Regional overview

Malnutrition burden

In the Europe region, there has been some progress towards achieving global nutrition targets. The global target for female diabetes has 17 countries on course to meet it, low birth weight has 11 countries on course, male diabetes has five countries on course, under-five wasting has three countries on course, while under-five overweight and under-five stunting each have two countries on course. However, not a single country in the region is on course to meet the targets for infant exclusive breastfeeding, anaemia in women of reproductive age, male obesity, and female obesity. 41 countries in the region have insufficient data to comprehensively assess their progress towards these global targets.

The Europe region has no prevalence data available for under-five overweight, stunting, or wasting.

There is also insufficient data on exclusive breastfeeding among infants, while the region's average low birth weight prevalence of 6.5% is less than the global average of 14.6%.

The Europe region's adult population face a malnutrition burden. An average of 20% of women of reproductive age have anaemia, and 7.2% of adult men have diabetes, compared to 5.7% of women. Meanwhile, 23.3% of women and 22.2% of men have obesity.


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

Progress against global nutrition targets 2019
Child (under-five) nutrition status

Coexistence of wasting, stunting and overweight

No data

Source: UNICEF, Division of Data Research and Policy (2019).

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

Low birth weight

No data

Prevalence of under-five stunting


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

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.
## Infant and young child feeding over time

<table>
<thead>
<tr>
<th>Exclusive breastfeeding by sex</th>
<th>Continued breastfeeding at 1 year by sex</th>
<th>Minimum acceptable diet by sex</th>
<th>Intro. to solid, semi-solid, soft foods by sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>No data</td>
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</tr>
<tr>
<td>No data</td>
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</tr>
<tr>
<td>Exclusive breastfeeding by income</td>
<td>Continued breastfeeding at 1 year by income</td>
<td>Minimum acceptable diet by income</td>
<td>Intro. to solid, semi-solid, soft foods by income</td>
</tr>
<tr>
<td>No data</td>
<td>No data</td>
<td>No data</td>
<td>No data</td>
</tr>
<tr>
<td>Exclusive breastfeeding by mother’s education</td>
<td>Continued breastfeeding at 1 year by mother’s education</td>
<td>Minimum acceptable diet by mother’s education</td>
<td>Intro. to solid, semi-solid, soft foods by mother’s education</td>
</tr>
<tr>
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<td>Exclusive breastfeeding by age</td>
<td>Continued breastfeeding at 1 year by age</td>
<td>Minimum acceptable diet by age</td>
<td>Intro. to solid, semi-solid, soft foods by age</td>
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</tr>
</tbody>
</table>


Notes: 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.

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**Infant and young child feeding**

<table>
<thead>
<tr>
<th>No data</th>
<th>No data</th>
</tr>
</thead>
</table>

Child and adolescent (aged 5-19) nutrition status

Underweight by sex

Sources: NCD Risk Factor Collaboration.
Notes: Based on population weighted means of 40 countries.

Overweight by sex

Notes: Based on population weighted means of 40 countries.

Obesity by sex

Notes: Based on population weighted means of 40 countries.
Adult nutrition status

Diabetes by sex

Sources: NCD Risk Factor Collaboration.
Notes: Based on population weighted means of 40 countries.

Overweight by sex

Notes: Based on population weighted means of 40 countries.

Obesity by sex

Notes: Based on population weighted means of 40 countries.

Raised blood pressure by sex

Sources: NCD Risk Factor Collaboration.
Notes: Based on population weighted means of 40 countries.

Anaemia in WRA

Source: WHO Global Health Observatory.
Notes: WRA = women of reproductive age. Based on population weighted means of 40 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 40 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 40 countries.

![Midpoint of TMREL](image)

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Dietary Requirement</th>
<th>Consumption (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>1.3g</td>
<td>250g</td>
</tr>
<tr>
<td>Fruit</td>
<td>60g</td>
<td>435g</td>
</tr>
<tr>
<td>Legumes</td>
<td>20.5g</td>
<td>0.3g</td>
</tr>
<tr>
<td>Milk</td>
<td>11%</td>
<td>0.3g</td>
</tr>
</tbody>
</table>

Processed meat: 2g
Red meat: 22.5g
Saturated fat: 7%
Trans fat: 0.5%
Sodium: 2g
Sugar-sweetened beverages: 27g
Vegetables: 360g
Whole grain: 125g

Household consumption of any iodised salt

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 (%) | NA | NA |
| Gender Inequality Index (score) | NA | NA |
| Gender Inequality Index (country rank) | 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 between 24 and 33 countries.

Drinking water coverage (% population)

Notes: Based on population weighted means of between 40 and 43 countries.

Sanitation coverage (% population)

Notes: Based on population weighted means of between 39 and 43 countries.
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

<table>
<thead>
<tr>
<th>Policy</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandatory legislation for salt iodisation</td>
<td>17/42</td>
</tr>
<tr>
<td>Sugar-sweetened beverage tax</td>
<td>11/42</td>
</tr>
<tr>
<td>Food-based dietary guidelines</td>
<td>29/42</td>
</tr>
<tr>
<td>Policy to reduce salt consumption</td>
<td>30/42</td>
</tr>
<tr>
<td>Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs</td>
<td>39/42</td>
</tr>
<tr>
<td>Operational, multisectoral national NCD policy, strategy or action plan</td>
<td>27/42</td>
</tr>
<tr>
<td>Operational policy, strategy or action plan for diabetes</td>
<td>36/42</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>27/42</td>
</tr>
<tr>
<td>Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats</td>
<td>25/42</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:** Value refers to the number of countries with policy. NA = not applicable; NCD = non-communicable disease.
<table>
<thead>
<tr>
<th>Target</th>
<th>Number of Countries with Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stunting</td>
<td>5/42</td>
</tr>
<tr>
<td>Anaemia</td>
<td>4/42</td>
</tr>
<tr>
<td>Low birth weight</td>
<td>7/42</td>
</tr>
<tr>
<td>Child overweight</td>
<td>36/42</td>
</tr>
<tr>
<td>Exclusive breastfeeding</td>
<td>12/42</td>
</tr>
<tr>
<td>Wasting</td>
<td>4/42</td>
</tr>
<tr>
<td>Salt intake</td>
<td>23/42</td>
</tr>
<tr>
<td>Overweight adults and adolescents</td>
<td>39/42</td>
</tr>
<tr>
<td>Multisectoral comprehensive nutrition plan</td>
<td>18/42</td>
</tr>
</tbody>
</table>


Notes: Value refers to the number of countries with target.
### Economics and demography

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

- **$1.90/day**
- **$3.20/day**
- **GDP per capita**


Notes: PPP = purchasing power parity.

Based on population weighted means of between 39 and 40 countries.

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

- 2015: 5.5
- 2016: 5.3
- 2017: 5.1
- 2018: 4.9

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

Notes: Based on population weighted means of 42 countries.

#### Government revenues ($m)

No data

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

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#### Income inequality

<table>
<thead>
<tr>
<th>Year</th>
<th>Gini index score</th>
<th>Gini index rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>NA</td>
<td>NA</td>
<td>NA</td>
</tr>
</tbody>
</table>

Sources: World Bank 2019.

Notes: 1 0 = 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>744,405</td>
<td>39,393</td>
<td>25</td>
<td>140,408</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 43 countries.

#### 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>2016</td>
<td>3.6</td>
<td>8.76</td>
<td>No data</td>
</tr>
</tbody>
</table>

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

Notes: Based on population weighted means of 42 countries.