

# Maldives

## Country overview

### Malnutrition burden

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

Although it performs relatively well against other developing countries, the Maldives still experiences a malnutrition burden among its under-five population. As of 2009, the national prevalence of under-five overweight is 6.1%, which has increased slightly from 3.9% in 2001. The national prevalence of under-five stunting is 18.6%, which is less than the developing country average of 25%. Conversely, the Maldives' under-five wasting prevalence of 10.8% is greater than the developing country average of 8.9%.

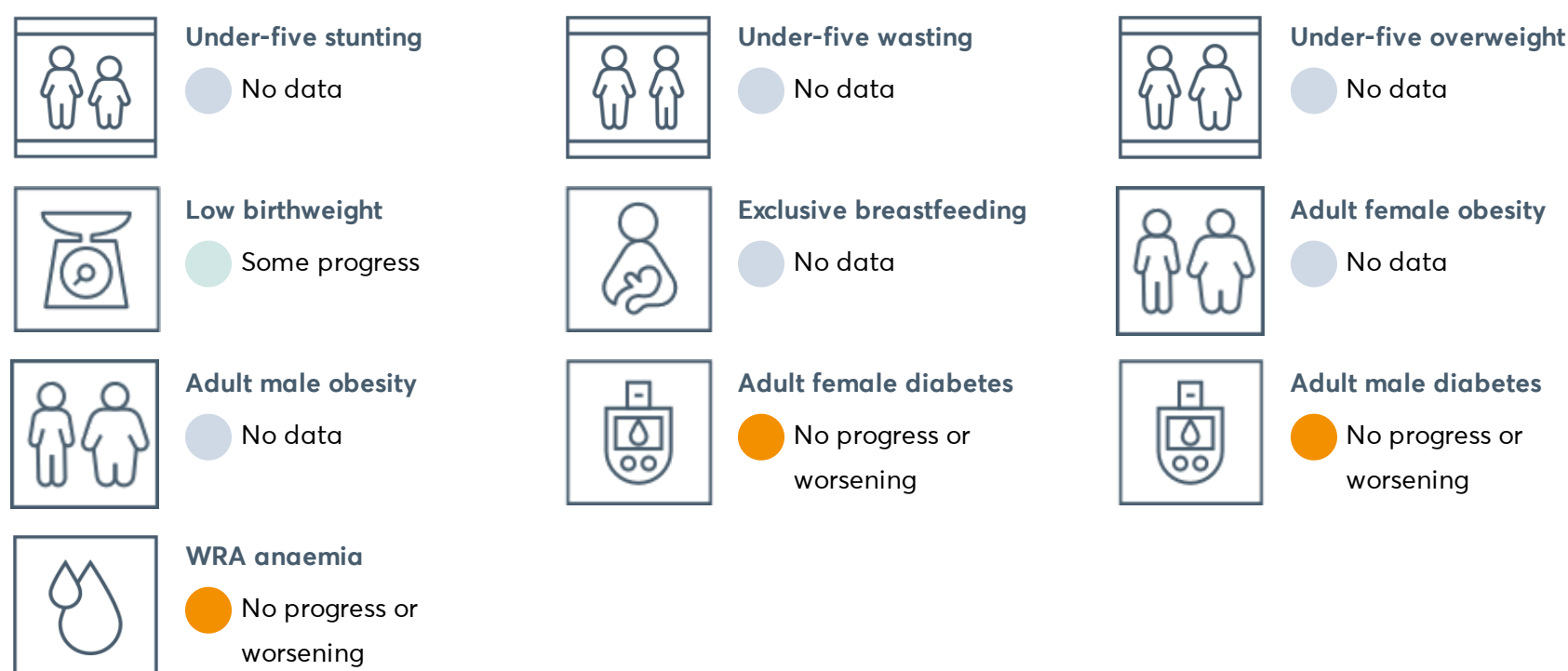
In the Maldives, 63% of infants under 6 months are exclusively breastfed. The Maldives' 2015 low birth weight prevalence of 11.7% has decreased from 15.6% in 2000.

The Maldives' adult population also face a malnutrition burden. 42.6% of women of reproductive age have anaemia, and 11.1% of adult men have diabetes, compared to 10.7% of women. Meanwhile, 11.4% of women and 5.8% of men have obesity.

Sources: UNICEF global databases Infant and Young Child Feeding, UNICEF/WHO/World Bank Group: Joint child malnutrition estimates, UNICEF/WHO Low birthweight estimates, NCD Risk Factor Collaboration, WHO Global Health Observatory.

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

### Progress against global nutrition targets 2019

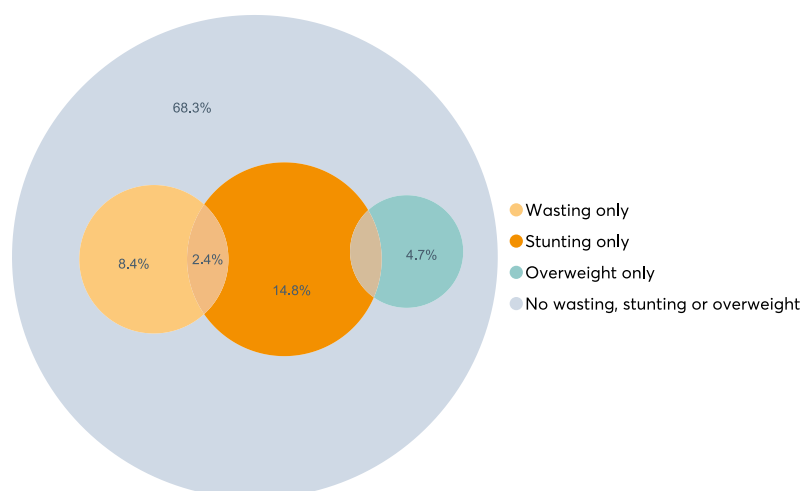


Sources: UNICEF global databases Infant and Young Child Feeding, UNICEF/WHO/World Bank Group: Joint child malnutrition estimates, NCD Risk Factor Collaboration, WHO Global Health Observatory and Global Burden of Disease, the Institute for Health Metrics and Evaluation.

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

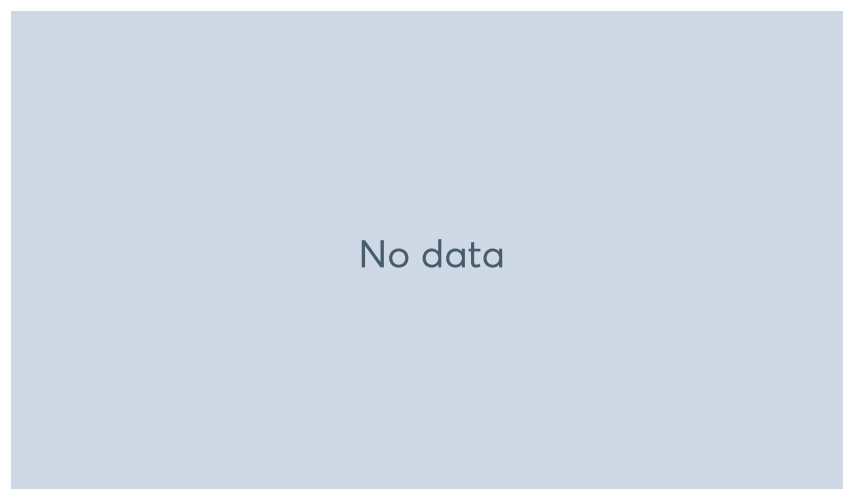
### Coexistence of wasting, stunting and overweight



Sources: UNICEF, Division of Data Research and Policy (2019). UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight, January 2019, New York.

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

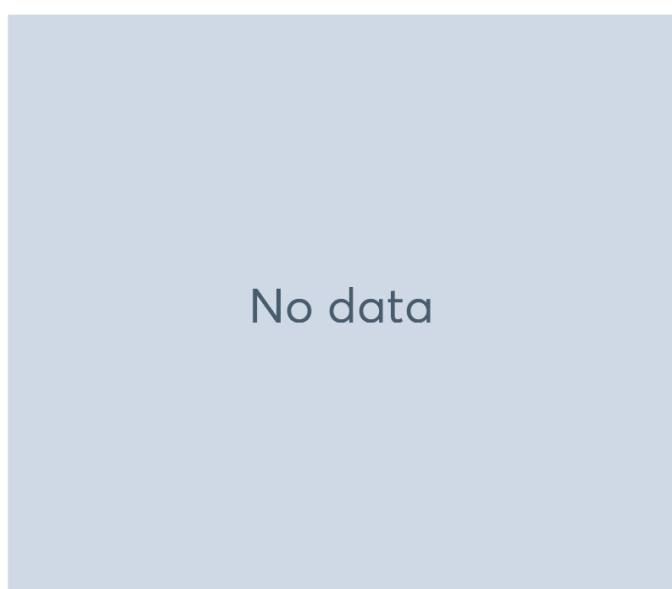
### Low birth weight



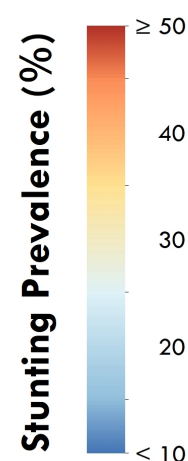
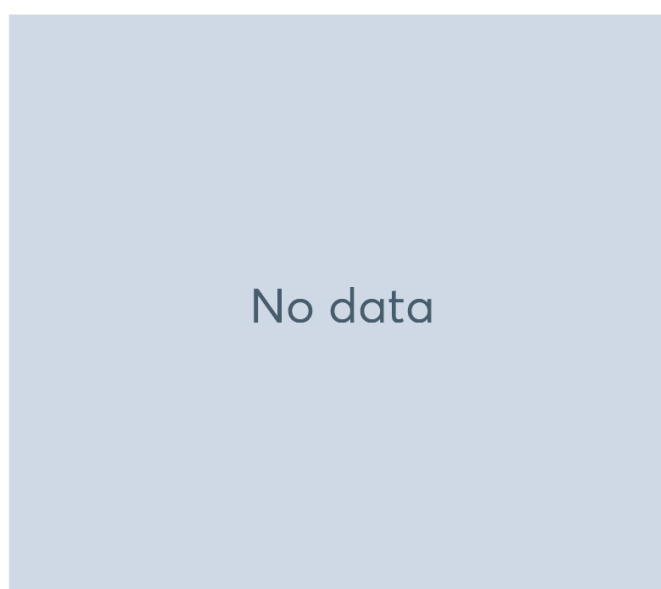
Source: UNICEF/WHO Low birthweight estimates, 2019 edition.

## Prevalence of under-five stunting

### Stunting at subnational level



### Stunting at 5km level

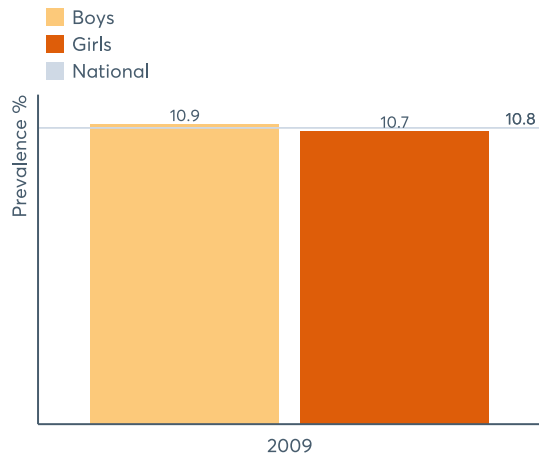


Source: Kinyoki, D.K. et al. Mapping child growth failure across low- and middle-income countries. *Nature* 577, 231–234 (2020) doi:10.1038/s41586-019-1878-8.

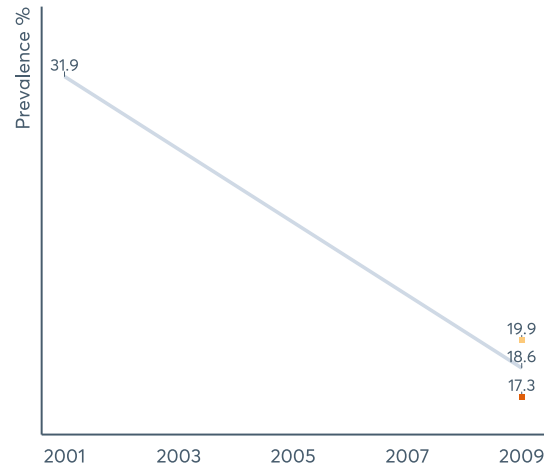
Notes: 5 km level map shows prevalence at the 5 x 5-km resolution. Prevalence is the 2017 estimated prevalence, based on a model using a range of surveys between 1998-2018. See source paper for full methods.

# Child (under-five) nutrition status over time

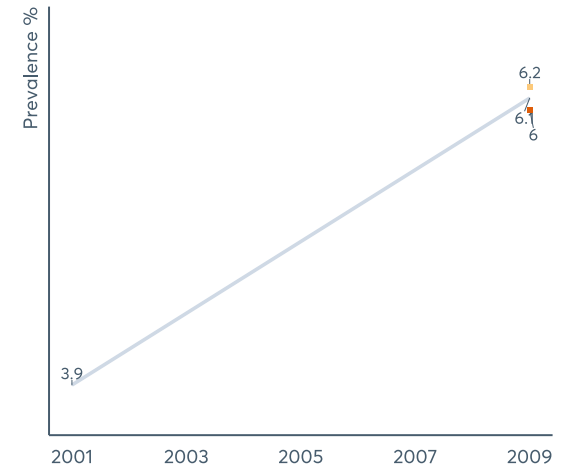
## Wasting by sex



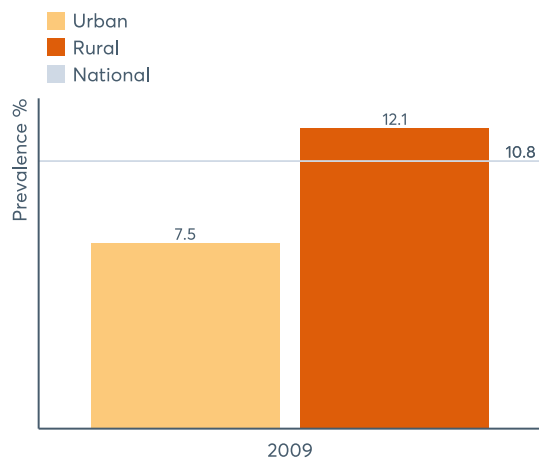
## Stunting by sex



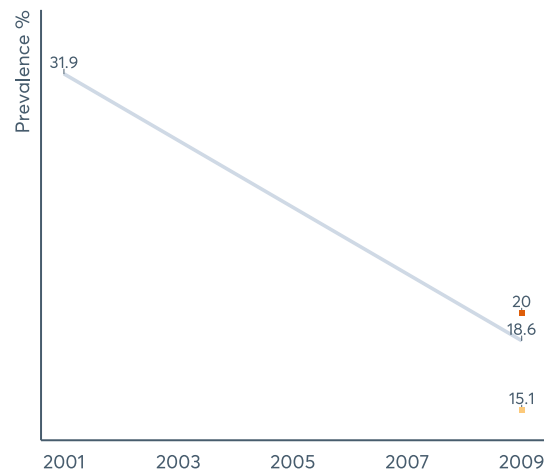
## Overweight by sex



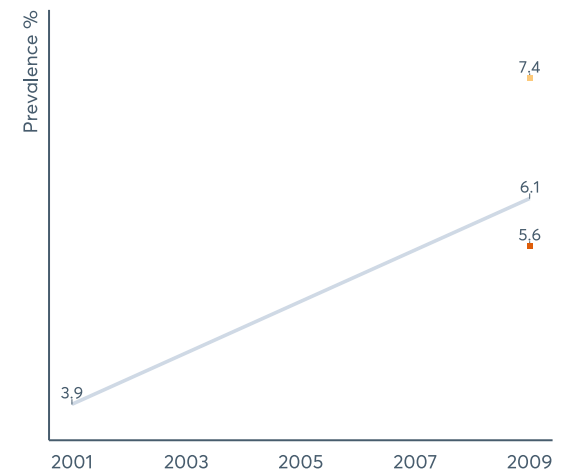
## Wasting by location



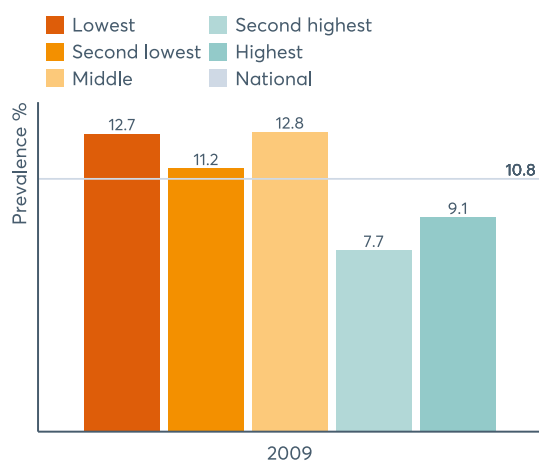
## Stunting by location



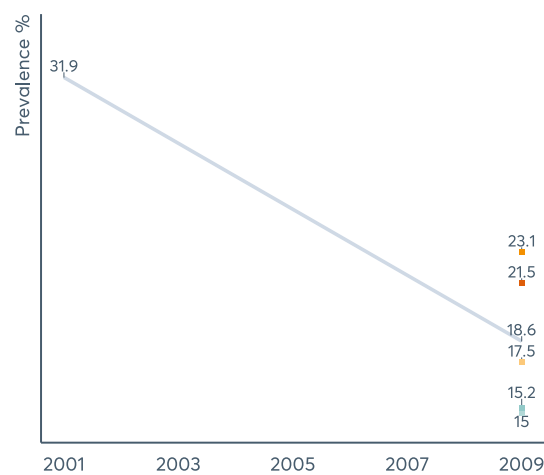
## Overweight by location



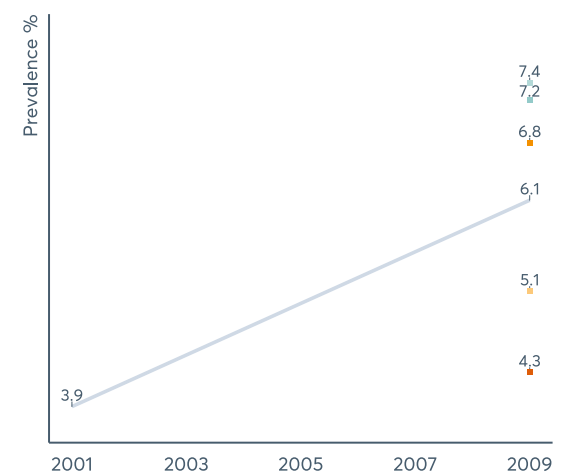
## Wasting by income



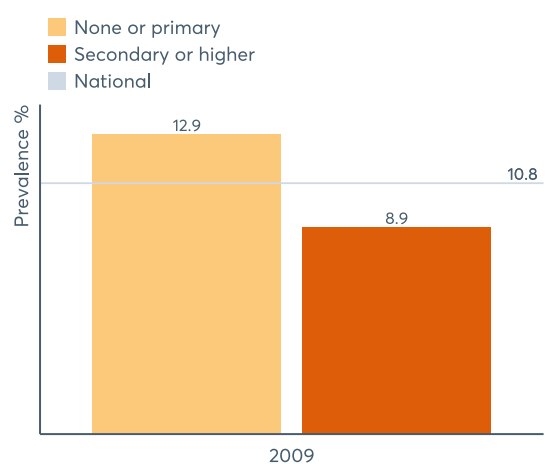
## Stunting by income



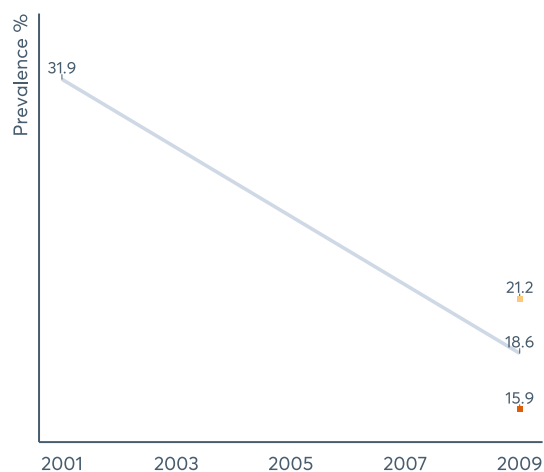
## Overweight by income



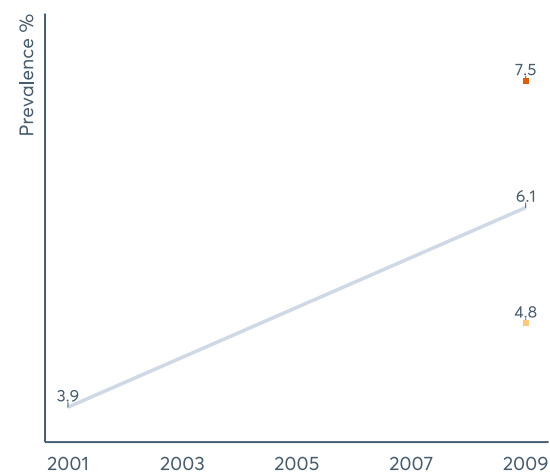
## Wasting by mother's education



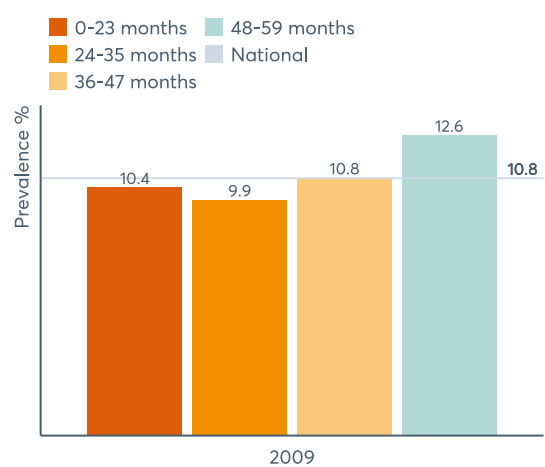
## Stunting by mother's education



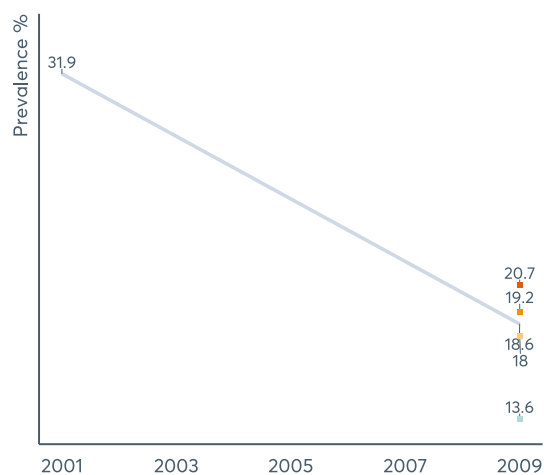
## Overweight by mother's education



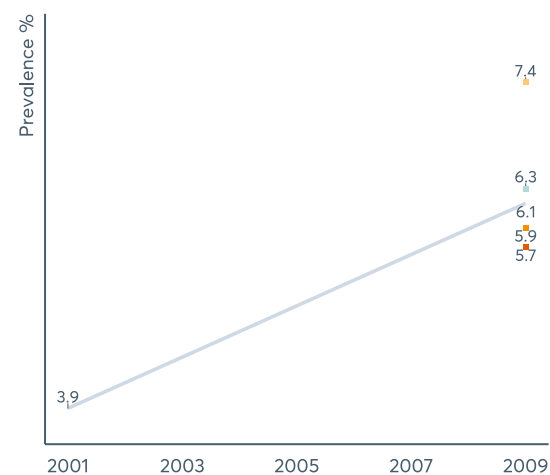
## Wasting by age



## Stunting by age



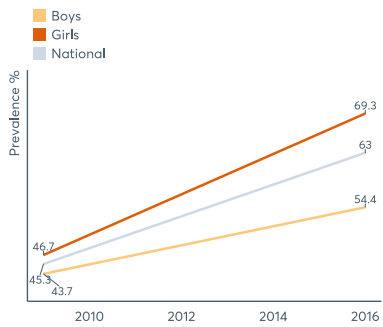
## Overweight by age



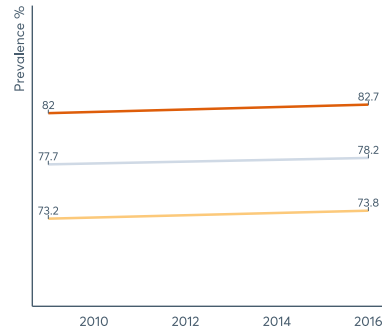
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.

# Infant and young child feeding over time

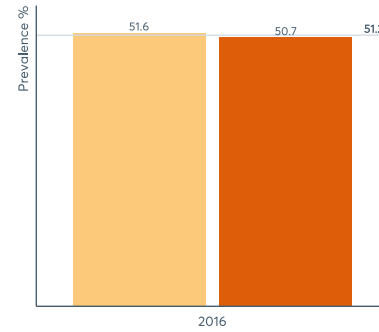
## Exclusive breastfeeding by sex



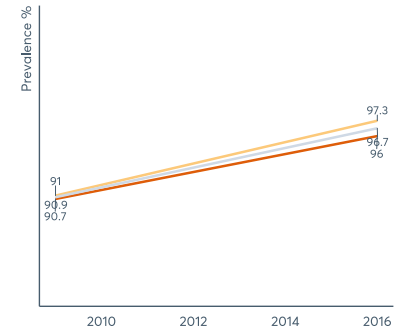
## Continued breastfeeding at 1 year by sex



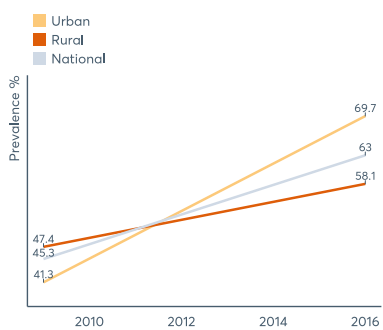
## Minimum acceptable diet by sex



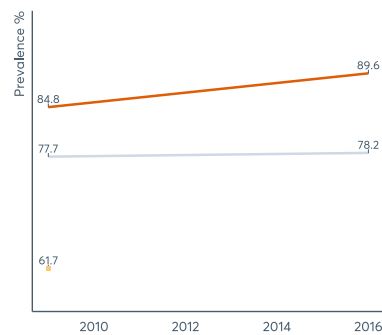
## Intro. to solid, semi-solid, soft foods by sex



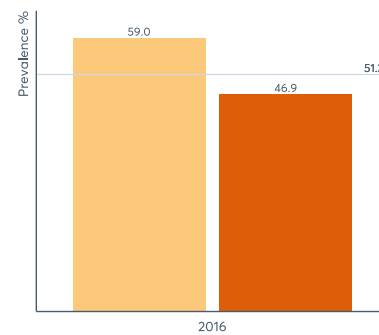
## Exclusive breastfeeding by location



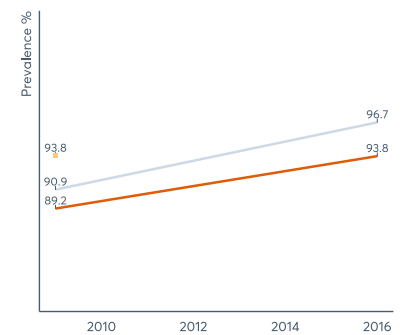
## Continued breastfeeding at 1 year by location



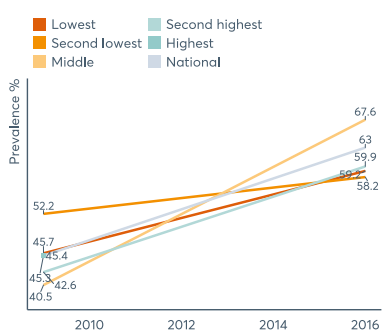
## Minimum acceptable diet by location



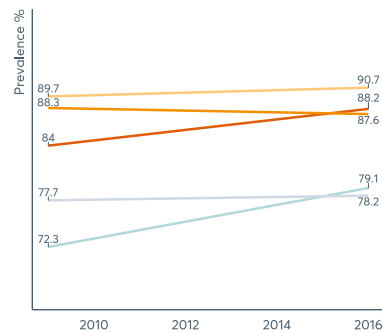
## Intro. to solid, semi-solid, soft foods by location



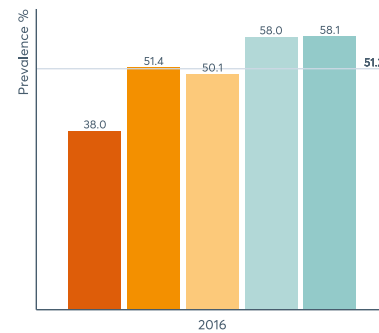
## Exclusive breastfeeding by income



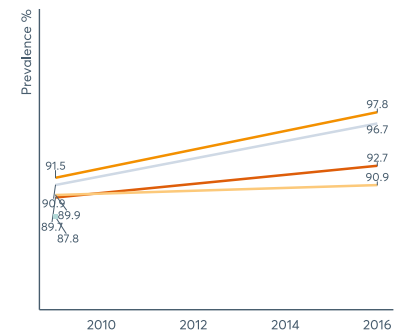
## Continued breastfeeding at 1 year by income



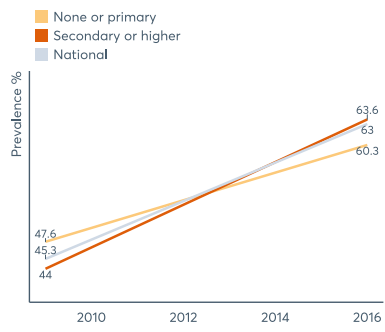
## Minimum acceptable diet by income



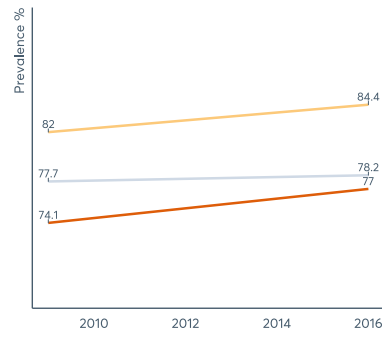
## Intro. to solid, semi-solid, soft foods by income



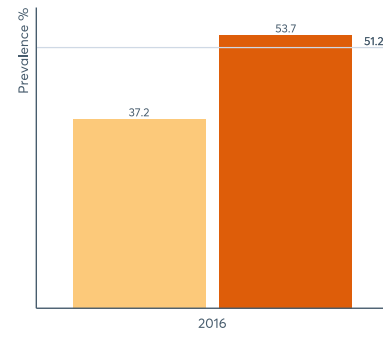
## Exclusive breastfeeding by mother's education



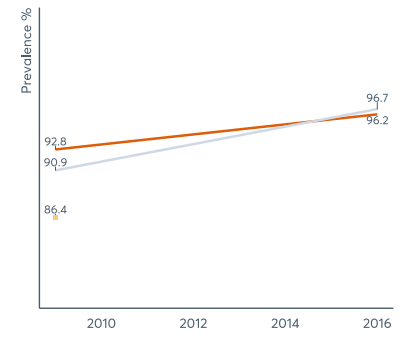
## Continued breastfeeding at 1 year by mother's education



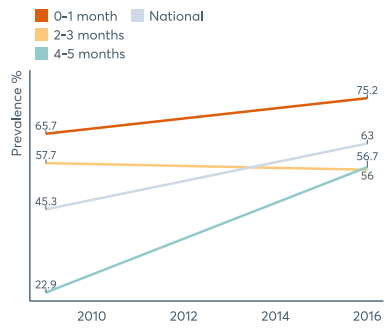
## Minimum acceptable diet by mother's education



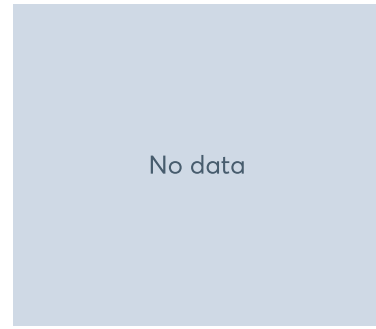
## Intro. to solid, semi-solid, soft foods by mother's education



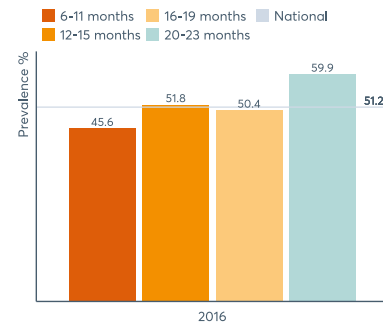
## Exclusive breastfeeding by age



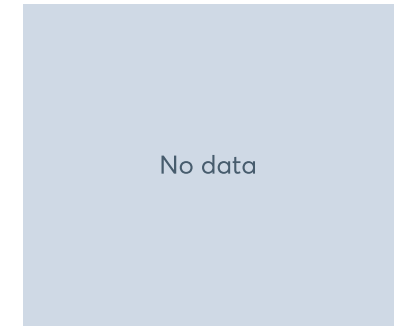
## Continued breastfeeding at 1 year by age



## Minimum acceptable diet by age

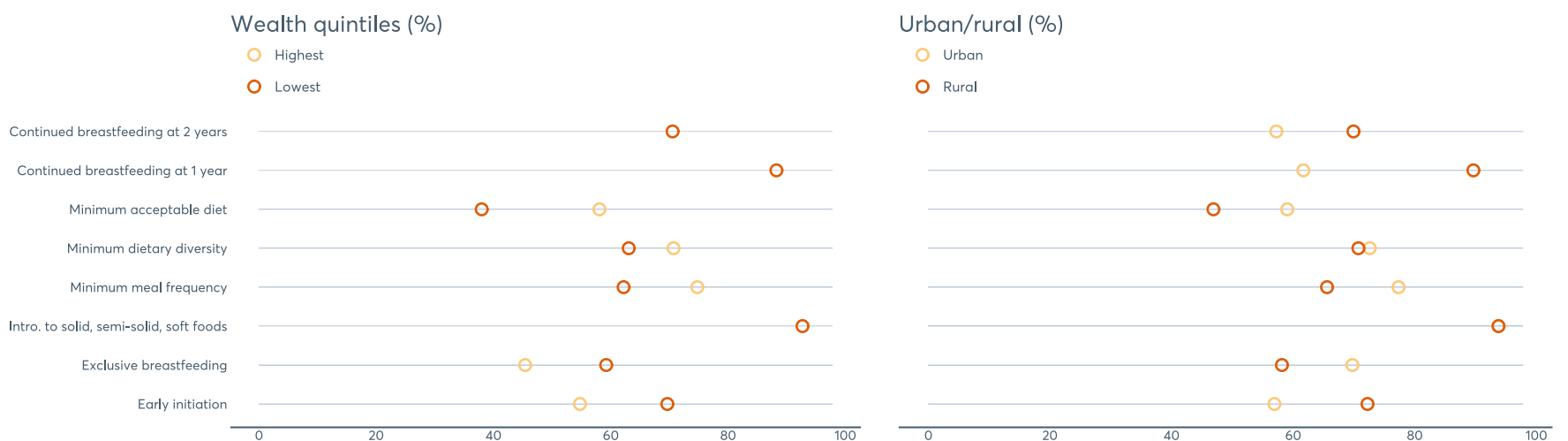


## Intro. to solid, semi-solid, soft foods by age



Sources: UNICEF, Division of Data Research and Policy (2019). Global UNICEF Global Databases: Infant and Young Child Feeding, New York, May 2019.

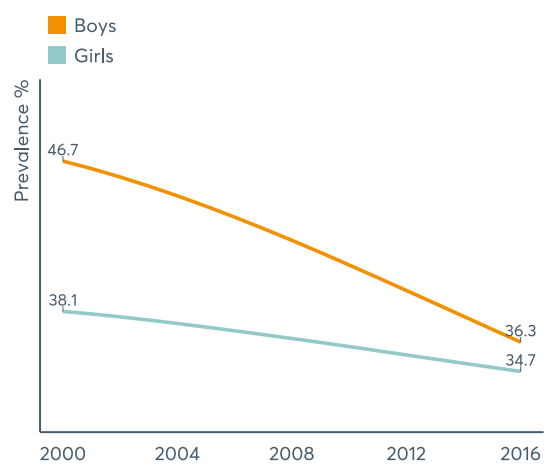
## Infant and young child feeding



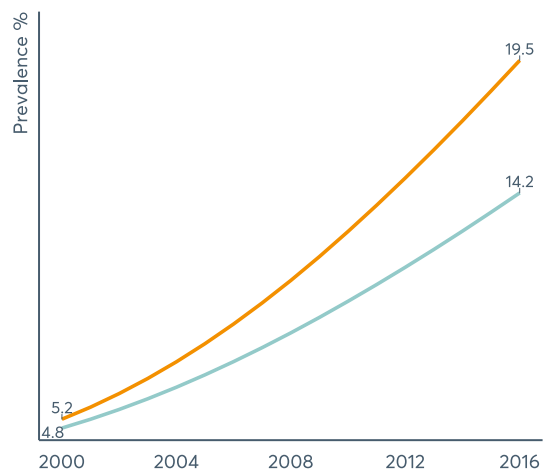
Sources: UNICEF, Division of Data Research and Policy (2019). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, Predominant breastfeeding, New York, May 2019.

# Child and adolescent (aged 5-19) nutrition status

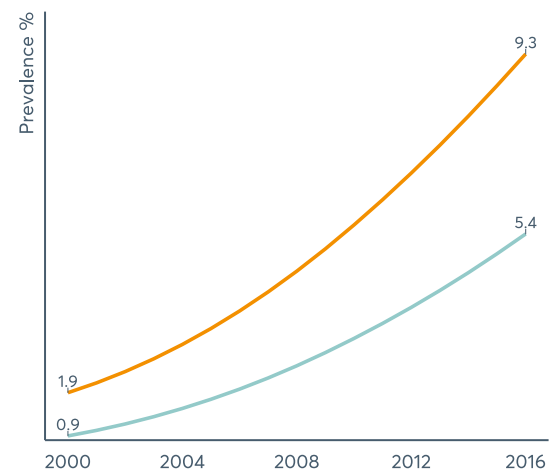
## Underweight by sex



## Overweight by sex



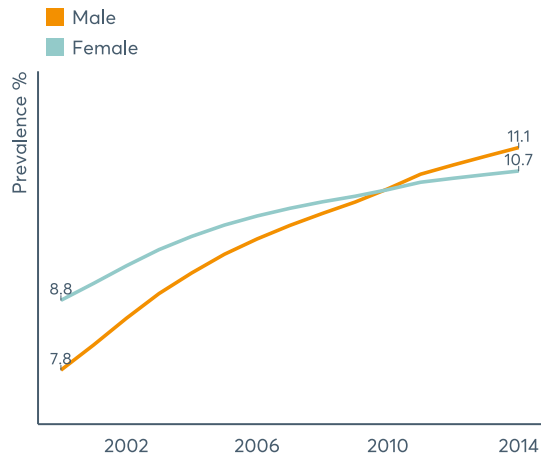
## Obesity by sex



Sources: NCD Risk Factor Collaboration.

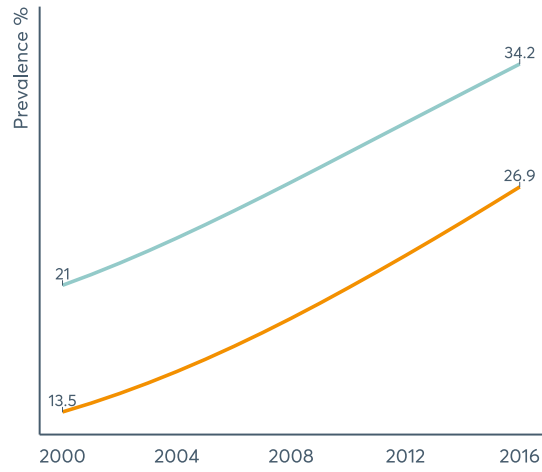
# Adult nutrition status

## Diabetes by sex

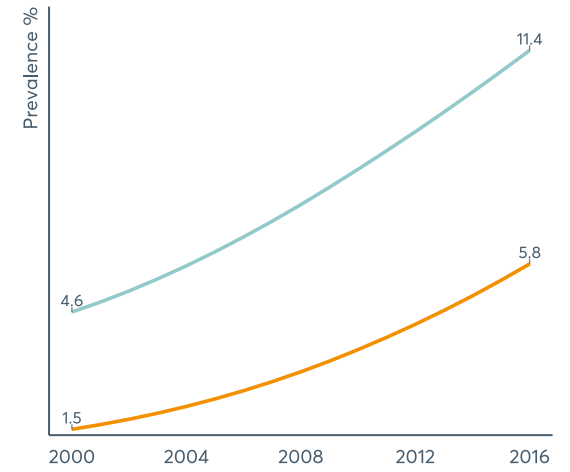


Sources: NCD Risk Factor Collaboration.

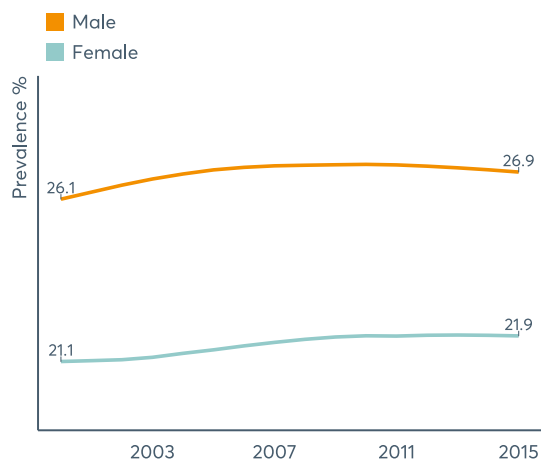
## Overweight by sex



## Obesity by sex

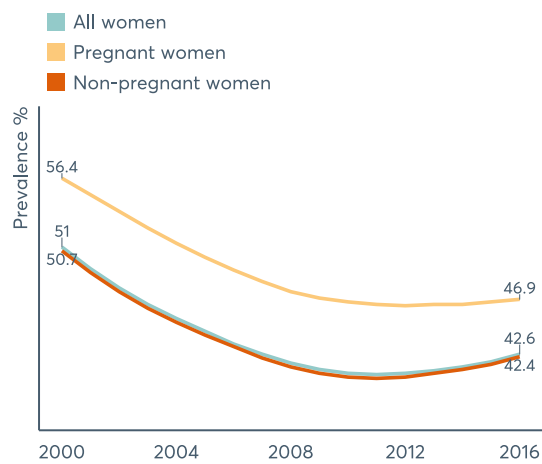


## Raised blood pressure by sex



Sources: NCD Risk Factor Collaboration.

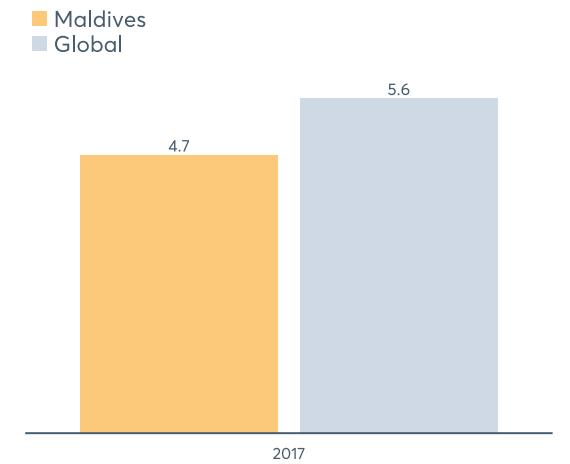
## Anaemia in WRA



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.

## Intervention coverage

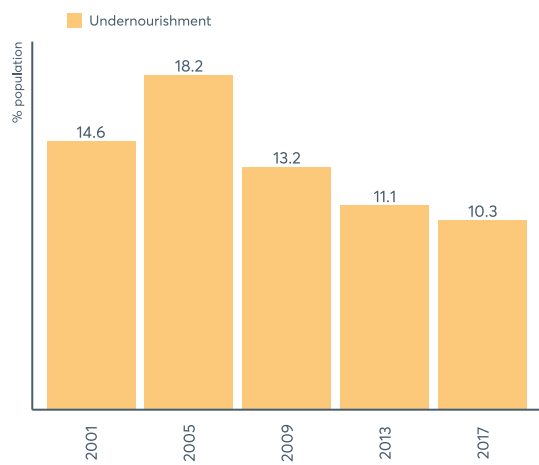
Coverage/practice indicator	Total (%)	Boy (%)	Girl (%)	Year
Children 0-59 months with diarrhoea who received zinc treatment	48	51	46	2016
Children 6-59 months who received vitamin A supplements in last 6 months	71	72	70	2016
Children 6-59 months given iron supplements in past 7 days	No data	No data	No data	No data
Women with a live birth in the five years preceding the survey who received iron tablets or syrup during antenatal care	91	NA	NA	2016
Household consumption of any iodised salt	No data	NA	NA	No data

Sources: Huestis A. and Kothari M., based on 2016 Global Nutrition Report.

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

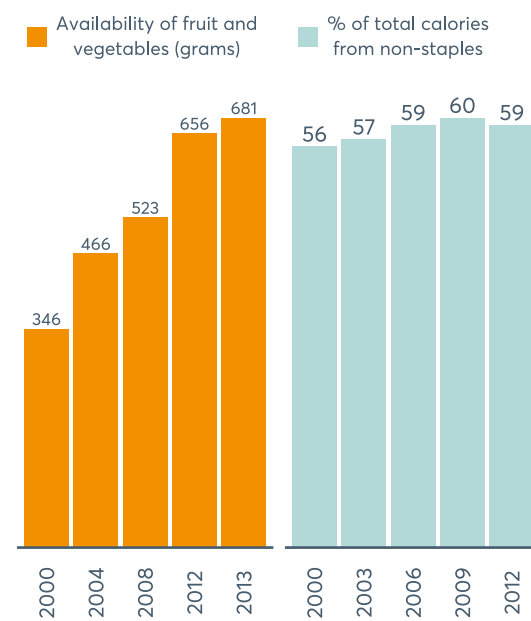
# Determinants

## Undernourishment



Source: FAOSTAT 2018.

## Food supply



Source: FAOSTAT 2018.

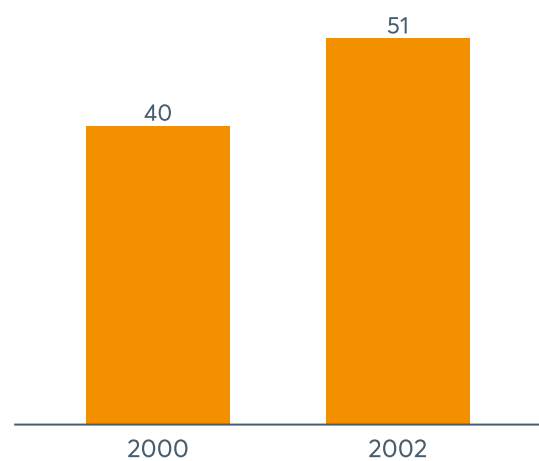
## Gender-related determinants

Early childbearing births by age 18 (%) <sup>1</sup>	1	2009
Gender Inequality Index (score) <sup>*2</sup>	0.34	2017
Gender Inequality Index (country rank) <sup>2</sup>	76	2017

Sources: <sup>1</sup> UNICEF 2018; <sup>2</sup> UNDP 2018.

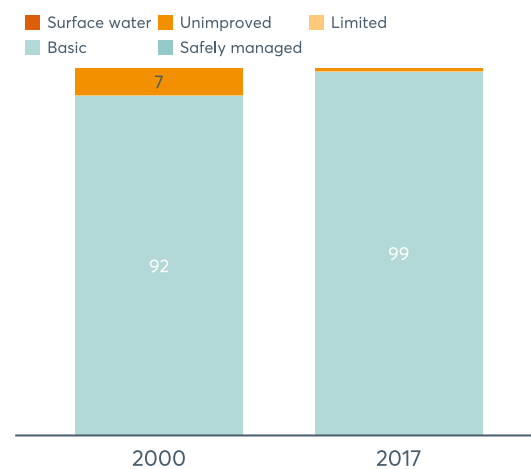
Notes: \* 0 = low inequality, 1 = high inequality.

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



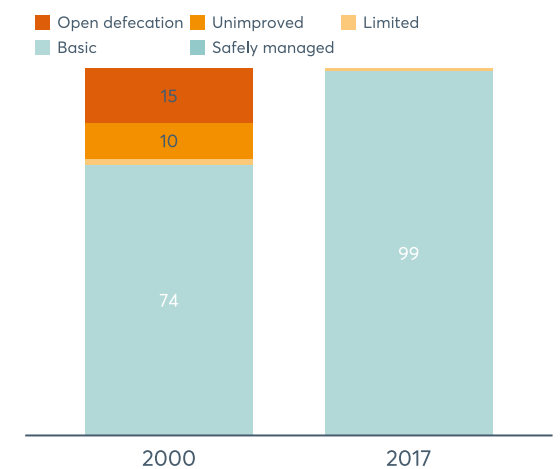
Source: UNESCO Institute for Statistics 2018.

## Drinking water coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019.

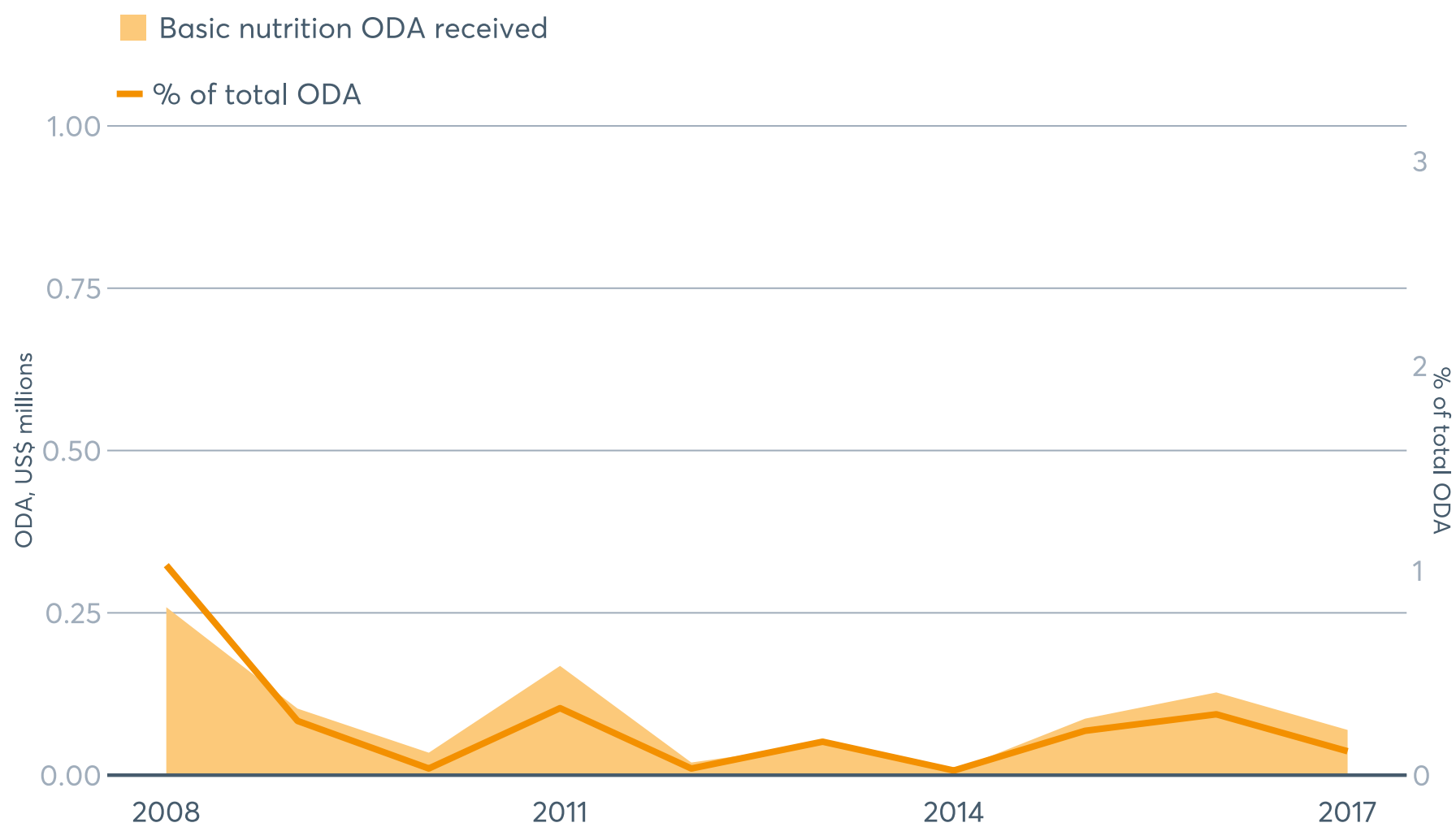
## Sanitation coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019.

# Resources, policies and targets

## Development assistance



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

Mandatory legislation for salt iodisation	No
Sugar-sweetened beverage tax	No
Food-based dietary guidelines	No data
Policy to reduce salt consumption	No
Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs	Yes
Operational, multisectoral national NCD policy, strategy or action plan	Yes
Operational policy, strategy or action plan for diabetes	Yes
Policy to reduce the impact on children of marketing of foods and beverages high in saturated fats, trans-fatty acids, free sugars or salt	No
Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats	No

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.

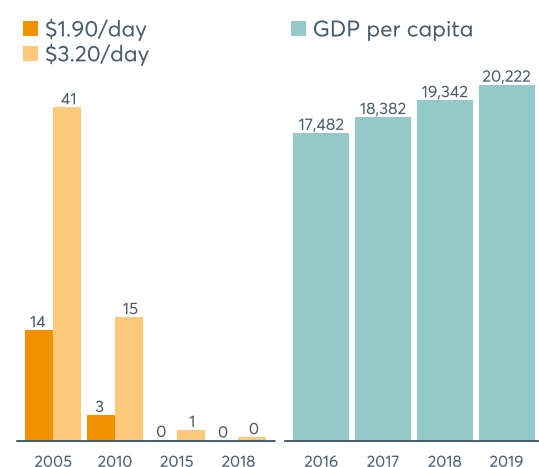
## Targets included in national (nutrition or other) plan

Stunting	Anaemia
Yes	Yes
Low birth weight	Child overweight
Yes	Yes
Exclusive breastfeeding	Wasting
Yes	Yes
Salt intake	Overweight adults and adolescents
Yes	Yes
Multisectoral comprehensive nutrition plan	
Yes	

Sources: WHO Global database on the Implementation of Nutrition Action (GINA), 2nd Global Nutrition Policy Review.

## Economics and demography

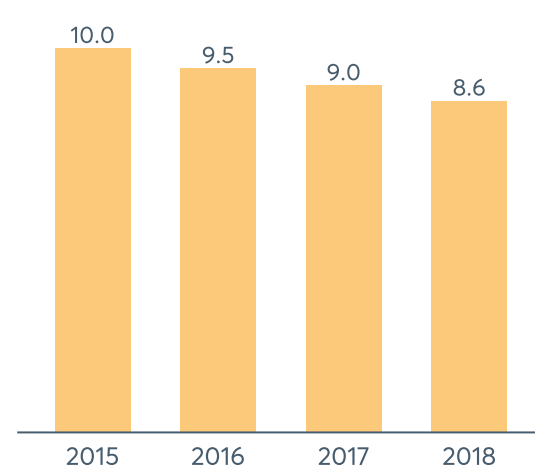
### Poverty rates (%) and GDP (PPP\$)



Sources: World Bank 2019, IMF World Economic Outlook Database 2019.

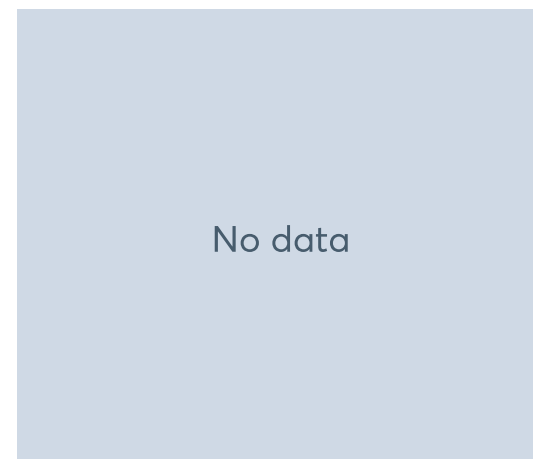
Notes: PPP = purchasing power parity.

### 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

Gini index score <sup>1</sup>	Gini index rank <sup>2</sup>	Year
38	93	2009

Sources: World Bank 2019.

Notes: <sup>1</sup> 0 = perfect equality, 100 = perfect inequality. <sup>2</sup> Countries are ranked from most equal (1) to most unequal (159).

### Population

Population (thousands)	516	2018
Under-five population (thousands)	37	2019
Rural (%)	60	2018
>65 years (thousands)	19	2019

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

### Population density of health workers per 1,000 people

Physicians	3.61	2015
Nurses and midwives	8.22	2015
Community health workers	1.42	2014

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