Country overview

Malnutrition burden

Barbados is off course to meet the global targets for anaemia in women of reproductive age, male diabetes, female diabetes, male obesity, and female obesity. There is insufficient target data to assess Barbados’ progress for under-five overweight, under-five stunting, under-five wasting, infant exclusive breastfeeding, and low birth weight.

Although it performs relatively well against other countries, Barbados still experiences a malnutrition burden among its under-five population. As of 2012, the national prevalence of under-five overweight is 12.2%. The national prevalence of under-five stunting is 7.7%, which is less than the global average of 21.9%. Barbados’ under-five wasting prevalence of 6.8% is also less than the global average of 7.3%.

In Barbados, 19.7% of infants under 6 months are exclusively breastfed. There is insufficient data on low birth weight.

Barbados’ adult population also face a malnutrition burden. 21.6% of women of reproductive age have anaemia, and 13.7% of adult women have diabetes, compared to 10.5% of men. Meanwhile, 31.3% of women and 14.7% of men have obesity.


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

Progress against global nutrition targets 2019


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


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

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**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**
- Boys: 8.3%
- Girls: 5.0%
- National: 6.8%

**Stunting by sex**
- Boys: 8.9%
- Girls: 6.6%
- National: 7.7%

**Overweight by sex**
- Boys: 11.3%
- Girls: 13.3%
- National: 12.3%

**Wasting by location**
- Urban: 8.1%
- Rural: 4.4%
- National: 6.8%

**Stunting by location**
- Urban: 8.0%
- Rural: 7.2%
- National: 7.7%

**Overweight by location**
- Urban: 11.4%
- Rural: 13.3%
- National: 12.8%

**Wasting by income**
- Lowest: 10.0%
- Second lowest: 6.0%
- Middle: 4.9%
- Second highest: 5.2%
- Highest: 6.9%
- National: 6.8%

**Stunting by income**
- Lowest: 7.6%
- Second lowest: 8.6%
- Middle: 7.9%
- Second highest: 10.1%
- Highest: 7.7%
- National: 3.1%

**Overweight by income**
- Lowest: 11.1%
- Second lowest: 6.7%
- Middle: 12.8%
- Second highest: 16.9%
- Highest: 13.0%
- National: 12.8%
Wasting by mother’s education

<table>
<thead>
<tr>
<th>None or primary</th>
<th>Secondary or higher</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.9</td>
<td>6.8</td>
<td>6.8</td>
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</tbody>
</table>

2012

Stunting by mother’s education

<table>
<thead>
<tr>
<th>None or primary</th>
<th>Secondary or higher</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.8</td>
<td>7.7</td>
<td>7.7</td>
</tr>
</tbody>
</table>

2012

Overweight by mother’s education

<table>
<thead>
<tr>
<th>None or primary</th>
<th>Secondary or higher</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.4</td>
<td>12.2</td>
<td>12.2</td>
</tr>
</tbody>
</table>

2012

Wasting by age

<table>
<thead>
<tr>
<th>0-23 months</th>
<th>24-35 months</th>
<th>36-47 months</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>13.0</td>
<td>3.9</td>
<td>2.9</td>
<td>6.8</td>
</tr>
</tbody>
</table>

2012

Stunting by age

<table>
<thead>
<tr>
<th>0-23 months</th>
<th>24-35 months</th>
<th>36-47 months</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.4</td>
<td>6.6</td>
<td>3.4</td>
<td>7.7</td>
</tr>
</tbody>
</table>

2012

Overweight by age

<table>
<thead>
<tr>
<th>0-23 months</th>
<th>24-35 months</th>
<th>36-47 months</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>16.5</td>
<td>5.2</td>
<td>9.7</td>
<td>12.2</td>
</tr>
</tbody>
</table>

2012

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


Infant and young child feeding

Wealth quintiles (%)
- Highest
- Lowest

Urban/rural (%)
- Urban
- Rural

Minimum meal frequency

Early initiation

Child and adolescent (aged 5-19) nutrition status

Underweight by sex

Overweight by sex

Obesity by sex

Sources: NCD Risk Factor Collaboration.
**Adult nutrition status**

**Diabetes by sex**

Sources: NCD Risk Factor Collaboration.

**Overweight by sex**

**Obesity by sex**

**Raised blood pressure by sex**

Sources: NCD Risk Factor Collaboration.

**Anaemia in WRA**

Source: WHO Global Health Observatory.

Notes: WRA = women of reproductive age.

**Sodium intake (grams per day)**

Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation.
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.

<table>
<thead>
<tr>
<th>Midpoint of TMREL</th>
<th>0%/10g of TMREL</th>
<th>200% of TMREL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>1.3g</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>250g</td>
<td></td>
</tr>
<tr>
<td>Legumes</td>
<td>60g</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>435g</td>
<td></td>
</tr>
<tr>
<td>Nuts and seeds</td>
<td>20.5g</td>
<td></td>
</tr>
<tr>
<td>Omega 3</td>
<td>0.3g</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated fat</td>
<td>11%</td>
<td></td>
</tr>
</tbody>
</table>

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

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>
Determinants

Undernourishment

Source: FAOSTAT 2018.

Food supply

Source: FAOSTAT 2018.

Gender-related determinants

Early childbearing births by age 18 (%)\(^1\) | 7 | 2012

Gender Inequality Index (score \(^1\)) | 0.28 | 2017

Gender Inequality Index (country rank)\(^2\) | 60 | 2017

Sources: \(^1\) UNICEF 2018; \(^2\) UNDP 2018.

Notes: *0 = low inequality, 1 = high inequality.

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

Female secondary education enrolment (net, % population)


Drinking water coverage (% population)


Sanitation coverage (% population)

Resources, policies and targets

Development assistance

- Basic nutrition ODA received
- % of total ODA

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.
<table>
<thead>
<tr>
<th>National policies</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandatory legislation for salt iodisation</td>
<td>No</td>
</tr>
<tr>
<td>Sugar-sweetened beverage tax</td>
<td>Yes</td>
</tr>
<tr>
<td>Food-based dietary guidelines</td>
<td>Yes</td>
</tr>
<tr>
<td>Policy to reduce salt consumption</td>
<td>Yes</td>
</tr>
<tr>
<td>Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs</td>
<td>Yes</td>
</tr>
<tr>
<td>Operational, multisectoral national NCD policy, strategy or action plan</td>
<td>Yes</td>
</tr>
<tr>
<td>Operational policy, strategy or action plan for diabetes</td>
<td>Yes</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>No</td>
</tr>
<tr>
<td>Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats</td>
<td>No</td>
</tr>
</tbody>
</table>


Notes: NA = not applicable; NCD = non-communicable disease.
<table>
<thead>
<tr>
<th>Target</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stunting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anaemia</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low birth weight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child overweight</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Exclusive breastfeeding</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Wasting</td>
<td></td>
<td>No</td>
</tr>
<tr>
<td>Salt intake</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Overweight adults and adolescents</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Multisectoral comprehensive nutrition plan</td>
<td>Yes</td>
<td></td>
</tr>
</tbody>
</table>

Economics and demography

Poverty rates (%) and GDP (PPP$)

Notes: PPP = purchasing power parity.

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

Source: UN Inter-agency Group for Child Mortality Estimation 2018.

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>No data</td>
<td>No data</td>
<td>No data</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>287</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under-five population (thousands)</td>
<td>15</td>
<td>2019</td>
</tr>
<tr>
<td>Rural (%)</td>
<td>69</td>
<td>2018</td>
</tr>
<tr>
<td>&gt;65 years (thousands)</td>
<td>47</td>
<td>2019</td>
</tr>
</tbody>
</table>

Sources: World Bank 2019, UN Population Division Department of Economic and Social Affairs 2019.

Population density of health workers per 1,000 people

| Physicians | 1.81 | 2010 |
| Nurses and midwives | 4.86 | 2010 |
| Community health workers | No data | No data |

Sources: WHO’s Global Health Workforce Statistics, OECD, supplemented by country data.