



NEPAD
TRANSFORMING AFRICA
African Union Development Agency (AUDA-NEPAD)

2019 OVERVIEW OF NUTRITION IN AFRICA



MALABO DECLARATION 2014

- ▶ Commitment to Ending Hunger in Africa by 2025.
- ▶ Improve nutritional status, and in particular, the elimination of child under-nutrition in Africa with a view to bringing down stunting to 10% and underweight to 5% by 2025.

Agenda 2063

- ▶ The Africa of 2063 will be a continent without any form of food or nutrition insecurity and hunger by 2025.
- ▶ By 2025, stunting will be reduced to 10% of the youth population and underweight prevalence shall not exceed 5per cent among children. Neither stunting nor underweight children will exist by 2063.

SUSTAINABLE DEVELOPMENT GOALS

- ▶ By 2030, end all forms of malnutrition, including achieving, by 2025, the internationally agreed targets on stunting and wasting in children under 5 years of age.

Countries are ranked by their nutritional performance



PREVALENCE OF EXCLUSIVE BREASTFEEDING, 0-5 MONTHS

> 40%

AFRICAN AVERAGE: 40%



PREVALENCE OF STUNTING CHILDREN UNDER 5

> 30%

AFRICAN AVERAGE: 30%



ADULT OVERWEIGHT (BMI) ≥ 25

> 23,82 kg/m²

AFRICAN AVERAGE: 23,82 kg/m²



ANAEMIA WOMEN AGED 15-49 YEARS

> 38,52%

AFRICAN AVERAGE: 38,52%



PREVALENCE OF EXCLUSIVE BREASTFEEDING 0-5 MONTHS

Rwanda	87%
Burundi	83%
Zambia	73%
Eritrea	69%
Lesotho	67%
Uganda	66%
Swaziland	64%
Kenya	61%
Ethiopia	58%
Togo	58%
Liberia	55%
Sudan	55%
Ghana	52%
Burkina Faso	50%
Namibia	49%
Democratic Republic of the Congo	48%
Zimbabwe	48%
South Sudan	45%
Madagascar	42%
Benin	41%
Mauritania	41%
Mozambique	41%
Egypt	40%
Angola	38%
Central African Republic	34%
Mali	33%
Republic of the Congo	33%
Senegal	33%
Sierra Leone	32%
South Africa	32%
Cameroon	28%
Algeria	26%
Morocco	26%
Niger	23%
Guinea	21%
Botswana	20%
Nigeria	17%
Côte d'Ivoire	12%
Tunisia	9%
Equatorial Guinea	7%
Gabon	6%
Somalia	5%
Chad	0%
Cape Verde	N/A
Comoros	N/A
Djibouti	N/A
Gambia	N/A
Guinea-Bissau	N/A
Libya	N/A
Malawi	N/A
Mauritius	N/A
Sao Tome and Principe	N/A
Seychelles	N/A
Tanzania	N/A

AFRICAN AVERAGE: 40%

Source: UNICEF, 2017

FOR MORE INFORMATION SEE:

<https://www.unicef.org/breastfeeding/>



PREVALENCE OF STUNTING CHILDREN UNDER 5

Seychelles	8%
Tunisia	10%
Algeria	12%
Mauritius	14%
Morocco	15%
Gabon	17%
Sao Tome and Principe	17%
Senegal	17%
Ghana	19%
Cape Verde	21%
Libya	21%
Republic of the Congo	21%
Egypt	22%
Côte d'Ivoire	22%
Namibia	23%
Gambia	25%
Somalia	25%
Equatorial Guinea	26%
Kenya	26%
Burkina Faso	27%
South Africa	27%
Zimbabwe	27%
Guinea-Bissau	28%
Mauritania	28%
Togo	28%
Uganda	29%
Mali	30%
Botswana	31%
Comoros	31%
South Sudan	31%
Cameroon	32%
Guinea	32%
Liberia	32%
Lesotho	33%
Benin	34%
Djibouti	34%
Malawi	37%
Rwanda	37%
Angola	38%
Ethiopia	38%
Sierra Leone	38%
Sudan	38%
Chad	40%
Zambia	40%
Central African Republic	41%
Niger	42%
Republic of the Congo	43%
Mozambique	43%
Nigeria	44%
Madagascar	49%
Eritrea	50%
Burundi	56%
Swaziland	N/A
Tanzania	N/A

AFRICAN AVERAGE: 30%

Source: UNICEF, 2018

FOR MORE INFORMATION SEE:

<https://data.unicef.org/topic/nutrition/infant-and-young-child-feeding/>



ADULT OVERWEIGHT (BMI) \geq 25

Ethiopia	20,6 kg/m ²
Eritrea	20,7kg/m ²
Madagascar	21,3kg/m ²
Mauritius	21,3kg/m ²
Burundi	21,7kg/m ²
Niger	21,8kg/m ²
Chad	21,9kg/m ²
Democratic Republic of the Congo	22kg/m ²
Rwanda	22,1kg/m ²
Burkina Faso	22,2kg/m ²
Uganda	22,5kg/m ²
Zambia	22,6kg/m ²
Sierra Leone	22,7kg/m ²
Mozambique	22,8kg/m ²
Central African Republic	22,9kg/m ²
Guinea	22,9kg/m ²
Malawi	22,9kg/m ²
Mali	23kg/m ²
Senegal	23kg/m ²
Togo	23,6kg/m ²
Republic of the Congo	23,2kg/m ²
Nigeria	23,2kg/m ²
Somalia	23,2kg/m ²
Tanzania	23,2kg/m ²
Angola	23,3kg/m ²
Kenya	23,3kg/m ²
Guinea-Bissau	23,4kg/m ²
Benin	23,5kg/m ²
Cote d'Ivoire	23,8kg/m ²
Zimbabwe	23,8kg/m ²
Ghana	23,9kg/m ²
Djibouti	24kg/m ²
Equatorial Guinea	24kg/m ²
Liberia	24,1kg/m ²
Namibia	24,2kg/m ²
Botswana	24,3kg/m ²
Cameroon	24,3kg/m ²
South Sudan	24,7kg/m ²
Lesotho	24,9kg/m ²
Mauritania	24,9kg/m ²
Gabon	25,2kg/m ²
Algeria	25,5kg/m ²
Morocco	26kg/m ²
Tunisia	26,3kg/m ²
Swaziland	26,8kg/m ²
South Africa	27,3kg/m ²
Sudan	27,6kg/m ²
Libya	28,1kg/m ²
Egypt	29,6kg/m ²
Cape Verde	N/A
Comoros	N/A
Gambia	N/A
Sao Tome and Principe	N/A
Seychelles	N/A

AFRICAN AVERAGE: 23,82 kg/m²

Source: World Health Organization 2016

FOR MORE INFORMATION SEE:

https://www.who.int/gho/ncd/risk_factors/overweight_obesity/bmi_trends_adults/en/



ANAEMIA WOMEN AGED 15-49 YEARS

Rwanda	22,30%
Seychelles	22,30%
Namibia	23,20%
Ethiopia	23,40%
Mauritius	25,10%
South Africa	25,80%
Burundi	26,70%
Kenya	27,20%
Swaziland	27,20%
Lesotho	27,40%
Egypt	28,50%
Uganda	28,50%
Zimbabwe	28,80%
Comoros	29,30%
Botswana	30,20%
Sudan	30,70%
Tunisia	31,20%
Libya	32,50%
Djibouti	32,70%
Cape Verde	33,30%
Zambia	33,70%
South Sudan	34%
Malawi	34,40%
Liberia	34,70%
Algeria	35,70%
Madagascar	36,80%
Maroc	36,90%
Mauritania	37,20%
Tanzania	37,20%
Eritrea	38,10%
Democratic Republic of Congo	41%
Cameroon	41,40%
Equatorial Guinea	43,70%
Bissau-Guinea	43,80%
Somalia	44,40%
Central African Republic	46%
Sao Tome and Principe	46%
Ghana	46,40%
Benin	46,90%
Angola	47,70%
Chad	47,70%
Sierra Leone	48%
Togo	48,90%
Niger	49,50%
Burkina Faso	49,60%
Nigeria	49,80%
Senegal	49,90%
Guinea	50,60%
Mozambique	51,00%
Mali	51,30%
Republic of the Congo	51,90%
Côte d'Ivoire	52,90%
Gambia	57,50%
Gabon	59,10%

AFRICAN AVERAGE: 38,52%

Source: World Health Organization and World Bank, 2016

FOR MORE INFORMATION SEE:

<https://data.worldbank.org/indicator/SH.ANM.ALLW.ZS?view=map>