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2023

# AFRICA REGIONAL OVERVIEW OF FOOD SECURITY AND NUTRITION

STATISTICS AND TRENDS

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**KENYA.** Members of the Kisiria Beekeepers Association inspect beehives at the Kisiria Forest, as part of an FAO project with the Global Environment Facility (GEF) on capacity, policy and financial incentives for participatory forest management and integrated rangelands management.

**2023**  
**AFRICA**

# **REGIONAL OVERVIEW OF FOOD SECURITY AND NUTRITION**

**STATISTICS AND TRENDS**

Food and Agriculture Organization of the United Nations,  
United Nations Economic Commission for Africa,  
African Union Commission,  
World Food Programme  
**Accra, 2023**

# CONTENTS

FOREWORD	v
ACKNOWLEDGEMENTS	vii
ABBREVIATIONS	viii
<b>CHAPTER 1</b>	
<b>SUSTAINABLE DEVELOPMENT GOAL 2.1: UNDERNOURISHMENT AND FOOD INSECURITY</b>	<b>1</b>
1.1 Prevalence of undernourishment	1
1.2 Prevalence of food insecurity based on the Food Insecurity Experience Scale	7
<b>CHAPTER 2</b>	
<b>SUSTAINABLE DEVELOPMENT GOAL 2.2: MALNUTRITION</b>	<b>16</b>
2.1 Stunting among children under five years of age	16
2.2 Wasting among children under five years of age	20
2.3 Overweight among children under five years of age	23
2.4 Anaemia among women aged 15 to 49 years	26
<b>CHAPTER 3</b>	
<b>ADDITIONAL WORLD HEALTH ASSEMBLY NUTRITION INDICATORS</b>	<b>29</b>
3.1 Adult obesity	29
3.2 Prevalence of exclusive breastfeeding during the first six months of life	33
3.3 Prevalence of low birthweight	36
<b>CHAPTER 4</b>	
<b>UPDATES TO THE COST AND AFFORDABILITY OF A HEALTHY DIET</b>	<b>39</b>
<b>ANNEXES</b>	
ANNEX 1: Data tables	44
ANNEX 2: Definition of food security and nutrition indicators	72
ANNEX 3: Notes	75
ANNEX 4: Country groupings	77
<b>NOTES</b>	<b>78</b>

## TABLES

1	Prevalence of undernourishment (percent)	4
2	Number of people undernourished (millions)	5
3	Prevalence of food insecurity (percent)	9
4	Number of severely food-insecure people (millions)	10
5	Number of moderately or severely food-insecure people (millions)	12
6	Prevalence of food insecurity by sex (percent)	15
7	Prevalence of stunting among children under five years of age (percent)	18
8	Prevalence of wasting among children under five years of age (percent)	21
9	Prevalence of overweight among children under five years of age (percent)	24
10	Prevalence of anaemia among women aged 15 to 49 years (percent)	27
11	Prevalence of obesity among adults (percent)	31
12	Prevalence of exclusive breastfeeding among infants 0–5 months of age (percent)	34
13	Prevalence of low birthweight (percent)	37
14	Cost of a healthy diet	41
15	Number of people unable to afford a healthy diet (millions)	42
16	Prevalence of undernourishment (percent)	44
17	Number of undernourished people (millions)	46
18	Prevalence of food insecurity (percent)	48
19	Number of food-insecure people (millions)	50
20	Prevalence of food insecurity by sex (percent)	52
21	Prevalence of stunting among children under five years of age (percent)	54
22	Prevalence of wasting among children under five years of age (percent)	56
23	Prevalence of overweight among children under five years of age (percent)	58
24	Prevalence of anaemia among women aged 15 to 49 years (percent)	60
25	Prevalence of obesity among adults (percent)	62
26	Prevalence of exclusive breastfeeding among infants 0–5 months of age (percent)	64
27	Prevalence of low birthweight (percent)	66
28	Affordability of a healthy diet	68
29	Cost of a healthy diet (PPP dollars per person per day)	70

**FIGURES**

1	Prevalence of undernourishment in the world and Africa, and the number of undernourished in Africa	2
2	Prevalence of undernourishment in Africa by subregion	3
3	Number of undernourished people in Africa by subregion	5
4	Prevalence of undernourishment in Africa by subregion and country (2020–2022 average)	6
5	Prevalence of food insecurity in Africa by subregion	8
6	Number of severely food-insecure people in Africa by subregion	10
7	Number of moderately or severely food-insecure people in Africa by subregion	11
8	Prevalence of moderate or severe food insecurity in Africa by subregion and country	13
9	Prevalence of moderate or severe food insecurity by sex (2022)	14
10	Prevalence of stunting among children under five years of age in Africa by subregion	17
11	Prevalence of stunting among children under five years of age in Africa by subregion and country	19
12	Prevalence of wasting among children under five years of age in Africa by subregion (2022)	20
13	Prevalence of wasting among children under five years of age in Africa by subregion and country (latest year available from 2015 to 2022)	22
14	Prevalence of overweight among children under five years of age in Africa by subregion	24
15	Prevalence of overweight among children under five years of age in Africa by subregion and country	25
16	Prevalence of anaemia among women aged 15 to 49 years in Africa by subregion	27
17	Prevalence of anaemia among women aged 15 to 49 years in Africa by subregion and country	28
18	Prevalence of obesity among adults in Africa by subregion	31
19	Prevalence of obesity among adults in Africa by subregion and country	32
20	Prevalence of exclusive breastfeeding among infants 0–5 months of age in Africa by subregion	33
21	Prevalence of exclusive breastfeeding among infants 0–5 months of age in Africa by subregion and country	35
22	Prevalence of low birthweight in Africa by subregion	37
23	Prevalence of low birthweight in Africa by subregion and country	38
24	Change in the cost of a healthy diet in Africa by subregion	40
25	Change in the number of people unable to afford a healthy diet in Africa by subregion	42
26	Percentage of people unable to afford a healthy diet in Africa by country and subregion	43

# FOREWORD

Africa is facing a food crisis of unprecedented proportions. Millions are expected to be at risk of worsening hunger in the near future due to the rippling effects of the war in Ukraine, which are compounding the devastating impacts that conflicts, climate variability and extremes, economic slowdowns and downturns, and the aftereffects of the COVID-19 pandemic are having on the most vulnerable. In this context, social and gender inequalities are also on the rise, with women and girls being among the most affected by these shocks.

Despite efforts made in several countries, the African continent is not on track to meet the food security and nutrition targets of the Sustainable Development Goal 2 on Zero Hunger for 2030, and certainly the Malabo targets of ending hunger and all forms of malnutrition by 2025. The most recent estimates show that nearly 282 million people in Africa (about 20 percent of the population) were undernourished in 2022, an increase of 57 million people since the COVID-19 pandemic began. About 868 million people were moderately or severely food-insecure and more than one-third of them – 342 million people – were severely food-insecure.

Progress towards achieving the global nutrition targets by 2030 remains slow. In addition to hunger, millions of Africans suffer from widespread micronutrient deficiencies. Overweight and obesity are already significant public health concerns in many countries. Moreover, estimates show that in 2021 the majority of Africa's population – about 78 percent – were unable to afford a healthy diet, compared with 42 percent at the global level. The average cost of a healthy diet has been increasing over time, and was at 3.57 PPP dollars per person per day in 2021 on the continent, which is much higher than the extreme poverty threshold of USD 2.15 per person per day. This means that not only the poor but also a large proportion of people defined as non-poor cannot afford a healthy diet.

The present edition of the report presents the latest analysis of the prevalence and trends in undernourishment, food insecurity and malnutrition. In addition, it includes, for the first time, estimates of the cost and affordability of a healthy diet, which are useful indicators of people's economic access to nutritious foods and healthy diets.

The deterioration of the food security situation and the lack of progress towards the WHO global nutrition targets make it imperative for countries to step up their efforts if they are to achieve a world without hunger and malnutrition by 2030. The call for greater action remains true in view of projected lower rates of economic growth, high general and food price inflation, and rising borrowing costs on domestic and international markets since 2022.

We hope the findings will trigger the momentum for agrifood systems transformation along with other systems such as education, health and energy, for better production, better nutrition, a better environment and a better life for all, and to ensure that no one is left behind.

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# ABBREVIATIONS

<b>BMI</b>	body mass index
<b>FAO</b>	Food and Agriculture Organization of the United Nations
<b>FIES</b>	Food Insecurity Experience Scale
<b>IFAD</b>	International Fund for Agricultural Development
<b>NCD</b>	non-communicable disease
<b>PoU</b>	prevalence of undernourishment
<b>PPP</b>	purchasing power parity
<b>SDG</b>	Sustainable Development Goal
<b>UNICEF</b>	United Nations Children’s Fund
<b>WFP</b>	World Food Programme
<b>WHA</b>	World Health Assembly
<b>WHO</b>	World Health Organization

# CHAPTER 1

## SUSTAINABLE DEVELOPMENT GOAL 2.1: UNDERNOURISHMENT AND FOOD INSECURITY

### Key messages

- Africa is not on track to meet the food security and nutrition targets of the Sustainable Development Goal (SDG) 2 – and the Malabo targets of ending hunger and all forms of malnutrition by 2025. After a long period of improvement between 2000 and 2010, hunger has worsened substantially and most of this deterioration occurred between 2019 and 2022.
- In 2022, nearly 282 million people in Africa were undernourished, an increase of 57 million people since the COVID-19 pandemic.
- An estimated 868 million people were moderately or severely food-insecure in Africa in 2022 and more than one-third of them – 342 million people – were severely food-insecure. More than two-thirds of the population in Central Africa, Eastern Africa and Western Africa faced moderate or severe food insecurity, meaning they did not have access to adequate food.

### ■ 1.1 PREVALENCE OF UNDERNOURISHMENT

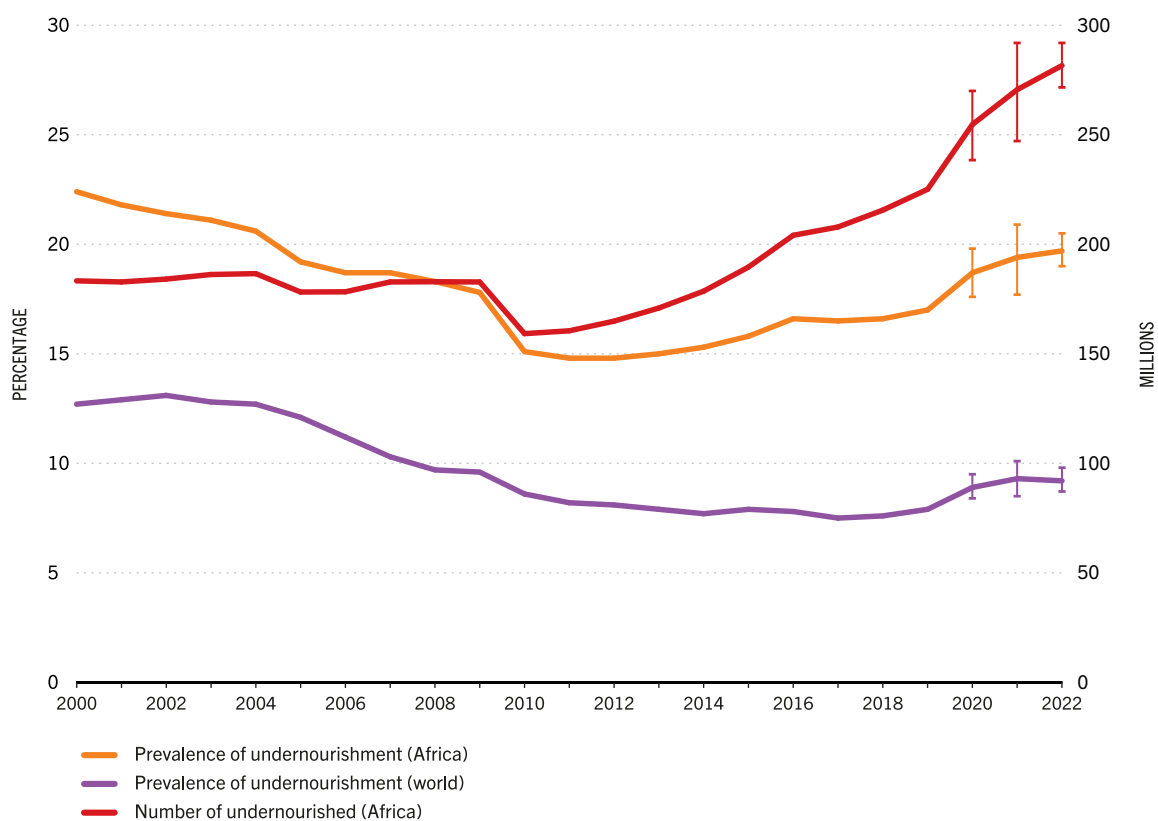
The prevalence of undernourishment (PoU) indicator of the Food and Agriculture Organization of the United Nations (FAO) is derived from official country data on food supply, food consumption and energy needs in the population, considering demographic characteristics such as age, sex and levels of physical activity. Designed to capture a state of chronic energy deprivation, it does not reflect the short-lived effects of temporary crises or a temporarily inadequate intake of essential nutrients. FAO always strives to improve the accuracy of the PoU estimates by taking into account new information; the entire historical series is updated for each report. For this reason, only the current series of estimates should be used, including for values in past years.

After a decade of improvement between 2000 and 2010, the burden of hunger, as measured by the PoU, continued to worsen significantly in Africa (FIGURE 1). In 2022, 19.7 percent of the population was undernourished, an increase of 4.6 percentage points since 2010. The highest inter-annual increase in the PoU occurred between 2019 and 2020 corresponding to the onset of the COVID-19 pandemic.

In 2022, the prevalence of undernourishment ranged from 7.5 percent in Northern Africa to 11 percent in Southern Africa, 15 percent in Western Africa and about 29 percent in both Central and Eastern Africa (FIGURE 2).

**FIGURE 1**

Prevalence of undernourishment in the world and Africa, and the number of undernourished in Africa

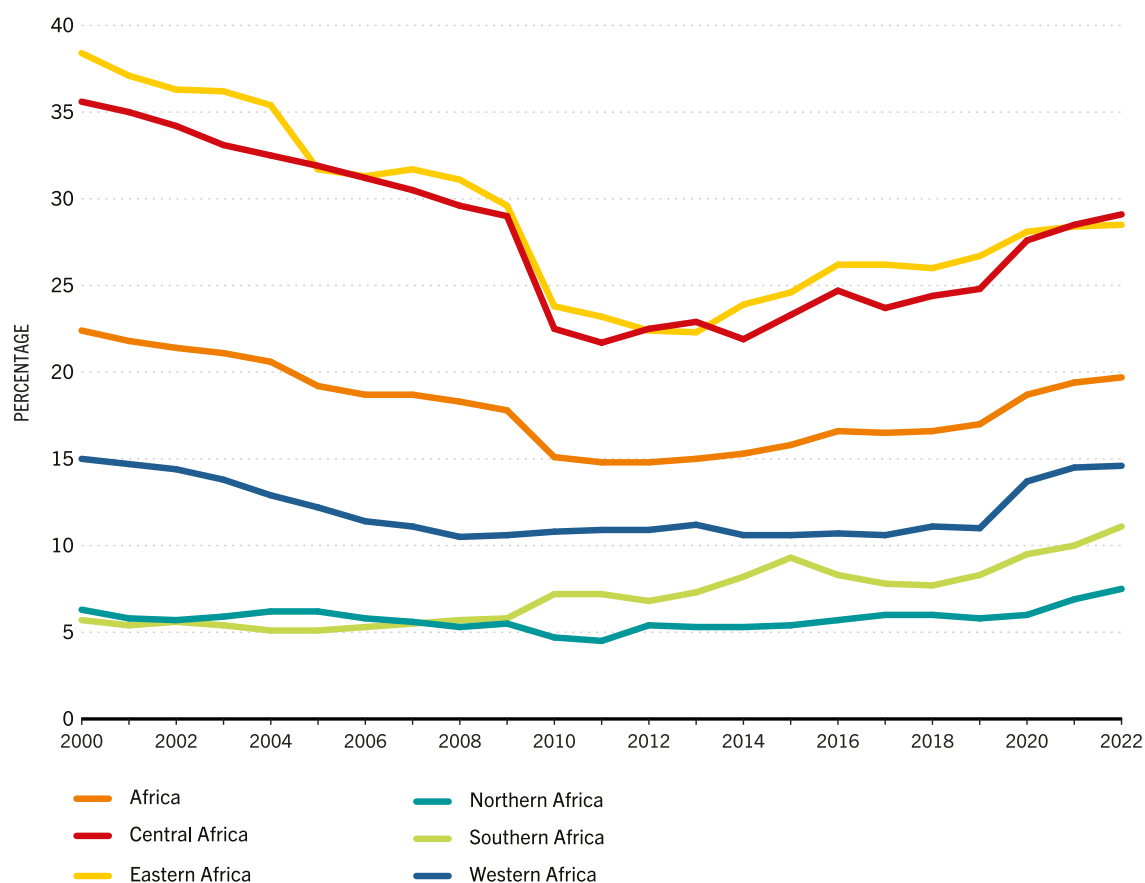


NOTE: The values for 2020 to 2022 are projections. Vertical bars show lower and upper bounds of the estimated range.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

**FIGURE 2**

Prevalence of undernourishment  
in Africa by subregion



NOTE: The values for 2020 to 2022 are projections.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

The worsening hunger situation that occurred in all subregions during the first year of the COVID-19 pandemic continued into 2022, and compared to the pre-COVID-19 figures, Central Africa recorded the highest prevalence of undernourishment increase of 4.3 percentage points, followed by Western Africa with 3.6 percentage points, Southern Africa with 2.8 percentage points, and Eastern Africa and Northern Africa with 1.8 and 1.7 percentage points increase, respectively.

Nevertheless, the first pandemic year seemed to have been harsher than the following ones in terms of hunger effects. In all subregions except Northern Africa and Southern Africa, there were smaller increases in hunger from 2021 to 2022 compared to the previous year. The worst impact of the pandemic on hunger was observed in Central Africa and Western Africa subregions, with an increase of 2.8 percentage points and 2.7 percentage points respectively in 2020. The PoU changes remained below or near 1 percentage point in 2021 and 2022 in all subregions (TABLE 1).

**TABLE 1**

Prevalence of undernourishment  
(percent)

	2000	2010	2014	2019	2020	2021	2022
<b>World</b>	<b>12.7</b>	<b>8.6</b>	<b>7.7</b>	<b>7.9</b>	<b>8.9</b>	<b>9.3</b>	<b>9.2</b>
Africa	22.4	15.1	15.3	17.0	18.7	19.4	19.7
Central Africa	35.6	22.5	21.9	24.8	27.6	28.5	29.1
Eastern Africa	38.4	23.8	23.9	26.7	28.1	28.4	28.5
Northern Africa	6.3	4.7	5.3	5.8	6.0	6.9	7.5
Southern Africa	5.7	7.2	8.2	8.3	9.5	10.0	11.1
Western Africa	15.0	10.8	10.6	11.0	13.7	14.5	14.6

NOTE: The values for 2020 to 2022 are projections.

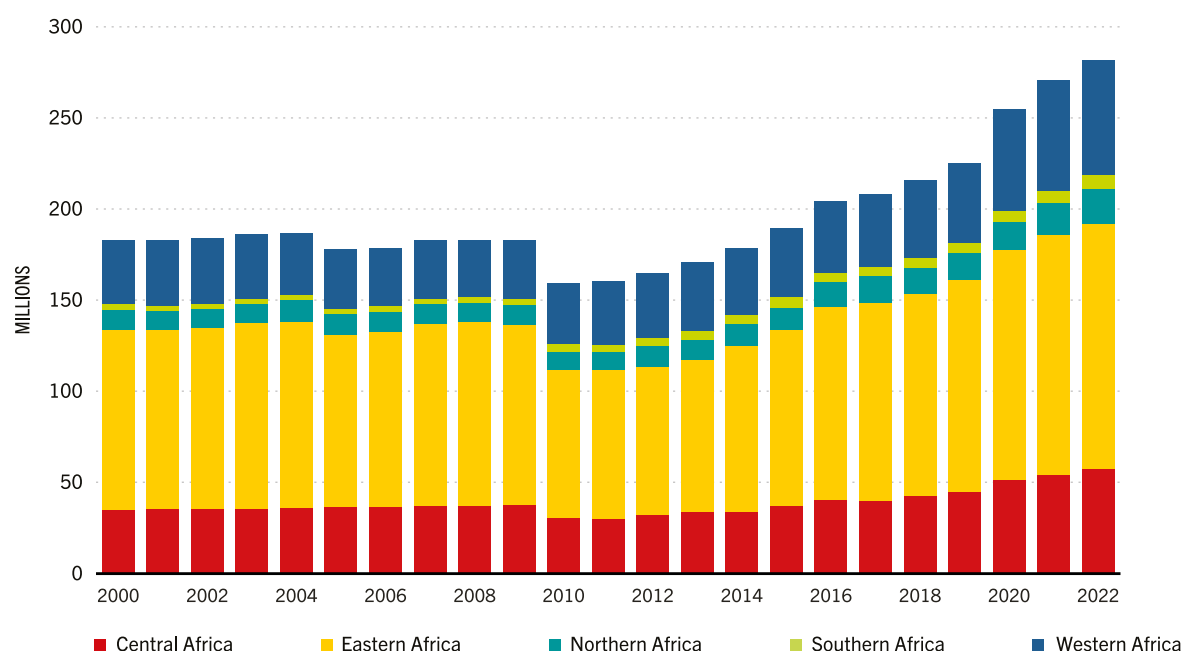
SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

Africa was home to 282 million hungry people in 2022, representing more than 38 percent of the estimated 735 million people that faced hunger globally. With 134.6 million, Eastern Africa had the largest number of undernourished, compared to 62.8 million in Western Africa, 57 million in Central Africa, 19.5 million in Northern Africa, and 7.6 million in Southern Africa (TABLE 2).

Since the outbreak of the COVID-19 pandemic, an additional 57 million people in Africa were affected by hunger. All the subregions registered an increase in the number of undernourished. Of the total increase of 57 million people since 2019, Western Africa accounted for 34 percent, Eastern Africa 31 percent, Central Africa 22 percent, Northern Africa 9 percent, and Southern Africa only 4 percent.

**FIGURE 3**

Number of undernourished people  
in Africa by subregion



NOTE: The values for 2020 to 2022 are projections.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

**TABLE 2**

Number of people undernourished (millions)

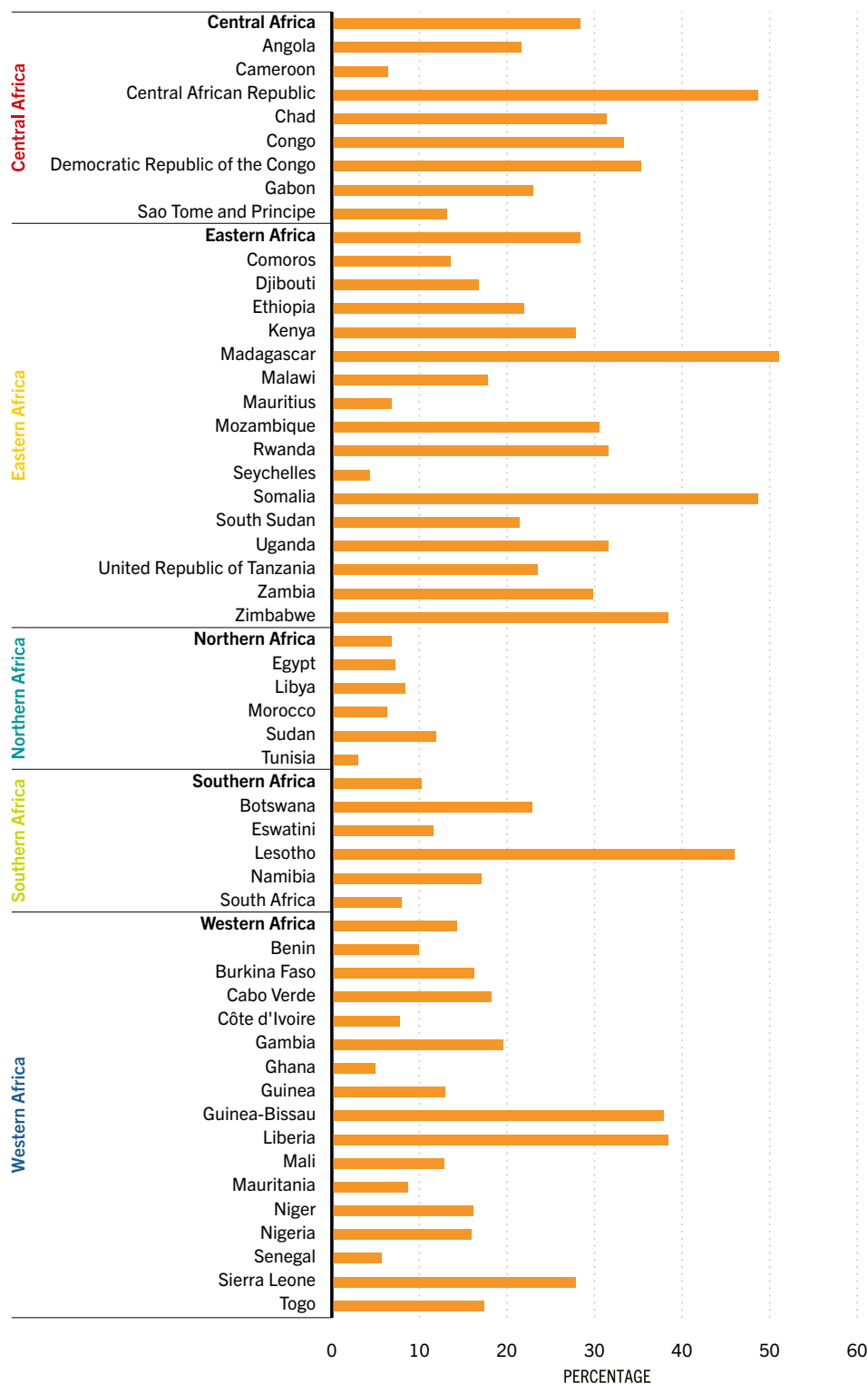
	2000	2010	2014	2019	2020	2021	2022
<b>World</b>	<b>781.7</b>	<b>597.8</b>	<b>563.9</b>	<b>612.8</b>	<b>701.4</b>	<b>738.8</b>	<b>735.1</b>
Africa	183.3	159.2	178.6	225.1	254.7	270.6	281.6
Central Africa	34.6	30.1	33.4	44.4	51.0	54.2	57.0
Eastern Africa	99.2	81.5	91.4	116.9	126.4	131.2	134.6
Northern Africa	10.8	9.8	11.8	14.4	15.1	17.6	19.5
Southern Africa	3.0	4.2	5.1	5.5	6.4	6.8	7.6
Western Africa	35.6	33.6	37.0	43.8	55.8	60.8	62.8

NOTE: The values for 2020 to 2022 are projections.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

At country level and based on the estimated average values for the 2020–2022 period, undernourishment affected 10 percent or less of the population in 14 countries in Africa; it affected at least one-third of the population in 9 countries, including Central African Republic, Lesotho, Madagascar and Somalia, where the prevalence exceeded 45 percent (FIGURE 4).

**FIGURE 4**  
Prevalence of undernourishment in Africa by subregion and country (2020–2022 average)



NOTE: The values for 2020 to 2022 are projections. The PoU is less than 2.5 percent for Algeria (not shown on the figure).  
SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>



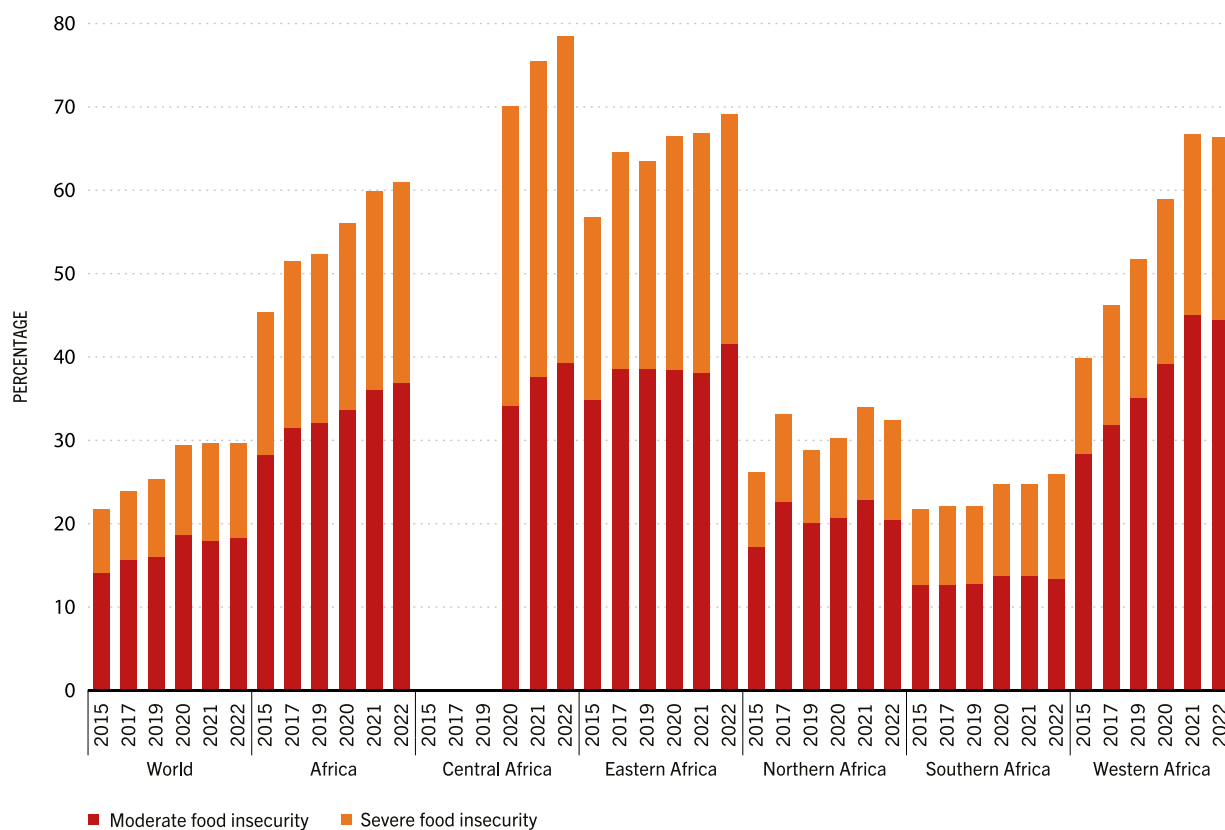
The majority of African countries registered a prevalence of undernourishment in 2020–2022 above the pre-pandemic levels. Only in Algeria was the prevalence of undernourishment below 2.5 percent for several consecutive years. In 21 other countries, undernourishment remained the same or declined slightly compared to the pre-pandemic level in 2018–2020 (TABLE 16). In terms of numbers, the undernourished population increased between 2018–2020 and 2020–2022 in the majority of countries while it remained unchanged in 15 countries (TABLE 17).

## ■ 1.2 PREVALENCE OF FOOD INSECURITY BASED ON THE FOOD INSECURITY EXPERIENCE SCALE

The prevalence of moderate or severe food insecurity based on the Food Insecurity Experience Scale (FIES) is an estimate of the proportion of the population facing moderate or severe constraints on their ability to obtain sufficient food over the course of a year. People face moderate food insecurity when they are uncertain of their ability to obtain food and have been forced to reduce, at times over the year, the quality and/or quantity of food they consume due to lack of money or other resources. Severe food insecurity means that individuals have likely run out of food, experienced hunger and, at the most extreme, have gone for days without eating, putting their health and well-being at serious risk.

The most recent estimates show that in 2022, the proportion of the population in Africa that faced moderate or severe food insecurity reached 61 percent. This prevalence is very high and is more than twice the prevalence of 29.6 percent at the global level. The new estimates also show that the severe form of food insecurity affected 24 percent of the population on the continent (FIGURE 5 and TABLE 3).

**FIGURE 5**  
Prevalence of food insecurity  
in Africa by subregion



NOTE: Estimates are not available for Central Africa prior to 2020.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: FAOSTAT. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

In 2022, the prevalence of moderate or severe food insecurity was the highest in Central Africa (78.4 percent), followed by Eastern Africa (69.2 percent) and Western Africa (66.4 percent). In terms of severe food insecurity in 2022, the prevalence is highest in Central Africa and Eastern Africa subregions (FIGURE 5 and TABLE 3).

**TABLE 3**Prevalence of food insecurity  
(percent)

	Severe food insecurity					Moderate or severe food insecurity				
	2015	2019	2020	2021	2022	2015	2019	2020	2021	2022
<b>World</b>	<b>7.6</b>	<b>9.3</b>	<b>10.8</b>	<b>11.7</b>	<b>11.3</b>	<b>21.7</b>	<b>25.3</b>	<b>29.4</b>	<b>29.6</b>	<b>29.6</b>
Africa	17.2	20.2	22.4	23.8	24.0	45.4	52.3	56.0	59.9	60.9
Central Africa	n.a.	n.a.	36.0	37.8	39.1	n.a.	n.a.	70.1	75.4	78.4
Eastern Africa	22.0	25.0	28.1	28.7	27.7	56.8	63.5	66.5	66.8	69.2
Northern Africa	9.0	8.7	9.5	11.2	12.0	26.2	28.8	30.2	34.0	32.4
Southern Africa	9.0	9.3	11.0	11.0	12.5	21.7	22.1	24.7	24.7	25.9
Western Africa	11.4	16.6	19.9	21.7	22.0	39.8	51.7	59.0	66.7	66.4

NOTE: n.a. = not available.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

The increase in the prevalence of moderate or severe food insecurity from 2021 to 2022 is highest in Central Africa (3.0 percentage points), followed by Eastern Africa (2.4 percentage points) and Southern Africa (1.2 percentage points). Between the two years, the prevalence of severe food insecurity rose by 1.5 percentage points in Southern Africa, 1.3 percentage points in Central Africa, and less than 1 percentage point in both Northern Africa and Western Africa.

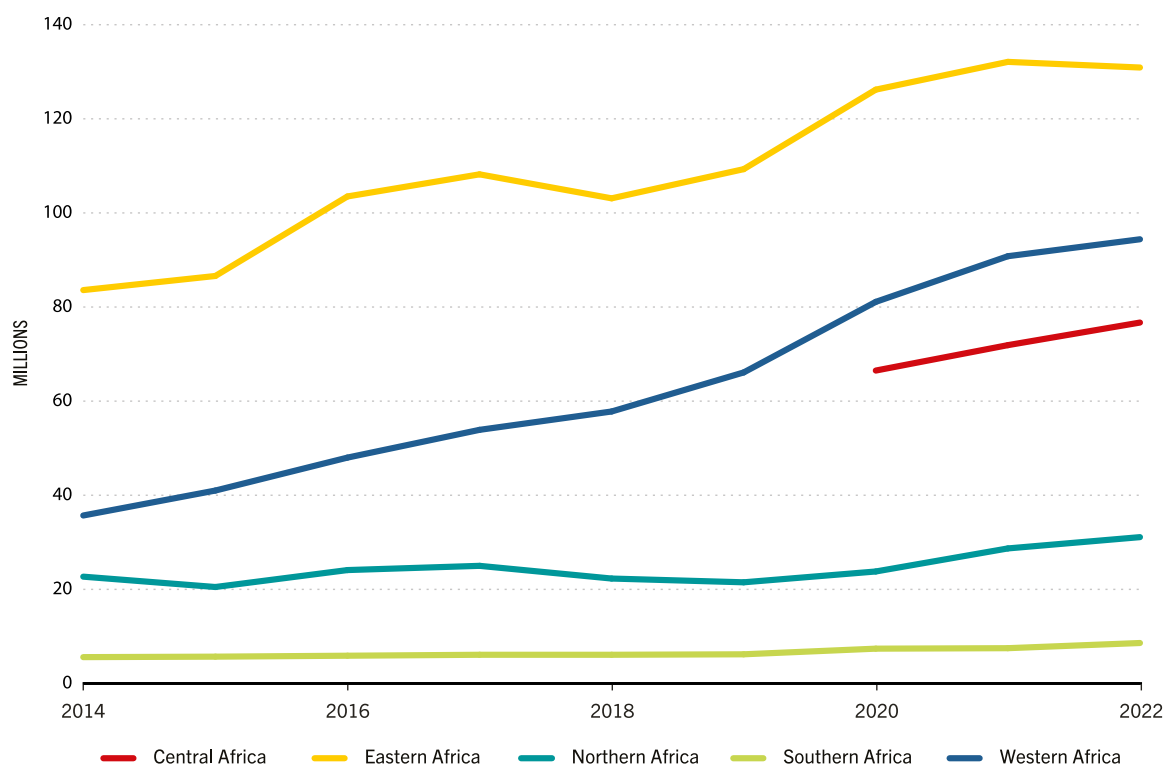
Over the three years of the COVID-19 pandemic (2020–2022), the largest increase in moderate or severe food insecurity was in Western Africa with 14.7 percentage points and Eastern Africa with 5.7 percentage points. Between 2015 and 2022, the 15.5 percentage-point increase in the prevalence of moderate or severe food insecurity in Africa was mainly driven by steep increases in Western Africa and Eastern Africa of 26.6 percentage points and 12.4 percentage points, respectively (TABLE 3).

Translating the prevalence of moderate or severe food insecurity into population numbers presents a clear picture of where the food-insecure people live on the continent. It is estimated that in 2022, approximately 868 million people experienced food insecurity in Africa, with 342 million people suffering from severe food insecurity (FIGURE 6 and TABLE 4). Overall, Eastern Africa, Western Africa and Central Africa were the worst affected subregions, and together they were home to the majority – about 766 million moderately or severely food-insecure people.

The food insecurity situation worsened substantially on the continent since 2019, the year that preceded the COVID-19 pandemic. Compared to 2019, an estimated additional 37 million people in 2020, 26 million in 2021, and 11 million in 2022 were severely food insecure in Africa – an increase of about 74 million people in three years. Eastern Africa consistently had the largest number of people facing food insecurity among the subregions, although Central Africa had the highest prevalence in the years for which data were available for the subregion.

**FIGURE 6**

Number of severely food-insecure people in Africa by subregion



NOTE: Estimates are not available for Central Africa prior to 2020.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

**TABLE 4**

Number of severely food-insecure people (millions)

	2015	2017	2019	2020	2021	2022
<b>World</b>	<b>561.5</b>	<b>623.8</b>	<b>719.8</b>	<b>850.7</b>	<b>927.3</b>	<b>900.1</b>
<b>Africa</b>	<b>206.3</b>	<b>252.2</b>	<b>268.1</b>	<b>305.0</b>	<b>331.1</b>	<b>341.8</b>
Central Africa	n.a.	n.a.	n.a.	66.5	71.9	76.7
Eastern Africa	86.6	108.2	109.3	126.2	132.1	130.9
Northern Africa	20.5	25.0	21.5	23.8	28.7	31.1
Southern Africa	5.7	6.1	6.2	7.4	7.5	8.6
Western Africa	41.0	53.9	66.1	81.1	90.8	94.4

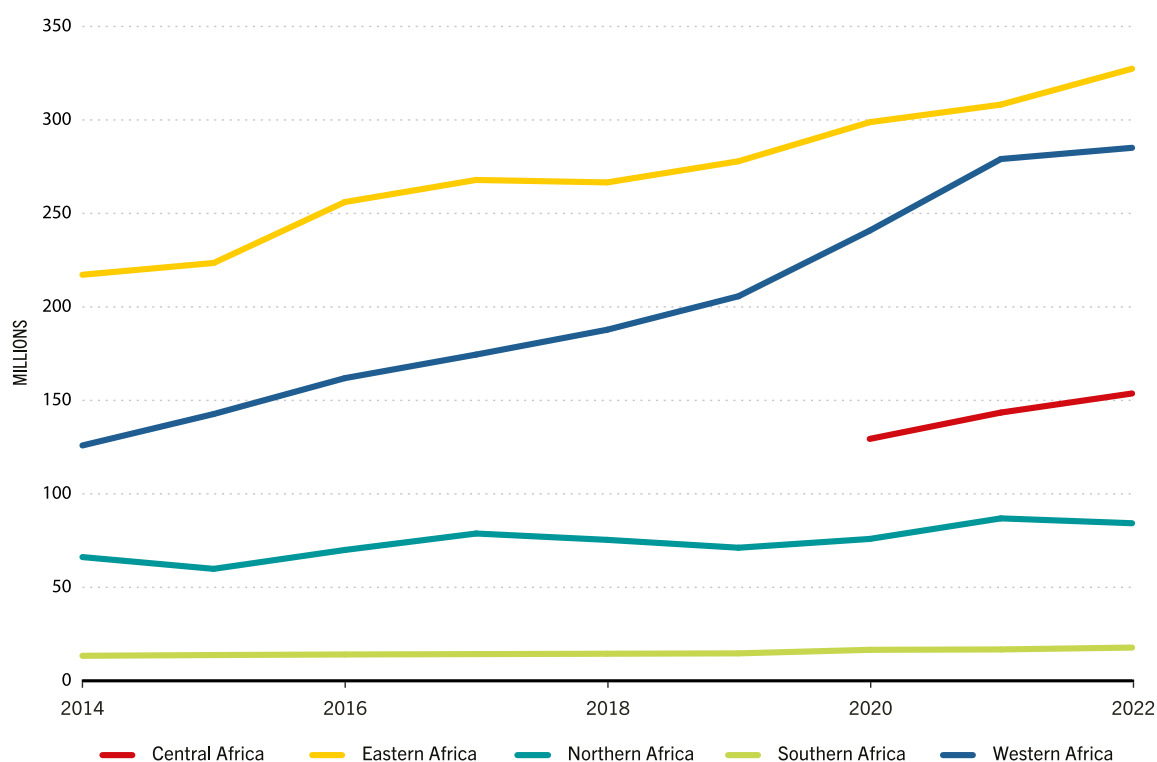
NOTE: n.a. = not available.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

At subregional level and since 2019, the number of people affected by severe food insecurity increased by 28 million in Western Africa, nearly 22 million in Eastern Africa, 10 million in Northern Africa, and 2.4 million in Southern Africa (TABLE 4). Similarly, for moderately or severely food-insecure people, the number increased by 79 million in Western Africa, 50 million in Eastern Africa, 13 million in Northern Africa, and 3 million in Southern Africa (TABLE 5). In Central Africa, data and estimates are not available for 2019; however, between 2020 and 2022, the number of severely food-insecure people increased by 5 million while the number of moderately or severely food-insecure people reached 24 million.

**FIGURE 7**

Number of moderately or severely food-insecure people in Africa by subregion



NOTE: Estimates are not available for Central Africa prior to 2020.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

**TABLE 5**

Number of moderately or severely food-insecure people (millions)

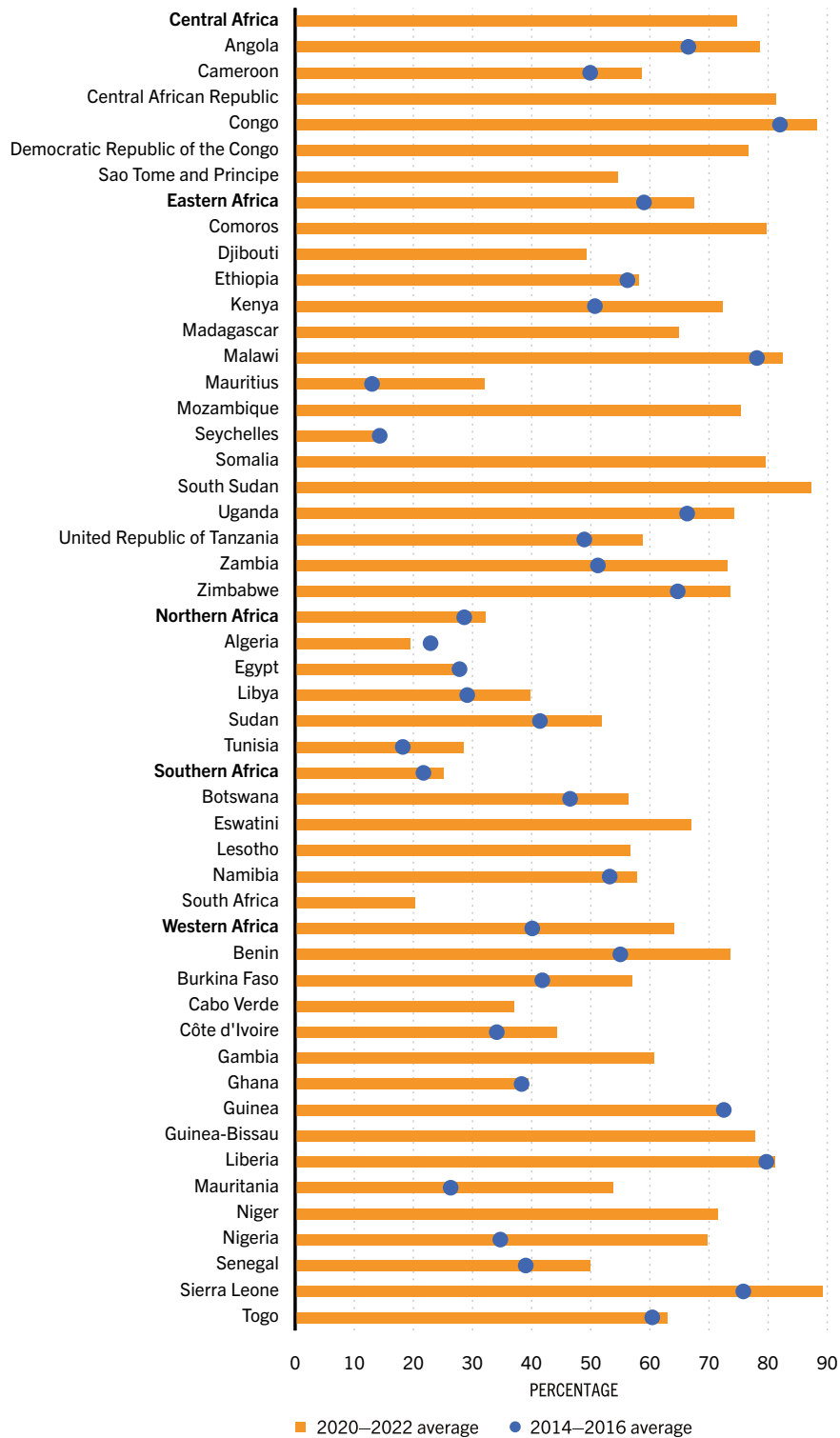
	2015	2017	2019	2020	2021	2022
<b>World</b>	<b>1 612.4</b>	<b>1 817.0</b>	<b>1 966.4</b>	<b>2 307.2</b>	<b>2 342.5</b>	<b>2 356.9</b>
Africa	544.8	650.6	695.0	761.7	834.5	868.3
Central Africa	n.a.	n.a.	n.a.	129.4	143.5	153.7
Eastern Africa	223.5	267.9	277.9	298.8	308.2	327.4
Northern Africa	59.9	78.8	71.2	75.9	86.9	84.3
Southern Africa	13.8	14.3	14.7	16.6	16.8	17.8
Western Africa	142.7	174.5	205.7	240.8	279.1	285.1

NOTE: n.a. = not available.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

The three-year (2020–2022) average estimates show that more than 75 percent of the population were moderately or severely food insecure in 12 countries whereas Seychelles and Algeria had a prevalence below 20 percent. There was an increase of food insecurity in 30 out of the 34 countries for which estimates are available for 2014–2016 and 2020–2022. While the increase may be marginal in Egypt, Ghana, Guinea and Seychelles, only Algeria recorded a decrease in food insecurity over the period (**FIGURE 8**).

**FIGURE 8**  
Prevalence of moderate or severe food insecurity in Africa by subregion and country

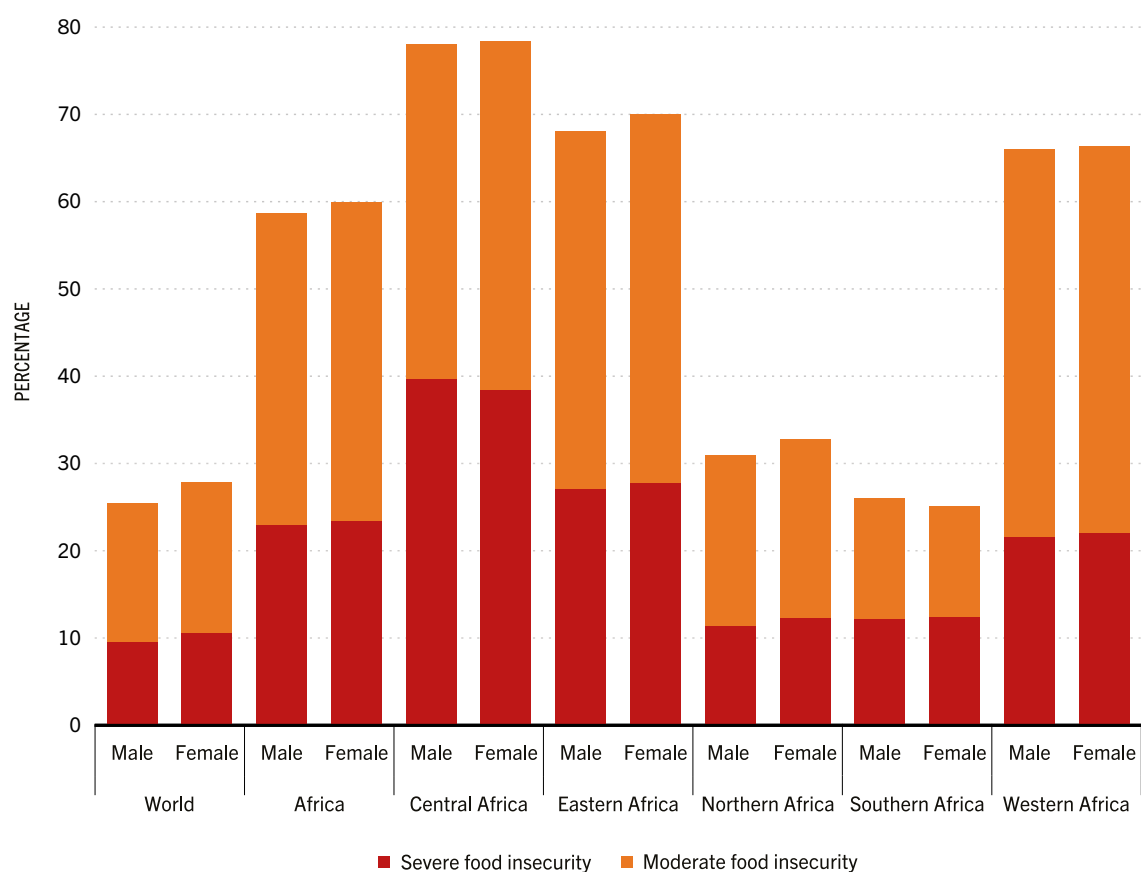


SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

More women were affected by moderate or severe food insecurity in 2022 than men in Africa, with prevalence of 59.9 percent and 58.7 percent, respectively. The gender disparity is larger at the global level – a 2.4 percentage-point difference, compared to 1.2 percentage points in Africa. At the subregional levels, the differences in food insecurity between men and women are relatively small, with the largest gaps observed in Eastern Africa and Northern Africa (1.9 percentage points each). In Southern Africa, the prevalence of moderate or severe food insecurity is slightly higher among men (26 percent) compared to women (25.1 percent) (FIGURE 9).

**FIGURE 9**

Prevalence of moderate or severe food insecurity by sex (2022)



SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>



Since 2019, more women were affected by moderate or severe food insecurity than men in Africa, despite the fact that the gap is narrowing toward gender parity. The gender gap in food insecurity narrowed slightly between men and women in the region between 2020 and 2022, with the largest decrease observed in Western Africa (TABLE 6). However, the difference increased from 0.7 percentage point to 1.9 percentage point in Eastern Africa, and from 0.3 percentage point to 1.9 percentage points in Northern Africa between 2020 and 2022. A reversal was recorded in Southern Africa, where more women were affected by moderate or severe food insecurity than men in 2019 and 2020, with the opposite recorded in 2022.

**TABLE 6**

Prevalence of food insecurity by sex  
(percent)

	Severe food insecurity						Moderate or severe food insecurity					
	Men			Women			Men			Women		
	2019	2020	2022	2019	2020	2022	2019	2020	2022	2019	2020	2022
<b>World</b>	<b>7.9</b>	<b>9.1</b>	<b>9.5</b>	<b>8.6</b>	<b>10.3</b>	<b>10.6</b>	<b>22.1</b>	<b>25.4</b>	<b>25.4</b>	<b>23.7</b>	<b>28.0</b>	<b>27.8</b>
<b>Africa</b>	19.0	21.2	22.9	19.9	22.1	23.4	49.8	53.7	58.7	52.0	55.2	59.9
Central Africa	n.a.	36.6	39.6	n.a.	35.3	38.4	n.a.	69.6	78.0	n.a.	70.5	78.4
Eastern Africa	23.8	26.9	27.1	25.5	28.7	27.7	63.0	65.9	68.1	63.6	66.6	70.0
Northern Africa	8.0	8.9	11.3	9.0	9.7	12.3	26.1	29.5	30.9	30.3	29.8	32.8
Southern Africa	8.3	9.8	12.2	10.0	11.9	12.4	20.2	22.7	26.0	23.2	26.1	25.1
Western Africa	16.3	19.5	21.5	16.8	19.9	22.0	50.4	57.5	66.0	52.8	60.1	66.4

NOTE: n.a. = not available.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

## CHAPTER 2

# SUSTAINABLE DEVELOPMENT GOAL 2.2: MALNUTRITION

### Key messages

- In Africa, the prevalence of stunting among children under five years of age was 30 percent in 2022, which is high despite the substantial improvement achieved during the past two decades.
- The prevalence of wasting in children in the region remained just below the global estimate of 6.8 percent in 2022 and was relatively high in all subregions except Southern Africa.
- The overall prevalence of overweight in children under five years of age in Africa was below the global estimate in 2022, although higher levels were observed in Northern Africa and Southern Africa. Since 2020, overweight levels have remained the same in most subregions.
- The prevalence of anaemia among adult women remains high in Africa, above the global estimate, and especially so in Western Africa and Central Africa.

This section reports on four global nutrition indicators: **stunting**, **wasting** and **overweight** in children under five years of age, and **anaemia** in women aged 15 years to 49 years.

#### ■ 2.1 STUNTING AMONG CHILDREN UNDER FIVE YEARS OF AGE

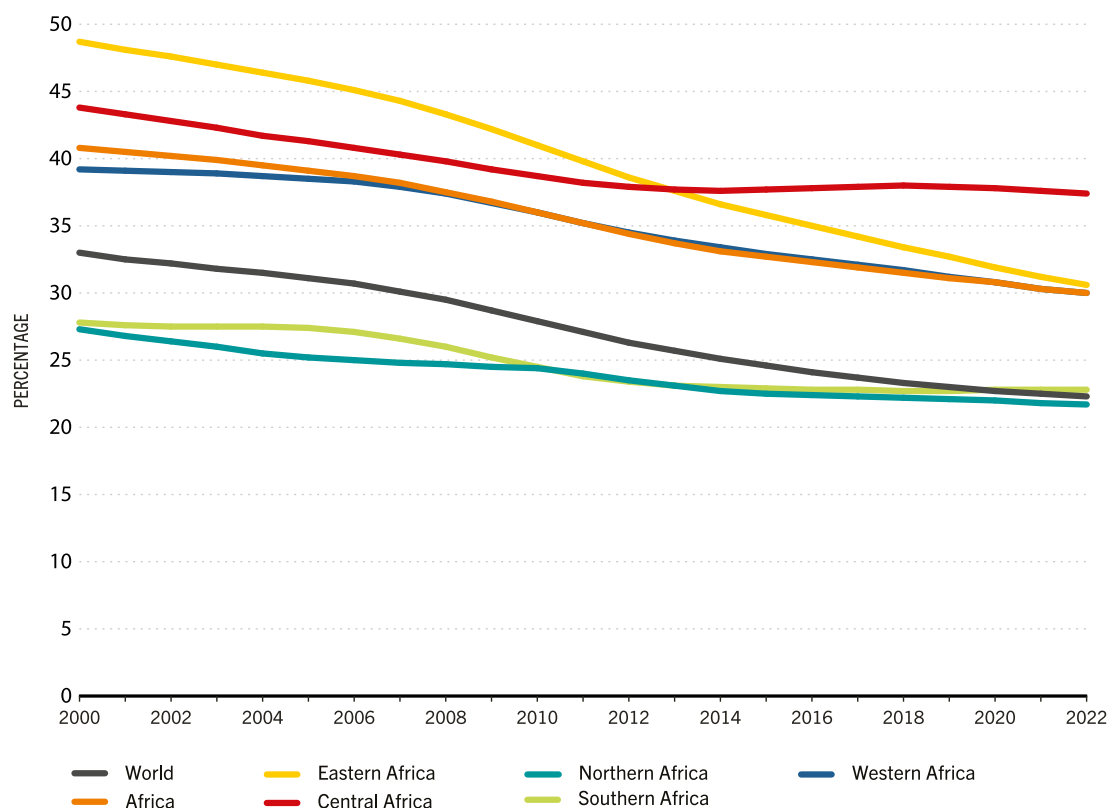
Stunting is defined as low height-for-age. It is a largely irreversible outcome and is the result of poor maternal health and nutrition, inadequate infant and young child feeding practices, and repeated infections interacting with a variety of other factors over a sustained period. Stunting before the age of two years predicts poorer cognitive and educational outcomes in later childhood and adolescence and higher susceptibility to non-communicable diseases (NCDs) in adulthood. This can affect labour productivity, income-earning potential and social skills later in life. Stunted children have an increased risk of becoming overweight or obese later in life (WHO, 2014 and FAO, IFAD, UNICEF, WFP and WHO, 2020).

Globally, over one in five children (148.1 million) under five years of age were stunted in 2022. In Africa, the prevalence of stunting among children in the same age category is 30 percent, which is significantly higher than the global estimate of 22.3 percent. While Northern Africa and Southern Africa are close to the global estimate, the prevalence is much higher in the other subregions. Central Africa is the worst affected subregion, at 37.4 percent (TABLE 7).

Despite the high prevalence of stunting reported in 2022, some noticeable improvements were made at continental and subregional levels in reducing it. The prevalence of stunting has fallen gradually in Africa and in its subregions since 2000 (FIGURE 10). This fall has not been similar across subregions, as Central Africa, Northern Africa and Southern Africa experienced a slowdown in the rate of improvement in the past few years. Eastern Africa made the greatest reduction, with 18.1 percentage points, compared to other subregions. The continent and all the subregions are off track to meet the 2030 target for stunting among children under five years of the World Health Assembly (WHA).

**FIGURE 10**

Prevalence of stunting among children under five years of age in Africa by subregion



SOURCE: UNICEF, WHO & World Bank. 2023. *UNICEF-WHO-World Bank: Joint child malnutrition estimates - Levels and trends (2023 edition)*. [Cited 24 April 2023]. <https://data.unicef.org/resources/jme-report-2023>

**TABLE 7**

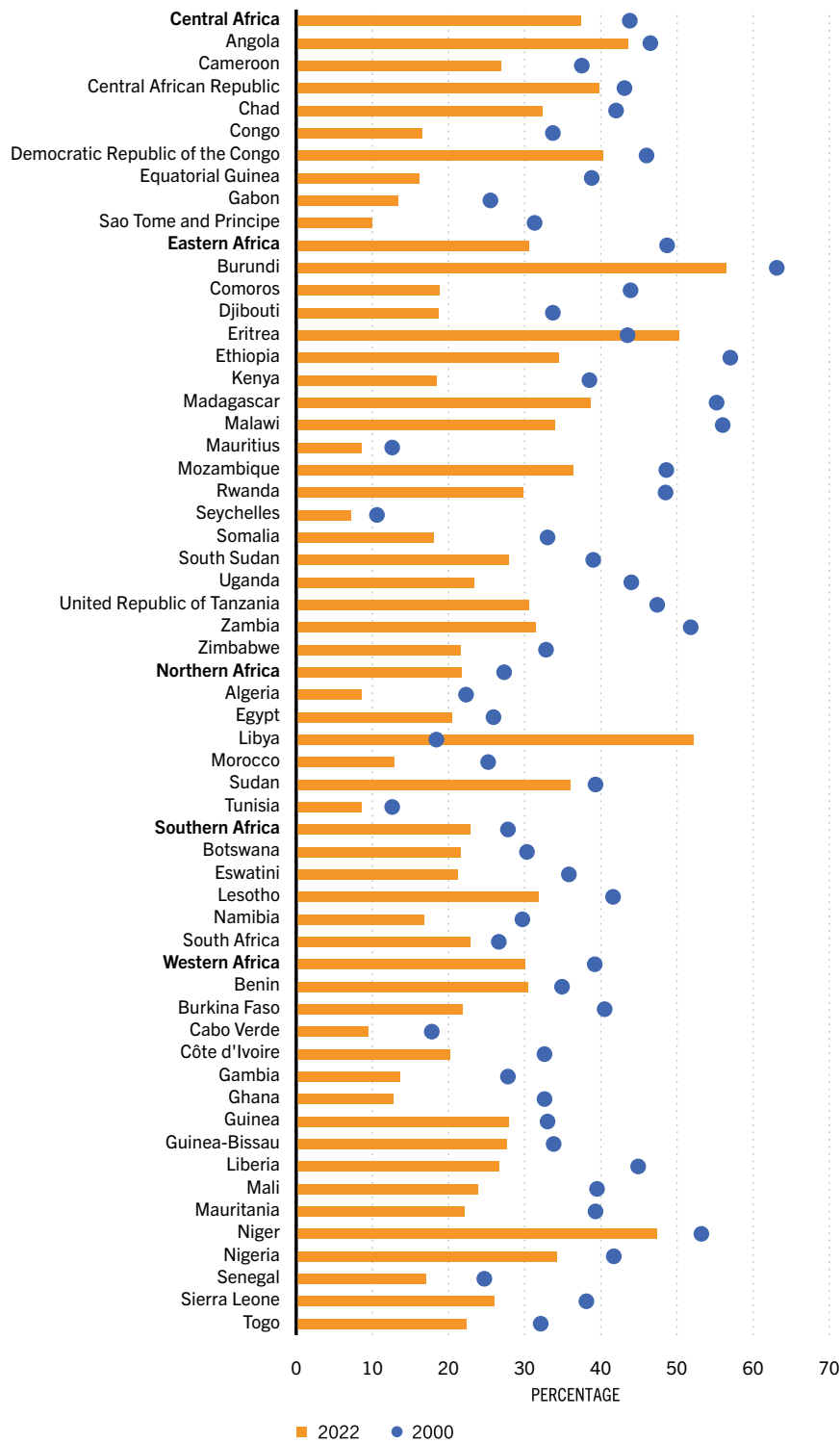
Prevalence of stunting among children under five years of age (percent)

	2000	2005	2010	2012	2015	2020	2022
<b>World</b>	<b>33.0</b>	<b>31.1</b>	<b>27.9</b>	<b>26.3</b>	<b>24.6</b>	<b>22.7</b>	<b>22.3</b>
Africa	40.8	39.1	36.0	34.4	32.7	30.8	30.0
Central Africa	43.8	41.3	38.7	37.9	37.7	37.8	37.4
Eastern Africa	48.7	45.8	41.0	38.6	35.8	31.9	30.6
Northern Africa	27.3	25.2	24.4	23.5	22.5	22.0	21.7
Southern Africa	27.8	27.4	24.5	23.4	22.9	22.8	22.8
Western Africa	39.2	38.5	36.0	34.5	32.9	30.8	30.0

SOURCE: UNICEF, WHO & World Bank. 2023. *UNICEF-WHO-World Bank: Joint child malnutrition estimates – Levels and trends (2023 edition)*. [Cited 24 April 2023]. <https://data.unicef.org/resources/jme-report-2023>

At country level, the prevalence of stunting in 2022 was particularly high (above 35 percent) in ten countries while it was 10 percent or less in six countries, namely, Algeria, Cabo Verde, Mauritius, Sao Tome and Principe, Seychelles and Tunisia. Between 2000 and 2022, there was substantial improvement towards reducing stunting in the majority of countries. The prevalence of stunting worsened only in Eritrea and Libya, where more than half the children under five years of age were stunted in 2022 (FIGURE 11).

**FIGURE 11**  
Prevalence of stunting among children under five years of age in Africa by subregion and country



SOURCE: UNICEF, WHO & World Bank. 2023. *UNICEF-WHO-World Bank: Joint child malnutrition estimates - Levels and trends (2023 edition)*. [Cited 24 April 2023]. <https://data.unicef.org/resources/jme-report-2023>

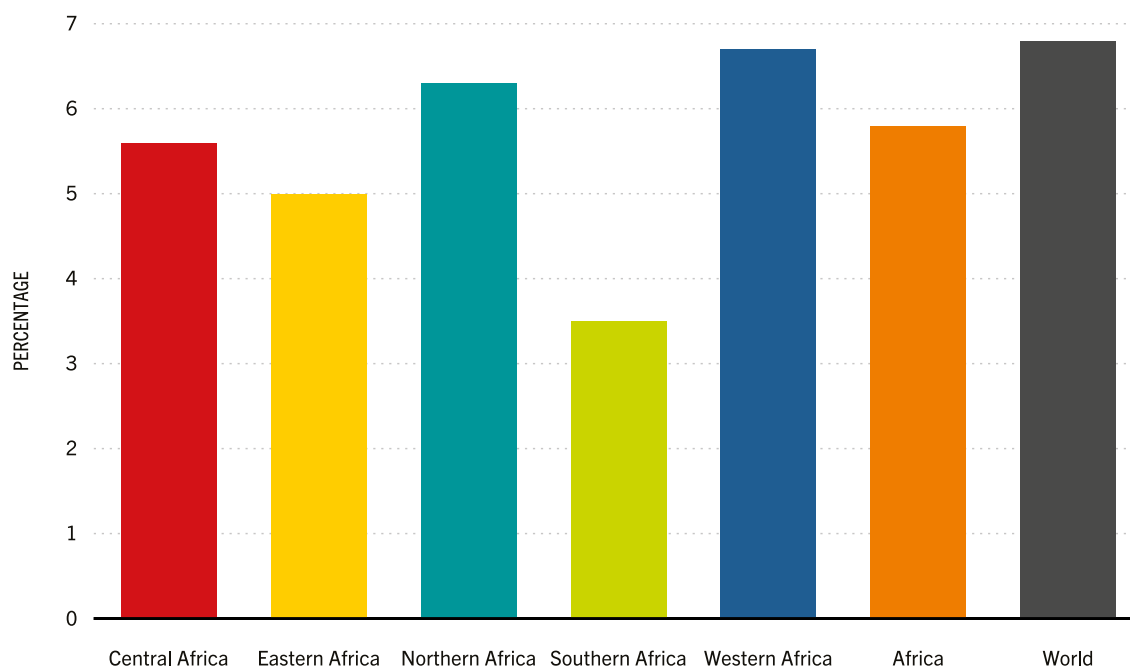
## 2.2 WASTING AMONG CHILDREN UNDER FIVE YEARS OF AGE

Wasting refers to a form of malnutrition whereby a child is too thin for his or her height. Wasting is the result of recent rapid weight loss or the failure to gain weight. It is a life-threatening condition caused by insufficient intake or malabsorption of energy and nutrients and/or frequent or prolonged illness. A child who is moderately or severely wasted has an increased risk of death, but treatment is possible. Children suffering from wasting have weakened immunity, increasing their risk of death due to greater frequency and severity of common infection, particularly when severe (WHO, UNICEF and WFP, 2014 and FAO, IFAD, UNICEF, WFP and WHO, 2018).

In 2022, the prevalence of wasting in Africa (5.8 percent) was below the global estimate (6.8 percent), and was particularly low in Southern Africa (FIGURE 12) while it was slightly above the continental average in Western Africa and Northern Africa, and just 5 percent in Eastern Africa (TABLE 8). All the subregions were off track despite having made some progress toward the WHA 2030 target for child wasting, except Northern Africa with a worsening child wasting situation.

**FIGURE 12**

Prevalence of wasting among children under five years of age in Africa by subregion (2022)



SOURCE: UNICEF, WHO & World Bank. 2023. *UNICEF-WHO-World Bank: Joint child malnutrition estimates - Levels and trends (2023 edition)*. [Cited 24 April 2023]. <https://data.unicef.org/resources/jme-report-2023>

There is a considerable variation in child wasting across countries. Based on the latest available estimates covering the 2015–2022 period, ten countries had a child wasting prevalence above the global estimate of 6.8 percent, with the majority being in Western Africa. Burkina Faso, Djibouti, Mali, Mauritania and Niger had the highest prevalence of child wasting, above 10 percent. The prevalence of wasting is less than 4 percent in 14 countries, and among these, the prevalence was below 2.5 percent in Lesotho, Morocco, Rwanda and Tunisia (FIGURE 13).

**TABLE 8**

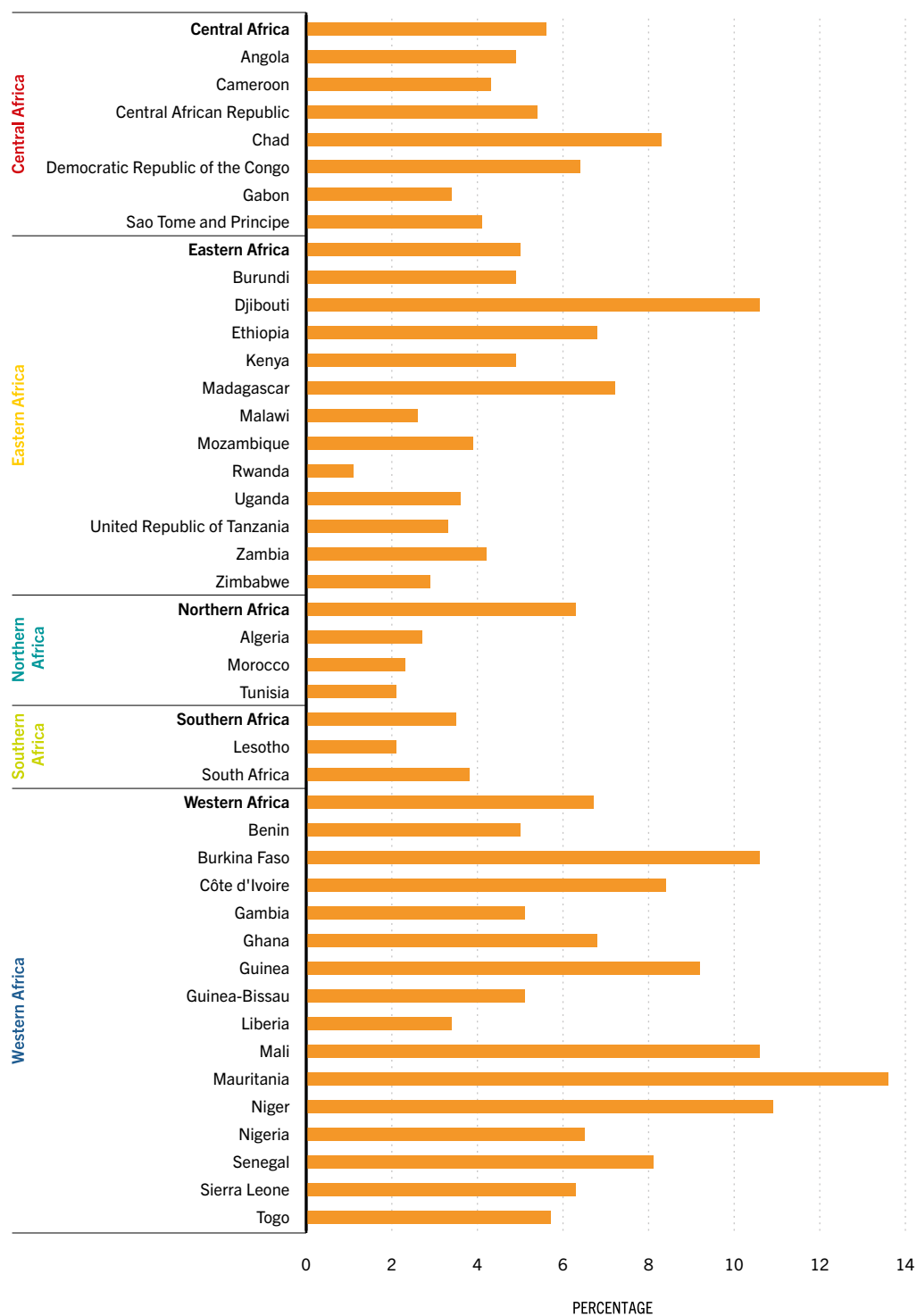
Prevalence of wasting among children under five years of age (percent)

	2022
<b>World</b>	<b>6.8</b>
Africa	5.8
Central Africa	5.6
Eastern Africa	5.0
Northern Africa	6.3
Southern Africa	3.5
Western Africa	6.7

SOURCE: UNICEF, WHO & World Bank. 2023. *UNICEF-WHO-World Bank: Joint child malnutrition estimates - Levels and trends (2023 edition)*. [Cited 24 April 2023]. <https://data.unicef.org/resources/jme-report-2023>

**FIGURE 13**

Prevalence of wasting among children under five years of age in Africa by subregion and country (latest year available from 2015 to 2022)



SOURCE: UNICEF, WHO & World Bank. 2023. *UNICEF-WHO-World Bank: Joint child malnutrition estimates - Levels and trends (2023 edition)*. [Cited 24 April 2023]. <https://data.unicef.org/resources/jme-report-2023>



## 2.3 OVERWEIGHT AMONG CHILDREN UNDER FIVE YEARS OF AGE

Overweight and obesity are defined as above-normal body weight for height as a result of excessive fat accumulation. In children under five years of age, overweight is defined as weight-for-height greater than two standard deviations above the median of the WHO Child Growth Standards (FAO, IFAD, UNICEF, WFP and WHO, 2022).

Overweight and obesity are complex and multifaceted problems. While genetics can increase an individual's susceptibility to overweight, it cannot explain population-level increases over time. Intrauterine growth, infant feeding and eating habits during preschool years are significant determinants of child overweight, which increase the risk of obesity in adulthood (WHO, 2014). This form of malnutrition results from energy intakes from food and beverages that exceed children's energy requirements. Children with overweight have also an increased risk of NCDs later in life.

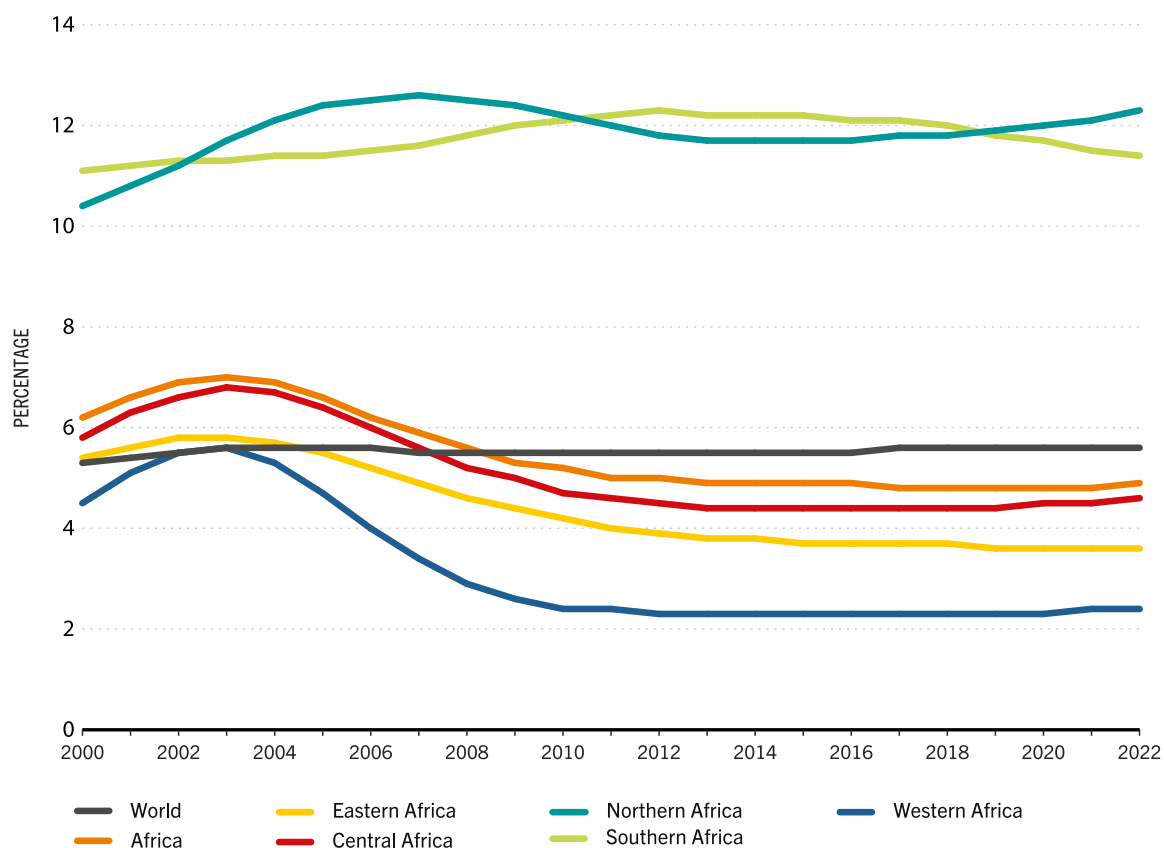
The prevalence of overweight among children under five years of age in Africa was 4.9 percent in 2022, which is below the global estimate of 5.6 percent. The prevalence is considerably higher in Northern Africa and Southern Africa compared to other subregions.

The trend in overweight prevalence is clearly upwards in Northern Africa since 2015, indicating a worsening condition, while the opposite is observed in Southern Africa (FIGURE 14). Since 2015, the prevalence of overweight among children remained nearly unchanged in Central Africa, Eastern Africa and Western Africa (TABLE 9). The continent as well as the Central Africa and Northern Africa subregions are off track for meeting the 2030 WHA target for overweight in children due to lack of progress. Eastern Africa and Southern Africa are off track as well despite some progress, and Western Africa has already achieved the target.

The prevalence of overweight among children under five years of age in Southern Africa is much higher than the global estimate, and South Africa and Botswana had the highest prevalence in that subregion (FIGURE 15). There is nonetheless variability within the subregion as the prevalence in Namibia and Lesotho is much lower, around 5 percent and 7 percent, respectively. In Central Africa, Cameroon and Equatorial Guinea have the highest overweight prevalence as is the case for Comoros and Seychelles in Eastern Africa, and Egypt, Libya and Tunisia in Northern Africa. Overall, a significant number of countries experienced an increase in the prevalence of overweight among children under five years of age between 2000 and 2022 (FIGURE 15).

**FIGURE 14**

Prevalence of overweight among children under five years of age in Africa by subregion



SOURCE: UNICEF, WHO & World Bank. 2023. *UNICEF-WHO-World Bank: Joint child malnutrition estimates - Levels and trends (2023 edition)*. [Cited 24 April 2023]. <https://data.unicef.org/resources/jme-report-2023>

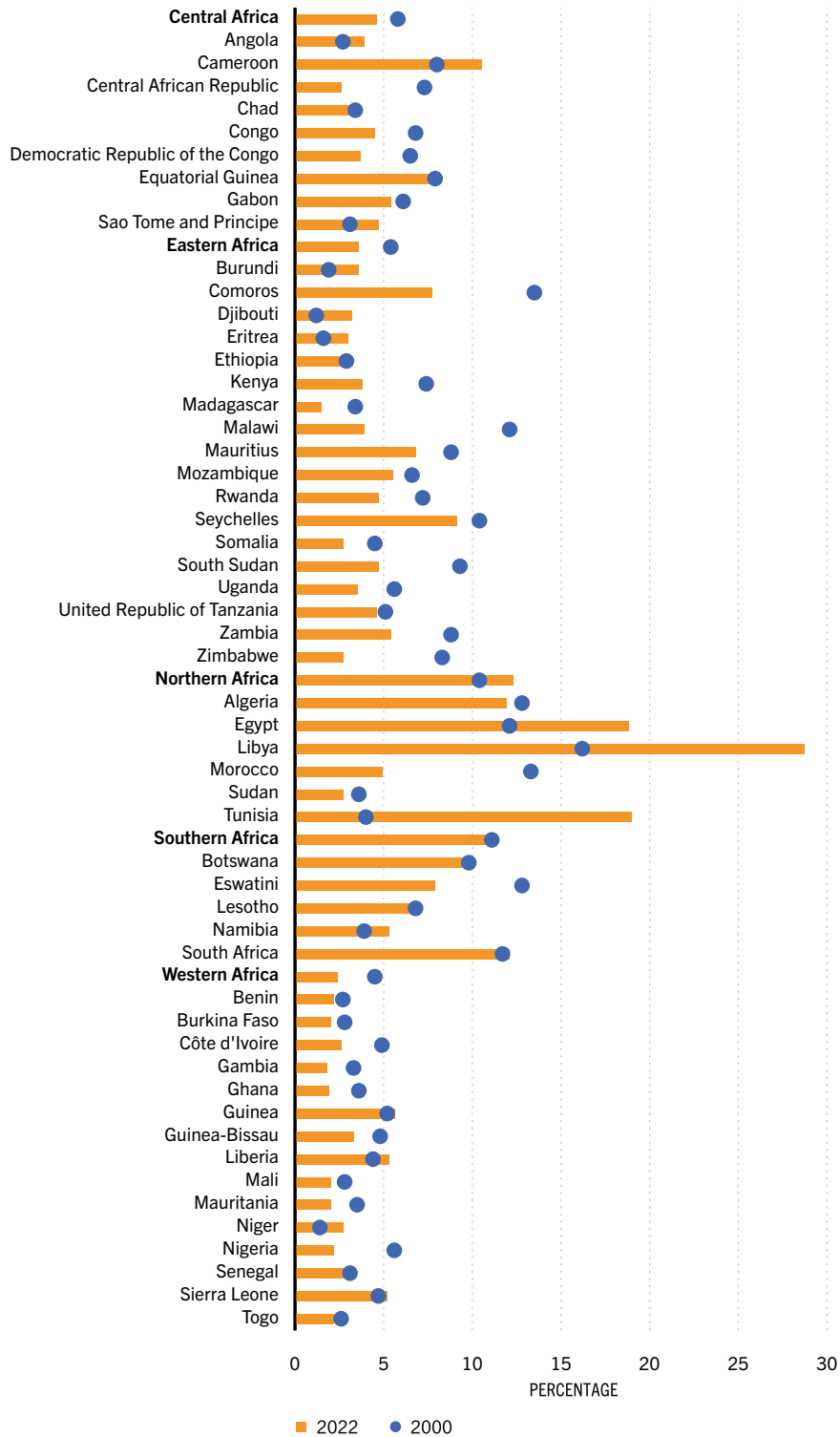
**TABLE 9**

Prevalence of overweight among children under five years of age (percent)

	2000	2005	2010	2012	2015	2020	2022
<b>World</b>	<b>5.3</b>	<b>5.6</b>	<b>5.5</b>	<b>5.5</b>	<b>5.5</b>	<b>5.6</b>	<b>5.6</b>
<b>Africa</b>	<b>6.2</b>	<b>6.6</b>	<b>5.2</b>	<b>5.0</b>	<b>4.9</b>	<b>4.8</b>	<b>4.9</b>
Central Africa	5.8	6.4	4.7	4.5	4.4	4.5	4.6
Eastern Africa	5.4	5.5	4.2	3.9	3.7	3.6	3.6
Northern Africa	10.4	12.4	12.2	11.8	11.7	12.0	12.3
Southern Africa	11.1	11.4	12.1	12.3	12.2	11.7	11.4
Western Africa	4.5	4.7	2.4	2.3	2.3	2.3	2.4

SOURCE: UNICEF, WHO & World Bank. 2023. *UNICEF-WHO-World Bank: Joint child malnutrition estimates - Levels and trends (2023 edition)*. [Cited 24 April 2023]. <https://data.unicef.org/resources/jme-report-2023>

**FIGURE 15**  
Prevalence of overweight among children under five years of age in Africa by subregion and country



SOURCE: UNICEF, WHO & World Bank. 2023. *UNICEF-WHO-World Bank: Joint child malnutrition estimates - Levels and trends (2023 edition)*. [Cited 24 April 2023]. <https://data.unicef.org/resources/jme-report-2023>

## ■ 2.4 ANAEMIA AMONG WOMEN AGED 15 TO 49 YEARS

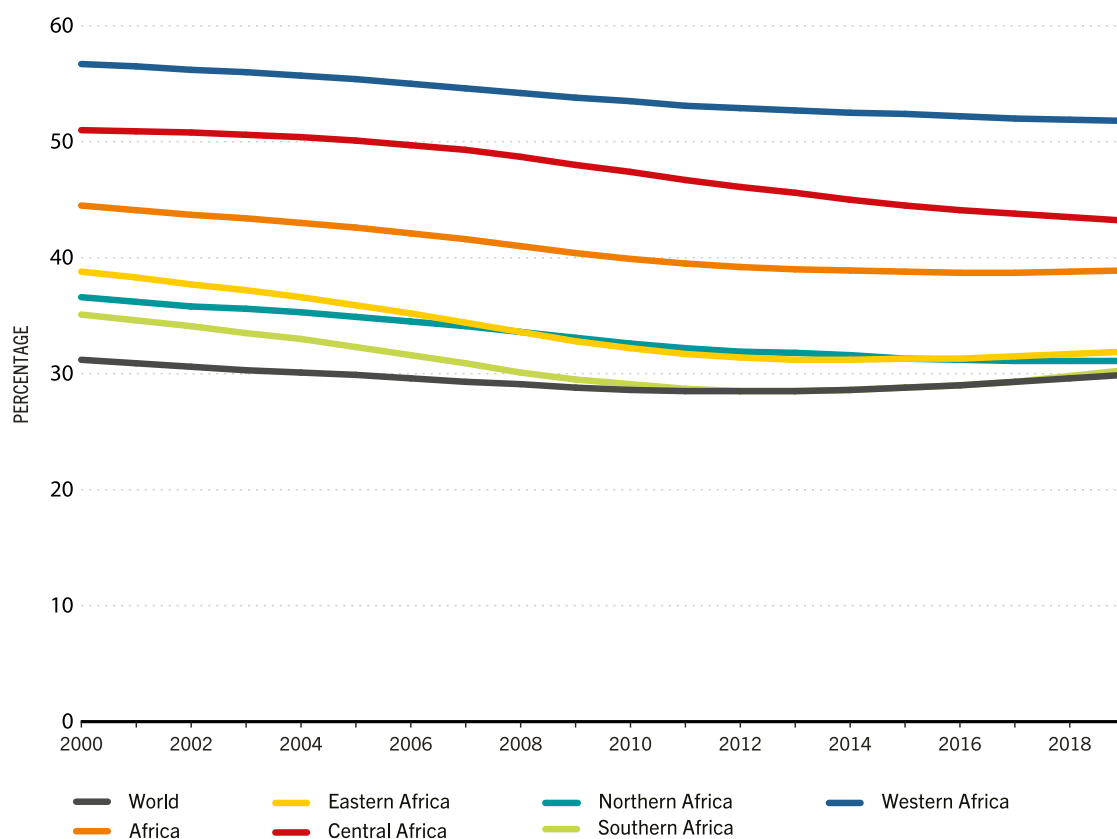
Anaemia refers to low levels of haemoglobin in the blood. It is a complex condition with a wide variety of causes that includes iron deficiency as well as other nutritional deficiencies, infections, inflammation, gynaecological and obstetric conditions, and inherited red blood cell disorders. Failure to reduce anaemia may result in millions of women experiencing impaired health and quality of life, and may impair children's development and learning. Among pregnant women, iron-deficiency anaemia is also associated with adverse reproductive outcomes such as preterm delivery, low-birth-weight infants, and decreased iron stores for the baby, which may lead to impaired development.

The latest estimates available show that the prevalence of anaemia among women aged 15 to 49 years in Africa (38.9 percent) was higher than the global estimate (29.9 percent) in 2019. The prevalence of anaemia was especially high in Western Africa (51.8 percent) and Central Africa (43.2 percent) (FIGURE 16 and TABLE 10). Globally, the prevalence of anaemia reversed its downward trend since 2000 with a slight deterioration between 2015 and 2019. Southern Africa and Eastern Africa experienced similar deteriorations while Northern Africa remained at the same prevalence level. Western Africa and Central Africa have made some progress over the same period.

Almost all countries in Africa except Burundi, Mauritius and Tunisia made some progress during the past two decades in reducing the prevalence of anaemia (FIGURE 17). However, in all countries but Rwanda, anaemia was still a moderate public health problem (prevalence of between 20.0 percent and 39.9 percent) or a severe one (prevalence greater than or equal to 40.0 percent) as of 2019 (WHO, 2023).

**FIGURE 16**

Prevalence of anaemia among women aged 15 to 49 years in Africa by subregion



NOTE: The estimates refer to women aged 15 to 49 years, including pregnant, non-pregnant and lactating women, and were adjusted for altitude and smoking. WHO defines anaemia in pregnant women as a haemoglobin concentration below 110 g/L at sea level and below 120 g/L for non-pregnant and lactating women. SOURCE: WHO. 2021. Global anaemia estimates, Edition 2021. In: *WHO | Global Health Observatory (GHO) data repository*. [Cited 20 April 2023]. [www.who.int/data/gho/data/themes/topics/anaemia\\_in\\_women\\_and\\_children](http://www.who.int/data/gho/data/themes/topics/anaemia_in_women_and_children)

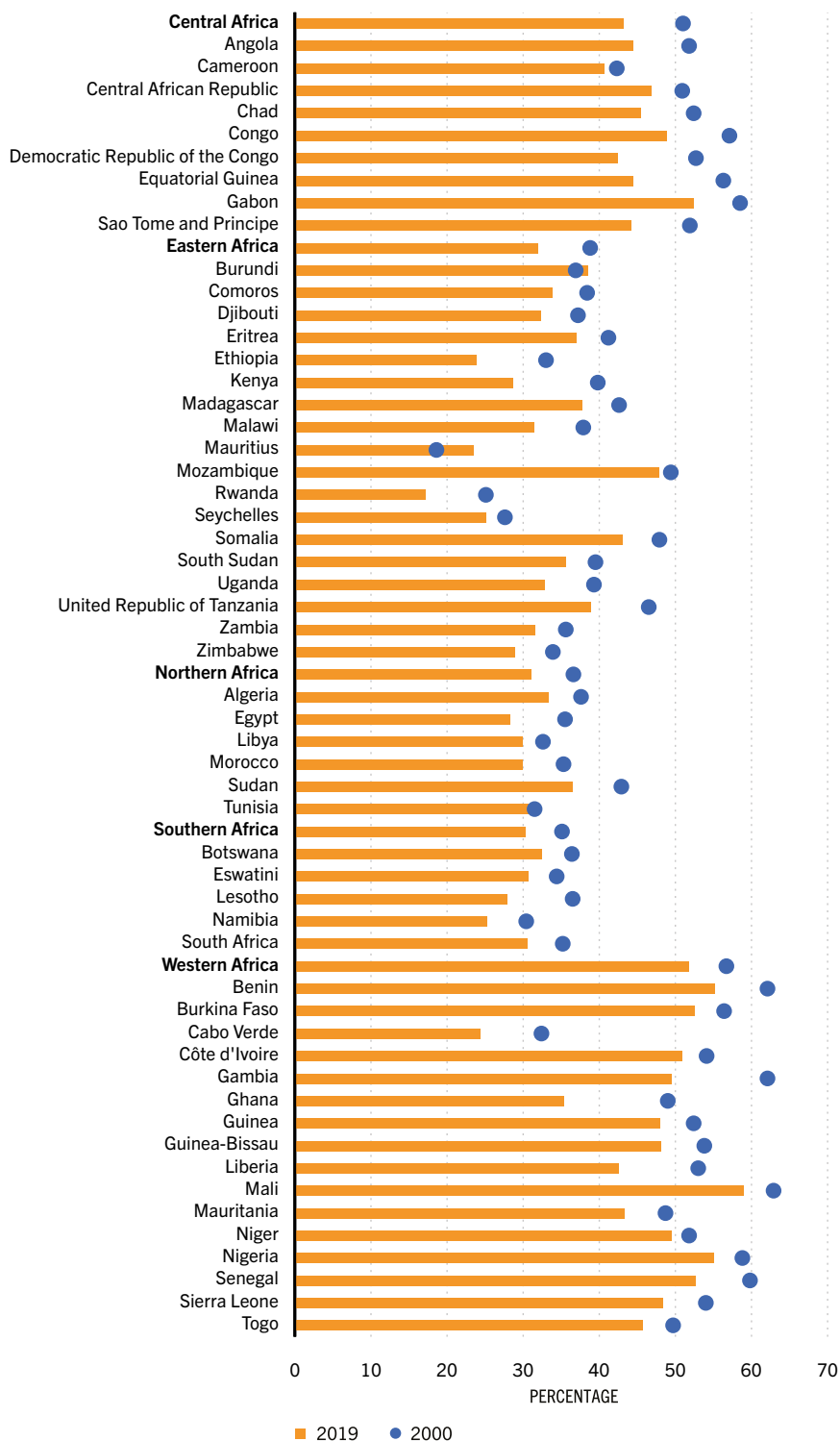
**TABLE 10**

Prevalence of anaemia among women aged 15 to 49 years (percent)

	2000	2005	2010	2012	2015	2019
<b>World</b>	<b>31.2</b>	<b>29.9</b>	<b>28.6</b>	<b>28.5</b>	<b>28.8</b>	<b>29.9</b>
Africa	44.5	42.6	39.9	39.2	38.8	38.9
Central Africa	51.0	50.1	47.4	46.1	44.5	43.2
Eastern Africa	38.8	35.9	32.2	31.4	31.3	31.9
Northern Africa	36.6	34.9	32.6	31.9	31.3	31.1
Southern Africa	35.1	32.3	29.1	28.5	28.8	30.3
Western Africa	56.7	55.4	53.5	52.9	52.4	51.8

NOTE: The estimates refer to women aged 15 to 49 years, including pregnant, non-pregnant and lactating women, and were adjusted for altitude and smoking. WHO defines anaemia in pregnant women as a haemoglobin concentration below 110 g/L at sea level and below 120 g/L for non-pregnant and lactating women. SOURCE: WHO. 2021. Global anaemia estimates, Edition 2021. In: *WHO | Global Health Observatory (GHO) data repository*. [Cited 20 April 2023]. [www.who.int/data/gho/data/themes/topics/anaemia\\_in\\_women\\_and\\_children](http://www.who.int/data/gho/data/themes/topics/anaemia_in_women_and_children)

**FIGURE 17**  
Prevalence of anaemia among women aged 15 to 49 years in Africa by subregion and country



NOTE: The estimates refer to women aged 15 to 49 years, including pregnant, non-pregnant and lactating women, and were adjusted for altitude and smoking. WHO defines anaemia in pregnant women as a haemoglobin concentration below 110 g/L at sea level and below 120 g/L for non-pregnant and lactating women. SOURCE: WHO. 2021. Global anaemia estimates, Edition 2021. In: WHO | Global Health Observatory (GHO) data repository. [Cited 20 April 2023]. [www.who.int/data/gho/data/themes/topics/anaemia\\_in\\_women\\_and\\_children](http://www.who.int/data/gho/data/themes/topics/anaemia_in_women_and_children)

## CHAPTER 3

# ADDITIONAL WORLD HEALTH ASSEMBLY NUTRITION INDICATORS

### Key messages

- The prevalence of adult obesity in Africa in 2016 was very similar to the global estimate, relatively low in all subregions except for Northern Africa and Southern Africa, where the prevalence was about twice the global estimate.
- The prevalence of exclusive breastfeeding in Africa was very similar to the global estimate in 2021, and it is specifically high in Eastern Africa with considerable progress made in Central Africa and Western Africa since 2012.
- Despite a modest progress in Africa in the reduction of the prevalence of low birthweight during the last two decades, the prevalence was still high on the continent in 2020 compared to the global estimate.

This section assesses progress towards three additional WHA-endorsed targets, namely, **adult obesity**, **exclusive breastfeeding among infants 0–5 months of age**, and **low birthweight**.

#### 3.1 ADULT OBESITY

Overweight and obesity are defined as above-normal body weight for height as a result of excessive fat accumulation. Body mass index (BMI) is a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults. For adults, WHO defines obesity as a BMI greater than or equal to 30 kg/m<sup>2</sup>.

The latest data available, which are from 2016, show that the prevalence of adult obesity was 12.8 percent in Africa, similar to the global estimate of 13.1 percent. Over the 2000–2016 period, the 4.4 percentage points increase in the prevalence of overweight on the continent is similar to the observed global increase of 4.9 percentage points (FIGURE 18).

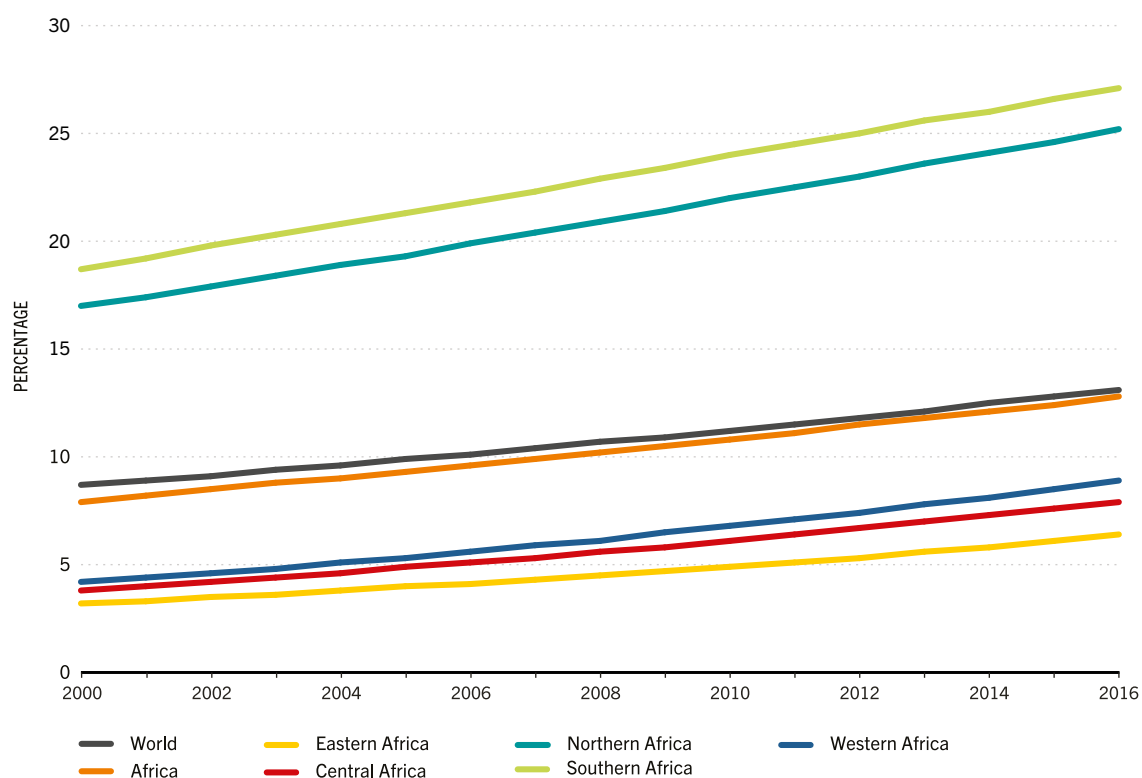
As in the case for the prevalence of child overweight, the prevalence of adult obesity in Southern Africa and Northern Africa (25.2 percent and 27.1 percent, respectively) was significantly higher than the prevalence in the other subregions (7.9 percent in Central Africa, 6.4 percent in Eastern Africa, and 8.9 percent in Western Africa). While the prevalence rose in all subregions between 2000 and 2016, it rose faster in Northern Africa and Southern Africa (8.2 percentage points and 8.4 percentage points, respectively) compared to the other subregions (3.2 percentage points in Eastern Africa, 4.1 percentage points in Central Africa, and 4.7 percentage points in Western Africa) (TABLE 11).

The high prevalence of adult obesity in Southern Africa is driven entirely by the very high prevalence of adult obesity in South Africa (28.3 percent). Similarly, large proportions of the adult population suffer from obesity in the Northern African countries of Libya (32.5 percent), Egypt (32 percent) and Algeria (27.4 percent). All countries of Northern Africa and Southern Africa had a prevalence of adult obesity exceeding 16 percent in 2016, whereas among all the countries in the other subregions, the prevalence ranged from 4.5 percent in Ethiopia to about 15 percent in Gabon and Zimbabwe. The prevalence of adult obesity worsened in all African countries between 2000 and 2016 (FIGURE 19).



**FIGURE 18**

Prevalence of obesity among adults in Africa by subregion



SOURCE: WHO. 2020. Global Health Observatory (GHO) data repository. In: *WHO*. [Cited 28 April 2020]. <https://apps.who.int/gho/data/node.main.A900A?lang=en>

**TABLE 11**

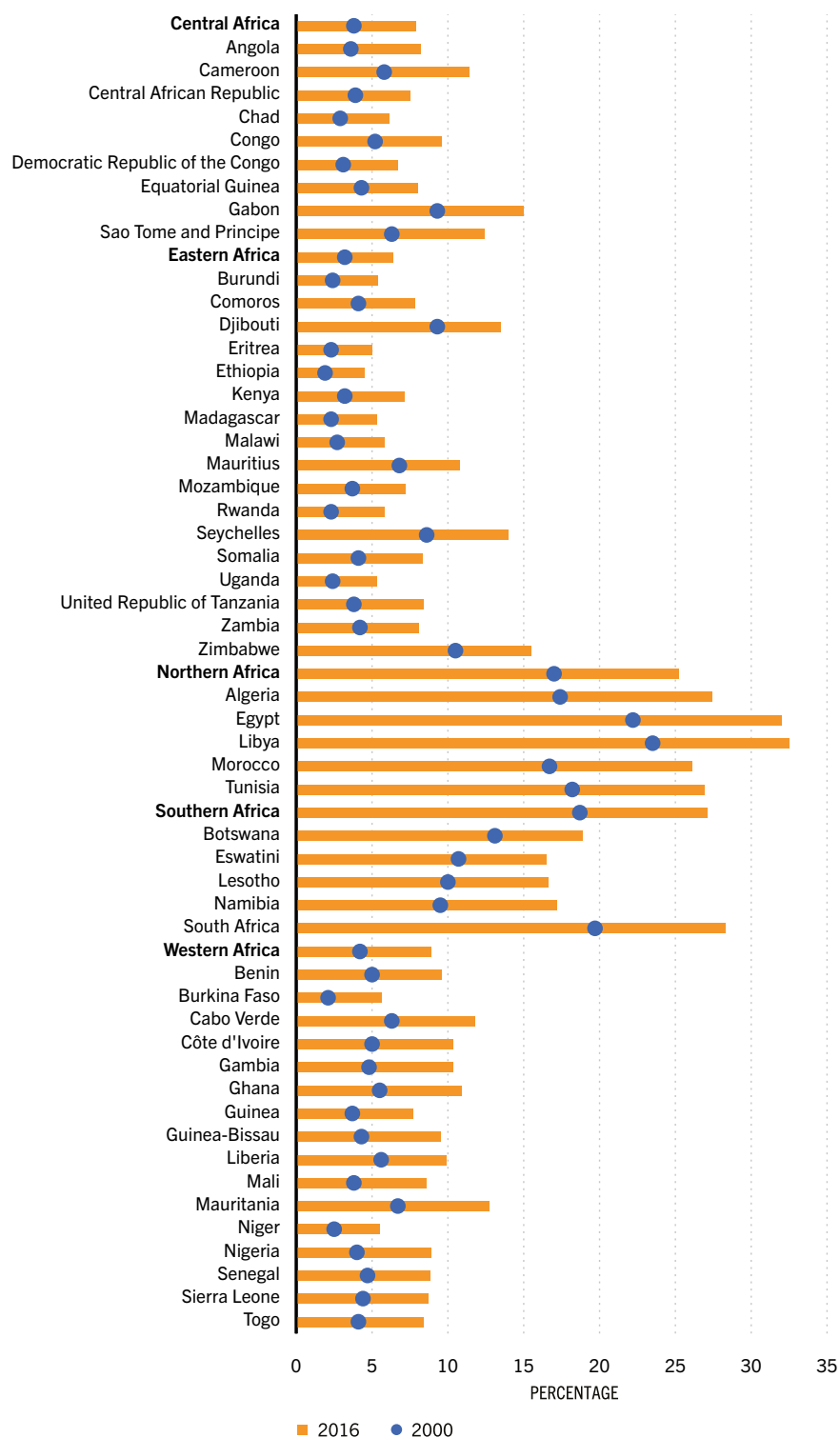
Prevalence of obesity among adults (percent)

	2000	2005	2010	2012	2014	2015	2016
<b>World</b>	<b>8.7</b>	<b>9.9</b>	<b>11.2</b>	<b>11.8</b>	<b>12.5</b>	<b>12.8</b>	<b>13.1</b>
<b>Africa</b>	<b>7.9</b>	<b>9.3</b>	<b>10.8</b>	<b>11.5</b>	<b>12.1</b>	<b>12.4</b>	<b>12.8</b>
Central Africa	3.8	4.9	6.1	6.7	7.3	7.6	7.9
Eastern Africa	3.2	4.0	4.9	5.3	5.8	6.1	6.4
Northern Africa	17.0	19.3	22.0	23.0	24.1	24.6	25.2
Southern Africa	18.7	21.3	24.0	25.0	26.0	26.6	27.1
Western Africa	4.2	5.3	6.8	7.4	8.1	8.5	8.9

SOURCE: WHO. 2020. Global Health Observatory (GHO) data repository. In: *WHO*. [Cited 28 April 2020]. <https://apps.who.int/gho/data/node.main.A900A?lang=en>

FIGURE 19

Prevalence of obesity among adults in Africa by subregion and country



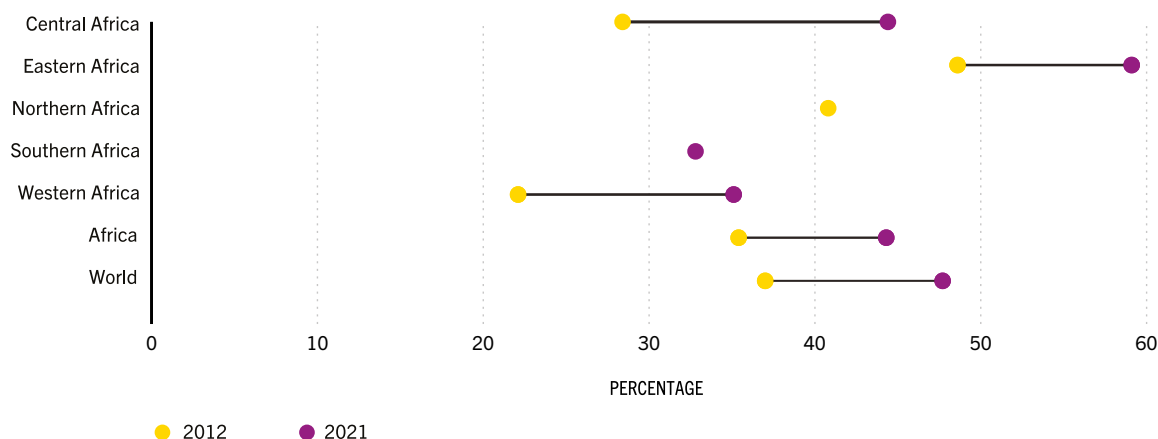
SOURCE: WHO. 2020. Global Health Observatory (GHO) data repository. In: WHO. [Cited 28 April 2020]. <https://apps.who.int/gho/data/node.main.A900A?lang=en>

### 3.2 PREVALENCE OF EXCLUSIVE BREASTFEEDING DURING THE FIRST SIX MONTHS OF LIFE

Exclusive breastfeeding has the single largest potential impact on child mortality of any preventive intervention and is a cornerstone of child survival and child health because it provides essential, irreplaceable nutrition for a child’s growth and development. It serves as a child’s first immunization and also has a protective effect against obesity and certain NCDs later in life (WHO and UNICEF, 2014).

In 2021, the prevalence of exclusive breastfeeding in Africa, at 44.3 percent, was lower than the global rate of 47.7 percent with significant variations among subregions. The highest prevalence (59.1 percent) was observed in Eastern Africa and the lowest in Western Africa (35.1 percent) and Southern Africa (32.8 percent) (TABLE 12). Only Eastern Africa is on track toward meeting the 2030 WHA targets for exclusive breastfeeding, while Central Africa and Western Africa made some progress; an assessment of progress was not possible for Northern and Southern Africa.<sup>1</sup>

**FIGURE 20**  
Prevalence of exclusive breastfeeding among infants 0–5 months of age in Africa by subregion



SOURCE: UNICEF. 2022. Infant and young child feeding. In: *UNICEF*. [Cited 6 April 2023]. <https://data.unicef.org/topic/nutrition/infant-and-young-child-feeding/>

<sup>1</sup> See FAO, IFAD, UNICEF, WFP and WHO. 2023. *The State of Food Security and Nutrition in the World 2023. Urbanization, agrifood systems transformation and healthy diets across the rural–urban continuum*. Rome, FAO.

**TABLE 12**

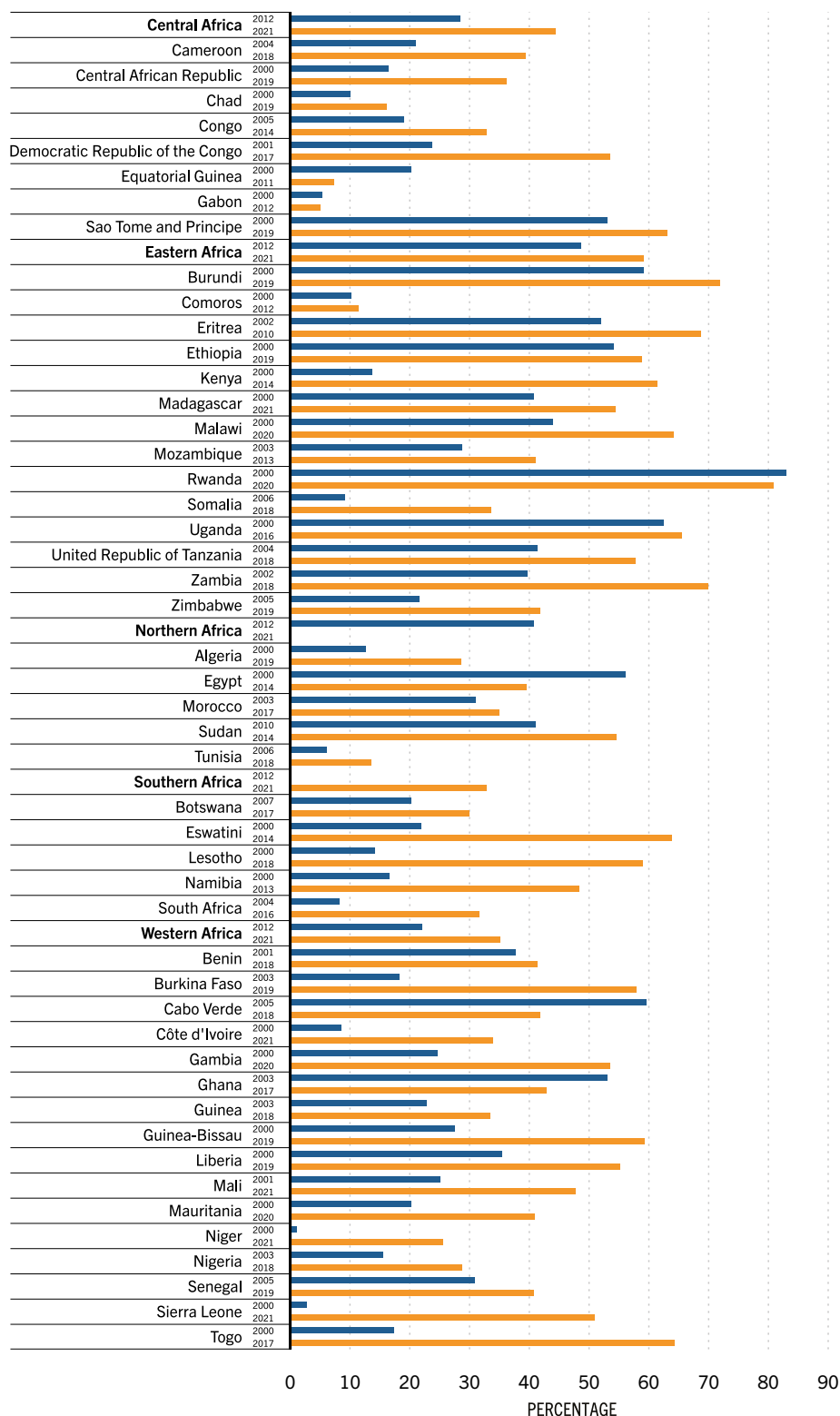
Prevalence of exclusive breastfeeding  
among infants 0–5 months of age (percent)

	2012	2021
<b>World</b>	<b>37.0</b>	<b>47.7</b>
Africa	35.4	44.3
Central Africa	28.4	44.4
Eastern Africa	48.6	59.1
Northern Africa	40.8	n.a.
Southern Africa	n.a.	32.8
Western Africa	22.1	35.1

SOURCE: UNICEF. 2022. Infant and young child feeding. In: *UNICEF*. [Cited 6 April 2023].  
<https://data.unicef.org/topic/nutrition/infant-and-young-child-feeding/>

A review of data available since 2000 reveals that most countries and all subregions show improvement in this indicator, although there is a large variation among countries. The latest available estimates show that the prevalence of exclusive breastfeeding among infants 0–5 months of age is above 60 percent in Burundi, Eritrea, Eswatini, Kenya, Malawi, Rwanda, Sao Tome and Principe, Togo, Uganda and Zambia (**FIGURE 21**).

**FIGURE 21**  
Prevalence of exclusive breastfeeding  
among infants 0–5 months of age in  
Africa by subregion and country



SOURCE: UNICEF. 2022. Infant and young child feeding. In: *UNICEF*. [Cited 6 April 2023]. <https://data.unicef.org/topic/nutrition/infant-and-young-child-feeding/>

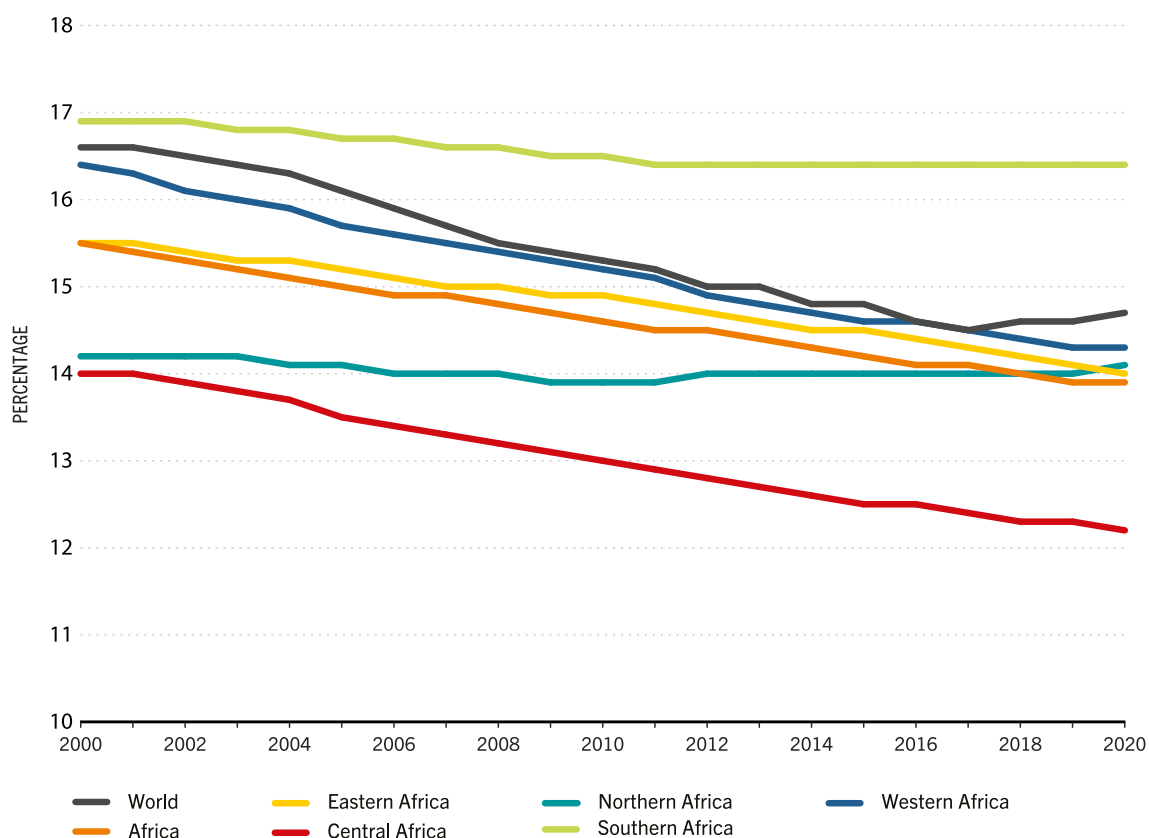
### ■ 3.3 PREVALENCE OF LOW BIRTHWEIGHT

Low birthweight is defined by WHO as weight at birth of less than 2 500 g (5.51 lbs) and can be caused by intrauterine growth restriction, prematurity or both. Low birthweight continues to be a significant public health problem globally and is associated with a range of both short- and long-term consequences such as foetal and neonatal mortality and morbidity, impaired growth and cognitive development, as well as an increased risk of NCDs later in life (WHO, 2014).

The prevalence of low birthweight was 13.9 percent in Africa in 2020, slightly lower than the global estimate (FIGURE 22 and TABLE 13). Over the past two decades all subregions and countries (except Algeria, Central African Republic, Gabon, Liberia, Rwanda, Sao Tome and Principe, Seychelles and Tunisia) achieved small progress in reducing the prevalence of low birthweight (FIGURES 22 and 23). Nevertheless, the prevalence of low birthweight is still high on the continent and the only small progress toward WHA 2030 target for this indicator was achieved between 2012 and 2020 in Western Africa, Central Africa and Eastern Africa subregions. Northern Africa and Southern Africa were off track or achieved no progress toward the target since 2012.<sup>2</sup>

In 2020, the prevalence of low birthweight was above 10 percent in most countries in Africa, and specifically above the 15 percent level in 16 countries, with the highest of 23 percent recorded in Comoros. Low birthweight prevalence was approximately 10 percent or less in eight countries (Algeria, Democratic Republic of the Congo, Eswatini, Kenya, Rwanda, Sierra Leone, Tunisia and United Republic of Tanzania) (FIGURE 23).

<sup>2</sup> See FAO, IFAD, UNICEF, WFP and WHO. 2023. *The State of Food Security and Nutrition in the World 2023. Urbanization, agrifood systems transformation and healthy diets across the rural–urban continuum*. Rome, FAO.

**FIGURE 22**Prevalence of low birthweight  
in Africa by subregion

SOURCE: UNICEF and WHO. 2023. *Low birthweight joint estimates 2023 edition*. [Cited 12 July 2023]. [www.who.int/teams/nutrition-and-food-safety/monitoring-nutritional-status-and-food-safety-and-events/joint-low-birthweight-estimates](http://www.who.int/teams/nutrition-and-food-safety/monitoring-nutritional-status-and-food-safety-and-events/joint-low-birthweight-estimates)

**TABLE 13**

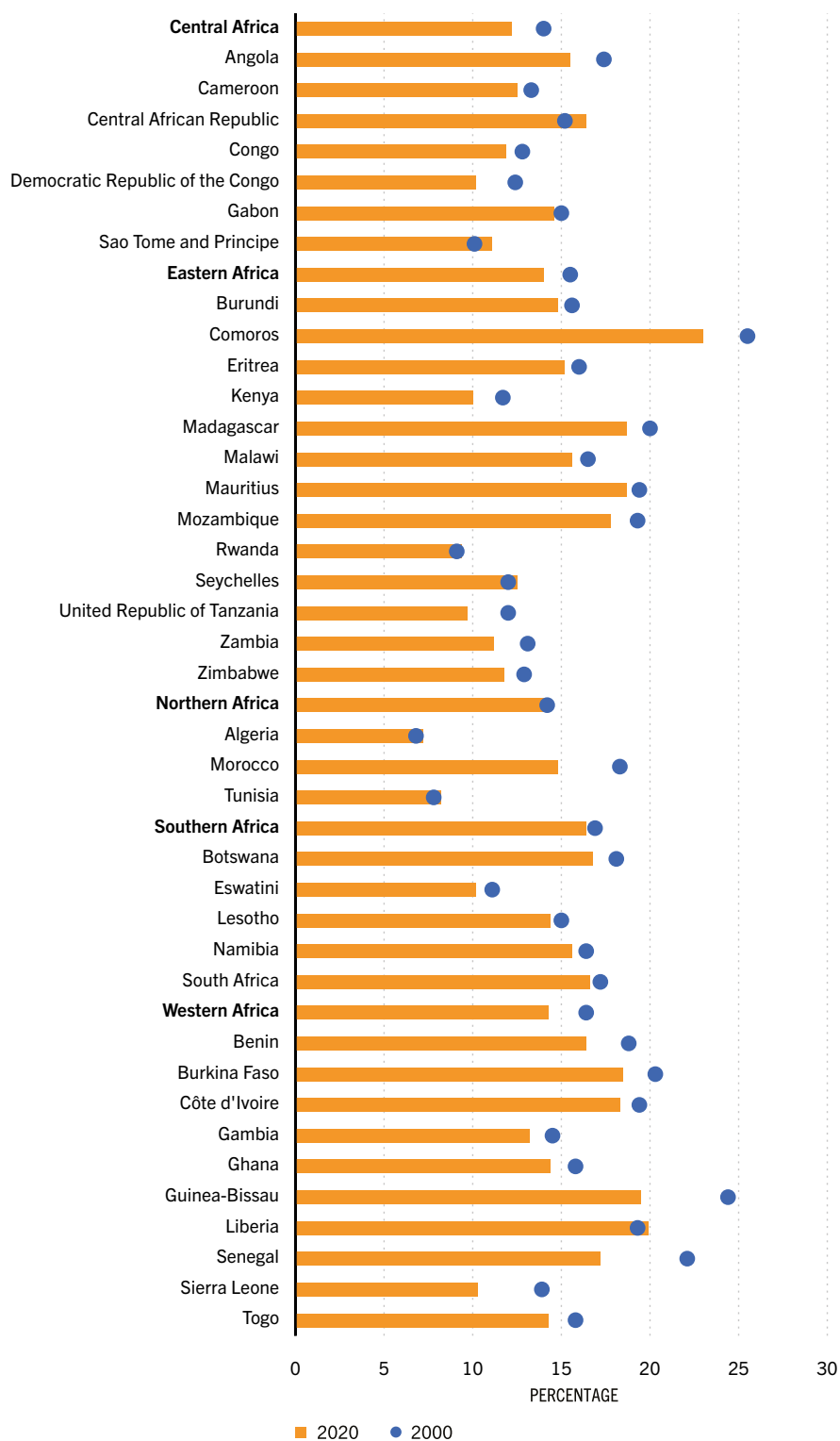
Prevalence of low birthweight (percent)

	2000	2005	2010	2015	2019	2020
<b>World</b>	<b>16.6</b>	<b>16.1</b>	<b>15.3</b>	<b>14.8</b>	<b>14.6</b>	<b>14.7</b>
Africa	15.5	15.0	14.6	14.2	13.9	13.9
Central Africa	14.0	13.5	13.0	12.5	12.3	12.2
Eastern Africa	15.5	15.2	14.9	14.5	14.1	14.0
Northern Africa	14.2	14.1	13.9	14.0	14.0	14.1
Southern Africa	16.9	16.7	16.5	16.4	16.4	16.4
Western Africa	16.4	15.7	15.2	14.6	14.3	14.3

SOURCE: UNICEF & WHO. 2023. *Low birthweight joint estimates 2023 edition*. [Cited 12 July 2023]. [www.who.int/teams/nutrition-and-food-safety/monitoring-nutritional-status-and-food-safety-and-events/joint-low-birthweight-estimates](http://www.who.int/teams/nutrition-and-food-safety/monitoring-nutritional-status-and-food-safety-and-events/joint-low-birthweight-estimates)

FIGURE 23

Prevalence of low birthweight in Africa  
by subregion and country



SOURCE: UNICEF & WHO. 2023. *Low birthweight joint estimates 2023 edition*. [Cited 12 July 2023]. [www.who.int/teams/nutrition-and-food-safety/monitoring-nutritional-status-and-food-safety-and-events/joint-low-birthweight-estimates](http://www.who.int/teams/nutrition-and-food-safety/monitoring-nutritional-status-and-food-safety-and-events/joint-low-birthweight-estimates)



## CHAPTER 4

# UPDATES TO THE COST AND AFFORDABILITY OF A HEALTHY DIET

### Key messages

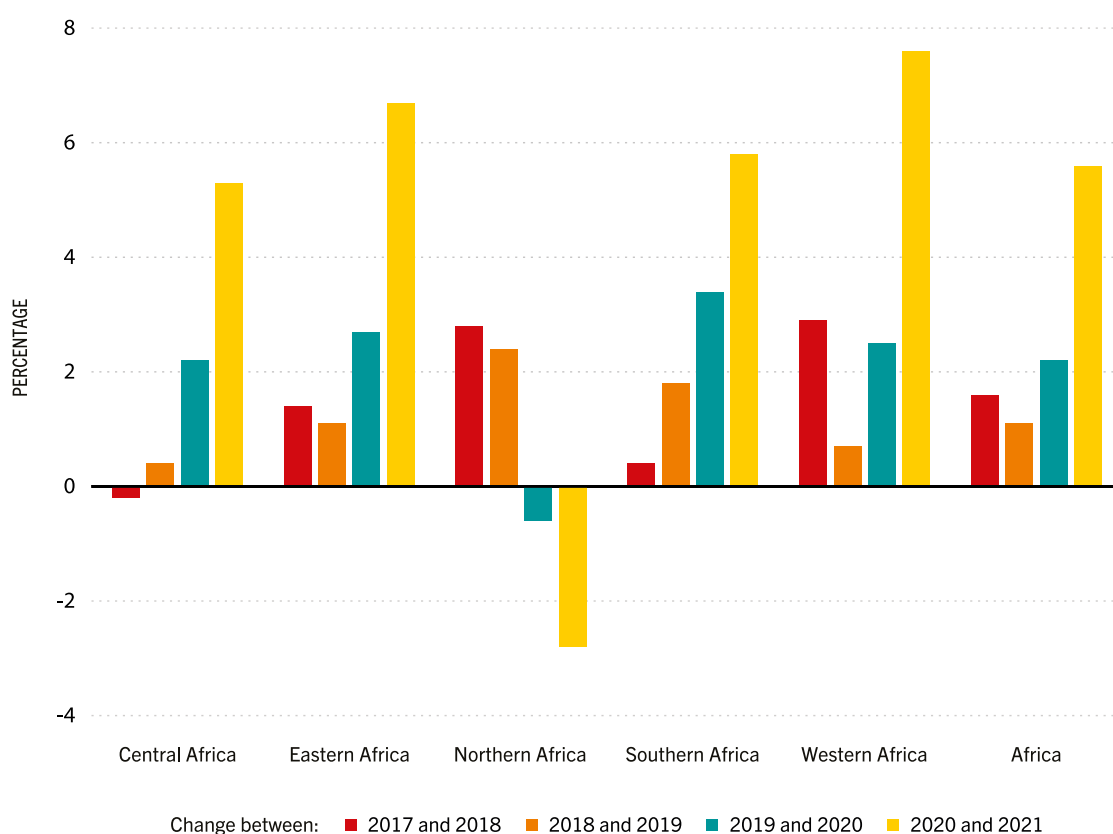
- Diet quality is a critical link between food security and nutrition. Poor diet quality can lead to different forms of undernutrition, including micronutrient deficiencies, but also to overweight and obesity.
- In 2021, the average cost of a healthy diet in Africa was 3.57 purchasing power parity (PPP) dollars per person per day, an increase of 5.6 percent from its 2020 level.
- The cost of a healthy diet was much higher than the extreme poverty threshold of 2.15 PPP dollars per person per day, meaning that not only the poor but also a large proportion of people defined as non-poor could not afford a healthy diet.
- More than three-quarters of the population in Africa, approximately one billion people, were unable to afford a healthy diet in 2021, about 51 million more people since the COVID-19 pandemic. Western Africa and Eastern Africa had the largest cumulative increases between 2019 and 2021.
- The steady increase in the cost of a healthy diet in Africa and in all the subregions except Northern Africa is compromising food security and nutrition. The number of people unable to afford a healthy diet is on the rise.

The current estimates for 2021 show that the average cost of a healthy diet in Africa (3.57 PPP dollars per person per day) is almost the same as the cost at the global level (3.66 PPP dollars per person per day). Across the subregions, the cost of a healthy diet is highest in Southern Africa (4.06 PPP dollars) followed by Western Africa (3.71 PPP dollars), Central Africa (3.55 PPP dollars), Northern Africa (3.47 PPP dollars) and Eastern Africa (3.29 PPP dollars).

The average cost of a healthy diet increased by 5.6 percent between 2020 and 2021 in Africa, and is higher than the increase at the global level (4.3 percent). All subregions except Northern Africa experienced rising costs. Across the subregions and compared to 2019 that marked the pre-COVID-19 pandemic year, Western Africa and Eastern Africa recorded the highest cumulative cost increase of 10.3 percent and 9.6 percent, respectively, followed by Southern Africa (9.4 percent) and Central Africa (7.6 percent) (results not shown in tables). Western Africa is the subregion reporting the highest increase in the cost of a healthy diet between 2020 and 2021 (7.6 percent). On the contrary, the cost of healthy diets in Northern Africa declined by 3.4 percent from 2019 to 2021, with the highest decrease of 2.8 percent reported between 2020 and 2021 (TABLE 14 and FIGURE 24).

**FIGURE 24**

Change in the cost of a healthy diet in Africa by subregion



SOURCE: FAO. 2023. Cost and Affordability of a Healthy Diet (CoAHD). In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/CAHD>

**TABLE 14**  
Cost of a healthy diet

	Cost (PPP dollars per person per day)					Change (percent)			
	2017	2018	2019	2020	2021	2017 to 2018	2018 to 2019	2019 to 2020	2020 to 2021
<b>World</b>	<b>3.30</b>	<b>3.36</b>	<b>3.43</b>	<b>3.51</b>	<b>3.66</b>	<b>1.8</b>	<b>2.3</b>	<b>2.3</b>	<b>4.3</b>
Africa	3.22	3.27	3.31	3.38	3.57	1.6	1.1	2.2	5.6
Central Africa	3.29	3.29	3.30	3.37	3.55	-0.2	0.4	2.2	5.3
Eastern Africa	2.93	2.97	3.01	3.09	3.29	1.4	1.1	2.7	6.7
Northern Africa	3.42	3.51	3.60	3.58	3.47	2.8	2.4	-0.6	-2.8
Southern Africa	3.64	3.65	3.71	3.84	4.06	0.4	1.8	3.4	5.8
Western Africa	3.25	3.34	3.37	3.45	3.71	2.9	0.7	2.5	7.6

SOURCE: FAO. 2023. Cost and Affordability of a Healthy Diet (CoAHD). In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/CAHD>

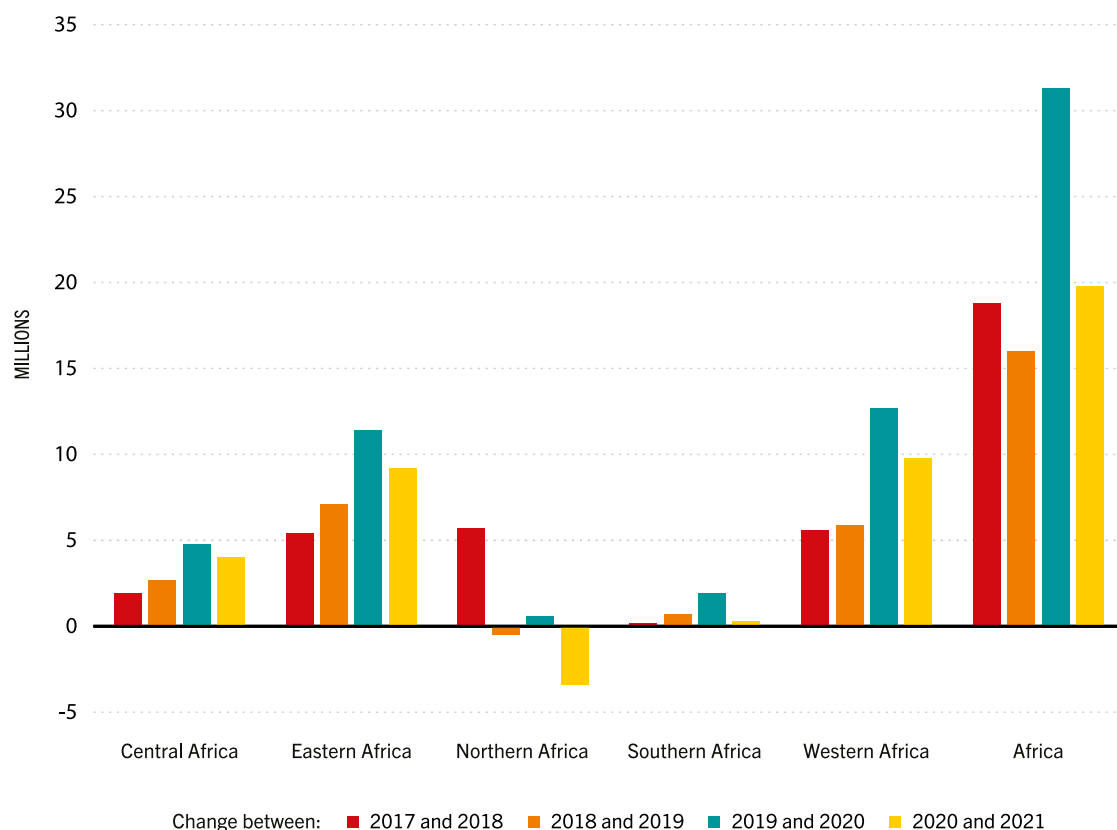
In 2021, more than three-quarters (77.5 percent) of the population in Africa — more than one billion people — were unable to afford a healthy diet. This number represents about one-third of the global population that was in such situation. Eastern Africa and Western Africa were home to almost 70 percent of Africa's population who were unable to afford a healthy diet. At subregional level, 362 million people (84.6 percent of the population) in Eastern Africa and 350 million people (85.4 percent of the population) in Western Africa were unable to afford a healthy diet in 2021. Relatively fewer people were affected in Southern Africa (46 million), Northern Africa (128.5 million) and Central Africa (154.5 million), although they represent more than half of the total population in these subregions (TABLE 15).

Compared to 2019, there were 51 million more people unable to afford a healthy diet in Africa, suggesting that the increased cost of a healthy diet has been a major contributing factor. The increase in Africa is driven by developments in Western Africa and Eastern Africa with the largest cumulative increases of 22.5 million and 20.6 million people, respectively, while Southern Africa had the lowest increase of 2.2 million, and Northern Africa witnessed a reduction by 2.8 million people (FIGURE 25).

The percentage of the population unable to afford a healthy diet varied to a large extent among the 46 countries in Africa where data were available for the estimates, from the lowest of 7.3 percent in Seychelles to the highest of nearly 98 percent in Madagascar. In 25 countries, more than 75 percent of the population was unable to afford a healthy diet. Out of these countries, the percentage is at least 90 percent in ten countries, a condition that is very alarming for achieving food security and better nutrition (FIGURE 26).

**FIGURE 25**

Change in the number of people unable to afford a healthy diet in Africa by subregion



SOURCE: FAO. 2023. Cost and Affordability of a Healthy Diet (CoAHD). In: FAOSTAT. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/CAHD>

**TABLE 15**

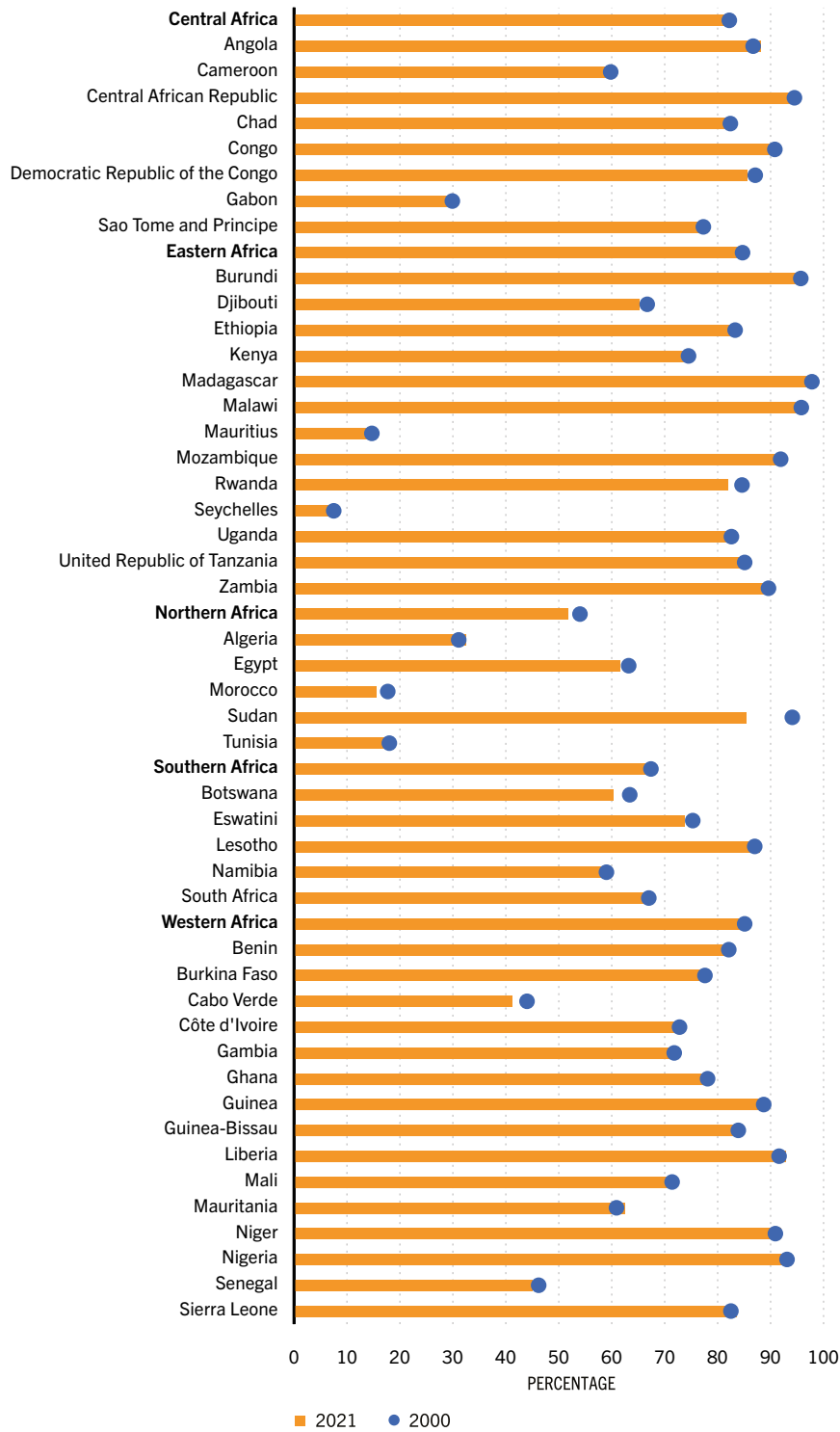
Number of people unable to afford a healthy diet (millions)

	Number					Change			
	2017	2018	2019	2020	2021	2017 to 2018	2018 to 2019	2019 to 2020	2020 to 2021
<b>World</b>	<b>3 124.9</b>	<b>3 019.1</b>	<b>3 005.5</b>	<b>3 191.9</b>	<b>3 139.5</b>	<b>-105.8</b>	<b>-13.6</b>	<b>186.4</b>	<b>-52.4</b>
Africa	954.6	973.4	989.4	1 020.7	1 040.5	18.8	16	31.3	19.8
Central Africa	141.1	143	145.7	150.5	154.5	1.9	2.7	4.8	4
Eastern Africa	328.8	334.2	341.3	352.7	361.9	5.4	7.1	11.4	9.2
Northern Africa	126.1	131.8	131.3	131.9	128.5	5.7	-0.5	0.6	-3.4
Southern Africa	42.5	42.7	43.4	45.3	45.6	0.2	0.7	1.9	0.3
Western Africa	316.1	321.7	327.6	340.3	350.1	5.6	5.9	12.7	9.8

SOURCE: FAO. 2023. Cost and Affordability of a Healthy Diet (CoAHD). In: FAOSTAT. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/CAHD>

**FIGURE 26**

Percentage of people unable to afford a healthy diet in Africa by country and subregion



SOURCE: FAO. 2023. Cost and Affordability of a Healthy Diet (CoAHD). In: FAOSTAT. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/CAHD>

# ANNEX 1

## DATA TABLES

**TABLE 16**

Prevalence of undernourishment  
(percent)

	2000–2002	2004–2006	2009–2011	2013–2015	2017–2019	2018–2020	2019–2021	2020–2022
<b>WORLD</b>	<b>12.9</b>	<b>12.0</b>	<b>8.8</b>	<b>7.8</b>	<b>7.7</b>	<b>8.2</b>	<b>8.7</b>	<b>9.2</b>
<b>Africa</b>	21.8	19.5	15.9	15.3	16.7	17.4	18.4	19.3
<b>Central Africa</b>	34.9	31.9	24.3	22.7	24.3	25.6	27.0	28.4
<b>Eastern Africa</b>	37.2	32.7	25.4	23.6	26.3	27.0	27.8	28.4
<b>Northern Africa</b>	5.9	6.1	4.9	5.3	6.0	6.0	6.3	6.8
<b>Southern Africa</b>	5.6	5.2	6.7	8.3	7.9	8.5	9.2	10.2
<b>Western Africa</b>	14.7	12.1	10.7	10.8	10.9	11.9	13.1	14.3
<b>Algeria</b>	8.1	6.7	4.3	2.7	<2.5	<2.5	<2.5	<2.5
<b>Angola</b>	67.8	52.6	22.6	12.5	15.2	17.5	20.1	21.6
<b>Benin</b>	17.3	12.0	8.6	8.2	10.4	10.6	10.2	9.9
<b>Botswana</b>	23.8	22.9	22.5	23.3	26.4	26.4	24.5	22.9
<b>Burkina Faso</b>	22.9	17.8	14.5	13.1	14.0	14.6	15.5	16.2
<b>Cabo Verde</b>	15.0	11.2	17.0	20.7	19.8	18.5	18.1	18.2
<b>Cameroon</b>	22.7	15.8	5.9	4.1	5.9	5.8	5.6	6.4
<b>Central African Republic</b>	38.5	38.9	33.4	46.9	44.5	44.8	45.7	48.7
<b>Chad</b>	38.6	38.1	30.2	25.5	26.8	28.1	29.8	31.4
<b>Comoros</b>	25.2	16.8	16.2	12.8	11.7	11.6	11.9	13.5
<b>Congo</b>	27.0	34.5	38.7	27.9	30.8	31.1	32.0	33.3
<b>Côte d'Ivoire</b>	18.2	16.9	16.4	12.6	9.0	8.4	7.9	7.7
<b>Democratic Republic of the Congo</b>	27.9	28.4	28.1	29.6	31.0	32.5	33.9	35.3
<b>Djibouti</b>	42.1	30.2	26.5	22.9	19.4	19.0	17.3	16.8
<b>Egypt</b>	5.2	6.4	5.1	5.5	6.3	6.3	6.4	7.2
<b>Eswatini</b>	10.5	9.6	19.7	14.4	12.9	12.1	11.9	11.6
<b>Ethiopia</b>	46.7	37.1	24.2	15.6	18.0	20.7	22.3	21.9
<b>Gabon</b>	10.8	14.4	16.6	15.7	19.5	20.9	22.1	23.0
<b>Gambia</b>	18.0	21.5	13.1	15.4	17.8	18.3	18.7	19.6
<b>Ghana</b>	14.9	11.1	6.2	7.5	6.5	5.7	5.1	4.9
<b>Guinea</b>	18.0	14.9	15.4	12.9	12.7	12.5	12.4	12.9
<b>Guinea-Bissau</b>	15.8	16.4	23.8	34.8	33.1	35.3	36.8	37.9
<b>Kenya</b>	32.3	28.4	21.3	18.3	22.2	23.0	24.7	27.8
<b>Lesotho</b>	20.7	13.9	11.8	27.2	33.0	38.1	43.7	46.0

**TABLE 16**  
(Continued)

	2000–2002	2004–2006	2009–2011	2013–2015	2017–2019	2018–2020	2019–2021	2020–2022
<b>Liberia</b>	36.3	33.5	33.2	36.8	35.6	36.9	37.8	38.4
<b>Libya</b>	3.5	4.7	7.1	5.4	7.1	7.7	7.9	8.4
<b>Madagascar</b>	34.1	33.7	28.3	37.7	44.7	47.1	49.5	51.0
<b>Malawi</b>	23.4	21.9	14.2	13.3	15.7	16.5	17.2	17.8
<b>Mali</b>	16.6	13.6	6.3	4.3	4.3	6.6	9.7	12.8
<b>Mauritania</b>	8.2	9.1	7.0	6.5	6.9	7.0	7.5	8.7
<b>Mauritius</b>	5.8	5.1	4.7	5.7	5.9	6.6	6.9	6.8
<b>Morocco</b>	6.3	5.5	5.1	4.0	3.6	4.2	5.3	6.3
<b>Mozambique</b>	36.9	33.8	19.7	31.2	29.5	27.0	29.5	30.5
<b>Namibia</b>	15.6	20.3	30.4	21.0	18.2	17.6	17.1	17.1
<b>Niger</b>	23.3	19.1	15.3	13.3	11.0	11.9	14.2	16.1
<b>Nigeria</b>	8.8	7.0	8.4	9.5	10.6	12.4	14.2	15.9
<b>Rwanda</b>	38.0	34.3	30.3	33.0	31.8	32.7	32.4	31.6
<b>Sao Tome and Principe</b>	15.7	10.3	15.4	16.2	15.3	14.9	13.5	13.1
<b>Senegal</b>	24.5	18.1	10.8	10.6	6.7	6.3	5.9	5.7
<b>Seychelles</b>	2.6	2.6	4.0	5.7	4.0	4.0	3.5	4.3
<b>Sierra Leone</b>	50.4	46.5	26.7	22.6	26.8	27.5	27.3	27.8
<b>Somalia</b>	70.6	70.4	70.1	58.7	54.0	51.9	49.9	48.7
<b>South Africa</b>	3.8	3.4	4.7	6.3	5.7	6.1	6.9	7.9
<b>South Sudan</b>							20.8	21.4
<b>Sudan</b>				9.3	11.5	11.3	11.6	11.9
<b>Togo</b>	31.6	28.3	21.2	19.7	19.7	18.8	17.5	17.4
<b>Tunisia</b>	4.4	4.3	3.5	2.9	<2.5	<2.5	2.8	3.0
<b>Uganda</b>	18.4	16.9	18.4	24.7	34.1	32.5	31.5	31.6
<b>United Republic of Tanzania</b>	32.8	28.1	23.8	20.2	22.2	22.3	22.2	23.5
<b>Zambia</b>	50.4	51.4	44.1	35.0	28.8	29.2	30.0	29.8
<b>Zimbabwe</b>	33.0	30.0	26.3	30.0	38.2	38.9	39.1	38.4

NOTE: The values for 2020 to 2022 are projections.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

TABLE 17

Number of undernourished people  
(millions)

	2000–2002	2004–2006	2009–2011	2013–2015	2017–2019	2018–2020	2019–2021	2020–2022
<b>WORLD</b>	<b>804.9</b>	<b>786.7</b>	<b>612.6</b>	<b>575.0</b>	<b>590.5</b>	<b>633.7</b>	<b>684.4</b>	<b>725.1</b>
<b>Africa</b>	183.4	181.0	167.5	179.7	216.2	231.8	250.1	269.0
<b>Central Africa</b>	35.0	36.2	32.5	34.6	42.1	45.9	49.9	54.1
<b>Eastern Africa</b>	99.0	97.4	87.2	90.4	112.1	118.0	124.8	130.7
<b>Northern Africa</b>	10.4	11.5	10.2	11.9	14.5	14.7	15.7	17.4
<b>Southern Africa</b>	3.0	2.9	4.0	5.2	5.2	5.6	6.2	6.9
<b>Western Africa</b>	35.9	33.1	33.6	37.7	42.3	47.5	53.5	59.8
<b>Algeria</b>	2.5	2.2	1.5	1.1	n.r.	n.r.	n.r.	n.r.
<b>Angola</b>	11.5	10.2	5.3	3.4	4.8	5.7	6.7	7.4
<b>Benin</b>	1.2	1.0	0.8	0.9	1.2	1.3	1.3	1.3
<b>Botswana</b>	0.4	0.4	0.5	0.5	0.6	0.7	0.6	0.6
<b>Burkina Faso</b>	2.8	2.5	2.3	2.4	2.9	3.1	3.3	3.6
<b>Cabo Verde</b>	<0.1	<0.1	<0.1	0.1	0.1	0.1	0.1	0.1
<b>Cameroon</b>	3.5	2.7	1.2	0.9	1.5	1.5	1.5	1.7
<b>Central African Republic</b>	1.5	1.6	1.6	2.3	2.3	2.3	2.4	2.7
<b>Chad</b>	3.3	3.8	3.6	3.5	4.2	4.5	5.0	5.4
<b>Comoros</b>	0.1	<0.1	0.1	<0.1	<0.1	<0.1	<0.1	0.1
<b>Congo</b>	0.9	1.3	1.7	1.4	1.7	1.7	1.8	1.9
<b>Côte d'Ivoire</b>	3.1	3.2	3.5	2.9	2.3	2.2	2.1	2.1
<b>Democratic Republic of the Congo</b>	14.0	16.1	18.6	22.5	27.0	29.2	31.4	33.8
<b>Djibouti</b>	0.3	0.3	0.2	0.2	0.2	0.2	0.2	0.2
<b>Egypt</b>	3.8	5.0	4.5	5.3	6.6	6.6	6.9	7.8
<b>Eswatini</b>	0.1	0.1	0.2	0.2	0.2	0.1	0.1	0.1
<b>Ethiopia</b>	32.2	28.7	21.6	15.5	20.0	23.7	26.2	26.4
<b>Gabon</b>	0.1	0.2	0.3	0.3	0.4	0.5	0.5	0.5
<b>Gambia</b>	0.3	0.4	0.3	0.3	0.4	0.5	0.5	0.5
<b>Ghana</b>	3.0	2.5	1.6	2.1	2.0	1.8	1.6	1.6
<b>Guinea</b>	1.5	1.4	1.6	1.5	1.6	1.6	1.6	1.8
<b>Guinea-Bissau</b>	0.2	0.2	0.4	0.6	0.6	0.7	0.7	0.8
<b>Kenya</b>	10.3	10.2	8.8	8.4	11.1	11.7	12.8	14.7
<b>Lesotho</b>	0.4	0.3	0.2	0.6	0.7	0.8	1.0	1.0
<b>Liberia</b>	1.1	1.1	1.3	1.7	1.7	1.8	1.9	2.0
<b>Libya</b>	0.2	0.3	0.4	0.3	0.5	0.5	0.5	0.6
<b>Madagascar</b>	5.7	6.3	6.1	9.1	12.0	13.0	14.0	14.8
<b>Malawi</b>	2.7	2.8	2.1	2.2	2.9	3.1	3.3	3.5
<b>Mali</b>	1.9	1.8	1.0	0.8	0.9	1.4	2.1	2.8
<b>Mauritania</b>	0.2	0.3	0.2	0.3	0.3	0.3	0.3	0.4
<b>Mauritius</b>	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
<b>Morocco</b>	1.8	1.7	1.7	1.4	1.3	1.5	2.0	2.3
<b>Mozambique</b>	6.7	6.8	4.6	8.1	8.7	8.2	9.2	9.8



**TABLE 17**  
(Continued)

	2000–2002	2004–2006	2009–2011	2013–2015	2017–2019	2018–2020	2019–2021	2020–2022
<b>Namibia</b>	0.3	0.4	0.6	0.5	0.4	0.4	0.4	0.4
<b>Niger</b>	2.8	2.6	2.6	2.6	2.5	2.8	3.5	4.1
<b>Nigeria</b>	11.1	9.8	13.5	17.1	21.0	25.2	29.6	34.0
<b>Rwanda</b>	3.1	3.1	3.1	3.8	4.0	4.2	4.3	4.3
<b>Sao Tome and Principe</b>	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
<b>Senegal</b>	2.4	2.0	1.4	1.5	1.0	1.0	1.0	1.0
<b>Seychelles</b>	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
<b>Sierra Leone</b>	2.4	2.6	1.7	1.6	2.1	2.2	2.2	2.3
<b>Somalia</b>	6.4	7.4	8.4	7.8	8.3	8.3	8.3	8.3
<b>South Africa</b>	1.8	1.7	2.4	3.4	3.2	3.6	4.0	4.7
<b>South Sudan</b>							2.2	2.3
<b>Sudan</b>				3.5	4.8	4.9	5.2	5.4
<b>Togo</b>	1.6	1.6	1.4	1.4	1.6	1.5	1.5	1.5
<b>Tunisia</b>	0.4	0.4	0.4	0.3	n.r.	n.r.	0.3	0.4
<b>Uganda</b>	4.6	4.7	5.9	9.0	14.2	14.0	14.0	14.5
<b>United Republic of Tanzania</b>	11.6	11.1	10.7	10.3	12.9	13.4	13.7	14.9
<b>Zambia</b>	5.1	5.9	6.1	5.5	5.1	5.4	5.7	5.8
<b>Zimbabwe</b>	3.9	3.7	3.4	4.2	5.8	6.0	6.1	6.1

NOTE: The values for 2020 to 2022 are projections. n.r. = data not reported as the prevalence is less than 2.5 percent.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

TABLE 18

Prevalence of food insecurity  
(percent)

	Severe food insecurity				Moderate or severe food insecurity			
	2014–2016	2017–2019	2019–2021	2020–2022	2014–2016	2017–2019	2019–2021	2020–2022
<b>WORLD</b>	<b>7.8</b>	<b>8.8</b>	<b>10.6</b>	<b>11.3</b>	<b>21.9</b>	<b>24.7</b>	<b>28.1</b>	<b>29.5</b>
<b>Africa</b>	17.8	19.8	22.2	23.4	46.6	51.7	56.1	58.9
<b>Central Africa</b>	n.a.	n.a.	36.7	37.7	n.a.	n.a.	71.9	74.7
<b>Eastern Africa</b>	23.2	25.1	27.3	28.1	59.0	63.6	65.7	67.5
<b>Northern Africa</b>	9.8	9.5	9.8	10.9	28.6	31.0	31.0	32.2
<b>Southern Africa</b>	9.0	9.3	10.5	11.5	21.7	22.1	23.9	25.1
<b>Western Africa</b>	11.6	15.3	19.4	21.2	40.1	48.8	59.3	64.1
<b>Algeria</b>	13.0	9.3	6.2	5.6	22.9	17.6	19.0	19.4
<b>Angola</b>	21.0	24.0	30.4	31.2	66.5	70.1	77.7	78.5
<b>Benin</b>	10.4	14.2	13.8	15.3	55.0	65.6	68.0	73.6
<b>Botswana</b>	18.4	23.1	25.4	26.7	46.5	53.1	55.6	56.3
<b>Burkina Faso</b>	10.0	12.6	18.5	21.2	41.8	42.8	52.6	56.9
<b>Burundi</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Cabo Verde</b>	n.a.	8.6	6.4	6.3	n.a.	36.4	35.4	37.0
<b>Cameroon</b>	22.3	28.1	26.7	26.7	49.9	57.0	55.8	58.5
<b>Central African Republic</b>	n.a.	n.a.	61.8	61.8	n.a.	n.a.	81.3	81.3
<b>Chad</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Comoros</b>	n.a.	n.a.	27.4	27.4	n.a.	n.a.	79.7	79.7
<b>Congo</b>	42.6	51.1	55.5	58.8	82.0	88.2	88.7	88.2
<b>Côte d'Ivoire</b>	6.2	9.2	9.4	9.7	34.1	38.6	42.8	44.2
<b>Democratic Republic of the Congo</b>	n.a.	n.a.	39.2	40.7	n.a.	n.a.	72.3	76.6
<b>Djibouti</b>	n.a.	n.a.	16.5	16.5	n.a.	n.a.	49.2	49.2
<b>Egypt</b>	8.4	7.4	7.1	8.8	27.8	31.2	27.3	28.5
<b>Equatorial Guinea</b>	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
<b>Eritrea</b>	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
<b>Eswatini</b>	n.a.	n.a.	18.3	18.3	n.a.	n.a.	67.0	67.0
<b>Ethiopia</b>	14.5	14.1	19.6	21.1	56.2	57.9	56.2	58.1
<b>Gabon</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Gambia</b>	n.a.	24.6	27.1	27.0	n.a.	54.3	58.0	60.7
<b>Ghana</b>	5.1	6.2	5.6	6.2	38.3	39.5	36.6	39.4
<b>Guinea</b>	44.3	49.7	48.9	49.5	72.5	74.1	73.3	73.1
<b>Guinea-Bissau</b>	n.a.	12.5	29.2	32.0	n.a.	64.4	75.0	77.8
<b>Kenya</b>	15.0	23.4	26.1	28.0	50.7	64.4	69.5	72.3
<b>Lesotho</b>	n.a.	27.0	30.9	32.8	n.a.	49.7	54.4	56.7
<b>Liberia</b>	38.6	n.a.	37.3	37.5	79.7	n.a.	80.6	81.2
<b>Libya</b>	11.2	16.7	20.7	21.2	29.1	35.7	39.4	39.8
<b>Madagascar</b>	n.a.	9.5	10.3	12.2	n.a.	58.0	61.1	64.9
<b>Malawi</b>	47.7	48.3	51.0	52.2	78.1	78.8	81.3	82.4

**TABLE 18**  
(Continued)

	Severe food insecurity				Moderate or severe food insecurity			
	2014–2016	2017–2019	2019–2021	2020–2022	2014–2016	2017–2019	2019–2021	2020–2022
<b>Mali</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Mauritania</b>	4.6	5.9	7.2	9.5	26.3	35.9	45.3	53.7
<b>Mauritius</b>	5.2	6.8	9.1	10.5	13.0	20.7	28.2	32.0
<b>Morocco</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Mozambique</b>	n.a.	40.7	40.4	39.6	n.a.	68.4	73.7	75.4
<b>Namibia</b>	28.8	31.3	32.6	33.0	53.2	56.4	57.9	57.7
<b>Niger</b>	n.a.	11.9	n.a.	30.5	n.a.	52.1	n.a.	71.4
<b>Nigeria</b>	11.0	15.1	19.8	21.3	34.7	47.1	62.9	69.7
<b>Rwanda</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Sao Tome and Principe</b>	n.a.	n.a.	14.1	14.1	n.a.	n.a.	54.6	54.6
<b>Senegal</b>	7.5	8.7	11.2	11.1	39.0	40.0	49.2	49.8
<b>Seychelles</b>	3.2	n.a.	n.a.	3.3	14.3	n.a.	n.a.	14.7
<b>Sierra Leone</b>	26.7	32.4	31.5	31.9	75.8	83.0	86.7	89.2
<b>Somalia</b>	n.a.	n.a.	41.7	43.4	n.a.	n.a.	77.4	79.5
<b>South Africa</b>	n.a.	6.9	8.0	9.0	n.a.	17.4	19.0	20.3
<b>South Sudan</b>	n.a.	63.7	62.3	63.2	n.a.	84.9	86.4	87.3
<b>Sudan</b>	13.4	16.4	17.4	18.1	41.4	48.9	50.7	51.8
<b>Togo</b>	16.1	16.9	18.8	19.4	60.4	61.9	62.5	62.9
<b>Tunisia</b>	9.1	9.7	12.6	12.6	18.2	22.1	28.0	28.5
<b>Uganda</b>	21.5	24.9	23.2	24.9	66.3	75.0	72.5	74.2
<b>United Republic of Tanzania</b>	20.6	24.9	25.8	26.3	48.9	56.1	57.6	58.7
<b>Zambia</b>	22.4	26.2	32.6	32.1	51.2	55.6	69.5	73.1
<b>Zimbabwe</b>	35.5	34.2	31.3	28.6	64.7	66.7	73.0	73.6

NOTE: n.a. = data not available; n.r. = data not reported.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

TABLE 19

Number of food-insecure people  
(millions)

	Severely food insecure				Moderately or severely food insecure			
	2014–2016	2017–2019	2019–2021	2020–2022	2014–2016	2017–2019	2019–2021	2020–2022
<b>WORLD</b>	<b>575.7</b>	<b>677.7</b>	<b>832.6</b>	<b>892.7</b>	<b>1 626.1</b>	<b>1 899.7</b>	<b>2 205.3</b>	<b>2 335.5</b>
<b>Africa</b>	213.3	256.9	301.4	326.0	559.7	669.9	763.7	821.5
<b>Central Africa</b>	n.a.	n.a.	67.8	71.7	n.a.	n.a.	132.8	142.2
<b>Eastern Africa</b>	91.2	106.9	122.5	129.8	232.3	270.8	295.0	311.5
<b>Northern Africa</b>	22.4	23.0	24.7	27.9	65.4	75.1	78.0	82.4
<b>Southern Africa</b>	5.7	6.1	7.0	7.8	13.8	14.5	16.0	17.1
<b>Western Africa</b>	41.6	59.3	79.3	88.8	143.5	189.3	241.9	268.4
<b>Algeria</b>	5.2	3.9	2.7	2.5	9.0	7.4	8.2	8.6
<b>Angola</b>	5.9	7.5	10.2	10.8	18.7	21.9	26.0	27.1
<b>Benin</b>	1.1	1.7	1.7	2.0	6.0	7.8	8.6	9.6
<b>Botswana</b>	0.4	0.6	0.6	0.7	1.1	1.3	1.4	1.5
<b>Burkina Faso</b>	1.9	2.6	4.0	4.7	7.8	8.7	11.3	12.6
<b>Burundi</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Cabo Verde</b>	n.a.	<0.1	<0.1	<0.1	n.a.	0.2	0.2	0.2
<b>Cameroon</b>	5.1	7.0	7.1	7.3	11.5	14.3	14.8	15.9
<b>Central African Republic</b>	n.a.	n.a.	3.3	3.4	n.a.	n.a.	4.3	4.4
<b>Chad</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Comoros</b>	n.a.	n.a.	0.2	0.2	n.a.	n.a.	0.6	0.7
<b>Congo</b>	2.2	2.8	3.2	3.4	4.2	4.8	5.1	5.1
<b>Côte d'Ivoire</b>	1.5	2.3	2.5	2.7	8.0	9.8	11.5	12.1
<b>Democratic Republic of the Congo</b>	n.a.	n.a.	36.4	39.0	n.a.	n.a.	67.1	73.5
<b>Djibouti</b>	n.a.	n.a.	0.2	0.2	n.a.	n.a.	0.5	0.5
<b>Egypt</b>	8.2	7.7	7.6	9.7	27.1	32.4	29.3	31.1
<b>Equatorial Guinea</b>	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
<b>Eritrea</b>	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
<b>Eswatini</b>	n.a.	n.a.	0.2	0.2	n.a.	n.a.	0.8	0.8
<b>Ethiopia</b>	14.9	15.7	23.0	25.3	57.6	64.4	65.9	69.9
<b>Gabon</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Gambia</b>	n.a.	0.6	0.7	0.7	n.a.	1.3	1.5	1.6
<b>Ghana</b>	1.5	1.9	1.8	2.0	11.1	12.2	11.8	12.9
<b>Guinea</b>	5.1	6.2	6.5	6.7	8.4	9.3	9.7	9.9
<b>Guinea-Bissau</b>	n.a.	0.2	0.6	0.7	n.a.	1.2	1.5	1.6
<b>Kenya</b>	7.0	11.7	13.6	14.8	23.8	32.2	36.1	38.3
<b>Lesotho</b>	n.a.	0.6	0.7	0.7	n.a.	1.1	1.2	1.3
<b>Liberia</b>	1.8	n.a.	1.9	1.9	3.7	n.a.	4.1	4.2
<b>Libya</b>	0.7	1.1	1.4	1.4	1.8	2.3	2.6	2.7
<b>Madagascar</b>	n.a.	2.5	2.9	3.5	n.a.	15.6	17.2	18.8
<b>Malawi</b>	8.1	8.9	9.9	10.4	13.2	14.5	15.7	16.4

**TABLE 19**  
(Continued)

	Severely food insecure				Moderately or severely food insecure			
	2014–2016	2017–2019	2019–2021	2020–2022	2014–2016	2017–2019	2019–2021	2020–2022
<b>Mali</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Mauritania</b>	0.2	0.3	0.3	0.4	1.0	1.5	2.0	2.5
<b>Mauritius</b>	<0.1	<0.1	0.1	0.1	0.2	0.3	0.4	0.4
<b>Morocco</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Mozambique</b>	n.a.	12.0	12.6	12.7	n.a.	20.1	23.0	24.2
<b>Namibia</b>	0.7	0.8	0.8	0.8	1.2	1.4	1.4	1.5
<b>Niger</b>	n.a.	2.7	n.a.	7.7	n.a.	11.8	n.a.	18.0
<b>Nigeria</b>	20.3	29.9	41.2	45.4	63.8	93.4	131.2	148.7
<b>Rwanda</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Sao Tome and Principe</b>	n.a.	n.a.	<0.1	<0.1	n.a.	n.a.	0.1	0.1
<b>Senegal</b>	1.1	1.4	1.8	1.9	5.6	6.2	8.1	8.4
<b>Seychelles</b>	<0.1	n.a.	n.a.	<0.1	<0.1	n.a.	n.a.	<0.1
<b>Sierra Leone</b>	2.0	2.5	2.6	2.7	5.5	6.5	7.1	7.5
<b>Somalia</b>	n.a.	n.a.	6.9	7.4	n.a.	n.a.	12.8	13.6
<b>South Africa</b>	n.a.	4.0	4.7	5.3	n.a.	10.0	11.2	12.1
<b>South Sudan</b>	n.a.	6.7	6.6	6.8	n.a.	8.9	9.2	9.4
<b>Sudan</b>	5.1	6.9	7.7	8.2	15.8	20.5	22.5	23.7
<b>Togo</b>	1.2	1.4	1.6	1.7	4.5	5.0	5.3	5.4
<b>Tunisia</b>	1.1	1.2	1.5	1.6	2.1	2.6	3.4	3.5
<b>Uganda</b>	8.1	10.3	10.3	11.4	24.9	31.2	32.2	34.0
<b>United Republic of Tanzania</b>	10.8	14.5	15.9	16.7	25.7	32.6	35.6	37.4
<b>Zambia</b>	3.6	4.7	6.2	6.2	8.3	9.9	13.1	14.2
<b>Zimbabwe</b>	5.0	5.1	4.9	4.6	9.2	10.0	11.4	11.8

NOTE: n.a. = data not available; n.r. = data not reported.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

TABLE 20

Prevalence of food insecurity by sex  
(percent)

	Severely food insecure				Moderately or severely food insecure			
	Men		Women		Men		Women	
	2014–2016	2020–2022	2014–2016	2020–2022	2014–2016	2020–2022	2014–2016	2020–2022
<b>WORLD</b>	<b>6.5</b>	<b>9.3</b>	<b>7.2</b>	<b>10.8</b>	<b>18.9</b>	<b>25.2</b>	<b>20.7</b>	<b>28.1</b>
<b>Africa</b>	16.7	22.3	17.7	22.9	44.2	56.9	46.5	57.9
<b>Central Africa</b>	n.a.	38.2	n.a.	37.0	n.a.	74.2	n.a.	75.0
<b>Eastern Africa</b>	21.6	27.2	24.3	28.5	57.3	66.7	60.3	67.9
<b>Northern Africa</b>	8.7	10.4	10.7	11.0	25.6	31.2	30.7	32.2
<b>Southern Africa</b>	7.9	10.6	9.7	12.0	19.7	23.8	22.9	25.8
<b>Western Africa</b>	12.2	20.8	11.1	21.1	40.4	63.5	39.9	64.2
<b>Algeria</b>	11.9	6.9	14.1	4.3	21.6	21.7	24.2	17.0
<b>Angola</b>	20.1	29.8	22.0	32.6	64.0	75.5	69.0	81.4
<b>Benin</b>	10.2	14.9	10.7	15.7	54.6	73.1	55.4	74.2
<b>Botswana</b>	16.3	24.6	20.6	28.8	43.0	53.5	49.9	59.2
<b>Burkina Faso</b>	10.8	23.4	9.2	19.1	42.1	59.2	41.6	54.6
<b>Burundi</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Cabo Verde</b>	n.a.	6.3	n.a.	6.3	n.a.	37.0	n.a.	37.0
<b>Cameroon</b>	23.3	27.8	21.4	25.5	50.1	58.7	49.8	58.3
<b>Central African Republic</b>	n.a.	61.8	n.a.	61.8	n.a.	81.3	n.a.	81.3
<b>Chad</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Comoros</b>	n.a.	26.4	n.a.	28.4	n.a.	79.5	n.a.	80.0
<b>Congo</b>	42.6	57.9	42.6	59.7	81.7	87.8	82.2	88.5
<b>Côte d'Ivoire</b>	6.2	9.6	6.3	9.8	34.1	44.2	34.0	44.2
<b>Democratic Republic of the Congo</b>	n.a.	42.1	n.a.	39.3	n.a.	77.1	n.a.	76.1
<b>Djibouti</b>	n.a.	17.6	n.a.	15.4	n.a.	49.3	n.a.	49.2
<b>Egypt</b>	7.0	7.9	9.9	9.8	23.2	27.0	32.3	29.9
<b>Equatorial Guinea</b>	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
<b>Eritrea</b>	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
<b>Eswatini</b>	n.a.	19.0	n.a.	17.6	n.a.	66.2	n.a.	67.9
<b>Ethiopia</b>	12.9	20.9	16.2	21.2	55.0	59.0	57.5	57.2
<b>Gabon</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Gambia</b>	n.a.	26.9	n.a.	27.0	n.a.	61.0	n.a.	60.5
<b>Ghana</b>	5.0	6.0	5.1	6.4	36.5	37.9	40.1	41.0
<b>Guinea</b>	44.4	48.8	44.1	50.2	73.3	72.5	71.6	73.7
<b>Guinea-Bissau</b>	n.a.	32.0	n.a.	32.0	n.a.	77.8	n.a.	77.8
<b>Kenya</b>	13.7	26.3	16.3	29.7	47.3	68.4	54.1	76.1
<b>Lesotho</b>	n.a.	33.0	n.a.	32.7	n.a.	57.4	n.a.	55.9
<b>Liberia</b>	37.2	34.6	40.0	40.5	78.5	78.5	81.0	84.0
<b>Libya</b>	9.0	17.5	13.4	24.9	24.1	34.8	34.1	44.8
<b>Madagascar</b>	n.a.	11.0	n.a.	13.4	n.a.	61.9	n.a.	67.9

**TABLE 20**  
(Continued)

	Severely food insecure				Moderately or severely food insecure			
	Men		Women		Men		Women	
	2014–2016	2020–2022	2014–2016	2020–2022	2014–2016	2020–2022	2014–2016	2020–2022
<b>Malawi</b>	45.5	50.5	49.9	53.8	77.5	81.7	78.7	83.0
<b>Mali</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Mauritania</b>	4.4	9.4	4.9	9.6	25.1	54.5	27.5	52.9
<b>Mauritius</b>	4.5	9.5	5.9	11.5	11.8	31.3	14.2	32.6
<b>Morocco</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Mozambique</b>	n.a.	38.4	n.a.	40.7	n.a.	74.0	n.a.	76.8
<b>Namibia</b>	27.1	31.7	30.6	34.3	50.6	55.9	55.7	59.5
<b>Niger</b>	n.a.	29.4	n.a.	31.6	n.a.	70.3	n.a.	72.5
<b>Nigeria</b>	12.1	21.0	10.0	21.5	35.2	68.7	34.1	70.7
<b>Rwanda</b>	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
<b>Sao Tome and Principe</b>	n.a.	13.8	n.a.	14.4	n.a.	53.0	n.a.	56.2
<b>Senegal</b>	8.0	11.4	6.9	10.9	43.5	53.1	34.5	46.4
<b>Seychelles</b>	3.2	3.3	3.2	3.3	14.3	14.7	14.3	14.7
<b>Sierra Leone</b>	26.1	32.0	27.5	31.7	74.3	89.5	77.4	89.0
<b>Somalia</b>	n.a.	43.4	n.a.	43.4	n.a.	79.5	n.a.	79.5
<b>South Africa</b>	n.a.	8.3	n.a.	9.7	n.a.	19.3	n.a.	21.3
<b>South Sudan</b>	n.a.	63.2	n.a.	63.2	n.a.	87.3	n.a.	87.3
<b>Sudan</b>	13.4	18.1	13.4	18.1	41.4	51.9	41.4	51.9
<b>Togo</b>	17.8	21.1	14.5	17.7	62.2	64.7	58.6	61.0
<b>Tunisia</b>	8.8	13.4	9.5	11.9	18.3	28.8	18.0	28.1
<b>Uganda</b>	22.5	25.5	20.5	24.3	68.2	75.5	64.4	72.8
<b>United Republic of Tanzania</b>	18.9	26.2	22.3	26.4	46.1	58.9	51.6	58.6
<b>Zambia</b>	22.4	32.3	22.4	31.8	51.2	73.4	51.2	72.8
<b>Zimbabwe</b>	34.9	27.0	36.1	30.2	64.0	72.2	65.4	75.0

NOTE: n.a. = data not available; n.r. = data not reported.

SOURCE: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

TABLE 21

Prevalence of stunting among children under five years of age (percent)

	2000	2005	2010	2012	2015	2019	2020	2022
<b>WORLD</b>	<b>33.0</b>	<b>31.1</b>	<b>27.9</b>	<b>26.3</b>	<b>24.6</b>	<b>23.0</b>	<b>22.7</b>	<b>22.3</b>
<b>Africa</b>	40.8	39.1	36.0	34.4	32.7	31.1	30.8	30.0
<b>Central Africa</b>	43.8	41.3	38.7	37.9	37.7	37.9	37.8	37.4
<b>Eastern Africa</b>	48.7	45.8	41.0	38.6	35.8	32.7	31.9	30.6
<b>Northern Africa</b>	27.3	25.2	24.4	23.5	22.5	22.1	22.0	21.7
<b>Southern Africa</b>	27.8	27.4	24.5	23.4	22.9	22.7	22.8	22.8
<b>Western Africa</b>	39.2	38.5	36.0	34.5	32.9	31.2	30.8	30.0
<b>Algeria</b>	22.3	18.1	13.6	12.1	10.7	9.4	9.1	8.6
<b>Angola</b>	46.5	33.9	30.8	31.8	35.6	41.4	42.4	43.6
<b>Benin</b>	34.9	36.1	35.2	33.9	32.9	31.9	31.4	30.4
<b>Botswana</b>	30.3	29.3	26.1	24.6	22.9	22.8	22.5	21.6
<b>Burkina Faso</b>	40.5	41.5	36.7	33.3	28.4	23.9	23.1	21.8
<b>Burundi</b>	63.1	60.6	57.7	56.5	55.9	56.2	56.3	56.5
<b>Cabo Verde</b>	17.8	15.6	13.8	12.6	11.4	10.2	9.9	9.4
<b>Cameroon</b>	37.5	37.0	33.7	32.1	30.5	28.5	27.9	26.9
<b>Central African Republic</b>	43.1	43.6	41.7	40.6	40.9	40.5	40.3	39.8
<b>Chad</b>	42.0	42.6	40.5	38.9	36.9	34.4	33.6	32.3
<b>Comoros</b>	43.9	41.8	35.5	31.9	27.2	21.7	20.6	18.8
<b>Congo</b>	33.7	30.9	25.5	23.1	20.9	18.5	17.8	16.5
<b>Côte d'Ivoire</b>	32.6	33.5	31.4	29.6	26.9	22.8	21.8	20.2
<b>Democratic Republic of the Congo</b>	46.0	45.7	43.7	42.7	41.8	41.4	41.1	40.3
<b>Djibouti</b>	33.7	35.8	32.2	29.6	26.1	21.5	20.5	18.7
<b>Egypt</b>	25.9	24.4	25.4	24.6	22.5	21.4	21.1	20.4
<b>Equatorial Guinea</b>	38.8	34.5	28.1	25.0	21.6	18.1	17.3	16.1
<b>Eritrea</b>	43.5	46.8	51.2	51.6	52.2	51.8	51.3	50.2
<b>Eswatini</b>	35.8	33.9	30.2	28.0	25.6	23.1	22.4	21.2
<b>Ethiopia</b>	57.0	51.3	44.7	42.1	39.5	36.6	35.8	34.4
<b>Gabon</b>	25.5	23.3	19.0	17.2	15.9	14.6	14.2	13.4
<b>Gambia</b>	27.8	27.1	24.2	22.3	19.8	15.7	15.0	13.6
<b>Ghana</b>	32.6	30.4	24.9	22.0	18.5	15.0	14.2	12.7
<b>Guinea</b>	33.0	35.5	35.0	33.7	32.2	29.8	29.1	27.9
<b>Guinea-Bissau</b>	33.8	32.0	30.3	29.3	28.8	28.5	28.2	27.7
<b>Kenya</b>	38.5	37.3	31.7	28.6	24.9	21.1	20.1	18.4
<b>Lesotho</b>	41.6	42.2	39.6	37.5	34.6	32.6	32.3	31.8
<b>Liberia</b>	44.9	41.3	37.0	35.0	32.6	29.2	28.0	26.6
<b>Libya</b>	18.4	21.2	26.3	30.0	37.7	47.9	49.6	52.2
<b>Madagascar</b>	55.2	53.1	49.2	47.3	45.0	41.4	40.4	38.6
<b>Malawi</b>	56.0	53.4	47.0	43.6	39.4	36.1	35.3	34.0
<b>Mali</b>	39.5	37.0	32.7	30.7	28.6	25.6	24.9	23.8
<b>Mauritania</b>	39.3	32.1	27.3	26.0	25.1	23.8	23.3	22.1



**TABLE 21**  
(Continued)

	2000	2005	2010	2012	2015	2019	2020	2022
<b>Mauritius</b>	12.6	10.7	9.4	9.0	8.8	8.9	8.8	8.6
<b>Morocco</b>	25.2	20.3	16.8	15.8	14.8	13.8	13.4	12.8
<b>Mozambique</b>	48.6	46.3	43.6	42.6	41.4	38.5	37.7	36.4
<b>Namibia</b>	29.7	29.4	26.1	24.0	21.2	18.3	17.8	16.8
<b>Niger</b>	53.2	51.0	47.8	46.6	46.0	46.6	46.8	47.4
<b>Nigeria</b>	41.7	40.9	38.8	37.7	36.7	35.4	35.0	34.2
<b>Rwanda</b>	48.5	49.1	44.8	41.2	36.7	32.6	31.6	29.8
<b>Sao Tome and Principe</b>	31.3	27.1	21.2	18.8	15.6	12.0	11.3	10.0
<b>Senegal</b>	24.7	21.3	19.0	18.5	18.6	18.0	17.7	17.0
<b>Seychelles</b>	10.6	9.0	8.2	7.9	7.8	7.6	7.5	7.2
<b>Sierra Leone</b>	38.1	39.0	36.9	34.9	32.3	28.1	27.4	26.0
<b>Somalia</b>	33.0	33.9	30.1	27.6	24.2	20.3	19.4	18.0
<b>South Africa</b>	26.6	26.2	23.4	22.5	22.3	22.5	22.6	22.8
<b>South Sudan</b>	39.0	35.9	32.1	30.8	29.9	29.1	28.7	27.9
<b>Sudan</b>	39.3	37.8	36.5	36.0	36.2	36.5	36.4	36.0
<b>Togo</b>	32.1	31.0	28.7	27.3	26.0	24.1	23.5	22.3
<b>Tunisia</b>	12.6	10.9	9.3	8.8	8.6	8.8	8.8	8.6
<b>Uganda</b>	44.0	41.3	36.0	33.3	29.6	25.5	24.7	23.4
<b>United Republic of Tanzania</b>	47.4	44.2	40.3	38.1	35.4	32.9	32.1	30.6
<b>Zambia</b>	51.8	49.4	43.7	40.8	37.6	33.2	32.3	31.4
<b>Zimbabwe</b>	32.8	34.8	33.5	31.1	26.8	23.1	22.5	21.6

SOURCE: UNICEF, WHO & World Bank. 2023. *UNICEF-WHO-World Bank: Joint child malnutrition estimates - Levels and trends (2023 edition)*. [Cited 24 April 2023]. <https://data.unicef.org/resources/jme-report-2023>

TABLE 22

Prevalence of wasting among children under five years of age (percent)

	2000	2005	2010	2015	2019	2020	2022
<b>WORLD</b>	<b>8.7</b>	<b>8.3</b>	<b>7.7</b>	<b>7.2</b>	<b>6.9</b>	<b>6.8</b>	<b>6.8</b>
<b>Africa</b>							5.8
<b>Central Africa</b>							5.6
<b>Eastern Africa</b>							5.0
<b>Northern Africa</b>							6.3
<b>Southern Africa</b>							3.5
<b>Western Africa</b>							6.7
Algeria	3.1				2.7		
Angola				4.9			
Botswana	5.9						
Burkina Faso			15.5	10.2	8.1	8.0	
Burundi	8.1	9.0	6.0		4.8	5.7	4.9
Central African Republic	10.4		7.4		5.4		
Chad	13.9		16.3	13.3	13.9	9.5	8.3
Comoros	13.3						
Congo		8.0					
Democratic Republic of the Congo			8.5				
Djibouti					10.6		
Egypt		5.3					
Equatorial Guinea	9.2						
Eritrea			14.6				
Eswatini	1.7		0.8				
Ethiopia	12.4	12.4			6.8		
Gabon	4.2					3.4	
Gambia	9.1		9.5			5.1	
Guinea		11.0					
Guinea-Bissau	11.8		5.9		5.1		
Kenya	7.4	6.9					4.9
Liberia	7.4		4.0		3.4		
Malawi	6.8		4.0	2.8	0.8	2.6	
Mali			8.9	13.5	9.1	7.2	10.6
Mauritania	15.3			14.8	11.1	6.4	13.6
Morocco					2.3		
Mozambique				4.4		3.9	
Namibia	10.0						
Niger	16.2		15.8	13.6	9.8	12.0	10.9
Nigeria				7.3		6.5	
Rwanda	8.7	4.9	2.9	2.3		1.1	
Sao Tome and Principe					4.1		
Senegal	10.0	8.7		7.8	8.1		

**TABLE 22**  
(Continued)

	2000	2005	2010	2015	2019	2020	2022
Sierra Leone	11.6	10.2	7.5		5.4		
South Africa				4.6			
South Sudan			22.7				
Sudan			15.4				
Togo			4.8				
Tunisia	2.9						
Uganda	5.0			5.7		3.6	
United Republic of Tanzania			4.9	4.5	1.7		3.3
Zimbabwe		7.2	3.2	3.3	2.9		

SOURCE: UNICEF, WHO & World Bank. 2023. *UNICEF-WHO-World Bank: Joint child malnutrition estimates - Levels and trends (2023 edition)*. [Cited 24 April 2023]. <https://data.unicef.org/resources/jme-report-2023>

TABLE 23

Prevalence of overweight among children under five years of age (percent)

	2000	2005	2010	2012	2015	2019	2020	2022
<b>WORLD</b>	<b>5.3</b>	<b>5.6</b>	<b>5.5</b>	<b>5.5</b>	<b>5.5</b>	<b>5.6</b>	<b>5.6</b>	<b>5.6</b>
<b>Africa</b>	6.2	6.6	5.2	5.0	4.9	4.8	4.8	4.9
<b>Central Africa</b>	5.8	6.4	4.7	4.5	4.4	4.4	4.5	4.6
<b>Eastern Africa</b>	5.4	5.5	4.2	3.9	3.7	3.6	3.6	3.6
<b>Northern Africa</b>	10.4	12.4	12.2	11.8	11.7	11.9	12.0	12.3
<b>Southern Africa</b>	11.1	11.4	12.1	12.3	12.2	11.8	11.7	11.4
<b>Western Africa</b>	4.5	4.7	2.4	2.3	2.3	2.3	2.3	2.4
<b>Algeria</b>	12.8	15.4	14.6	13.5	12.2	11.7	11.7	11.9
<b>Angola</b>	2.7	3.2	3.0	3.0	3.2	3.6	3.7	3.9
<b>Benin</b>	2.7	2.8	1.6	1.6	1.7	1.9	2.0	2.2
<b>Botswana</b>	9.8	10.0	10.3	10.4	10.5	10.0	10.0	10.1
<b>Burkina Faso</b>	2.8	2.9	1.7	1.8	1.9	2.0	2.0	2.0
<b>Burundi</b>	1.9	2.1	2.1	2.2	2.5	3.1	3.2	3.6
<b>Cameroon</b>	8.0	10.1	6.9	7.1	7.9	9.1	9.5	10.5
<b>Central African Republic</b>	7.3	6.6	4.2	3.5	2.9	2.6	2.6	2.6
<b>Chad</b>	3.4	3.9	2.5	2.5	2.8	3.0	3.1	3.2
<b>Comoros</b>	13.5	16.4	12.8	11.5	10.1	8.7	8.3	7.7
<b>Congo</b>	6.8	7.1	5.5	5.1	4.6	4.4	4.4	4.5
<b>Côte d'Ivoire</b>	4.9	5.3	2.8	2.6	2.5	2.5	2.5	2.6
<b>Democratic Republic of the Congo</b>	6.5	6.9	5.1	4.6	4.2	3.8	3.7	3.7
<b>Djibouti</b>	1.2	1.3	1.2	1.3	1.5	2.2	2.5	3.2
<b>Egypt</b>	12.1	14.8	15.7	15.7	16.2	17.3	17.8	18.8
<b>Equatorial Guinea</b>	7.9	9.8	8.7	8.5	8.3	8.2	8.2	8.2
<b>Eritrea</b>	1.6	1.9	1.9	1.9	2.2	2.6	2.8	3.0
<b>Eswatini</b>	12.8	12.2	10.6	10.1	9.2	8.3	8.1	7.9
<b>Ethiopia</b>	2.9	3.2	2.6	2.5	2.5	2.6	2.6	2.7
<b>Gabon</b>	6.1	6.9	6.3	6.2	6.0	5.7	5.6	5.4
<b>Gambia</b>	3.3	3.7	2.0	1.9	1.9	1.9	1.9	1.8
<b>Ghana</b>	3.6	4.2	2.4	2.3	2.2	2.0	2.0	1.9
<b>Guinea</b>	5.2	6.5	4.3	4.4	4.8	5.2	5.3	5.6
<b>Guinea-Bissau</b>	4.8	5.1	2.9	2.8	2.9	3.0	3.1	3.3
<b>Kenya</b>	7.4	6.9	5.0	4.6	4.2	3.8	3.8	3.8
<b>Lesotho</b>	6.8	6.9	6.9	7.0	7.1	7.0	7.0	6.9
<b>Liberia</b>	4.4	5.0	3.2	3.3	3.7	4.5	4.8	5.3
<b>Libya</b>	16.2	22.9	26.5	26.4	26.6	27.6	27.9	28.7
<b>Madagascar</b>	3.4	3.2	2.1	1.8	1.6	1.5	1.5	1.5
<b>Malawi</b>	12.1	9.7	5.7	4.9	4.2	3.8	3.8	3.9
<b>Mali</b>	2.8	3.0	1.6	1.6	1.7	1.8	1.8	2.0
<b>Mauritania</b>	3.5	3.7	2.0	1.9	1.9	1.9	1.9	2.0
<b>Mauritius</b>	8.8	10.3	8.3	7.8	7.2	6.9	6.8	6.8

**TABLE 23**  
(Continued)

	2000	2005	2010	2012	2015	2019	2020	2022
<b>Morocco</b>	13.3	14.5	11.3	9.5	7.5	5.7	5.4	4.9
<b>Mozambique</b>	6.6	7.2	5.9	5.5	5.3	5.4	5.5	5.5
<b>Namibia</b>	3.9	3.9	4.1	4.2	4.5	5.0	5.1	5.3
<b>Niger</b>	1.4	1.5	1.0	1.1	1.4	2.0	2.2	2.7
<b>Nigeria</b>	5.6	5.6	2.7	2.5	2.4	2.2	2.2	2.2
<b>Rwanda</b>	7.2	7.9	6.6	6.3	6.0	5.3	5.1	4.7
<b>Sao Tome and Principe</b>	3.1	3.7	2.4	2.5	3.0	3.8	4.1	4.7
<b>Senegal</b>	3.1	2.8	1.5	1.5	1.7	2.3	2.6	3.4
<b>Seychelles</b>	10.4	12.4	10.5	9.9	9.4	9.2	9.1	9.1
<b>Sierra Leone</b>	4.7	5.3	3.2	3.3	3.7	4.5	4.7	5.2
<b>Somalia</b>	4.5	4.5	3.3	3.0	2.7	2.7	2.7	2.7
<b>South Africa</b>	11.7	12.1	12.9	13.1	13.0	12.6	12.5	12.1
<b>South Sudan</b>	9.3	9.7	7.0	6.3	5.6	5.0	4.9	4.7
<b>Sudan</b>	3.6	3.5	2.6	2.4	2.3	2.5	2.5	2.7
<b>Togo</b>	2.6	2.7	1.6	1.6	1.7	1.9	2.0	2.2
<b>Tunisia</b>	4.0	7.4	11.4	12.7	14.8	17.6	18.2	19.0
<b>Uganda</b>	5.6	5.6	4.2	3.9	3.7	3.6	3.5	3.5
<b>United Republic of Tanzania</b>	5.1	5.5	4.6	4.5	4.6	4.6	4.6	4.6
<b>Zambia</b>	8.8	9.0	6.6	6.0	5.6	5.5	5.4	5.4
<b>Zimbabwe</b>	8.3	6.8	5.2	4.6	3.9	3.1	3.0	2.7

SOURCE: UNICEF, WHO & World Bank. 2023. *UNICEF-WHO-World Bank: Joint child malnutrition estimates - Levels and trends (2023 edition)*. [Cited 24 April 2023]. <https://data.unicef.org/resources/jme-report-2023>

TABLE 24

Prevalence of anaemia among women aged 15 to 49 years (percent)

	2000	2005	2010	2012	2015	2017	2018	2019
<b>WORLD</b>	<b>31.2</b>	<b>29.9</b>	<b>28.6</b>	<b>28.5</b>	<b>28.8</b>	<b>29.3</b>	<b>29.6</b>	<b>29.9</b>
<b>Africa</b>	44.5	42.6	39.9	39.2	38.8	38.7	38.8	38.9
<b>Central Africa</b>	51.0	50.1	47.4	46.1	44.5	43.8	43.5	43.2
<b>Eastern Africa</b>	38.8	35.9	32.2	31.4	31.3	31.5	31.7	31.9
<b>Northern Africa</b>	36.6	34.9	32.6	31.9	31.3	31.1	31.1	31.1
<b>Southern Africa</b>	35.1	32.3	29.1	28.5	28.8	29.3	29.8	30.3
<b>Western Africa</b>	56.7	55.4	53.5	52.9	52.4	52.0	51.9	51.8
<b>Algeria</b>	37.6	35.2	33.3	32.9	32.8	33.0	33.1	33.3
<b>Angola</b>	51.8	50.1	46.9	45.9	45.0	44.7	44.6	44.5
<b>Benin</b>	62.1	60.1	56.7	55.5	55.0	55.0	55.1	55.2
<b>Botswana</b>	36.4	34.2	31.7	31.3	31.6	32.1	32.3	32.5
<b>Burkina Faso</b>	56.4	54.9	53.5	53.3	53.1	52.8	52.6	52.5
<b>Burundi</b>	36.9	33.1	30.6	31.1	33.7	36.0	37.2	38.5
<b>Cabo Verde</b>	32.4	29.8	27.6	26.9	25.8	25.0	24.6	24.3
<b>Cameroon</b>	42.3	42.5	41.4	41.2	40.9	40.6	40.6	40.6
<b>Central African Republic</b>	50.9	50.1	48.5	47.9	47.7	47.2	47.0	46.8
<b>Chad</b>	52.4	52.3	50.3	49.2	47.6	46.4	45.9	45.4
<b>Comoros</b>	38.4	35.8	33.2	32.8	33.0	33.3	33.5	33.8
<b>Congo</b>	57.1	56.9	54.4	53.1	51.1	49.8	49.2	48.8
<b>Côte d'Ivoire</b>	54.1	53.5	52.5	52.2	51.7	51.3	51.1	50.9
<b>Democratic Republic of the Congo</b>	52.7	51.5	48.1	46.4	44.1	43.0	42.6	42.4
<b>Djibouti</b>	37.2	33.3	31.0	31.0	31.3	31.8	32.0	32.3
<b>Egypt</b>	35.5	34.5	31.9	31.0	29.7	28.8	28.5	28.3
<b>Equatorial Guinea</b>	56.3	52.7	48.7	47.4	45.8	45.0	44.7	44.5
<b>Eritrea</b>	41.2	39.1	36.7	36.2	36.3	36.6	36.8	37.0
<b>Eswatini</b>	34.4	31.4	30.5	30.0	29.8	30.1	30.4	30.7
<b>Ethiopia</b>	33.0	28.3	23.2	22.4	22.5	23.0	23.4	23.9
<b>Gabon</b>	58.5	57.9	56.3	55.3	54.0	53.2	52.8	52.4
<b>Gambia</b>	62.1	60.6	57.9	56.4	53.9	51.7	50.6	49.5
<b>Ghana</b>	49.0	49.3	46.3	44.2	40.7	37.8	36.6	35.4
<b>Guinea</b>	52.4	52.6	51.4	50.9	49.9	49.0	48.5	48.0
<b>Guinea-Bissau</b>	53.8	52.7	50.7	49.9	49.1	48.5	48.3	48.1
<b>Kenya</b>	39.8	34.3	29.3	28.4	28.1	28.2	28.4	28.7
<b>Lesotho</b>	36.5	32.6	29.4	28.3	27.5	27.3	27.5	27.9
<b>Liberia</b>	53.0	48.7	44.8	43.6	42.7	42.4	42.5	42.6
<b>Libya</b>	32.6	30.7	28.8	28.6	28.9	29.4	29.6	29.9
<b>Madagascar</b>	42.6	40.5	37.9	37.5	37.4	37.5	37.7	37.8
<b>Malawi</b>	37.9	36.0	31.5	30.6	30.4	30.8	31.0	31.4
<b>Mali</b>	62.9	61.0	58.6	58.2	58.3	58.6	58.8	59.0
<b>Mauritania</b>	48.7	47.7	45.9	45.1	44.2	43.7	43.5	43.3

**TABLE 24**  
(Continued)

	2000	2005	2010	2012	2015	2017	2018	2019
<b>Mauritius</b>	18.6	18.7	18.7	19.2	20.7	22.0	22.7	23.5
<b>Morocco</b>	35.3	33.2	30.5	29.8	29.5	29.6	29.7	29.9
<b>Mozambique</b>	49.4	50.3	49.2	48.8	48.3	48.1	48.0	47.9
<b>Namibia</b>	30.4	27.5	25.1	24.7	24.5	24.6	24.8	25.2
<b>Niger</b>	51.8	50.0	49.0	49.1	49.3	49.5	49.5	49.5
<b>Nigeria</b>	58.8	57.1	55.3	54.9	54.9	54.9	55.0	55.1
<b>Rwanda</b>	25.1	22.2	19.0	18.3	17.8	17.4	17.3	17.2
<b>Sao Tome and Principe</b>	51.9	49.3	46.4	45.7	45.0	44.5	44.3	44.2
<b>Senegal</b>	59.8	59.2	56.9	55.9	54.5	53.6	53.1	52.7
<b>Seychelles</b>	27.6	26.1	23.8	23.5	23.9	24.4	24.7	25.1
<b>Sierra Leone</b>	54.0	51.0	48.3	47.9	47.8	48.1	48.2	48.4
<b>Somalia</b>	47.9	46.6	44.6	44.0	43.5	43.3	43.2	43.1
<b>South Africa</b>	35.2	32.4	29.1	28.6	28.9	29.5	29.9	30.5
<b>South Sudan</b>	39.5	37.6	35.1	34.7	34.8	35.2	35.4	35.6
<b>Sudan</b>	42.9	40.2	37.4	36.8	36.3	36.4	36.4	36.5
<b>Togo</b>	49.7	49.3	48.0	47.4	46.7	46.1	45.9	45.7
<b>Tunisia</b>	31.5	30.9	30.3	30.4	30.8	31.4	31.7	32.1
<b>Uganda</b>	39.3	36.0	32.0	31.3	31.5	32.0	32.4	32.8
<b>United Republic of Tanzania</b>	46.5	45.1	41.4	40.3	39.7	39.1	39.0	38.9
<b>Zambia</b>	35.6	33.6	30.9	30.5	30.7	31.0	31.2	31.5
<b>Zimbabwe</b>	33.9	32.8	30.9	30.0	29.1	28.8	28.8	28.9

NOTE: The estimates refer to women aged 15 to 49 years, including pregnant, non-pregnant and lactating women, and were adjusted for altitude and smoking. WHO defines anaemia in pregnant women as a haemoglobin concentration below 110 g/L at sea level, and below 120 g/L for non-pregnant and lactating women.

SOURCE: WHO. 2021. Global anaemia estimates, Edition 2021. In: *WHO | Global Health Observatory (GHO) data repository*. [Cited 20 April 2023]. [www.who.int/data/gho/data/themes/topics/anaemia\\_in\\_women\\_and\\_children](http://www.who.int/data/gho/data/themes/topics/anaemia_in_women_and_children)

TABLE 25

Prevalence of obesity among adults  
(percent)

	2000	2005	2010	2012	2014	2015	2016
<b>WORLD</b>	<b>8.7</b>	<b>9.9</b>	<b>11.2</b>	<b>11.8</b>	<b>12.5</b>	<b>12.8</b>	<b>13.1</b>
<b>Africa</b>	7.9	9.3	10.8	11.5	12.1	12.4	12.8
<b>Central Africa</b>	3.8	4.9	6.1	6.7	7.3	7.6	7.9
<b>Eastern Africa</b>	3.2	4.0	4.9	5.3	5.8	6.1	6.4
<b>Northern Africa</b>	17.0	19.3	22.0	23.0	24.1	24.6	25.2
<b>Southern Africa</b>	18.7	21.3	24.0	25.0	26.0	26.6	27.1
<b>Western Africa</b>	4.2	5.3	6.8	7.4	8.1	8.5	8.9
<b>Algeria</b>	17.4	20.2	23.3	24.7	26.0	26.7	27.4
<b>Angola</b>	3.6	4.8	6.2	6.8	7.5	7.9	8.2
<b>Benin</b>	5.0	6.2	7.6	8.2	8.9	9.3	9.6
<b>Botswana</b>	13.1	15.1	16.9	17.5	18.2	18.6	18.9
<b>Burkina Faso</b>	2.1	2.9	4.0	4.5	5.0	5.3	5.6
<b>Burundi</b>	2.4	3.1	4.0	4.4	4.9	5.1	5.4
<b>Cabo Verde</b>	6.3	7.9	9.6	10.3	11.0	11.4	11.8
<b>Cameroon</b>	5.8	7.3	9.0	9.8	10.6	11.0	11.4
<b>Central African Republic</b>	3.9	4.8	5.9	6.4	6.9	7.2	7.5
<b>Chad</b>	2.9	3.7	4.7	5.1	5.6	5.8	6.1
<b>Comoros</b>	4.1	5.1	6.2	6.7	7.2	7.5	7.8
<b>Congo</b>	5.2	6.3	7.7	8.3	8.9	9.2	9.6
<b>Côte d'Ivoire</b>	5.0	6.3	7.9	8.7	9.4	9.8	10.3
<b>Democratic Republic of the Congo</b>	3.1	4.0	5.1	5.6	6.1	6.4	6.7
<b>Djibouti</b>	9.3	10.5	11.8	12.3	12.9	13.2	13.5
<b>Egypt</b>	22.2	24.9	28.0	29.3	30.6	31.3	32.0
<b>Equatorial Guinea</b>	4.3	5.2	6.3	6.8	7.4	7.7	8.0
<b>Eritrea</b>	2.3	2.9	3.7	4.1	4.5	4.8	5.0
<b>Eswatini</b>	10.7	12.4	14.1	14.9	15.7	16.1	16.5
<b>Ethiopia</b>	1.9	2.5	3.3	3.6	4.0	4.3	4.5
<b>Gabon</b>	9.3	11.1	12.8	13.5	14.3	14.6	15.0
<b>Gambia</b>	4.8	6.3	8.0	8.7	9.5	9.9	10.3
<b>Ghana</b>	5.5	7.0	8.7	9.4	10.1	10.5	10.9
<b>Guinea</b>	3.7	4.7	5.9	6.4	7.0	7.4	7.7
<b>Guinea-Bissau</b>	4.3	5.6	7.2	7.9	8.7	9.1	9.5
<b>Kenya</b>	3.2	4.2	5.4	5.9	6.5	6.8	7.1
<b>Lesotho</b>	10.0	11.9	14.1	14.9	15.7	16.2	16.6
<b>Liberia</b>	5.6	6.6	8.0	8.6	9.2	9.6	9.9
<b>Libya</b>	23.5	26.0	28.8	30.0	31.3	31.9	32.5
<b>Madagascar</b>	2.3	3.0	3.9	4.3	4.8	5.1	5.3
<b>Malawi</b>	2.7	3.4	4.4	4.8	5.3	5.5	5.8
<b>Mali</b>	3.8	5.0	6.5	7.2	7.9	8.2	8.6
<b>Mauritania</b>	6.7	8.4	10.3	11.0	11.8	12.3	12.7



**TABLE 25**  
(Continued)

	2000	2005	2010	2012	2014	2015	2016
<b>Mauritius</b>	6.8	7.9	9.1	9.6	10.2	10.5	10.8
<b>Morocco</b>	16.7	19.2	22.1	23.4	24.7	25.4	26.1
<b>Mozambique</b>	3.7	4.6	5.7	6.1	6.7	6.9	7.2
<b>Namibia</b>	9.5	11.6	14.0	15.1	16.1	16.7	17.2
<b>Niger</b>	2.5	3.2	4.1	4.5	5.0	5.2	5.5
<b>Nigeria</b>	4.0	5.2	6.7	7.4	8.1	8.5	8.9
<b>Rwanda</b>	2.3	3.2	4.2	4.7	5.3	5.6	5.8
<b>Sao Tome and Principe</b>	6.3	8.0	10.0	10.7	11.6	12.0	12.4
<b>Senegal</b>	4.7	5.8	7.1	7.6	8.2	8.5	8.8
<b>Seychelles</b>	8.6	10.0	11.7	12.4	13.2	13.5	14.0
<b>Sierra Leone</b>	4.4	5.5	6.8	7.4	8.0	8.3	8.7
<b>Somalia</b>	4.1	5.2	6.4	7.0	7.6	7.9	8.3
<b>South Africa</b>	19.7	22.3	25.1	26.1	27.2	27.8	28.3
<b>Togo</b>	4.1	5.2	6.5	7.1	7.8	8.1	8.4
<b>Tunisia</b>	18.2	20.7	23.4	24.6	25.7	26.3	26.9
<b>Uganda</b>	2.4	3.1	3.9	4.3	4.8	5.0	5.3
<b>United Republic of Tanzania</b>	3.8	4.9	6.3	6.9	7.6	8.0	8.4
<b>Zambia</b>	4.2	5.1	6.3	6.8	7.4	7.7	8.1
<b>Zimbabwe</b>	10.5	12.2	13.8	14.3	14.9	15.2	15.5

SOURCE: WHO. 2020. Global Health Observatory (GHO) data repository. In: *WHO*. [Cited 28 April 2020].  
<https://apps.who.int/gho/data/node.main.A900A?lang=en>

TABLE 26

Prevalence of exclusive breastfeeding among infants 0–5 months of age (percent)

	2000	2005	2012	2015	2019	2020	2021
<b>WORLD</b>			<b>37.0</b>				<b>47.7</b>
<b>Africa</b>			35.4				44.3
<b>Central Africa</b>			28.4				44.4
<b>Eastern Africa</b>			48.6				59.1
<b>Northern Africa</b>			40.8				n.a.
<b>Southern Africa</b>			n.a.				32.8
<b>Western Africa</b>			22.1				35.1
Algeria	12.6		25.4		28.6		
Angola				37.4			
Benin			32.5				
Burkina Faso			38.2		57.9		
Burundi	59.2				71.9		
Cabo Verde		59.6					
Central African Republic	16.5				36.2		
Chad	10.1			0.1	16.2		
Comoros	10.2		11.4				
Congo		19.1					
Côte d'Ivoire	8.5		11.8				34.0
Djibouti			12.4				
Egypt	56.1	41.1					
Equatorial Guinea	20.3						
Eswatini	22.0						
Ethiopia	54.1	48.8			58.8		
Gabon	5.4		5.1				
Gambia	24.6					53.6	
Guinea		27.0	20.4				
Guinea-Bissau	27.5				59.3		
Kenya	13.8						
Lesotho	14.2						
Liberia	35.4				55.2		
Madagascar	40.7		41.9				54.4
Malawi	44.0			59.4		64.1	
Mali				31.5	40.5	51.8	47.7
Mauritania	20.2			41.1		40.9	
Namibia	16.6						
Niger	1.1		23.3		21.6	21.2	25.6
Rwanda	83.0	88.4		86.9		80.9	
Sao Tome and Principe	53.1				63.1		
Senegal		30.9		33.3	40.8		
Sierra Leone	2.8	8.4			54.0		50.9

**TABLE 26**  
(Continued)

	2000	2005	2012	2015	2019	2020	2021
<b>Togo</b>	17.4						
<b>Tunisia</b>			8.5				
<b>Uganda</b>	62.5						
<b>United Republic of Tanzania</b>				59.0			
<b>Zimbabwe</b>		21.7		47.1	41.9		

SOURCE: UNICEF. 2022. Infant and young child feeding. In: *UNICEF*. [Cited 6 April 2023].  
<https://data.unicef.org/topic/nutrition/infant-and-young-child-feeding/>

TABLE 27

Prevalence of low birthweight (percent)

	2000	2005	2010	2012	2015	2019	2020
<b>WORLD</b>	<b>16.6</b>	<b>16.1</b>	<b>15.3</b>	<b>15.0</b>	<b>14.8</b>	<b>14.6</b>	<b>14.7</b>
Africa	15.5	15.0	14.6	14.5	14.2	13.9	13.9
Central Africa	14.0	13.5	13.0	12.8	12.5	12.3	12.2
Eastern Africa	15.5	15.2	14.9	14.7	14.5	14.1	14.0
Northern Africa	14.2	14.1	13.9	14.0	14.0	14.0	14.1
Southern Africa	16.9	16.7	16.5	16.4	16.4	16.4	16.4
Western Africa	16.4	15.7	15.2	14.9	14.6	14.3	14.3
Algeria	6.8	6.8	6.9	6.9	7.0	7.2	7.2
Angola	17.4	16.5	15.9	15.7	15.5	15.5	15.5
Benin	18.8	18.3	17.7	17.5	17.1	16.6	16.4
Botswana	18.1	18.2	17.6	17.3	17.0	16.9	16.8
Burkina Faso	20.3	19.7	19.3	19.1	18.8	18.5	18.5
Burundi	15.6	15.4	15.2	15.1	15.0	14.8	14.8
Cameroon	13.3	13.1	12.9	12.9	12.7	12.5	12.5
Central African Republic	15.2	15.5	15.7	15.9	16.4	16.3	16.4
Comoros	25.5	25.0	24.4	24.1	23.8	23.2	23.0
Congo	12.8	12.4	11.8	11.6	11.5	11.9	11.9
Côte d'Ivoire	19.4	19.4	19.3	19.1	18.8	18.4	18.3
Democratic Republic of the Congo	12.4	11.9	11.3	11.0	10.7	10.2	10.2
Eritrea	16.0	15.7	15.4	15.4	15.3	15.2	15.2
Eswatini	11.1	10.8	10.7	10.6	10.5	10.3	10.2
Gabon	15.0	15.0	15.1	14.9	14.7	14.7	14.6
Gambia	14.5	14.2	13.8	13.7	13.6	13.3	13.2
Ghana	15.8	15.6	15.1	14.9	14.7	14.5	14.4
Guinea-Bissau	24.4	23.4	22.2	21.8	21.0	19.8	19.5
Kenya	11.7	11.3	10.9	10.8	10.6	10.1	10.0
Lesotho	15.0	14.8	14.8	14.8	14.7	14.5	14.4
Liberia	19.3	19.9	19.7	19.7	19.7	19.9	19.9
Madagascar	20.0	19.9	19.6	19.5	19.3	18.8	18.7
Malawi	16.5	16.2	15.8	15.8	15.8	15.6	15.6
Mauritius	19.4	19.6	19.3	19.1	18.9	18.7	18.7
Morocco	18.3	17.5	16.5	16.1	15.6	14.9	14.8
Mozambique	19.3	19.0	18.4	18.1	17.9	17.8	17.8
Namibia	16.4	16.3	16.1	15.9	15.7	15.6	15.6
Rwanda	9.1	8.9	9.2	9.3	9.4	9.4	9.4
Sao Tome and Principe	10.1	10.3	10.6	10.6	10.8	11.0	11.1
Senegal	22.1	20.7	19.5	19.1	18.5	17.5	17.2
Seychelles	12.0	12.2	12.3	12.3	12.4	12.5	12.5
Sierra Leone	13.9	12.7	11.7	11.4	11.0	10.5	10.3
South Africa	17.2	17.0	16.7	16.6	16.6	16.6	16.6
Togo	15.8	15.6	15.3	15.1	14.7	14.4	14.3

**TABLE 27**  
(Continued)

	2000	2005	2010	2012	2015	2019	2020
<b>Tunisia</b>	7.8	7.9	8.0	8.1	8.2	8.2	8.2
<b>United Republic of Tanzania</b>	12.0	11.3	10.7	10.5	10.2	9.8	9.7
<b>Zambia</b>	13.1	12.7	12.2	12.0	11.8	11.4	11.2
<b>Zimbabwe</b>	12.9	12.8	12.4	12.2	12.1	11.9	11.8

SOURCE: UNICEF and WHO, 2023. *Low birthweight joint estimates 2023 edition*. [Cited 12 July 2023]. [www.who.int/teams/nutrition-and-food-safety/monitoring-nutritional-status-and-food-safety-and-events/joint-low-birthweight-estimates](http://www.who.int/teams/nutrition-and-food-safety/monitoring-nutritional-status-and-food-safety-and-events/joint-low-birthweight-estimates)

TABLE 28

Affordability of a healthy diet

	Number of people unable to afford a healthy diet (million)					Percentage of people unable to afford a healthy diet (percent)				
	2017	2018	2019	2020	2021	2017	2018	2019	2020	2021
<b>WORLD</b>	<b>3 124.9</b>	<b>3 019.1</b>	<b>3 005.5</b>	<b>3 191.9</b>	<b>3 139.5</b>	<b>43.8</b>	<b>41.8</b>	<b>41.2</b>	<b>43.3</b>	<b>42.2</b>
<b>Africa</b>	954.6	973.4	989.4	1 020.7	1 040.5	78.5	78.0	77.4	77.9	77.5
<b>Central Africa</b>	141.1	143.0	145.7	150.5	154.5	84.7	83.1	82.1	82.2	81.9
<b>Eastern Africa</b>	328.8	334.2	341.3	352.7	361.9	85.6	84.7	84.2	84.7	84.6
<b>Northern Africa</b>	126.1	131.8	131.3	131.9	128.5	54.6	56.0	54.7	54.0	51.7
<b>Southern Africa</b>	42.5	42.7	43.4	45.3	45.6	65.6	65.2	65.4	67.4	67.0
<b>Western Africa</b>	316.1	321.7	327.6	340.3	350.1	85.5	84.7	84.1	85.1	85.4
<b>Algeria</b>	13.4	13.1	12.5	13.5	14.3	32.5	31.2	29.2	31.1	32.4
<b>Angola</b>	24.6	25.8	27.1	29.0	30.4	81.4	82.7	83.9	86.7	88.1
<b>Benin</b>	10.5	10.4	10.1	10.4	10.7	90.6	86.8	82.4	82.1	82.6
<b>Botswana</b>	1.5	1.5	1.5	1.6	1.6	63.2	60.8	59.8	63.4	60.3
<b>Burkina Faso</b>	16.5	16.3	16.1	16.7	17.2	83.0	79.7	76.8	77.6	77.6
<b>Burundi</b>	10.7	10.9	11.3	11.7	12.0	95.8	95.0	95.0	95.7	95.9
<b>Cabo Verde</b>	0.3	0.2	0.2	0.3	0.2	44.5	42.2	39.7	44.0	41.2
<b>Cameroon</b>	14.4	14.7	15.1	15.8	16.5	59.2	58.8	58.7	59.8	60.5
<b>Central African Republic</b>	4.7	4.8	4.9	5.0	5.2	94.6	94.5	94.4	94.5	94.6
<b>Chad</b>	12.5	12.6	12.8	13.7	14.3	82.7	80.9	79.3	82.4	83.1
<b>Congo</b>	4.7	4.9	5.0	5.2	5.3	88.6	90.0	90.0	90.8	91.5
<b>Côte d'Ivoire</b>	19.3	18.7	18.8	19.5	20.0	77.7	73.4	72.0	72.8	72.9
<b>Democratic Republic of the Congo</b>	79.4	79.3	79.9	80.9	82.0	94.2	91.0	88.9	87.1	85.5
<b>Djibouti</b>	0.7	0.7	0.7	0.7	0.7	65.8	66.4	65.2	66.7	65.3
<b>Egypt</b>	68.6	72.7	70.9	67.9	67.3	67.4	70.1	67.2	63.2	61.6
<b>Equatorial Guinea</b>	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
<b>Eswatini</b>	0.9	0.9	0.9	0.9	0.9	77.1	75.8	75.0	75.3	73.8
<b>Ethiopia</b>	92.9	93.4	95.2	97.6	100.8	85.8	84.1	83.4	83.3	83.8
<b>Gabon</b>	0.6	0.6	0.6	0.7	0.7	28.5	28.6	28.4	29.9	29.9
<b>Gambia</b>	1.7	1.7	1.7	1.8	1.9	72.6	70.8	69.6	71.8	72.2
<b>Ghana</b>	24.2	24.3	24.3	25.1	25.4	80.0	78.6	77.0	78.1	77.4
<b>Guinea</b>	10.8	11.2	11.4	11.7	12.1	88.5	89.0	88.8	88.7	89.1
<b>Guinea-Bissau</b>	1.6	1.6	1.6	1.7	1.7	84.4	84.9	82.9	83.9	84.6
<b>Kenya</b>	37.9	37.2	37.6	38.7	39.2	77.4	74.5	73.7	74.5	74.0
<b>Lesotho</b>	1.8	1.8	1.9	2.0	2.0	83.2	83.4	83.8	87.0	87.9
<b>Liberia</b>	4.4	4.5	4.6	4.7	4.8	91.8	91.6	91.4	91.6	92.8
<b>Madagascar</b>	25.4	26.1	26.7	27.6	28.3	97.1	97.3	97.1	97.8	97.8
<b>Malawi</b>	16.9	17.4	18.0	18.6	19.1	94.5	94.9	95.4	95.8	95.9
<b>Mali</b>	14.9	14.9	14.3	15.2	15.8	77.3	74.5	69.7	71.4	72.0
<b>Mauritania</b>	2.6	2.6	2.6	2.7	2.9	61.7	61.1	59.7	60.9	62.4
<b>Mauritius</b>	0.1	0.1	0.1	0.2	0.2	10.9	9.5	8.6	14.7	14.0

**TABLE 28**  
(Continued)

	Number of people unable to afford a healthy diet (million)					Percentage of people unable to afford a healthy diet (percent)				
	2017	2018	2019	2020	2021	2017	2018	2019	2020	2021
<b>Morocco</b>	6.3	6.0	5.7	6.5	5.7	17.7	16.8	15.7	17.7	15.5
<b>Mozambique</b>	26.1	26.7	27.5	28.7	29.7	91.2	90.6	90.8	91.9	92.5
<b>Namibia</b>	1.3	1.3	1.4	1.5	1.5	55.4	55.2	56.6	59.0	59.5
<b>Niger</b>	20.2	20.6	21.2	22.1	23.2	92.9	91.4	90.4	90.9	92.0
<b>Nigeria</b>	174.6	180.6	186.7	194.0	199.5	90.2	91.1	91.8	93.1	93.5
<b>Rwanda</b>	10.6	10.5	10.5	11.1	11.0	87.0	83.9	81.9	84.6	82.0
<b>Sao Tome and Principe</b>	0.2	0.2	0.2	0.2	0.2	76.6	76.3	76.7	77.3	78.2
<b>Senegal</b>	8.1	7.5	7.3	7.6	7.6	53.5	48.0	45.9	46.2	45.0
<b>Seychelles</b>	0.0	0.0	0.0	0.0	0.0	9.1	7.8	7.2	7.5	7.3
<b>Sierra Leone</b>	6.5	6.6	6.5	6.8	7.0	84.2	84.2	81.3	82.5	83.5
<b>South Africa</b>	37.0	37.2	37.8	39.4	39.6	65.3	64.9	65.1	67.0	66.7
<b>Sudan</b>	36.0	38.2	40.5	41.8	39.0	88.4	90.9	93.6	94.1	85.4
<b>Tunisia</b>	1.8	1.8	1.7	2.2	2.1	15.5	14.9	14.4	18.0	17.1
<b>Uganda</b>	33.9	34.6	35.6	36.7	37.5	84.5	83.4	82.9	82.6	81.7
<b>United Republic of Tanzania</b>	48.3	49.7	50.8	52.5	54.1	85.9	85.5	84.8	85.1	85.0
<b>Zambia</b>	15.3	15.7	16.3	17.0	17.5	88.5	88.2	88.6	89.6	90.0
<b>Zimbabwe</b>	10.0	n.r.	n.r.	n.r.	n.r.	67.8	n.r.	n.r.	n.r.	n.r.

NOTE: n.a. = data not available; n.r. = data not reported.

SOURCE: FAO. 2023. Cost and Affordability of a Healthy Diet (CoAHD). In: *FAOSTAT*. Rome. [Cited 12 July 2023].  
<https://www.fao.org/faostat/en/#data/CAHD>

**TABLE 29**

Cost of a healthy diet  
(PPP dollars per person per day)

	2017	2018	2019	2020	2021
<b>WORLD</b>	<b>3.295</b>	<b>3.355</b>	<b>3.431</b>	<b>3.511</b>	<b>3.662</b>
Africa	3.222	3.274	3.309	3.383	3.571
Central Africa	3.292	3.287	3.301	3.373	3.551
Eastern Africa	2.932	2.974	3.006	3.088	3.294
Northern Africa	3.416	3.512	3.598	3.575	3.474
Southern Africa	3.635	3.650	3.714	3.839	4.062
Western Africa	3.247	3.340	3.365	3.448	3.710
Algeria	3.763	3.822	3.796	3.760	4.043
Angola	4.327	4.293	4.352	4.585	5.031
Benin	3.550	3.670	3.664	3.707	4.041
Botswana	3.622	3.575	3.591	3.701	3.829
Burkina Faso	3.173	3.296	3.240	3.345	3.611
Burundi	2.988	2.804	2.783	2.943	3.138
Cabo Verde	3.358	3.413	3.484	3.563	3.683
Cameroon	2.616	2.684	2.744	2.808	2.997
Central African Republic	3.423	3.507	3.570	3.615	3.784
Chad	2.831	2.735	2.666	2.827	2.941
Congo	3.343	3.385	3.365	3.421	3.626
Côte d'Ivoire	3.273	3.357	3.506	3.610	3.909
Democratic Republic of the Congo	2.921	2.580	2.393	2.242	2.253
Djibouti	2.797	2.866	2.985	3.112	3.250
Egypt	3.457	3.507	3.503	3.369	3.506
Equatorial Guinea	3.526	3.599	3.635	3.676	3.751
Eswatini	3.428	3.349	3.395	3.406	3.537
Ethiopia	3.108	3.147	3.290	3.407	3.706
Gabon	3.358	3.403	3.485	3.553	3.704
Gambia	2.942	3.008	3.054	3.110	3.324
Ghana	3.767	3.860	3.942	4.036	4.237
Guinea	3.655	3.863	4.001	4.127	4.443
Guinea-Bissau	3.164	3.254	3.335	3.434	3.694
Kenya	2.846	2.823	2.907	2.968	3.189
Lesotho	3.770	3.878	4.010	4.266	4.618
Liberia	4.018	4.032	3.852	3.907	4.447
Madagascar	2.987	3.122	3.154	3.181	3.382
Malawi	2.724	2.809	2.989	3.149	3.365
Mali	2.900	3.035	2.960	3.053	3.230
Mauritania	3.451	3.574	3.654	3.692	3.948
Mauritius	3.313	3.396	3.439	3.604	3.785
Morocco	2.710	2.752	2.759	2.797	2.905
Mozambique	3.031	2.988	3.057	3.228	3.548
Namibia	3.255	3.300	3.378	3.520	3.761



**TABLE 29**  
(Continued)

	2017	2018	2019	2020	2021
Niger	2.850	2.812	2.792	2.902	3.155
Nigeria	3.565	3.724	3.870	4.016	4.325
Rwanda	2.609	2.483	2.537	2.698	2.718
Sao Tome and Principe	3.288	3.394	3.503	3.634	3.869
Senegal	2.190	2.250	2.278	2.330	2.443
Seychelles	4.010	3.959	3.948	3.784	4.131
Sierra Leone	2.842	2.952	2.847	2.893	3.167
South Africa	4.102	4.147	4.199	4.299	4.565
Sudan	3.674	3.921	4.306	4.308	3.081
Tunisia	3.476	3.559	3.628	3.639	3.833
Uganda	2.749	2.712	2.679	2.671	2.774
United Republic of Tanzania	2.598	2.648	2.681	2.736	2.866
Zambia	3.085	3.150	3.245	3.300	3.616
Zimbabwe	2.200	n.r.	n.r.	n.r.	n.r.

NOTE: n.r. = data not reported.

SOURCE: FAO. 2023. Cost and Affordability of a Healthy Diet (CoAHD). In: *FAOSTAT*. Rome. [Cited 12 July 2023].  
<https://www.fao.org/faostat/en/#data/CAHD>

## ANNEX 2

# DEFINITION OF FOOD SECURITY AND NUTRITION INDICATORS

### **Undernourishment**

Undernourishment is defined as the condition of an individual whose habitual food consumption is insufficient to provide, on average, the amount of dietary energy required to maintain a normal, active and healthy life. The indicator is reported as a prevalence and is denominated as “prevalence of undernourishment” which is an estimate of the percentage of individuals in the total population who are in a condition of undernourishment.

Data source: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

### **Food insecurity as measured by the Food Insecurity Experience Scale**

Food insecurity as measured by the FIES indicator refers to limited access to food, at the level of individuals or households, due to lack of money or other resources. The severity of food insecurity is measured using data collected with the FIES survey module (FIES-SM), a set of eight questions asking respondents to self-report conditions and experiences typically associated with limited access to food. For purposes of annual SDG monitoring, the questions are asked with reference to the 12 months preceding the survey.

FAO provides estimates of food insecurity at two different levels of severity: moderate or severe food insecurity and severe food insecurity. People affected by moderate food insecurity face uncertainties about their ability to obtain food and have been forced to reduce, at times during the year, the quality and/or quantity of food they consume due to lack of money or other resources. Severe food insecurity refers to situations when individuals have likely run out of food, experienced hunger and, at the most extreme, gone for days without eating. The prevalence of moderate or severe food insecurity is the combined prevalence of food insecurity at both severity levels.

Source: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/FS>

### Stunting, wasting and overweight in children under five years of age

**Stunting:** Height/length (cm) for age (months)  $< -2$  SD (standard deviation) of the WHO Child Growth Standards median. Low height-for-age is an indicator that reflects the cumulative effects of undernutrition and infections since and even before birth. It may be the result of long-term nutritional deprivation, recurrent infections and lack of water and sanitation infrastructures. Stunted children are at greater risk for illness and death. Stunting often adversely affects the cognitive and physical growth of children, making for poor performance in school and reduced intellectual capacity.

Prevalence cut-off values for public health significance are as follows: very low:  $< 2.5$  percent; low:  $2.5 - < 10$  percent; medium:  $10 - < 20$  percent; high:  $20 - < 30$  percent; very high:  $\geq 30$  percent.

**Wasting:** Weight (kg) for height/length (cm)  $< -2$  SD of the WHO Child Growth Standards median. Low weight-for-height is an indicator of acute weight loss or a failure to gain weight and can be the result of insufficient food intake and/or an incidence of infectious diseases, especially diarrhoea. Wasting indicates acute malnutrition and increases the risk of death in childhood from infectious diseases such as diarrhoea, pneumonia and measles.

Prevalence cut-off values for public health significance for wasting are as follows: very low:  $< 2.5$  percent; low:  $2.5 - < 5$  percent; medium:  $5 - < 10$  percent; high:  $10 - < 15$  percent; very high:  $\geq 15$  percent.

**Overweight:** Weight (kg) for height/ length (cm)  $> +2$  SD of the WHO Child Growth Standards median. This indicator reflects excessive weight gain for height generally due to energy intakes exceeding children's energy requirements. Childhood overweight and obesity is associated with a higher probability of overweight and obesity in adulthood, which can lead to various non-communicable diseases, such as diabetes and cardiovascular diseases.

Prevalence cut-off values for public health significance for child overweight are as follows: very low:  $< 2.5$  percent; low:  $2.5 - < 5$  percent; medium:  $5 - < 10$  percent; high:  $10 - < 15$  percent; very high:  $\geq 15$  percent.

Data source: UNICEF, WHO & World Bank. 2023. *UNICEF-WHO-World Bank: Joint child malnutrition estimates - Levels and trends (2023 edition)*. [Cited 24 April 2023]. <https://data.unicef.org/resources/jme-report-2023>

### Exclusive breastfeeding

Exclusive breastfeeding for infants under six months of age is defined as receiving only breastmilk and no additional food or drink, not even water. Exclusive breastfeeding is a cornerstone of child survival and is the best food for newborns, as breastmilk shapes the baby's microbiome, strengthens the immune system and reduces the risk of developing chronic diseases. Breastfeeding also benefits mothers by preventing postpartum haemorrhage and promoting uterine involution, decreasing risk of iron-deficiency anaemia, reducing the risk of various types of cancer and providing psychological benefits.

Data source: UNICEF. 2022. Infant and young child feeding. In: *UNICEF*. [Cited 6 April 2023]. <https://data.unicef.org/topic/nutrition/infant-and-young-child-feeding/>

### Low birthweight

Low birthweight is defined as a weight at birth of less than 2 500 g (less than 5.51 lbs), regardless of gestational age. A newborn's weight at birth is an important marker of maternal and foetal health and nutrition.

Data source: UNICEF and WHO. 2023. *Low birthweight joint estimates 2023 edition*. [Cited 12 July 2023]. [www.who.int/teams/nutrition-and-food-safety/monitoring-nutritional-status-and-food-safety-and-events/joint-low-birthweight-estimates](http://www.who.int/teams/nutrition-and-food-safety/monitoring-nutritional-status-and-food-safety-and-events/joint-low-birthweight-estimates)

### Adult obesity

The body mass index (BMI) is the ratio of weight-to-height commonly used to classify the nutritional status of adults. It is calculated as the body weight in kilograms divided by the square of the body height in metres ( $\text{kg}/\text{m}^2$ ). Obesity includes individuals with BMI greater than or equal to  $30 \text{ kg}/\text{m}^2$ .

Data source: WHO. 2020. Global Health Observatory (GHO) data repository. In: WHO. [Cited 28 April 2020]. <https://apps.who.int/gho/data/node.main.A900A?lang=en>

### Anaemia in women aged 15 to 49 years

Definition: percentage of women aged 15–49 years with a haemoglobin concentration less than 120 g/L for non-pregnant and lactating women, and less than 110 g/L for pregnant women, adjusted for altitude and smoking.

Prevalence cut-off values for public health significance are as follows: no public health problem: <5 percent; mild: 5–19.9 percent; moderate: 20–39.9 percent; severe  $\geq 40$  percent.

Data source: WHO. 2021. Vitamin and Mineral Nutrition Information System (VMNIS). In: WHO. Geneva, Switzerland. Cited 25 May 2021. [www.who.int/teams/nutrition-food-safety/databases/vitamin-and-mineral-nutrition-information-system](http://www.who.int/teams/nutrition-food-safety/databases/vitamin-and-mineral-nutrition-information-system). WHO. 2021. Global anaemia estimates, 2021 edition. In: WHO | Global Health Observatory (GHO) data repository. [Cited 20 April 2023]. [www.who.int/data/gho/data/themes/topics/anaemia\\_in\\_women\\_and\\_children](http://www.who.int/data/gho/data/themes/topics/anaemia_in_women_and_children)

### Cost and affordability of a healthy diet

The cost of a healthy diet indicator is the cost of purchasing the least expensive locally available foods to meet requirements for energy and food-based dietary guidelines (FBDGs), for a representative person within energy balance at 2 330 kcal/day. The cost of a healthy diet is converted to international dollars using purchasing power parity (PPP).

The affordability of a healthy diet indicators measure the percentage and the number of the total population unable to afford a healthy diet. A healthy diet is considered unaffordable in a country when its cost exceeds 52 percent of household income. This percentage accounts for a portion of income that can be credibly reserved for food, based on observations that the population in low-income countries spend, on average, 52 percent of their income on food, as derived from the 2017 national accounts household expenditure data of the World Bank's International Comparison Programme (ICP). Income data are provided by the World Bank's Poverty and Inequality Platform.

Data source: FAO. 2023. Cost and Affordability of a Healthy Diet (CoAHD). In: FAOSTAT. Rome. [Cited 12 July 2023]. <https://www.fao.org/faostat/en/#data/CAHD>

## ANNEX 3 NOTES

For specific country notes, please refer to Tables A.1.1 and A.1.2 in FAO, IFAD, UNICEF, WFP and WHO. 2023. *The State of Food Security and Nutrition in the World 2023. Urbanization, agrifood system transformation and healthy diets across the rural-urban continuum*. Rome, FAO. <https://doi.org/10.4060/cc3017en>

### **Prevalence of undernourishment**

Regional estimates were included when more than 50 percent of the population was covered. National estimates are reported as three-year moving averages to control for the low reliability of some of the underlying parameters such as the year-to-year variation in food commodity stocks, one of the components of the annual FAO Food Balance Sheets, for which complete and reliable information is scarce. Regional and global aggregates are reported as annual estimates on account of the fact that possible estimation errors are expected not to be correlated across countries.

### **Food insecurity**

Regional estimates were included when more than 50 percent of the population was covered. To reduce the margin of error, national estimates are presented as three-year averages.

FAO estimates refer to the number of people living in households where at least one adult has been found to be food-insecure.

Country-level results are presented only for those countries for which estimates are based on official national data or as provisional estimates, based on FAO data collected through the Gallup® World Poll, for countries whose national relevant authorities expressed no objection to their publication. Note that consent to publication does not necessarily imply validation of the estimate by the national authorities involved and that the estimate is subject to revision as soon as suitable data from official national sources are available. Global, regional and subregional aggregates are based on data collected in approximately 150 countries.

**Child stunting, wasting and overweight**

For child wasting regional estimates, values correspond to the model-predicted estimates for the year 2022 only. Wasting is an acute condition that can change often and rapidly over the course of a calendar year. This makes it difficult to generate reliable trends over time with the input data available. As such, this report provides only the most recent global and regional estimates.

**Exclusive breastfeeding**

Regional estimates are included when more than 50 percent of the population is covered.

## ANNEX 4

# COUNTRY GROUPINGS

FAO uses the M49 country and regional groupings, available at <https://unstats.un.org/unsd/methodology/m49>.

In this report, Central Africa refers to the M49 Middle Africa grouping.

The groupings are:

- **Central Africa:** Angola, Cameroon, Central African Republic, Chad, Congo, Democratic Republic of the Congo, Equatorial Guinea, Gabon, Sao Tome and Principe;
- **Eastern Africa:** Burundi, Comoros, Djibouti, Eritrea, Ethiopia, Kenya, Madagascar, Malawi, Mauritius, Mozambique, Rwanda, Seychelles, Somalia, South Sudan, Uganda, United Republic of Tanzania, Zambia, Zimbabwe;
- **Northern Africa:** Algeria, Egypt, Libya, Morocco, Sudan, Tunisia;
- **Southern Africa:** Botswana, Eswatini, Lesotho, Namibia, South Africa;
- **Western Africa:** Benin, Burkina Faso, Cabo Verde, Côte d'Ivoire, Gambia, Ghana, Guinea, Guinea-Bissau, Liberia, Mali, Mauritania, Niger, Nigeria, Senegal, Sierra Leone, Togo.

## NOTES

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