Regional overview

Malnutrition burden

In the Africa region, there has been some progress towards achieving global nutrition targets. The global targets for under-five overweight and infant exclusive breastfeeding each have 20 countries on course to meet them, under-five wasting has 12 countries on course, while under-five stunting has eight countries on course. However, not a single country in the region is on course to meet the targets for anaemia in women of reproductive age, low birth weight, male diabetes, female diabetes, male obesity, and female obesity. 35 countries in the region have insufficient data to comprehensively assess their progress towards these global targets.

Although it performs relatively well against other regions, Africa still experiences a malnutrition burden among its under-five population. The average prevalence of overweight in under-fives is 4.9% - the second lowest across all regions. The prevalence of stunting in under-fives is 30%, this is greater than the global average of 21.9%. Conversely, The Africa region's prevalence of wasting in under-fives of 7.1% is less than the global average of 7.3%.

Some 43.4% of infants under 6 months in the Africa region are exclusively breastfed, while the region’s average low birth weight prevalence of 13.7% is less than the global average of 14.6%.

The Africa region’s adult population also face a malnutrition burden. An average of 38.1% of women of reproductive age have anaemia, and 8.1% of adult women have diabetes, compared to 7.9% of men. Meanwhile, 17% of women and 7% of men have obesity.


Notes: Data on the adult indicators are based on modelled estimates.

Progress against global nutrition targets 2019

<table>
<thead>
<tr>
<th>Indicator</th>
<th>On course</th>
<th>Off course</th>
<th>No data</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under-five stunting</td>
<td>8</td>
<td>26</td>
<td>20</td>
</tr>
<tr>
<td>Low birthweight</td>
<td>0</td>
<td>36</td>
<td>18</td>
</tr>
<tr>
<td>Under-five wasting</td>
<td>12</td>
<td>22</td>
<td>20</td>
</tr>
<tr>
<td>Exclusive breastfeeding</td>
<td>20</td>
<td>12</td>
<td>22</td>
</tr>
<tr>
<td>Under-five overweight</td>
<td>20</td>
<td>12</td>
<td>22</td>
</tr>
<tr>
<td>Adult female obesity</td>
<td>0</td>
<td>48</td>
<td>6</td>
</tr>
</tbody>
</table>

Africa
**Adult male obesity**

0 On course  
53 Off course  
1 No data

**Adult female diabetes**

0 On course  
53 Off course  
1 No data

**Adult male diabetes**

0 On course  
53 Off course  
1 No data

**WRA anaemia**

0 On course  
54 Off course  
0 No data


Notes: WRA = Women of a reproductive age; NA = not applicable. The methodologies for tracking differ between targets. Data on the adult indicators are based on modelled estimates.

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**Child (under-five) nutrition status**

**Coexistence of wasting, stunting and overweight**


Notes: Percentage of children under-five years of age who experience different and overlapping forms of malnutrition.

**Low birth weight**

No data

Prevalence of under-five stunting

Stunting at subnational level          Stunting at 5km level


Notes: 5 km level map shows prevalence at the 5 x 5-km resolution. Prevalence is the 2017 estimated prevalence, based on a model using a range of surveys between 1998-2018. See source paper for full methods.
Child (under-five) nutrition status over time

Wasting by sex

Stunting by sex

Overweight by sex

Wasting by location

Stunting by location

Overweight by location

Wasting by income

Stunting by income

Overweight by income

Notes: Regional trends (grey line in charts) refer to estimates from UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. Disaggregated data (coloured lines/bars in charts) is based on population weighted means. Estimates are presented only where available data represents at least 50% of the regional population. Based on population weighted means of between 16 and 50 countries.
Infant and young child feeding over time

Exclusive breastfeeding by sex

Continued breastfeeding at 1 year by sex

Minimum acceptable diet by sex

Intro. to solid, semi-solid, soft foods by sex

Exclusive breastfeeding by location

Continued breastfeeding at 1 year by location

Minimum acceptable diet by location

Intro. to solid, semi-solid, soft foods by location

Exclusive breastfeeding by income

Continued breastfeeding at 1 year by income

Minimum acceptable diet by income

Intro. to solid, semi-solid, soft foods by income
Exclusive breastfeeding by mother’s education

Continued breastfeeding at 1 year by mother’s education

Minimum acceptable diet by mother’s education

Intro. to solid, semi-solid, soft foods by mother’s education

Exclusive breastfeeding by age

Continued breastfeeding at 1 year by age

Minimum acceptable diet by age

Intro. to solid, semi-solid, soft foods by age


Notes: Regional trends (grey line in charts) refer to estimates from UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. Disaggregated data (coloured lines/bars in charts) is based on population weighted means. Estimates are presented only where available data represents at least 50% of the regional population. Based on population weighted means of between 22 and 31 countries.

Infant and young child feeding


Notes: Based on population weighted means of between 18 and 31 countries.
Child and adolescent (aged 5-19) nutrition status

Underweight by sex

Sources: NCD Risk Factor Collaboration. Notes: Based on population weighted means of 53 countries.

Overweight by sex

Notes: Based on population weighted means of 53 countries.

Obesity by sex

Notes: Based on population weighted means of 53 countries.
Adult nutrition status

Diabetes by sex

Sources: NCD Risk Factor Collaboration.
Notes: Based on population weighted means of 53 countries.

Overweight by sex

Notes: Based on population weighted means of 53 countries.

Obesity by sex

Notes: Based on population weighted means of 53 countries.

Raised blood pressure by sex

Sources: NCD Risk Factor Collaboration.
Notes: Based on population weighted means of 53 countries.

Anaemia in WRA

Source: WHO Global Health Observatory.
Notes: WRA = women of reproductive age. Based on population weighted means of 54 countries.

Sodium intake (grams per day)

Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation.
Notes: Based on population weighted means of 54 countries.
Dietary needs
Consumption of food groups and components, 2016

Sources: Global Burden of Disease, the Institute for Health Metrics and Evaluation.
Notes: TMREL = theoretical minimum risk of exposure level. Men and women aged 25 and older. Based on population weighted means of 54 countries.

Intervention coverage

<table>
<thead>
<tr>
<th>Coverage/practice indicator</th>
<th>Total (%)</th>
<th>Boy (%)</th>
<th>Girl (%)</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children 0–59 months with diarrhoea who received zinc treatment</td>
<td>No data</td>
<td>No data</td>
<td>No data</td>
<td>No data</td>
</tr>
<tr>
<td>Children 6–59 months who received vitamin A supplements in last 6 months</td>
<td>No data</td>
<td>No data</td>
<td>No data</td>
<td>No data</td>
</tr>
<tr>
<td>Children 6–59 months given iron supplements in past 7 days</td>
<td>No data</td>
<td>No data</td>
<td>No data</td>
<td>No data</td>
</tr>
<tr>
<td>Women with a live birth in the five years preceding the survey who received iron tablets or syrup during antenatal care</td>
<td>No data</td>
<td>NA</td>
<td>NA</td>
<td>No data</td>
</tr>
<tr>
<td>Household consumption of any iodised salt</td>
<td>No data</td>
<td>NA</td>
<td>NA</td>
<td>No data</td>
</tr>
</tbody>
</table>

Notes: NA = not applicable. Data is compiled using STATcompiler and taken from country Demographic and Health Surveys for 2005-2018.
Determinants

Undernourishment

Source: FAOSTAT 2018.

Gender-related determinants

Early childbearing births by age 18 (%)
Notes: *0 = low inequality, 1 = high inequality.

Gender Inequality Index (score)

Gender Inequality Index (country rank)

Female secondary education enrolment (net, % population)


Drinking water coverage (% population)

Notes: Based on population weighted means of between 9 and 54 countries.

Sanitation coverage (% population)

Notes: Based on population weighted means of between 12 and 54 countries.
Resources, policies and targets

Development assistance

Basic nutrition ODA received

Sources: Development Initiatives based on OECD Development Assistance Committee (DAC) Creditor Reporting System (CRS).

Notes: ODA = official development assistance. Amounts based on gross ODA disbursements, constant 2017 prices. Figure includes ODA grants and loans, but excludes other official flows and private grants.
### National policies

<table>
<thead>
<tr>
<th>Policy Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandatory legislation for salt iodisation</td>
<td>40/54</td>
</tr>
<tr>
<td>Sugar-sweetened beverage tax</td>
<td>23/54</td>
</tr>
<tr>
<td>Food-based dietary guidelines</td>
<td>7/54</td>
</tr>
<tr>
<td>Policy to reduce salt consumption</td>
<td>13/54</td>
</tr>
<tr>
<td>Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs</td>
<td>32/54</td>
</tr>
<tr>
<td>Operational, multisectoral national NCD policy, strategy or action plan</td>
<td>15/54</td>
</tr>
<tr>
<td>Operational policy, strategy or action plan for diabetes</td>
<td>33/54</td>
</tr>
<tr>
<td>Policy to reduce the impact on children of marketing of foods and beverages high in saturated fats, trans-fatty acids, free sugars or salt</td>
<td>6/54</td>
</tr>
<tr>
<td>Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats</td>
<td>7/54</td>
</tr>
</tbody>
</table>

**Sources:** Global Fortification Data Exchange 2018; Sugar-sweetened data prepared using data from the NOURISHING database, academic references and market reports; FAO 2018; WHO Global database on the Implementation of Nutrition Action (GINA), 2nd Global Nutrition Policy Review, WHO Global Health Observatory.

**Notes:** Value refers to the number of countries with policy. NA = not applicable; NCD = non-communicable disease.
### Targets included in national (nutrition or other) plan

<table>
<thead>
<tr>
<th>Stunting</th>
<th>Anaemia</th>
</tr>
</thead>
<tbody>
<tr>
<td>47/54</td>
<td>35/54</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Low birth weight</th>
<th>Child overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>36/54</td>
<td>31/54</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exclusive breastfeeding</th>
<th>Wasting</th>
</tr>
</thead>
<tbody>
<tr>
<td>46/54</td>
<td>46/54</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Salt intake</th>
<th>Overweight adults and adolescents</th>
</tr>
</thead>
<tbody>
<tr>
<td>21/54</td>
<td>37/54</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Multisectoral comprehensive nutrition plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>32/54</td>
</tr>
</tbody>
</table>


**Notes:** Value refers to the number of countries with target.
Economics and demography

Poverty rates (%) and GDP (PPP$)

Notes: PPP = purchasing power parity. Based on population weighted means of between 48 and 53 countries.

Under-five mortality (per 1,000 live births)

Source: UN Inter-agency Group for Child Mortality Estimation 2018.
Notes: Based on population weighted means of 54 countries.

Government revenues ($m)

Sources: IMF Article IV staff reports (country specific) and IMF World Economic Outlook Database (April 2019).

Income inequality

<table>
<thead>
<tr>
<th>Gini index score</th>
<th>Gini index rank</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>NA</td>
<td>NA</td>
<td>NA</td>
</tr>
</tbody>
</table>

Sources: World Bank 2019.
Notes: 1 0 = perfect equality, 100 = perfect inequality. 2 Countries are ranked from most equal (1) to most unequal (159).

Population

<table>
<thead>
<tr>
<th>Population (thousands)</th>
<th>1,276,785</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under-five population (thousands)</td>
<td>197,317</td>
<td>2019</td>
</tr>
<tr>
<td>Rural (%)</td>
<td>57</td>
<td>2018</td>
</tr>
<tr>
<td>&gt;65 years (thousands)</td>
<td>45,526</td>
<td>2019</td>
</tr>
</tbody>
</table>

Sources: World Bank 2019, UN Population Division Department of Economic and Social Affairs 2019.
Notes: Based on population weighted means of between 53 and 54 countries.

Population density of health workers per 1,000 people

| Physicians | 0.33 | 2016 |
| Nurses and midwives | 1.22 | 2016 |
| Community health workers | No data | No data |

Sources: WHO’s Global Health Workforce Statistics, OECD, supplemented by country data.
Notes: Based on population weighted means of between 49 and 53 countries.