Belarus

Country overview

Malnutrition burden

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

Although it performs relatively well against other developing countries, Belarus still experiences a malnutrition burden among its under-five population. As of 2005, the national prevalence of under-five overweight is 9.7%. The national prevalence of under-five stunting is 4.5%, which is significantly less than the developing country average of 25%. Belarus’ under-five wasting prevalence of 2.2% is also less than the developing country average of 8.9%.

In Belarus, 19% of infants under 6 months are exclusively breastfed. Belarus’ 2015 low birth weight prevalence of 5.1% has increased slightly from 5% in 2000.

Belarus’ adult population also face a malnutrition burden. 22.6% of women of reproductive age have anaemia, and 8% of adult men have diabetes, compared to 7.5% of women. Meanwhile, 26.3% of women and 22.1% of men have obesity.


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

Progress against global nutrition targets 2019

- Under-five stunting: No data
- Under-five wasting: No data
- Under-five overweight: No data
- Low birthweight: No progress or worsening
- Exclusive breastfeeding: No data
- Adult female obesity: No progress or worsening
- Adult male obesity: No progress or worsening
- Adult female diabetes: No progress or worsening
- Adult male diabetes: No progress or worsening
- WRA anaemia: No progress or worsening


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.

Prevalence of under-five stunting

Stunting at subnational 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.

Stunting at 5km level

No data


Low birth weight

No data
Child (under-five) nutrition status over time

**Wasting by sex**

- Boys: 7.8%
- Girls: 16%
- National: 2.2%

**Stunting by sex**

- Boys: 4.7%
- Girls: 6.2%
- National: 4.5%

**Overweight by sex**

- Boys: 11.3%
- Girls: 8.1%
- National: 9.7%

**Wasting by location**

- Urban: 2.5%
- Rural: 1.7%
- National: 2.2%

**Stunting by location**

- Urban: 2.9%
- Rural: 7.6%
- National: 4.5%

**Overweight by location**

- Urban: 8.6%
- Rural: 12.1%
- National: 9.7%

**Wasting by income**

- Lowest: 2.3%
- Second lowest: 1.9%
- Middle: 1.3%
- Second highest: 3.2%
- Highest: 2.3%

**Stunting by income**

- Lowest: 10.4%
- Second lowest: 4.9%
- Middle: 3.2%
- Second highest: 3.1%
- Highest: 2.1%

**Overweight by income**

- Lowest: 11.4%
- Second lowest: 11.1%
- Middle: 9.4%
- Second highest: 8.9%
- Highest: 8.3%
Wasting by mother’s education

Stunting by mother’s education

Overweight by mother’s education

Wasting by age

Stunting by age

Overweight by age

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

Infant and young child feeding

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

Overweight by sex

Obesity by sex

Sources: NCD Risk Factor Collaboration.

Raised blood pressure by sex

Anaemia in WRA

Sodium intake (grams per day)

Sources: NCD Risk Factor Collaboration.

Source: WHO Global Health Observatory.

Notes: WRA = women of reproductive age.

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.

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**

<table>
<thead>
<tr>
<th>Year</th>
<th>Undernourishment</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>2.6</td>
</tr>
<tr>
<td>2006</td>
<td>3.0</td>
</tr>
<tr>
<td>2009</td>
<td>2.5</td>
</tr>
<tr>
<td>2012</td>
<td>2.5</td>
</tr>
</tbody>
</table>

Source: FAOSTAT 2018.

**Food supply**

<table>
<thead>
<tr>
<th>Year</th>
<th>Availability of fruit and vegetables (grams)</th>
<th>% of total calories from non-staples</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>337</td>
<td>55</td>
</tr>
<tr>
<td>2004</td>
<td>473</td>
<td>56</td>
</tr>
<tr>
<td>2008</td>
<td>589</td>
<td>59</td>
</tr>
<tr>
<td>2012</td>
<td>605</td>
<td>63</td>
</tr>
</tbody>
</table>

Source: FAOSTAT 2018.

**Gender-related determinants**

- **Early childbearing births by age 18 (%)**
  - 2005: 3

- **Gender Inequality Index (score)**
  - 2017: 0.13

- **Gender Inequality Index (country rank)**
  - 2017: 31

Sources: 1. UNICEF 2018; 2. UNDP 2018.

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

**Female secondary education enrolment (net, % population)**

<table>
<thead>
<tr>
<th>Year</th>
<th>Enrolment</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>97</td>
</tr>
<tr>
<td>2014</td>
<td>98</td>
</tr>
<tr>
<td>2015</td>
<td>99</td>
</tr>
<tr>
<td>2017</td>
<td>96</td>
</tr>
</tbody>
</table>


**Drinking water coverage (% population)**

<table>
<thead>
<tr>
<th>Year</th>
<th>Source water</th>
<th>Unimproved</th>
<th>Limited</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>79</td>
<td>81</td>
<td>95</td>
</tr>
<tr>
<td>2017</td>
<td>81</td>
<td>57</td>
<td>95</td>
</tr>
</tbody>
</table>


**Sanitation coverage (% population)**

<table>
<thead>
<tr>
<th>Year</th>
<th>Open-defecation</th>
<th>Unimproved</th>
<th>Limited</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>90</td>
<td>81</td>
<td>81</td>
</tr>
<tr>
<td>2017</td>
<td>17</td>
<td>81</td>
<td>81</td>
</tr>
</tbody>
</table>

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.
### National policies

<table>
<thead>
<tr>
<th>Policy</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandatory legislation for salt iodisation</td>
<td>Yes</td>
</tr>
<tr>
<td>Sugar-sweetened beverage tax</td>
<td>No</td>
</tr>
<tr>
<td>Food-based dietary guidelines</td>
<td>No data</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>Yes</td>
</tr>
<tr>
<td>Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats</td>
<td>Yes</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:** NA = not applicable; NCD = non-communicable disease.
<table>
<thead>
<tr>
<th>Stunting</th>
<th>Anaemia</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Low birth weight</td>
<td>Child overweight</td>
</tr>
<tr>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Exclusive breastfeeding</td>
<td>Wasting</td>
</tr>
<tr>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Salt intake</td>
<td>Overweight adults and adolescents</td>
</tr>
<tr>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Multisectoral comprehensive nutrition plan</td>
<td></td>
</tr>
<tr>
<td>No</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>Year</th>
<th>Gini index score</th>
<th>Gini index rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>25</td>
<td>2</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>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>2017</td>
<td>9,485</td>
<td>556</td>
<td>21</td>
<td>1,437</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

<table>
<thead>
<tr>
<th>Year</th>
<th>Physicians</th>
<th>Nurses and midwives</th>
<th>Community health workers</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>4.07</td>
<td>11.42</td>
<td>No data</td>
</tr>
</tbody>
</table>

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