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Organization of the  
United Nations

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for every child

2021



ASIA AND THE PACIFIC  
**REGIONAL OVERVIEW  
OF FOOD SECURITY  
AND NUTRITION**

**STATISTICS AND TRENDS**



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Woman prepares bananas for sale and consumption in Apia, Samoa.

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Food and Agriculture Organization of the United Nations  
Bangkok, 2021

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# FOREWORD

This most recent report on the state of food security and nutrition in Asia and the Pacific tells a grim story. An estimated 375.8 million people in the region faced hunger in 2020, which is nearly 54 million more people than in 2019. In this region alone, more than 1.1 billion people did not have access to adequate food in 2020 – an increase of almost 150 million people in just one year. The high cost of a healthy diet and persistently high levels of poverty and income inequality continue to hold healthy diets out of reach for 1.8 billion people in this region.

The pre-existing food security and nutrition situation in Asia and the Pacific in 2019, described in last year's report, was already quite discouraging. Progress had stalled in reducing the number of undernourished, and the prevalence of certain nutritional indicators, such as stunting in children under five years of age, was much too high. Since then, the situation has worsened. While it is not yet possible to fully quantify the impact of the COVID-19 pandemic in 2020, clearly it has had a serious impact across the region. Even countries that initially reported a limited number of COVID-19 cases experienced the negative effects of the containment measures, combined with people's health concerns, that led to a major contraction of economic activity around the globe. Disruption in food supply chains only added to the problems. The situation could have been worse without the response of governments and the impressive social protection measures they put in place during the crisis.

In building back better, future agri-food systems will have to provide better production, better nutrition, a better environment and better livelihoods. Our focus must revolve around the needs of small-scale family farmers in the region, as well as the needs of other vulnerable groups such as indigenous people, women and youth. These are the people that produce the nutritious food that everyone needs to eliminate malnutrition.

Most of you reading this publication probably take for granted the wide variety of food that we eat. However, the authors hope that you can stop and reflect upon just how miraculous it is that so many different foods are available to us. We have rice that comes from any of the millions of family farms around the countryside, grown with the benefit of centuries of accumulated wisdom and transported over rough roads in the rainy

season; fruits from orchards that take years of investment before the trees will bear fruit, and are also subject to many different risks that could bring hardship to the grower at any moment; fish that are caught by fishers who brave rough seas in the darkness of early morning while most of us are asleep; meat and eggs that provide protein and micronutrients essential for healthy growth; nutritious vegetables; and spices that provide variety and flavour to our favourite dishes. Truly we should give thanks for all the work that is done by family farmers around the region. Where would we be without them?

This year there are opportunities to begin the hard work of advancing food security and nutrition through transforming agri-food systems such as the United Nations Food Systems Summit, the Nutrition for Growth Summit and the 2021 United Nations Climate Change Conference, also known as COP26. We must leverage the commitments made during these events to meet the second Sustainable Development Goal and eradicate food insecurity and malnutrition.

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Food and Agriculture Organization of the  
United Nations**

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**Regional Director, a.i. East Asia  
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# ACRONYMS AND ABBREVIATIONS

<b>BMI</b>	body mass index
<b>EBF</b>	exclusive breastfeeding
<b>FAO</b>	Food and Agriculture Organization of the United Nations
<b>FIES</b>	Food Insecurity Experience Scale
<b>GDP</b>	gross domestic product
<b>IFAD</b>	International Fund for Agricultural Development
<b>NCD</b>	noncommunicable chronic disease
<b>PoU</b>	Prevalence of undernourishment
<b>SDG</b>	Sustainable Development Goals
<b>SIDS</b>	Small Island Developing States
<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

- By disrupting economic and livelihood activities, the COVID-19 pandemic caused a dramatic economic downturn in Asia and the Pacific and exacerbated hunger and food insecurity.
- Economic downturns and contractions had a larger effect on the affordability of food than did increased food prices.
- Progress in reducing undernourishment in Asia and the Pacific slowed during the past few years, and the number of undernourished increased substantially (17 percent) between 2019 and 2020.
- In 2020, 375.8 million people in the region were undernourished, an increase of 53.9 million people over 2019. Most of these people (305.7 million) live in Southern Asia.
- The Food and Agriculture Organization of the United Nations (FAO) estimates that 443.8 million people in the region suffered from severe food insecurity in 2020, while an additional 667.4 million suffered from moderate food insecurity.

## ■ 1.1 PREVALENCE OF UNDERNOURISHMENT

FAO's prevalence of undernourishment (PoU) indicator is derived from official country data on food supply, food consumption and energy needs, while taking into consideration demographic characteristics such as age, sex and levels of physical activity. Designed to capture a state of energy deprivation lasting over a year, it does not reflect the short-lived effects of temporary crises or a temporarily inadequate intake of essential nutrients.

FAO strives always 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.<sup>1</sup>

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1 For more detail see FAO, IFAD, UNICEF, WFP & WHO. 2019. *The State of Food Security and Nutrition in the World 2019*. Rome, FAO.

Despite a history of rapid economic growth, nearly all countries in the region suffered an economic contraction in 2020 (China and Viet Nam, along with a few others, suffered a slowdown but still maintained positive growth). The spread of COVID-19 led governments around the region to implement a range of containment measures in 2020. These measures, along with a change in consumer behaviour intended to reduce their risk of contracting COVID-19, were major factors behind the economic downturn.

Many Small Island Developing States (SIDS) were hit especially hard due to their reliance on tourism. For example, Fiji, Maldives, Palau and Vanuatu all experienced contractions in their gross domestic product (GDP) of 10 percent or more. But the economic downturn was not confined to SIDS, as many large economies were severely affected, with India, Malaysia, the Philippines and Thailand all suffering contractions in GDP of more than 5 percent. Overall, GDP in East Asia excluding China declined by 3.8 percent in 2020, and it declined by 5.4 percent in South Asia.<sup>2</sup>

While there were substantial disruptions in food supply chains around the globe, overall changes in domestic food prices in the region were typically muted. In real terms, food prices across 40 countries in the region experienced a median increase of just 2.1 percent from December 2019 to December 2020, as measured by the food category that forms part of the consumer price index (CPI).<sup>3</sup> Even the largest real food price increases during this time were still in the range of 6 to 12 percent (Australia, Bhutan, the Islamic Republic of Iran, Mongolia, the Solomon Islands, Sri Lanka). Thus, the economic downturn was more responsible for making food less affordable than were increased food prices.

FAO has previously shown that economic downturns contribute to a worsening food security situation.<sup>4</sup> The COVID-19 pandemic and its economic repercussions contributed to a large increase in the prevalence and number of undernourished in Asia and the Pacific in 2020. The number of undernourished increased from 322 million to 376 million, an increase of 17 percent (similar to the global increase of 18 percent). This substantial increase reversed a broadly declining trend over the past 20 years, although progress had stopped in recent years. The prevalence of undernourishment increased to 8.7 percent in 2020, slightly below the world average of 9.9 percent.

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2 All GDP estimates are from World Bank. 2021. *Global Economic Prospects June 2021*. Washington, D.C., World Bank.

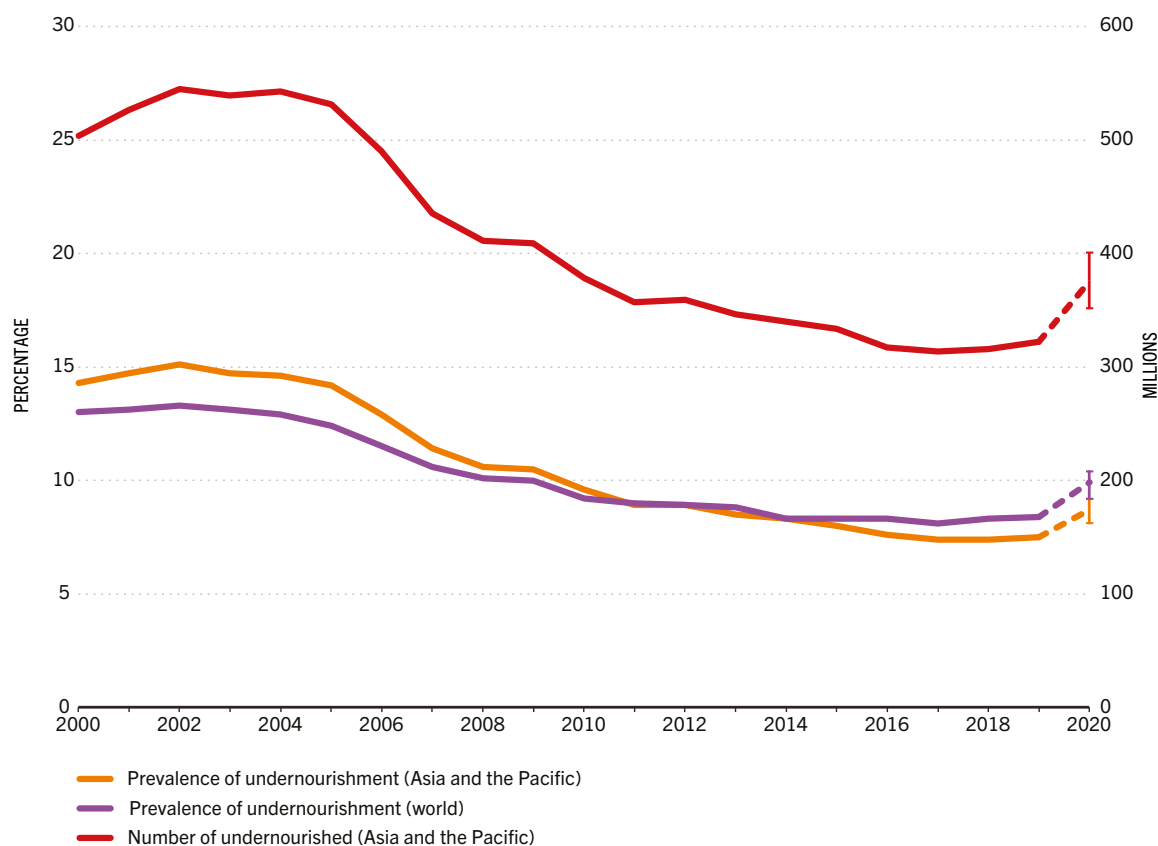
3 The figures in the text are updates of the numbers provided in FAO. 2020. *Impacts of coronavirus on food security and nutrition in Asia and the Pacific: building more resilient food systems*. <http://www.fao.org/policy-support/tools-and-publications/resources-details/en/c/1287454/>

4 FAO, IFAD, UNICEF, WFP & WHO. 2021. *The State of Food Security and Nutrition in the World 2021. Transforming food systems for food security, improved nutrition and affordable healthy diets for all*. Rome, FAO. <https://doi.org/10.4060/cb4474en>



**FIGURE 1**

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



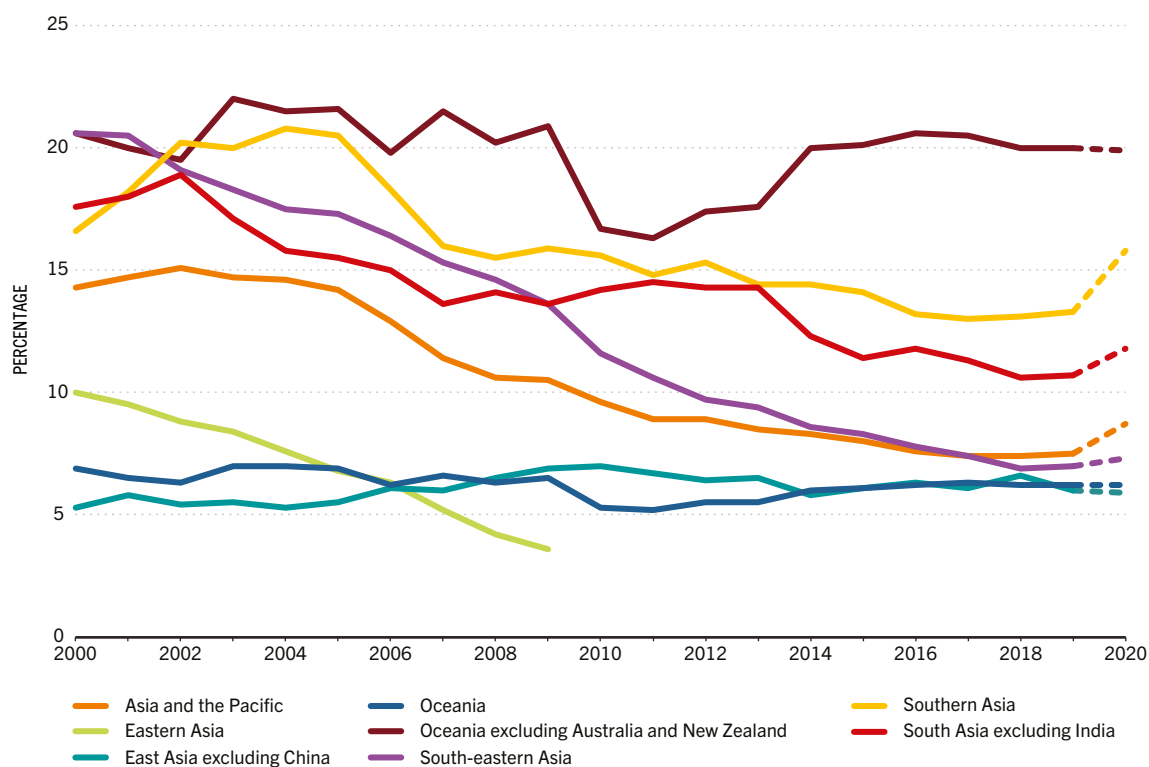
SOURCE: FAO.

NOTES: Values for 2020 are projections. The bars indicate the range of the 2020 estimates.

<https://doi.org/10.4060/cb7494en-fig01>

The prevalence of undernourishment (PoU) in Asia and the Pacific was 8.7 percent in 2020, down from 14.3 percent in 2000, reflecting decades of economic development. Notably, progress had slowed in recent years, even before COVID-19. In 2020, the prevalence was highest in Oceania excluding Australia and New Zealand, followed by Southern Asia (15.8 percent), South-eastern Asia (7.3 percent) and Eastern Asia (less than 2.5 percent). The prevalence of undernourishment exceeds 20 percent in several countries: Afghanistan, the Democratic People's Republic of Korea, Papua New Guinea and Timor-Leste. The largest increase in the prevalence of undernourishment in 2020 was in Southern Asia, where the prevalence increased by 2.5 percentage points, from 13.3 percent in 2019 to 15.8 percent in 2020.

**FIGURE 2**  
Prevalence of undernourishment  
in Asia and the Pacific by subregion



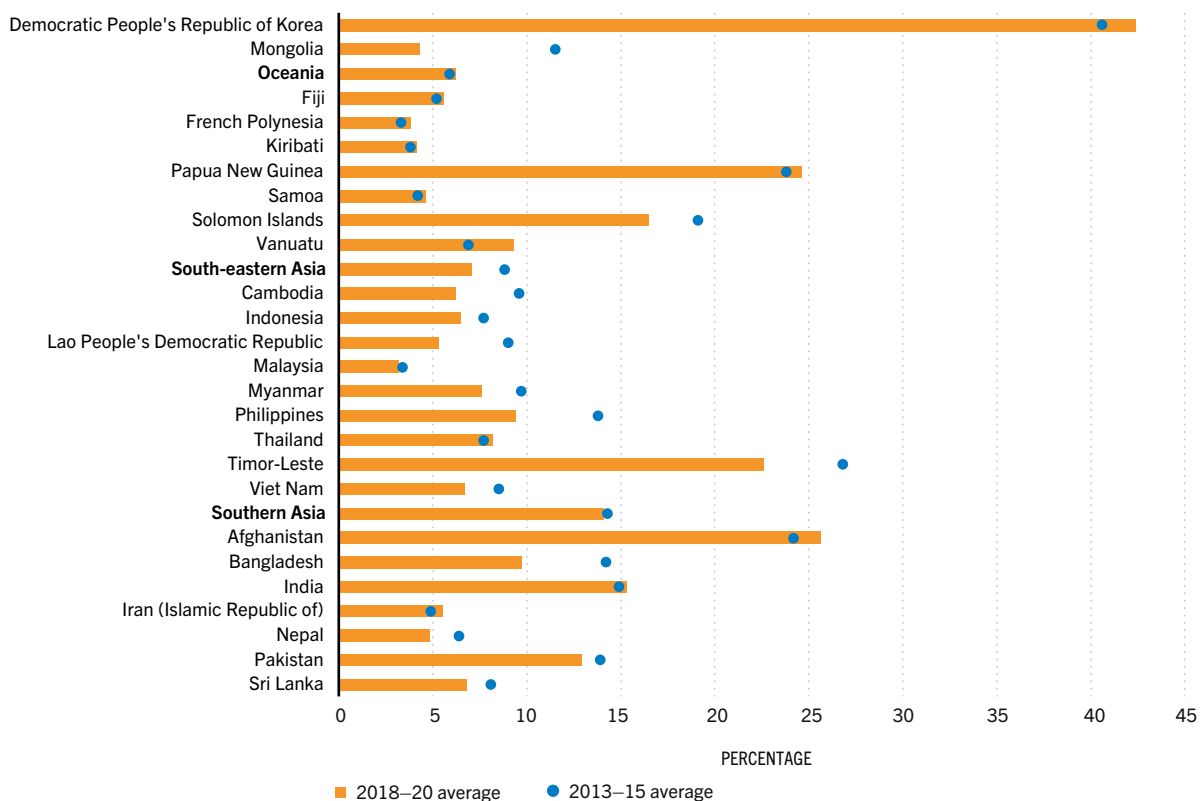
SOURCE: FAO.  
NOTE: Values for 2020 are projections.  
<https://doi.org/10.4060/cb7494en-fig02>

**TABLE 1**  
Prevalence of undernourishment (percent)

	2000	2010	2014	2015	2019	2020
World	13.0	9.2	8.3	8.3	8.4	9.9
Asia and the Pacific	14.3	9.6	8.3	8.0	7.5	8.7
Eastern Asia	10.0	<2.5	<2.5	<2.5	<2.5	<2.5
East Asia excluding China	5.3	7.0	5.8	6.1	6.0	5.9
Oceania	6.9	5.3	6.0	6.1	6.2	6.2
Oceania excluding Australia and New Zealand	20.6	16.7	20.0	20.1	20.0	19.9
South-eastern Asia	20.6	11.6	8.6	8.3	7.0	7.3
Southern Asia	16.6	15.6	14.4	14.1	13.3	15.8
South Asia excluding India	17.6	14.2	12.3	11.4	10.7	11.8

SOURCE: FAO.  
NOTE: Values for 2020 are projections.

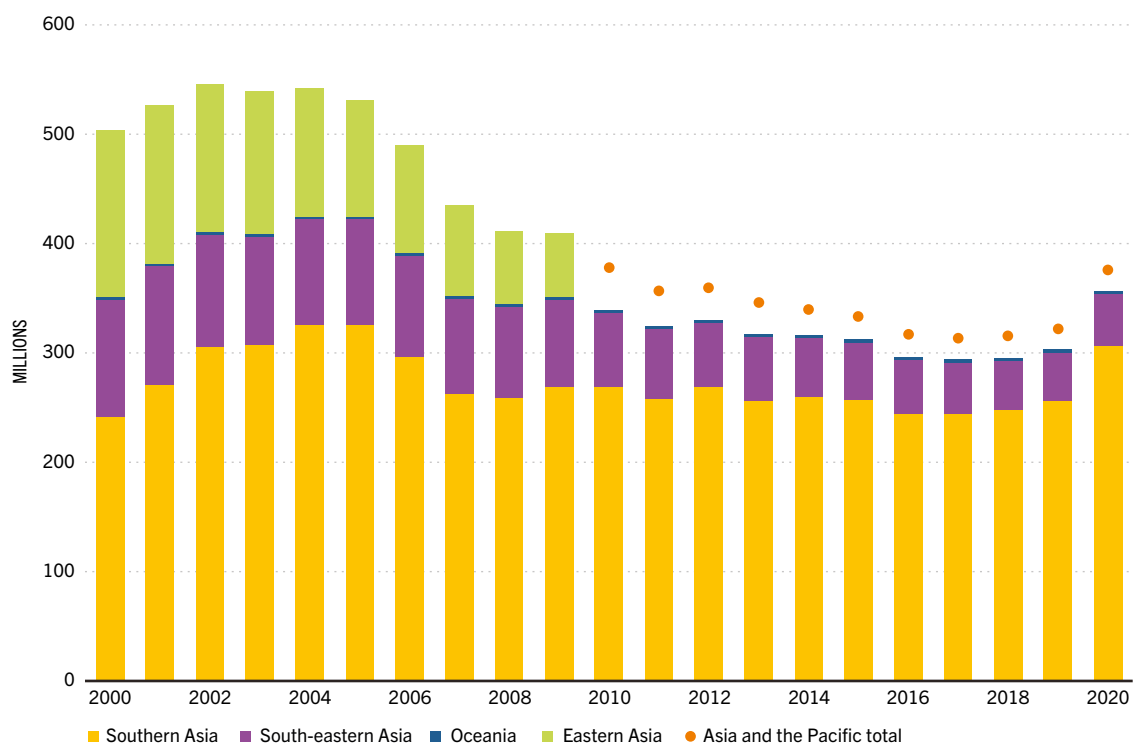
**FIGURE 3**  
Prevalence of undernourishment  
in Asia and the Pacific by country



SOURCE: FAO.  
NOTE: Values for 2020 are projections.  
<https://doi.org/10.4060/cb7494en-fig03>

The number of undernourished in Asia and the Pacific reached 375.8 million in 2020, down 127.9 million, or 25.4 percent, compared with 2000. The region accounted for 48.9 percent of the global total of 768 million in 2020. Southern Asia had 305.7 million undernourished people, followed by South-eastern Asia (48.8 million) and Oceania (2.7 million). The largest increase in undernourishment in 2020 in the wake of COVID-19 was in Southern Asia, which accounted for an additional 50.5 million undernourished out of an increase of 53.9 million at the regional level.

**FIGURE 4**  
Number of people undernourished  
in Asia and the Pacific by subregion



SOURCE: FAO.

NOTES: The estimated PoU for Eastern Asia from 2010 onwards is below 2.5 percent of the population, which is the lowest value that can be reliably reported using the PoU methodology to calculate the number of undernourished people. Values for 2020 are projections.  
<https://doi.org/10.4060/cb7494en-fig04>

**TABLE 2**  
Number of people  
undernourished (millions)

	2000	2010	2014	2015	2019	2020
<b>World</b>	<b>800.3</b>	<b>636.8</b>	<b>606.9</b>	<b>615.1</b>	<b>650.3</b>	<b>768.0</b>
Asia and the Pacific	503.7	378.2	339.6	333.4	321.9	375.8
Eastern Asia	152.3					
East Asia excluding China	10.9	15.0	12.5	13.2	12.8	12.8
Oceania	2.2	1.9	2.4	2.4	2.6	2.7
South-eastern Asia	107.9	69.0	54.2	52.7	46.0	48.8
Southern Asia	241.3	267.9	259.9	256.9	255.2	305.7
South Asia excluding India	70.3	67.9	62.7	58.9	58.9	66.1

SOURCE: FAO.

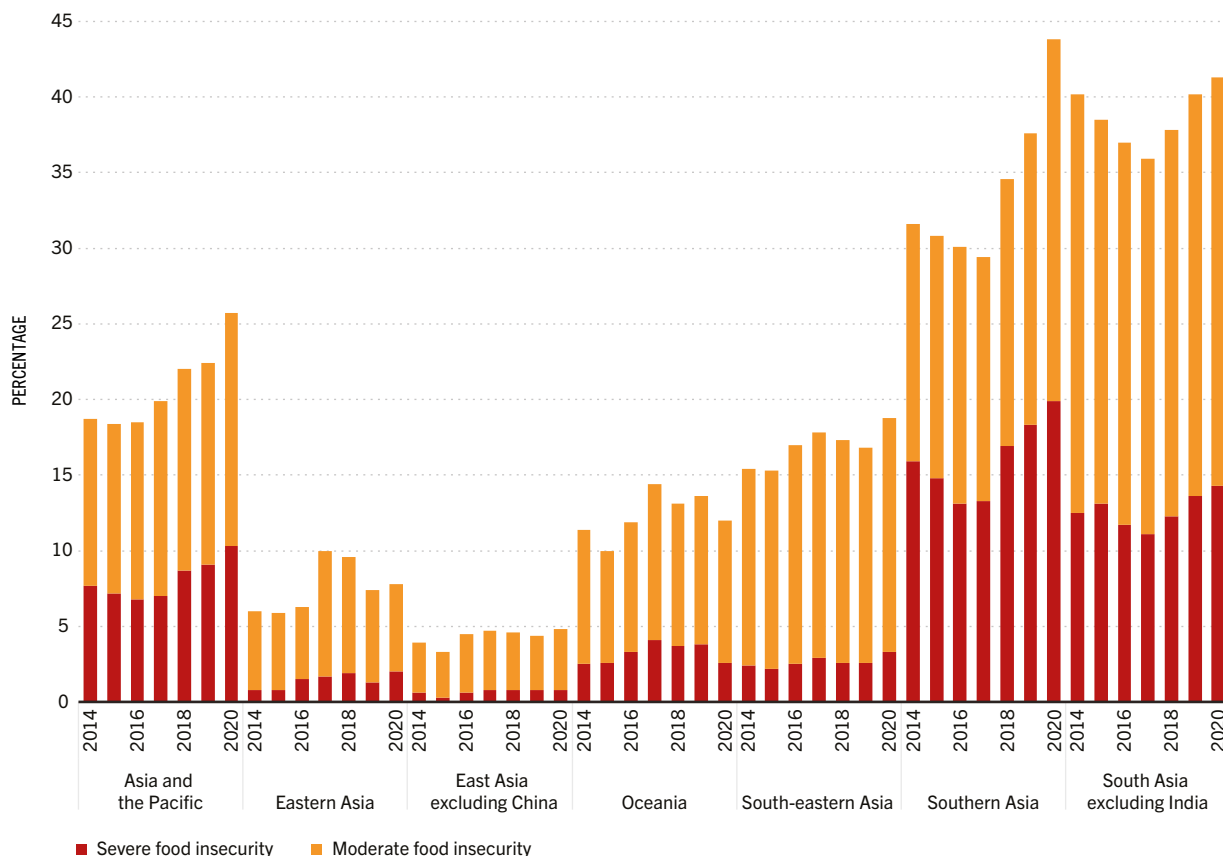
NOTE: The estimated PoU for Eastern Asia from 2010 onwards is below 2.5 percent of the population, which is the lowest value that can be reliably reported using the PoU methodology to calculate the number of undernourished people. Values for 2020 are projections.



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

The worsening food security situation in the region is reflected not only in the prevalence of undernourishment data, but also in the prevalence of the moderate or severe food security figures presented in **FIGURE 5**.

**FIGURE 5**  
Prevalence of food insecurity in Asia and the Pacific by subregion



SOURCE: FAO.  
<https://doi.org/10.4060/cb7494en-fig05>

The Food Insecurity Experience Scale (FIES) based prevalence of moderate or severe food insecurity 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 prevalence of moderate or severe food insecurity in Asia and the Pacific was 25.7 percent in 2020, up from 18.7 percent in 2014. Much of the increase came in 2020 when COVID-19 and its economic repercussions contributed to an increase of 3.3 percentage points. The increase was particularly large in Southern Asia, where the prevalence increased from 37.6 percent in 2019 to 43.8 percent in 2020.

The current figure for the Asia-Pacific region is lower than the global average of 30.4 percent. Across the four subregions, Southern Asia had the highest prevalence (43.8 percent) in 2020, compared to 18.8 percent in South-eastern Asia, 12 percent in Oceania and 7.8 percent in Eastern Asia. Several countries had a prevalence above 30 percent: Afghanistan, Bangladesh, Cambodia, the Islamic Republic of Iran, Kiribati, Nepal and the Philippines.

The prevalence of severe food insecurity in the Asia-Pacific region in 2020 was 10.3 percent, up from 7.7 percent in 2014. The subregional pattern was similar to that for severe or moderate food insecurity. Southern Asia had the highest prevalence (19.9 percent), followed by 3.3 percent in South-eastern Asia, 2.6 percent in Oceania and 2 percent in Eastern Asia.

**TABLE 3**

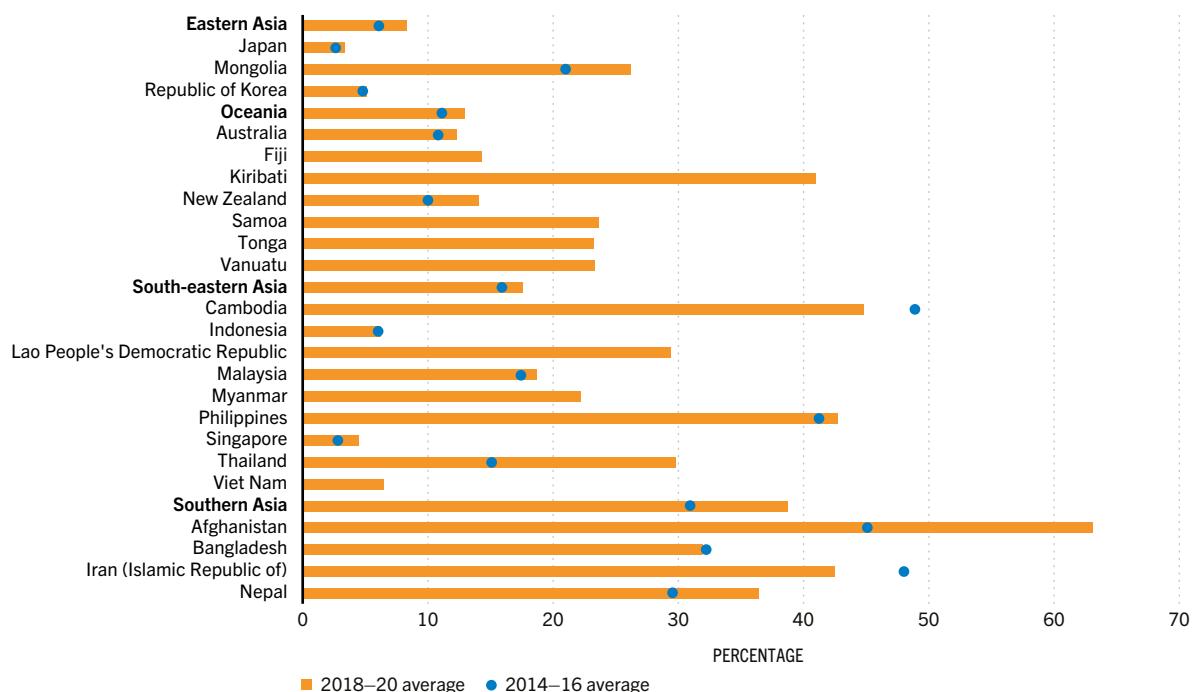
Prevalence of food insecurity (percent)

	Moderate food insecurity			Severe food insecurity			Moderate or severe food insecurity		
	2014	2019	2020	2014	2019	2020	2014	2019	2020
<b>World</b>	<b>14.3</b>	<b>16.5</b>	<b>18.5</b>	<b>8.3</b>	<b>10.1</b>	<b>11.9</b>	<b>22.6</b>	<b>26.6</b>	<b>30.4</b>
Asia and the Pacific	11.0	13.3	15.4	7.7	9.1	10.3	18.7	22.4	25.7
Eastern Asia	3.3	3.6	4.0	0.6	0.8	0.8	3.9	4.4	4.8
East Asia excluding China	5.2	6.1	5.8	0.8	1.3	2.0	6.0	7.4	7.8
Oceania	8.9	9.8	9.4	2.5	3.8	2.6	11.4	13.6	12.0
South-eastern Asia	13.0	14.2	15.5	2.4	2.6	3.3	15.4	16.8	18.8
Southern Asia	15.7	19.3	23.9	15.9	18.3	19.9	31.6	37.6	43.8
South Asia excluding India	27.7	26.6	27.0	12.5	13.6	14.3	40.2	40.2	41.3

SOURCE: FAO.

**FIGURE 6**

Prevalence of moderate or severe food insecurity in Asia and the Pacific by country



SOURCE: FAO.  
<https://doi.org/10.4060/cb7494en-fig06>

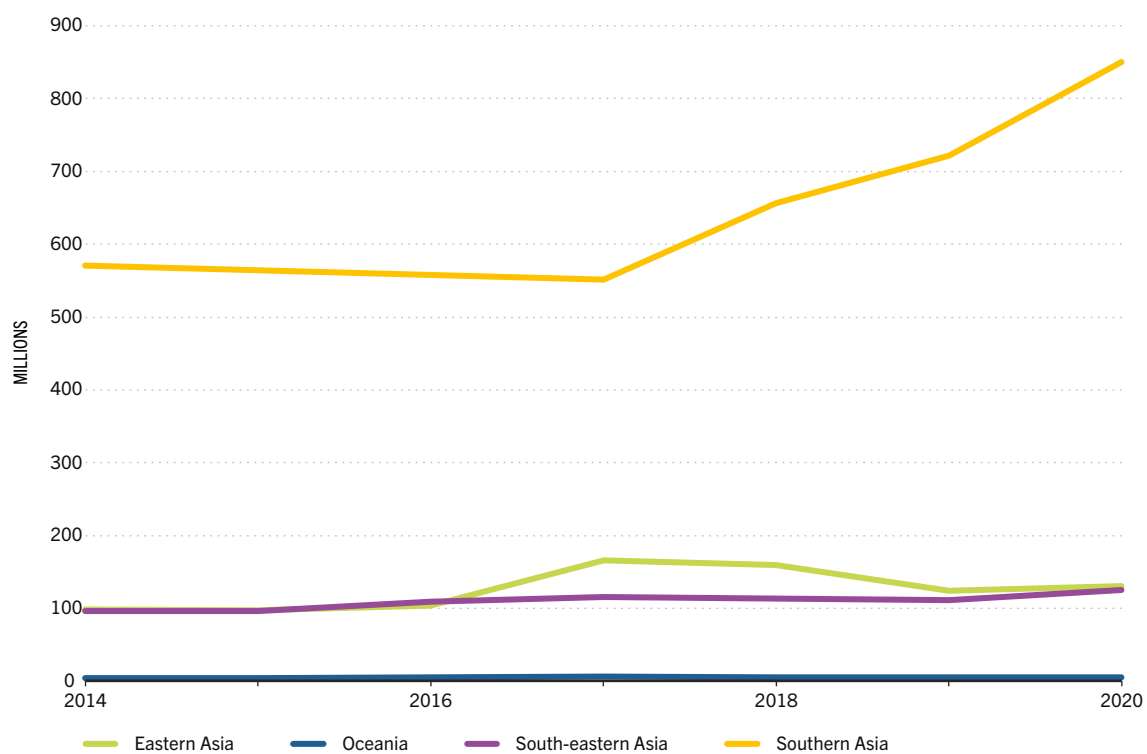
An estimated 1.1 billion people in Asia and the Pacific experienced moderate or severe food insecurity in 2020, an increase of 341.9 million, or 44.4 percent, compared with 2014. Of that large increase, 148.9 million occurred from 2019 to 2020, when COVID-19 led to major socio-economic disruptions that negatively affected food security.

The region accounted for 46.9 percent of the global total of 2.4 billion in 2020 (similar to its share in the number of undernourished). Most of those people reside in Southern Asia, which had 849.8 million moderately or severely food insecure people, compared with 130.8 million in Eastern Asia, 125.5 million in South-eastern Asia and 5.1 million in Oceania.

An estimated 443.8 million people in Asia and the Pacific experienced severe food insecurity in 2020, an increase of 127.3 million, or 40.2 percent compared with 2014. Much of the increase came in 2020 in the wake of COVID-19, although the number was increasing even earlier. The region accounted for 47.8 percent of the global total of 927.6 million in 2020. Southern Asia had 386.8 million severely food insecure people, compared with 33.8 million in Eastern Asia, 22.1 million in South-eastern Asia and 1.1 million in Oceania.

**FIGURE 7**

Number of moderately or severely food insecure people in Asia and the Pacific by subregion



SOURCE: FAO.  
<https://doi.org/10.4060/cb7494en-fig07>

**TABLE 4**

Number of moderately or severely food insecure people (millions)

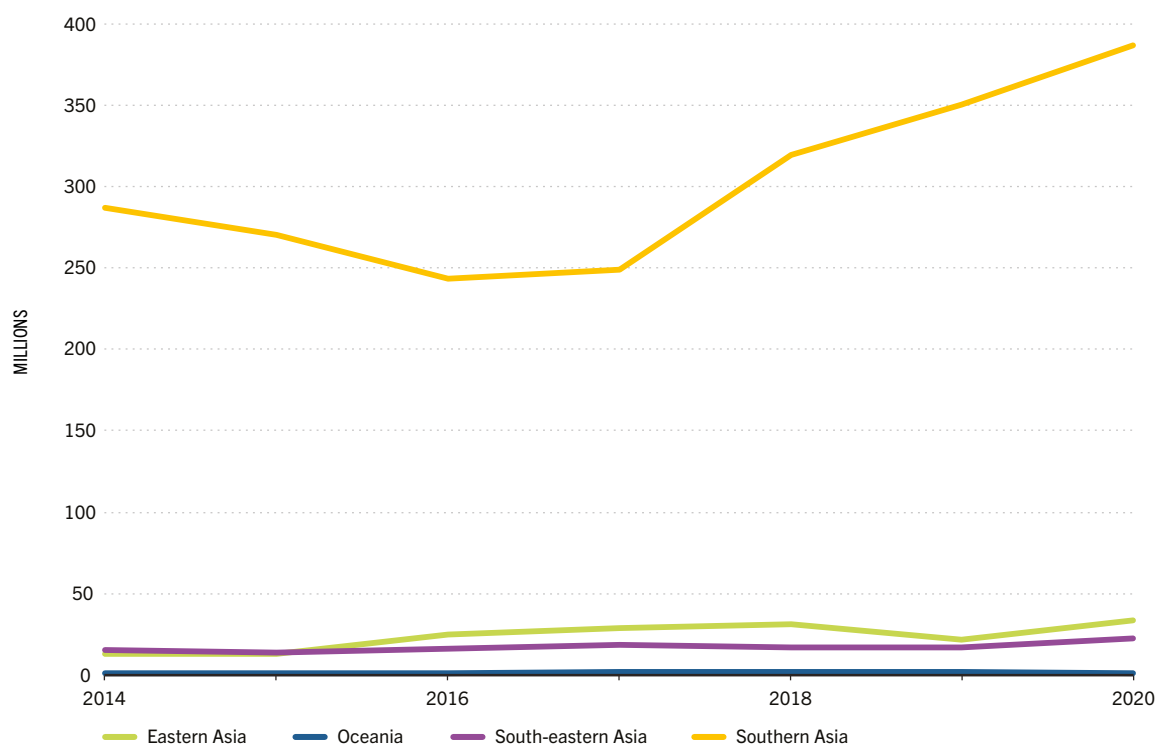
	2014	2016	2018	2019	2020
<b>World</b>	<b>1 645.5</b>	<b>1 762.9</b>	<b>1 978.7</b>	<b>2 049.9</b>	<b>2 368.2</b>
Asia and the Pacific	769.3	775.6	935.0	962.5	1 111.2
Eastern Asia	98.0	104.1	159.5	124.6	130.8
East Asia excluding China	9.3	10.6	11.1	10.5	11.3
Oceania	4.5	4.8	5.5	5.7	5.1
South-eastern Asia	96.3	109.1	113.6	111.0	125.5
Southern Asia	570.6	557.7	656.5	721.4	849.8
South Asia excluding India	204.7	194.9	205.2	222.0	231.2

SOURCE: FAO.



**FIGURE 8**

Number of severely food insecure people in Asia and the Pacific by subregion



SOURCE: FAO.  
<https://doi.org/10.4060/cb7494en-fig08>

**TABLE 5**

Number of severely food insecure people (millions)

	2014	2016	2018	2019	2020
<b>World</b>	<b>604.5</b>	<b>620.2</b>	<b>731.3</b>	<b>779.9</b>	<b>927.6</b>
Asia and the Pacific	316.5	285.2	369.4	390.4	443.8
Eastern Asia	13.2	24.6	31.3	21.7	33.8
East Asia excluding China	1.4	1.3	1.9	1.8	2.0
Oceania	1.0	1.3	1.5	1.6	1.1
South-eastern Asia	15.2	16.1	17.1	16.9	22.1
Southern Asia	287.2	243.3	319.5	350.3	386.8
South Asia excluding India	63.6	61.4	66.6	75.0	80.0

SOURCE: FAO.

## CHAPTER 2

# SUSTAINABLE DEVELOPMENT GOAL 2.2: MALNUTRITION

### Key messages

- Nearly 23 percent of children in the region are still stunted. Ten countries in the region have a “very high prevalence” of stunting according to the World Health Organization (WHO) criteria (>30 percent), while another eight are considered to have a “high prevalence” of stunting (20–30 percent). The share of children under five years of age affected by wasting in Asia and the Pacific was 9.9 percent in 2020, higher than the global average of 6.7 percent.
- The overall percentage of overweight children in the region is lower than the global average of 5.7 percent, but the percentage increased from 4.2 percent to 5 percent between 2000 and 2020.
- The prevalence of anaemia in women of reproductive age in Asia and the Pacific was 32.9 percent in 2019. This is approximately 1 percentage point lower than it was in 2000, indicating very slow progress during the past two decades.

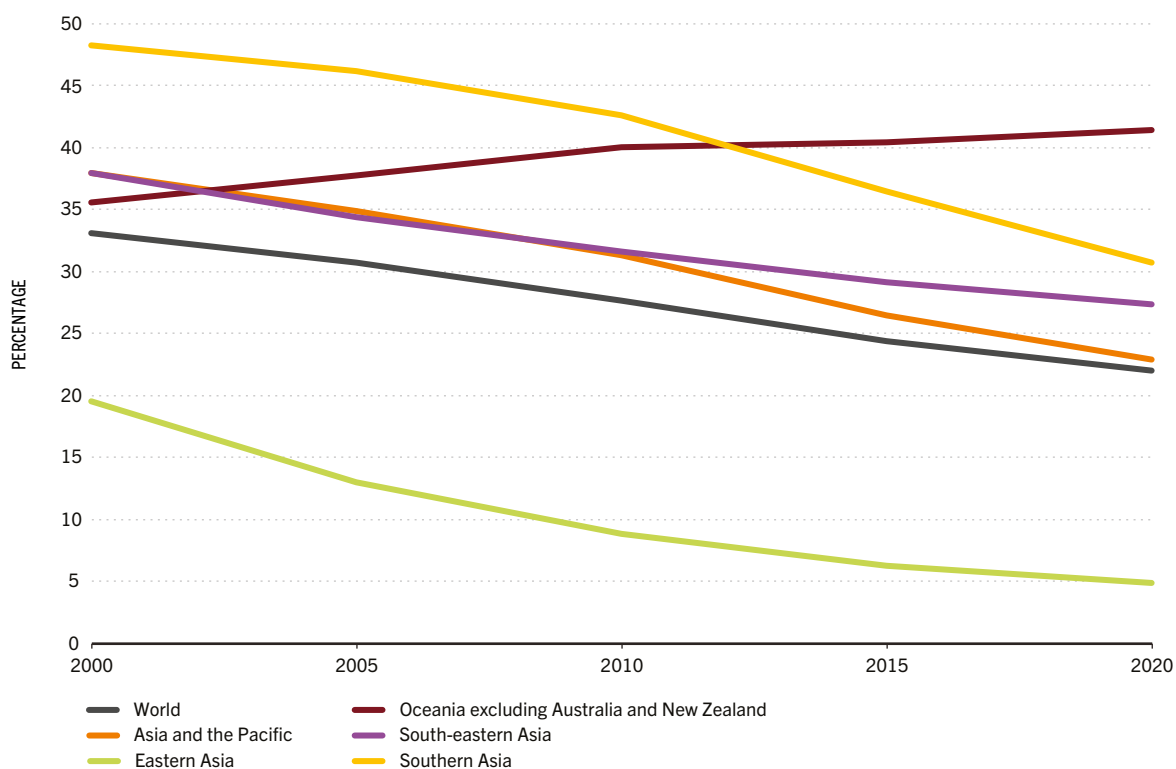
This section reports on four global nutrition indicators: stunting, wasting and overweight in children under the age of five, and anaemia in women of reproductive age.

### ■ 2.1 STUNTING AMONG CHILDREN UNDER FIVE

Stunting (low height-for-age) reflects the effects of chronic malnutrition on child growth, with negative consequences for health and development. Across Asia and the Pacific 74.8 million children are stunted, amounting to half of the world’s total. Despite a reduction from 38 percent in 2000, nearly 23 percent of children in the region are still stunted. Oceania excluding Australia and New Zealand is the most affected subregion with 41.4 percent of children stunted, followed by Southern Asia (30.7 percent), South-eastern Asia (27.4 percent) and Eastern Asia (4.9 percent). However, Southern Asia has the highest number of children affected by stunting at 54.3 million. Ten countries in Asia and the Pacific have a “very high prevalence” of stunting according to the WHO criteria (>30 percent) – Afghanistan, Bangladesh, India, Indonesia, the Lao People’s Democratic Republic, the Marshall Islands, Nepal, Pakistan, Papua New Guinea and Timor-Leste. Another eight are considered to have

**FIGURE 9**

Prevalence of stunting among children under five in Asia and the Pacific by subregion



SOURCE: UNICEF, WHO and World Bank.  
<https://doi.org/10.4060/cb7494en-fig09>

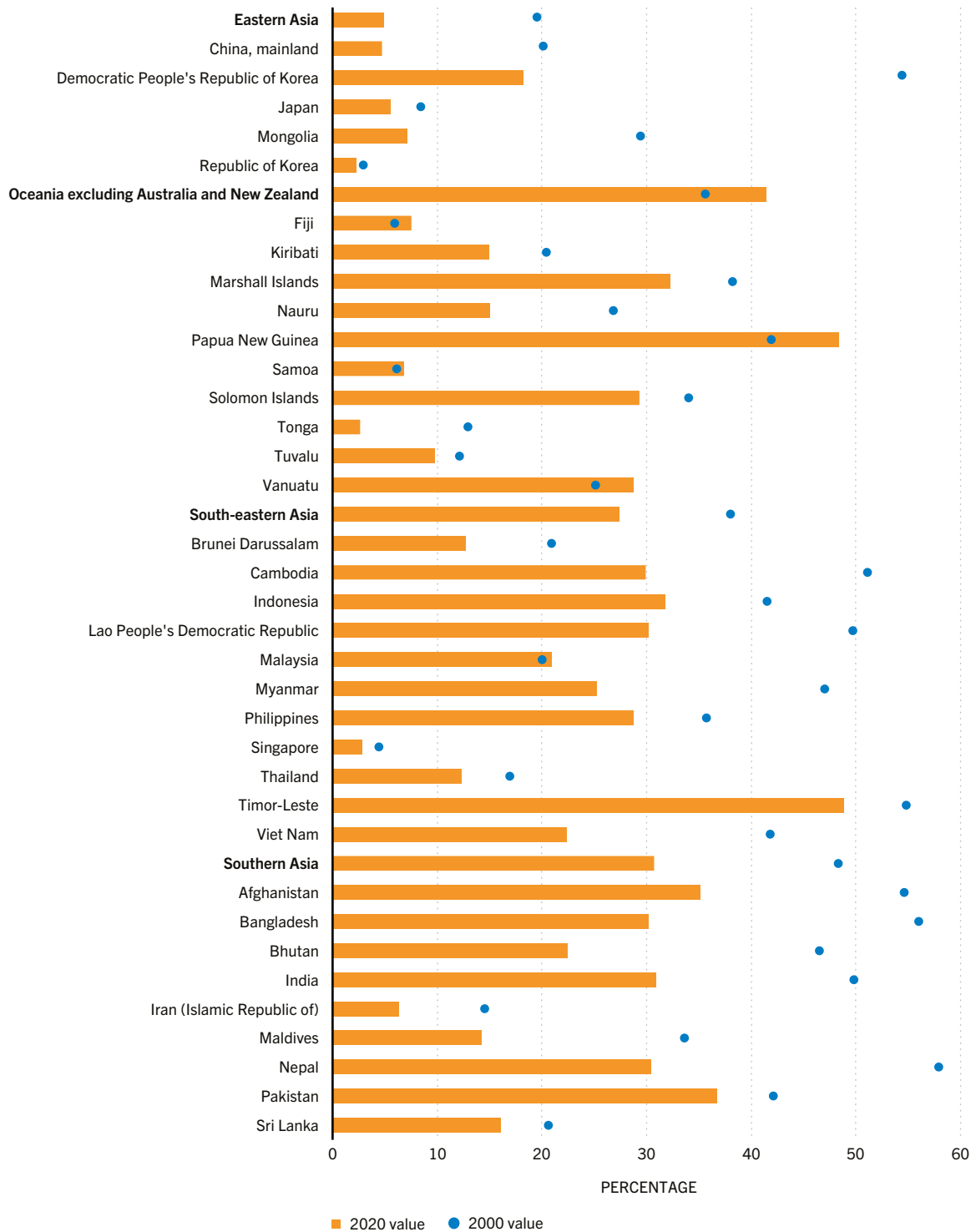
**TABLE 6**

Prevalence of stunting among children under five (percent)

	2000	2005	2010	2015	2020
<b>World</b>	<b>33.1</b>	<b>30.7</b>	<b>27.7</b>	<b>24.4</b>	<b>22.0</b>
Asia and the Pacific	38.0	34.9	31.3	26.5	22.9
Eastern Asia	19.5	13.0	8.8	6.3	4.9
Oceania excluding Australia and New Zealand	35.6	37.8	40.0	40.4	41.4
South-eastern Asia	38.0	34.4	31.6	29.1	27.4
Southern Asia	48.3	46.2	42.6	36.5	30.7

SOURCE: UNICEF, WHO and World Bank.

**FIGURE 10**  
Prevalence of stunting among children under five in Asia and the Pacific by country



SOURCE: UNICEF, WHO and World Bank.  
<https://doi.org/10.4060/cb7494en-fig10>



a “high prevalence” of stunting (20–30 percent) according to WHO criteria (Bhutan, Cambodia, Malaysia, Myanmar, the Philippines, the Solomon Islands, Vanuatu and Viet Nam).

## 2.2 WASTING AMONG CHILDREN UNDER FIVE

Child wasting is a serious, potentially life-threatening condition that results from insufficient food intake and/or frequent or prolonged illness. It is the form of malnutrition most susceptible to the impacts of COVID-19 as households deal with food insecurity and other shocks with the potential to impact child health and nutrient intake very rapidly. An additional 9 million children worldwide may suffer from wasting by the end of 2022, including 6.2 million in Southern Asia.<sup>5</sup>

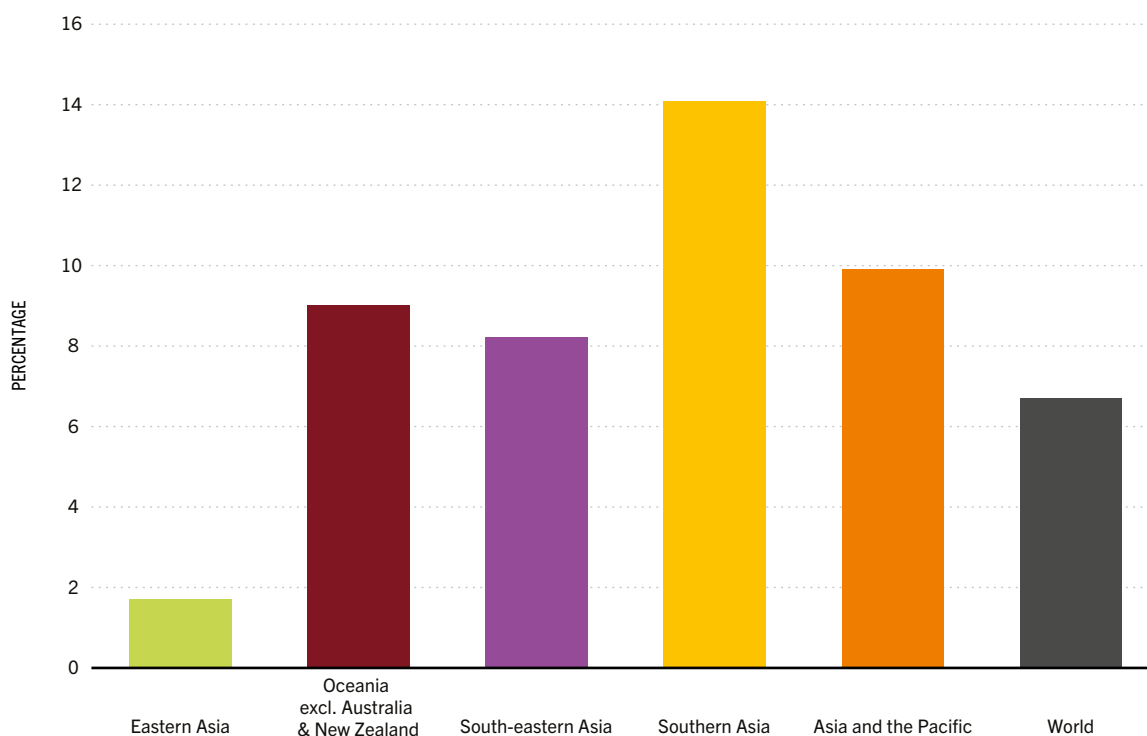
In 2020, a total of 31.2 million children in the region were affected by wasting, with most of these children living in Southern Asia (25 million). The share of children under five years affected by wasting in Asia and the Pacific was 9.9 percent in 2020, which is higher than the global average of 6.7 percent. The subregion with the highest proportion of children with wasting is Southern Asia (14.1 percent), followed by Oceania excluding Australia and New Zealand (9 percent), South-eastern Asia (8.2 percent) and Eastern Asia (1.7 percent). India and Sri Lanka have a “very high” prevalence of child wasting according to WHO criteria ( $\geq 15$  percent) while Indonesia, Nepal and Papua New Guinea have a “high” prevalence (10–15 percent). While there are no data yet that capture the impact of COVID-19 on wasting prevalence, it has been estimated that 15 percent more children may have been affected by wasting in 2020 than is currently estimated.<sup>6</sup> If accurate, this will further sidetrack progress towards Sustainable Development Goal (SDG) Indicator 2.2.2.

5 Osendarp, S., Akuoku, J., Black, R., Headey, D., Ruel, M., Scott, N., Shekar, M., Walker, N., Flory, A., Haddad, L., Laborde, D., Stegmuller, A., Thomas, M. & Heidkamp, R. 2020. The potential impacts of the COVID-19 crisis on maternal and child undernutrition in low and middle income countries. *Nature Portfolio*. 11 December 2020, PREPRINT (Version 1). <https://doi.org/10.21203/rs.3.rs-123716/v1>

6 Fore, H.H., Qu, D., Beasley, D.M. & Ghebreyesus, T.A. 2020. Child Malnutrition and COVID-19: The Time to Act Is Now. *The Lancet*, 31 July 2020. [https://doi.org/10.1016/S0140-6736\(20\)31648-2](https://doi.org/10.1016/S0140-6736(20)31648-2)

**FIGURE 11**

Prevalence of wasting among children under five in Asia and the Pacific by subregion (2020)



SOURCE: UNICEF, WHO and World Bank.  
<https://doi.org/10.4060/cb7494en-fig11>

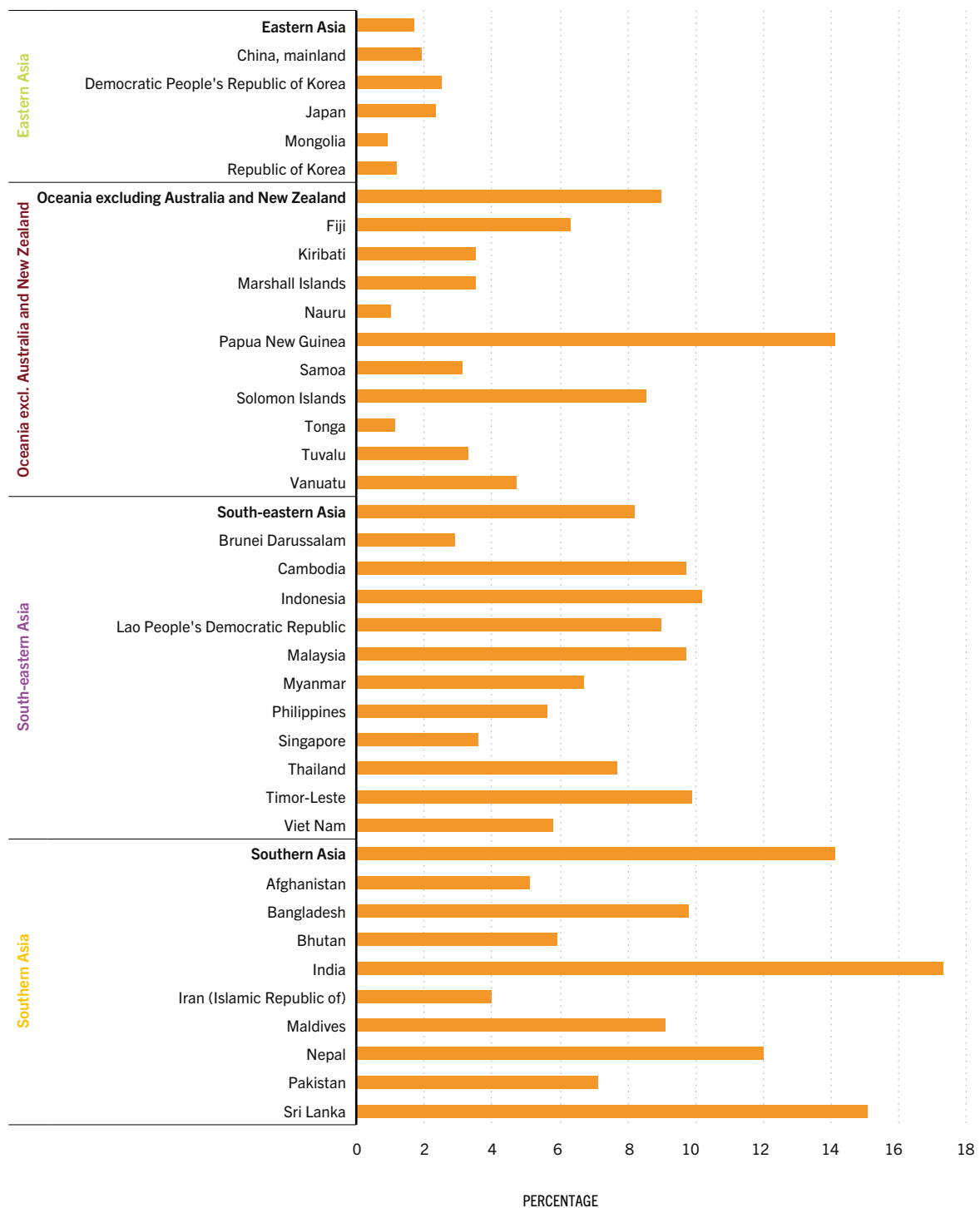
**TABLE 7**

Prevalence of wasting among children under five (percent)

	World	Asia and the Pacific	Eastern Asia	Oceania excluding Australia and New Zealand	South-eastern Asia	Southern Asia
2020	6.7	9.9	1.7	9.0	8.2	14.1

SOURCE: UNICEF, WHO and World Bank.

**FIGURE 12**  
Prevalence of wasting among children under five  
in Asia and the Pacific by country (latest year available)



SOURCE: UNICEF, WHO and World Bank.  
<https://doi.org/10.4060/cb7494en-fig12>

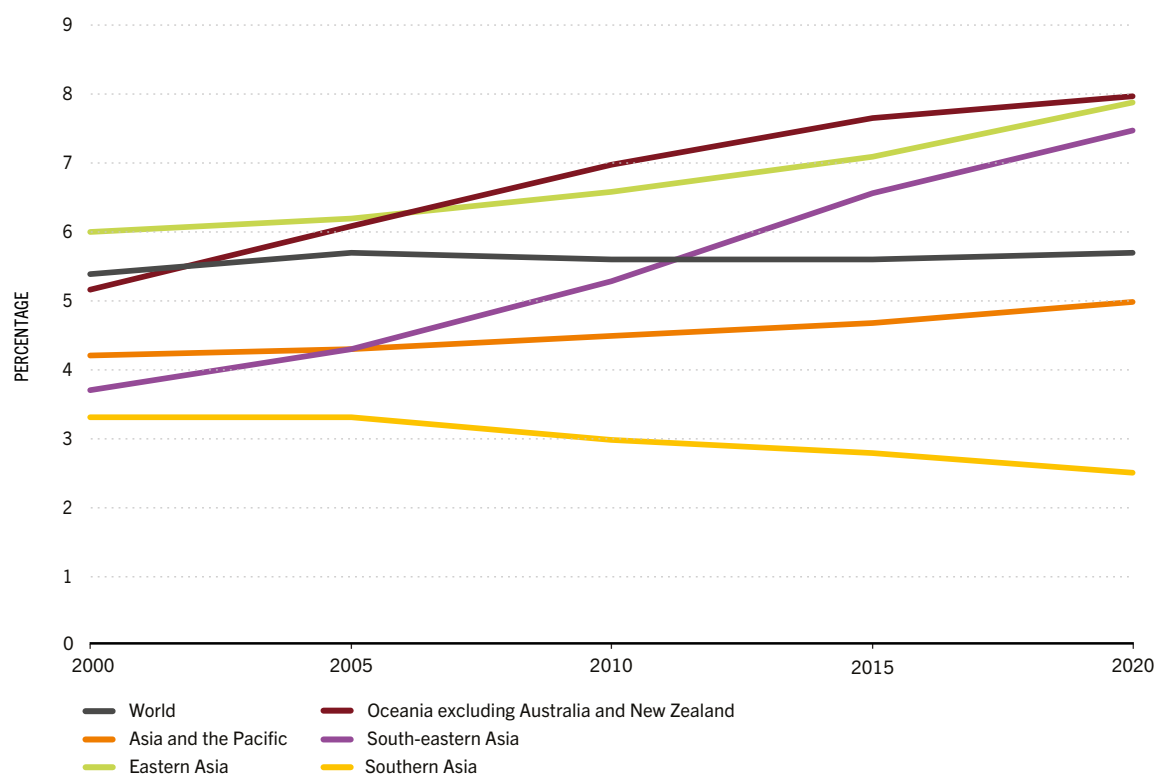
## 2.3 OVERWEIGHT AMONG CHILDREN UNDER FIVE

Childhood overweight is rising globally, driven largely by insufficient physical activity and increased availability and consumption of highly processed foods that are often high in sugar, salt and fats. The Asia-Pacific region is no exception to this global trend, with a regional increase in overweight children rising from 4.2 percent to 5 percent between 2000 and 2020. The most striking change has been in South-eastern Asia where the prevalence of overweight children increased from 3.7 percent in 2000 to 7.5 percent in 2020. In total, 16.2 million children in the region are overweight. The overall percentage is lower than the global average of 5.7 percent.

The most affected subregion is Oceania excluding Australia and New Zealand with 8 percent, followed by Eastern Asia (7.9 percent), South-eastern Asia (7.5 percent) and Southern Asia (2.5 percent). All subregions have a higher prevalence in 2020 than in 2000, except Southern Asia which has seen a decline in rates of childhood overweight over the past 20 years. These patterns (outside Southern Asia) must be reversed to achieve the SDG target for 2030.

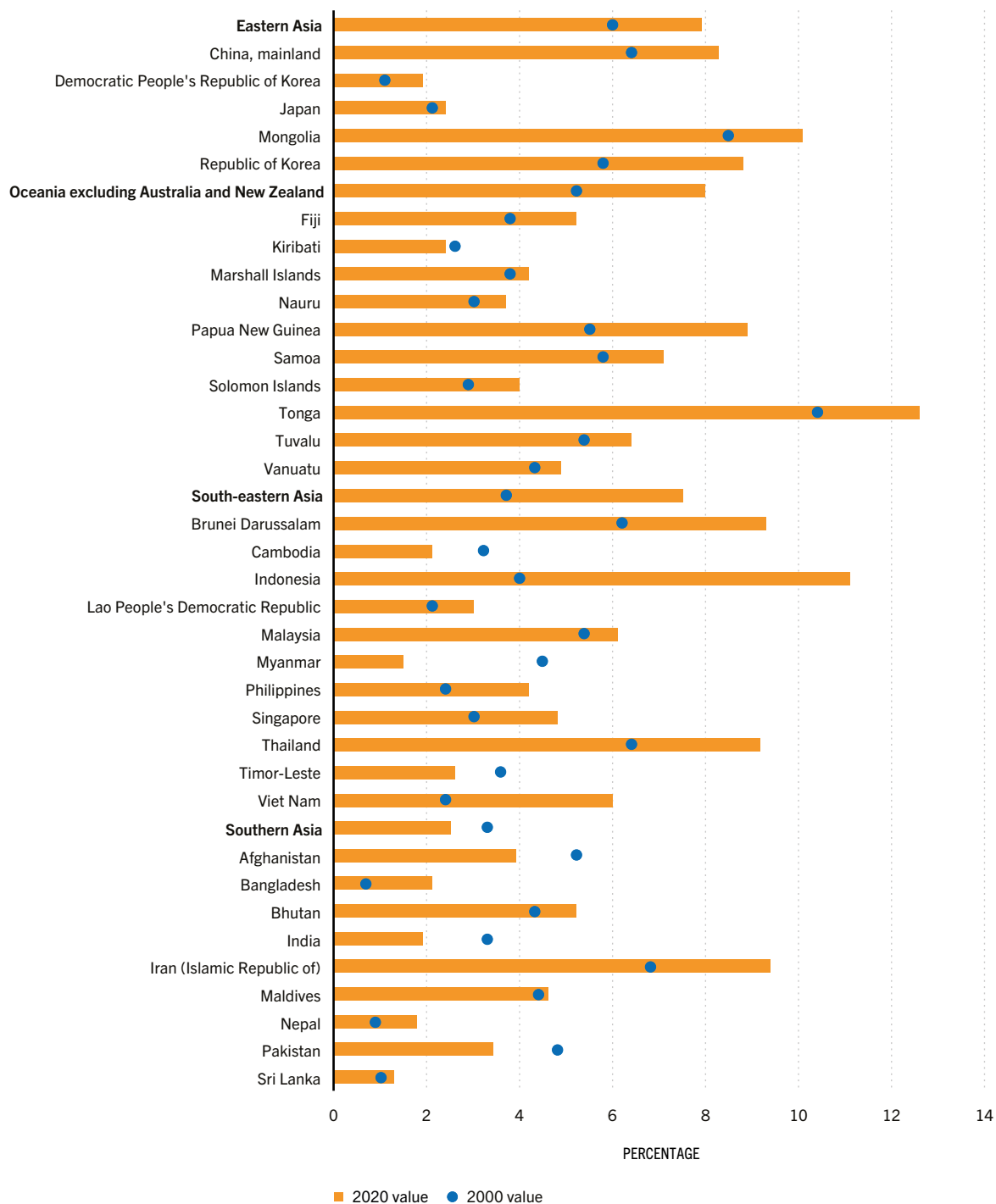
**FIGURE 13**

Prevalence of overweight among children under five in Asia and the Pacific by subregion



SOURCE: UNICEF, WHO and World Bank.  
<https://doi.org/10.4060/cb7494en-fig13>

**FIGURE 14**  
Prevalence of overweight among children under five in Asia and the Pacific by country



SOURCE: UNICEF, WHO and World Bank.  
<https://doi.org/10.4060/cb7494en-fig14>

**TABLE 8**

Prevalence of overweight among children under five (percent)

	2000	2005	2010	2015	2020
<b>World</b>	<b>5.4</b>	<b>5.7</b>	<b>5.6</b>	<b>5.6</b>	<b>5.7</b>
Asia and the Pacific	4.2	4.3	4.5	4.7	5.0
Eastern Asia	6.0	6.2	6.6	7.1	7.9
Oceania excluding Australia and New Zealand	5.2	6.1	7.0	7.7	8.0
South-eastern Asia	3.7	4.3	5.3	6.6	7.5
Southern Asia	3.3	3.3	3.0	2.8	2.5

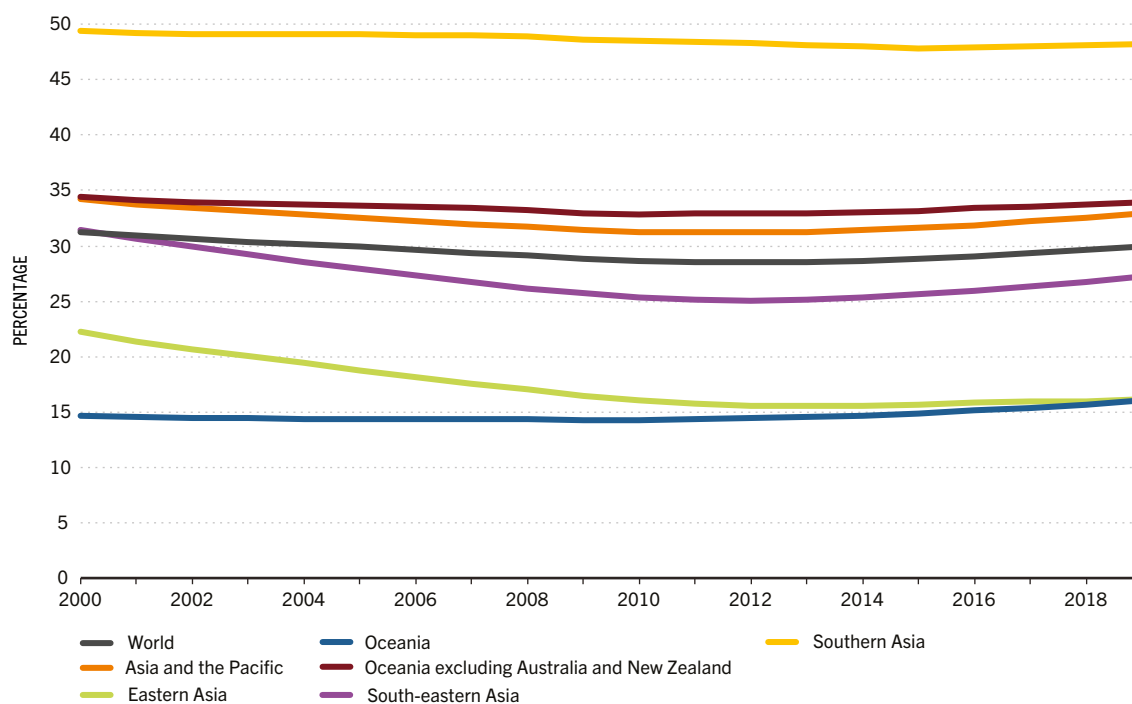
SOURCE: UNICEF, WHO and World Bank.

## 2.4 ANAEMIA AMONG WOMEN OF REPRODUCTIVE AGE

The prevalence of anaemia in women of reproductive age (SDG Indicator 2.2.3) in Asia and the Pacific was 32.9 percent in 2019. This is approximately 1 percentage point lower than in 2000, indicating very slow progress during the past two decades. The regional figure is also higher than the global average of 29.9 percent. The prevalence of anaemia is the highest in Southern Asia, where almost half of women aged 15 to 49 have anaemia (48.2 percent). In Oceania excluding Australia and New Zealand, 33.9 percent of women of reproductive age are anaemic, followed by 27.2 percent in South-eastern Asia and 16.1 percent in Eastern Asia. Given the lack of progress in most countries since 2000, the region is off track to reach the SDG target of a 50 percent reduction in the prevalence of anaemia.

**FIGURE 15**

Prevalence of anaemia among women of reproductive age (15–49 years) in Asia and the Pacific by subregion



SOURCE: WHO.  
<https://doi.org/10.4060/cb7494en-fig15>

**TABLE 9**

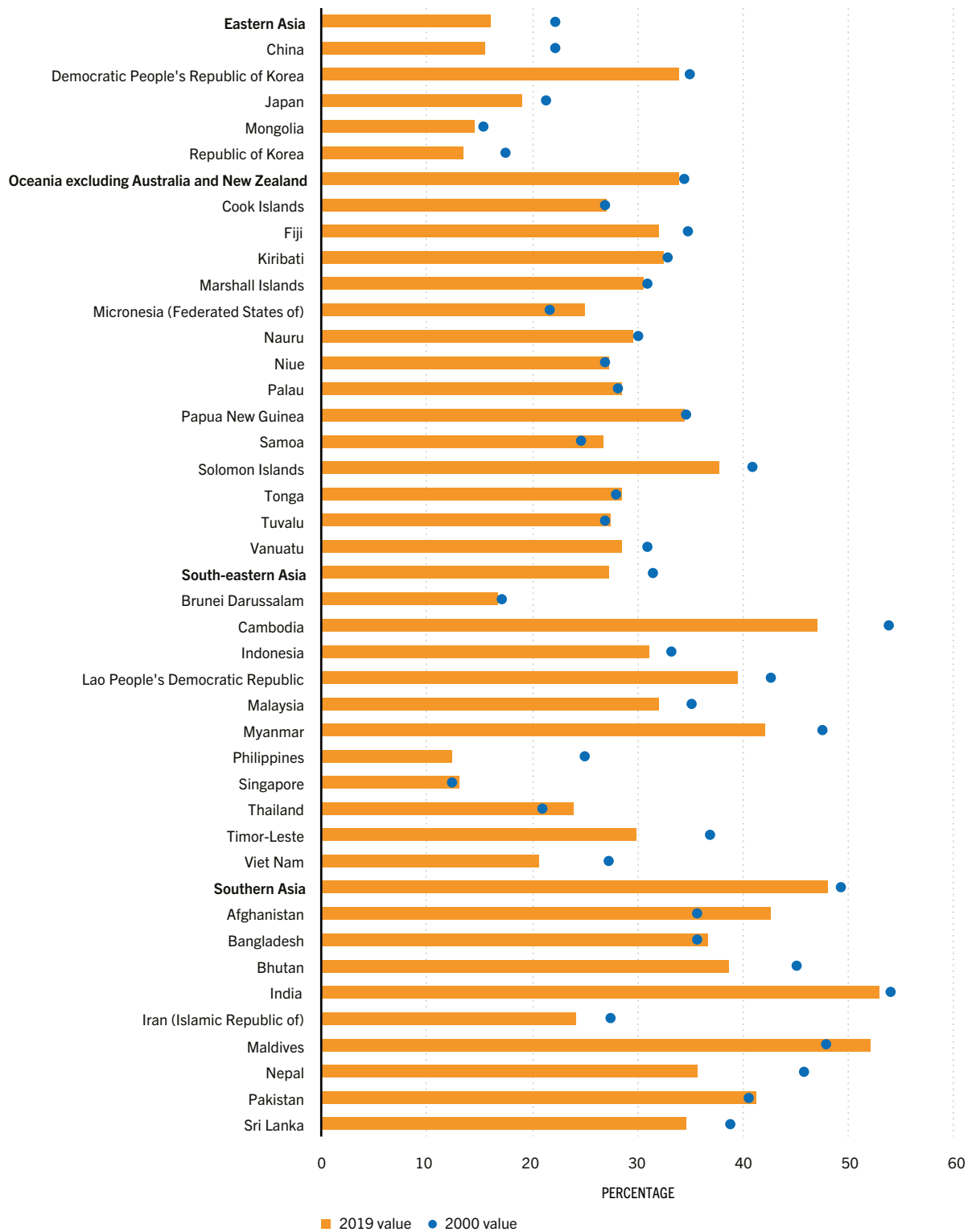
Prevalence of anaemia among women of reproductive age (15–49 years) (percent)

	2000	2005	2010	2015	2019
<b>World</b>	<b>31.2</b>	<b>29.9</b>	<b>28.6</b>	<b>28.8</b>	<b>29.9</b>
Asia and the Pacific	34.2	32.5	31.2	31.6	32.9
Eastern Asia	22.2	18.7	16.0	15.6	16.1
Oceania excluding Australia and New Zealand	34.4	33.6	32.8	33.1	33.9
South-eastern Asia	31.4	27.9	25.3	25.6	27.2
Southern Asia	49.4	49.1	48.5	47.8	48.2

SOURCE: WHO.



**FIGURE 16**  
Prevalence of anaemia among women of reproductive age (15–49 years) in Asia and the Pacific by country



SOURCE: WHO.  
<https://doi.org/10.4060/cb7494en-fig16>

## CHAPTER 3

# ADDITIONAL WORLD HEALTH ASSEMBLY NUTRITION INDICATORS

### Key messages

- The prevalence of adult obesity in the region (6.1 percent) is lower than the global prevalence of 13.1 percent, but adult obesity is rising across every country in the region.
- The prevalence of exclusive breastfeeding in the region has been increasing in nearly all countries in the region. Most countries have also made progress since 2000 in reducing the prevalence of low birthweight. However, for many countries progress has been insufficient to meet the World Health Assembly (WHA) targets.

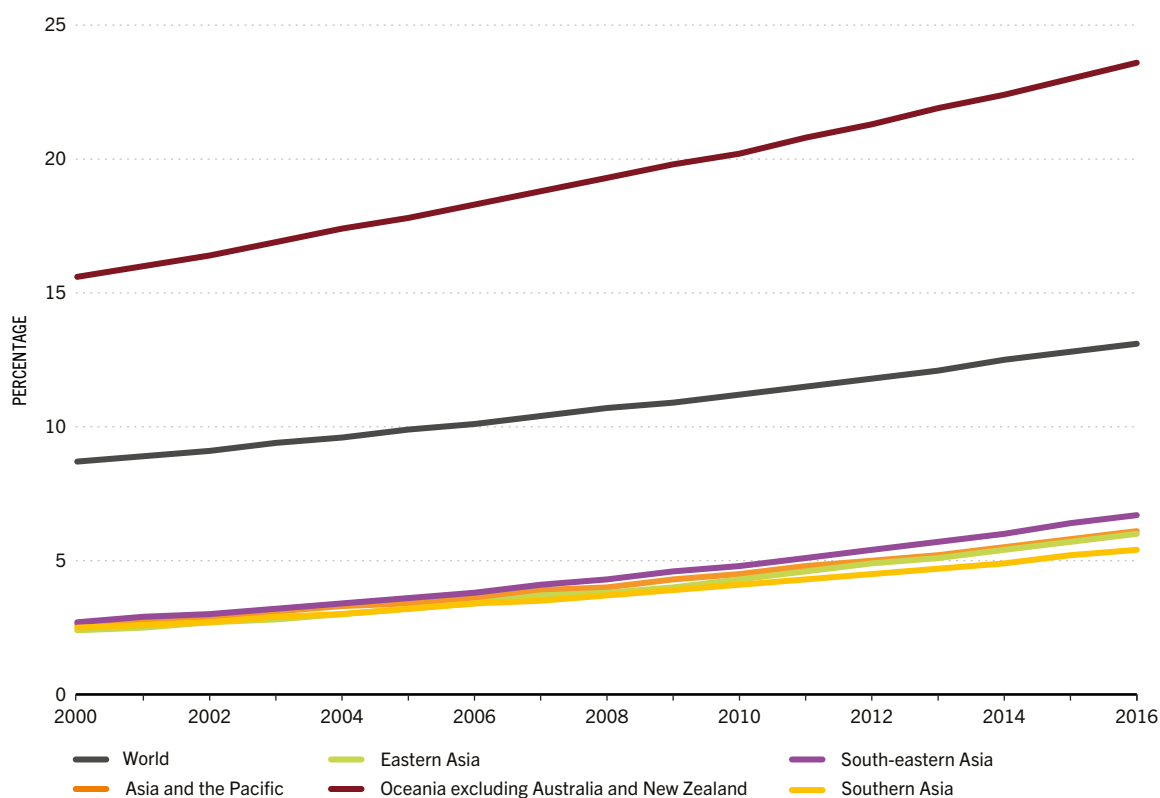
This section assesses progress towards three additional WHA endorsed global nutrition targets, i.e. exclusive breastfeeding, low birthweight, and adult obesity.

### ■ 3.1 ADULT OBESITY

Obesity among adults is a risk factor for many noncommunicable chronic diseases (NCDs). Among adults 18 years and above in Asia and the Pacific, the prevalence of obesity increased from 2.6 percent in 2000 to 6.1 percent in 2016. This is lower than the global prevalence of 13.1 percent. Oceania had the highest prevalence of adult obesity, with 28.1 percent, followed by South-eastern Asia (6.7 percent), Eastern Asia (6 percent) and Southern Asia (5.4 percent).

Obesity among adults 18 years and above increased in all countries between 2000 and 2016. By 2016, the prevalence of obesity was above 45 percent in ten countries, all in the Pacific: the Cook Islands, Kiribati, the Marshall Islands, Micronesia (Federated States of), Nauru, Niue, Palau, Samoa, Tonga and Tuvalu. With obesity rising across every country in the region, these countries face growing challenges to meet SDG 3 Target 3.4 to reduce premature mortality from NCDs.

**FIGURE 17**  
Prevalence of obesity among adults  
in Asia and the Pacific by subregion



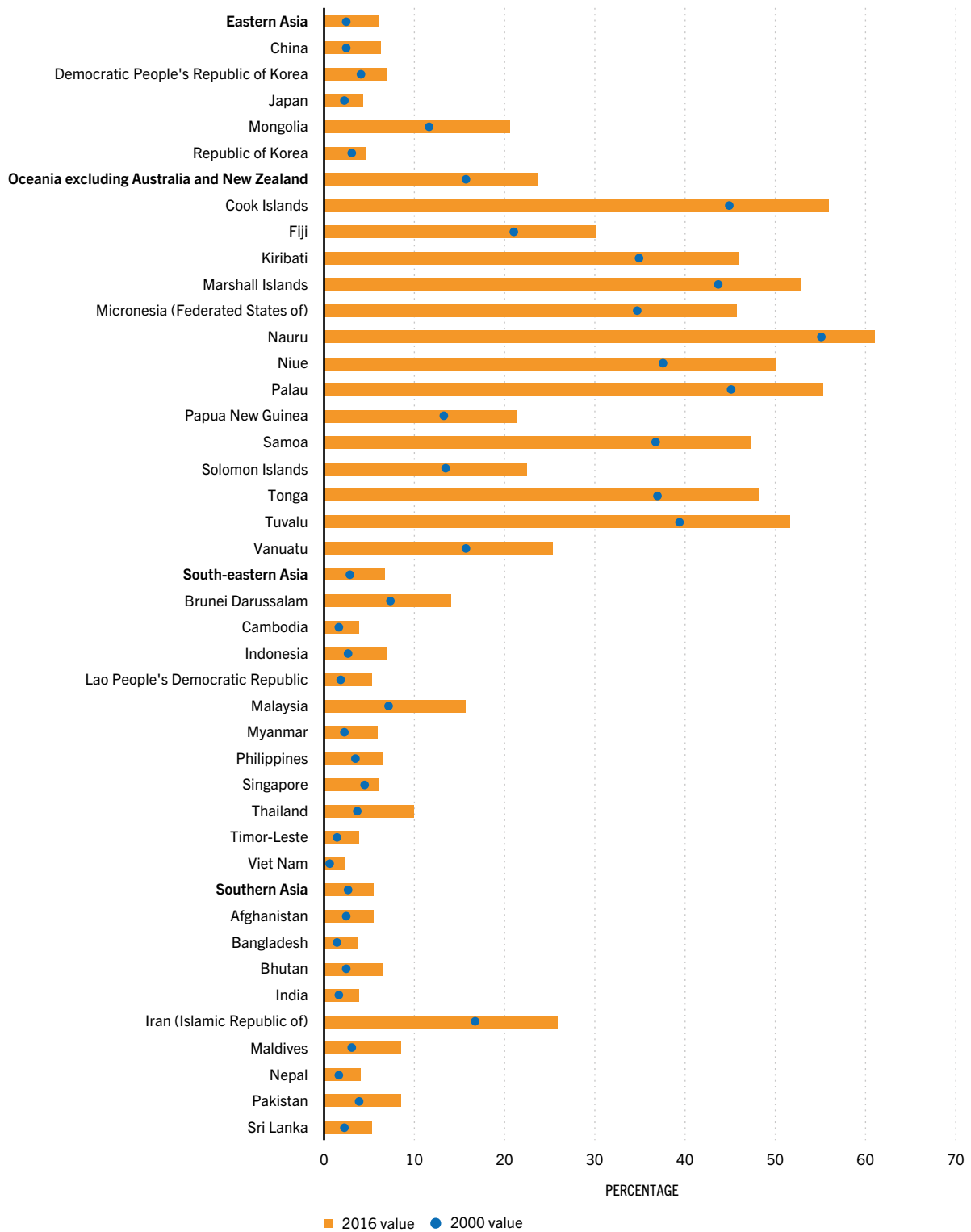
SOURCE: WHO.  
<https://doi.org/10.4060/cb7494en-fig17>

**TABLE 10**  
Prevalence of obesity among adults (percent)

	2000	2005	2010	2014	2015	2016
<b>World</b>	<b>8.7</b>	<b>9.9</b>	<b>11.2</b>	<b>12.5</b>	<b>12.8</b>	<b>13.1</b>
Asia and the Pacific	2.6	3.4	4.5	5.5	5.8	6.1
Eastern Asia	2.4	3.2	4.3	5.4	5.7	6.0
Oceania excluding Australia and New Zealand	15.6	17.8	20.2	22.4	23.0	23.6
South-eastern Asia	2.7	3.6	4.8	6.0	6.4	6.7
Southern Asia	2.5	3.2	4.1	4.9	5.2	5.4

SOURCE: WHO.

**FIGURE 18**  
Prevalence of obesity among adults  
in Asia and the Pacific by country

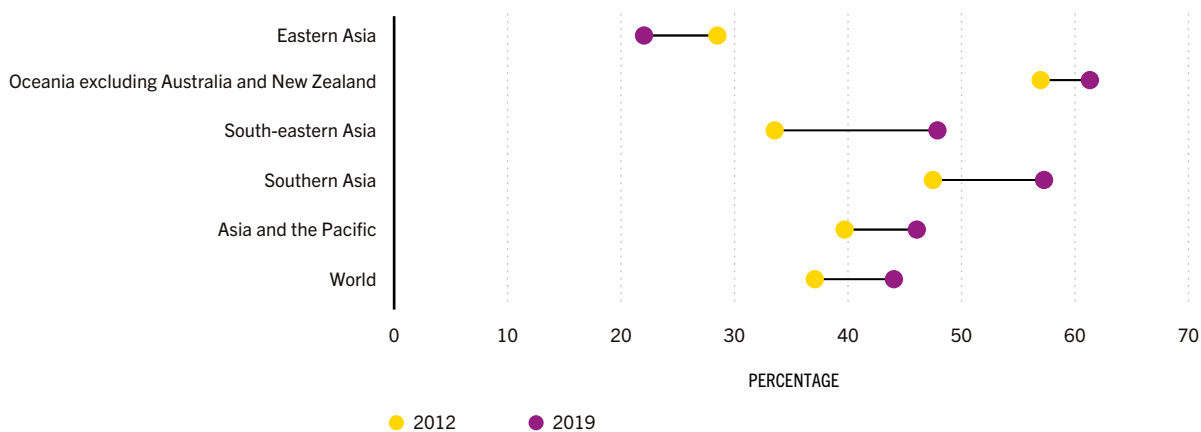


SOURCE: WHO.  
<https://doi.org/10.4060/cb7494en-fig18>

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

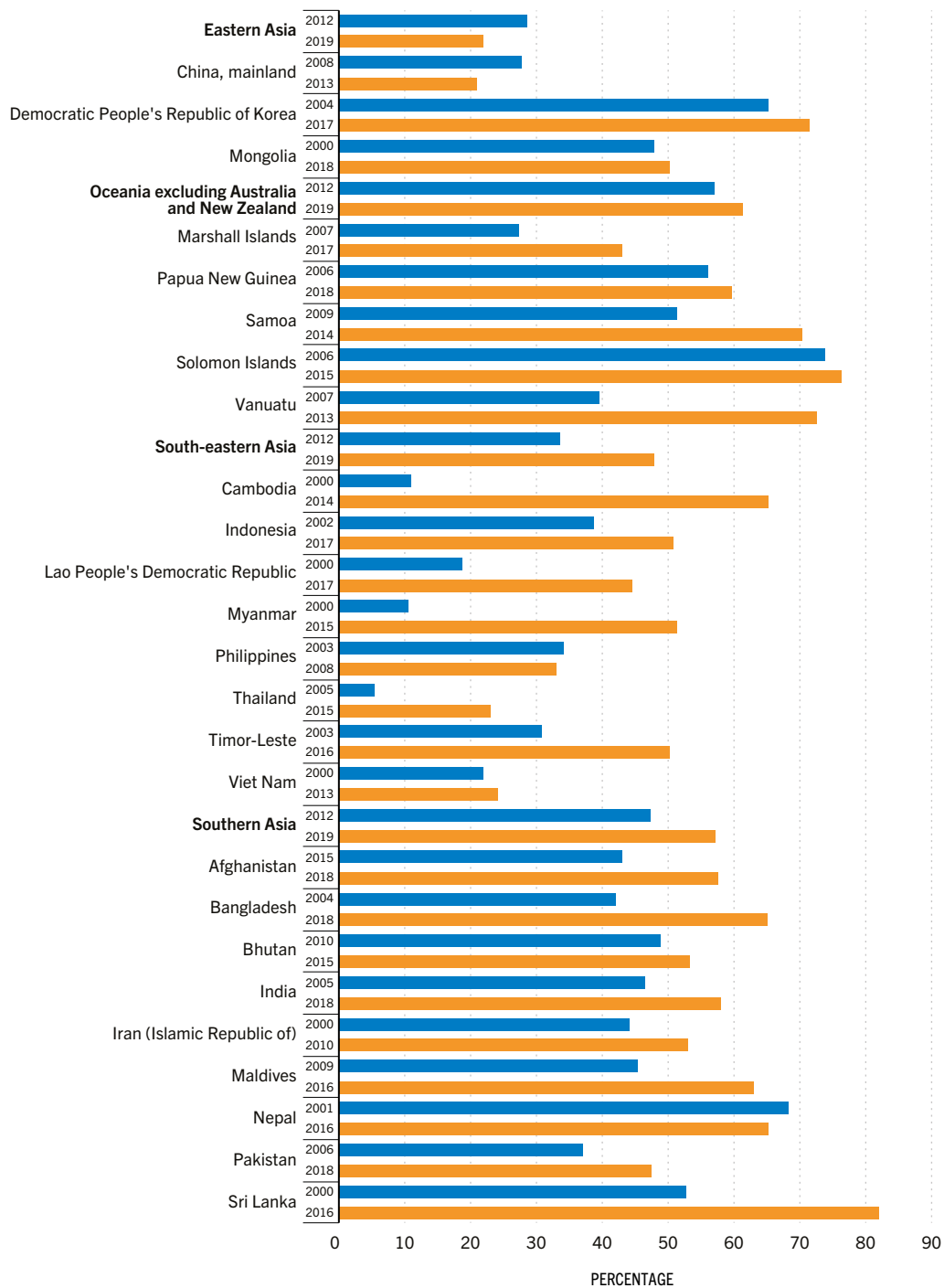
Exclusive breastfeeding is an essential part of optimal infant and young child feeding and gives children the best start in life. Exclusive breastfeeding (EBF) is when a child receives nothing but breastmilk from birth until 6 months of age. EBF is one of the WHA’s six global nutrition targets – expecting countries to increase EBF to at least 50 percent by 2025. Nearly all countries in the region have made progress in this indicator, with the prevalence of EBF increasing over time. Southern Asia and South-eastern Asia are on track to achieve the SDG target for EBF, having made the most significant progress in the region between 2012 and 2019, while Oceania excluding Australia and New Zealand has made less progress. Eastern Asia is off track to meet the SDG target for EBF, as the prevalence in that subregion is decreasing. In Asia and the Pacific, 21 countries are currently above the target of 50 percent, including eight in Southern Asia, four in South-eastern Asia, seven in Oceania and two in Eastern Asia (not all of those countries are shown in **FIGURE 20**, as some of them have only one observation).

**FIGURE 19**  
Prevalence of exclusive breastfeeding among infants 0–5 months of age in Asia and the Pacific by subregion



SOURCE: UNICEF.  
<https://doi.org/10.4060/cb7494en-fig19>

**FIGURE 20**  
Prevalence of exclusive breastfeeding among infants 0–5 months of age in Asia and the Pacific by country



SOURCE: UNICEF.  
<https://doi.org/10.4060/cb7494en-fig20>

**TABLE 11**

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

	World	Asia and the Pacific	Eastern Asia	Oceania excluding Australia and New Zealand	South-eastern Asia	Southern Asia
2012	37.0	39.7	28.5	56.9	33.5	47.4
2019	44.0	46.0	22.0	61.3	47.9	57.2

SOURCE: UNICEF.



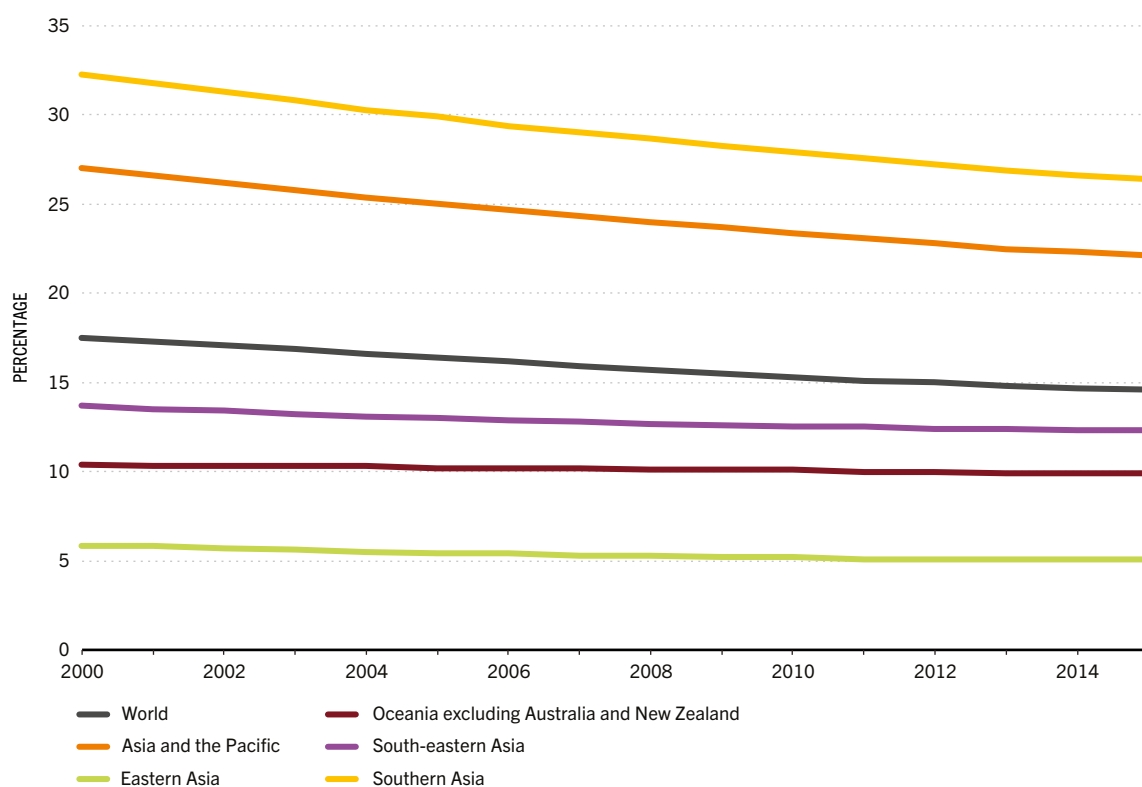
### 3.3 PREVALENCE OF LOW BIRTHWEIGHT

Low birthweight is defined as a baby who weighs less than 2.5 kilograms at birth – and can refer to babies born at term or pre-term. Low birthweight is a risk factor for neonatal mortality and illness, with more than 80 percent of neonatal deaths occurring in low birthweight infants. The prevalence of low birthweight in Asia and the Pacific was 17.8 percent in 2015, higher than the global average of 14.6 percent. The prevalence of low birthweight is the highest in Southern Asia, with 26.4 percent, followed by 12.3 percent in South-eastern Asia, 9.9 percent in Oceania excluding Australia and New Zealand and 5.1 percent in Eastern Asia. Most countries have made progress since 2000, with several countries reducing the prevalence by more than 3 percentage points: Bangladesh, Cambodia, the Lao People’s Democratic Republic, Maldives, Nepal and Thailand.



**FIGURE 21**

Prevalence of low birthweight  
in Asia and the Pacific by subregion



SOURCE: UNICEF and WHO.  
<https://doi.org/10.4060/cb7494en-fig21>

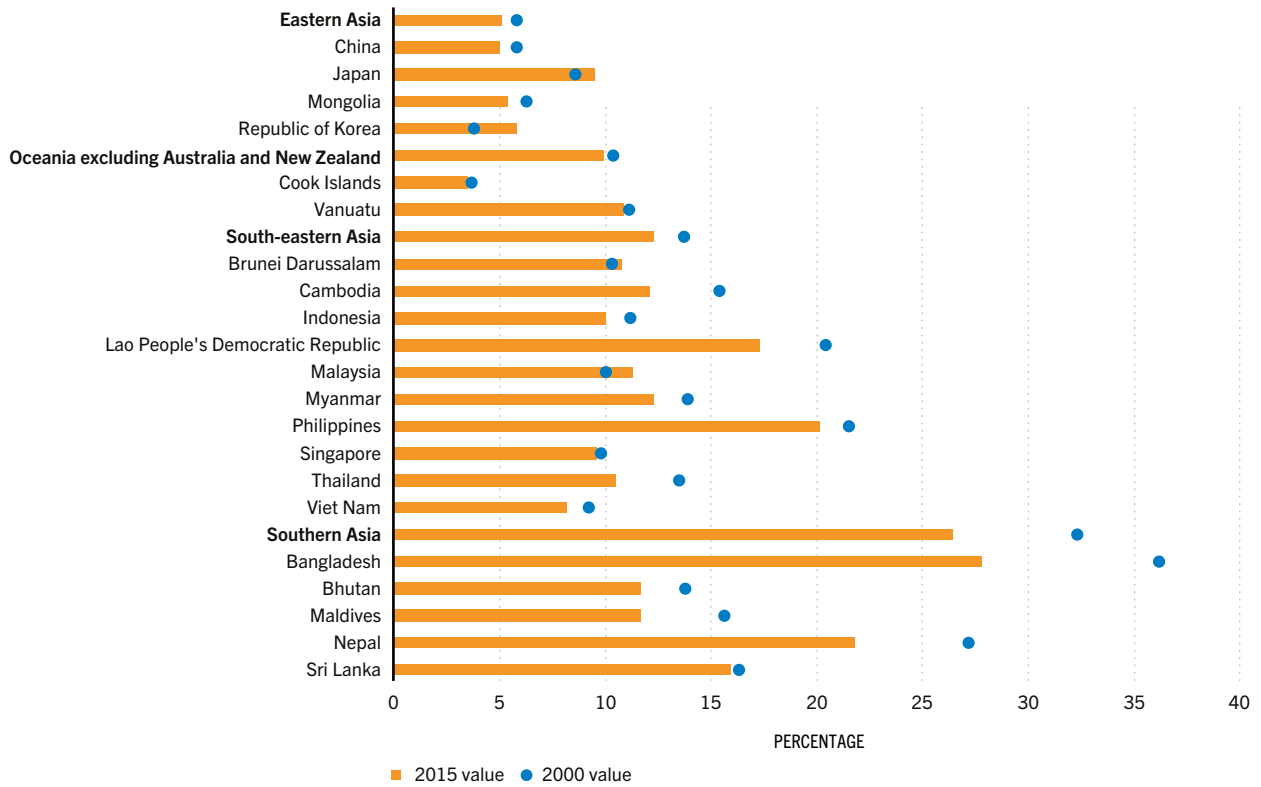
**TABLE 12**

Prevalence of low birthweight (percent)

	2000	2005	2010	2012	2014	2015
<b>World</b>	<b>17.5</b>	<b>16.4</b>	<b>15.3</b>	<b>15.0</b>	<b>14.7</b>	<b>14.6</b>
Asia and the Pacific	27.0	25.0	23.4	22.8	22.3	22.1
Eastern Asia	5.8	5.4	5.2	5.1	5.1	5.1
Oceania excluding Australia and New Zealand	10.4	10.2	10.1	10.0	9.9	9.9
South-eastern Asia	13.7	13.0	12.5	12.4	12.3	12.3
Southern Asia	32.3	29.9	27.9	27.2	26.6	26.4

SOURCE: UNICEF and WHO.

**FIGURE 22**  
Prevalence of low birthweight  
in Asia and the Pacific by country



SOURCE: UNICEF and WHO.  
<https://doi.org/10.4060/cb7494en-fig22>

# ANNEX 1

## DATA TABLES

**TABLE 13**

Prevalence of  
undernourishment (percent)

	2000–2002	2004–2006	2009–2011	2014–2016	2016–2018	2017–2019	2018–2020
<b>WORLD</b>	<b>13.2</b>	<b>12.3</b>	<b>9.4</b>	<b>8.3</b>	<b>8.2</b>	<b>8.3</b>	<b>8.9</b>
<b>Asia and the Pacific</b>	14.7	13.9	9.7	8.0	7.5	7.4	7.9
<b>Eastern Asia</b>	9.4	6.9	2.7	<2.5	<2.5	<2.5	<2.5
<b>East Asia (excluding China)</b>	5.5	5.6	6.9	6.1	6.3	6.2	6.2
<b>Oceania</b>	6.6	6.7	5.6	6.1	6.2	6.2	6.2
<b>South-eastern Asia</b>	20.0	17.1	11.9	8.2	7.4	7.1	7.1
<b>Southern Asia</b>	18.4	19.9	15.5	13.9	13.1	13.1	14.1
<b>South Asia (excluding India)</b>	18.2	15.4	14.1	11.8	11.2	10.9	11.0
<b>Afghanistan</b>	47.8	36.1	23.7	21.5	23.0	23.4	25.6
<b>Australia</b>	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
<b>American Samoa</b>							
<b>Bangladesh</b>	15.9	14.2	15.2	14.0	12.5	10.8	9.7
<b>Bhutan</b>							
<b>Brunei Darussalam</b>	2.6	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
<b>Cambodia</b>	23.6	17.0	13.3	8.9	7.7	6.8	6.2
<b>China</b>	10.0	7.0	<2.5	<2.5	<2.5	<2.5	<2.5
<b>Cook Islands</b>							
<b>Democratic People's Republic of Korea</b>	35.7	33.8	42.6	40.3	42.9	42.6	42.4
<b>Fiji</b>	4.0	3.7	4.0	6.4	6.3	5.8	5.6
<b>French Polynesia</b>	4.2	3.8	3.5	3.6	4.0	3.9	3.8
<b>India</b>	18.4	21.6	16.0	14.7	13.8	14.0	15.3
<b>Indonesia</b>	19.2	19.2	13.0	7.0	6.4	6.4	6.5
<b>Iran (Islamic Republic of)</b>	4.8	5.2	6.0	4.7	5.2	5.4	5.5
<b>Japan</b>	<2.5	<2.5	2.7	<2.5	<2.5	<2.5	<2.5
<b>Kiribati</b>	4.4	5.3	5.6	3.2	3.5	3.8	4.1
<b>Lao People's Democratic Republic</b>	31.2	22.4	16.0	6.7	5.6	5.4	5.3
<b>Malaysia</b>	2.5	3.2	3.2	3.8	3.4	3.2	3.2
<b>Maldives</b>							
<b>Marshall Islands</b>							

**TABLE 13**  
(Continued)

	2000–2002	2004–2006	2009–2011	2014–2016	2016–2018	2017–2019	2018–2020
<b>Micronesia (Federated States of)</b>							
<b>Mongolia</b>	31.1	29.6	19.1	8.4	6.3	5.5	4.3
<b>Myanmar</b>	37.6	27.8	13.1	8.9	8.1	7.8	7.6
<b>Nauru</b>							
<b>Nepal</b>	23.5	16.8	10.5	5.3	4.2	4.3	4.8
<b>New Zealand</b>	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
<b>Niue</b>							
<b>Pakistan</b>	21.1	17.6	15.9	12.8	12.1	12.2	12.9
<b>Palau</b>							
<b>Papua New Guinea</b>	26.3	27.4	22.7	25.0	25.1	24.9	24.6
<b>Philippines</b>	18.7	14.9	13.4	13.3	10.9	9.7	9.4
<b>Republic of Korea</b>	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
<b>Samoa</b>	3.5	3.4	4.2	4.5	4.7	4.6	4.6
<b>Singapore</b>							
<b>Solomon Islands</b>	13.3	12.5	13.5	18.4	17.6	17.0	16.5
<b>Sri Lanka</b>	16.9	14.7	11.3	6.8	5.9	6.0	6.8
<b>Thailand</b>	17.3	11.9	10.0	7.3	7.7	7.9	8.2
<b>Timor-Leste</b>	41.5	32.2	32.5	24.5	24.0	23.3	22.6
<b>Tonga</b>							
<b>Tuvalu</b>							
<b>Vanuatu</b>	7.4	6.3	5.2	8.1	9.6	9.5	9.3
<b>Viet Nam</b>	19.7	15.5	11.0	8.1	7.2	6.8	6.7

SOURCE: FAO.

TABLE 14

Number of  
undernourished people (millions)

	2000–2002	2004–2006	2009–2011	2014–2016	2016–2018	2017–2019	2018–2020
<b>WORLD</b>	<b>819.2</b>	<b>804.0</b>	<b>652.3</b>	<b>613.8</b>	<b>622.7</b>	<b>632.9</b>	<b>683.9</b>
<b>Asia and the Pacific</b>	525.1	521.3	381.4	330.0	315.6	317.2	337.9
<b>Eastern Asia</b>	144.1	107.4	43.4				
<b>East Asia (excluding China)</b>	11.4	11.9	14.7	13.1	13.6	13.4	13.3
<b>Oceania</b>	2.1	2.3	2.1	2.4	2.5	2.6	2.6
<b>South-eastern Asia</b>	106.6	95.8	71.2	52.3	47.8	46.5	46.7
<b>Southern Asia</b>	272.4	315.9	264.7	253.5	245.1	248.9	269.5
<b>South Asia (excluding India)</b>	74.1	68.1	67.5	61.3	60.1	59.0	60.9
<b>Afghanistan</b>	10.3	9.2	6.9	7.4	8.3	8.7	9.7
<b>American Samoa</b>							
<b>Australia</b>							
<b>Bangladesh</b>	20.7	19.7	22.4	21.8	20.0	17.5	15.9
<b>Bhutan</b>							
<b>Brunei Darussalam</b>	<0.1						
<b>Cambodia</b>	2.9	2.3	1.9	1.4	1.2	1.1	1.0
<b>China</b>	132.5	95.4					
<b>Cook Islands</b>							
<b>Democratic People's Republic of Korea</b>	8.2	8.1	10.5	10.1	10.9	10.9	10.9
<b>Fiji</b>	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
<b>French Polynesia</b>	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
<b>India</b>	198.3	247.8	197.2	192.3	184.9	189.9	208.6
<b>Indonesia</b>	41.1	43.5	31.3	18.2	16.8	17.2	17.6
<b>Iran (Islamic Republic of)</b>	3.2	3.6	4.4	3.7	4.2	4.4	4.6
<b>Japan</b>			3.4				
<b>Kiribati</b>	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
<b>Lao People's Democratic Republic</b>	1.7	1.3	1.0	0.5	0.4	0.4	0.4
<b>Malaysia</b>	0.6	0.8	0.9	1.1	1.1	1.0	1.0
<b>Maldives</b>							
<b>Marshall Islands</b>							
<b>Micronesia (Federated States of)</b>							
<b>Mongolia</b>	0.8	0.7	0.5	0.3	0.2	0.2	0.1
<b>Myanmar</b>	17.7	13.6	6.6	4.7	4.3	4.2	4.1
<b>Nauru</b>							
<b>Nepal</b>	5.7	4.3	2.8	1.4	1.2	1.2	1.4
<b>New Zealand</b>							
<b>Niue</b>							
<b>Pakistan</b>	30.8	28.2	28.6	25.5	25.2	25.8	27.9
<b>Palau</b>							

**TABLE 14**  
(Continued)

	2000–2002	2004–2006	2009–2011	2014–2016	2016–2018	2017–2019	2018–2020
<b>Papua New Guinea</b>	1.6	1.8	1.7	2.0	2.1	2.1	2.2
<b>Philippines</b>	14.9	12.9	12.6	13.6	11.4	10.3	10.1
<b>Republic of Korea</b>							
<b>Samoa</b>	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
<b>Singapore</b>							
<b>Solomon Islands</b>	<0.1	<0.1	<0.1	0.1	0.1	0.1	0.1
<b>Sri Lanka</b>	3.2	2.9	2.3	1.4	1.3	1.3	1.4
<b>Thailand</b>	11.0	7.8	6.7	5.0	5.4	5.5	5.7
<b>Timor-Leste</b>	0.4	0.3	0.4	0.3	0.3	0.3	0.3
<b>Tonga</b>							
<b>Tuvalu</b>							
<b>Vanuatu</b>	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
<b>Viet Nam</b>	15.9	13.0	9.7	7.5	6.8	6.5	6.5

SOURCE: FAO.

TABLE 15

Prevalence of food insecurity (percent)

	Moderate or severe food insecurity				Severe food insecurity			
	2014–2016	2016–2018	2017–2019	2018–2020	2014–2016	2016–2018	2017–2019	2018–2020
<b>WORLD</b>	<b>23.0</b>	<b>24.8</b>	<b>25.8</b>	<b>27.6</b>	<b>8.2</b>	<b>8.9</b>	<b>9.5</b>	<b>10.5</b>
<b>Asia and the Pacific</b>	18.5	20.1	21.4	23.4	7.2	7.5	8.3	9.3
<b>Eastern Asia</b>	6.1	8.6	9.0	8.3	1.0	1.7	1.6	1.7
<b>East Asia (excluding China)</b>	3.9	4.6	4.6	4.6	0.5	0.7	0.8	0.8
<b>Oceania</b>	11.1	13.2	13.7	12.9	2.8	3.7	3.9	3.4
<b>South-eastern Asia</b>	15.9	17.4	17.3	17.6	2.4	2.7	2.7	2.8
<b>Southern Asia</b>	30.9	31.4	33.9	38.7	14.6	14.4	16.2	18.4
<b>South Asia (excluding India)</b>	38.6	36.9	38.0	39.8	12.4	11.7	12.3	13.4
<b>Afghanistan</b>	45.1	54.3	57.5	63.1	14.8	17.3	17.3	19.8
<b>American Samoa</b>								
<b>Australia</b>	10.8	12.7	13.3	12.3	2.8	3.6	3.8	3.3
<b>Bangladesh</b>	32.2	31.5	31.5	31.9	13.3	11.6	10.6	10.5
<b>Bhutan</b>								
<b>Brunei Darussalam</b>								
<b>Cambodia</b>	48.9	44.9	44.1	44.8	16.9	14.0	13.6	13.4
<b>China</b>								
<b>Cook Islands</b>								
<b>Democratic People's Republic of Korea</b>								
<b>Fiji</b>			14.3	14.3			2.0	2.0
<b>French Polynesia</b>								
<b>India</b>								
<b>Indonesia</b>	6.0	7.6	7.0	6.2	0.7	0.9	0.8	0.7
<b>Iran (Islamic Republic of)</b>	48.0	42.4	40.6	42.5	9.5	8.7	8.4	8.7
<b>Japan</b>	2.6	3.2	3.2	3.4	<0.5	0.5	0.7	0.7
<b>Kiribati</b>			40.9	40.9			8.0	7.9
<b>Lao People's Democratic Republic</b>				29.4				8.9
<b>Malaysia</b>	17.4	15.1	15.1	18.7	7.8	6.7	6.7	7.5
<b>Maldives</b>								
<b>Marshall Islands</b>								
<b>Micronesia (Federated States of)</b>								
<b>Mongolia</b>	21.0	27.1	27.5	26.2	3.4	5.9	5.9	4.9
<b>Myanmar</b>				22.2				1.9
<b>Nauru</b>								
<b>Nepal</b>	29.5	31.6	33.8	36.4	10.4	9.6	10.3	12.0
<b>New Zealand</b>	10.0	13.3	13.9	14.0	2.8	4.2	4.4	3.9
<b>Niue</b>								



**TABLE 15**  
(Continued)

	Moderate or severe food insecurity				Severe food insecurity			
	2014–2016	2016–2018	2017–2019	2018–2020	2014–2016	2016–2018	2017–2019	2018–2020
<b>Pakistan</b>								
<b>Palau</b>								
<b>Papua New Guinea</b>								
<b>Philippines</b>	41.2		41.2	42.7	3.2		3.2	4.0
<b>Republic of Korea</b>	4.8	5.4	5.2	5.1	<0.5	0.5	<0.5	0.6
<b>Samoa</b>		23.6	23.6	23.6		3.4	3.4	3.4
<b>Singapore</b>	2.8	4.1	4.7	4.5	1.0	1.4	1.4	0.9
<b>Solomon Islands</b>								
<b>Sri Lanka</b>								
<b>Thailand</b>	15.1	24.8	26.4	29.8	4.2	7.2	7.7	8.5
<b>Timor-Leste</b>								
<b>Tonga</b>			23.2	23.2			6.0	6.0
<b>Tuvalu</b>								
<b>Vanuatu</b>			23.3	23.3			2.4	2.4
<b>Viet Nam</b>		6.2	6.2	6.5		<0.5	<0.5	0.5

SOURCE: FAO.

TABLE 16

Number of food insecure people (millions)

	Moderate or severe food insecurity				Severe food insecurity			
	2014–2016	2016–2018	2017–2019	2018–2020	2014–2016	2016–2018	2017–2019	2018–2020
<b>WORLD</b>	<b>1696.1</b>	<b>1874.4</b>	<b>1970.1</b>	<b>2132.3</b>	<b>607.7</b>	<b>669.4</b>	<b>722.7</b>	<b>813.0</b>
<b>Asia and the Pacific</b>	768.8	849.8	912.1	1002.9	299.9	317.4	352.5	401.2
<b>Eastern Asia</b>	99.7	143.3	150.1	138.3	16.8	28.1	27.1	28.9
<b>East Asia (excluding China)</b>	9.3	11.0	11.0	11.0	1.2	1.7	1.8	1.9
<b>Oceania</b>	4.4	5.4	5.7	5.4	1.1	1.5	1.6	1.4
<b>South-eastern Asia</b>	100.7	112.7	113.4	116.7	15.0	17.2	17.5	18.7
<b>Southern Asia</b>	564.0	588.5	643.1	742.6	267.0	270.6	306.3	352.2
<b>South Asia (excluding India)</b>	199.6	197.3	206.3	219.5	64.2	62.5	67.0	73.9
<b>Afghanistan</b>	15.5	19.7	21.4	24.0	5.1	6.3	6.4	7.5
<b>American Samoa</b>								
<b>Australia</b>	2.6	3.1	3.3	3.1	0.7	0.9	1.0	0.8
<b>Bangladesh</b>	50.4	50.2	50.8	52.0	20.7	18.5	17.2	17.1
<b>Bhutan</b>								
<b>Brunei Darussalam</b>								
<b>Cambodia</b>	7.6	7.2	7.2	7.4	2.6	2.2	2.2	2.2
<b>China</b>								
<b>Cook Islands</b>								
<b>Democratic People's Republic of Korea</b>								
<b>Fiji</b>			0.1	0.1			<0.1	<0.1
<b>French Polynesia</b>								
<b>India</b>								
<b>Indonesia</b>	15.5	20.0	18.7	16.8	1.8	2.4	2.2	1.9
<b>Iran (Islamic Republic of)</b>	37.7	34.2	33.2	35.2	7.5	7.0	6.9	7.2
<b>Japan</b>	3.3	4.0	4.0	4.3	0.5	0.7	0.9	0.8
<b>Kiribati</b>			<0.1	<0.1			<0.1	<0.1
<b>Lao People's Democratic Republic</b>				2.1				0.6
<b>Malaysia</b>	5.3	4.7	4.7	6.0	2.4	2.1	2.1	2.4
<b>Maldives</b>								
<b>Marshall Islands</b>								
<b>Micronesia (Federated States of)</b>								
<b>Mongolia</b>	0.6	0.8	0.9	0.8	0.1	0.2	0.2	0.2
<b>Myanmar</b>				12.0				1.0
<b>Nauru</b>								
<b>Nepal</b>	8.0	8.7	9.5	10.4	2.8	2.6	2.9	3.4
<b>New Zealand</b>	0.5	0.6	0.7	0.7	0.1	0.2	0.2	0.2
<b>Niue</b>								

**TABLE 16**  
(Continued)

	Moderate or severe food insecurity				Severe food insecurity			
	2014–2016	2016–2018	2017–2019	2018–2020	2014–2016	2016–2018	2017–2019	2018–2020
<b>Pakistan</b>								
<b>Palau</b>								
<b>Papua New Guinea</b>								
<b>Philippines</b>	42.1		44.0	46.1	3.3		3.4	4.3
<b>Republic of Korea</b>	2.4	2.7	2.6	2.6	0.2	0.2	0.2	0.3
<b>Samoa</b>		<0.1	<0.1	<0.1		<0.1	<0.1	<0.1
<b>Singapore</b>	0.2	0.2	0.3	0.3	<0.1	<0.1	<0.1	<0.1
<b>Solomon Islands</b>								
<b>Sri Lanka</b>								
<b>Thailand</b>	10.4	17.2	18.3	20.8	2.9	5.0	5.4	5.9
<b>Timor-Leste</b>								
<b>Tonga</b>			<0.1	<0.1			<0.1	<0.1
<b>Tuvalu</b>								
<b>Vanuatu</b>			<0.1	<0.1			<0.1	<0.1
<b>Viet Nam</b>		5.9	6.0	6.2		0.4	0.4	0.5

SOURCE: FAO.

TABLE 17

Prevalence of stunting among children under five (percent)

	2000	2005	2010	2015	2018	2019	2020
<b>WORLD</b>	<b>33.1</b>	<b>30.7</b>	<b>27.7</b>	<b>24.4</b>	<b>22.9</b>	<b>22.4</b>	<b>22.0</b>
<b>Asia and the Pacific</b>	38.0	34.9	31.3	26.5	24.2	23.5	22.9
<b>Eastern Asia</b>	19.5	13.0	8.8	6.3	5.4	5.2	4.9
<b>Oceania excluding Australia and New Zealand</b>	35.6	37.8	40.0	40.4	41.0	41.2	41.4
<b>South-eastern Asia</b>	38.0	34.4	31.6	29.1	28.1	27.8	27.4
<b>Southern Asia</b>	48.3	46.2	42.6	36.5	32.9	31.7	30.7
<b>Afghanistan</b>	54.6	52.2	47.2	41.1	37.4	36.3	35.1
<b>Australia</b>	1.3	1.6	2.0	2.1	2.1	2.1	2.1
<b>Bangladesh</b>	56.0	47.1	40.2	35.0	32.0	31.0	30.2
<b>Bhutan</b>	46.5	40.3	33.0	26.4	23.7	23.0	22.4
<b>Brunei Darussalam</b>	20.9	20.5	18.4	15.7	13.7	13.2	12.7
<b>Cambodia</b>	51.1	44.8	37.5	31.3	30.2	30.0	29.9
<b>China, mainland</b>	20.1	13.0	8.7	6.1	5.2	4.9	4.7
<b>Democratic People's Republic of Korea</b>	54.4	40.4	29.0	22.6	19.8	18.9	18.2
<b>Fiji</b>	5.9	7.8	8.5	8.0	7.5	7.5	7.5
<b>India</b>	49.8	48.2	44.5	37.5	33.5	32.1	30.9
<b>Indonesia</b>	41.5	38.3	35.7	32.9	32.2	32.0	31.8
<b>Iran (Islamic Republic of)</b>	14.5	8.4	6.3	6.2	6.2	6.3	6.3
<b>Japan</b>	8.4	7.6	6.9	6.1	5.7	5.6	5.5
<b>Kiribati</b>	20.4	18.1	16.3	15.6	15.5	15.3	14.9
<b>Lao People's Democratic Republic</b>	49.7	47.6	43.2	36.5	32.4	31.2	30.2
<b>Malaysia</b>	20.0	18.3	17.9	19.1	20.3	20.6	20.9
<b>Maldives</b>	33.6	24.9	18.3	16.2	15.1	14.6	14.2
<b>Marshall Islands</b>	38.2	35.7	37.6	35.0	33.5	32.8	32.2
<b>Mongolia</b>	29.4	23.3	15.2	10.1	8.1	7.6	7.1
<b>Myanmar</b>	47.0	39.1	33.2	29.5	26.9	26.1	25.2
<b>Nauru</b>	26.8	25.3	21.6	18.2	16.3	15.5	15.0
<b>Nepal</b>	57.9	49.5	42.8	36.4	32.5	31.4	30.4
<b>Pakistan</b>	42.1	43.8	44.2	41.3	38.5	37.5	36.7
<b>Papua New Guinea</b>	41.9	44.0	46.6	47.5	48.1	48.3	48.4
<b>Philippines</b>	35.7	34.0	32.7	31.1	29.9	29.4	28.7
<b>Republic of Korea</b>	2.9	2.6	2.3	2.2	2.2	2.2	2.2
<b>Samoa</b>	6.1	5.4	5.6	5.8	6.4	6.6	6.8
<b>Singapore</b>	4.4	3.9	3.3	3.0	2.9	2.9	2.8
<b>Solomon Islands</b>	34.0	34.2	33.0	30.5	29.7	29.5	29.3
<b>Sri Lanka</b>	20.6	18.3	17.2	16.3	16.2	16.1	16.0
<b>Thailand</b>	16.9	16.4	14.9	12.9	12.6	12.4	12.3
<b>Timor-Leste</b>	54.8	57.1	54.4	50.9	49.5	49.1	48.8
<b>Tonga</b>	12.9	10.2	7.8	4.9	3.3	3.0	2.6

**TABLE 17**  
(Continued)

	2000	2005	2010	2015	2018	2019	2020
<b>Tuvalu</b>	12.1	10.5	10.1	9.9	9.8	9.8	9.7
<b>Vanuatu</b>	25.1	26.3	27.0	27.9	28.5	28.6	28.7
<b>Viet Nam</b>	41.8	32.9	27.6	24.4	23.0	22.7	22.3

SOURCE: UNICEF, WHO and World Bank.

**TABLE 18**Prevalence of wasting  
among children under five (percent)

	2000	2005	2010	2015	2018	2019	2020
<b>WORLD</b>							<b>6.7</b>
World							6.7
Asia and the Pacific							9.9
Eastern Asia							1.7
Oceania excluding Australia and New Zealand							9.0
South-eastern Asia							8.2
Southern Asia							14.1
Afghanistan					5.1		
Bangladesh	12.5	11.8			8.4	9.8	
Bhutan			5.9				
Cambodia	17.1	8.5	11.0				
China, mainland	2.5	2.9	2.3				
Democratic People's Republic of Korea	12.2						
India				20.8			
Indonesia	5.5		12.3		10.2		
Iran (Islamic Republic of)			4.0				
Japan			2.3				
Kiribati					3.5		
Lao People's Democratic Republic	17.5			9.7			
Malaysia				8.0		9.7	
Mongolia	7.1	2.7	1.8		0.9		
Myanmar	10.7				6.7		
Nepal						12.0	
Pakistan					7.1		
Papua New Guinea		4.4	14.1				
Philippines				6.8	5.6		
Samoa						3.1	
Singapore	3.6						
Solomon Islands				8.5			
Sri Lanka	15.9						
Thailand						7.7	
Tonga						1.1	
Viet Nam	6.1	10.7	4.1	6.4			

SOURCE: UNICEF, WHO and World Bank.

TABLE 19

Prevalence of overweight among children under five (percent)

	2000	2005	2010	2015	2018	2019	2020
<b>WORLD</b>	<b>5.4</b>	<b>5.7</b>	<b>5.6</b>	<b>5.6</b>	<b>5.7</b>	<b>5.7</b>	<b>5.7</b>
World	5.4	5.7	5.6	5.6	5.7	5.7	5.7
<b>Asia and the Pacific</b>	<b>4.2</b>	<b>4.3</b>	<b>4.5</b>	<b>4.7</b>	<b>4.9</b>	<b>4.9</b>	<b>5.0</b>
Eastern Asia	6.0	6.2	6.6	7.1	7.5	7.7	7.9
Oceania excluding Australia and New Zealand	5.2	6.1	7.0	7.7	8.0	8.0	8.0
South-eastern Asia	3.7	4.3	5.3	6.6	7.2	7.4	7.5
Southern Asia	3.3	3.3	3.0	2.8	2.6	2.6	2.5
Afghanistan	5.2	5.8	5.6	4.8	4.3	4.1	3.9
Australia	8.2	10.3	13.0	16.1	17.7	18.2	18.5
Bangladesh	0.7	1.0	1.5	1.9	2.1	2.1	2.1
Bhutan	4.3	5.4	6.0	5.9	5.5	5.4	5.2
Brunei Darussalam	6.2	7.1	8.1	8.9	9.1	9.2	9.3
Cambodia	3.2	2.7	2.3	2.0	2.0	2.0	2.1
China, mainland	6.4	6.6	7.0	7.5	7.9	8.1	8.3
Democratic People's Republic of Korea	1.1	1.1	1.2	1.5	1.7	1.8	1.9
Fiji	3.8	4.3	4.7	5.0	5.1	5.2	5.2
India	3.3	3.0	2.6	2.1	2.0	1.9	1.9
Indonesia	4.0	5.3	7.2	9.5	10.7	10.9	11.1
Iran (Islamic Republic of)	6.8	7.4	8.2	8.7	9.1	9.2	9.4
Japan	2.1	1.9	1.9	2.1	2.2	2.3	2.4
Kiribati	2.6	2.5	2.4	2.3	2.4	2.4	2.4
Lao People's Democratic Republic	2.1	2.1	2.2	2.5	2.8	2.9	3.0
Malaysia	5.4	5.8	6.0	6.1	6.1	6.1	6.1
Maldives	4.4	5.5	5.9	5.5	5.0	4.8	4.6
Marshall Islands	3.8	3.9	4.0	4.1	4.2	4.2	4.2
Mongolia	8.5	9.5	10.1	10.2	10.3	10.2	10.1
Myanmar	4.5	3.5	2.6	1.9	1.6	1.6	1.5
Nauru	3.0	3.0	3.1	3.3	3.5	3.6	3.7
Nepal	0.9	1.0	1.3	1.5	1.7	1.7	1.8
Pakistan	4.8	5.1	4.9	4.2	3.7	3.6	3.4
Papua New Guinea	5.5	6.6	7.7	8.6	8.9	8.9	8.9
Philippines	2.4	2.7	3.1	3.7	4.0	4.1	4.2
Republic of Korea	5.8	6.6	7.4	8.2	8.6	8.7	8.8
Samoa	5.8	6.2	6.6	6.8	7.0	7.0	7.1
Singapore	3.0	3.2	3.8	4.3	4.6	4.7	4.8
Solomon Islands	2.9	3.1	3.4	3.7	3.8	3.9	4.0
Sri Lanka	1.0	1.1	1.2	1.2	1.3	1.3	1.3
Thailand	6.4	7.5	8.4	9.0	9.2	9.2	9.2
Timor-Leste	3.6	3.4	3.1	2.8	2.7	2.7	2.6

**TABLE 19**  
(Continued)

	2000	2005	2010	2015	2018	2019	2020
<b>Tonga</b>	10.4	12.1	13.0	13.1	12.9	12.8	12.6
<b>Tuvalu</b>	5.4	5.8	6.1	6.3	6.3	6.4	6.4
<b>Vanuatu</b>	4.3	4.6	4.8	4.9	4.9	4.9	4.9
<b>Viet Nam</b>	2.4	2.9	3.7	4.9	5.6	5.8	6.0

SOURCE: UNICEF, WHO and World Bank.



TABLE 20

Prevalence of anaemia among women of reproductive age (15–49 years) (percent)

	2000	2005	2010	2015	2017	2018	2019
<b>WORLD</b>	<b>31.2</b>	<b>29.9</b>	<b>28.6</b>	<b>28.8</b>	<b>29.3</b>	<b>29.6</b>	<b>29.9</b>
Asia and the Pacific	34.2	32.5	31.2	31.6	32.2	32.5	32.9
Eastern Asia	22.2	18.7	16.0	15.6	15.9	15.9	16.1
Oceania	14.6	14.3	14.2	14.8	15.3	15.6	16.0
Oceania excluding Australia and New Zealand	34.4	33.6	32.8	33.1	33.5	33.7	33.9
South-eastern Asia	31.4	27.9	25.3	25.6	26.3	26.7	27.2
Southern Asia	49.4	49.1	48.5	47.8	48.0	48.1	48.2
Afghanistan	35.7	35.6	36.8	39.4	40.9	41.8	42.6
Australia	8.0	7.5	7.3	7.6	7.9	8.2	8.5
Bangladesh	35.6	35.8	35.7	35.9	36.2	36.4	36.7
Bhutan	45.2	43.2	40.7	38.8	38.6	38.6	38.6
Brunei Darussalam	17.1	15.5	14.9	15.1	15.7	16.2	16.7
Cambodia	53.9	49.2	46.3	46.5	46.8	47.0	47.1
China	22.1	18.3	15.3	14.9	15.2	15.3	15.5
Cook Islands	26.9	26.1	25.7	26.2	26.6	26.8	27.1
Democratic People's Republic of Korea	35.0	32.5	31.6	32.5	33.2	33.5	33.9
Fiji	34.8	32.9	31.7	31.5	31.7	31.8	32.0
India	54.1	54.2	53.5	52.7	52.8	52.9	53.0
Indonesia	33.3	29.5	27.0	28.2	29.6	30.4	31.2
Iran (Islamic Republic of)	27.4	24.5	23.0	23.0	23.4	23.7	24.1
Japan	21.3	21.2	20.1	19.2	19.1	19.0	19.0
Kiribati	32.8	31.2	31.6	32.1	32.3	32.4	32.6
Lao People's Democratic Republic	42.6	38.7	36.4	37.2	38.2	38.8	39.5
Malaysia	35.1	32.5	30.4	30.7	31.3	31.6	32.0
Maldives	48.0	44.8	44.5	48.3	50.3	51.3	52.2
Marshall Islands	31.0	30.3	29.7	29.9	30.2	30.4	30.6
Micronesia (Federated States of)	21.7	21.9	22.3	23.5	24.3	24.6	25.0
Mongolia	15.4	16.5	14.8	14.1	14.1	14.3	14.5
Myanmar	47.6	43.0	39.6	40.4	41.2	41.7	42.1
Nauru	30.0	30.0	29.5	29.4	29.5	29.5	29.6
Nepal	45.8	40.0	36.6	35.3	35.3	35.5	35.7
New Zealand	8.1	8.2	8.5	9.3	9.8	10.1	10.4
Niue	26.9	26.2	25.8	26.4	26.8	27.0	27.3
Pakistan	40.6	41.8	42.6	42.0	41.6	41.4	41.3
Palau	28.1	27.5	27.2	27.7	28.1	28.3	28.5
Papua New Guinea	34.7	34.1	33.3	33.6	34.0	34.2	34.4
Philippines	25.0	22.2	18.7	14.5	13.3	12.8	12.3
Republic of Korea	17.5	16.0	14.3	13.1	13.1	13.2	13.5

**TABLE 20**  
(Continued)

	2000	2005	2010	2015	2017	2018	2019
<b>Samoa</b>	24.7	24.7	24.5	25.1	25.9	26.3	26.8
<b>Singapore</b>	12.3	11.7	11.4	11.9	12.4	12.7	13.0
<b>Solomon Islands</b>	41.0	40.2	38.8	38.0	37.9	37.8	37.7
<b>Sri Lanka</b>	38.8	36.0	33.8	33.8	34.1	34.4	34.6
<b>Thailand</b>	21.0	21.3	21.8	22.7	23.3	23.7	24.0
<b>Timor-Leste</b>	36.9	30.7	26.9	27.7	28.8	29.3	29.9
<b>Tonga</b>	28.0	27.5	27.2	27.6	28.0	28.2	28.5
<b>Tuvalu</b>	26.9	26.2	25.8	26.5	27.0	27.2	27.5
<b>Vanuatu</b>	30.9	27.3	24.2	25.2	26.7	27.5	28.5
<b>Viet Nam</b>	27.3	20.9	17.2	18.0	19.1	19.8	20.6

SOURCE: WHO.

TABLE 21

Prevalence of obesity  
among adults (percent)

	2000	2005	2010	2013	2014	2015	2016
<b>WORLD</b>	<b>8.7</b>	<b>9.9</b>	<b>11.2</b>	<b>12.1</b>	<b>12.5</b>	<b>12.8</b>	<b>13.1</b>
World	8.7	9.9	11.2	12.1	12.5	12.8	13.1
<b>Asia and the Pacific</b>	<b>2.6</b>	<b>3.4</b>	<b>4.5</b>	<b>5.2</b>	<b>5.5</b>	<b>5.8</b>	<b>6.1</b>
Eastern Asia	2.4	3.2	4.3	5.1	5.4	5.7	6.0
Oceania	19.5	22.1	24.7	26.4	27.0	27.5	28.1
Oceania excluding Australia and New Zealand	15.6	17.8	20.2	21.9	22.4	23.0	23.6
South-eastern Asia	2.7	3.6	4.8	5.7	6.0	6.4	6.7
Southern Asia	2.5	3.2	4.1	4.7	4.9	5.2	5.4
Afghanistan	2.3	3.0	4.0	4.7	4.9	5.2	5.5
Australia	20.2	22.9	25.6	27.3	27.9	28.4	29.0
Bangladesh	1.3	1.8	2.5	3.0	3.2	3.4	3.6
Bhutan	2.4	3.4	4.6	5.5	5.7	6.1	6.4
Brunei Darussalam	7.2	9.0	11.1	12.6	13.1	13.6	14.1
Cambodia	1.5	2.0	2.7	3.3	3.5	3.7	3.9
China	2.4	3.2	4.4	5.2	5.5	5.9	6.2
Cook Islands	44.9	49.1	52.6	54.3	54.9	55.4	55.9
Democratic People's Republic of Korea	4.0	4.7	5.5	6.1	6.3	6.5	6.8
Fiji	21.0	23.7	26.5	28.3	28.9	29.5	30.2
India	1.6	2.1	2.8	3.3	3.5	3.7	3.9
Indonesia	2.6	3.6	4.9	5.8	6.1	6.5	6.9
Iran (Islamic Republic of)	16.6	19.1	22.1	24.0	24.6	25.2	25.8
Japan	2.1	2.6	3.3	3.8	3.9	4.1	4.3
Kiribati	34.9	38.9	42.2	44.1	44.7	45.3	46.0
Lao People's Democratic Republic	1.7	2.5	3.5	4.4	4.7	5.0	5.3
Malaysia	7.0	9.4	12.0	13.7	14.3	14.9	15.6
Maldives	3.0	4.2	5.9	7.2	7.6	8.1	8.6
Marshall Islands	43.7	46.7	49.6	51.3	51.8	52.4	52.9
Micronesia (Federated States of)	34.7	37.9	41.5	43.7	44.4	45.1	45.8
Mongolia	11.6	13.8	16.7	18.6	19.2	19.9	20.6
Myanmar	2.2	3.0	4.0	4.8	5.1	5.4	5.8
Nauru	55.1	57.0	58.9	60.0	60.3	60.7	61.0
Nepal	1.6	2.1	2.9	3.5	3.7	3.9	4.1
New Zealand	21.5	24.4	27.2	29.0	29.6	30.2	30.8
Niue	37.5	41.3	45.2	47.6	48.4	49.2	50.0
Pakistan	3.9	5.1	6.5	7.5	7.8	8.2	8.6
Palau	45.0	48.2	51.8	53.7	54.2	54.8	55.3
Papua New Guinea	13.3	15.5	17.9	19.6	20.1	20.7	21.3
Philippines	3.3	4.1	5.0	5.7	5.9	6.2	6.4

**TABLE 21**  
(Continued)

	2000	2005	2010	2013	2014	2015	2016
<b>Republic of Korea</b>	2.9	3.4	3.9	4.3	4.4	4.5	4.7
<b>Samoa</b>	36.7	40.2	43.4	45.4	46.0	46.7	47.3
<b>Singapore</b>	4.4	4.9	5.4	5.7	5.8	6.0	6.1
<b>Solomon Islands</b>	13.5	15.9	18.7	20.6	21.2	21.9	22.5
<b>Sri Lanka</b>	2.1	2.8	3.7	4.4	4.6	4.9	5.2
<b>Thailand</b>	3.7	5.0	7.0	8.4	8.9	9.4	10.0
<b>Timor-Leste</b>	1.4	1.9	2.6	3.1	3.3	3.6	3.8
<b>Tonga</b>	37.0	40.6	44.1	46.1	46.8	47.5	48.2
<b>Tuvalu</b>	39.3	43.1	47.0	49.4	50.1	50.9	51.6
<b>Vanuatu</b>	15.6	18.4	21.3	23.2	23.9	24.5	25.2
<b>Viet Nam</b>	0.6	0.9	1.4	1.7	1.8	2.0	2.1

SOURCE: WHO.

**TABLE 22**

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

	2000	2005	2010	2015	2017	2018	2019
<b>WORLD</b>							<b>44.0</b>
<b>Asia and the Pacific</b>							46.0
<b>Eastern Asia</b>							22.0
<b>Oceania excluding Australia and New Zealand</b>							61.3
<b>South-eastern Asia</b>							47.9
<b>Southern Asia</b>							57.2
<b>Afghanistan</b>				43.1		57.5	
<b>Bangladesh</b>						65.0	
<b>Bhutan</b>			48.7	53.2			
<b>Cambodia</b>	10.8	60.0	72.8				
<b>Democratic People's Republic of Korea</b>					71.4		
<b>India</b>		46.4		54.9		58.0	
<b>Indonesia</b>					50.7		
<b>Iran (Islamic Republic of)</b>	44.1		53.1				
<b>Lao People's Democratic Republic</b>	18.8				44.4		
<b>Marshall Islands</b>					43.1		
<b>Mongolia</b>	47.8	56.7	65.7			50.2	
<b>Myanmar</b>	10.5			51.2			
<b>Pakistan</b>						47.5	
<b>Papua New Guinea</b>						59.7	
<b>Solomon Islands</b>				76.2			
<b>Sri Lanka</b>	52.6						
<b>Thailand</b>		5.4		23.0			
<b>Viet Nam</b>	22.0		17.0				

SOURCE: UNICEF.

TABLE 23

Prevalence of  
low birthweight (percent)

	2000	2005	2010	2012	2013	2014	2015
<b>WORLD</b>	<b>17.5</b>	<b>16.4</b>	<b>15.3</b>	<b>15.0</b>	<b>14.8</b>	<b>14.7</b>	<b>14.6</b>
<b>Asia and the Pacific</b>	27.0	25.0	23.4	22.8	22.5	22.3	22.1
<b>Eastern Asia</b>	5.8	5.4	5.2	5.1	5.1	5.1	5.1
<b>Oceania excluding Australia and New Zealand</b>	10.4	10.2	10.1	10.0	9.9	9.9	9.9
<b>South-eastern Asia</b>	13.7	13.0	12.5	12.4	12.4	12.3	12.3
<b>Southern Asia</b>	32.3	29.9	27.9	27.2	26.9	26.6	26.4
<b>Australia</b>	6.3	6.3	6.2	6.3	6.3	6.4	6.5
<b>Bangladesh</b>	36.2	32.7	30.0	29.0	28.6	28.2	27.8
<b>Bhutan</b>	13.8	12.9	12.2	11.9	11.8	11.8	11.7
<b>Brunei Darussalam</b>	10.3	9.5	11.8	12.1	12.0	11.5	10.8
<b>Cambodia</b>	15.4	13.8	12.9	12.6	12.4	12.2	12.1
<b>China</b>	5.8	5.4	5.1	5.0	5.0	5.0	5.0
<b>Cook Islands</b>	3.7	3.6	3.6	3.5	3.5	3.5	3.5
<b>Indonesia</b>	11.2	10.7	10.3	10.2	10.1	10.0	10.0
<b>Japan</b>	8.6	9.5	9.6	9.6	9.5	9.5	9.5
<b>Lao People's Democratic Republic</b>	20.4	19.1	18.1	17.7	17.6	17.4	17.3
<b>Malaysia</b>	10.0	10.2	11.1	11.3	11.4	11.4	11.3
<b>Maldives</b>	15.6	13.4	12.3	12.0	11.9	11.8	11.7
<b>Mongolia</b>	6.3	5.9	5.6	5.5	5.4	5.4	5.4
<b>Myanmar</b>	13.9	13.2	12.7	12.5	12.5	12.4	12.3
<b>Nepal</b>	27.2	25.0	23.2	22.6	22.3	22.1	21.8
<b>New Zealand</b>	6.6	6.0	5.9	5.9	5.8	5.8	5.7
<b>Philippines</b>	21.5	21.0	20.6	20.4	20.3	20.2	20.1
<b>Republic of Korea</b>	3.8	4.3	5.1	5.4	5.5	5.7	5.8
<b>Singapore</b>	9.8	9.7	9.7	9.7	9.6	9.6	9.6
<b>Sri Lanka</b>	16.3	17.3	17.0	16.6	16.4	16.1	15.9
<b>Thailand</b>	13.5	11.4	10.8	10.8	10.7	10.6	10.5
<b>Vanuatu</b>	11.1	11.0	11.0	11.0	11.0	10.9	10.9
<b>Viet Nam</b>	9.2	8.6	8.5	8.4	8.3	8.3	8.2

SOURCE: UNICEF and WHO.

## ANNEX 2

# FOOD SECURITY AND NUTRITION INDICATORS DEFINITIONS

### **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: FAOSTAT

### **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.

Data source: FAOSTAT

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

Stunting (children under five years of age): Height/length (cm) for age (months)  $< -2$  SD 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. 2021. *Levels and Trends in Child Malnutrition*. UNICEF/WHO/World Bank Group Joint Child Malnutrition Estimates. Key findings of the 2021 edition. <https://data.unicef.org/resources/jme-report-2021>, [www.who.int/data/gho/data/themes/topics/joint-child-malnutrition-estimates-unicef-who-wb](http://www.who.int/data/gho/data/themes/topics/joint-child-malnutrition-estimates-unicef-who-wb), <https://datatopics.worldbank.org/child-malnutrition>

### Exclusive breastfeeding

Exclusive breastfeeding for infants under 6 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. 2020. Infant and young child feeding. In: *UNICEF*. New York, USA. Cited 19 April 2021. <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 & WHO. 2019. UNICEF-WHO joint low birthweight estimates. In: *United Nations Children's Fund*. New York, USA and Geneva, Switzerland. Cited 28 April 2020. [www.unicef.org/reports/UNICEF-WHO-low-birthweight-estimates-2019](http://www.unicef.org/reports/UNICEF-WHO-low-birthweight-estimates-2019), [www.who.int/nutrition/publications/UNICEF-WHO-lowbirthweight-estimates-2019](http://www.who.int/nutrition/publications/UNICEF-WHO-lowbirthweight-estimates-2019)

### 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 (kg/m<sup>2</sup>). Obesity includes individuals with BMI equal to or higher than 30 kg/m<sup>2</sup>.

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

### Anaemia in women of reproductive age

Definition: percentage of women aged 15–49 years with a haemoglobin concentration less than 120 g/L for non-pregnant women 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 ≥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, Edition 2021. In: *Global Health Observatory (GHO) data repository*. Geneva, Switzerland. Cited 25 May 2021. [www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-anaemia-in-women-of-reproductive-age-\(-\)](http://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-anaemia-in-women-of-reproductive-age-(-))

## ANNEX 3 NOTES

For specific country notes, please refer to Tables A.1.1 and A.1.2 in FAO, IFAD, UNICEF, WFP & WHO. 2021. *The State of Food Security and Nutrition in the World 2021. Transforming food systems for food security, improved nutrition and affordable healthy diets for all*. Rome, FAO. <http://www.fao.org/3/cb4474en/cb4474en.pdf>

### **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**

The collection of household survey data on child height and weight were limited in 2020 due to the physical distancing measures required to prevent the spread of COVID-19. Only four national surveys included in the database were carried out (at least partially) in 2020. The estimates on child stunting, wasting and overweight are therefore based almost entirely on data collected before 2020 and do not take into account the impact of the COVID-19 pandemic.

For child wasting regional estimates, values correspond to the model predicted estimates for the year 2020 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.

Wasting under five years of age and low birthweight regional aggregates exclude Japan.

Some aggregates are calculated by FAO.

### **Exclusive breastfeeding**

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

Some aggregates are calculated by FAO.

### **Low birthweight**

Wasting under five years of age and low birthweight regional aggregates exclude Japan.

Some aggregates are calculated by FAO.

### **Adult obesity**

Some aggregates are calculated by FAO.

### **Anaemia in women of reproductive age**

Some aggregates are calculated by FAO.

## ANNEX 4

# COUNTRY GROUPINGS

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

The groupings are:

- **Eastern Asia:** China, the Democratic People's Republic of Korea, Japan, Mongolia, the Republic of Korea;
- **Oceania:** American Samoa, Australia, the Cook Islands, Fiji, French Polynesia, Kiribati, the Marshall Islands, Micronesia (Federated States of), Nauru, New Zealand, Niue, Palau, Papua New Guinea, Samoa, Solomon Islands, Tonga, Tuvalu, Vanuatu;
- **South-eastern Asia:** Brunei Darussalam, Cambodia, Indonesia, the Lao People's Democratic Republic, Malaysia, Myanmar, the Philippines, Singapore, Thailand, Timor-Leste, Viet Nam; and
- **Southern Asia:** Afghanistan, Bangladesh, Bhutan, India, Iran (Islamic Republic of), Maldives, Nepal, Pakistan, Sri Lanka.

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