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# 2018 Global Nutrition Report

Rome launch

February 2019

*#DigestTheData*

*@GNReport*



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# 2018 Global Nutrition Report

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*Co-Chair, Independent Expert Group of the  
Global Nutrition Report*

February 2019

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Event code: #GNR



# About the Global Nutrition Report

# The Global Nutrition Report *2014 to today*

- *2018 Global Nutrition Report*  
**Shining a light to spur action on nutrition**
- *2017 Global Nutrition Report*  
**Nourishing the SDGs**
- *2016 Global Nutrition Report*  
**From promise to impact: ending malnutrition by 2030**
- *2015 Global Nutrition Report*  
**Actions and accountability to advance nutrition and sustainable development**
- *2014 Global Nutrition Report*  
**Actions and accountability to accelerate the world's progress on nutrition**

# ***The 2018 Global Nutrition Report***

- Chapter 1  
**Why malnutrition matters**
- Chapter 2  
**The burden of malnutrition**
- Chapter 3  
**Three issues in critical need of attention**
- Chapter 4  
**What people eat and why it matters**
- Chapter 5  
**The fight against malnutrition – commitments and financing**
- Chapter 6  
**Critical steps to get nutrition on track**



**What progress has  
there been in reducing  
malnutrition?**

## Slido question

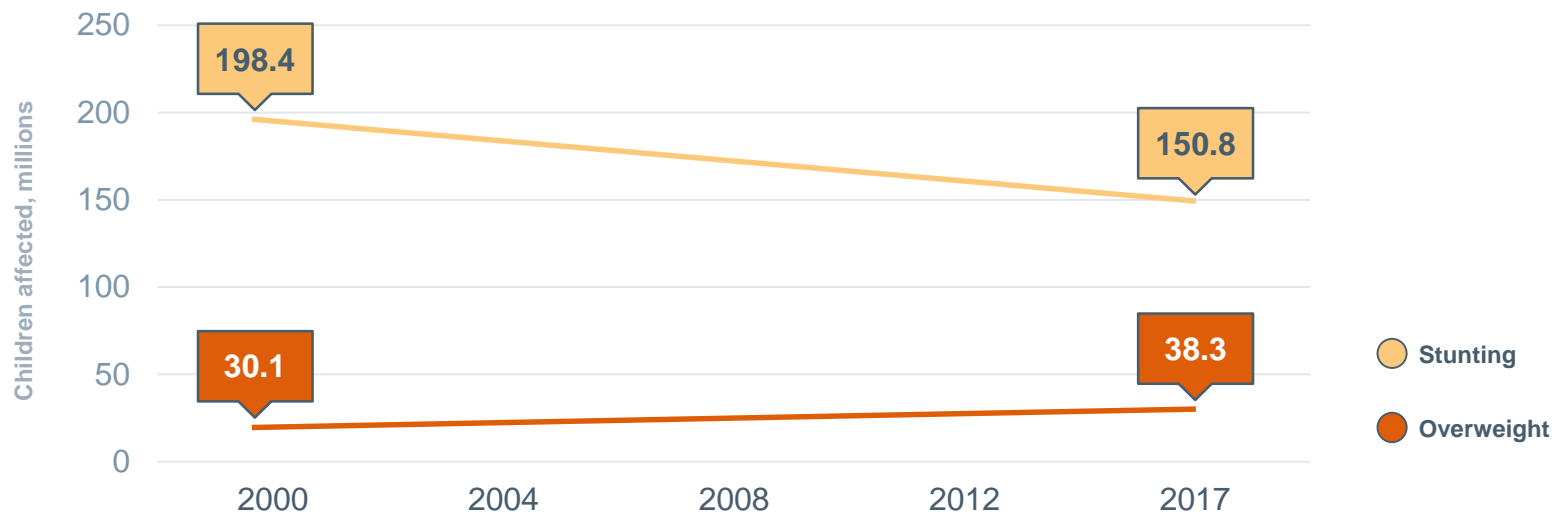
In 2000, 198.4 million children under 5 were stunted. How many are stunted now?

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# Stunting is declining (2000–2017)

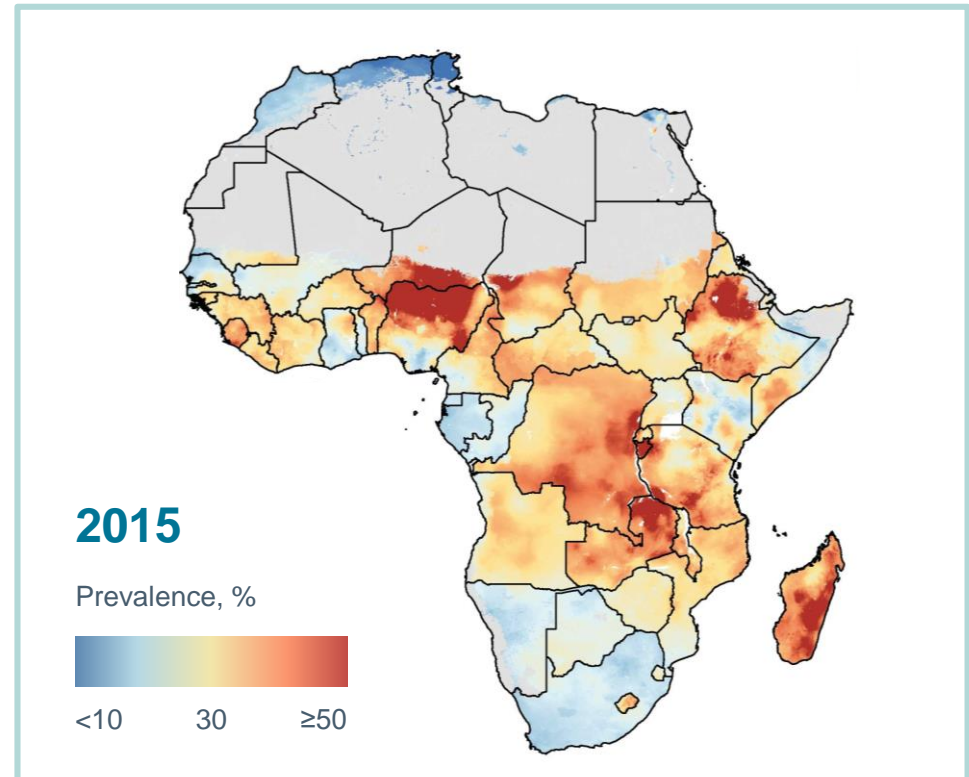
Most significant declines are in Asia and Latin America and the Caribbean



Source: NCD Risk Factor Collaboration

# New innovations in geospatial data show it varies significantly within countries

Prevalence of stunting in Africa



# 48% of countries are on track for at least one nutrition target

## Global nutrition targets for 2025



**TARGET 1:**  
40% reduction in the number of children under 5 who are stunted



**TARGET 4:**  
No increase in childhood overweight



**TARGET 2:**  
50% reduction of anaemia in women of reproductive age



**TARGET 5:**  
Increase the rate of exclusive breastfeeding in the first 6 months to at least 50%



**TARGET 3:**  
30% reduction in low birth weight



**TARGET 6:**  
Reduce and maintain childhood wasting to less than 5%

## Global non-communicable disease targets for 2025 (diet-related)



**TARGET 4:**  
30% relative reduction in mean population intake of salt intake



**TARGET 6:**  
A 25% relative reduction in the prevalence of raised blood pressure



**TARGET 7:**  
Halt the rise in obesity and diabetes

## Slido question

Exclusive breastfeeding has increased by how many percentage points since 2012?

Vote using slido poll.

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# Exclusive breastfeeding has increased 4 percentage points since 2012 to 41%



## TARGET 5:

Increase the rate of exclusive breastfeeding in the first 6 months to at least 50%



## Burkina Faso

Exclusive breastfeeding rates improved **from 9% to over 50%** between 1992 and 2014

## Nepal

Exclusive breastfeeding in targeted districts increased **from 46% to 70%** between 2012 and 2016

# Yet progress towards targets is too slow...

## Maternal, infant and young child nutrition targets

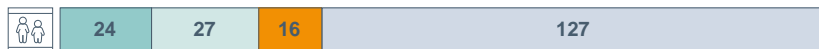
Anaemia



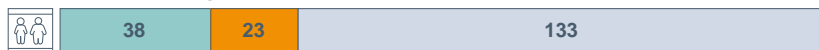
Exclusive breastfeeding



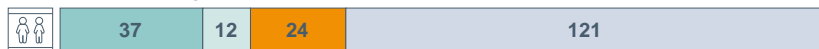
Childhood stunting



Childhood overweight



Childhood wasting



## Nutrition-related NCD targets

Obesity, men



Obesity, women



Diabetes, men

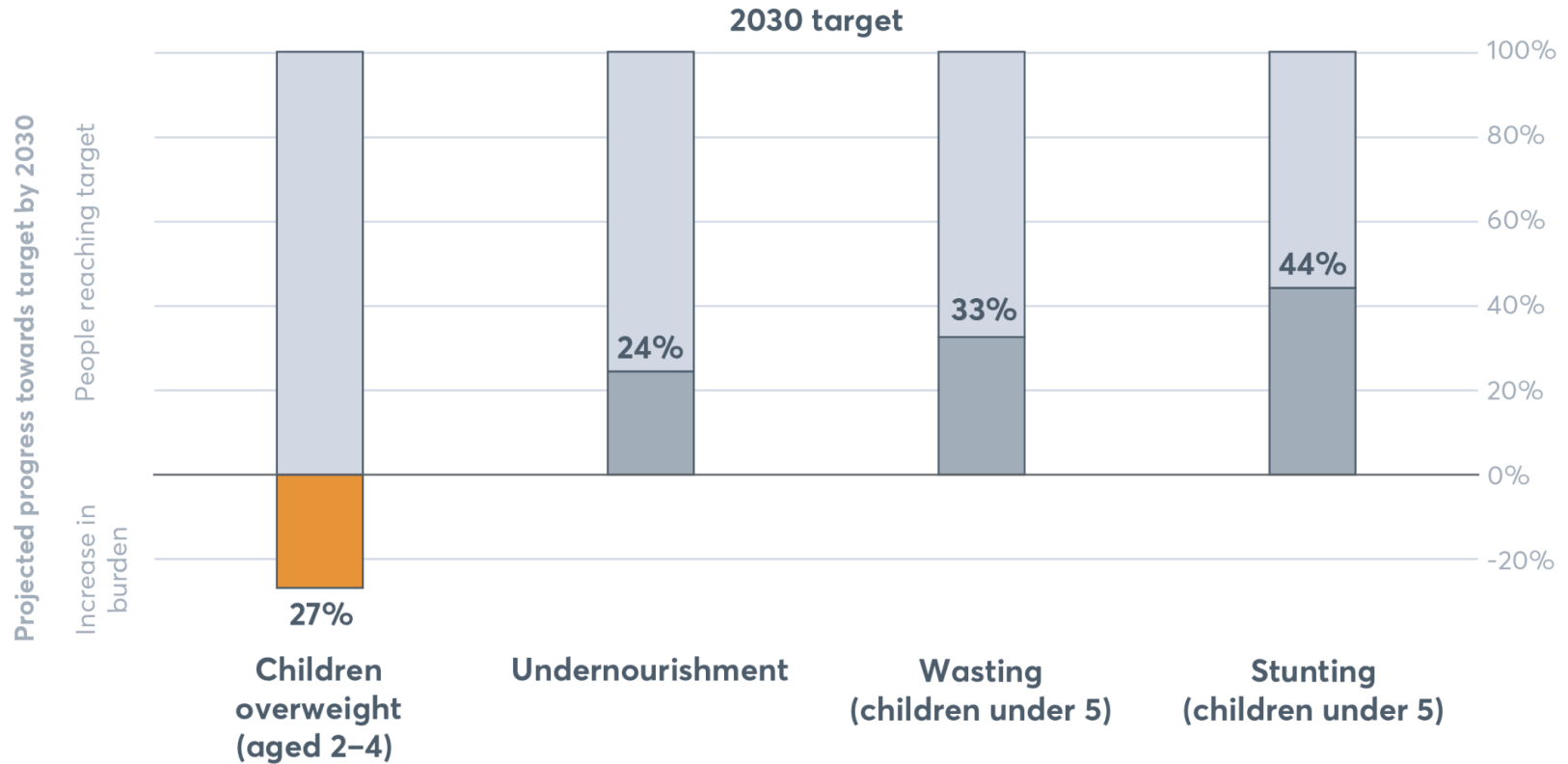


Diabetes, women



● On course   
 ● Some progress   
 ● No progress or worsening   
 ● No data

# Highly unlikely that countries will reach the SDG2 targets



Source: Development Initiatives based on Kharas H., McArthur J.W. and Rasmussen K., 2018. [33]

# ... including for stunting

## Childhood stunting



### Off course

Target: 40% reduction in the number of children under 5 who are stunted

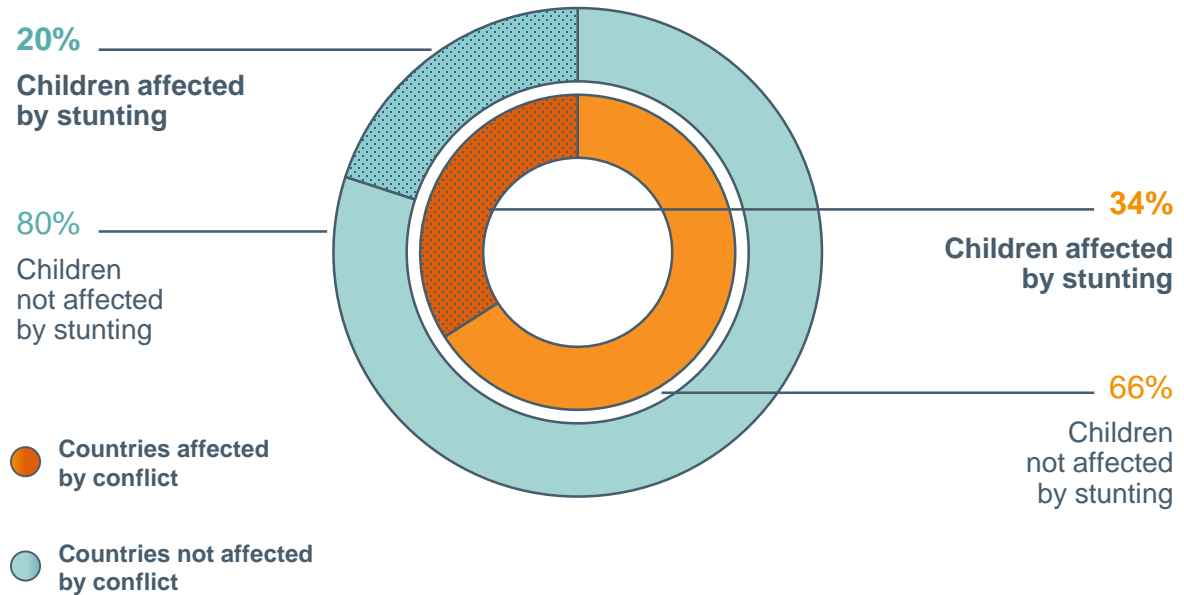


There will be about **130 million** stunted children in 2025 if current trends continue.



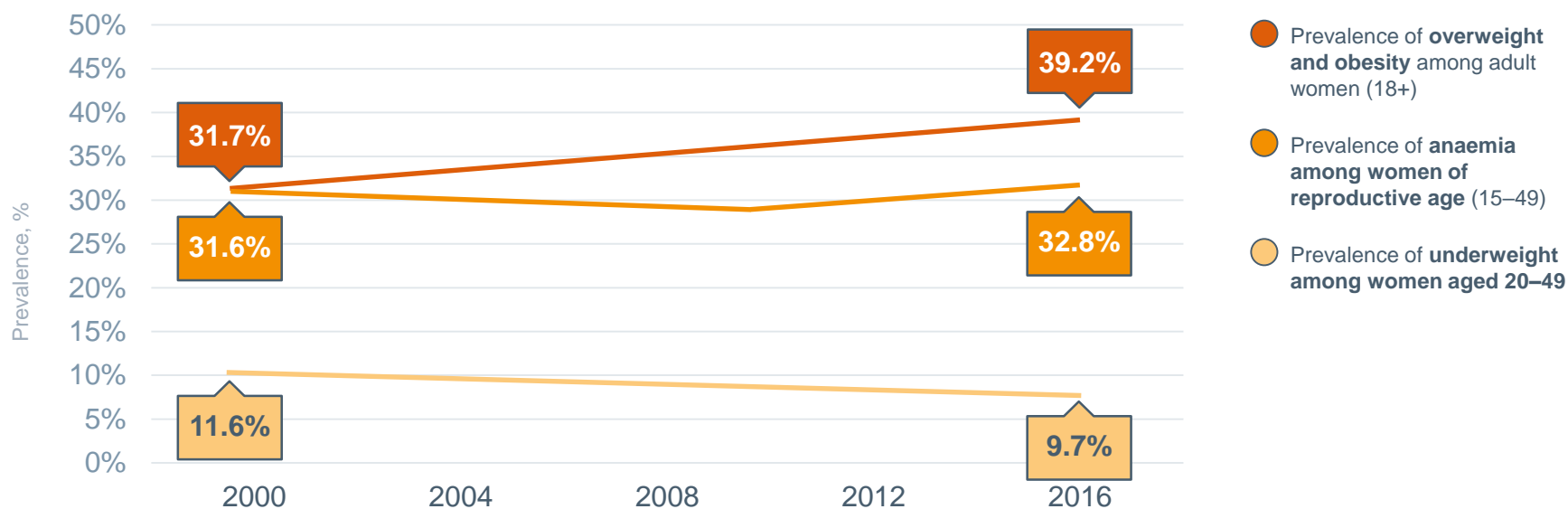
# Stunting is shown to be higher in conflict versus non-conflict countries

Prevalence of stunting in **conflict** countries versus **non-conflict** countries



# Rates of anaemia and women underweight have barely changed

Global prevalence of anaemia, overweight (including obesity) and underweight in women, 2000–2016



# We still lack key evidence for tackling micronutrient deficiency



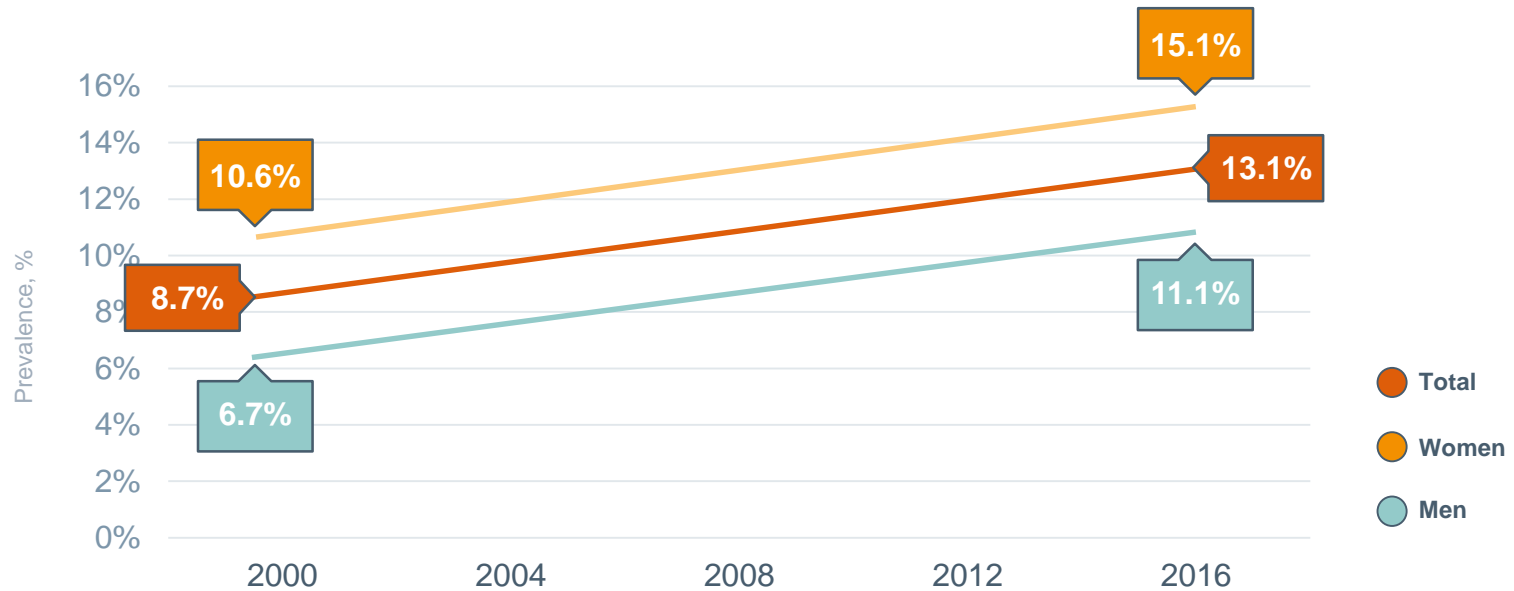
It's often cited that \_\_\_\_\_

*“Over 2 billion people worldwide suffer from a chronic deficiency of micronutrients, a condition known as hidden hunger”.*  
(World Health Organisation, 2006)

Yet we don't know the state of micronutrient deficiencies in nutritionally vulnerable populations, such as children under five years of age, women and adolescent girls

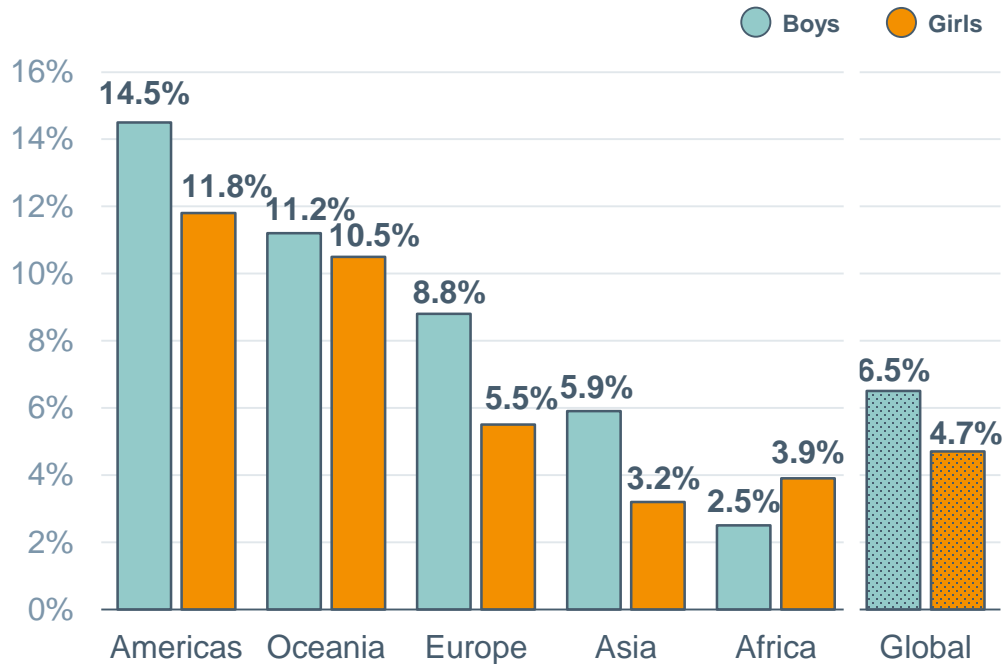
# Adult overweight and obesity continue to rise

Global prevalence of obesity (BMI  $\geq 30$ ) among adults aged 18 years and over, 2000–2016



# Significant challenges in adolescent nutrition

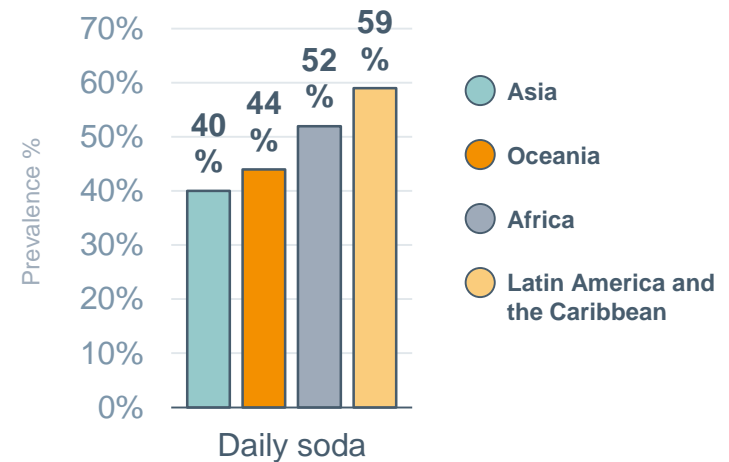
Adolescent obesity, ages 10 to 19 years, by region, 2016



## Poor dietary behaviour

We need ever greater focus on this critical life stage in global and national efforts on nutrition

### Daily soda



## Slido question

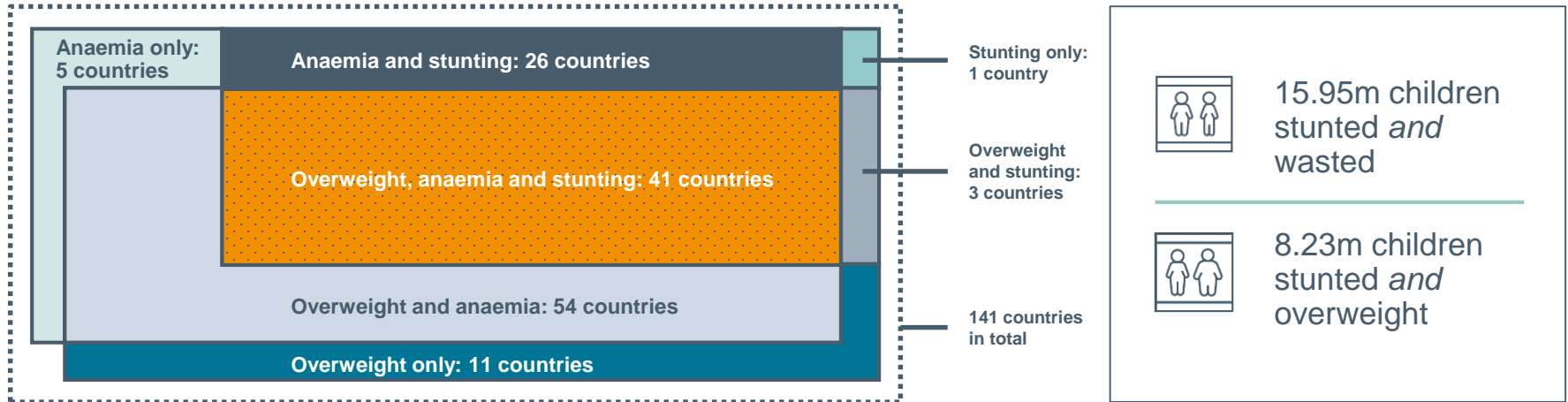
How many children are stunted and overweight, or stunted and wasted?

Vote using slido poll.

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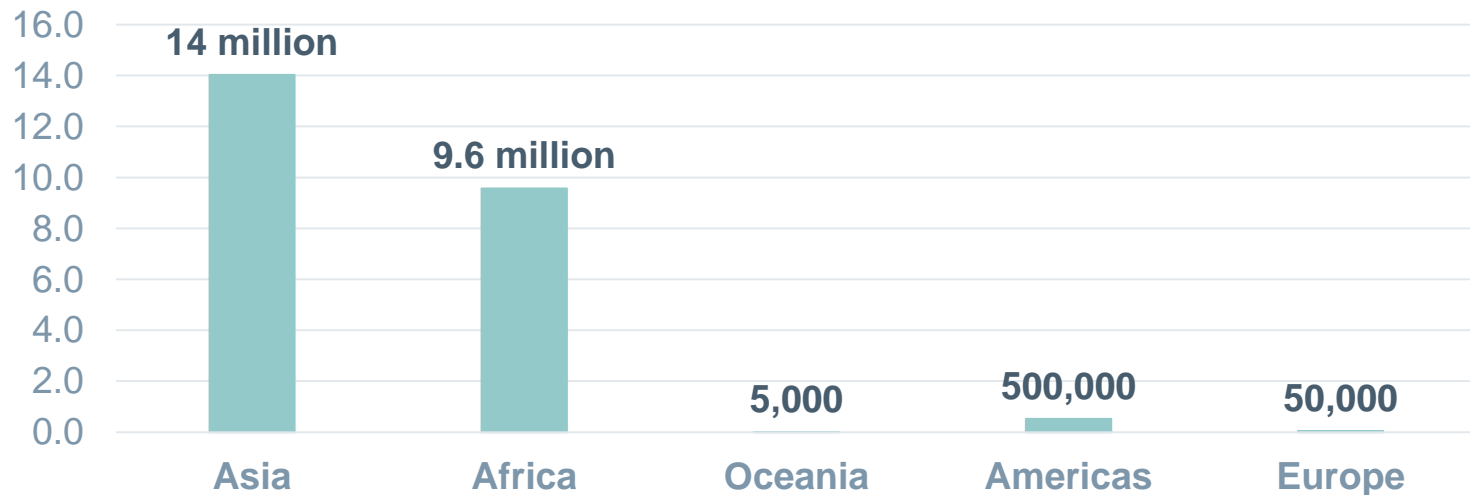
# 88 per cent of countries face overlapping burdens

Number of countries with overlapping forms of childhood stunting, anaemia and overweight in adult women, 2017 and 2018



# New analysis shows almost 25 million children are stunted *and* overweight or stunted *and* wasted

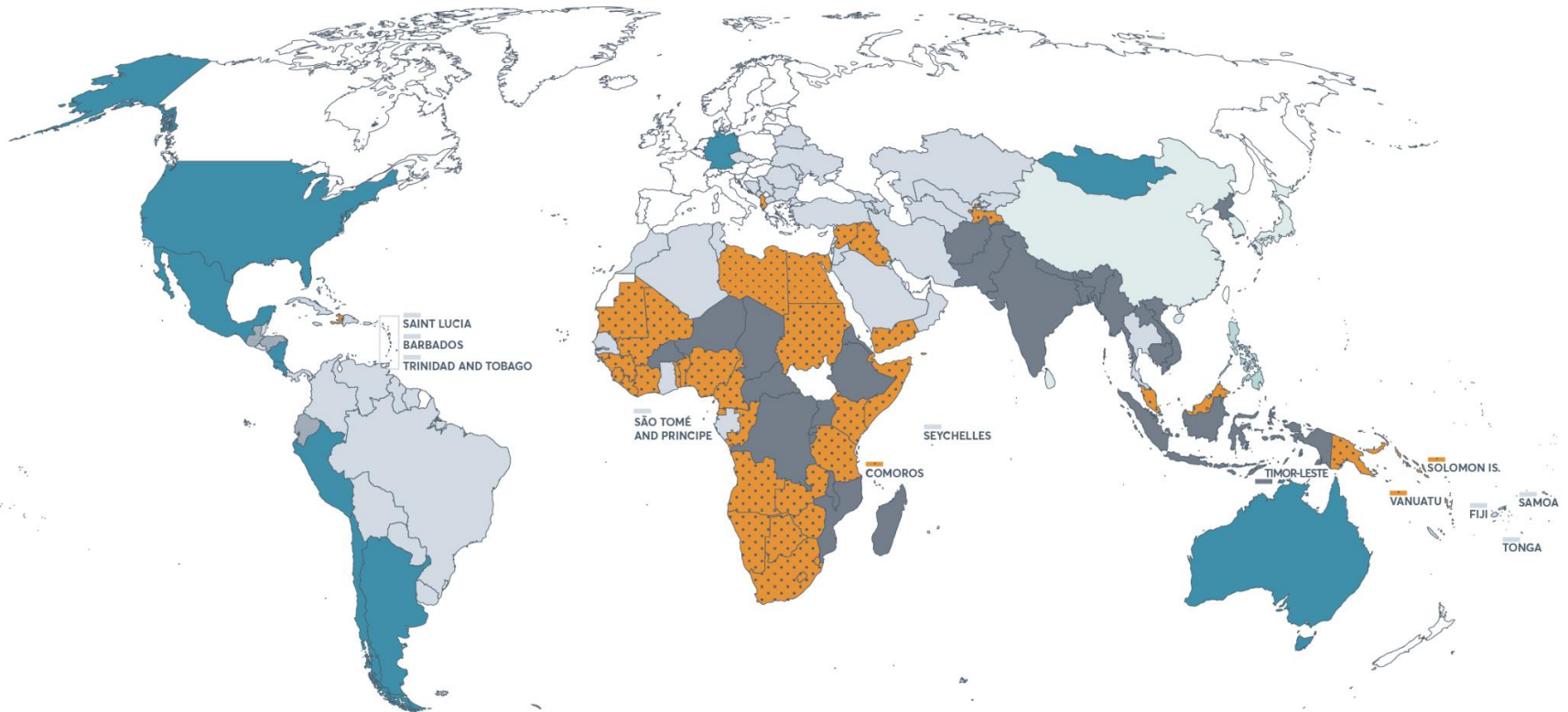
Children under 5 experiencing two forms of malnutrition





# Overlapping childhood stunting, and anaemia and overweight in women

- Insufficient data
- Anaemia only
- Overweight and anaemia
- Anaemia and stunting
- Overweight only
- Stunting only
- Overweight and stunting
- Overweight, anaemia and stunting

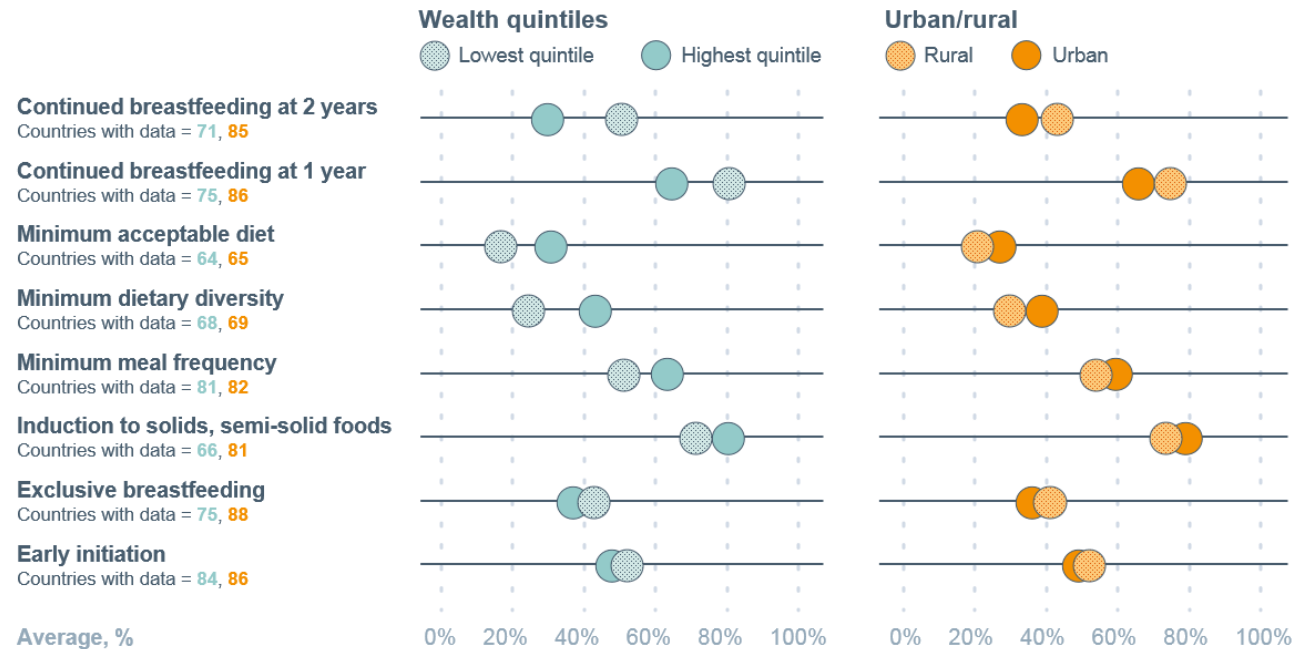




**What progress has there been  
in improving diets?**

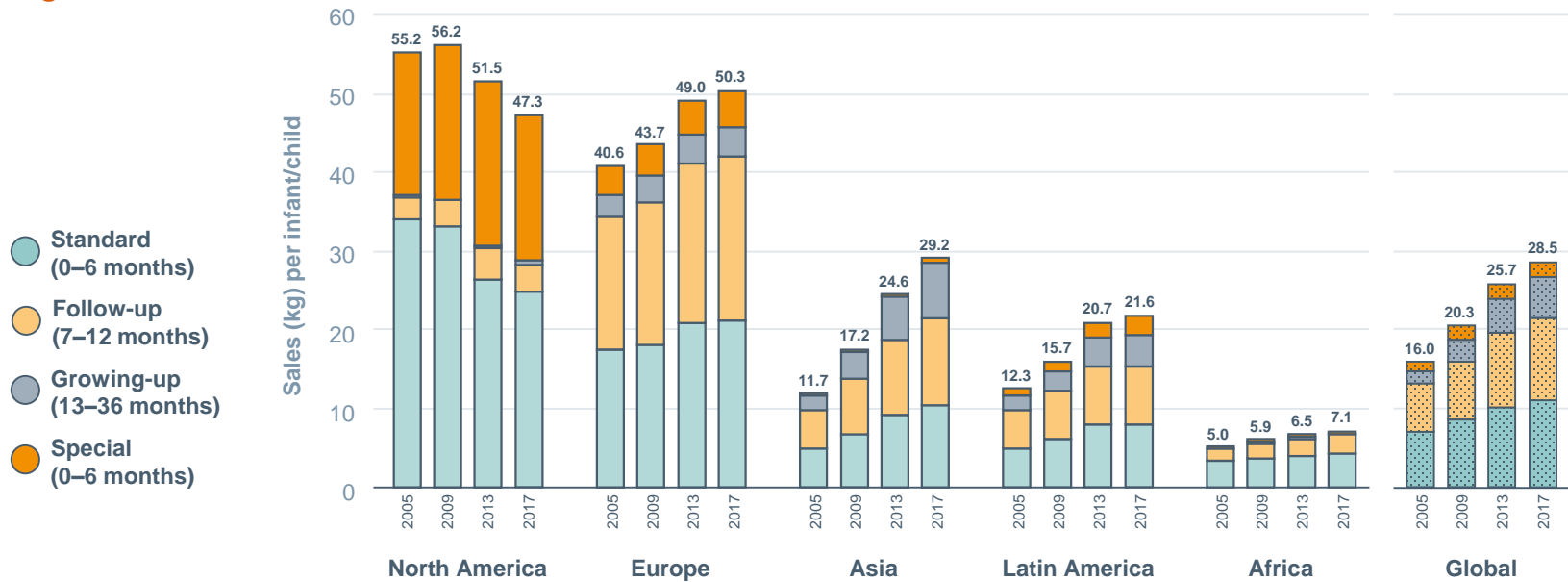
# Diets of infants and young children are suboptimal *everywhere*

How infant and young child feeding practices differ across wealth quintiles, and urban and rural areas



# Infant formula (0–36 months) sales increased from 16.0kg–28.5kg per infant 2005–2017

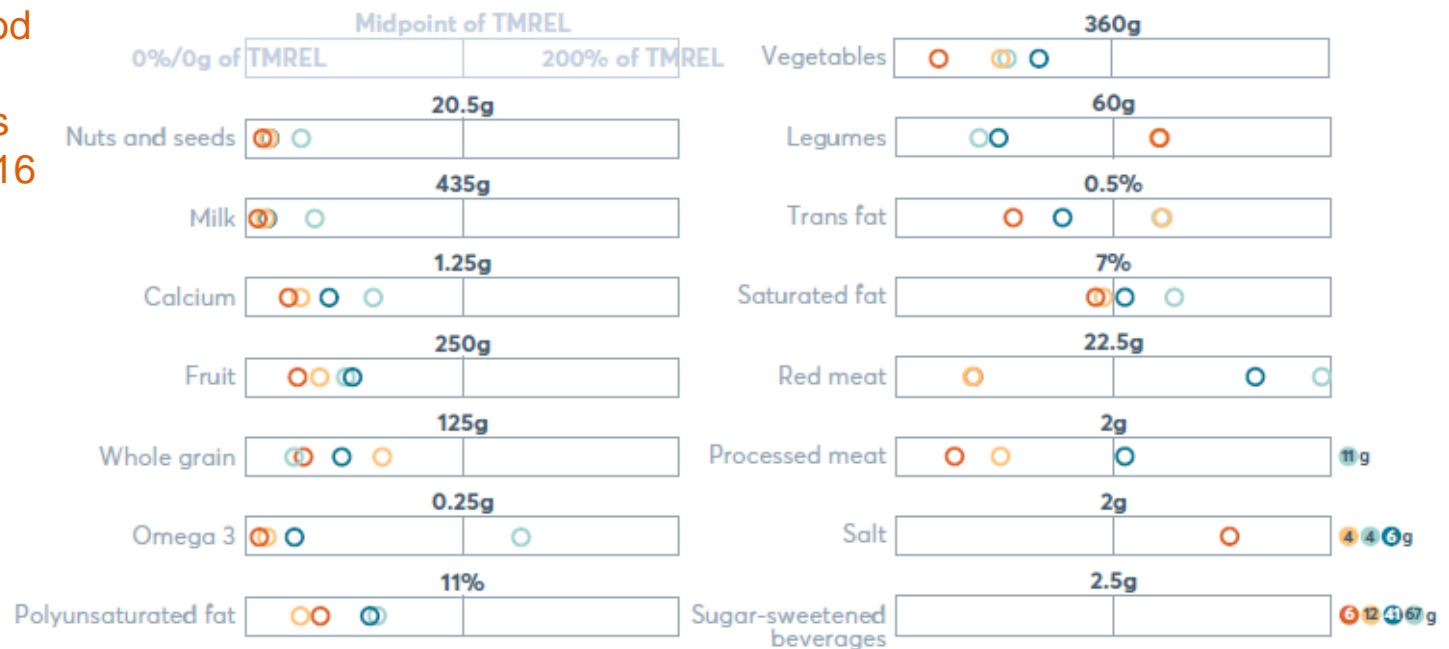
Trends and patterns in per infant/child commercial breast milk substitutes sales by region, 2005–2017



# No income group is eating enough vegetables, whole grains or legumes, and all are drinking too much soda

Consumption of food groups and components across income groups, 2016

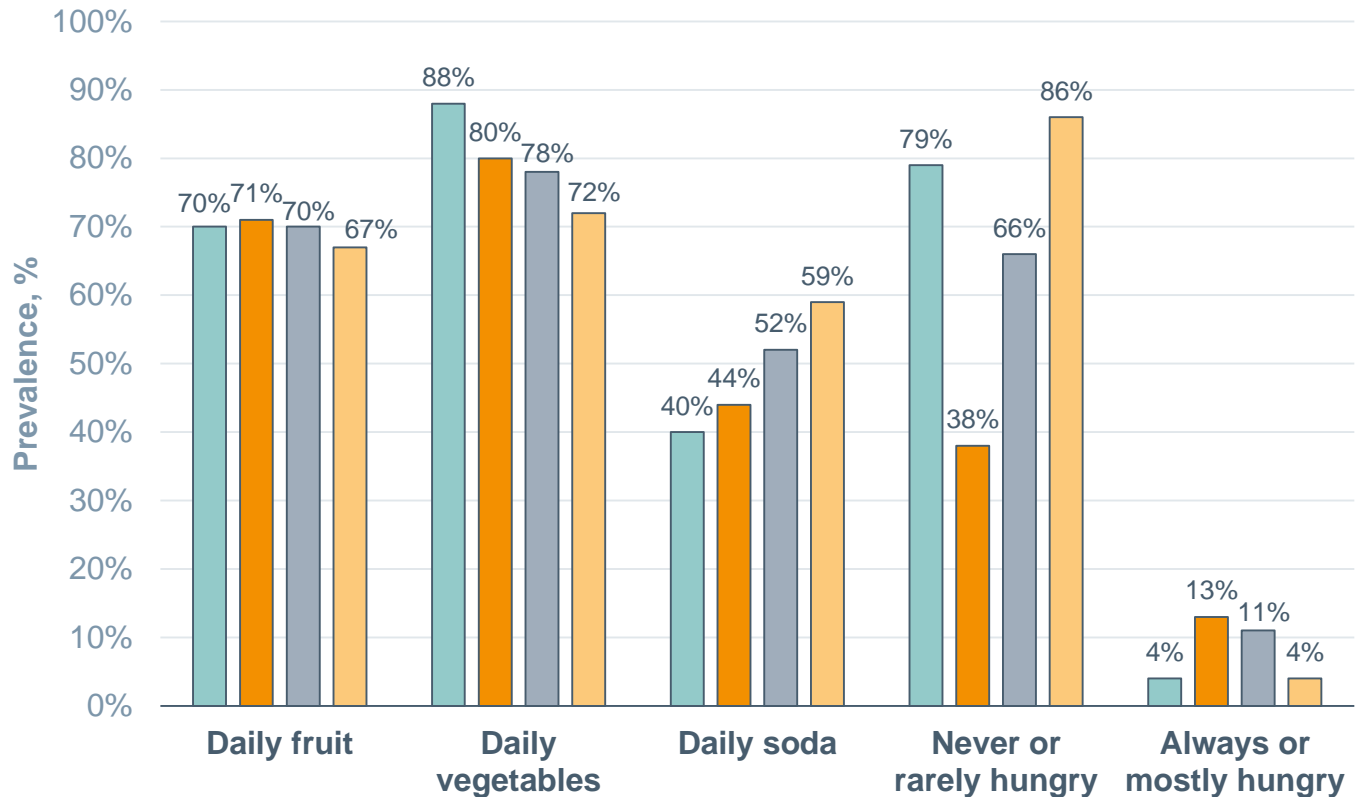
- Low income
- Lower-middle income
- Upper-middle income
- High income



# In some regions up to 33% of school-aged children eat no fruit daily – and up to 59% consume soda

Prevalence of daily fruit, vegetable and soda intake among school-age children and adolescents

- Asia
- Oceania
- Africa
- Latin America and the Caribbean



## Slido question

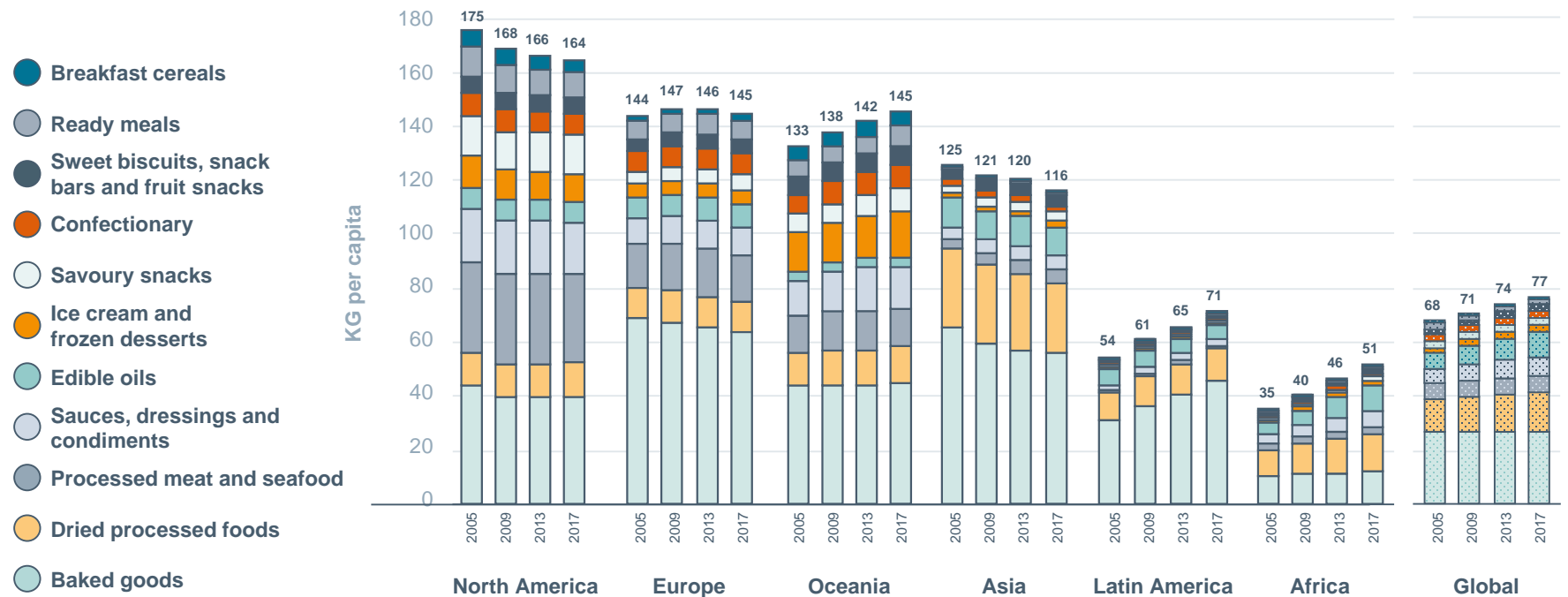
What percentage of packaged foods aren't aligned with healthy diets?

Vote using slido poll.

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# 69% packaged foods aren't aligned with healthy diets

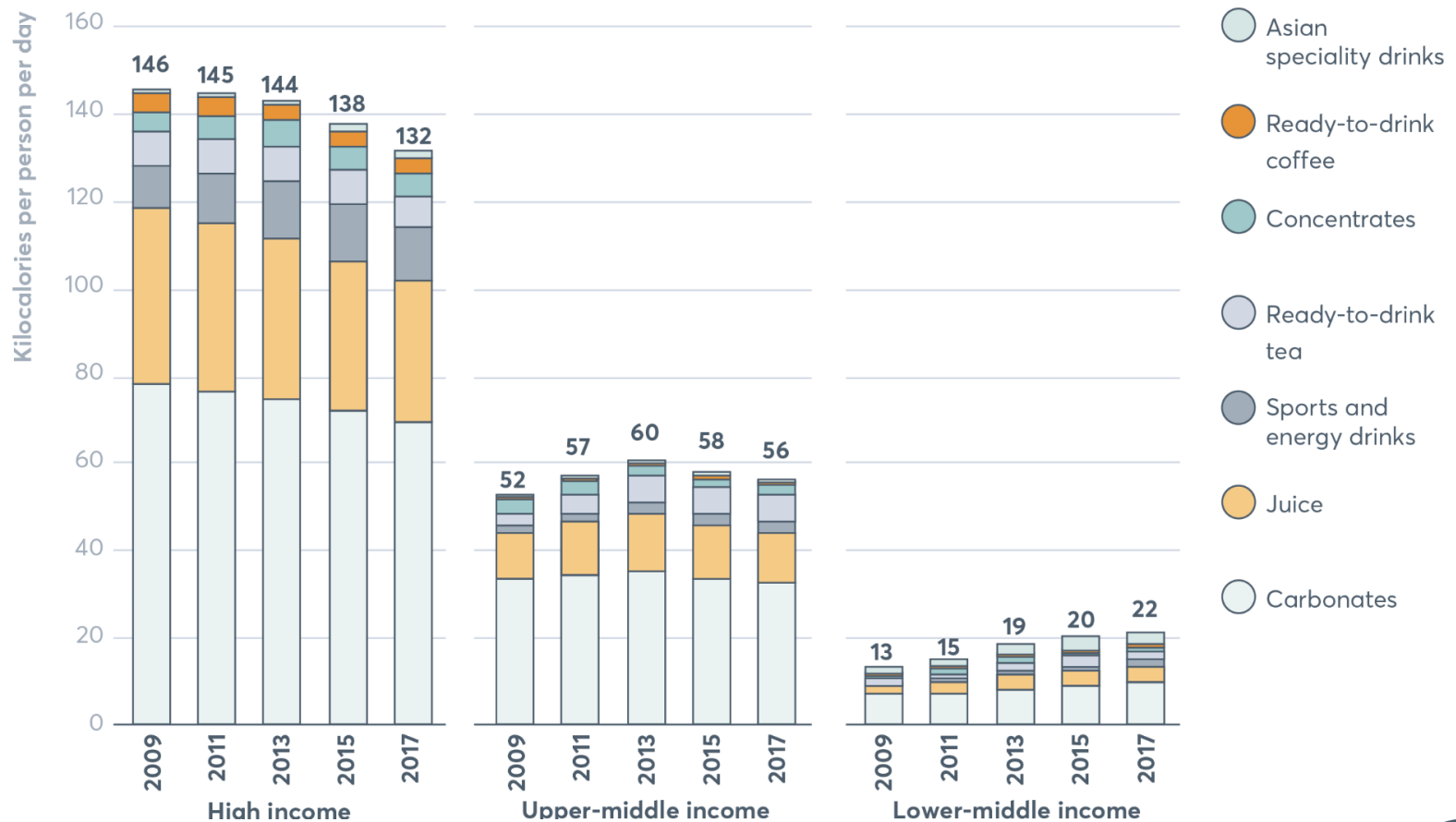
Trends and patterns in per capita packaged food category sales by region, 2005–2017





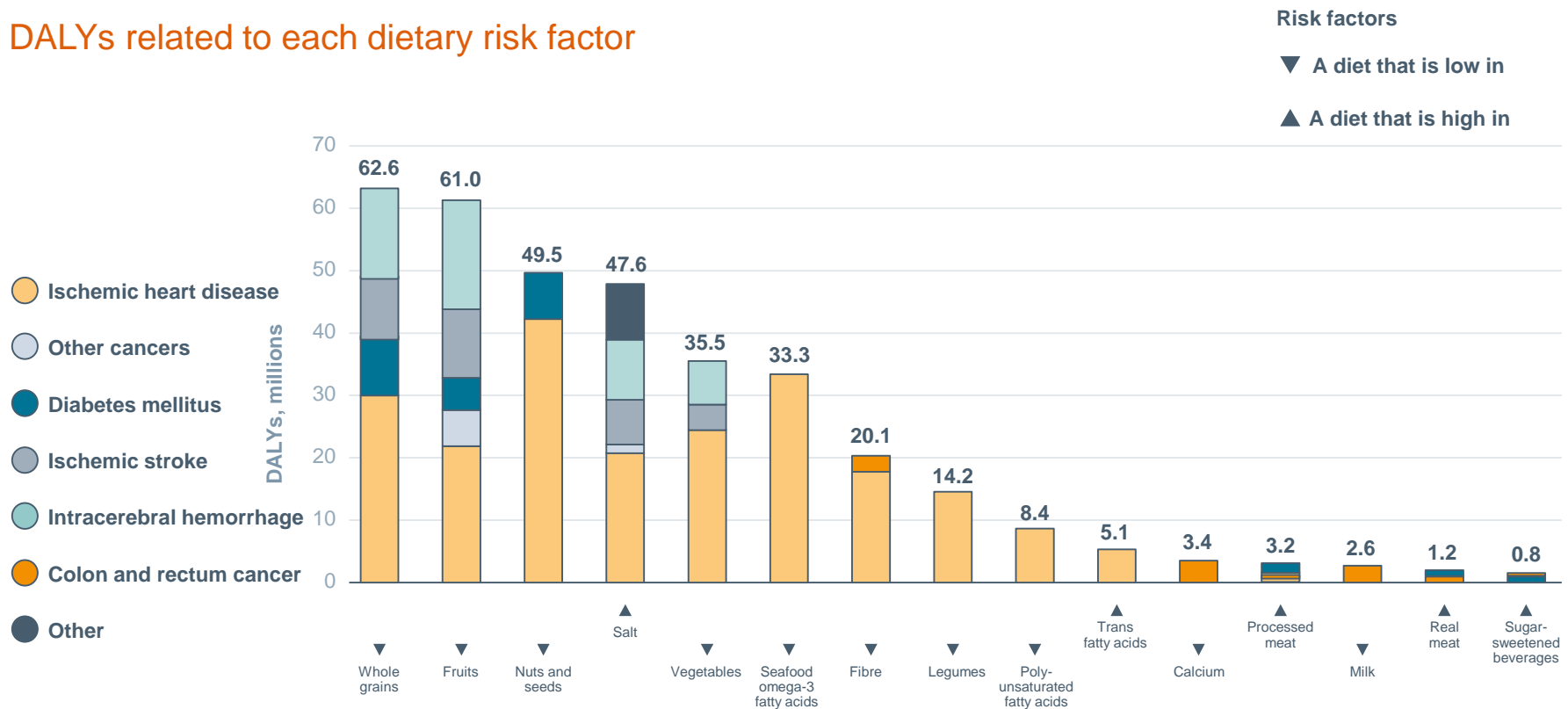
# Changing purchases and levels of sugar — sweetened beverages

Trends in energy purchased from sugar-sweetened beverage categories, by country income level



# Diets low in nutritious foods are a leading cause of healthy life years lost

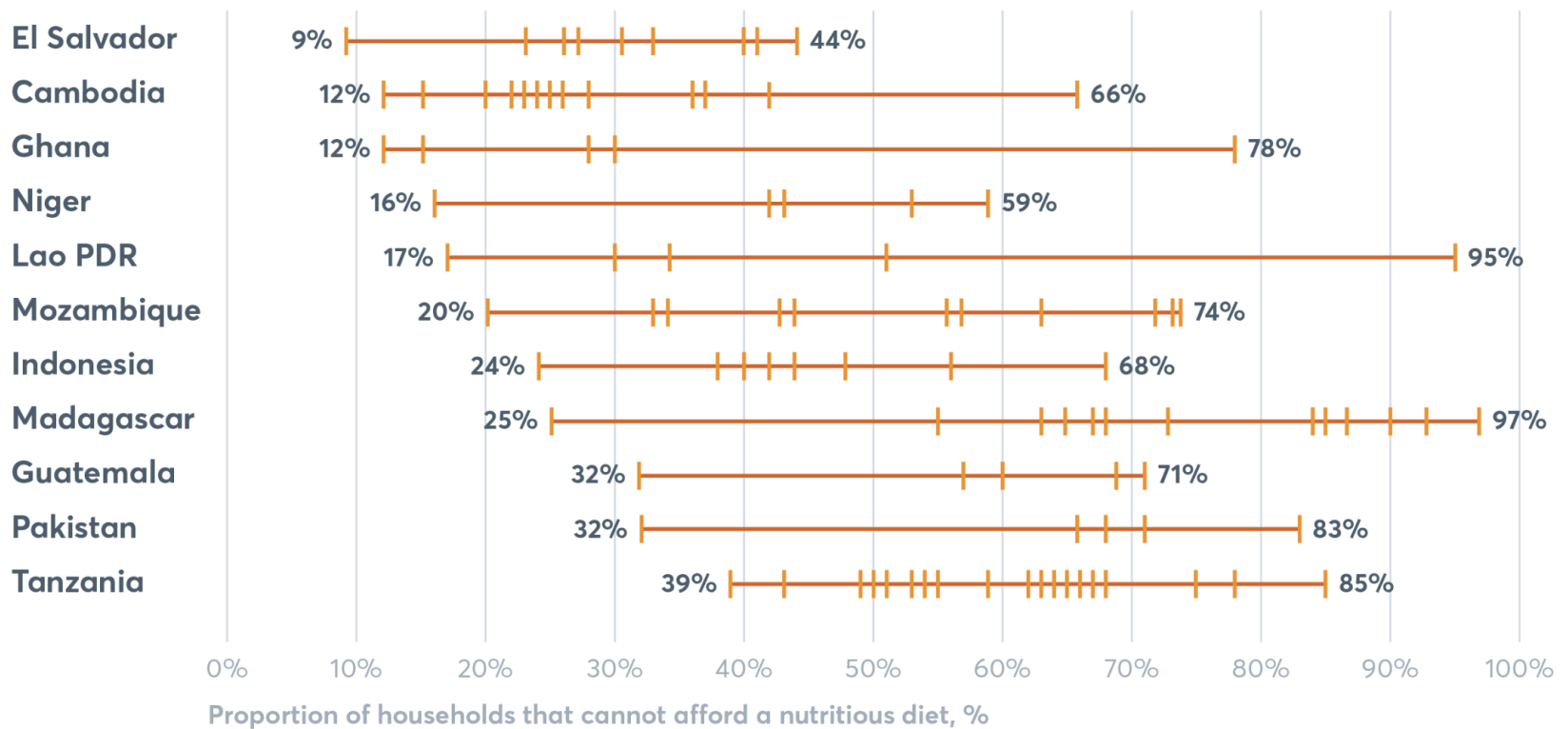
DALYs related to each dietary risk factor



# Diets are not always affordable

Range of non-affordability of a nutritious diet across areas in different countries

| Data for different area of the country



# But there is progress in effective policies and programmes...



## 1. More countries have mandatory fortification

86 countries now require at least one type of cereal grain to be fortified with iron and/or folic acid. Only 19 countries are still classified with insufficient iodine intake, a dramatic shift from 110 countries in 1993



## 2. Governments are acting to improve diets

59 countries impose taxes on sugar-sweetened beverages, many in the context of excess intake: Mexico saw 9.7% decline in spending on sugary drinks within 2 years



## 3. Multi-sector action in cities is growing

Decline of obesity in Amsterdam by 12.5%, declines in municipalities in the US



## 4. Multi-level, community based interventions show rapid impact

Minimum dietary diversity prevalence increased 5.2%–24.9% in communities with intense activity by “Alive and Thrive” in Ethiopia 2015–2017

# .... and growth in data initiatives to help us understand the role of diet in malnutrition

Global Dietary Database

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Global Burden of Disease study

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FAO/WHO GIFT

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Gallup Diet Quality Worldwide project,

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International Dietary Data Expansion (INDDEX) Project

Intake at the Center for Dietary Assessment at FHI 360

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IANDA project

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Fill the Nutrient Gap tool

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INFORMAS

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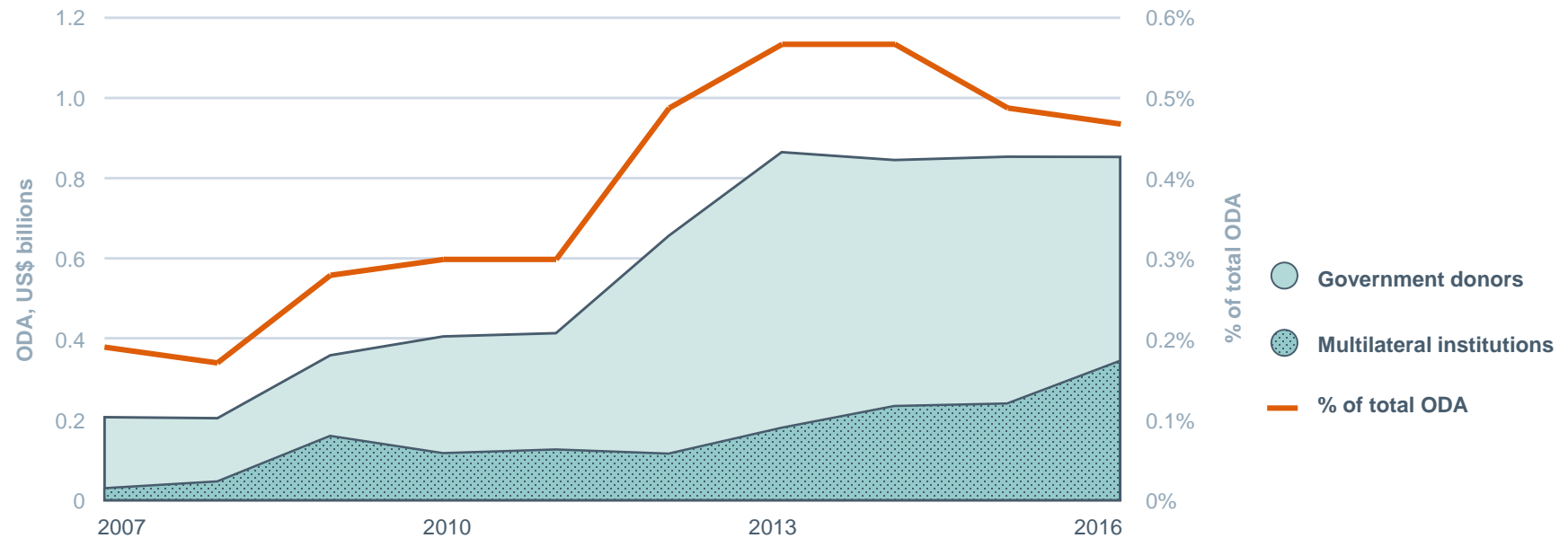
Range of initiatives for adolescents, bringing in their voices e.g. TALENT, CO-CREATE



**What progress has there been  
in financing and  
commitments?**

# Disbursements to nutrition through overseas development assistance were USD856 million in 2016, much too low

Basic nutrition ODA disbursements, 2007–2016



# The N4G financing target was met two years early. We need bolder targets for Japan 2020.

**N4G** NUTRITION FOR GROWTH PLEDGE

by 2020

**USD19.6bn**

disbursed in 2018

**USD21.8bn**

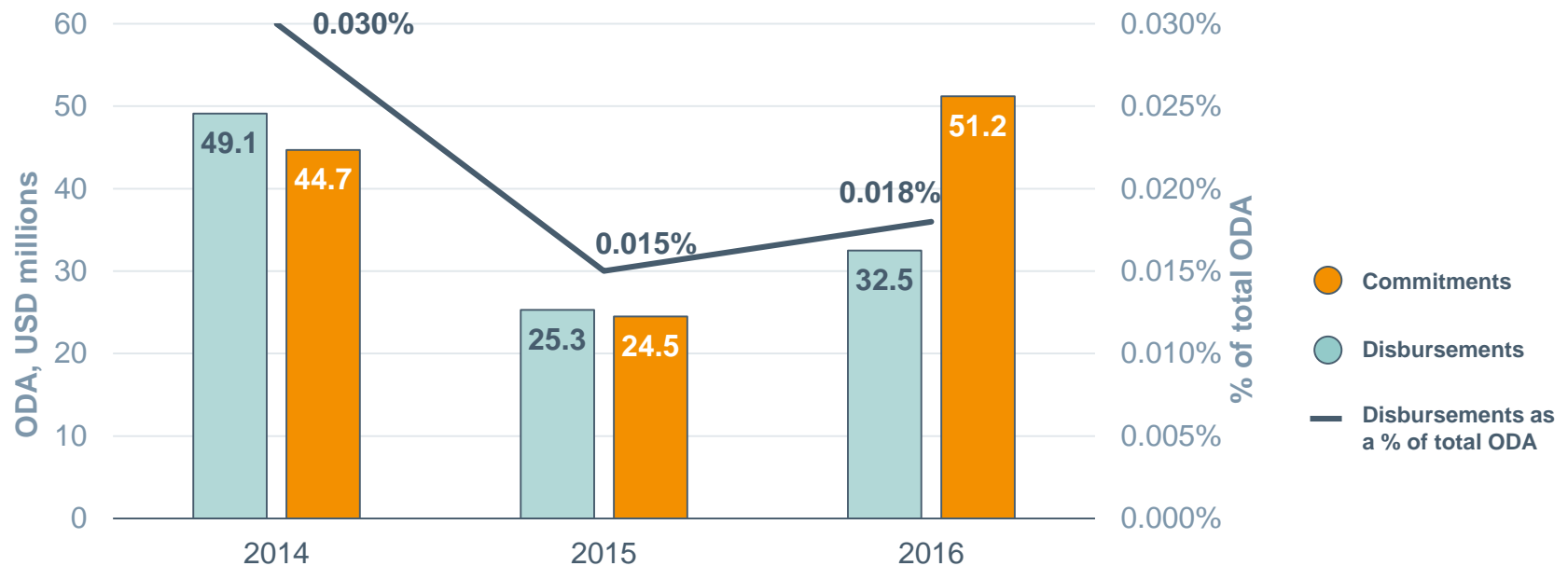
Target exceeded two years early

**Milan Summit 2017:**  
an additional USD640 million was pledged and all financial commitments were SMART.

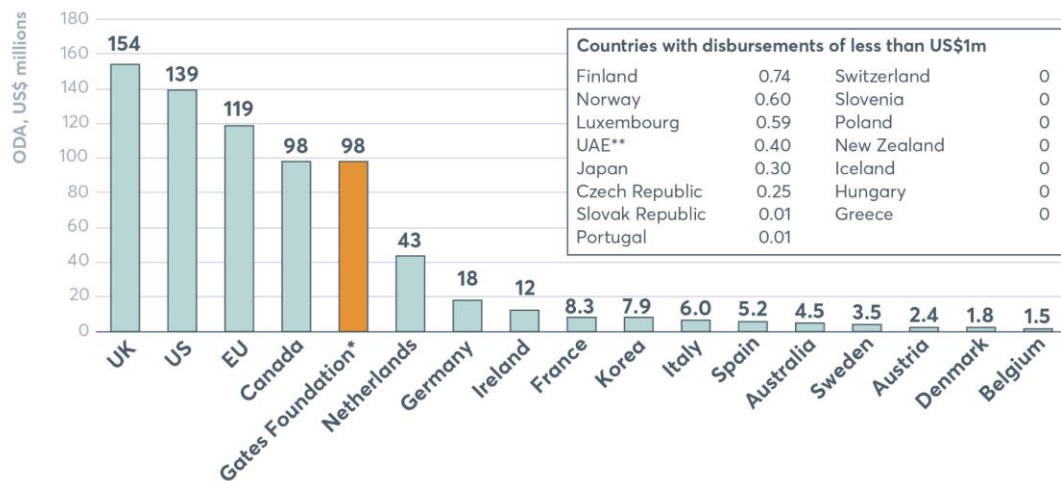


# Disbursements to diet-related NCD projects rose to USD32.5 million in 2016, but still, insufficient

Diet-related NCD ODA disbursements and commitments, 2014–2016



# Top donors contributing to basic nutrition and diet-related NCDs



Basic nutrition disbursements

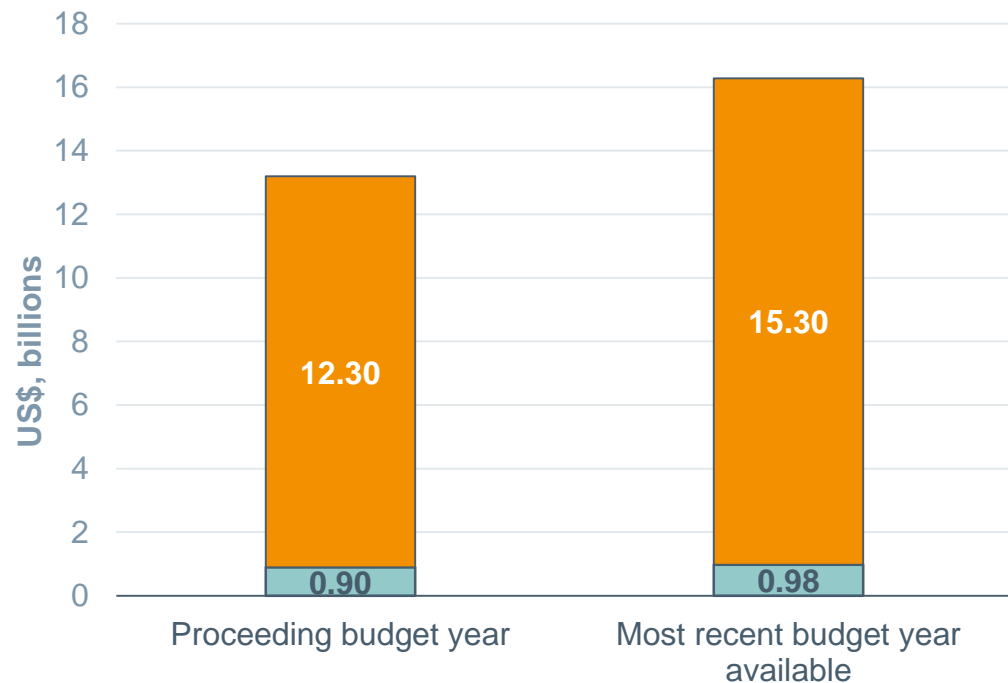


Diet-related NCD disbursements

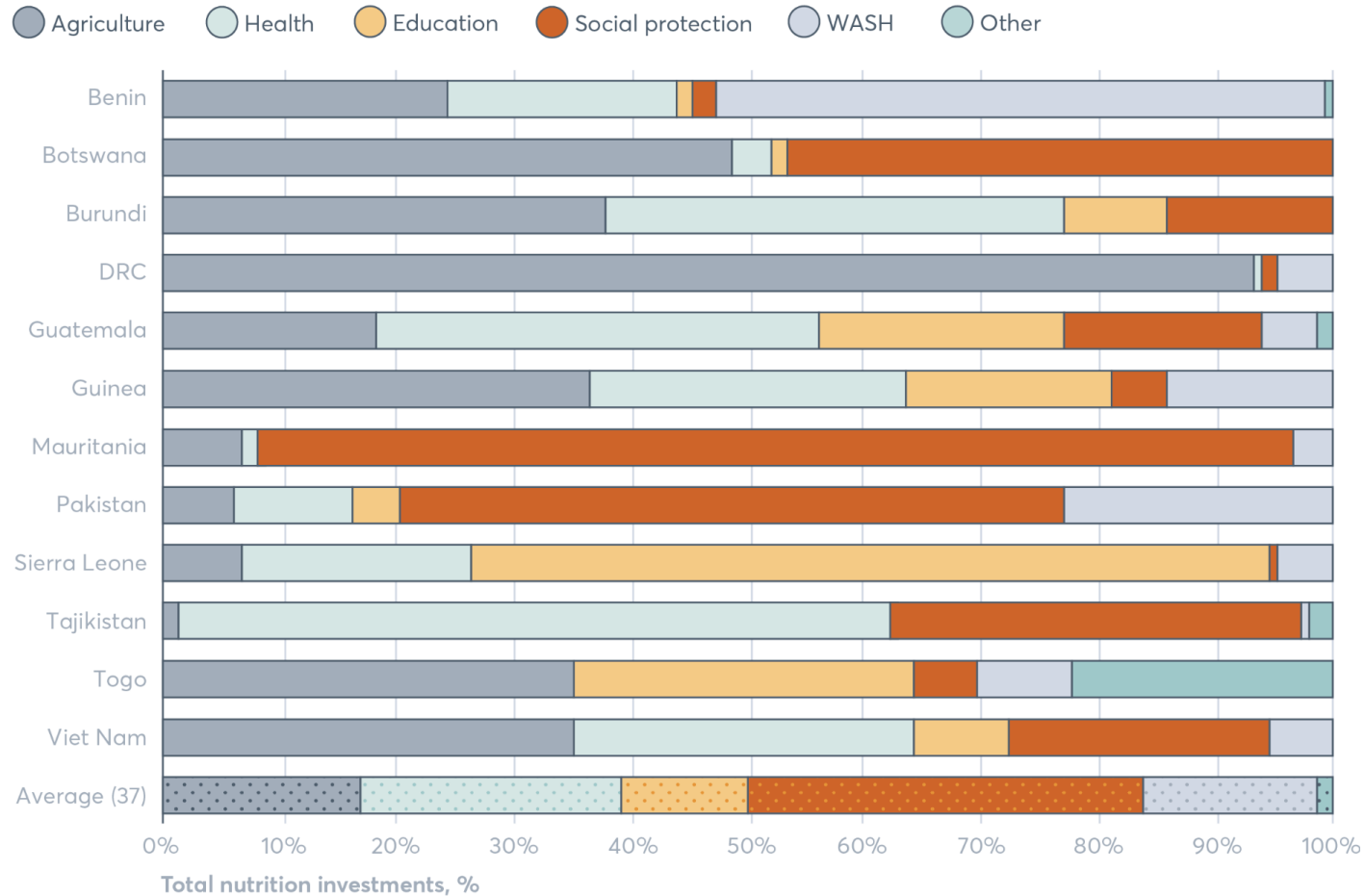
# Domestic spending in 25 countries has risen from USD13.2bn to 16.2bn over their last two budget years

47 countries are conducting analyses of their nutrition spending, several at county level

- Nutrition-sensitive allocations
- Nutrition-specific allocations



# Domestic nutrition investments are spread across sectors



## Slido question

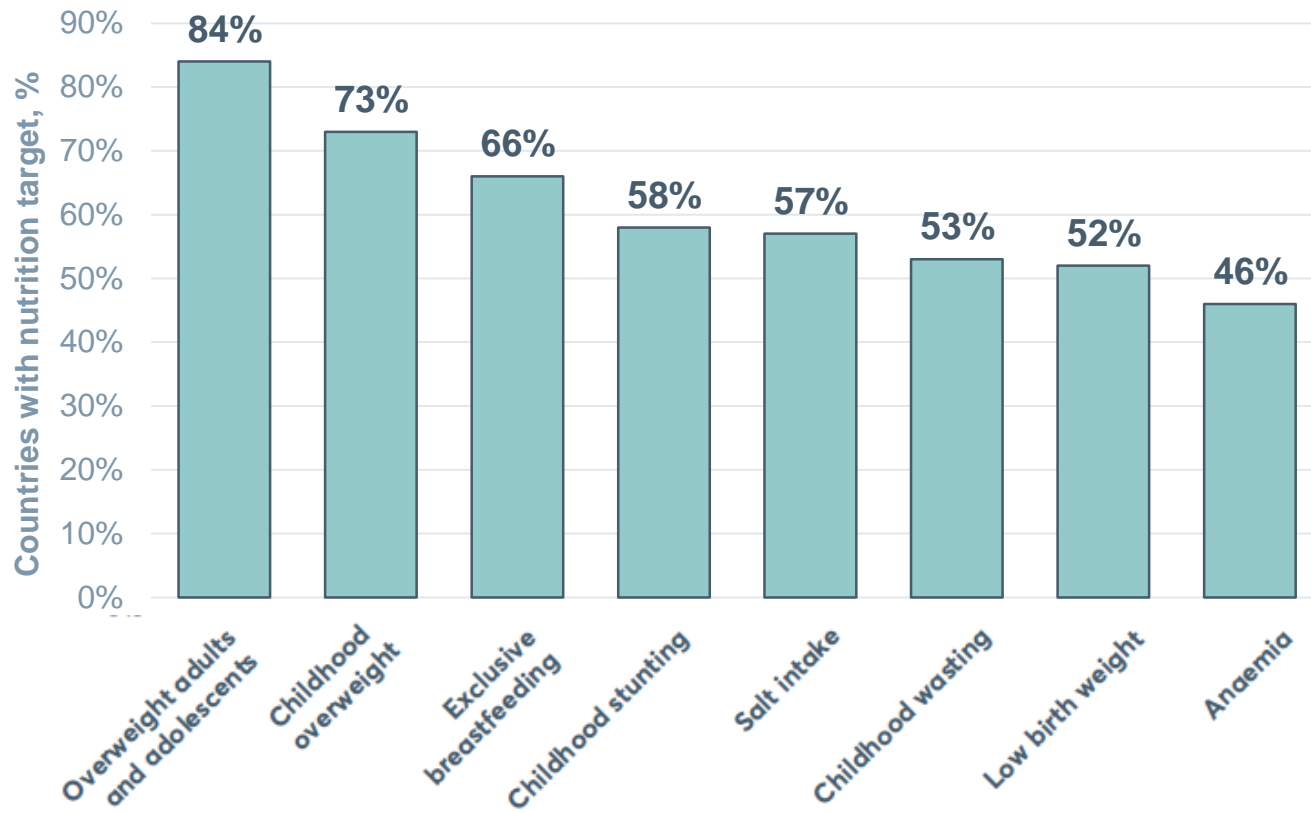
What percentage of countries have three or more nutrition targets?

Vote using slido poll.

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# 81 per cent of countries have three or more nutrition targets

Percentage of countries with selected nutrition targets, 2018



**189 countries** have at least 1 nutrition target

**164 countries** have nutrition action plans

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## **The area of greatest progress: we know so much more than before**

The uncomfortable question is not so much why are things so bad, but why are things not better when we know so much more than before?



## **5 critical steps to speed up progress**



## Five critical steps

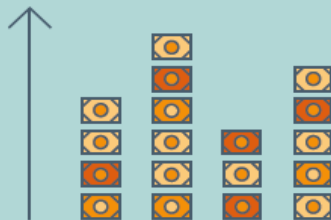
**1: Break down silos and develop comprehensive programmes**



**2: Prioritise and invest in the data needed and capacity to use it**



**3: Scale up and diversify financing for nutrition**



**4: Focus on healthy diets to drive better nutrition everywhere**



**5: Improve the targets and commitments that are driving actors**





Development Initiatives Ltd  
North Quay House  
Quay side  
Temple Back  
Bristol  
BS1 6FL

[globalnutritionreport.org](http://globalnutritionreport.org)



Ask questions at [www.slido.com](http://www.slido.com)  
with this code: #GNR

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