Regional overview

Malnutrition burden

In the Asia region, there has been some progress towards achieving global nutrition targets. The global targets for under-five overweight and under-five stunting each have 12 countries on course to meet them, under-five wasting has 11 countries on course, infant exclusive breastfeeding has seven countries on course, female diabetes has six countries on course, while low birth weight and male diabetes each have one country on course. However, not a single country in the region is on course to meet the targets for anaemia in women of reproductive age, male obesity, and female obesity. 38 countries in the region have insufficient data to comprehensively assess their progress towards these global targets.

The Asia region experiences a malnutrition burden among its under-five population. The average prevalence of overweight in under-fives is 5.2%, this is less than the global average of 5.9%. The prevalence of stunting in under-fives is 22.7%, this is greater than the global average of 21.9%. The Asia region's prevalence of wasting in under-fives of 9.4% is also greater than the global average of 7.3%.

Some 42.3% of infants under 6 months in the Asia region are exclusively breastfed, while the region's average low birth weight prevalence of 17.3% is greater than the global average of 14.6%.

The Asia region's adult population also face a malnutrition burden. An average of 36.7% of women of reproductive age have anaemia, and 9.7% of adult men have diabetes, compared to 8.6% of women. Meanwhile, 8.8% of women and 6% 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>Status 1</th>
<th>Status 2</th>
<th>Status 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under-five stunting</td>
<td>12 On</td>
<td>14 Off</td>
<td>22 No</td>
</tr>
<tr>
<td>Under-five wasting</td>
<td>11 On</td>
<td>16 Off</td>
<td>21 No</td>
</tr>
<tr>
<td>Low birthweight</td>
<td>1 On</td>
<td>36 Off</td>
<td>11 No</td>
</tr>
<tr>
<td>Exclusive breastfeeding</td>
<td>7 On</td>
<td>15 Off</td>
<td>26 No</td>
</tr>
<tr>
<td>Under-five overweight</td>
<td>12 On</td>
<td>13 Off</td>
<td>23 No</td>
</tr>
<tr>
<td>Adult female obesity</td>
<td>0 On</td>
<td>42 Off</td>
<td>6 No</td>
</tr>
</tbody>
</table>
Adult male obesity
0 On course
39 Off course
9 No data

Adult female diabetes
6 On course
42 Off course
0 No data

Adult male diabetes
1 On course
47 Off course
0 No data

WRA anaemia
0 On course
48 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.

Child (under-five) nutrition status

Coexistence of wasting, stunting and overweight

Low birth weight


Notes: Percentage of children under-five years of age who experience different and overlapping forms of malnutrition.
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. Excludes Japan. 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.
Infant and young child feeding over time

Exclusive breastfeeding by sex

Exclusive breastfeeding by location

Exclusive breastfeeding by income

Continued breastfeeding at 1 year by sex

Continued breastfeeding at 1 year by location

Continued breastfeeding at 1 year by income

Minimum acceptable diet by sex

Minimum acceptable diet by location

Minimum acceptable diet by income

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

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

Intro. to solid, semi-solid, soft foods 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 12 and 24 countries.

Infant and young child feeding


Notes: Based on population weighted means of between 12 and 24 countries.
Child and adolescent (aged 5-19) nutrition status

Underweight by sex

Sources: NCD Risk Factor Collaboration.
Notes: Based on population weighted means of 48 countries.

Overweight by sex

Notes: Based on population weighted means of 48 countries.

Obesity by sex

Notes: Based on population weighted means of 48 countries.
Adult nutrition status

Diabetes by sex

Sources: NCD Risk Factor Collaboration.
Notes: Based on population weighted means of 48 countries.

Overweight by sex

Notes: Based on population weighted means of 48 countries.

Obesity by sex

Notes: Based on population weighted means of 48 countries.

Raised blood pressure by sex

Sources: NCD Risk Factor Collaboration.
Notes: Based on population weighted means of 48 countries.

Anaemia in WRA

Source: WHO Global Health Observatory.
Notes: WRA = women of reproductive age. Based on population weighted means of 48 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 48 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 48 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.

Food supply

Source: FAOSTAT 2018.

Gender-related determinants

Early childbearing births by age 18 (%)\(^1\)  NA  NA

Gender Inequality Index (score)\(^2\)  NA  NA

Gender Inequality Index (country rank)\(^2\)  NA  NA

Sources: \(^1\) UNICEF 2018; \(^2\) UNDP 2018.
Notes: * 0 = low inequality, 1 = high inequality.

Female secondary education enrolment (net, % population)

Notes: Based on population weighted means of 29 countries.

Drinking water coverage (% population)

Notes: Based on population weighted means of between 29 and 48 countries.

Sanitation coverage (% population)

Notes: Based on population weighted means of between 21 and 48 countries.
Resources, policies and targets

Development assistance

![Graph showing ODA expenditures over years]

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</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandatory legislation for salt iodisation</td>
<td>32/47</td>
</tr>
<tr>
<td>Sugar-sweetened beverage tax</td>
<td>12/47</td>
</tr>
<tr>
<td>Food-based dietary guidelines</td>
<td>23/47</td>
</tr>
<tr>
<td>Policy to reduce salt consumption</td>
<td>30/47</td>
</tr>
<tr>
<td>Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs</td>
<td>42/47</td>
</tr>
<tr>
<td>Operational, multisectoral national NCD policy, strategy or action plan</td>
<td>31/47</td>
</tr>
<tr>
<td>Operational policy, strategy or action plan for diabetes</td>
<td>41/47</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>13/47</td>
</tr>
<tr>
<td>Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats</td>
<td>25/47</td>
</tr>
</tbody>
</table>


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>30/47</td>
<td>27/47</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Low birth weight</th>
<th>Child overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>27/47</td>
<td>33/47</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exclusive breastfeeding</th>
<th>Wasting</th>
</tr>
</thead>
<tbody>
<tr>
<td>31/47</td>
<td>25/47</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Salt intake</th>
<th>Overweight adults and adolescents</th>
</tr>
</thead>
<tbody>
<tr>
<td>32/47</td>
<td>41/47</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Multisectoral comprehensive nutrition plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>24/47</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 37 and 45 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 48 countries.

Government revenues ($m)

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

No data

Population density of health workers per 1,000 people

Sources: WHO’s Global Health Workforce Statistics, OECD, supplemented by country data.
Notes: Based on population weighted means of between 20 and 48 countries.

Population

<table>
<thead>
<tr>
<th>Year</th>
<th>Population (thousands)</th>
<th>Under-five population (thousands)</th>
<th>Rural (%)</th>
<th>&gt;65 years (thousands)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>4,494,350</td>
<td>363,670</td>
<td>50</td>
<td>395,343</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 48 countries.

Income inequality

<table>
<thead>
<tr>
<th>Year</th>
<th>Gini index score</th>
<th>Gini index rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019</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).

For complete source information: globalnutritionreport.org/nutrition-profiles/technical-notes

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