
APPENDIX 1: NUTRITION INDICATORS

The Global Nutrition Report uses the following indicators to track progress on malnutrition.

Adolescent underweight	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.
Adolescent overweight	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.
Adolescent obesity	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.
Adult diabetes	Adults aged 18 and older with fasting glucose ≥ 7.0 mmol/L, on medication for raised blood glucose or with a history of diagnosis of diabetes.
Adult underweight	Adults aged 18 and over with a BMI of 18.5kg/m ² or lower.
Adult overweight	Adults aged 18 and over with a BMI of 25kg/m ² or higher.
Adult obesity	Adults aged 18 and over with a BMI of 30kg/m ² or higher.
Anaemia in women	Pregnant women with haemoglobin levels below 110 grams per litre at sea level. Non-pregnant women with haemoglobin levels below 120 grams per litre at sea level.
Childhood overweight	Children aged 0–59 months who are more than two standard deviations (moderate and severe) above the median weight-for-height of the WHO Child Growth Standards.
Childhood stunting	Children aged 0–59 months who are more than two standard deviations (moderate and severe) below the median height-for-age of the WHO Child Growth Standards.
Childhood wasting	Children aged 0–59 months who are more than two standard deviations (moderate and severe) below the median weight-for-height of the WHO Child Growth Standards.

Continued breastfeeding at 1 year	Children 12–15 months of age who are fed breast milk.
Continued breastfeeding at 2 years	Children 20–23 months of age who are fed breast milk.
Early initiation of breastfeeding	Children born in the last 24 months who were put to the breast within one hour of birth.
Exclusive breastfeeding	Infants 0–5 months of age who are fed exclusively with breast milk during the previous day.
Introduction of solid, semi-solid or soft foods	Infants 6–8 months of age who received solid, semi-solid or soft foods during the previous day.
Low birth weight	Live births weighing less than 2,500 grams.
Minimum acceptable diet	Children aged 6–23 months who received a minimum acceptable diet (apart from breastmilk) during the previous day.
Minimum dietary diversity	Children aged 6–23 months who received minimum dietary diversity during the previous day.
Minimum meal frequency	Children aged 6–23 months who received minimum meal frequency during the previous day.
Raised blood pressure	Adults aged 18 and over with raised blood pressure: systolic and/or diastolic blood pressure $\geq 140/90$ mmHg.
Salt	The mean intake of salt (sodium chloride) of adults aged 25 and over, expressed in grams per day.
