2021 Global Nutrition Report

The state of global nutrition

Report launch
23 November 2021
The Global Nutrition Report provides the world’s leading independent assessment of the state of global nutrition.
Presenters

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Core member of the GNR’s Independent Expert Group, and Senior Researcher in Environmental Sustainability and Public Health at the University of Oxford, UK.

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**Dr Shibani Ghosh**
Core member of the GNR’s Independent Expert Group, and Research Associate Professor at the Friedman School of Nutrition Science and Policy at Tufts University, US.
Global progress on nutrition
An unacceptably large number of people are still affected by malnutrition in all its forms
Girls and women with anaemia, and children with stunting, globally

- 571 million girls and women are affected by anaemia
- 149.2 million children are affected by stunting

- 29.9% of all girls and women aged 15-49
- 22% of all children
An unacceptably large number of people are still affected by malnutrition in all its forms
Adults affected by overweight and obesity, globally

2.2 billion people are overweight …

… 40% of the global population

of whom 772 million are affected by obesity
Globally we are off course to meet five out of six maternal, infant and young child nutrition targets
Progress towards the 2025 global nutrition targets, by indicator

<table>
<thead>
<tr>
<th>Target</th>
<th>Global status</th>
<th>Country status (of 194 countries)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Childhood stunting</td>
<td>Off course</td>
<td><img src="status_bar_01.png" alt="Status Bar" /></td>
</tr>
<tr>
<td>Anaemia</td>
<td>Off course</td>
<td><img src="status_bar_02.png" alt="Status Bar" /></td>
</tr>
<tr>
<td>Low birth weight</td>
<td>Off course</td>
<td><img src="status_bar_03.png" alt="Status Bar" /></td>
</tr>
<tr>
<td>Childhood overweight</td>
<td>Off course</td>
<td><img src="status_bar_04.png" alt="Status Bar" /></td>
</tr>
<tr>
<td>Exclusive breastfeeding</td>
<td>On course</td>
<td><img src="status_bar_05.png" alt="Status Bar" /></td>
</tr>
<tr>
<td>Childhood wasting</td>
<td>Off course</td>
<td><img src="status_bar_06.png" alt="Status Bar" /></td>
</tr>
</tbody>
</table>
Globally we are off course to meet all NCD diet-related targets.

Progress towards the 2025 global nutrition targets, by indicator:

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<tr>
<th>Target</th>
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<tbody>
<tr>
<td>Sodium intake</td>
<td>Off course</td>
<td>Off course</td>
</tr>
<tr>
<td>Raised blood pressure, women</td>
<td>Off course</td>
<td>On course</td>
</tr>
<tr>
<td>Raised blood pressure, men</td>
<td>Off course</td>
<td>On course</td>
</tr>
<tr>
<td>Obesity, women</td>
<td>Off course</td>
<td>On course</td>
</tr>
<tr>
<td>Obesity, men</td>
<td>Off course</td>
<td>On course</td>
</tr>
<tr>
<td>Diabetes, women</td>
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2021 Global Nutrition Report: The state of global nutrition
Unsustainable diets: harming health and planet
The last decade has seen little progress in improving diets

Food intake by food group, year and region, 2010 and 2018
No region meets recommendations for eating enough healthy foods and limiting unhealthy ones

Percentage deviation from recommendations, by region

<table>
<thead>
<tr>
<th>Risk factor</th>
<th>Year</th>
<th>World</th>
<th>Africa</th>
<th>Asia</th>
<th>Europe</th>
<th>Latin America</th>
<th>Northern America</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Fruits &amp; vegetables</td>
<td>2018</td>
<td>-48%</td>
<td>-59%</td>
<td>-45%</td>
<td>-41%</td>
<td>-54%</td>
<td>-56%</td>
<td>-57%</td>
</tr>
<tr>
<td>Fruits</td>
<td>2018</td>
<td>-60%</td>
<td>-66%</td>
<td>-65%</td>
<td>-35%</td>
<td>-45%</td>
<td>-54%</td>
<td>-49%</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2018</td>
<td>-40%</td>
<td>-54%</td>
<td>-31%</td>
<td>-44%</td>
<td>-60%</td>
<td>-57%</td>
<td>-62%</td>
</tr>
<tr>
<td>Nuts</td>
<td>2018</td>
<td>-68%</td>
<td>-59%</td>
<td>-71%</td>
<td>-69%</td>
<td>-76%</td>
<td>-62%</td>
<td>-80%</td>
</tr>
<tr>
<td>Legumes</td>
<td>2018</td>
<td>-74%</td>
<td>-75%</td>
<td>-74%</td>
<td>-86%</td>
<td>-52%</td>
<td>-81%</td>
<td>-75%</td>
</tr>
<tr>
<td>Whole grains</td>
<td>2018</td>
<td>-61%</td>
<td>-55%</td>
<td>-58%</td>
<td>-58%</td>
<td>-87%</td>
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Deviation from minimum recommendations (the darker the orange, the higher the deviation)

Deviation from maximum recommendations (the darker the orange, the higher the deviation; the darker the blue, the more within the recommendations)

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<tr>
<td>Fish</td>
<td>2018</td>
<td>1%</td>
<td>6%</td>
<td>4%</td>
<td>19%</td>
<td>-22%</td>
<td>-58%</td>
<td>-20%</td>
</tr>
<tr>
<td>Dairy</td>
<td>2018</td>
<td>-20%</td>
<td>-62%</td>
<td>-51%</td>
<td>141%</td>
<td>20%</td>
<td>106%</td>
<td>107%</td>
</tr>
<tr>
<td>Red meat</td>
<td>2018</td>
<td>257%</td>
<td>81%</td>
<td>252%</td>
<td>486%</td>
<td>395%</td>
<td>163%</td>
<td>626%</td>
</tr>
<tr>
<td>Red &amp; processed meat</td>
<td>2018</td>
<td>377%</td>
<td>165%</td>
<td>327%</td>
<td>790%</td>
<td>656%</td>
<td>334%</td>
<td>740%</td>
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2021 Global Nutrition Report: The state of global nutrition
Intake of fruit and vegetables is 50% below the recommended amount, globally
Percentage deviation from recommendations, by region

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Note: Deviation from minimum recommendations (the darker the orange, the higher the deviation) Deviation from maximum recommendations (the darker the orange, the higher the deviation; the darker the blue, the more within the recommendations)
Intake of red and processed meat is many times above the recommended amount in all regions

Percentage deviation from recommendations, by region

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Deviation from minimum recommendations (the darker the orange, the higher the deviation)

Deviation from maximum recommendations (the darker the orange, the higher the deviation; the darker the blue, the more within the recommendations)
The health burden of poor diets is substantial and rising
Percentage of premature death attributable to dietary risks by region, 2010 and 2018
The impacts of poor diets on the planet are alarming
Food-related greenhouse gas emissions by food group, 2010 and 2018
Globally and regionally we are off track to meet global environmental targets related to the food system.

Food production impacts compared to global environmental target.
Globally and regionally we are off track to meet global environmental targets related to the food system. Food production impacts compared to global environmental target.
More money for nutrition, more nutrition for the money
The financing needed to meet nutrition targets is now higher
Updated preliminary estimates of financing needs

Estimated needs are now approximately US$10.8 billion a year, on average
(vs US$7 billion in 2017)
Financing for nutrition has been consistently inadequate
Projected share of financing by source, and estimated gap


US$ billions

- Projected shortfall in financing
- Innovative financing
- Household financing
- ODA
- Domestic financing

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The opportunity to mobilise more resources for nutrition does exist: while traditional sources such as ODA and domestic resources are constrained, we need to protect these and extract more from UHC and other platforms.

- Well-defined package of nutrition services
- Financing strategy
- Tracking financing and results
- Improving the efficiency of nutrition investments with tools such as N-PERs and Optima Nutrition

All allow us to get more impact with the same money.
The opportunity to mobilise more resources for nutrition does exist: innovative financing and the private sector

- Repurposing of over US$700 billion of agricultural subsidies
- Blended finance and impact investment funds
- Grant resources to leverage domestic and ODA financing
- Fiscal policies such as taxation on unhealthy foods
- Sovereign bonds to generate fiscal space in-country

- Environmental, social and governance investments
- Reformulating unhealthy foods (beyond corporate social responsibility)
Nutrition for Growth (N4G): from promise to action
While there is progress, countries are struggling to meet financial and impact goals
Reported progress in 2020 towards N4G summit commitments
There have been significant challenges in measuring progress.

Reported progress in 2020 towards N4G summit commitments.
Diets and diet-related NCDs have lacked attention in past N4G commitments
Proportion of commitment goals aligned to global nutrition targets
Covid-19 has primarily affected country commitment goals
Reported impact of the Covid-19 pandemic on commitment goals by stakeholder type, 2021
Areas for action
The change needed is significant, but not impossible

We recommend three areas for action:

Poor diets and malnutrition can and should be addressed holistically and sustainably to create a healthy future for all.

There needs to be a step-change in efforts and financial investments to end poor diets and malnutrition.

Better data, greater accountability and systemic monitoring are key to identify the progress needed and ensure we stay on track.
The GNR’s Nutrition Accountability Framework

The world’s first independent and comprehensive platform for registering SMART nutrition commitments and monitoring nutrition action

- Endorsed by the government of Japan, the SUN Movement, the World Health Organization, UNICEF, USAID and many others.

- Accompanied by a wealth of guidance and information to help inspire, inform and shape strong commitments for nutrition by all stakeholders.

- Provides comprehensive methods for qualifying, classifying and reporting on nutrition action, and monitoring how action translates to impact.
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