.	Modelled estimates	UN Department of Economic and Social Affairs, Population Division. World Population Prospects 2019. Available at: https://population.un.org/wpp/Download/Standard/Population

	Rural	Percentage of population living in rural areas. Regional data is based on the population-weighted means of all constituent countries with available data.	Modelled estimates	World Bank 2019. Available at: https://data.worldbank.org/indicator/SP.RUR.TOTL.ZS
	>65 years (thousands)	Total population 65 years of age or older.	Modelled estimates	UNDESA, Population Division. World Population Prospects 2019. Available at: https://population.un.org/wpp/Download/Standard/Population
	Population density of health workers (per 1,000 population).	Population density of health workers (per 1,000 population). Physicians include generalist and specialist medical practitioners. Nurses and midwives include professional nurses, professional midwives, auxiliary nurses, auxiliary midwives, enrolled nurses, enrolled midwives and other associated personnel such as dental nurses and primary care nurses. Community health workers include various types of community health aides, many with country-specific occupational titles such as community health officers, community health-education workers, family health workers, lady health visitors and health	Population surveys and modelled estimates	WHO's Global Health Workforce Statistics, OECD, supplemented by country data 2019. Available at: https://data.worldbank.org/indicator



		extension package workers. Regional data is based on the population-weighted means of all constituent countries with available data.		
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