



# 2018 Global Nutrition Report

**Shining a light to  
spur action on nutrition**

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

---

# About the Global Nutrition Report

# The Global Nutrition Report *2014 to today*

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

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

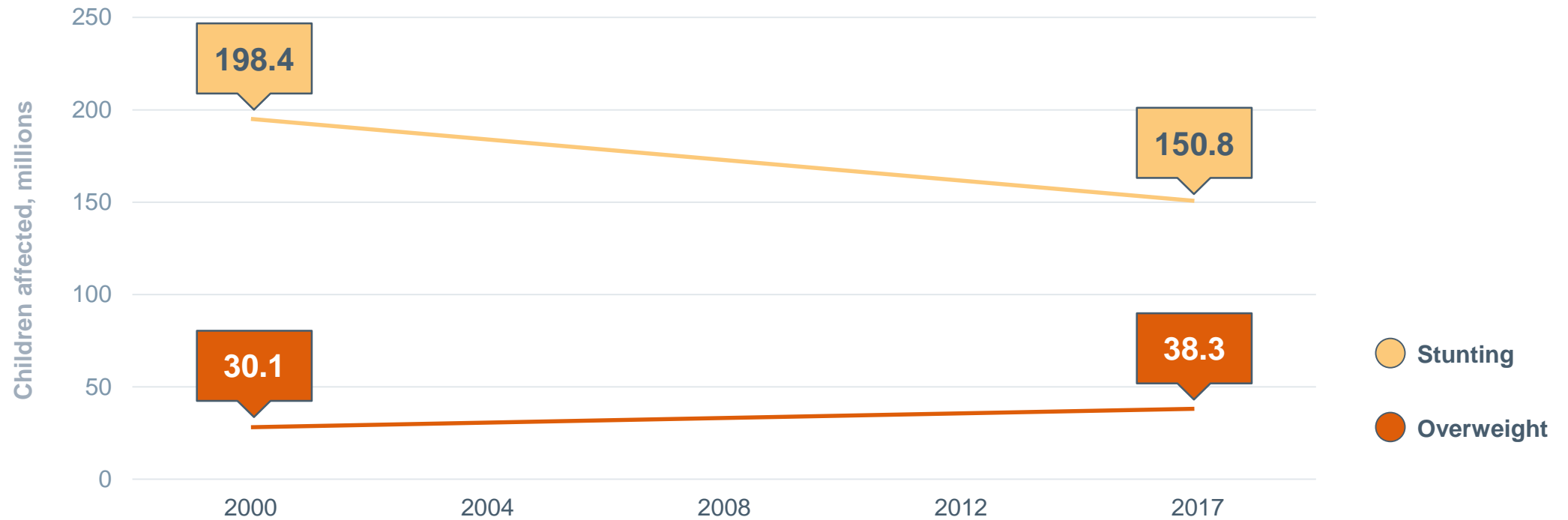
- Chapter 1  
**Why malnutrition matters**
- Chapter 2  
**The burden of malnutrition**
- Chapter 3  
**Three issues in critical need of attention**
- Chapter 4  
**What people eat and why it matters**
- Chapter 5  
**The fight against malnutrition – commitments and financing**
- Chapter 6  
**Critical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

---

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

# Stunting is declining (2000–2017)

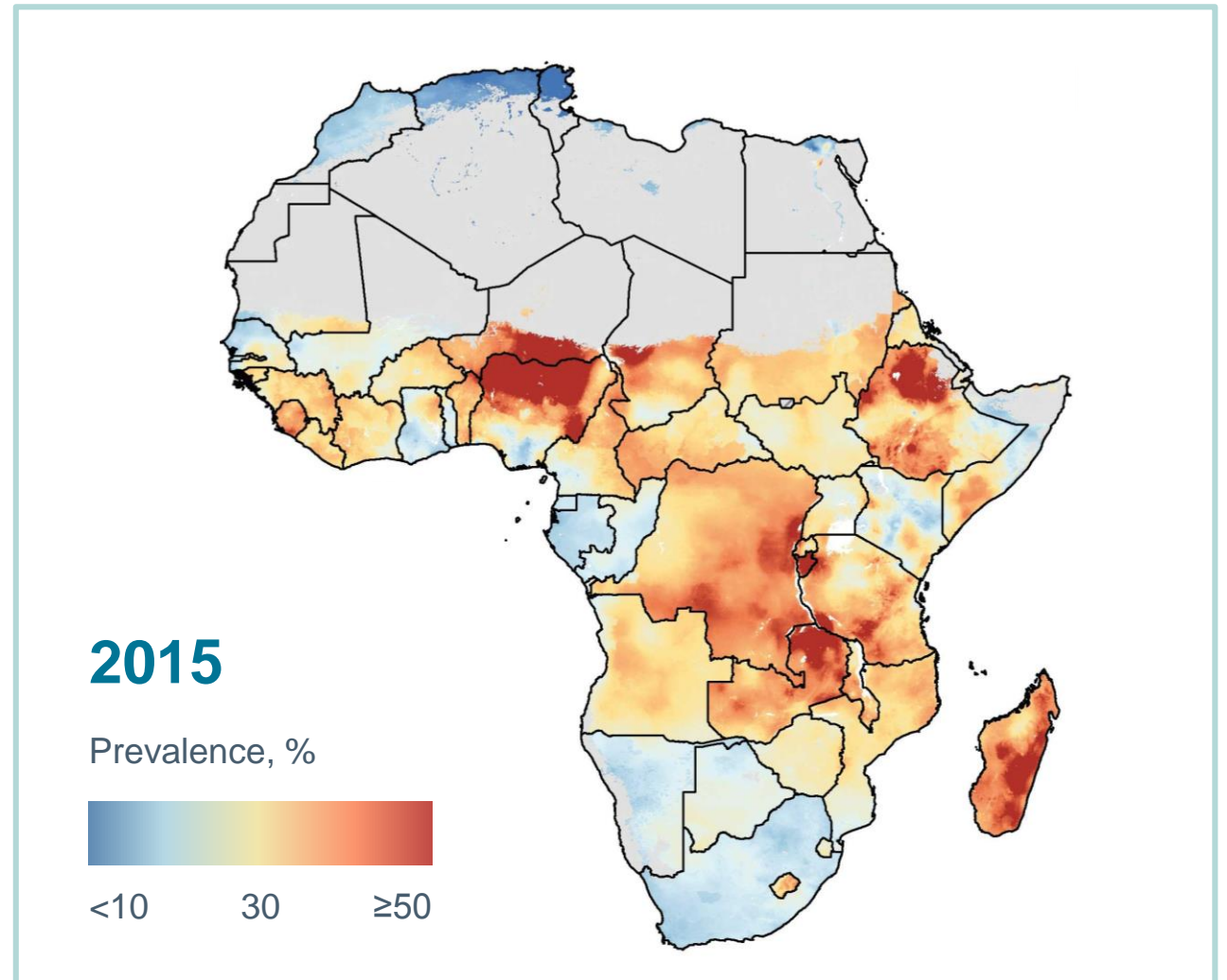
Most significant declines are in Asia and Latin America and the Caribbean



Source: NCD Risk Factor Collaboration

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

Prevalence of stunting in Africa



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

## Global nutrition targets for 2025



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



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



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



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



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



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

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



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



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



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



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



## TARGET 5:

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



## Burkina Faso

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

## Nepal

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

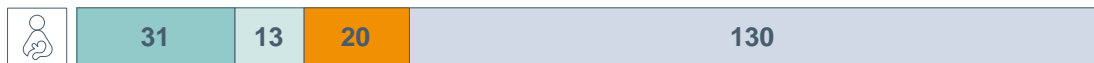
# Yet progress towards targets is too slow

## Maternal, infant and young child nutrition targets

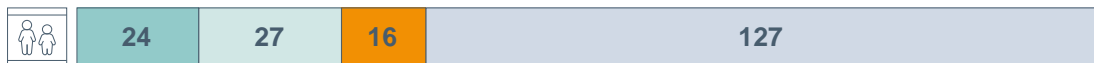
Anaemia



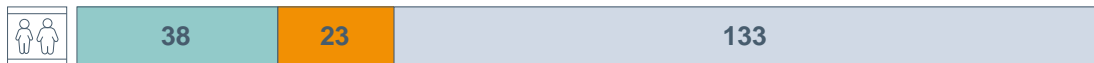
Exclusive breastfeeding



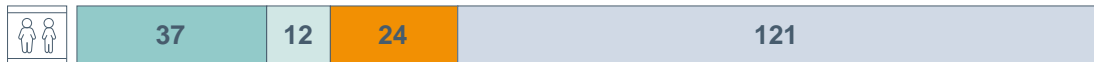
Childhood stunting



Childhood overweight



Childhood wasting



## Nutrition-related NCD targets

Obesity, men



Obesity, women



Diabetes, men



Diabetes, women



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

# ... including for stunting

## Childhood stunting



### Off course

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

### Baseline (2012)

165.2m



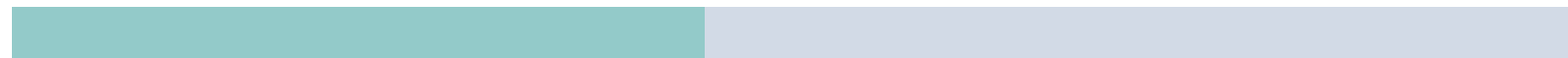
### 2017 data

150.8m



### Target (2025)

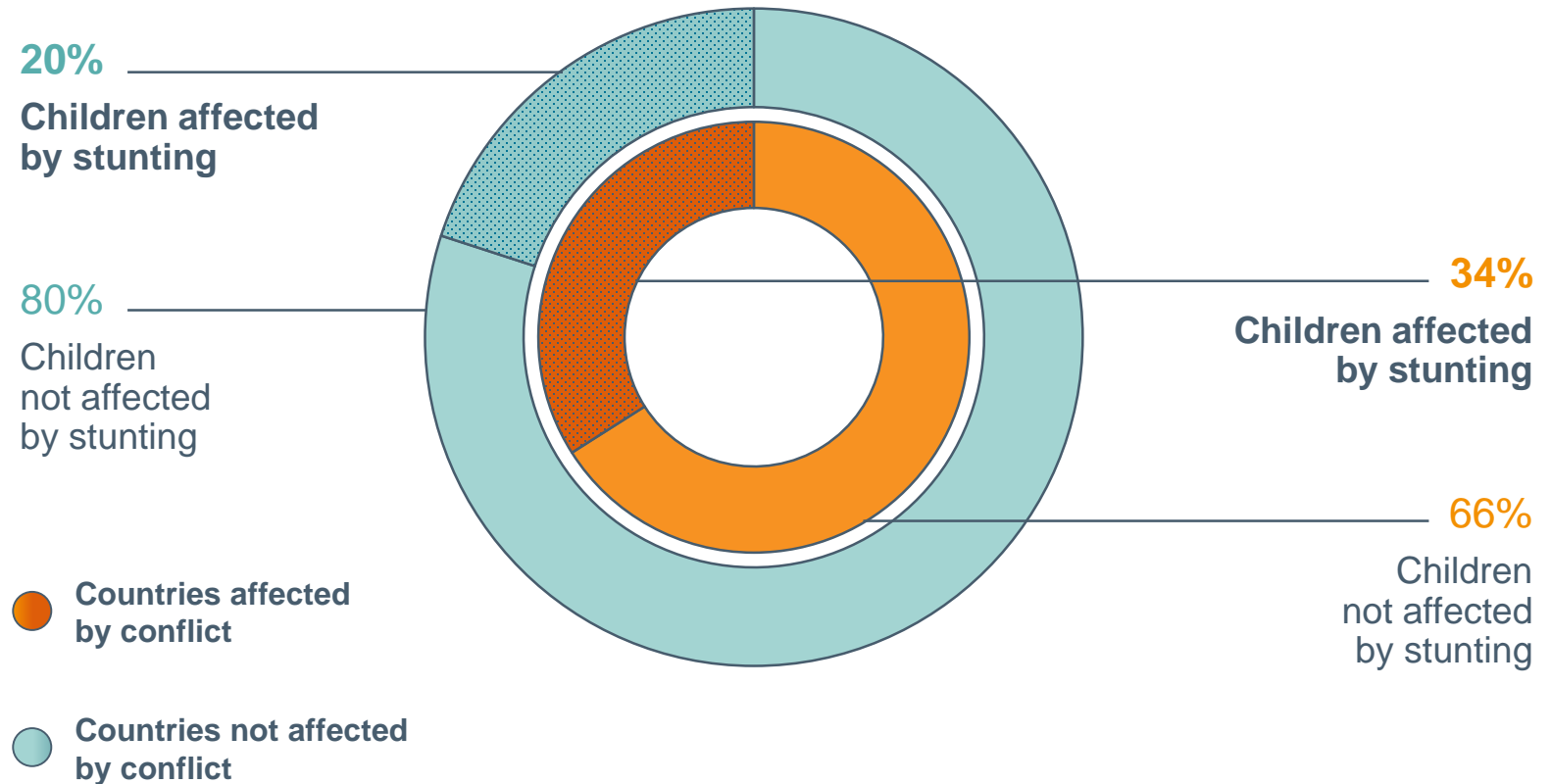
Around 100m



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

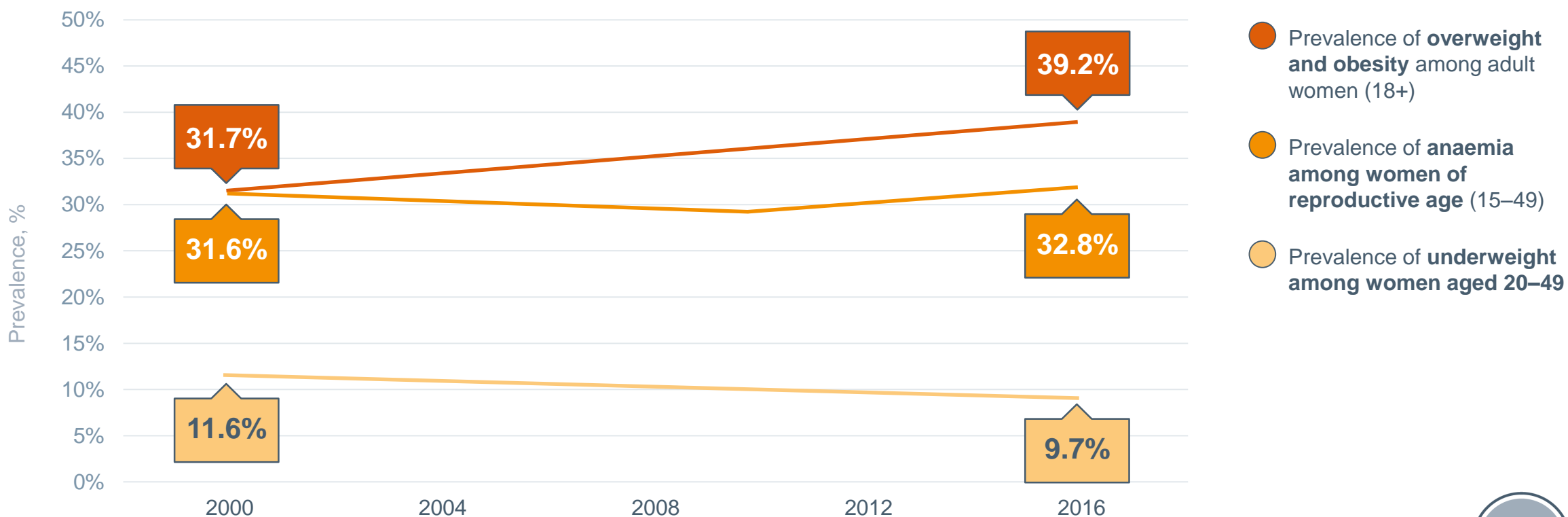
# Stunting is shown to be higher in conflict versus non-conflict countries

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

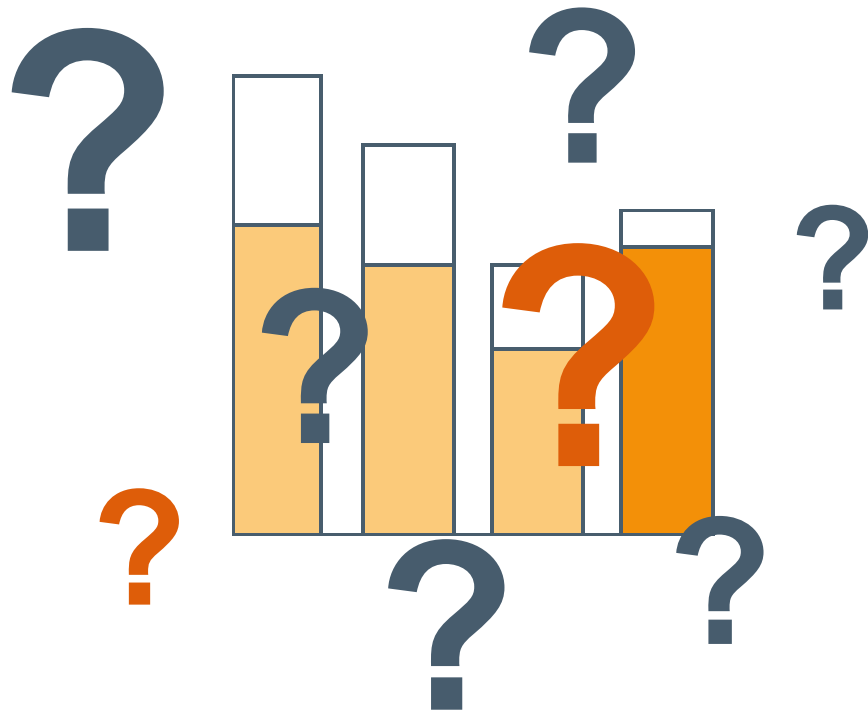


# Rates of anaemia and women underweight have barely changed

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



# We still lack key evidence for tackling micronutrient deficiency



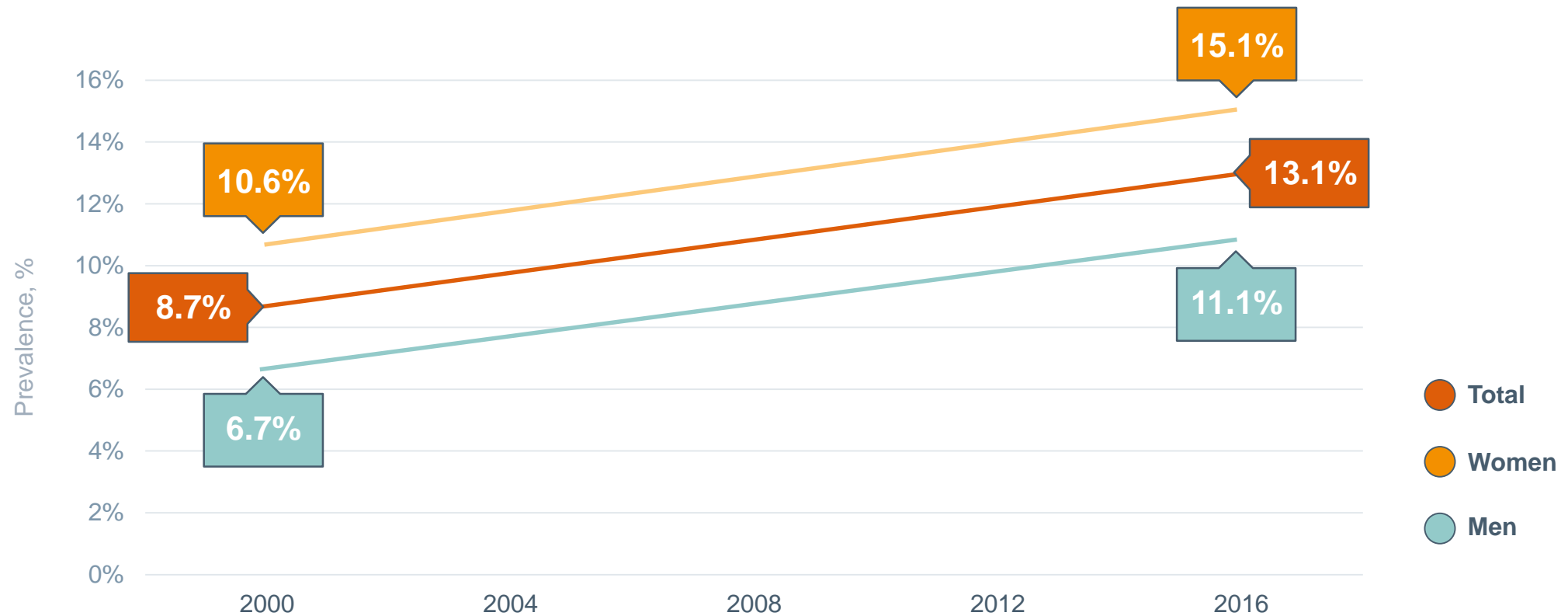
It's often cited that \_\_\_\_\_

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

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

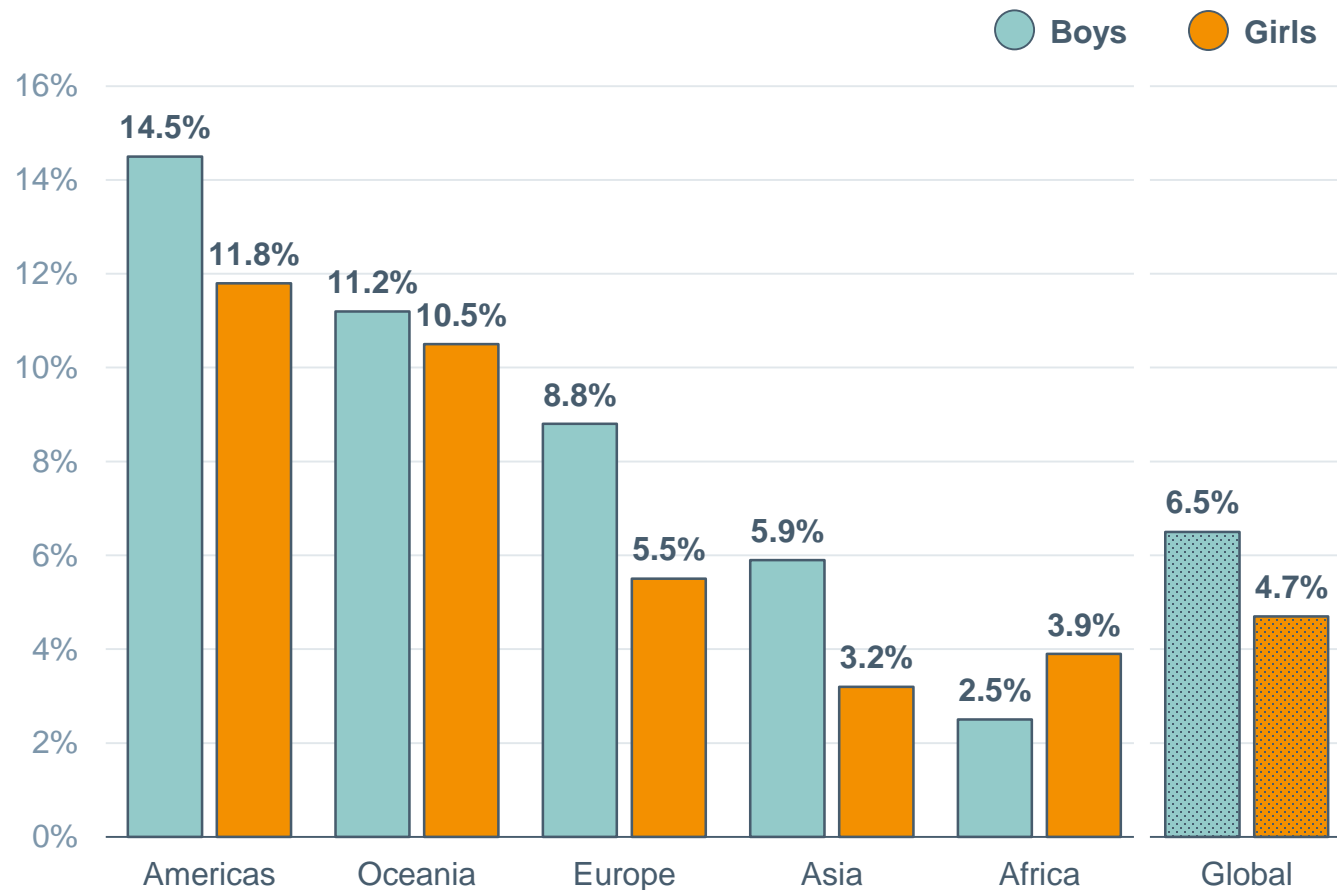
# Adult overweight and obesity continue to rise

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



# Significant challenges in adolescent nutrition

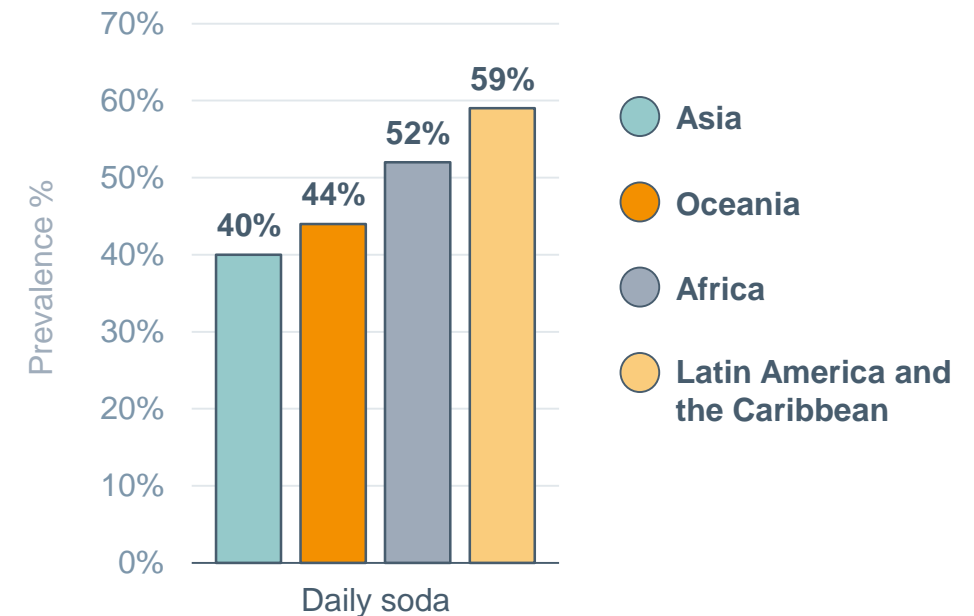
Adolescent obesity, ages 10 to 19 years, by region, 2016



## Poor dietary behaviour

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

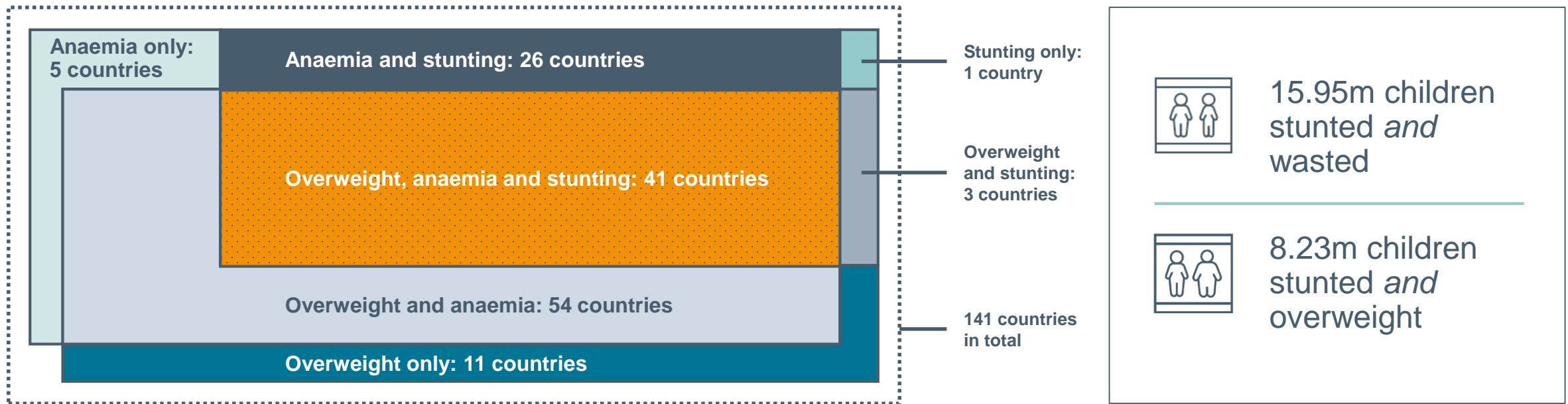
## Daily soda





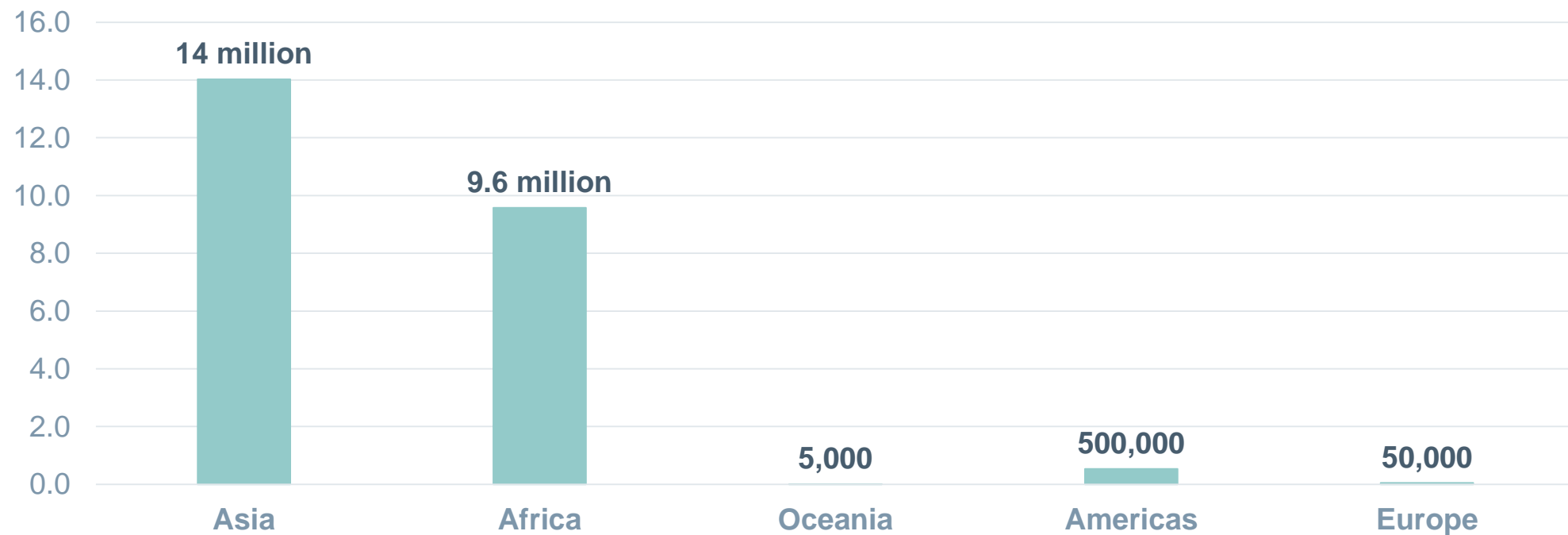
# 88% of countries face overlapping burdens

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



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

Children under 5 experiencing two forms of malnutrition

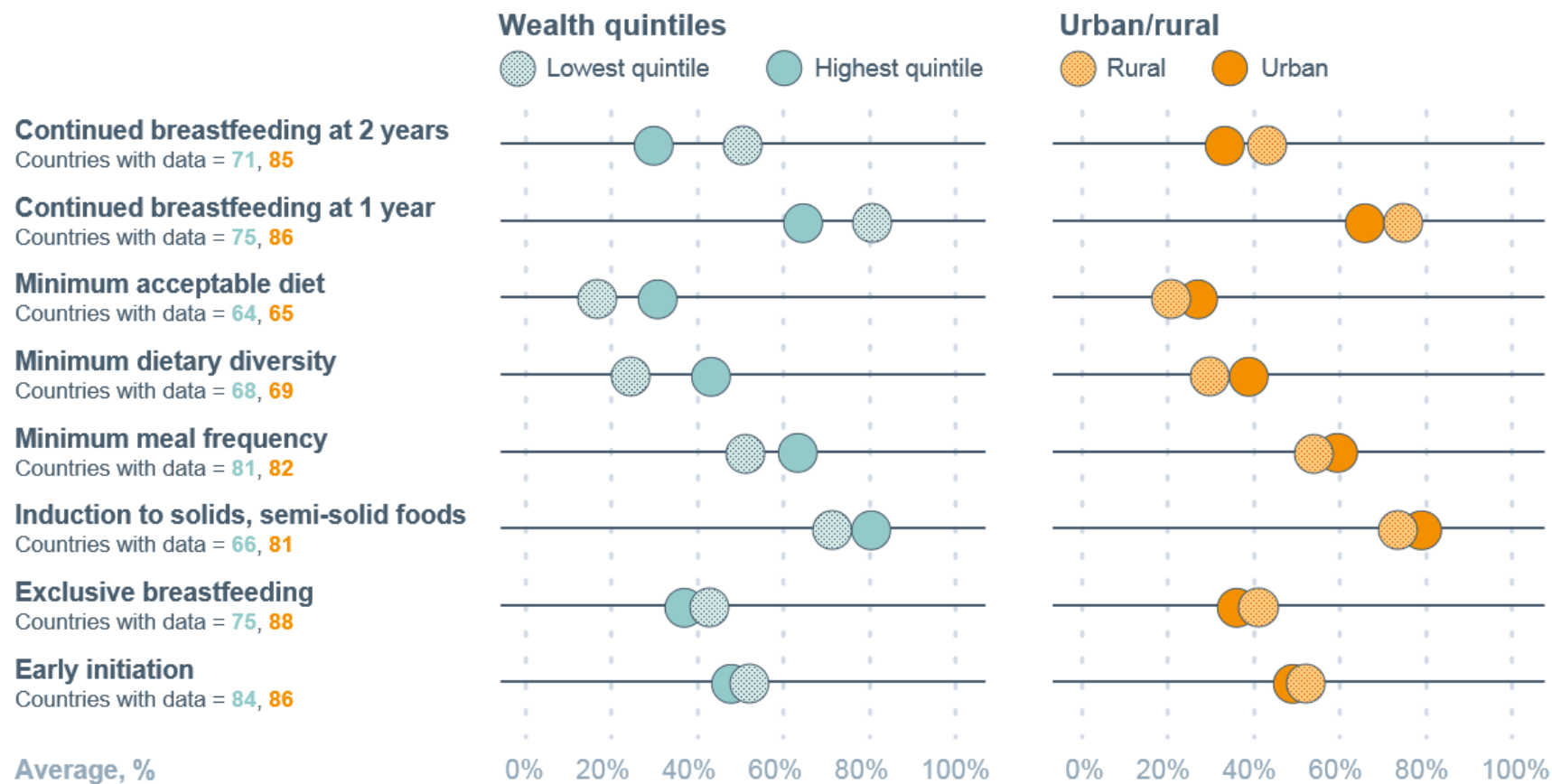


---

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

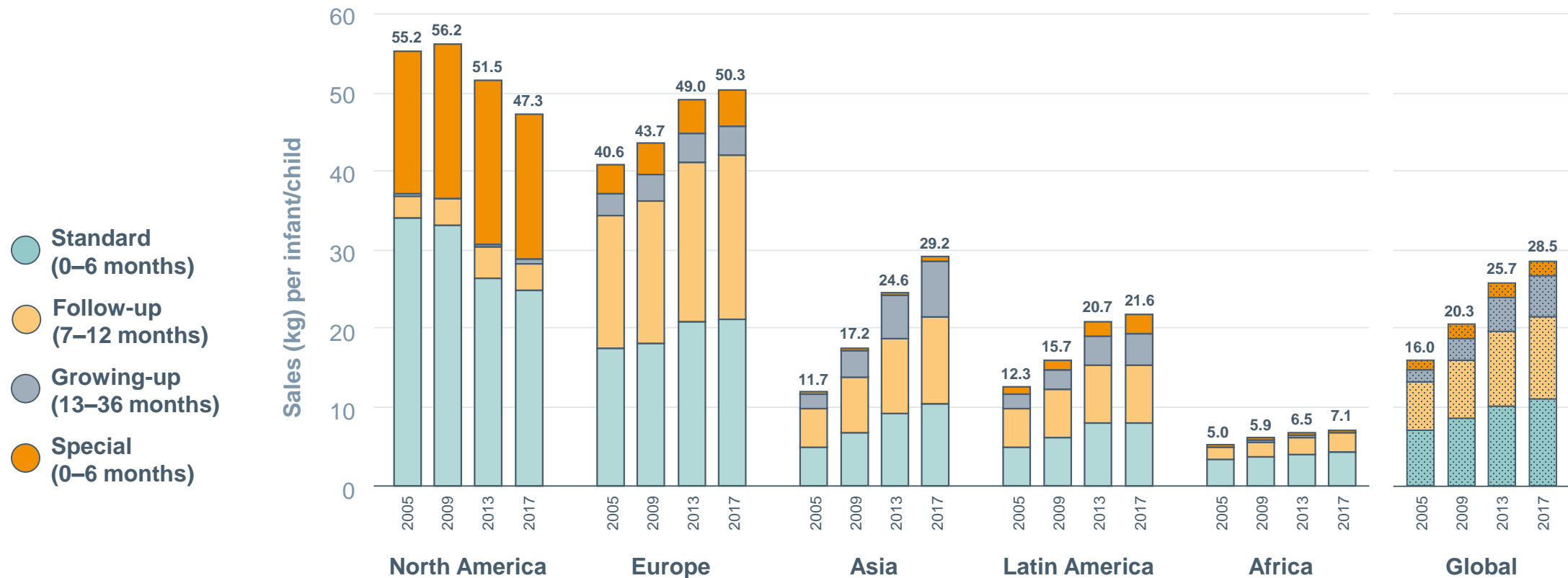
# Diets of infants and young children are suboptimal everywhere

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



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

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



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

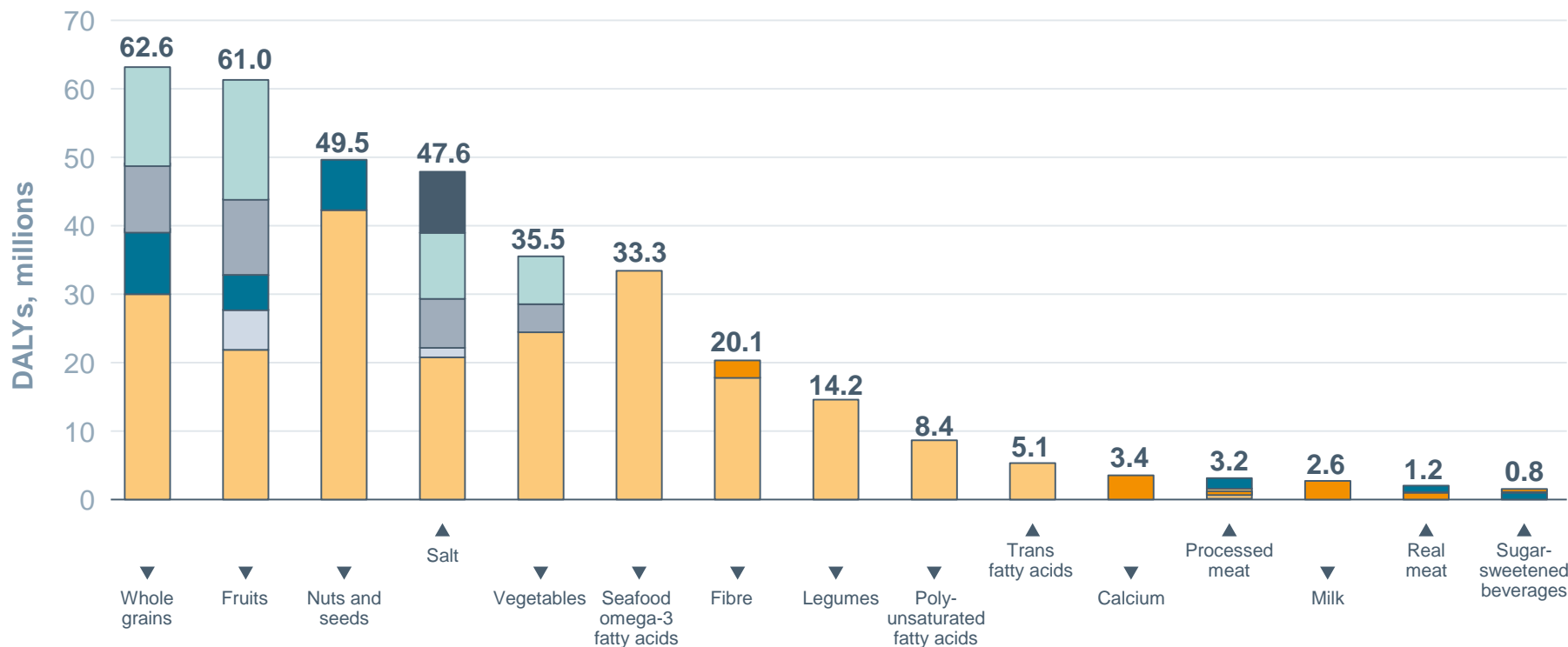
DALYs related to each dietary risk factor

Risk factors

▼ A diet that is low in

▲ A diet that is high in

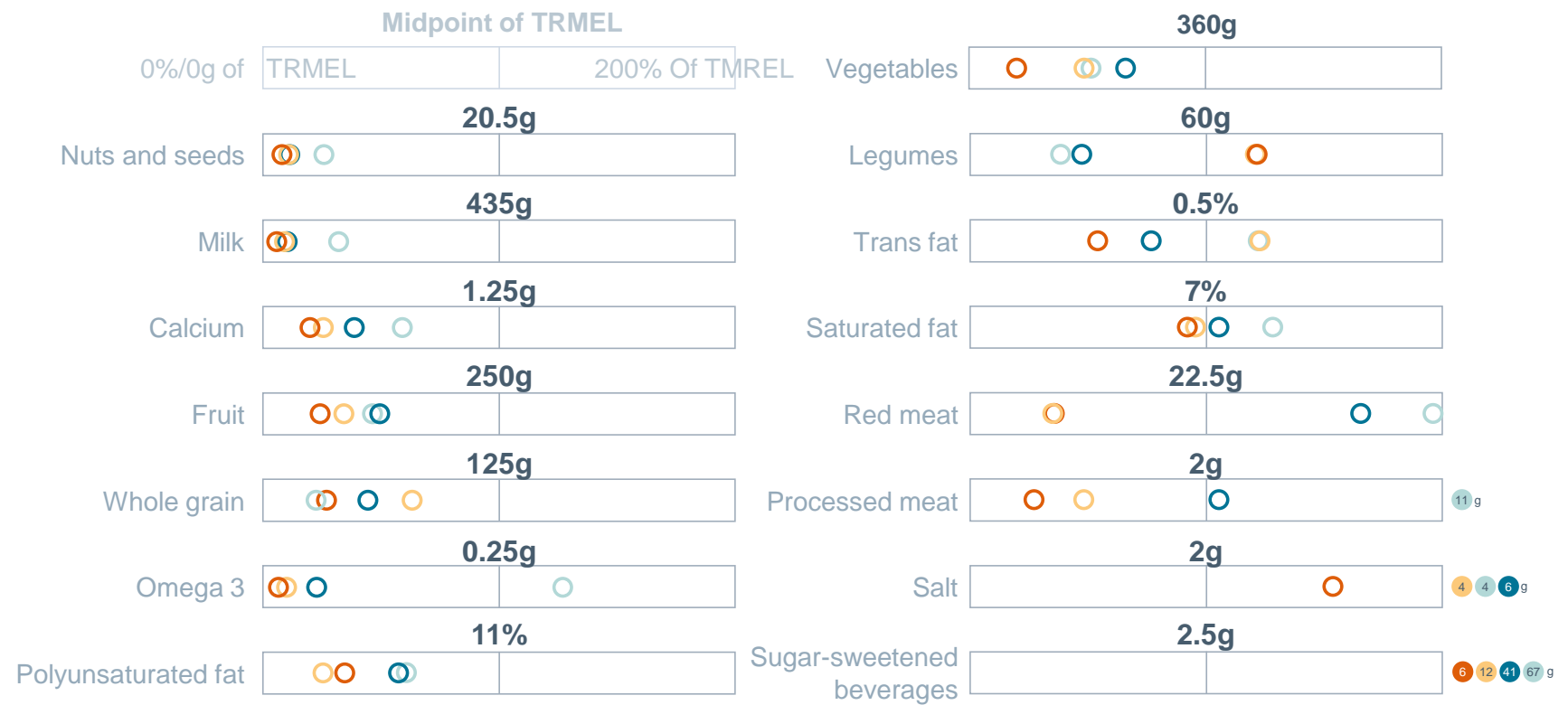
- Ischemic heart disease
- Other cancers
- Diabetes mellitus
- Ischemic stroke
- Intracerebral hemorrhage
- Colon and rectum cancer
- Other



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

Consumption of food groups and components across income groups, 2016

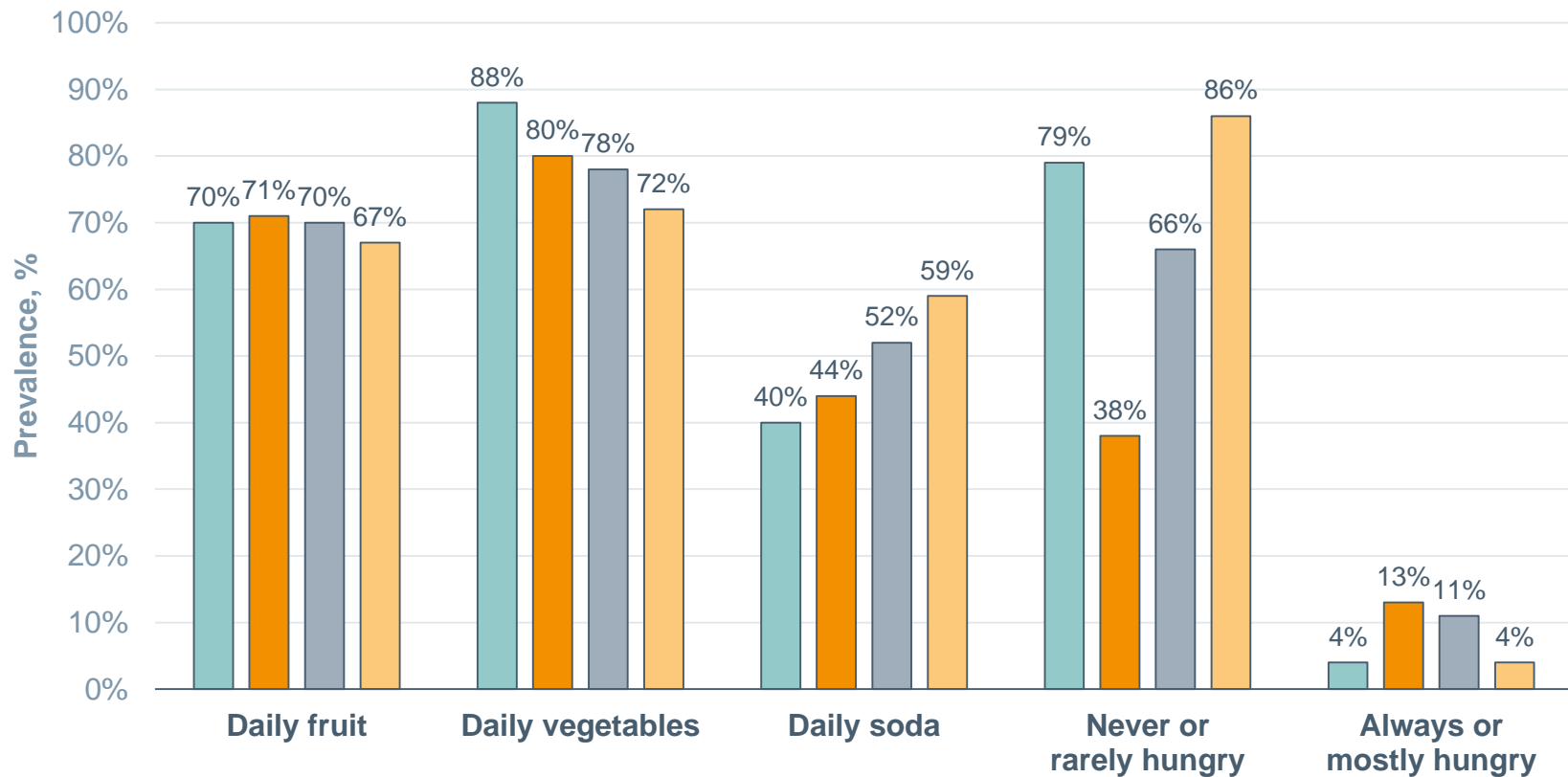
- Low income
- Lower-middle income
- Upper-middle income
- High income



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

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

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

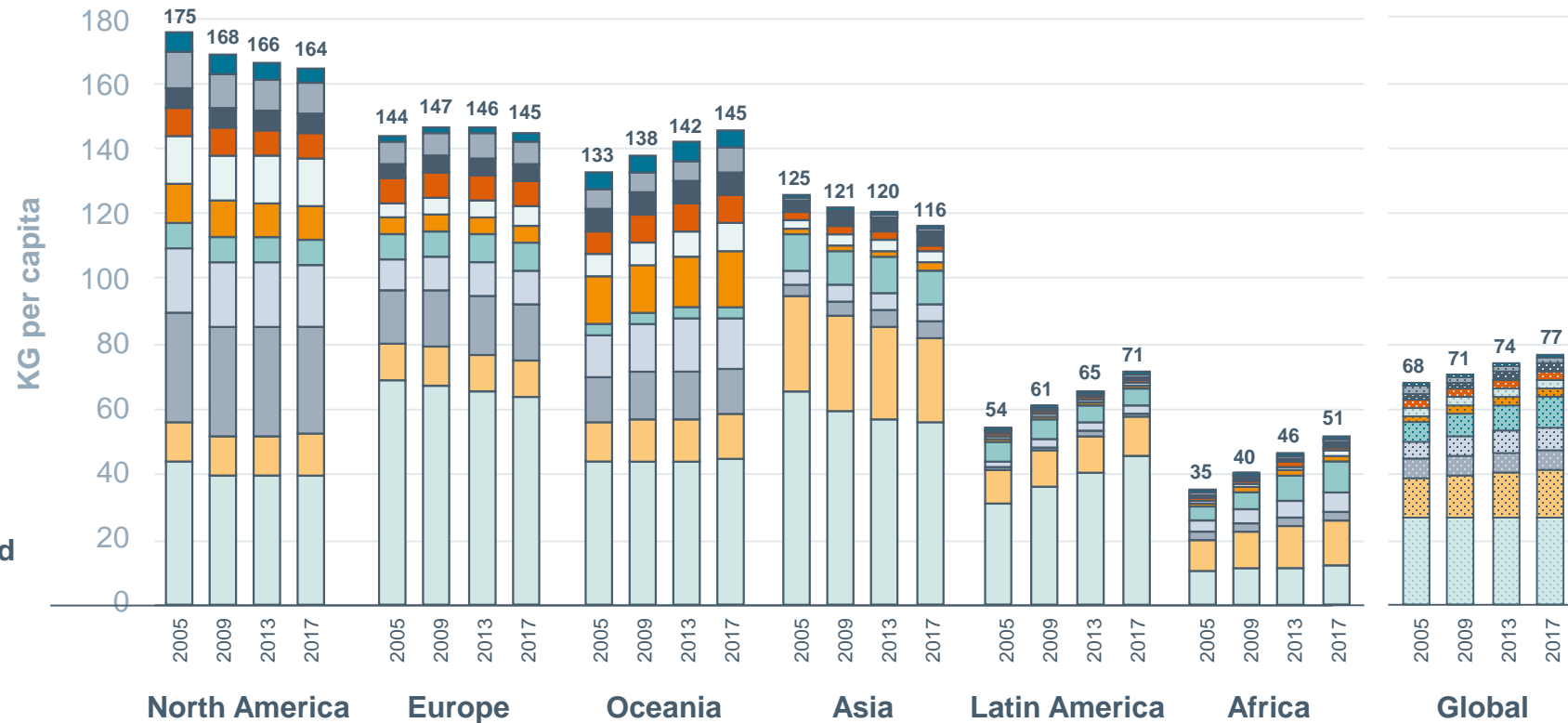




# 69% packaged foods aren't aligned with healthy diets

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

- Breakfast cereals
- Ready meals
- Sweet biscuits, snack bars and fruit snacks
- Confectionary
- Savoury snacks
- Ice cream and frozen desserts
- Edible oils
- Sauces, dressings and condiments
- Processed meat and seafood
- Dried processed foods
- Baked goods



# But there is progress in effective policies and programmes



## 1. More countries have mandatory fortification

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



## 2. Governments are acting to improve diets

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



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

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



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

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

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

Global Dietary Database

---

Global Burden of Disease study

---

FAO/WHO GIFT

---

Gallup Diet Quality Worldwide project,

---

International Dietary Data Expansion (INDDEX) Project

Intake at the Center for Dietary Assessment at FHI 360

---

IANDA project

---

Fill the Nutrient Gap tool

---

INFORMAS

---

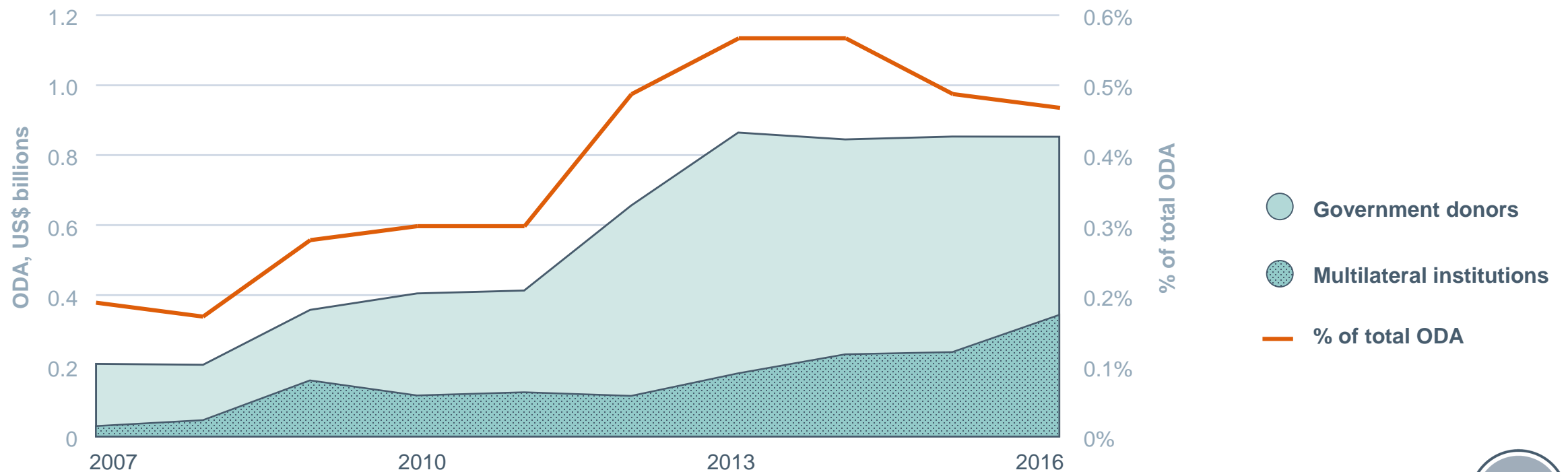
Range of initiatives for adolescents, bringing in their voices e.g. TALENT, CO-CREATE

---

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

# Disbursements to nutrition through overseas development assistance were US\$856 million in 2016

Basic nutrition ODA disbursements, 2007–2016



# The N4G financing target was met 2 years early

**N4G** NUTRITION FOR GROWTH PLEDGE

Target exceeded two years early

by 2020

**US\$19.6 bn**

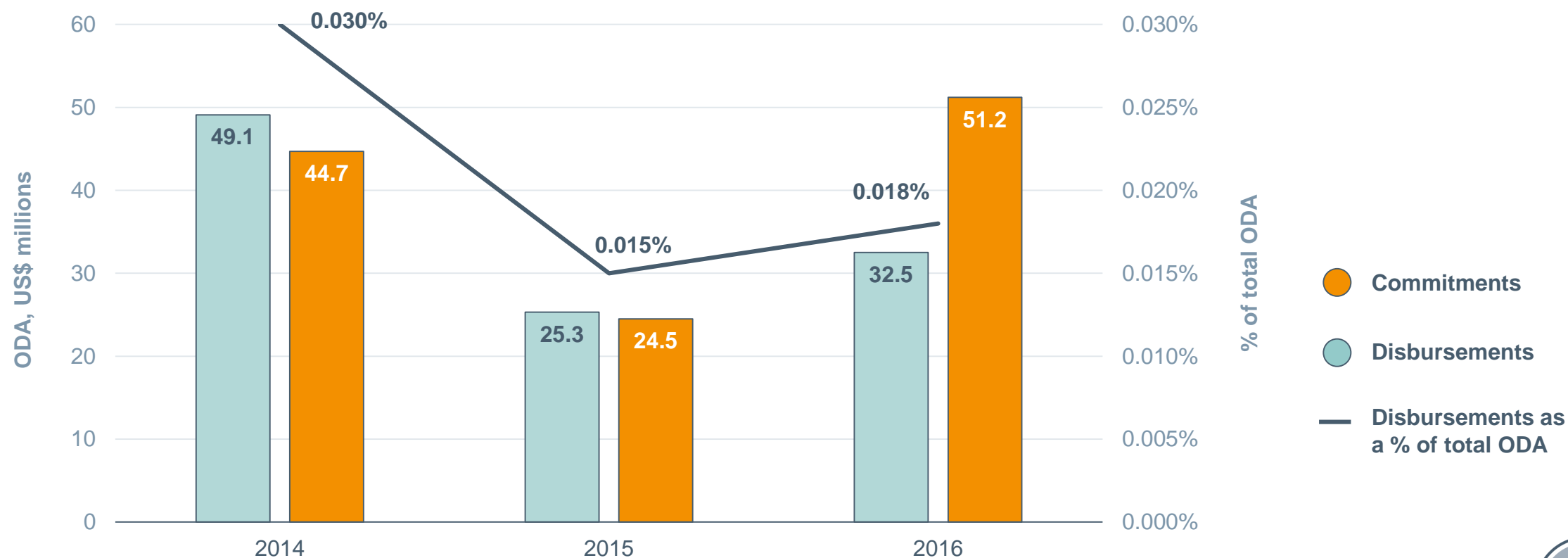
disbursed in 2018

**US\$21.8 bn**

**Milan Summit 2017:**  
an additional US\$640 million was pledged and all financial commitments were SMART.

# Disbursements to diet-related NCD projects rose to US\$32.5 million in 2016

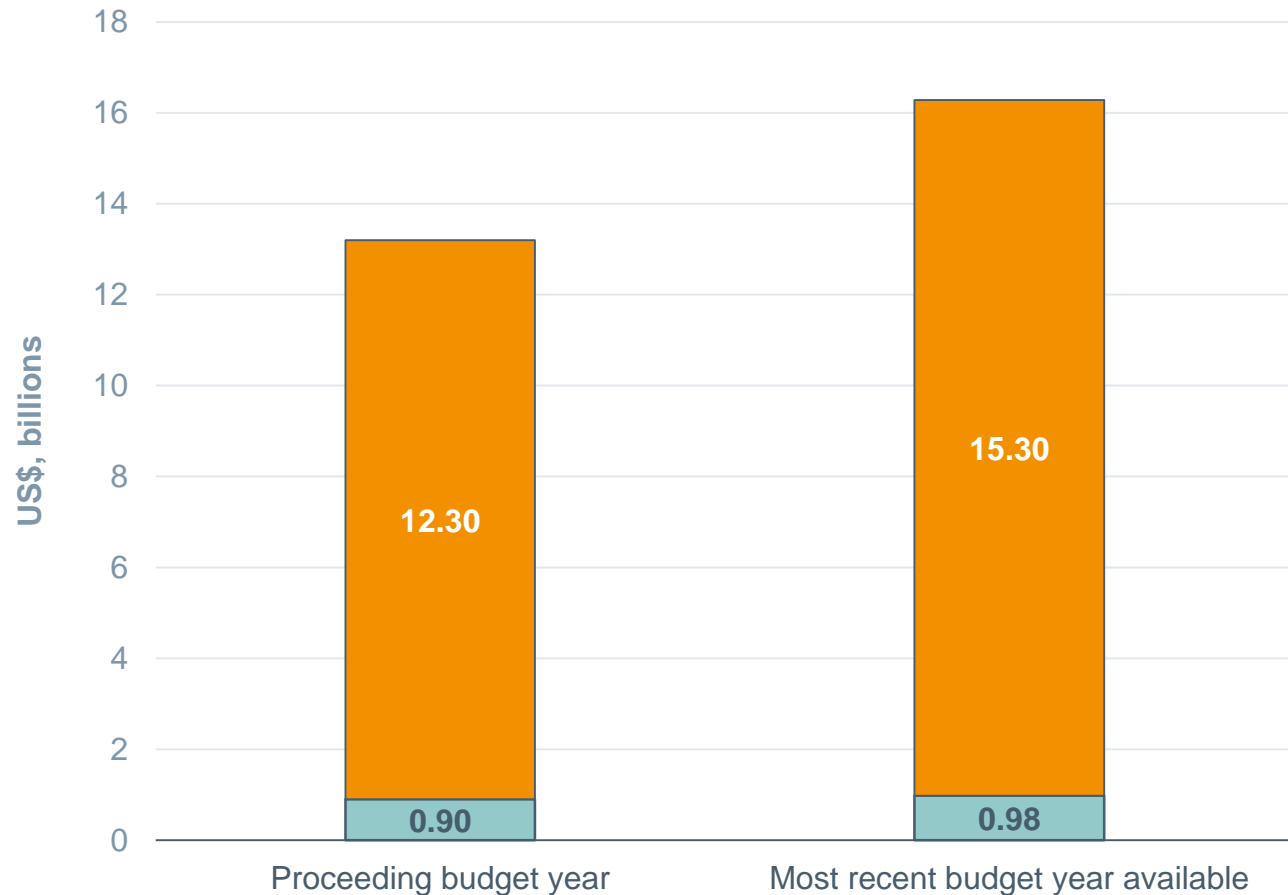
Diet-related NCD ODA disbursements and commitments, 2014–2016



# Domestic spending in 25 countries risen from US\$13.2bn to 16.2bn over their last 2 budget years

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

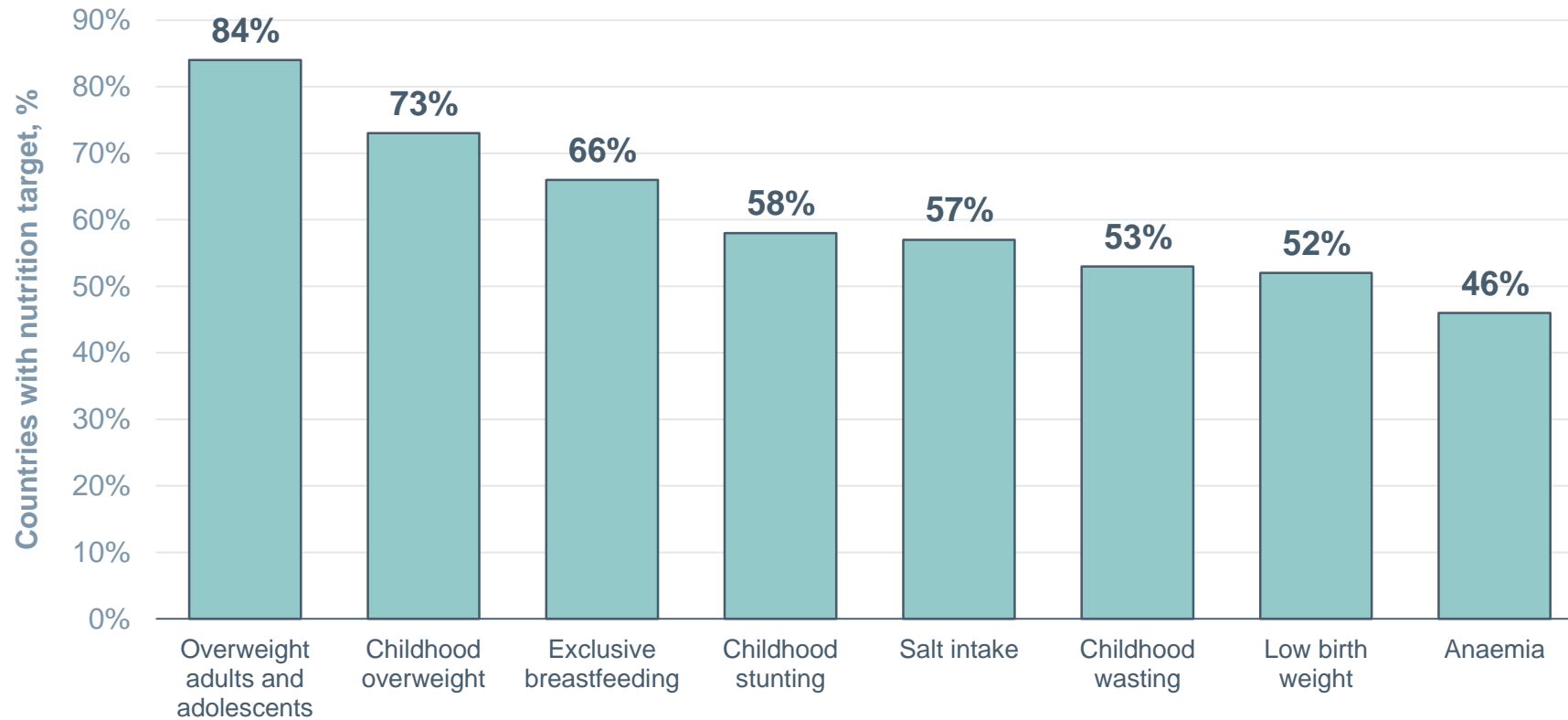
- Nutrition-sensitive allocations
- Nutrition-specific allocations





# 81% of countries have three or more nutrition targets

Percentage of countries with selected nutrition targets, 2018



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

**164 countries** have nutrition action plans

---

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

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

---

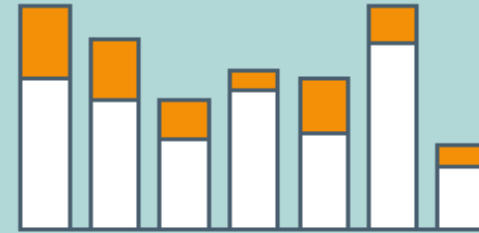
# 5 critical steps to speed up progress

# Five critical steps

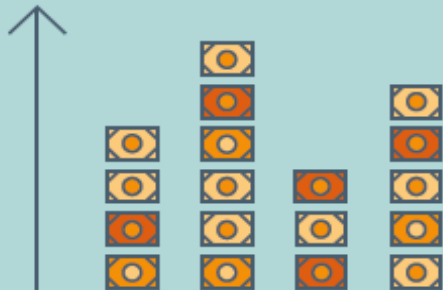
**1: Break down silos and develop comprehensive programmes**



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



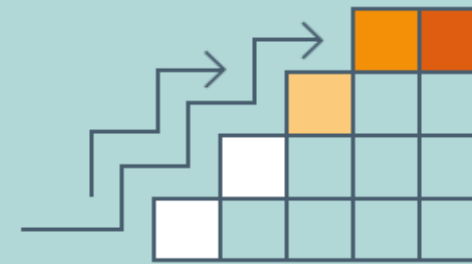
**3: Scale up and diversify financing for nutrition**



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



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





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

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