Country overview

Malnutrition burden

Cape Verde 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 Cape Verde’s progress for under-five overweight, under-five stunting, under-five wasting, infant exclusive breastfeeding, and low birth weight.

Cape Verde has no prevalence data available for under-five overweight, stunting, or wasting.

In Cape Verde, 59.6% of infants under 6 months are exclusively breastfed, this is well above the Western Africa average of 32.5%. There is insufficient data on low birth weight.

Cape Verde’s adult population face a malnutrition burden. 33.3% of women of reproductive age have anaemia, and 9.1% of adult men have diabetes, compared to 8% of women. Meanwhile, 16.3% of women and 6.9% 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 data

Exclusive breastfeeding: No data

Adult male obesity: No progress or worsening

Adult female obesity: No progress or worsening

Adult male diabetes: No progress or worsening

Adult female 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.

Low birth weight


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

No data  No data  No data

No data  No data  No data

No data  No data  No data

No data  No data  No data
Wasting by mother’s education

No data

Stunting by mother’s education

No data

Overweight by mother’s education

No data

Wasting by age

No data

Stunting by age

No data

Overweight by age

No data

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


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

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

[Table showing dietary needs]

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

Source: FAOSTAT 2018.

Gender-related determinants

- Early childbearing births by age 18 (%): 22 (2005)
- Gender Inequality Index (score): No data
- Gender Inequality Index (country rank): No data

Sources: 1 UNICEF 2018; 2 UNDP 2018.

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

Food supply

Source: FAOSTAT 2018.

Gender-related determinants

- Early childbearing births by age 18 (%): 22 (2005)
- Gender Inequality Index (score): No data
- Gender Inequality Index (country rank): No data

Sources: 1 UNICEF 2018; 2 UNDP 2018.

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

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.
### National policies

<table>
<thead>
<tr>
<th>Policy</th>
<th>Yes/No/Data</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>No</td>
</tr>
</tbody>
</table>


Notes: NA = not applicable; NCD = non-communicable disease.
## Targets included in national (nutrition or other) plan

<table>
<thead>
<tr>
<th></th>
<th>Anaemia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stunting</td>
<td>Yes</td>
</tr>
<tr>
<td>Low birth weight</td>
<td>Yes</td>
</tr>
<tr>
<td>Exclusive breastfeeding</td>
<td>Yes</td>
</tr>
<tr>
<td>Salt intake</td>
<td>Yes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Child overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stunting</td>
<td>No</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Wasting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low birth weight</td>
<td>Yes</td>
</tr>
<tr>
<td>Exclusive breastfeeding</td>
<td>Yes</td>
</tr>
<tr>
<td>Salt intake</td>
<td>Yes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Overweight adults and adolescents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low birth weight</td>
<td>Yes</td>
</tr>
<tr>
<td>Exclusive breastfeeding</td>
<td>Yes</td>
</tr>
</tbody>
</table>

| Multisectoral comprehensive nutrition plan | Yes |

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>
<th>Gini index</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>140</td>
<td>47</td>
<td>5.3</td>
</tr>
</tbody>
</table>

Sources: World Bank 2019.
Notes: 1 = perfect equality, 100 = perfect inequality. 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>2018</td>
<td>544</td>
<td>53</td>
<td>34</td>
<td>26</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>2015</td>
<td>0.79</td>
<td>1.26</td>
<td>0.14</td>
</tr>
</tbody>
</table>

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