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EUROPE AND CENTRAL ASIA

REGIONAL OVERVIEW OF FOOD SECURITY AND NUTRITION

STATISTICS AND TRENDS

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LUGANSK, UKRAINE. Anastasiya Kovalchuk feeding her chickens.

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Food and Agriculture Organization of the United Nations

Budapest, 2023

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FOREWORD

The *2023 Regional Overview of Food Security and Nutrition in Europe and Central Asia* is the ninth Europe and Central Asia (ECA) report monitoring regional trends and progress made towards reaching Sustainable Development Goal (SDG) 2 food security and nutrition targets. SDG 2, often referred to as the "Zero Hunger" goal, aims to end hunger, achieve food security and improved nutrition, and promote sustainable agriculture.

Seven years are left to achieve the SDG 2 goals of ending hunger, food insecurity and all forms of malnutrition by 2030. The ECA region is mostly on track to achieve hunger and food security targets despite serious challenges experienced in the past couple of years. In 2022, food security and nutrition throughout the world and in the ECA region were challenged by the ongoing COVID-19 pandemic and the start of war in Ukraine alongside adverse weather events stemming from climate change. In addition to these overlapping shocks, the ECA region also experienced devastating earthquakes in Türkiye, a severe drought in the Republic of Moldova and the large displacement of people escaping the war in Ukraine. These shocks have led to higher food and energy prices, increased costs of agricultural inputs and production, high tariffs of transportation and transition, reduced purchasing power, and increased cost of living. Many of these costs reached all-time high levels in mid-2022.

While the shocks have adversely affected efforts to end hunger and improve food security and nutrition, the most recent estimates for 2022 generally reveal a low prevalence of hunger and food insecurity in the ECA region compared to the world average. In 2022, the estimated number of moderately or severely food-insecure people living without access to safe, nutritious and adequate food declined by 4.7 million.

Progress has been made in most countries of the ECA region in reducing various forms of malnutrition, including child stunting, child wasting and low birthweight. However, the region is in a worse position overall regarding the prevalence of childhood overweight and adult obesity. In 2022, the prevalence of overweight children under 5 years of age in the ECA region was 7.1 percent, higher than the global estimate of 5.7 percent. Adult obesity is on the rise in all subregions and all countries in the ECA region and consistently has been above global levels.

Healthy diets that contain balanced, diverse, nutritious and appropriately selected foods influence health and nutrition and promote the prevention of common non-communicable diseases. This 2023 edition of the *Regional Overview of Food Security and Nutrition in Europe and Central Asia* provides updates on the cost and affordability of a healthy diet for 2021 in the region. The analysis shows that the average cost of a healthy diet has increased in the ECA region and almost all its subregions because of rising inflation. Nevertheless, the number of people who cannot afford a healthy diet has declined by 25.7 million. This can be explained by increased incomes among the population in 2021 compared to the previous year, when purchasing power declined drastically due to the economic impacts of the COVID-19 pandemic.

While ECA countries are working to achieve the SDGs, the promotion of healthy diets has been challenging. As highlighted in the eighth edition of this report in 2022, this would require an agrifood system transformation that places the repurposing of food and agricultural policies at the centre of addressing challenges related to food security, nutrition and health; the livelihoods of farmers and others connected to the agriculture sector; and environmental sustainability.

Sustainable, resilient, inclusive and efficient agrifood systems that support and promote affordable healthy diets for all require adequate policy options and close collaboration and coordination among multiple sectors within and outside of agrifood systems. The needs of vulnerable groups such as small-scale family

farmers, women and youth must be the focus of regional and national programmes and projects directed to agrifood systems transformation. These programmes and projects also should contribute to reducing the environmental footprint of agrifood systems and to making healthy diets more affordable.

As with previous editions of the *Regional Overview of Food Security and Nutrition in Europe and Central Asia*, we hope that this report provides valuable information that can contribute to effective intersectoral collaboration, including with civil society organizations and the private sector, to accelerate progress towards achieving the SDG 2 goal of a hunger-free, food-secure and healthy Europe and Central Asia. Strong political will and considerable efforts from many stakeholders are needed to transition to agrifood systems that help provide better production, better nutrition, a better environment and better lives for all, leaving no one behind. Our Organization stands firmly committed and ready to support governments in their efforts at regional and national levels.

Godfrey Magwenzi
Director of Cabinet
Officer-in-Charge
Regional Office for Europe
and Central Asia
FAO

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Senior Policy Officer Tamara Nanitashvili coordinated the preparation of the document and led its production under the overall supervision and guidance of Raimund Jehle, Regional Programme Leader. Vladimir Rakhmanin, former FAO Assistant Director-General and Regional Representative for Europe and Central Asia, provided valuable oversight to the production of the report. Economist Cheng Fang, the previous coordinator of the report, provided valuable suggestions to the preparatory work and coordination required for this publication.

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ABBREVATIONS

BMI	body mass index
CIS	Commonwealth of Independent States
ECA	Europe and Central Asia
EFTA	European Free Trade Association
EU	European Union
FAO	Food and Agriculture Organization of the United Nations
FIES	Food Insecurity Experience Scale
IFAD	International Fund for Agricultural Development
PoU	Prevalence of undernourishment
PPP	purchasing power parity
SDG	Sustainable Development Goal
UNICEF	United Nations Children's Fund
WFP	World Food Programme
WHO	World Health Organization

CHAPTER 1
SUSTAINABLE DEVELOPMENT GOAL 2.1: UNDERNOURISHMENT AND FOOD INSECURITY

Key messages

- The worldwide prevalence of undernourishment (PoU), which remained relatively unchanged from 2021 to 2022, affected about 9.2 percent of the world population in 2022. The PoU in the Europe and Central Asia (ECA) region has been below 2.5 percent since 2000.
- The PoU has remained below 2.5 percent for more than a decade in all ECA subregions other than Central Asia, where it was 3 percent in 2022 (although this is lower than in 2021). The European Union and the United Kingdom of Great Britain and Northern Ireland (EU-27 and the United Kingdom) and the European Free Trade Association (EFTA) countries had a PoU below 2.5 percent from 2000 to 2022.
- In the ECA region, 111.1 million people, or 11.9 percent of the population, were estimated to be moderately or severely food insecure in 2022. This is down from 12.4 percent (the equivalent of 4.7 million fewer people) in 2021, while the global trend remained unchanged for the second year in a row. About 2.8 percent (26.2 million people) of the ECA's population were facing severe food insecurity in 2022, an increase of 0.1 percentage points in one year.
- In 2022, four subregions had a higher prevalence of moderate or severe food insecurity than the regional average: the group of countries including Israel and Türkiye, at 35.8 percent; Central Asia, at 17.4 percent; the Western Balkans, at 16.9 percent; and the Caucasus, at 14.7 percent.
- Sex-disaggregated estimates across the ECA region show that moderate or severe food insecurity was experienced slightly more by women (12.5 percent) than by men (10.7 percent) in 2022. This trend is consistent at the global level and across all subregions.

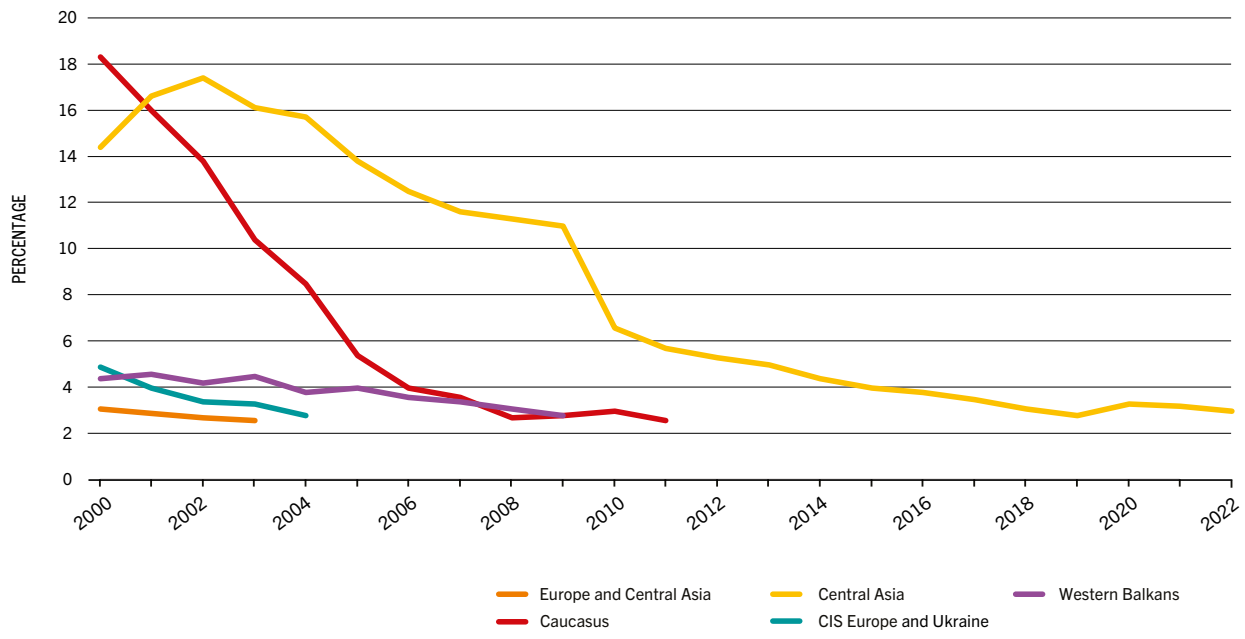
1.1 PREVALENCE OF UNDERNOURISHMENT

The Food and Agriculture Organization of the United Nations (FAO) PoU indicator is derived from official country data on food supply, food consumption and dietary energy needs in the population, considering such demographic characteristics as age, sex and level of physical activity. Designed to capture a state of chronic energy deprivation, it does not reflect the short-lived effects of temporary crises or a temporarily inadequate intake of essential nutrients. FAO strives always to improve the accuracy of the PoU estimates by considering 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 (FAO *et al.*, 2019).

In the past two decades, countries in the ECA region have made significant progress in combating undernourishment, most notably from 2000 to 2011. In 2000, the PoU in the entire region was 3.1 percent, and it has been below 2.5 percent since 2004 (FIGURE 1, TABLE 1).

All ECA subregions except Central Asia show PoU levels below 2.5 percent since 2012 (TABLE 1). In 2020, during the ongoing COVID-19 pandemic, the PoU in the Central Asia subregion reached 3.2 percent, an increase of 0.5 percentage points from the previous year. However, the PoU in Central Asia declined from 2021 to 2022, dropping to 3.0 percent. The PoU in all subregions was still lower than the world average of 9.2 percent in 2022. »

FIGURE 1
Prevalence of undernourishment by subregion



NOTES: The values for 2020 to 2022 are projections. Numbers are not reported when the PoU is lower than 2.5 percent. FAO does not consider national-level PoU estimates lower than 2.5 percent to be sufficiently reliable for reporting due to statistical margins of error around the parameters used to calculate the PoU. The estimated PoU has been below 2.5 percent of the population in Europe and Central Asia since 2004, in CIS Europe and Ukraine since 2005, in the Western Balkans since 2010, and in the Caucasus since 2012.

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

TABLE 1
Prevalence of undernourishment by subregion, percent

	2000	2010	2014	2019	2020	2021	2022
WORLD	**12.7**	**8.6**	**7.7**	**7.9**	**8.9**	**9.3**	**9.2**
Europe and Central Asia	3.1	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Caucasus	18.3	3.0	<2.5	<2.5	<2.5	<2.5	<2.5
Central Asia	14.4	6.6	4.4	2.8	3.3	3.2	3.0
CIS Europe and Ukraine	4.9	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
EFTA countries	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
EU-27 and the United Kingdom	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Other	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Western Balkans	4.4	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5

NOTE: The values for 2020 to 2022 are projections.

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

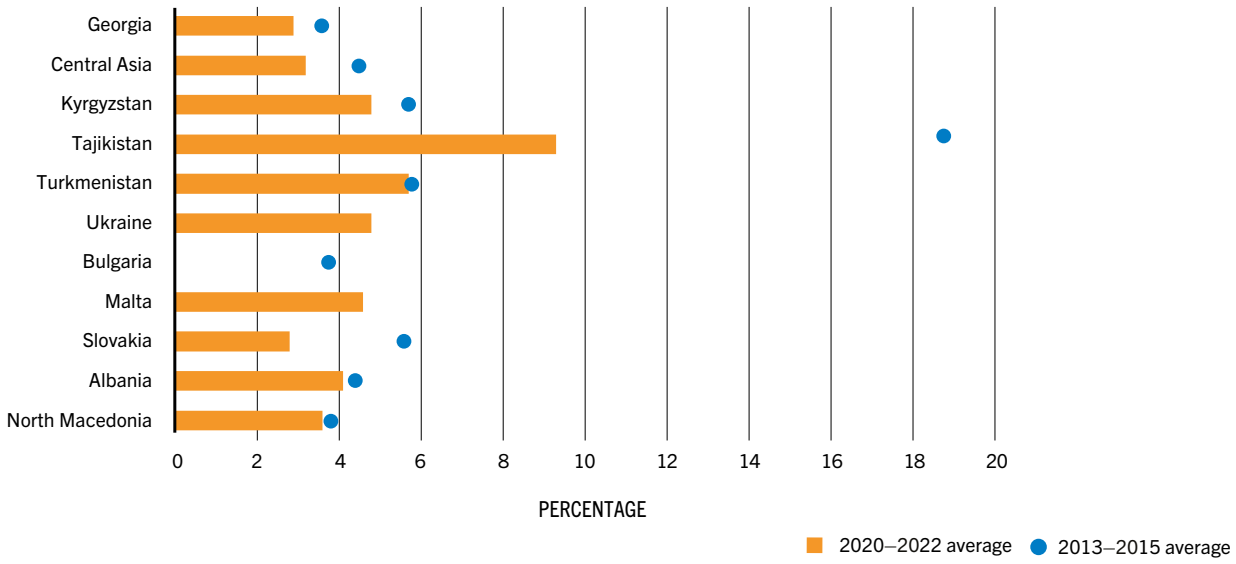
TABLE 2
Number of undernourished people by subregion, millions

	2000	2010	2014	2019	2020	2021	2022
WORLD	**781.7**	**597.8**	**563.9**	**612.8**	**701.4**	**738.8**	**735.1**
Europe and Central Asia	26.6	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Caucasus	2.9	0.5	n.r.	n.r.	n.r.	n.r.	n.r.
Central Asia	8.1	4.2	3.0	2.0	2.5	2.4	2.3
CIS Europe and Ukraine	10.4	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
EFTA countries	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
EU-27 and the United Kingdom	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Other	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Western Balkans	0.8	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.

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

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

FIGURE 2
Prevalence of undernourishment in Europe and Central Asia, selected countries and subregions



NOTE: The values for 2020 to 2022 are projections. The prevalence of undernourishment was less than 2.5 percent in Malta and Ukraine in 2013–2015 and in Bulgaria in 2020–2022. The chart shows the countries and subregions with a PoU above 2.5 percent in either of those periods.

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

» The data in FIGURE 2 for 2013–2015 and 2020–2022 show the persistence of the PoU in some countries. According to 2020–2022 data, nine countries in the ECA region have a PoU above 2.5 percent: Albania, Georgia, Kyrgyzstan, Malta, North Macedonia, Slovakia, Tajikistan, Turkmenistan and Ukraine. Tajikistan has the highest prevalence of undernourishment in the ECA region, followed by Turkmenistan, Kyrgyzstan and Ukraine. Tajikistan has achieved significant progress in the reduction of PoU, from 18.8 percent in 2013–2015 to 9.3 percent in 2020–2022. During the same period, the PoU increased only in Malta and Ukraine, while it decreased in all the other countries mentioned above.

Since the early 2000s, most countries in the region have achieved the target of eradicating hunger. In 2000, the number of undernourished in the ECA region was 26.6 million (TABLE 2), and this has fallen significantly. The numbers are not reported for 2022 due to the PoU being lower than 2.5 percent in many countries.[1] The number of undernourished in Central Asia has dropped from 8.1 million in 2000 to 4.2 million in 2010 and to 2.3 million in 2022, a drop of 45 percent from 2010 to 2022. The number of undernourished in the other subregions is not reported, as the PoU in those places is below 2.5 percent.

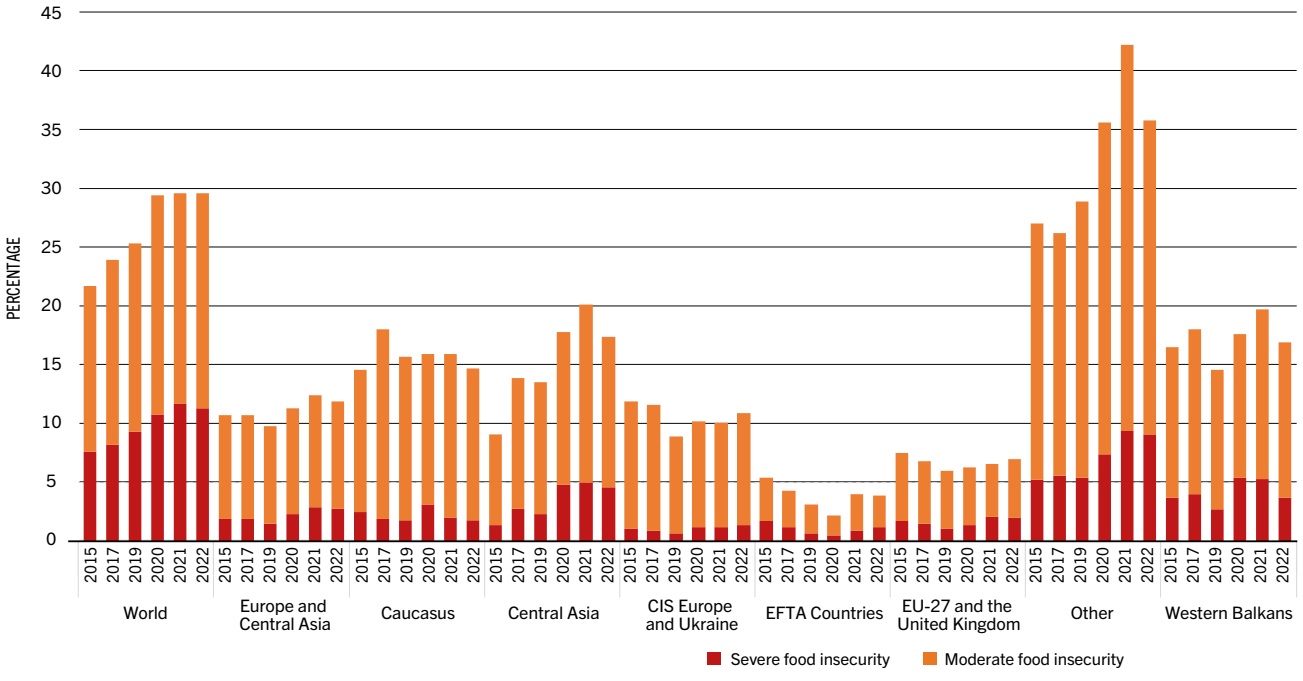
The food security situation in Europe and Central Asia is reflected in both the PoU and in the prevalence of moderate or severe food insecurity. ■

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

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

Severe food insecurity affected 2.8 percent of the people in the ECA region (about a quarter of the world average of 11.3 percent) in 2022, down slightly from 2.9 percent in 2021 but still far above the level of 1.5 percent in 2019, before the COVID-19 pandemic (FIGURE 3, TABLE 3). By subregion in 2022, the percentage of people affected by severe food insecurity was 4.6 percent in Central Asia, 3.7 percent in the Western Balkans, 2.0 percent in the EU-27 and the United Kingdom, 1.8 percent in the Caucasus, 1.4 percent in the Commonwealth of Independent States (CIS) Europe and Ukraine, and 1.2 percent in the EFTA countries. Only the Caucasus and EFTA subregions saw declines from 2015, while the Western Balkans remained unchanged; in all other subregions, the percentage of severely food-insecure people was higher in 2022 than in 2015. Severe food insecurity rose in all subregions from 2019 to 2021, with an especially sharp increase in the "other" group of countries that includes Israel and Türkiye, and returned to pre-COVID-19 pandemic levels in 2022 only in the Caucasus. However, the percentage of severely food-insecure people was below the world average in all subregions.

FIGURE 3
Prevalence of food insecurity by subregion



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

TABLE 3
Prevalence of food insecurity by subregion, percent

	Severe food insecurity					Moderate or severe food insecurity				
	2015	2019	2020	2021	2022	2015	2019	2020	2021	2022
WORLD	**7.6**	**9.3**	**10.8**	**11.7**	**11.3**	**21.7**	**25.3**	**29.4**	**29.6**	**29.6**
Europe and Central Asia	1.9	1.5	2.3	2.9	2.8	10.7	9.8	11.3	12.4	11.9
Caucasus	2.5	1.8	3.1	2.0	1.8	14.6	15.7	15.9	15.9	14.7
Central Asia	1.4	2.3	4.8	5.0	4.6	9.1	13.5	17.8	20.1	17.4
CIS Europe and Ukraine	1.1	0.7	1.2	1.2	1.4	11.9	8.9	10.2	10.1	10.9
EFTA countries	1.7	0.7	0.5	0.9	1.2	5.4	3.1	2.2	4.0	3.9
EU-27 and the United Kingdom	1.7	1.1	1.4	2.1	2.0	7.5	6.0	6.3	6.6	7.0
Other	5.2	5.4	7.4	9.4	9.1	27.0	28.9	35.6	42.2	35.8
Western Balkans	3.7	2.7	5.4	5.3	3.7	16.5	14.6	17.6	19.7	16.9

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

An estimated 26.2 million people in Europe and Central Asia experienced severe food insecurity in 2022 (TABLE 4), which is 1.1 million fewer people than in 2021 but nearly 49 percent higher than in 2015. The number decreased from 2015 to 2019, by 3.2 million, but rose from 2019 to 2021 in the wake of the pandemic. The region accounted for about 3 percent of the global total of 900.1 million in 2022.

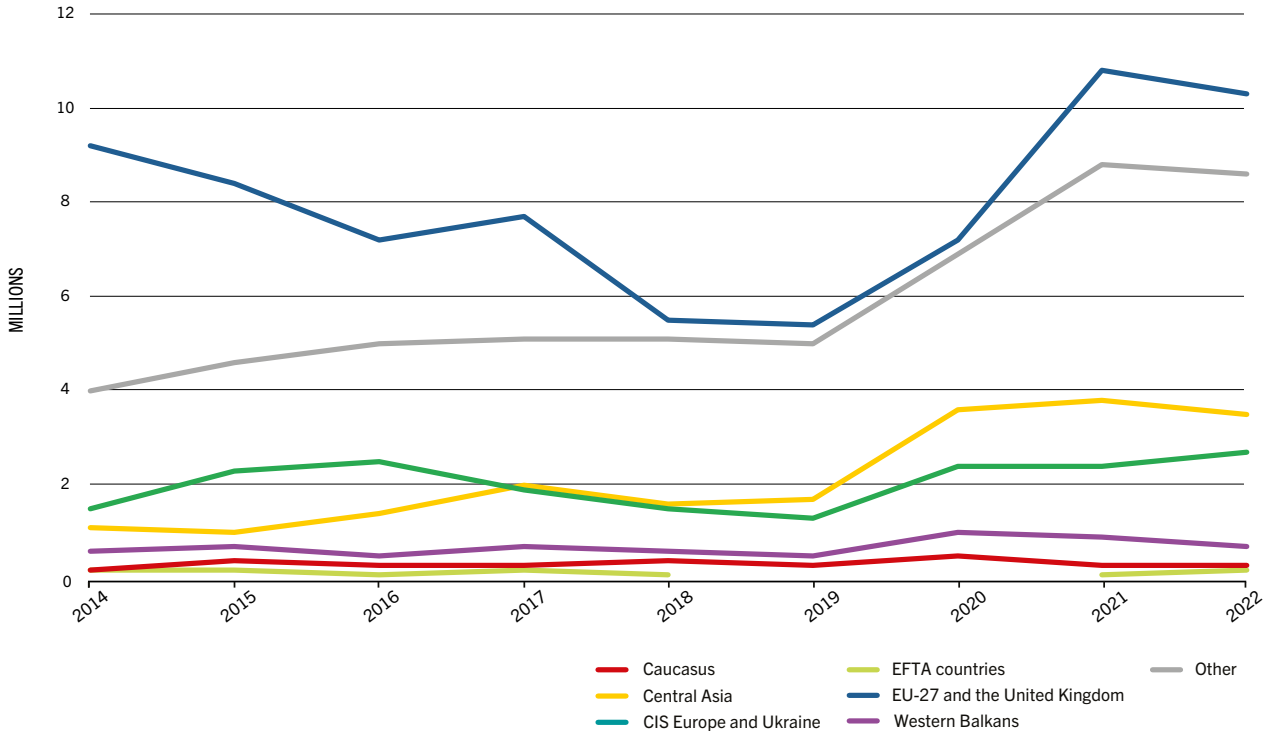
The number of severely food-insecure people increased from 2021 to 2022 in the EFTA countries and in CIS Europe and Ukraine. The number was unchanged in the Caucasus and lower in the rest of the ECA subregions.

In the ECA region, 111.1 million people were estimated to be moderately or severely food insecure in 2022, the equivalent of 4.7 million fewer people than in 2021 (Figure 5, Table 5). The number of moderately or severely food-insecure people increased annually only in the CIS Europe and Ukraine and the EU-27 and the United Kingdom; the number was stable in the EFTA countries and lower in the other ECA subregions.

The prevalence of moderate or severe food insecurity in the ECA region was 11.9 percent in 2022, up from 10.7 percent in 2015 but 0.5 percentage points lower than in 2021 (FIGURE 3, TABLE 3). In 2022, the global total was 29.6 percent. As for subregions, in the "other" group of countries including Israel and Türkiye, 35.8 percent of the people were severely or moderately food insecure in 2022, compared to 17.4 percent in Central Asia, 16.9 percent in the Western Balkans, 14.7 percent in the Caucasus, and 10.9 percent in CIS Europe and Ukraine.

In 2022, the EFTA countries, the EU-27 and the United Kingdom, and CIS Europe and Ukraine saw decreases in comparison to 2015. The Caucasus, Central Asia and Western Balkans subregions experienced increases, with the largest being in Central Asia (from 9.1 percent in 2015 to 17.4 percent in 2022). The EFTA countries and CIS Europe and Ukraine were the only subregions in which the prevalence has increased since 2021; the estimates have declined in all other subregions. By country, the highest prevalence of moderate or severe food insecurity in 2022 was estimated in Georgia (36.5 percent), followed by Albania (30.2 percent) and Ukraine (28.2 percent) (FIGURE 6). »

FIGURE 4
Number of severely food-insecure people by subregion



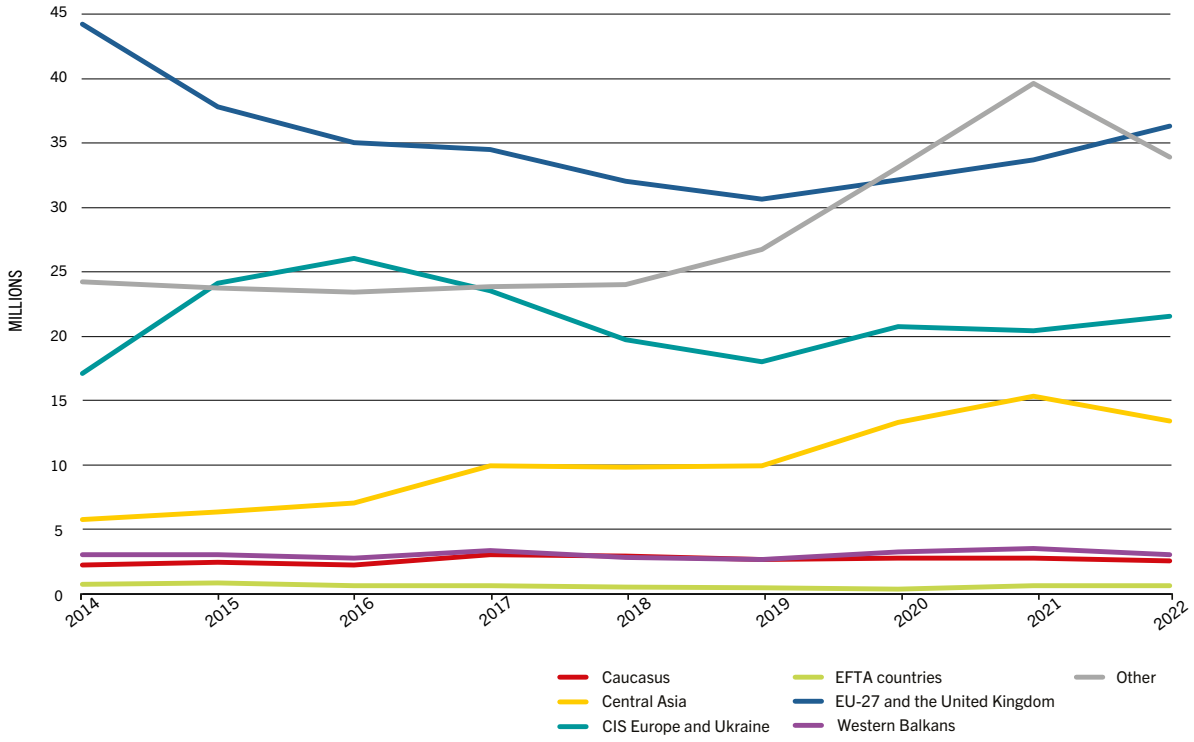
NOTE: The number of severely food-insecure people is less than 0.1 million for EFTA countries in 2019 and 2020.
SOURCE: Adapted from FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited July 2023]. https://www.fao.org/faostat/en/#data/FS

TABLE 4
Number of severely food-insecure people by subregion, millions

	2015	2017	2019	2020	2021	2022
WORLD	**561.5**	**623.8**	**719.8**	**850.7**	**927.3**	**900.1**
Europe and Central Asia	17.6	17.8	14.4	21.5	27.3	26.2
Caucasus	0.4	0.3	0.3	0.5	0.3	0.3
Central Asia	1.0	2.0	1.7	3.6	3.8	3.5
CIS Europe and Ukraine	2.3	1.9	1.3	2.4	2.4	2.7
EFTA countries	0.2	0.2	<0.1	<0.1	0.1	0.2
EU-27 and the United Kingdom	8.4	7.7	5.4	7.2	10.8	10.3
Other	4.6	5.1	5.0	6.9	8.8	8.6
Western Balkans	0.7	0.7	0.5	1.0	0.9	0.7

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

FIGURE 5
Number of moderately or severely food-insecure people by subregion



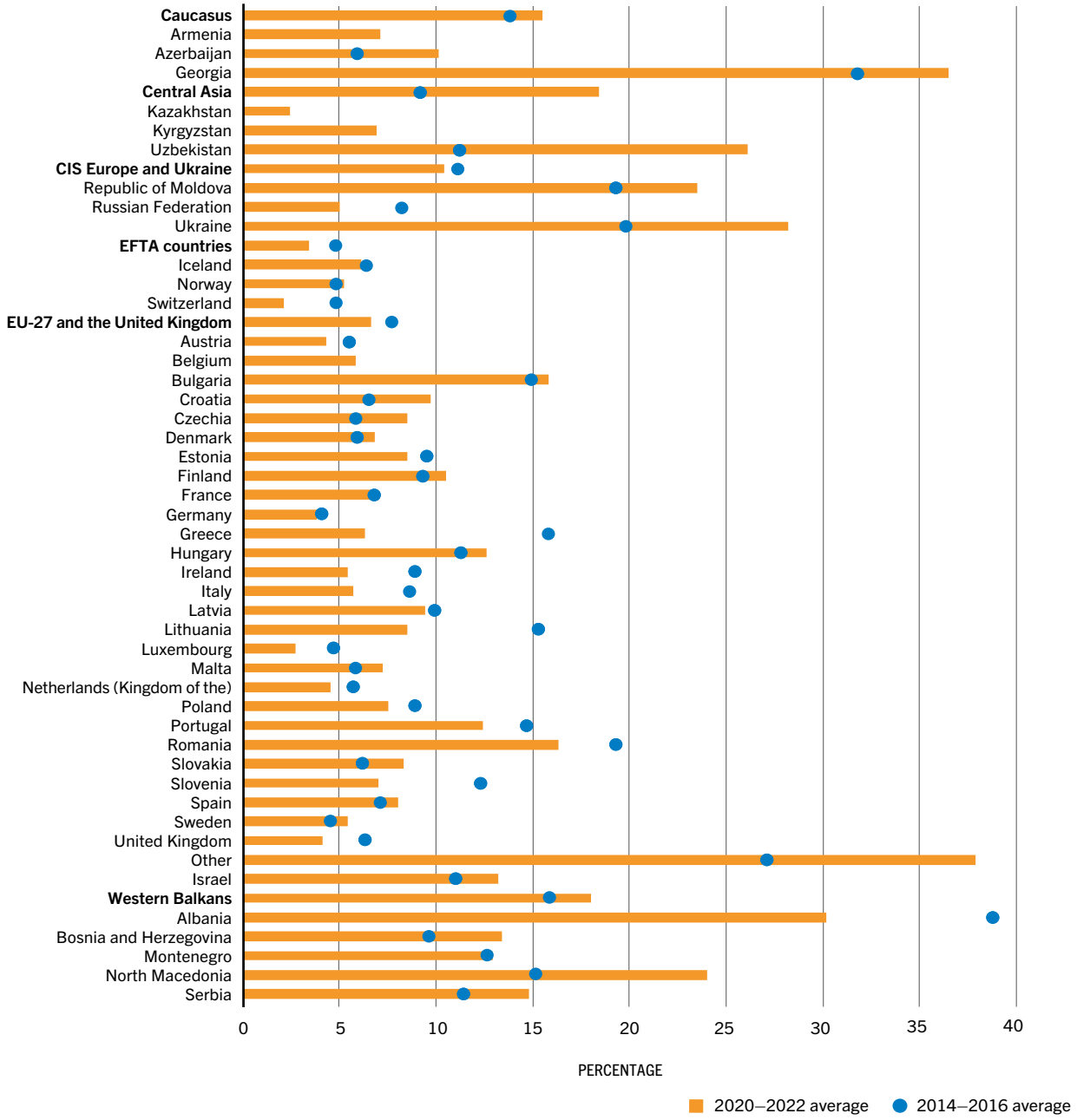
SOURCE: Adapted from FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited July 2023]. https://www.fao.org/faostat/en/#data/FS

TABLE 5
Number of moderately or severely food-insecure people by subregion, millions

	2015	2017	2019	2020	2021	2022
WORLD	**1 612.4**	**1 817.0**	**1 966.4**	**2 307.2**	**2 342.5**	**2 356.9**
Europe and Central Asia	98.2	98.6	90.9	105.3	115.8	111.1
Caucasus	2.4	3.0	2.6	2.7	2.7	2.5
Central Asia	6.3	9.9	9.9	13.3	15.3	13.4
CIS Europe and Ukraine	24.1	23.5	18.0	20.7	20.4	21.5
EFTA countries	0.8	0.6	0.4	0.3	0.6	0.6
EU-27 and the United Kingdom	37.8	34.5	30.6	32.1	33.7	36.3
Other	23.7	23.8	26.7	33.1	39.6	33.9
Western Balkans	3.0	3.3	2.6	3.2	3.5	3.0

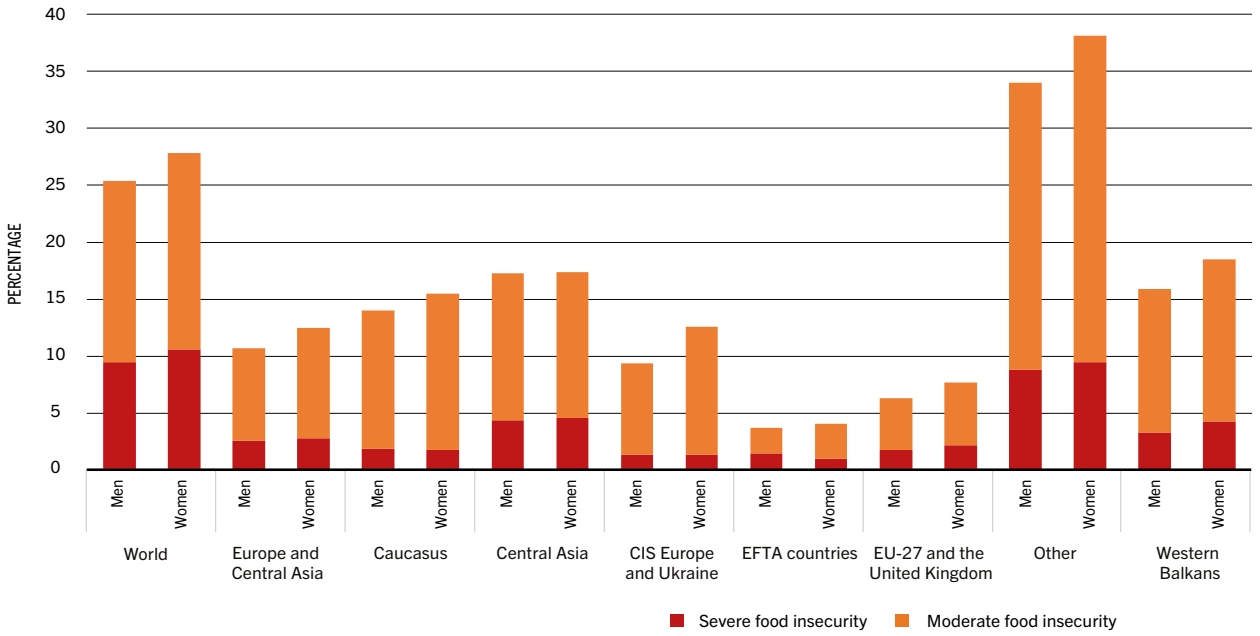
SOURCE: Adapted from FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited July 2023]. https://www.fao.org/faostat/en/#data/FS

FIGURE 6
Prevalence of moderate or severe food insecurity by country and subregion



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

FIGURE 7
Prevalence of moderate or severe food insecurity by sex and subregion, 2022



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

TABLE 6
Prevalence of food insecurity by sex and subregion, percent

	Severe food insecurity						Moderate or severe food insecurity					
	Men			Women			Men			Women		
	2019	2020	2022	2019	2020	2022	2019	2020	2022	2019	2020	2022
WORLD	**7.9**	**9.1**	**9.5**	**8.6**	**10.3**	**10.6**	**22.1**	**25.4**	**25.4**	**23.7**	**28.0**	**27.8**
Europe and Central Asia	1.6	2.3	2.6	1.4	2.1	2.8	9.1	10.4	10.7	9.9	11.5	12.5
Caucasus	1.6	2.9	1.9	2.1	3.3	1.8	14.9	15.3	14.0	16.9	16.8	15.5
Central Asia	2.2	4.3	4.4	2.4	5.1	4.6	12.6	15.8	17.3	14.0	19.3	17.4
CIS Europe and Ukraine	0.7	1.3	1.4	0.7	1.0	1.4	8.5	9.9	9.4	9.3	10.8	12.6
EFTA countries	0.8	0.8	1.5	0.5	<0.5	1.0	3.1	2.9	3.7	3.0	1.4	4.1
EU-27 and the United Kingdom	1.2	1.6	1.8	0.9	1.2	2.2	5.7	6.0	6.3	6.2	6.6	7.7
Other	5.2	6.9	8.8	5.7	8.0	9.5	27.2	33.1	34.0	30.8	38.4	38.1
Western Balkans	2.8	5.7	3.3	2.9	5.1	4.3	14.3	17.2	15.9	15.5	18.4	18.5

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

» In the ECA region, women are more likely than men to be food insecure. FIGURE 7 shows that in 2022, the prevalence of moderate or severe food insecurity was higher for women in the region (12.5 percent) than it was for men (10.7 percent). This trend is consistent at the global level and in all subregions, though the difference is quite small in some subregions. TABLE 6 shows an overall increasing trend in the prevalence of severe food insecurity and moderate or severe food insecurity in the ECA region, both for men and women. By subregion, declines are seen in both indicators among men and women in the Caucasus, among only women in Central Asia, and among only men in the Western Balkans. Furthermore, declines are seen in severe food insecurity in women in the Western Balkans and in moderate or severe food insecurity in men in CIS Europe and Ukraine and in women in the "other" group of countries that includes Israel and Türkiye.

In 2022, the highest prevalence of food insecurity among women, 38.1 percent (versus 34 percent among men), was in the "other" group of countries that includes Israel and Türkiye. Next were the Western Balkans, with 18.5 percent among women (versus 15.9 percent among men), and Central Asia, with 17.4 percent among women (versus 17.3 percent among men). In the CIS Europe and Ukraine, the prevalence among women (12.6 percent) was 3.2 percentage points higher than the prevalence among men (9.4 percent). In the Caucasus, the prevalence among women (15.5 percent) was 1.5 percentage points higher than among men (14 percent). ■

CHAPTER 2
SUSTAINABLE DEVELOPMENT GOAL 2.2: MALNUTRITION

Key messages

- The prevalence of stunting among children under 5 years of age in the ECA region dropped to 4.9 percent in 2022. The prevalence is much lower than the global estimate of 22.3 percent. The indicator has been declining in the ECA region and in most of its subregions since 2000. The countries in the region with the highest prevalence of stunting in 2022 were Azerbaijan (13.3 percent), Tajikistan (13.1 percent) and Ukraine (12.3 percent).
- The prevalence of wasting among children under 5 years of age was below 2 percent in 2022 in the ECA region, well below the global estimate of 6.8 percent. Among the ECA subregions, the prevalence of wasting was highest in the Caucasus (2.2 percent), Central Asia (2.1 percent), and the Western Balkans (1.8 percent), but these were still below the 2030 target of 3 percent.
- The regional prevalence of overweight among children under 5 years of age has declined since 2012, standing in 2022 at 7.1 percent. This is higher than the global estimate of 5.6 percent. The highest prevalence in the ECA region was observed in the Western Balkans (10.3 percent), followed by the Caucasus (9.1 percent).
- The prevalence of anaemia among women aged 15 to 49 years in the ECA region was 18.8 percent in 2019, an increase of 1.4 percentage points from 2012. The prevalence in the Caucasus (30.4 percent) was close to the global estimate of 29.9 percent. Kyrgyzstan (35.8 percent), Tajikistan (35.2 percent) and Azerbaijan (35.1 percent) had the highest prevalence in the ECA region.

This section reports on four global nutrition indicators: **stunting**, **wasting** and **overweight** in children under 5 and **anaemia** in women aged 15 to 49 years.

2.1 STUNTING AMONG CHILDREN UNDER 5 YEARS OF AGE

The prevalence of stunting among children under 5 years of age in the ECA region was 4.9 percent in 2022, down by more than half from 2000 (10.8 percent) and 2.1 percentage points lower than in 2012 (FIGURE 8, TABLE 7). In all subregions and in almost every ECA country, the prevalence of stunting declined continuously from 2012 to 2020. In 2022 in the ECA region as a whole and in all its subregions, the prevalence of stunting was below the global estimate of 22.3 percent.

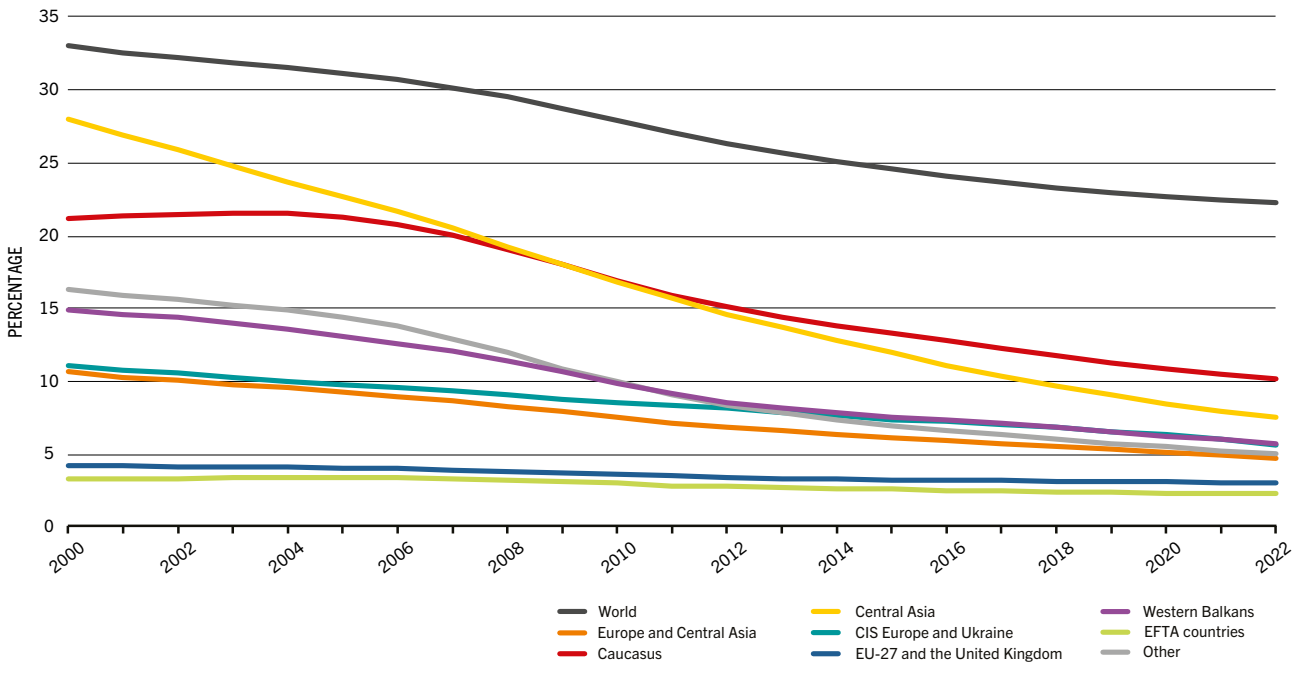
However, the prevalence of stunting varies significantly by subregion. It is lowest (2.5 percent) in the EFTA countries and highest in the Caucasus (10.3 percent). The prevalence is above the regional average in all subregions except for the EFTA countries (2.5 percent) and EU-27 and the United Kingdom (3.2 percent). »

TABLE 7
Prevalence of stunting among children under 5 years of age by subregion, percent

	2000	2005	2010	2012	2015	2020	2022
WORLD	**33.0**	**31.1**	**27.9**	**26.3**	**24.6**	**22.7**	**22.3**
Europe and Central Asia	10.8	9.4	7.7	7.0	6.3	5.3	4.9
Caucasus	21.2	21.3	17.0	15.2	13.4	11.0	10.3
Central Asia	28.0	22.7	16.9	14.7	12.1	8.6	7.7
CIS Europe and Ukraine	11.2	9.9	8.7	8.3	7.5	6.5	5.8
EFTA countries	3.5	3.6	3.2	3.0	2.8	2.5	2.5
EU-27 and the United Kingdom	4.4	4.2	3.8	3.6	3.4	3.3	3.2
Other	16.4	14.5	10.1	8.5	7.1	5.7	5.2
Western Balkans	15.0	13.2	10.0	8.7	7.7	6.4	5.9

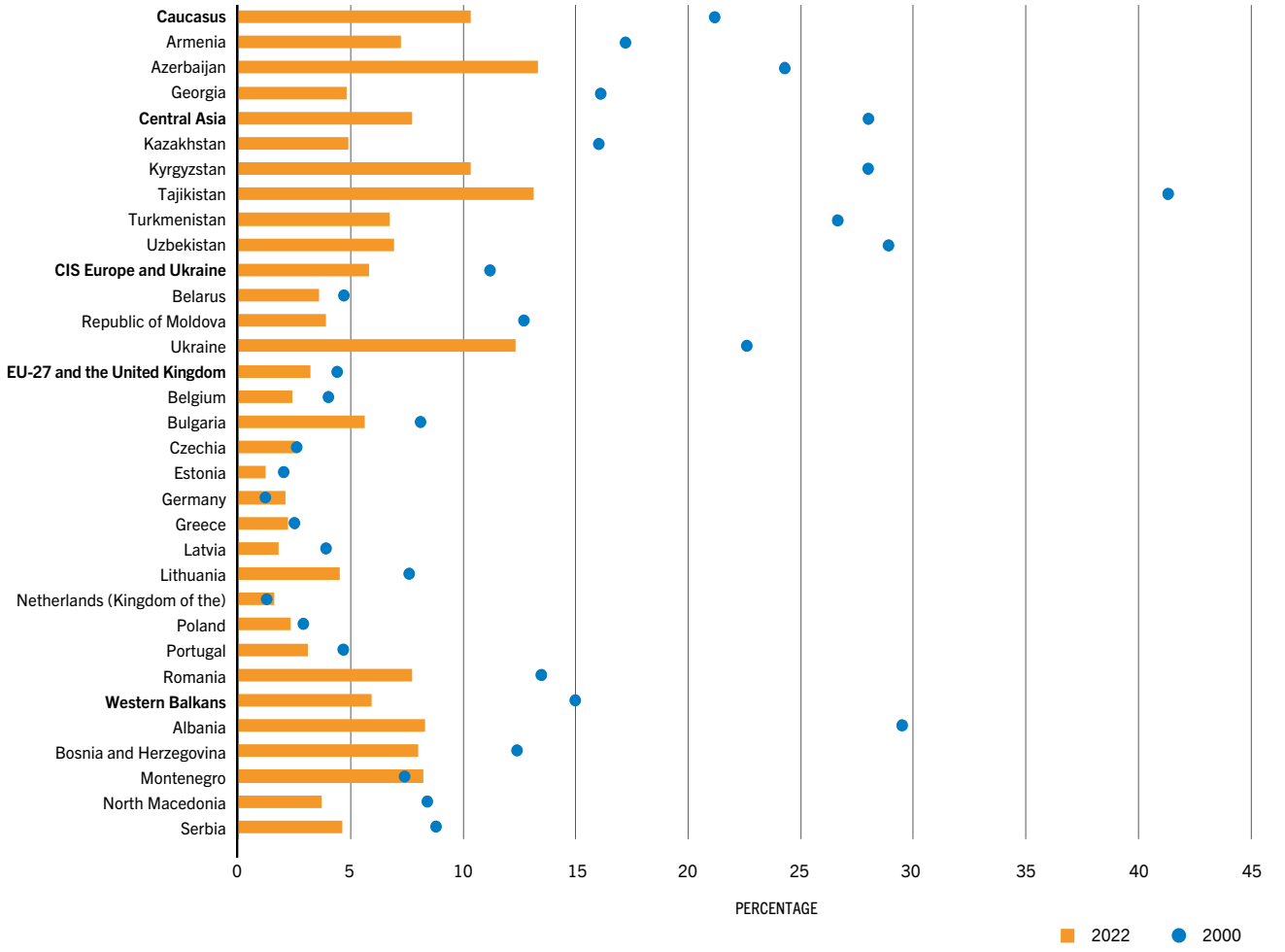
SOURCE: Adapted from UNICEF, WHO & The World Bank. 2023. *UNICEF-WHO-The World Bank: Joint child malnutrition estimates - Levels and trends (2023 edition).* [Cited 24 April 2023]. https://data.unicef.org/resources/jme-report-2023

FIGURE 8
Prevalence of stunting among children under 5 years of age by subregion



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

FIGURE 9
Prevalence of stunting among children under 5 years of age by country and subregion



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

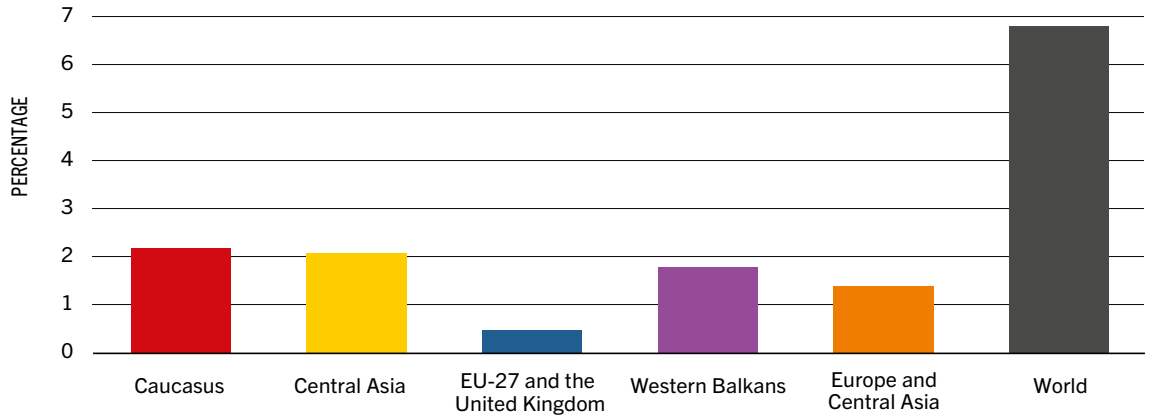
» During the past two decades, most countries in the ECA region have seen significant progress in reducing child stunting. The largest reductions in the prevalence of stunting were observed in Albania, Kyrgyzstan, Tajikistan, Turkmenistan and Uzbekistan. The prevalence of stunting in 2022 is considerably lower than the global estimate in all countries of the region. As shown in FIGURE 9, despite substantial progress, some countries in Central Asia, the Caucasus and CIS Europe and Ukraine still have a relatively high prevalence (over 10 percent) of stunting: Azerbaijan (13.3 percent), Tajikistan (13.1 percent), Ukraine (12.3 percent) and Kyrgyzstan (10.3 percent). ■

2.2 WASTING AMONG CHILDREN UNDER 5 YEARS OF AGE

The ECA region has made significant progress in reducing the prevalence of wasting among children under 5 years of age. In 2022, the prevalence was 1.4 percent, which was less than one-fourth of the global estimate of 6.8 percent (FIGURE 10, TABLE 8). Among ECA subregions, the prevalence of wasting among children was highest – and above the ECA average – in the Caucasus (2.2 percent), Central Asia (2.1 percent) and the Western Balkans (1.8 percent). »

FIGURE 10

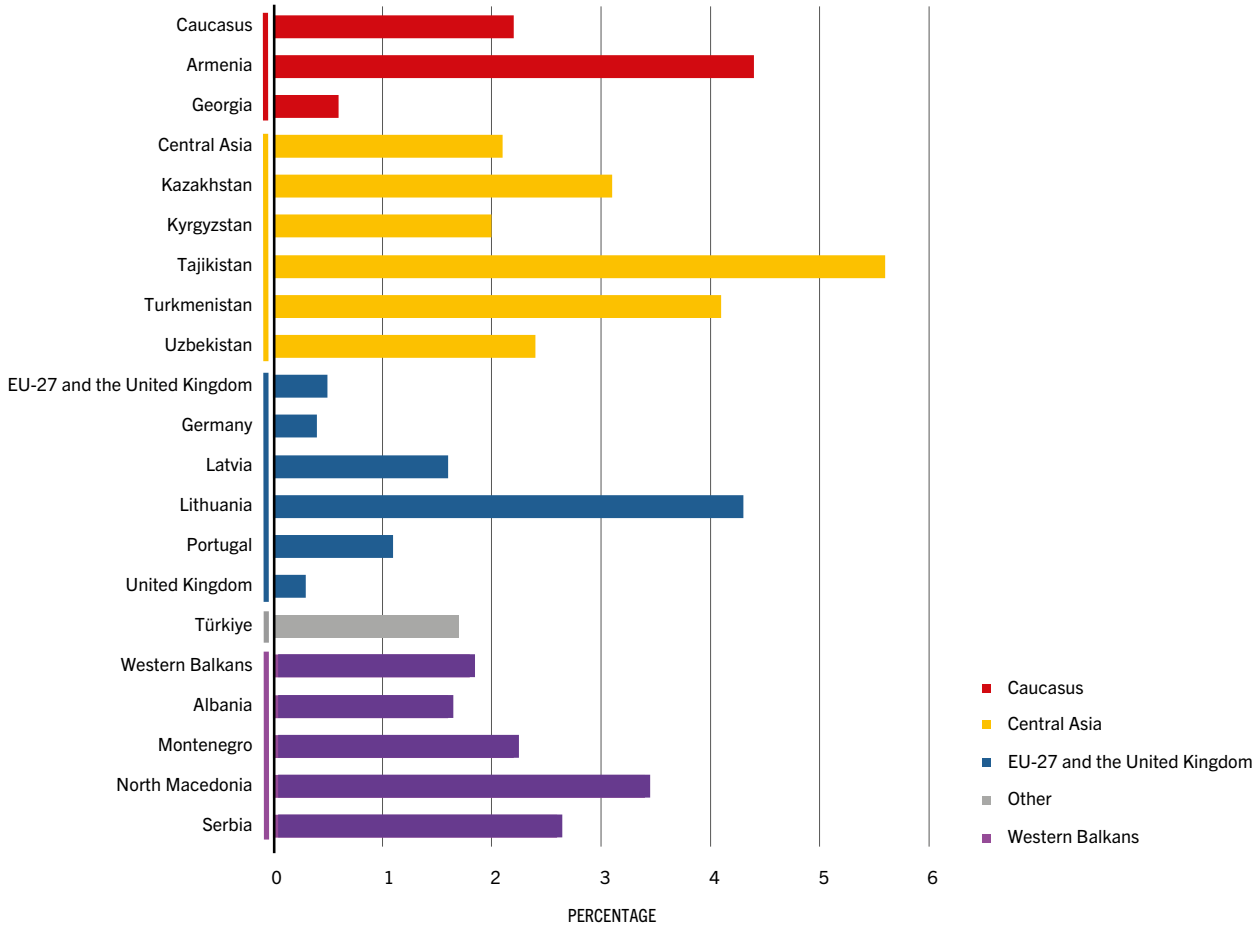
Prevalence of wasting among children under 5 years of age by subregion, 2022



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

FIGURE 11

Prevalence of wasting among children under 5 years of age by country and subregion, latest year available from 2015 to 2022



NOTE: The data in this chart are accurate as of the latest year for which data were available for each country; the latest year could be as old as 2015 or as recent as 2022.

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

TABLE 8
Prevalence of wasting among children under 5 years of age by subregion, percent

	2022
WORLD	**6.8**
Europe and Central Asia	1.4
Caucasus	2.2
Central Asia	2.1
CIS Europe and Ukraine	n.a.
EFTA countries	n.a.
EU-27 and the United Kingdom	0.5
Other	n.a.
Western Balkans	1.8

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

» FIGURE 11 shows the prevalence of child wasting by country. Just 11 of the 17 countries have a recent (2015 and onwards) estimate below the 2030 target of reducing childhood wasting to less than 3 percent and maintaining it at that level. In contrast, six countries – Armenia, Kazakhstan, Lithuania, North Macedonia, Tajikistan and Turkmenistan – still have a prevalence higher than 3 percent.[2] ■

2.3 OVERWEIGHT AMONG CHILDREN UNDER 5 YEARS OF AGE

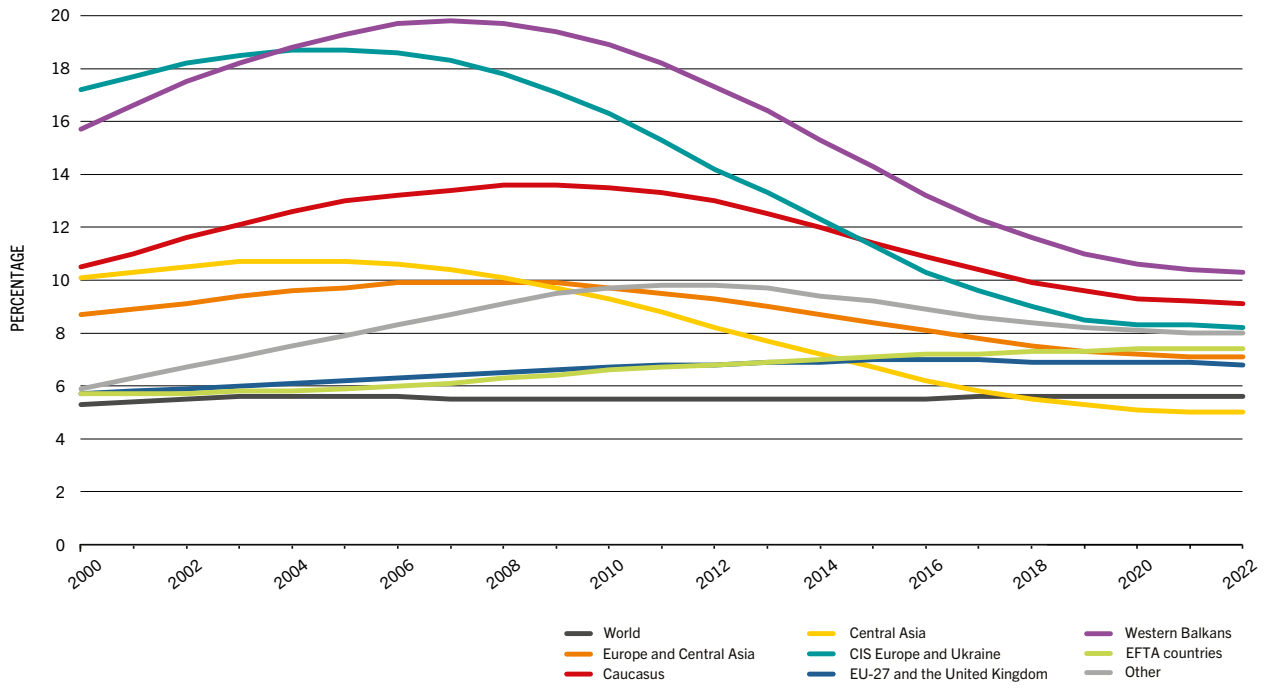
In 2022, the prevalence of overweight children under 5 years of age in the ECA region was 7.1 percent, higher than the global estimate of 5.7 percent. There was an increase in the ECA region from 2000 to 2005, a steadying from 2005 to 2010, and a continuous decline during the past decade (FIGURE 12, TABLE 9), from 9.7 percent in 2010 to 7.1 percent in 2022. Despite the decrease, the prevalence is more than double the 2030 target of reducing childhood overweight to less than 3 percent and maintaining it at that level.

In 2022, only Central Asia is slightly below the global estimate. The highest prevalence in the region (10.3 percent) was noted in the Western Balkans, close to double the global estimate. The Caucasus had the second-highest prevalence of overweight among children under 5 years of age (9.1 percent) in 2022. The data show decreased prevalence from 2000 to 2022 in the Caucasus, Central Asia, CIS Europe and Ukraine, and the Western Balkans. In the Central Asia and CIS Europe and Ukraine subregions, the prevalence has halved since 2000. On the other hand, the prevalence increased in the same period in the EFTA countries and in the EU-27 and the United Kingdom.

The prevalence of overweight among children under 5 years of age by country is presented in FIGURE 13. The prevalence declined from 2000 to 2022 in 20 of the 30 countries with available data. It remained stable in Kazakhstan and increased in nine countries (Azerbaijan, Belgium, Czechia, Estonia, Greece, the Kingdom of the Netherlands, Poland, Portugal and the United Kingdom). »

FIGURE 12

Prevalence of overweight among children under 5 years of age by subregion



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

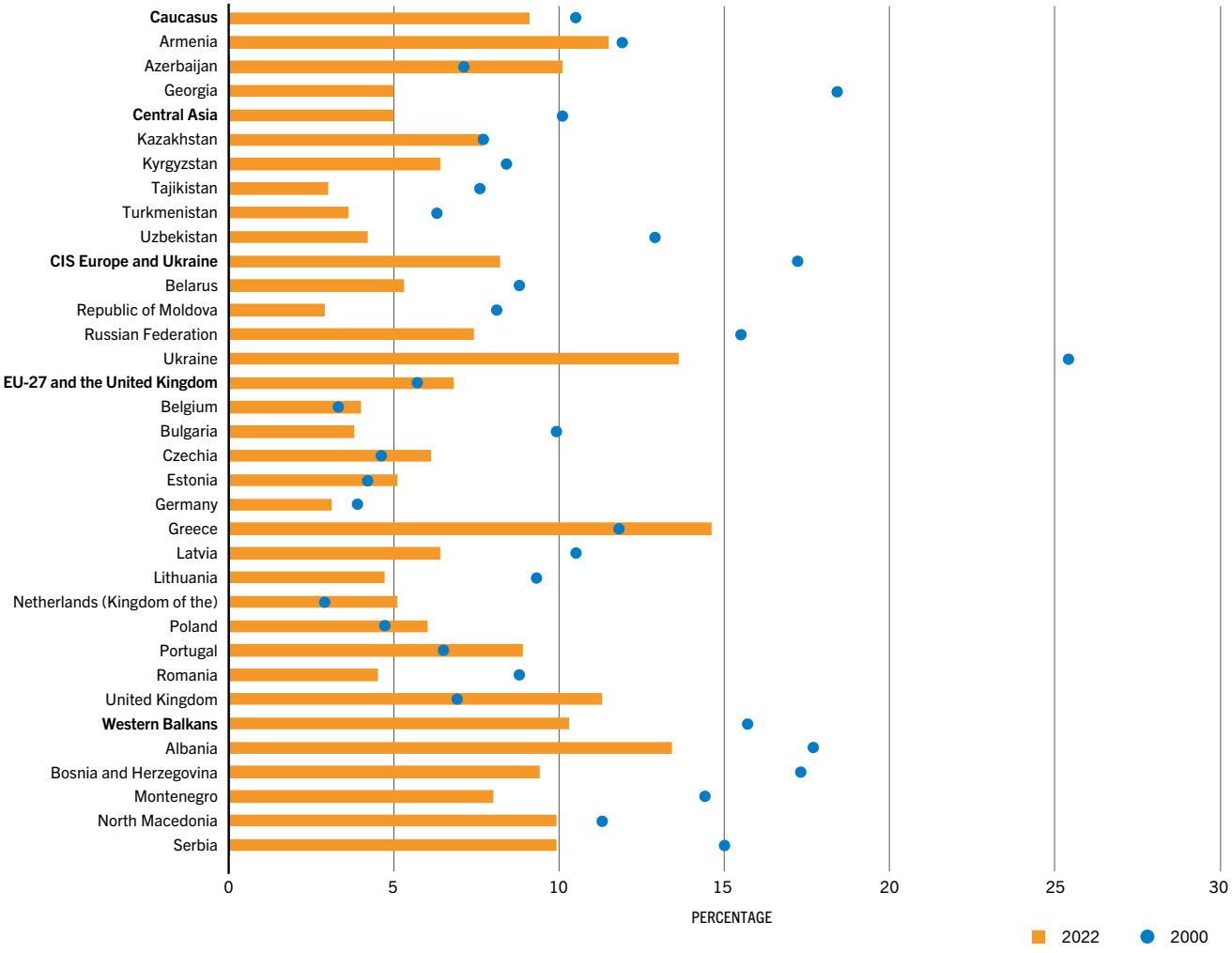
TABLE 9

Prevalence of overweight among children under 5 years of age by subregion, percent

	2000	2005	2010	2012	2015	2020	2022
WORLD	**5.3**	**5.6**	**5.5**	**5.5**	**5.5**	**5.6**	**5.6**
Europe and Central Asia	8.7	9.7	9.7	9.3	8.4	7.2	7.1
Caucasus	10.5	13.0	13.5	13.0	11.4	9.3	9.1
Central Asia	10.1	10.7	9.3	8.2	6.7	5.1	5.0
CIS Europe and Ukraine	17.2	18.7	16.3	14.2	11.3	8.3	8.2
EFTA countries	5.7	5.9	6.6	6.8	7.1	7.4	7.4
EU-27 and the United Kingdom	5.7	6.2	6.7	6.8	7.0	6.9	6.8
Other	5.9	7.9	9.7	9.8	9.2	8.1	8.0
Western Balkans	15.7	19.3	18.9	17.3	14.3	10.6	10.3

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

FIGURE 13
Prevalence of overweight among children under 5 years of age by country and subregion



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

» In 2022, the highest prevalence, between 10 and 15 percent, was recorded in Albania, Armenia, Azerbaijan, Greece and the United Kingdom. Only the Republic of Moldova had a prevalence (2.9 percent) below the 2030 target of reducing childhood overweight to less than 3 percent and maintaining it at that level. Tajikistan (3.1 percent) was just minimally above the target. ■

2.4 ANAEMIA AMONG WOMEN AGED 15 TO 49 YEARS

The global prevalence of anaemia among women aged 15 to 49 years was 29.9 percent in 2019, equivalent to the level in 2005 and lower than it was in 2000 (31.2 percent) (FIGURE 14, TABLE 10). As for the ECA region, the prevalence of anaemia among women aged 15 to 49 years has always been below the global estimate. However, the prevalence in the region has been increasing since 2012. In 2019, the prevalence of anaemia was 18.8 percent; this was 1.4 percentage points higher than the 2012 baseline year for tracking the progress of this global nutrition target. In 2019, the prevalence was higher than the regional average in all subregions but the EFTA countries and the EU-27 and the United Kingdom. The highest prevalence in 2019 was observed in the Caucasus (30.4 percent, close to the global estimate), followed by Central Asia (28.1 percent) and CIS Europe and Ukraine (20.5 percent), indicating that anaemia is a moderate public health problem (prevalence of 20.0 percent to 39.9 percent) in these subregions (WHO, 2023). »

TABLE 10

Prevalence of anaemia among women aged 15 to 49 years by subregion, percent

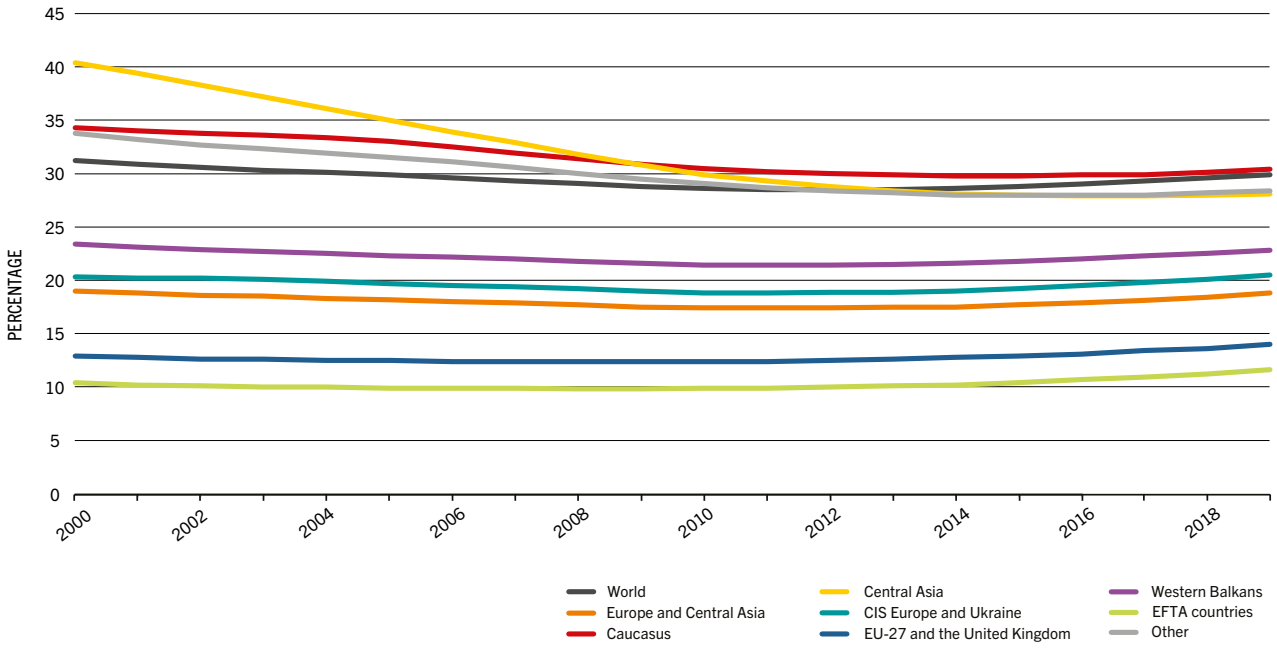
	2000	2005	2010	2012	2015	2019
WORLD	**31.2**	**29.9**	**28.6**	**28.5**	**28.8**	**29.9**
Europe and Central Asia	19.0	18.2	17.4	17.4	17.7	18.8
Caucasus	34.3	33.0	30.5	30.0	29.8	30.4
Central Asia	40.4	35.0	29.9	28.8	28.0	28.1
CIS Europe and Ukraine	20.3	19.7	18.8	18.9	19.2	20.5
EFTA countries	10.4	9.9	9.9	10.0	10.4	11.6
EU-27 and the United Kingdom	12.9	12.5	12.4	12.5	12.9	14.0
Other	33.8	31.5	29.1	28.4	28.0	28.4
Western Balkans	23.4	22.3	21.4	21.4	21.8	22.8

NOTE: The estimates refer to women aged 15 to 49 years – including those who were pregnant, those who are not pregnant and those who are lactating – and were adjusted for altitude and smoking. WHO defines anaemia in pregnant women as a haemoglobin concentration of <110 g/L at sea level, and anaemia in non-pregnant women and lactating women as a haemoglobin concentration of <120 g/L.

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

FIGURE 14

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

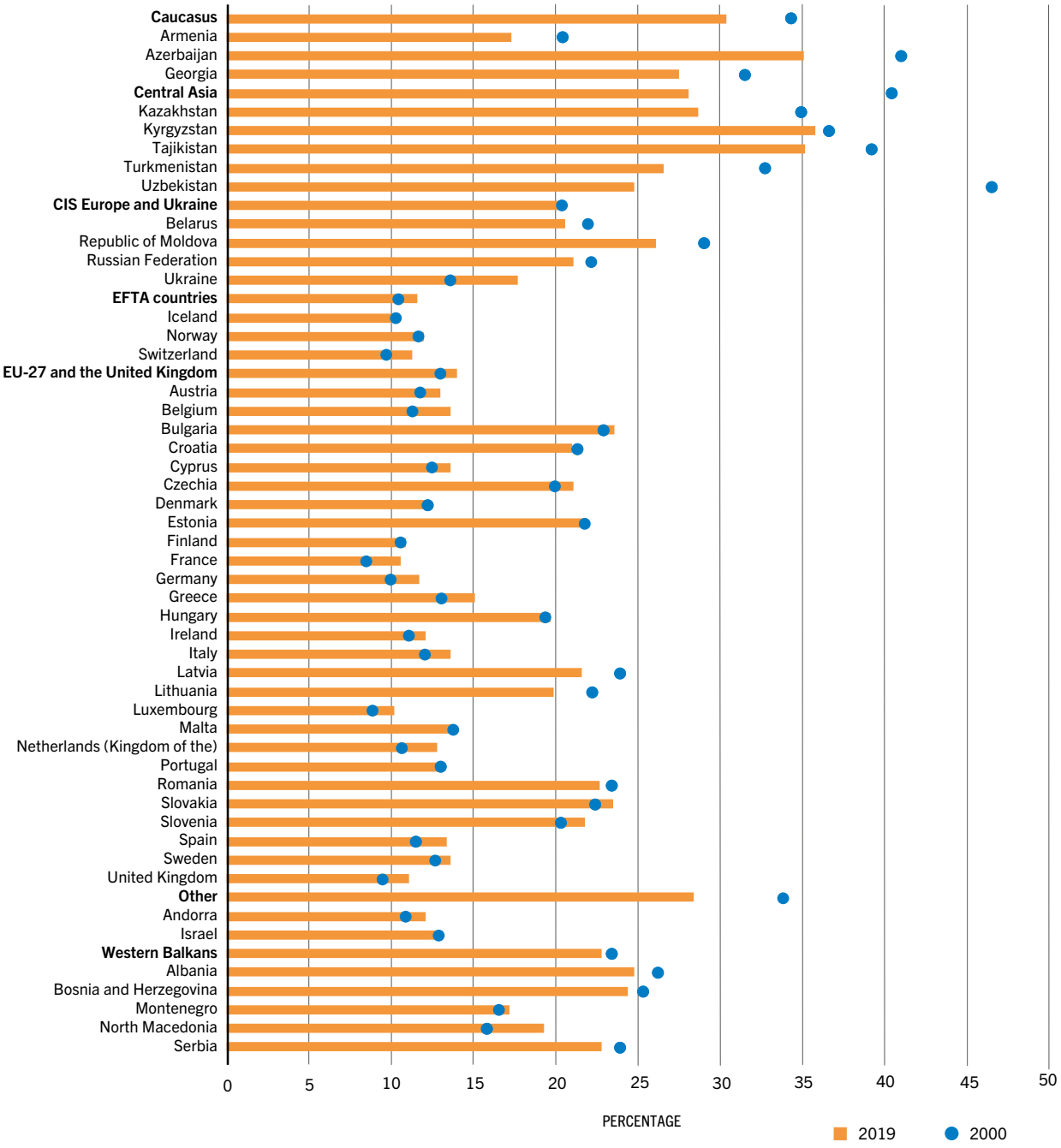


NOTE: The estimates refer to women aged 15 to 49 years – including those who were pregnant, those who are not pregnant and those who are lactating – and were adjusted for altitude and smoking. WHO defines anaemia in pregnant women as a haemoglobin concentration of <110 g/L at sea level, and anaemia in non-pregnant women and lactating women as a haemoglobin concentration of <120 g/L.

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

FIGURE 15

Prevalence of anaemia among women aged 15 to 49 years by country and subregion



SOURCE: The estimates refer to women aged 15 to 49 years – including those who were pregnant, those who are not pregnant and those who are lactating – and were adjusted for altitude and smoking. WHO defines anaemia in pregnant women as a haemoglobin concentration of <110 g/L at sea level, and anaemia in non-pregnant women and lactating women as a haemoglobin concentration of <120 g/L.
SOURCE: Adapted from WHO. 2021. Global anaemia estimates, Edition 2021. In: *WHO | Global Health Observatory (GHO) data repository*. [Cited 20 April 2023]. www.who.int/data/gho/data/themes/topics/anaemia_in_women_and_children

» The country-level data presented in FIGURE 15 show that 18 countries made some progress from 2000 to 2019 in reducing the prevalence of anaemia, in particular Uzbekistan (-21.7 percentage points), Kazakhstan (-6.2 percentage points), Turkmenistan (-6.1 percentage points), Azerbaijan (-5.9 percentage points), Georgia and Tajikistan (-4.0 percentage points) and Armenia (-3.1 percentage points). The other 30 ECA countries saw increases in the prevalence of anaemia, in particular Ukraine (+4.2 percentage points) and North Macedonia (+3.5 percentage points). In addition, three countries had values in 2019 that were higher than the global estimate: Kyrgyzstan (35.8 percent), Tajikistan (35.2 percent) and Azerbaijan (35.1 percent). ■

CHAPTER 3
ADDITIONAL WORLD HEALTH ASSEMBLY NUTRITION INDICATORS

Key messages

- The prevalence of adult obesity in the ECA region increased from 18.2 percent in 2000 to 25.3 percent in 2016. This is well above the global prevalence, which rose from 8.7 percent to 13.1 percent in the same period. All subregions had values above 20 percent, with the exception of Central Asia, where the prevalence was 17.7 percent. In 2016, Türkiye had the highest prevalence of adult obesity (32.1 percent) in the region.
- Between 2012 and 2021, the global prevalence of exclusive breastfeeding among infants 0–5 months of age increased from 37 percent to 47.7 percent. Data are not available at the regional level. However, progress can be seen in Central Asia, with an increase from 29.2 percent to 44.9 percent, and the Western Balkans, with an increase from 20.7 percent to 27.0 percent.
- The prevalence of low birthweight in the ECA region is well below the global level. The prevalence has continuously declined at a slow pace since 2000. The highest prevalence of low birthweight was in the Caucasus (9.8 percent) and the "other" group of countries that includes Israel and Türkiye (12.4 percent). None of the countries had a prevalence above the global estimate.

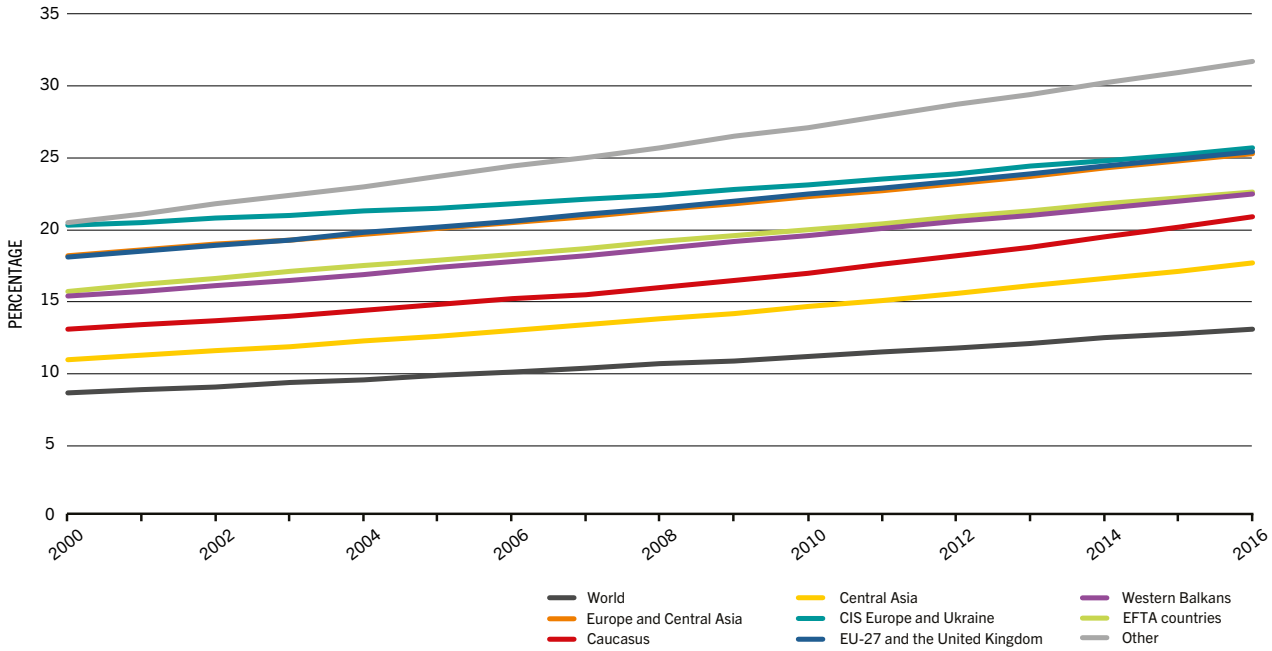
This section assesses progress towards three additional global nutrition targets endorsed by the World Health Assembly: **adult obesity, exclusive breastfeeding** and **low birthweight**.

3.1 ADULT OBESITY

The latest data available on adult obesity are from 2016. That year, the prevalence of adult obesity was 13.1 percent worldwide (up from 11.2 percent in 2010) and 25.3 percent in the ECA region (up from 22.3 percent in 2010) (FIGURE 16, TABLE 11). The prevalence in the ECA region and all its subregions consistently has been above global levels. In 2016, the prevalence in the ECA region was nearly double the global figure, and it was above 20 percent in all ECA subregions except Central Asia (17.7 percent). The subregions most affected by this form of malnutrition were the EU-27 and the United Kingdom (25.4 percent), CIS Europe and Ukraine (25.7 percent) and the "other" group of countries that includes Israel and Türkiye (31.7 percent).

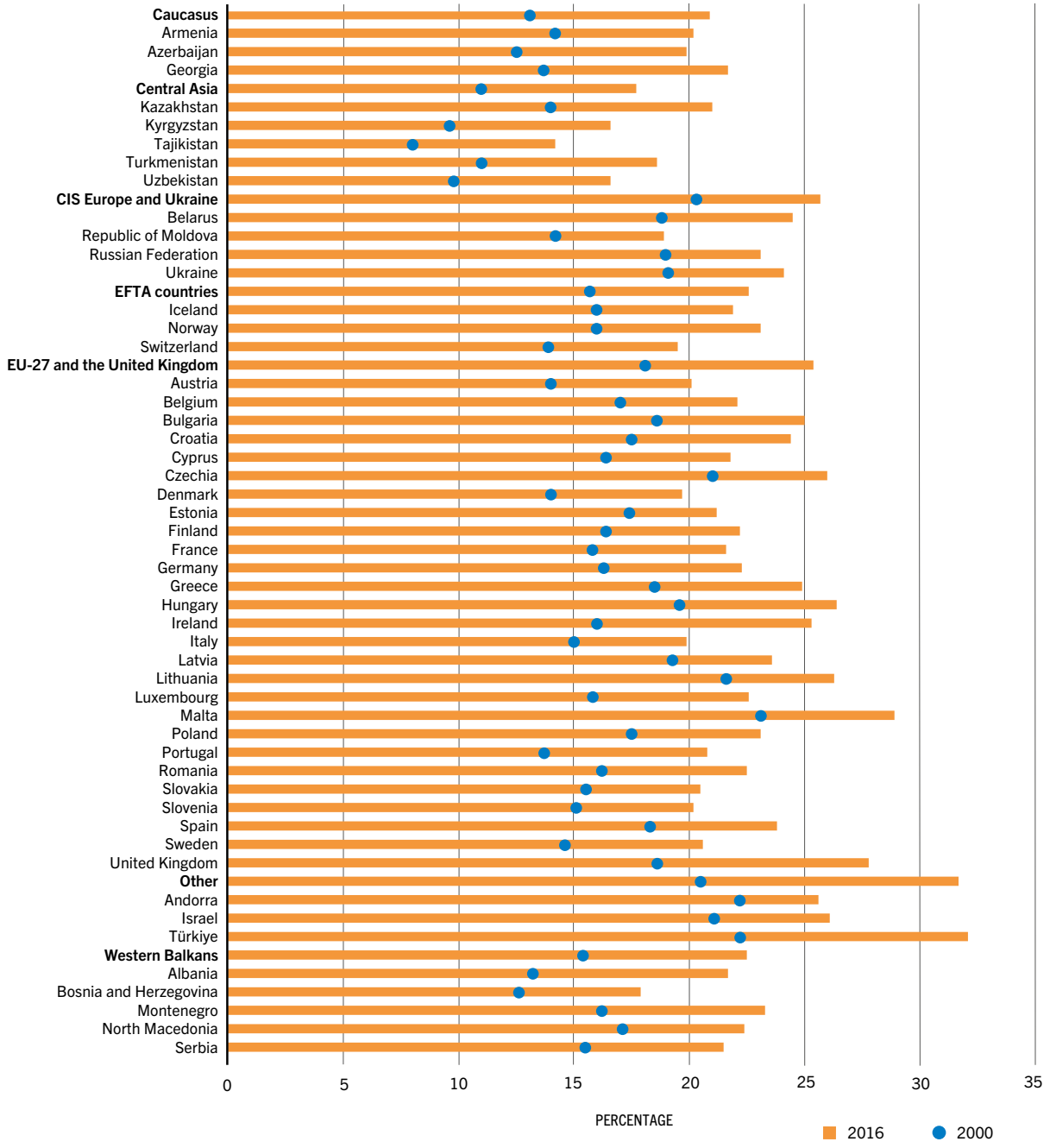
A comparison between 2000 and 2016 shows an increase in the prevalence of adult obesity in all 52 countries for which data are available. Albania and almost all countries in Central Asia had the largest increases (over 60 percent) in the region from 2000 to 2016 (78 percent in Tajikistan, 73 percent in Kyrgyzstan, 69 percent in Uzbekistan and Turkmenistan and 64 percent in Albania). »

FIGURE 16
Prevalence of obesity among adults by subregion



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

FIGURE 17
Prevalence of obesity among adults by country and subregion



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

TABLE 11
Prevalence of obesity among adults by subregion, percent

	2000	2005	2010	2012	2014	2015	2016
WORLD	**8.7**	**9.9**	**11.2**	**11.8**	**12.5**	**12.8**	**13.1**
Europe and Central Asia	18.2	20.1	22.3	23.2	24.3	24.8	25.3
Caucasus	13.1	14.8	17.0	18.2	19.5	20.2	20.9
Central Asia	11.0	12.6	14.7	15.6	16.6	17.1	17.7
CIS Europe and Ukraine	20.3	21.5	23.1	23.9	24.8	25.2	25.7
EFTA countries	15.7	17.9	20.0	20.9	21.8	22.2	22.6
EU-27 and the United Kingdom	18.1	20.2	22.5	23.4	24.4	24.9	25.4
Other	20.5	23.7	27.1	28.7	30.2	30.9	31.7
Western Balkans	15.4	17.4	19.6	20.6	21.5	22.0	22.5

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

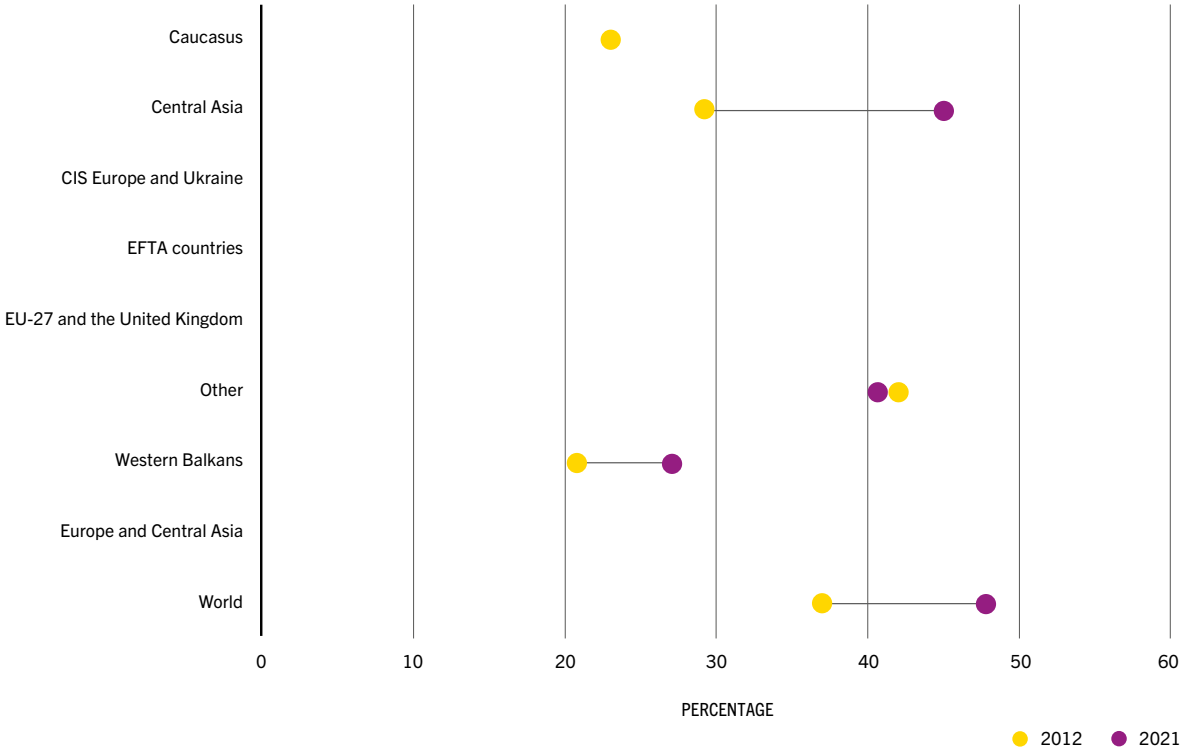
» FIGURE 17 shows that in 2016, Türkiye had the highest prevalence of obesity in the adult population, with almost one in three adults (32.1 percent) being obese. At least one in four adults was obese in nine additional countries: Andorra (25.6 percent), Bulgaria (25 percent), Czechia (26 percent), Hungary (26.4 percent), Ireland (25.3 percent), Israel (26.1 percent), Lithuania (26.3 percent), Malta (28.9 percent) and the United Kingdom (27.8 percent). A lower prevalence of obesity among adults in the ECA region was found in several Central Asian countries: Kyrgyzstan (16.6 percent), Tajikistan (14.2 percent) and Uzbekistan (16.6 percent). ■

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

From 2012 to 2021, the global prevalence of exclusive breastfeeding of infants for their first six months of life increased from 37 percent to 47.7 percent (TABLE 12). Data are not available for the ECA region as a whole because less than 50 percent of the population is covered, and the same is true for some subregions. The ECA subregions of Central Asia and the Western Balkans made progress in exclusive breastfeeding during this period, though the prevalence remains below the global estimate. From 2012 to 2021, the prevalence significantly increased in Central Asia (from 29.2 percent to 44.9 percent) and the Western Balkans (from 20.7 percent to 27.0 percent) but declined slightly in the rest of the ECA subregions for which data are available (from 41.6 percent to 40.7 percent). »

FIGURE 18

Prevalence of exclusive breastfeeding among infants 0–5 months of age by subregion



NOTE: Some values are not calculated for Europe and Central Asia, the Caucasus, CIS Europe and Ukraine, and the EU-27 and the United Kingdom due to low country and population coverage.

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

TABLE 12

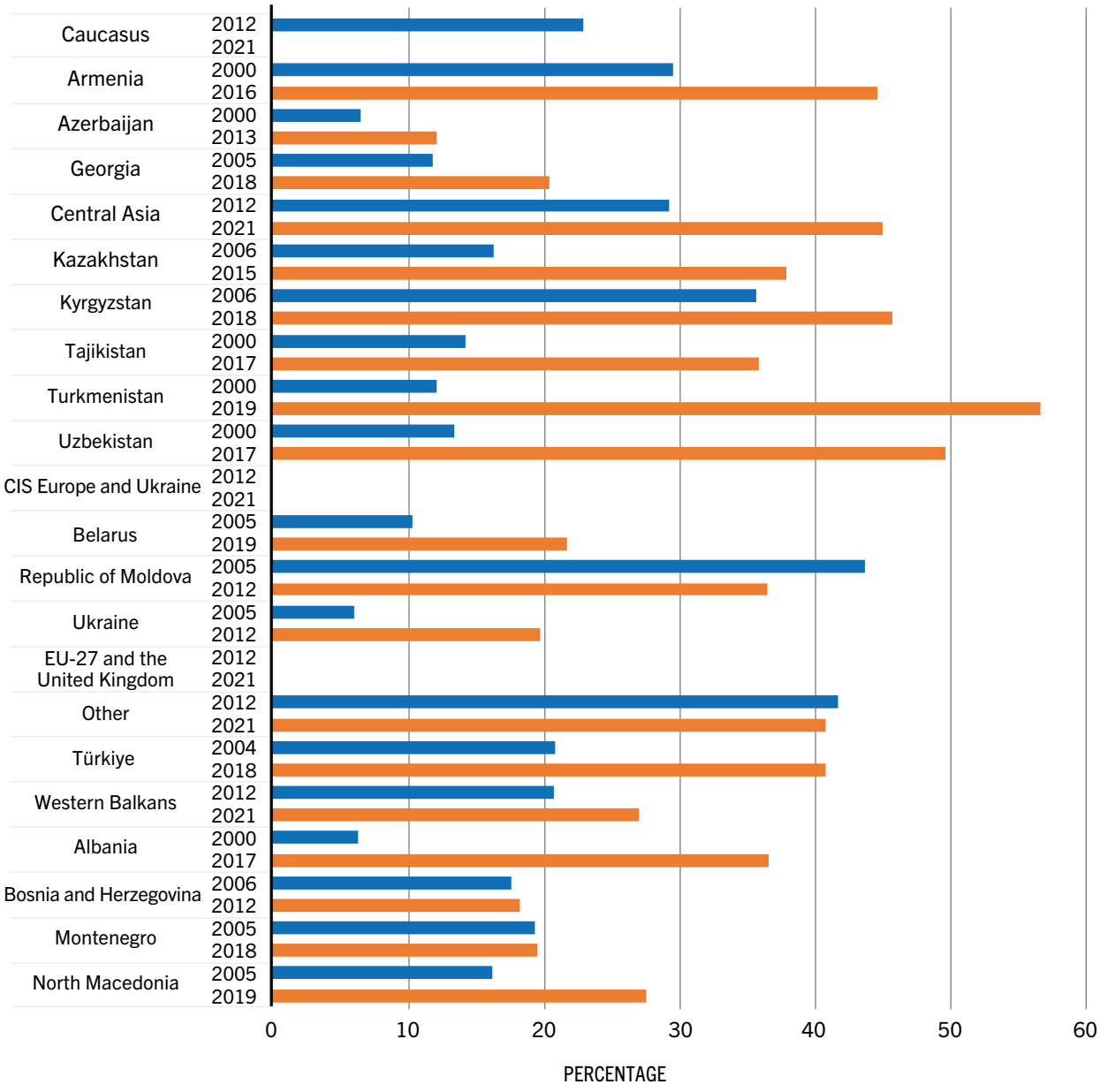
Prevalence of exclusive breastfeeding among infants 0–5 months of age by subregion, percent

	2012	2021
WORLD	**37.0**	**47.7**
Europe and Central Asia	n.a.	n.a.
Caucasus	22.9	n.a.
Central Asia	29.2	44.9
CIS Europe and Ukraine	n.a.	n.a.
EFTA countries	n.a.	n.a.
EU-27 and the United Kingdom	n.a.	n.a.
Other	41.6	40.7
Western Balkans	20.7	27.0

NOTE: Some values are not calculated for Europe and Central Asia, the Caucasus, CIS Europe and Ukraine, and the EU-27 and the United Kingdom due to low country and population coverage.

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

FIGURE 19
Prevalence of exclusive breastfeeding among infants 0–5 months of age by country and subregion



NOTE: Some values are not calculated for Europe and Central Asia, the Caucasus, CIS Europe and Ukraine, and the EU-27 and the United Kingdom due to low country and population coverage.

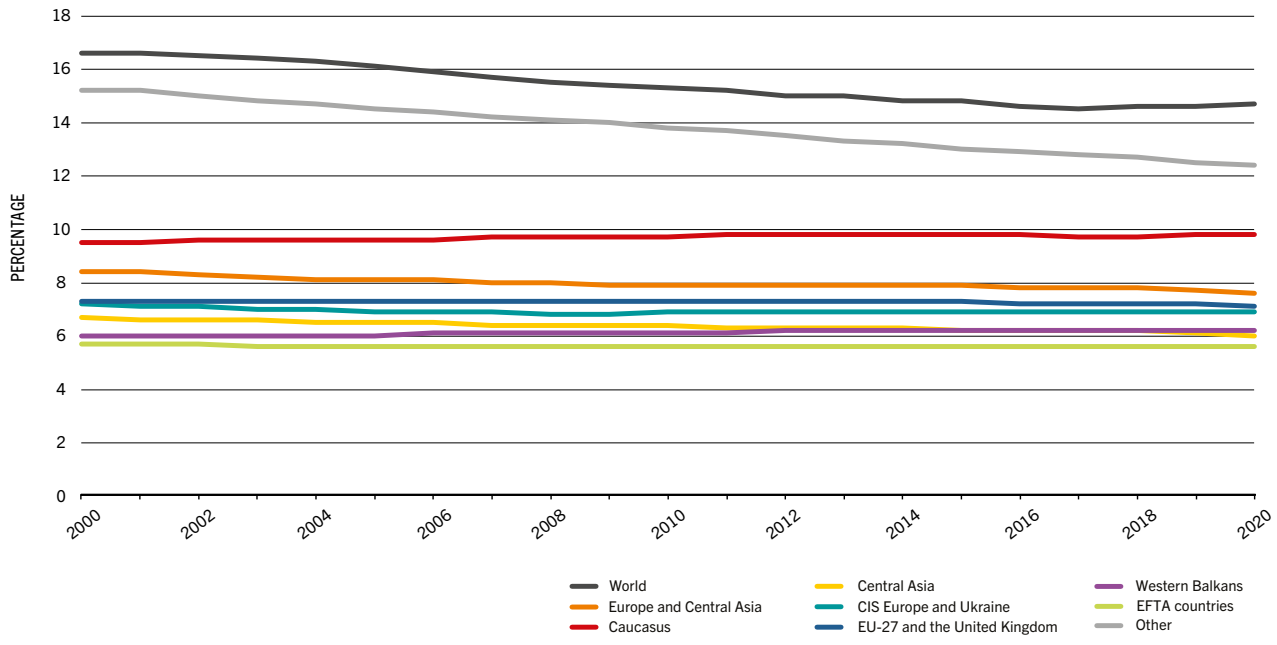
SOURCE: Adapted from UNICEF. 2022. Infant and young child feeding. In: *UNICEF*. [Cited 6 April 2023]. https://data.unicef.org/topic/nutrition/infant-and-young-child-feeding/

» FIGURE 19 compares the levels of the prevalence of exclusive breastfeeding of infants 0–5 months of age in ECA countries between the first year for which data are available and the last year for which data are available. The years differ from country to country. The prevalence increased in most countries with available data, except for the Republic of Moldova. The largest increase is found in Turkmenistan (from 12.1 percent in 2000 to 56.5 percent in 2019), where the prevalence is also the highest in the region. Other countries in Central Asia, along with Albania, Armenia, Türkiye and Ukraine, also have seen significant increases in the prevalence of exclusive breastfeeding among infants 0–5 months of age. The lowest prevalence shown in FIGURE 19 (12.1 percent) was in Azerbaijan, although the estimate is from ten years ago. ■

3.3 PREVALENCE OF LOW BIRTHWEIGHT

The global prevalence of low birthweight declined at a slow pace from 2000 (16.6 percent) to 2019 (14.6 percent) and remained relatively stable in 2020 (FIGURE 20, TABLE 13). The regional trend seems to have followed the same slow pattern of decline. From 2010 to 2015, the prevalence of low birthweight remained stable in the ECA region and then continued its declining trend through 2020. However, the prevalence has always been about half the global estimate, including in 2020 (7.6 percent). The prevalence declined in all subregions of the ECA except the Caucasus and the Western Balkans, where it increased marginally from 2000 to 2020. The prevalence is higher than the regional average in the Caucasus (9.8 percent) and the "other" group of countries that includes Israel and Türkiye (12.4 percent), although all subregions have a prevalence lower than the global estimate. »

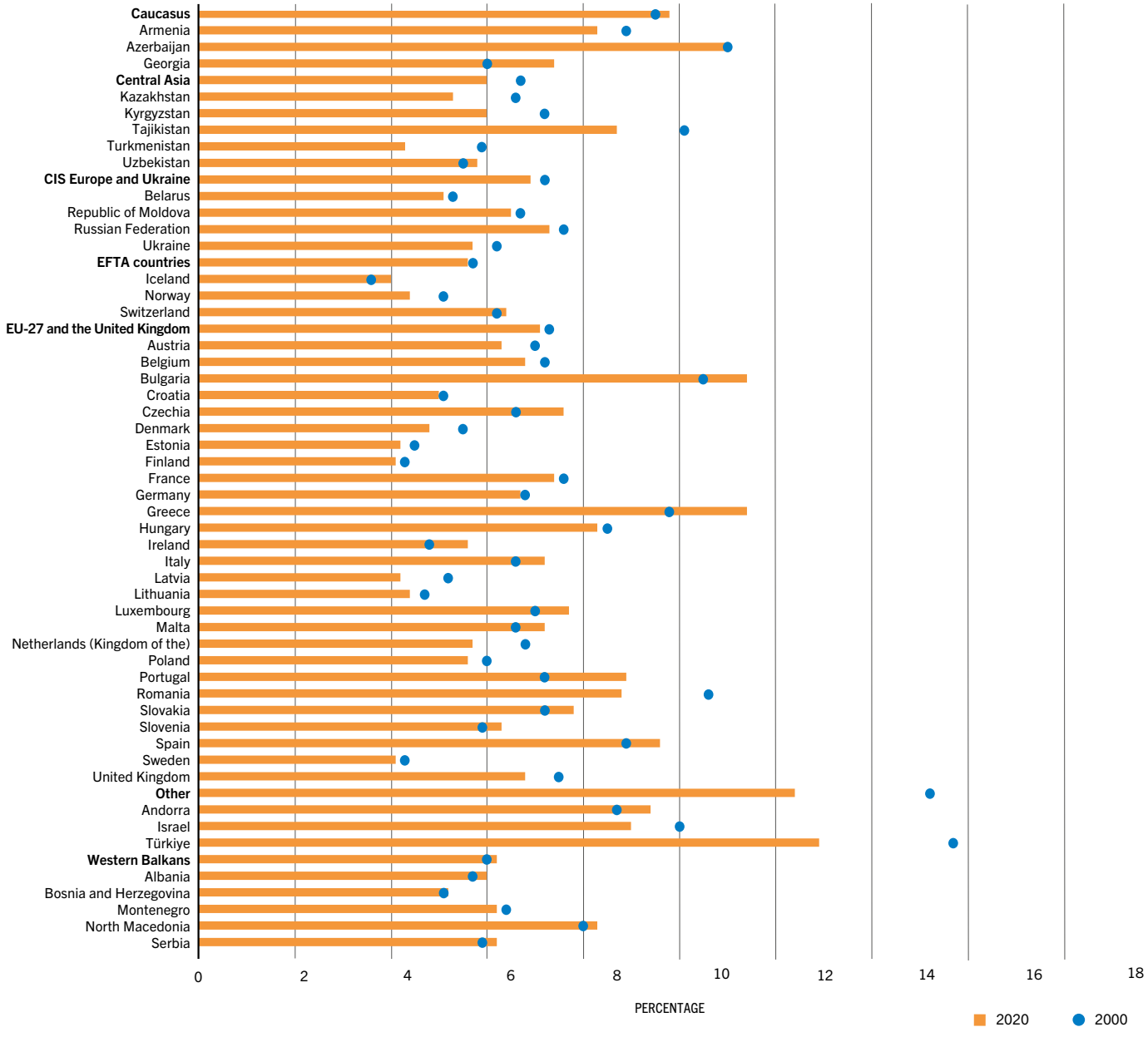
FIGURE 20
Prevalence of low birthweight by subregion



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

FIGURE 21

Prevalence of low birthweight by country and subregion



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

TABLE 13
Prevalence of low birthweight by subregion, percent

	2000	2005	2010	2015	2019	2020
WORLD	**16.6**	**16.1**	**15.3**	**14.8**	**14.6**	**14.7**
Europe and Central Asia	8.4	8.1	7.9	7.9	7.7	7.6
Caucasus	9.5	9.6	9.7	9.8	9.8	9.8
Central Asia	6.7	6.5	6.4	6.2	6.1	6.0
CIS Europe and Ukraine	7.2	6.9	6.9	6.9	6.9	6.9
EFTA countries	5.7	5.6	5.6	5.6	5.6	5.6
EU-27 and the United Kingdom	7.3	7.3	7.3	7.3	7.2	7.1
Other	15.2	14.5	13.8	13.0	12.5	12.4
Western Balkans	6.0	6.0	6.1	6.2	6.2	6.2

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

» FIGURE 21 shows a more detailed picture of the differences in the trends and levels among ECA countries. About 21 of the 51 ECA countries for which data are available have not reduced their prevalence of low birthweight since 2000. Among the countries that have reduced their prevalence of low birthweight, the largest improvement took place in Türkiye, where the prevalence decreased by 2.8 percentage points. Nevertheless, Türkiye (12.9 percent) remains among the countries with the highest prevalence (above 10 percent) in 2020, along with Azerbaijan (11 percent), Bulgaria (11.4 percent) and Greece (11.4 percent). ■

CHAPTER 4
UPDATES TO THE COST AND AFFORDABILITY OF A HEALTHY DIET

Key messages

- In 2021, 25.7 million people in the ECA region could not afford a healthy diet. This indicator has declined by 2.7 million people since 2020. The largest reduction (1.4 million) in the number of people unable to afford a healthy diet was in the EU-27 and the United Kingdom.
- In the ECA region, the average cost of a healthy diet in 2021 was 3.20 purchasing power parity (PPP) dollars per person per day, which is higher (by 1.6 percent) than in 2020. This is consistent with increased food prices in 2021. On average, a healthy diet costs less in the ECA region than in the world as a whole, with the global average being 3.66 PPP dollars per person per day.
- In 2021, roughly 3.1 percent of people in the ECA region were unable to afford a healthy diet, compared to 3.4 percent in 2020. This is much lower than the global estimate of 42.2 percent. By subregion, Central Asia had the highest prevalence of unaffordability (24.4 percent) in 2021, whereas the EFTA countries and the EU-27 and the United Kingdom had the lowest estimates (0.1 percent and 1.0 percent, respectively).

The indicators for the cost and affordability of a healthy diet in this report are updated for 2021 in the ECA region. The affordability series this year is based on income distributions in years 2020 and 2021, thus accounting not only for price shocks but also for income shocks induced by the COVID-19 pandemic.[3]

Rising inflation since 2021 (IMF, 2023) has translated into an increased average cost of a healthy diet in almost all subregions in Europe and Central Asia (FIGURE 22). The exceptions are the EFTA countries and the EU-27 and the United Kingdom, where the costs have declined. At the regional level, the average cost of a healthy diet in 2021 was 3.20 PPP dollars per person per day, which is a 1.6 percent increase from 2020 and a 2.3 percent increase from 2019 (TABLE 14). On average, a healthy diet cost less in the ECA region than in the world (3.66 PPP dollars) in 2021. The cost in the ECA region has increased at a slower rate than the global average from 2019 and 2020.

From 2020 to 2021, the Caucasus (7.5 percent) and Central Asia (7.2 percent) had the highest increases in the cost of a healthy diet, followed by CIS Europe and Ukraine (6.3 percent). In 2021, the Western Balkans had the highest cost of a healthy diet (4.03 PPP dollars) in the region, 25.9 percent higher than the ECA average and 9.9 percent higher than the global average. From 2020 to 2021, the increase in the cost of a healthy diet in the Western Balkans was more than double (3.5 percent) the average increase in the region (1.6 percent) but lower than the global increase (4.3 percent).

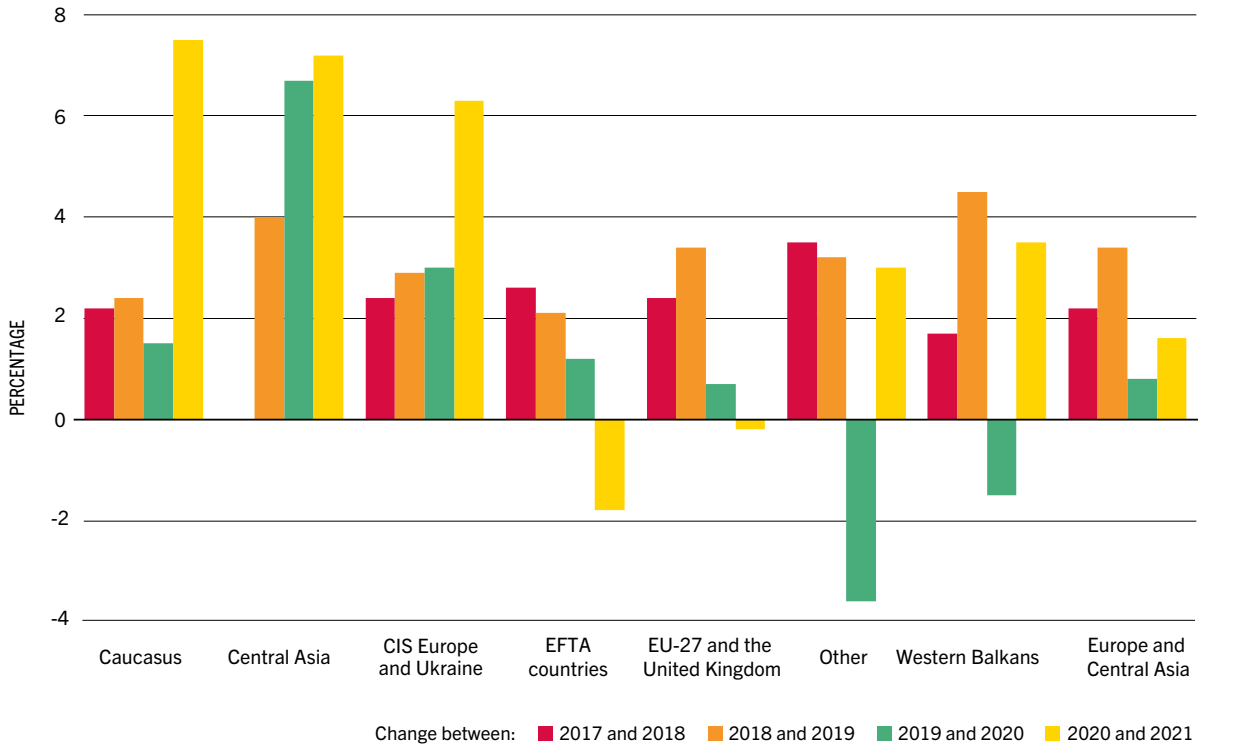
The affordability of a healthy diet refers to the cost of a diet relative to income; therefore, changes over time can be the result of changes in diet costs, incomes or both. In 2021, 25.7 million people in the ECA region could not afford a healthy diet (TABLE A1 13). This is about 2.7 million people fewer than in 2020 (FIGURE 23, TABLE 15). The reduction in the number of people unable to afford a healthy diet could be attributed to increased incomes, which is consistent with increased economic activities in 2021 following the COVID-19 pandemic-induced decline in 2020, reflected also in the annual growth domestic product growth in the region (5.9 percent versus negative growth in 2020) (World Bank, 2023). The largest reduction (1.4 million) in the number of people unable to afford a healthy diet was in the EU-27 and the United Kingdom subregion. The numbers also declined in CIS Europe and Ukraine and the Western Balkans, by about 300 000 people in each subregion. Conversely, the number of people unable to afford a healthy diet increased by about 10 000 people in each of the Caucasus and Central Asia. However, due to the lack of key data on Turkmenistan and Uzbekistan, it is likely that the number of people who cannot afford a healthy diet in Central Asia is currently underestimated. This is considering that Turkmenistan has the second-highest PoU and the prevalence of moderate and severe food insecurity in Uzbekistan is among the highest in the region and the second-highest in the subregion.

FIGURE 24 presents the percentage of people unable to afford a healthy diet in Europe and Central Asia, by subregion and country.

In 2021, roughly 3.1 percent of people in the ECA region were unable to afford a healthy diet, down from 3.4 percent in 2020. The percentage of people unable to afford a healthy diet in the ECA region in 2021 was much lower than the global estimate of 42.2 percent, which also declined from the previous year (43.3 percent) (TABLE A1 13).

Within the ECA region, there were large variations in the unaffordability of a healthy diet in 2021. By subregion, Central Asia had the highest unaffordability (24.4 percent) in 2021. As data on cost and affordability are not available for two key countries of this subregion (Turkmenistan and Uzbekistan), the percentage of people who cannot afford a healthy diet is likely underestimated. The second-highest unaffordability is found in the Western Balkans (10.9 percent), followed by the Caucasus (8.9 percent). In contrast, the EFTA countries and the EU-27 and the United Kingdom had very low unaffordability in 2020 – 0.1 percent and 1.0 percent, respectively. In 2021, unaffordability declined from the previous year in all subregions except the Caucasus, where unaffordability increased by 0.4 percentage points. »

FIGURE 22
Change in the cost of a healthy diet in Europe and Central Asia by subregion



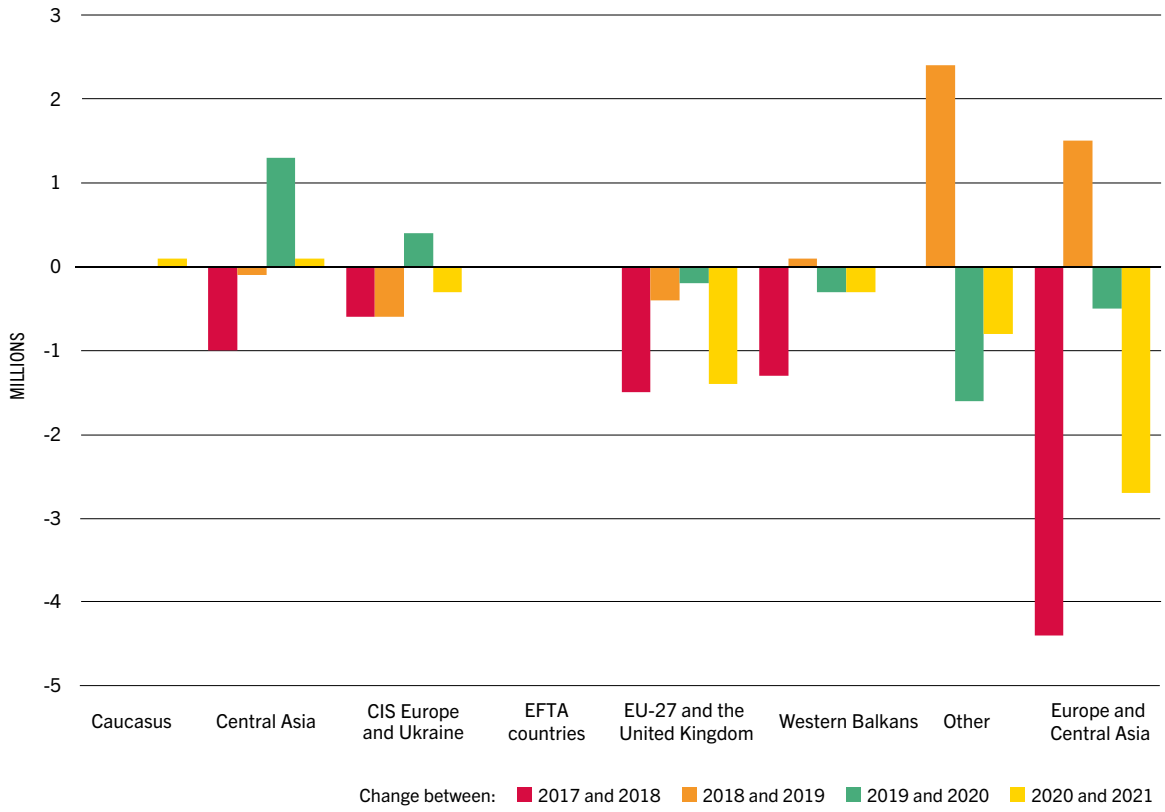
SOURCE: Adapted from FAO. 2023. Cost and Affordability of a Healthy Diet (CoAHD). In: *FAOSTAT*. Rome. [Cited July 2023]. https://www.fao.org/faostat/en/#data/CAHD

TABLE 14
Cost of a healthy diet by subregion

	Cost (PPP dollars per person per day)					Change (percent)			
	2017	2018	2019	2020	2021	2017 to 2018	2018 to 2019	2019 to 2020	2020 to 2021
WORLD	**3.30**	**3.36**	**3.43**	**3.51**	**3.66**	**1.8**	**2.3**	**2.3**	**4.3**
Europe and Central Asia	2.96	3.02	3.12	3.15	3.20	2.2	3.4	0.8	1.6
Caucasus	2.72	2.78	2.85	2.89	3.11	2.2	2.4	1.5	7.5
Central Asia	2.80	2.80	2.91	3.10	3.32	0.0	4.0	6.7	7.2
CIS Europe and Ukraine	2.93	3.00	3.09	3.18	3.38	2.4	2.9	3.0	6.3
EFTA countries	2.69	2.76	2.82	2.85	2.80	2.6	2.1	1.2	-1.8
EU-27 and the United Kingdom	2.91	2.98	3.08	3.10	3.09	2.4	3.4	0.7	-0.2
Other	2.66	2.75	2.84	2.74	2.82	3.5	3.2	-3.6	3.0
Western Balkans	3.72	3.78	3.95	3.89	4.03	1.7	4.5	-1.5	3.5

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

FIGURE 23
Change in the number of people unable to afford a healthy diet by subregion



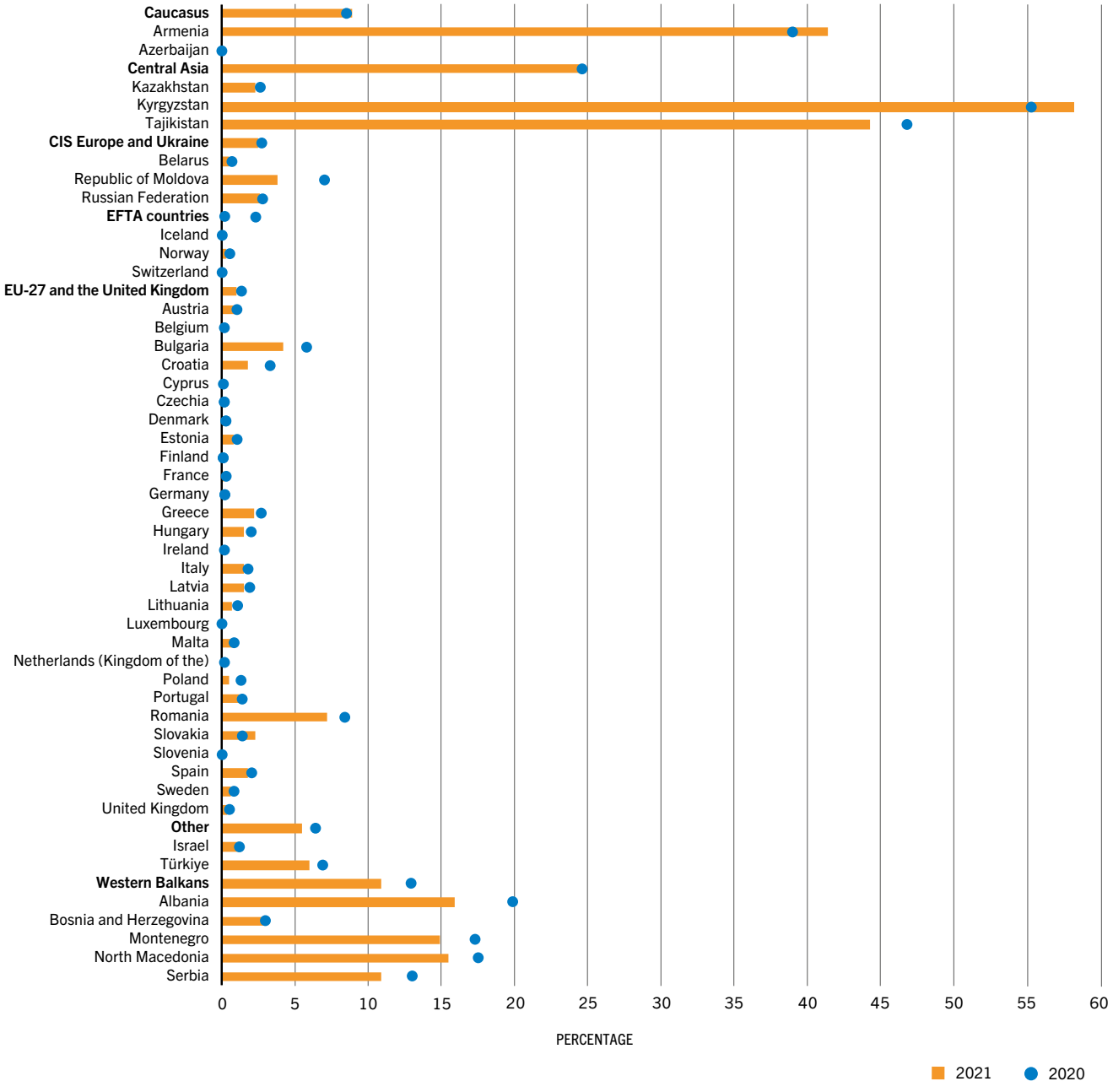
SOURCE: Adapted from FAO. 2023. Cost and Affordability of a Healthy Diet (CoAHD). In: *FAOSTAT*. Rome. [Cited July 2023]. https://www.fao.org/faostat/en/#data/CAHD

TABLE 15
Number of people unable to afford a healthy diet by subregion

	Number (millions)					Change (millions)			
	2017	2018	2019	2020	2021	2017 to 2018	2018 to 2019	2019 to 2020	2020 to 2021
WORLD	**3 124.9**	**3 019.1**	**3 005.5**	**3 191.9**	**3 139.5**	**-105.8**	**-13.6**	**186.4**	**-52.4**
Europe and Central Asia	31.8	27.4	28.9	28.4	25.7	-4.4	1.5	-0.5	-2.7
Caucasus	1.1	1.1	1.1	1.1	1.2	0.0	0.0	0.0	0.1
Central Asia	8.4	7.4	7.3	8.6	8.7	-1.0	-0.1	1.3	0.1
CIS Europe and Ukraine	5.0	4.4	3.8	4.2	3.9	-0.6	-0.6	0.4	-0.3
EFTA countries	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
EU-27 and the United Kingdom	8.6	7.1	6.7	6.5	5.1	-1.5	-0.4	-0.2	-1.4
Other	5.2	5.2	7.6	6.0	5.2	0.0	2.4	-1.6	-0.8
Western Balkans	3.5	2.2	2.3	2.0	1.7	-1.3	0.1	-0.3	-0.3

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

FIGURE 24
Percentage of people unable to afford a healthy diet by country and subregion



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

» Seven countries in the region had unaffordability estimates above 10 percent in 2021: Albania (15.9 percent), Armenia (41.4 percent), Kyrgyzstan (58.2 percent), North Macedonia (15.5 percent), Montenegro (14.9 percent), Serbia (10.9 percent) and Tajikistan (44.3 percent). In addition, the percentage of people unable to afford a healthy diet increased in Armenia (by 2.4 percent) and Kyrgyzstan (by 2.9 percent). The indicator declined in all other countries of the ECA region apart from the above-mentioned two countries and Iceland, where it increased marginally (by 0.1 percentage points) in 2021. ■

ANNEXES

ANNEX 1
DATA TABLES

TABLE A1.1
PREVALENCE OF UNDERNOURISHMENT, PERCENT

	2000–2002	2004–2006	2009–2011	2013–2015	2017–2019	2018–2020	2019–2021	2020–2022
WORLD	**12.9**	**12.0**	**8.8**	**7.8**	**7.7**	**8.2**	**8.7**	**9.2**
Europe and Central Asia	2.9	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Caucasus	16.1	6.0	2.8	<2.5	<2.5	<2.5	<2.5	<2.5
Central Asia	16.1	14.0	7.8	4.5	3.1	3.0	3.1	3.2
CIS Europe and Ukraine	4.1	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
EFTA countries	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
EU-27 and the United Kingdom	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Other	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Western Balkans	4.4	3.8	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Albania	4.9	8.9	5.4	4.4	4.1	4.1	4.1	4.1
Andorra	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Armenia	25.7	12.3	2.8	<2.5	<2.5	<2.5	<2.5	<2.5
Austria	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Azerbaijan	16.8	4.7	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Belarus	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Belgium	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Bosnia and Herzegovina	3.4	<2.5	2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Bulgaria	3.9	4.8	4.6	3.8	2.8	2.7	2.5	<2.5
Croatia	6.9	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Cyprus	5.2	7.7	3.3	<2.5	<2.5	<2.5	<2.5	<2.5
Czechia	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Denmark	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Estonia	3.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Finland	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
France	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Georgia	7.2	3.9	4.2	3.6	3.1	3.1	3.0	2.9

TABLE A1.1 (Continued)

	2000–2002	2004–2006	2009–2011	2013–2015	2017–2019	2018–2020	2019–2021	2020–2022
Germany	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Greece	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Hungary	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Iceland	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Ireland	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Israel	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Italy	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Kazakhstan	6.3	7.2	3.1	<2.5	<2.5	<2.5	<2.5	<2.5
Kyrgyzstan	14.6	8.0	7.4	5.7	4.5	4.5	4.6	4.8
Latvia	4.6	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Lithuania	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Luxembourg	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Malta	<2.5	<2.5	<2.5	<2.5	<2.5	2.8	3.7	4.6
Montenegro	9.6	5.4	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Netherlands (Kingdom of the)	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
North Macedonia	7.4	4.9	3.5	3.8	2.8	2.9	3.2	3.6
Norway	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Poland	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Portugal	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Republic of Moldova	24.4	33.4	12.2	<2.5	<2.5	<2.5	<2.5	<2.5
Romania	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Russian Federation	4.0	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Serbia	3.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Slovakia	6.1	5.5	5.1	5.6	3.3	2.7	<2.5	2.8
Slovenia	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Spain	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Sweden	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Switzerland	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Tajikistan	40.4	37.6	26.8	18.8	10.5	9.8	9.3	9.3
Türkiye	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Turkmenistan	6.4	4.2	5.9	5.8	5.8	5.8	5.8	5.7
Ukraine	3.0	<2.5	<2.5	<2.5	2.8	3.6	4.1	4.8
United Kingdom	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5	<2.5
Uzbekistan	18.0	14.8	5.8	<2.5	<2.5	<2.5	<2.5	<2.5

NOTE: The values for 2020 to 2022 are projections.

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

TABLE A1.2
NUMBER OF UNDERNOURISHED PEOPLE, MILLIONS

	2000–2002	2004–2006	2009–2011	2013–2015	2017–2019	2018–2020	2019–2021	2020–2022
WORLD	**804.9**	**786.7**	**612.6**	**575.0**	**590.5**	**633.7**	**684.4**	**725.1**
Europe and Central Asia	25.2	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Caucasus	2.5	0.9	0.5	n.r.	n.r.	n.r.	n.r.	n.r.
Central Asia	9.1	8.3	4.9	3.0	2.2	2.2	2.3	2.4
CIS Europe and Ukraine	8.6	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
EFTA countries	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
EU-27 and the United Kingdom	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Other	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Western Balkans	0.8	0.7	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Albania	0.2	0.3	0.2	0.1	0.1	0.1	0.1	0.1
Armenia	0.8	0.4	<0.1	n.r.	n.r.	n.r.	n.r.	n.r.
Austria	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Azerbaijan	1.4	0.4	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Belarus	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Belgium	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Bosnia and Herzegovina	0.1	n.r.	<0.1	n.r.	n.r.	n.r.	n.r.	n.r.
Bulgaria	0.3	0.4	0.3	0.3	0.2	0.2	0.2	n.r.
Croatia	0.3	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Cyprus	<0.1	<0.1	<0.1	n.r.	n.r.	n.r.	n.r.	n.r.
Czechia	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Denmark	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Estonia	<0.1	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Finland	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
France	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Georgia	0.3	0.2	0.2	0.1	0.1	0.1	0.1	0.1
Germany	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Greece	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Hungary	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Iceland	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Ireland	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.

TABLE A1.2 (Continued)

	2000–2002	2004–2006	2009–2011	2013–2015	2017–2019	2018–2020	2019–2021	2020–2022
Israel	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Italy	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Kazakhstan	1.0	1.1	0.5	n.r.	n.r.	n.r.	n.r.	n.r.
Kyrgyzstan	0.7	0.4	0.4	0.3	0.3	0.3	0.3	0.3
Latvia	0.1	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Lithuania	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Luxembourg	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Malta	n.r.	n.r.	n.r.	n.r.	n.r.	<0.1	<0.1	<0.1
Montenegro	<0.1	<0.1	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Netherlands (Kingdom of the)	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
North Macedonia	0.2	0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Norway	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Poland	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Portugal	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Republic of Moldova	1.0	1.3	0.4	n.r.	n.r.	n.r.	n.r.	n.r.
Romania	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Russian Federation	5.9	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Serbia	0.3	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Slovakia	0.3	0.3	0.3	0.3	0.2	0.1	n.r.	0.2
Slovenia	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Spain	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Sweden	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Switzerland	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Tajikistan	2.6	2.6	2.0	1.6	1.0	0.9	0.9	0.9
Türkiye	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Turkmenistan	0.3	0.2	0.3	0.3	0.3	0.4	0.4	0.4
Ukraine	1.4	n.r.	n.r.	n.r.	1.3	1.6	1.8	2.0
United Kingdom	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Uzbekistan	4.5	3.9	1.7	n.r.	n.r.	n.r.	n.r.	n.r.

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

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

TABLE A1.3
PREVALENCE OF FOOD INSECURITY, PERCENT

	Severe food insecurity				Moderate or severe food insecurity			
	2014–2016	2017–2019	2019–2021	2020–2022	2014–2016	2017–2019	2019–2021	2020–2022
WORLD	**7.8**	**8.8**	**10.6**	**11.3**	**21.9**	**24.7**	**28.1**	**29.5**
Europe and Central Asia	1.9	1.7	2.3	2.7	10.6	10.1	11.2	11.9
Caucasus	1.8	2.0	2.3	2.3	13.8	17.0	15.8	15.5
Central Asia	1.7	2.5	4.0	4.8	9.2	13.7	17.2	18.4
CIS Europe and Ukraine	1.0	0.8	1.0	1.2	11.1	10.0	9.7	10.4
EFTA countries	1.4	0.9	0.7	0.9	4.8	3.6	3.1	3.4
EU-27 and the United Kingdom	1.6	1.2	1.5	1.8	7.7	6.3	6.3	6.6
Other	5.2	5.5	7.4	8.7	27.1	27.2	35.6	37.9
Western Balkans	3.2	3.3	4.5	4.8	15.8	16.0	17.3	18.0
Albania	10.0	10.0	7.7	7.5	38.8	37.1	30.9	30.2
Andorra	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Armenia	n.a.	1.1	<0.5	<0.5	n.a.	14.8	8.3	7.1
Austria	1.1	1.1	1.3	1.6	5.5	3.6	3.3	4.3
Azerbaijan	<0.5	<0.5	<0.5	<0.5	5.9	9.6	9.5	10.1
Belarus	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Belgium	n.a.	n.a.	1.3	1.5	n.a.	n.a.	4.8	5.8
Bosnia and Herzegovina	1.5	1.5	2.8	3.1	9.6	9.2	12.6	13.4
Bulgaria	1.9	1.9	2.9	3.5	14.9	12.5	15.5	15.8
Croatia	0.6	0.9	1.6	1.9	6.5	10.0	11.4	9.7
Cyprus	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Czechia	0.7	<0.5	1.6	2.3	5.8	3.8	5.8	8.5
Denmark	1.0	1.1	1.4	1.8	5.9	5.2	5.5	6.8
Estonia	0.9	0.9	0.8	0.7	9.5	7.4	7.9	8.5
Finland	2.4	2.0	2.4	2.6	9.3	7.7	8.8	10.5
France	1.6	0.7	1.0	1.6	6.8	6.0	5.9	6.6
Georgia	7.0	7.3	9.5	9.7	31.8	38.3	38.8	36.5
Germany	1.0	0.7	1.1	1.4	4.1	3.5	3.5	3.8
Greece	2.6	2.3	1.5	1.5	15.8	13.3	6.8	6.3
Hungary	1.4	0.8	2.1	3.0	11.3	6.9	10.6	12.6
Iceland	1.7	1.5	1.3	1.6	6.4	7.2	6.3	6.1

TABLE A1.3 (Continued)

	Severe food insecurity				Moderate or severe food insecurity			
	2014–2016	2017–2019	2019–2021	2020–2022	2014–2016	2017–2019	2019–2021	2020–2022
Ireland	3.4	3.5	3.2	2.4	8.9	7.2	6.5	5.4
Israel	1.3	1.7	2.0	3.1	11.0	12.9	14.2	13.2
Italy	1.2	1.1	1.9	1.8	8.6	7.2	6.3	5.7
Kazakhstan	n.a.	<0.5	<0.5	0.5	n.a.	2.4	2.8	2.4
Kyrgyzstan	n.a.	0.8	1.0	1.1	n.a.	6.3	6.6	6.9
Latvia	0.6	0.6	0.7	1.0	9.9	9.5	9.4	9.4
Lithuania	2.5	1.1	1.9	2.1	15.3	10.7	9.8	8.5
Luxembourg	1.8	0.9	0.7	0.6	4.7	3.3	2.8	2.7
Malta	1.5	0.8	1.4	1.9	5.8	4.4	5.2	7.2
Montenegro	2.1	2.2	3.4	3.3	12.6	12.9	14.0	12.9
Netherlands (Kingdom of the)	1.5	1.7	1.4	1.4	5.7	5.1	4.4	4.5
North Macedonia	3.6	3.2	6.0	6.9	15.1	14.4	20.9	24.0
Norway	1.1	1.1	1.0	1.2	4.8	4.8	4.3	5.2
Poland	1.8	<0.5	0.9	1.0	8.9	4.3	7.4	7.5
Portugal	4.1	2.9	3.2	3.9	14.7	10.7	11.6	12.4
Republic of Moldova	1.6	4.0	4.9	4.8	19.3	27.5	24.9	23.5
Romania	5.6	3.4	3.7	5.7	19.3	14.5	13.4	16.3
Russian Federation	0.7	<0.5	<0.5	<0.5	8.2	7.1	5.5	5.0
Serbia	1.7	2.0	3.8	4.1	11.4	12.5	14.1	14.8
Slovakia	1.1	0.8	1.6	1.8	6.2	5.0	7.7	8.3
Slovenia	0.9	<0.5	0.6	0.9	12.3	10.2	7.4	7.0
Spain	1.1	1.7	2.0	1.8	7.1	8.6	8.6	8.0
Sweden	0.8	1.2	1.3	1.4	4.5	5.7	5.3	5.4
Switzerland	1.5	0.7	<0.5	0.6	4.8	2.6	2.2	2.1
Tajikistan	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Türkiye	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Turkmenistan	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Ukraine	2.0	1.6	3.2	4.3	19.8	18.3	22.7	28.2
United Kingdom	1.9	1.3	1.1	1.6	6.3	4.9	3.5	4.1
Uzbekistan	1.9	2.8	5.6	6.8	11.2	17.2	23.6	26.1

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

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

TABLE A1.4
NUMBER OF FOOD-INSECURE PEOPLE, MILLIONS

	Severely food insecure				Moderately or severely food insecure			
	2014–2016	2017–2019	2019–2021	2020–2022	2014–2016	2017–2019	2019–2021	2020–2022
WORLD	**575.7**	**677.7**	**832.6**	**892.7**	**1 626.1**	**1 899.7**	**2 205.3**	**2 335.5**
Europe and Central Asia	17.2	15.7	21.1	25.0	97.4	93.7	104.0	110.7
Caucasus	0.3	0.3	0.4	0.4	2.3	2.8	2.7	2.6
Central Asia	1.2	1.8	3.0	3.6	6.4	9.9	12.8	14.0
CIS Europe and Ukraine	2.1	1.6	2.0	2.5	22.4	20.4	19.7	20.9
EFTA countries	0.2	0.1	0.1	0.1	0.7	0.5	0.4	0.5
EU-27 and the United Kingdom	8.3	6.2	7.8	9.4	39.0	32.4	32.1	34.0
Other	4.5	5.1	6.9	8.1	23.8	24.8	33.1	35.5
Western Balkans	0.6	0.6	0.8	0.9	2.9	2.9	3.1	3.2
Albania	0.3	0.3	0.2	0.2	1.1	1.1	0.9	0.9
Andorra	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Armenia	n.a.	<0.1	n.r.	n.r.	n.a.	0.4	0.2	0.2
Austria	<0.1	<0.1	0.1	0.1	0.5	0.3	0.3	0.4
Azerbaijan	n.r.	n.r.	n.r.	n.r.	0.6	1.0	1.0	1.0
Belarus	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Belgium	n.a.	n.a.	0.1	0.2	n.a.	n.a.	0.6	0.7
Bosnia and Herzegovina	<0.1	<0.1	<0.1	0.1	0.3	0.3	0.4	0.4
Bulgaria	0.1	0.1	0.2	0.2	1.1	0.9	1.1	1.1
Croatia	<0.1	<0.1	<0.1	<0.1	0.3	0.4	0.5	0.4
Cyprus	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Czechia	<0.1	n.r.	0.2	0.2	0.6	0.4	0.6	0.9
Denmark	<0.1	<0.1	<0.1	0.1	0.3	0.3	0.3	0.4
Estonia	<0.1	<0.1	<0.1	<0.1	0.1	<0.1	0.1	0.1
Finland	0.1	0.1	0.1	0.1	0.5	0.4	0.5	0.6
France	1.0	0.5	0.7	1.0	4.3	3.9	3.8	4.2
Georgia	0.3	0.3	0.4	0.4	1.2	1.4	1.5	1.4
Germany	0.8	0.6	0.9	1.2	3.3	2.9	2.9	3.2
Greece	0.3	0.2	0.2	0.2	1.7	1.4	0.7	0.7
Hungary	0.1	<0.1	0.2	0.3	1.1	0.7	1.0	1.2
Iceland	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1

TABLE A1.4 (Continued)

	Severely food insecure				Moderately or severely food insecure			
	2014–2016	2017–2019	2019–2021	2020–2022	2014–2016	2017–2019	2019–2021	2020–2022
Ireland	0.2	0.2	0.2	0.1	0.4	0.3	0.3	0.3
Israel	0.1	0.1	0.2	0.3	0.9	1.1	1.2	1.2
Italy	0.7	0.7	1.1	1.1	5.2	4.3	3.8	3.4
Kazakhstan	n.a.	n.r.	n.r.	<0.1	n.a.	0.5	0.5	0.5
Kyrgyzstan	n.a.	<0.1	<0.1	<0.1	n.a.	0.4	0.4	0.5
Latvia	<0.1	<0.1	<0.1	<0.1	0.2	0.2	0.2	0.2
Lithuania	<0.1	<0.1	<0.1	<0.1	0.5	0.3	0.3	0.2
Luxembourg	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Malta	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Montenegro	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Netherlands (Kingdom of the)	0.3	0.3	0.2	0.2	1.0	0.9	0.8	0.8
North Macedonia	<0.1	<0.1	0.1	0.1	0.3	0.3	0.4	0.5
Norway	<0.1	<0.1	<0.1	<0.1	0.2	0.3	0.2	0.3
Poland	0.7	n.r.	0.4	0.4	3.4	1.6	2.9	2.9
Portugal	0.4	0.3	0.3	0.4	1.5	1.1	1.2	1.3
Republic of Moldova	<0.1	0.1	0.2	0.2	0.6	0.9	0.8	0.7
Romania	1.1	0.7	0.7	1.1	3.8	2.8	2.6	3.2
Russian Federation	1.0	n.r.	n.r.	n.r.	11.9	10.3	8.0	7.2
Serbia	0.2	0.2	0.3	0.4	1.1	1.1	1.3	1.3
Slovakia	<0.1	<0.1	<0.1	<0.1	0.3	0.3	0.4	0.5
Slovenia	<0.1	n.r.	<0.1	<0.1	0.3	0.2	0.2	0.1
Spain	0.5	0.8	0.9	0.8	3.3	4.0	4.1	3.8
Sweden	<0.1	0.1	0.1	0.1	0.4	0.6	0.5	0.6
Switzerland	0.1	<0.1	n.r.	<0.1	0.4	0.2	0.2	0.2
Tajikistan	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Türkiye	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Turkmenistan	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Ukraine	0.9	0.7	1.4	1.8	8.9	8.2	10.0	12.0
United Kingdom	1.2	0.9	0.8	1.1	4.1	3.3	2.3	2.7
Uzbekistan	0.6	0.9	1.9	2.3	3.5	5.6	7.9	8.9

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

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

TABLE A1.5
PREVALENCE OF FOOD INSECURITY BY SEX, PERCENT

	Severe food insecurity				Moderate or severe food insecurity			
	Men		Women		Men		Women	
	2014–2016	2020–2022	2014–2016	2020–2022	2014–2016	2020–2022	2014–2016	2020–2022
WORLD	**6.5**	**9.3**	**7.2**	**10.8**	**18.9**	**25.2**	**20.7**	**28.1**
Europe and Central Asia	1.8	2.6	1.9	2.6	9.5	10.8	11.4	12.3
Caucasus	1.8	2.2	2.1	2.5	13.1	14.7	15.0	16.5
Central Asia	1.5	4.8	1.8	4.7	8.2	18.2	9.9	18.5
CIS Europe and Ukraine	0.9	1.3	1.2	1.2	10.1	9.6	12.1	11.4
EFTA countries	1.4	1.1	1.4	0.7	4.4	3.5	5.2	3.2
EU-27 and the United Kingdom	1.4	1.9	1.8	1.8	6.6	6.1	8.8	7.2
Other	5.8	8.1	4.6	9.3	26.9	35.3	27.5	40.8
Western Balkans	3.3	4.4	3.3	5.3	15.2	17.1	17.0	19.5
Albania	9.3	5.8	10.7	9.2	35.2	26.3	42.3	34.0
Andorra	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Armenia	n.a.	<0.5	n.a.	<0.5	n.a.	6.5	n.a.	7.8
Austria	0.9	1.7	1.4	1.4	4.5	4.5	6.6	4.2
Azerbaijan	<0.5	<0.5	<0.5	<0.5	5.5	9.7	6.2	10.5
Belarus	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Belgium	n.a.	1.6	n.a.	1.5	n.a.	5.9	n.a.	5.7
Bosnia and Herzegovina	1.7	2.9	1.4	3.4	9.4	11.3	9.8	15.5
Bulgaria	2.1	3.1	1.7	3.9	13.7	13.8	16.1	17.7
Croatia	0.6	1.5	0.5	2.2	6.3	7.6	6.7	11.8
Cyprus	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Czechia	0.7	2.6	0.7	2.0	5.3	8.5	6.4	8.6
Denmark	0.9	1.8	1.0	1.9	5.2	6.2	6.5	7.3
Estonia	0.9	0.7	0.8	0.8	8.6	7.8	10.3	9.3
Finland	2.4	2.3	2.4	2.8	8.4	8.1	10.2	12.8
France	1.5	1.5	1.6	1.6	6.5	6.2	7.1	7.0
Georgia	6.5	9.2	7.4	10.2	30.4	34.4	33.2	38.7
Germany	0.8	1.6	1.1	1.2	3.4	4.0	4.7	3.7
Greece	2.7	1.3	2.6	1.7	15.9	5.8	15.7	6.8
Hungary	1.4	2.6	1.4	3.5	9.5	11.1	13.1	14.1
Iceland	1.8	1.3	1.5	1.9	5.3	5.8	7.5	6.5

TABLE A1.5 (Continued)

	Severe food insecurity				Moderate or severe food insecurity			
	Men		Women		Men		Women	
	2014–2016	2020–2022	2014–2016	2020–2022	2014–2016	2020–2022	2014–2016	2020–2022
Ireland	4.1	3.0	2.8	1.8	9.3	6.4	8.6	4.5
Israel	1.4	3.9	1.1	2.3	10.6	13.9	11.3	12.6
Italy	1.4	2.6	1.0	1.0	7.8	6.4	9.3	5.0
Kazakhstan	n.a.	<0.5	n.a.	0.6	n.a.	2.2	n.a.	2.5
Kyrgyzstan	n.a.	1.0	n.a.	1.1	n.a.	6.6	n.a.	7.2
Latvia	0.5	0.8	0.7	1.1	8.3	8.2	11.5	10.5
Lithuania	2.5	1.9	2.5	2.2	14.6	7.7	16.1	9.3
Luxembourg	1.7	0.7	1.8	0.5	4.1	2.7	5.2	2.6
Malta	1.2	1.5	1.8	2.3	4.8	5.9	6.9	8.5
Montenegro	2.1	3.8	2.2	2.8	12.2	13.2	13.1	12.5
Netherlands (Kingdom of the)	1.7	1.2	1.4	1.6	5.7	4.1	5.8	4.9
North Macedonia	3.4	6.4	3.7	7.3	12.9	23.2	17.4	24.8
Norway	1.0	1.7	1.3	0.7	4.6	5.4	4.9	5.0
Poland	1.7	0.9	1.9	1.1	7.4	5.9	10.3	9.1
Portugal	3.8	4.2	4.4	3.5	12.3	11.7	17.1	13.2
Republic of Moldova	1.6	4.5	1.6	5.1	19.2	20.4	19.3	26.6
Romania	4.3	5.4	6.9	6.0	16.5	13.5	22.0	19.1
Russian Federation	0.6	<0.5	0.8	<0.5	7.7	4.9	8.8	5.1
Serbia	1.9	4.0	1.6	4.3	11.1	14.6	11.7	15.1
Slovakia	1.0	1.4	1.1	2.2	6.1	6.7	6.4	9.8
Slovenia	0.9	<0.5	1.0	1.4	10.1	4.8	14.6	9.2
Spain	1.1	1.7	1.1	1.8	6.6	7.1	7.5	8.8
Sweden	0.9	1.4	0.7	1.3	4.3	5.3	4.7	5.5
Switzerland	1.6	0.7	1.5	0.6	4.3	2.3	5.3	1.9
Tajikistan	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Türkiye	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.	n.r.
Turkmenistan	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Ukraine	1.6	4.6	2.4	4.0	17.2	25.0	22.5	31.4
United Kingdom	0.8	1.4	2.9	1.9	3.0	3.4	9.6	4.7
Uzbekistan	1.6	7.0	2.2	6.7	9.9	25.6	12.4	26.6

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

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

TABLE A1.6
PREVALENCE OF STUNTING AMONG CHILDREN UNDER 5 YEARS OF AGE, PERCENT

	2000	2005	2010	2012	2015	2019	2020	2022
WORLD	**33.0**	**31.1**	**27.9**	**26.3**	**24.6**	**23.0**	**22.7**	**22.3**
Europe and Central Asia	10.8	9.4	7.7	7.0	6.3	5.5	5.3	4.9
Caucasus	21.2	21.3	17.0	15.2	13.4	11.4	11.0	10.3
Central Asia	28.0	22.7	16.9	14.7	12.1	9.2	8.6	7.7
CIS Europe and Ukraine	11.2	9.9	8.7	8.3	7.5	6.7	6.5	5.8
EFTA countries	3.5	3.6	3.2	3.0	2.8	2.6	2.5	2.5
EU-27 and the United Kingdom	4.4	4.2	3.8	3.6	3.4	3.3	3.3	3.2
Other	16.4	14.5	10.1	8.5	7.1	5.9	5.7	5.2
Western Balkans	15.0	13.2	10.0	8.7	7.7	6.7	6.4	5.9
Albania	29.5	27.6	19.3	16.4	13.5	10.3	9.5	8.3
Armenia	17.2	20.6	16.4	13.9	11.2	8.5	8.0	7.2
Azerbaijan	24.3	23.9	19.3	17.4	15.7	14.2	13.9	13.3
Belarus	4.7	4.5	4.0	3.9	3.8	3.7	3.6	3.6
Belgium	4.0	3.7	3.1	2.8	2.6	2.5	2.5	2.4
Bosnia and Herzegovina	12.4	11.2	10.0	9.2	8.6	8.3	8.2	8.0
Bulgaria	8.1	8.6	7.7	7.1	6.6	6.1	5.9	5.6
Czechia	2.6	2.7	2.5	2.5	2.5	2.5	2.5	2.5
Estonia	2.0	1.6	1.4	1.3	1.3	1.3	1.2	1.2
Georgia	16.1	14.5	10.4	8.8	7.3	5.6	5.3	4.8
Germany	1.2	1.2	1.4	1.5	1.7	2.0	2.0	2.1
Greece	2.5	2.2	2.0	2.0	2.1	2.2	2.2	2.2
Kazakhstan	16.0	16.0	12.7	11.0	8.7	6.3	5.8	4.9
Kyrgyzstan	28.0	22.8	17.8	16.0	13.6	11.5	11.1	10.3
Latvia	3.9	3.2	2.6	2.4	2.2	2.0	1.9	1.8
Lithuania	7.6	6.8	5.8	5.4	5.2	4.8	4.7	4.5
Montenegro	7.4	8.4	8.6	8.4	8.2	8.3	8.3	8.2
Netherlands (Kingdom of the)	1.3	1.4	1.5	1.5	1.5	1.6	1.6	1.6
North Macedonia	8.4	8.7	6.8	5.8	4.8	4.1	3.9	3.7
Poland	2.9	2.4	2.2	2.1	2.1	2.2	2.3	2.3
Portugal	4.7	4.6	4.0	3.8	3.5	3.3	3.2	3.1
Republic of Moldova	12.7	10.2	7.6	6.8	5.8	4.6	4.4	3.9
Romania	13.5	12.2	10.1	9.3	8.7	8.2	8.0	7.7
Serbia	8.8	8.2	6.5	5.9	5.5	5.1	4.9	4.6
Tajikistan	41.3	36.8	29.0	25.7	21.1	15.5	14.6	13.1
Türkiye	17.4	15.5	10.8	9.1	7.5	6.2	6.0	5.5
Turkmenistan	26.6	21.0	14.4	12.5	10.2	7.9	7.4	6.7
Ukraine	22.6	21.2	18.6	18.2	16.5	15.6	14.8	12.3
Uzbekistan	28.9	21.3	15.4	13.2	10.7	8.3	7.8	6.9

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

TABLE A1.7
PREVALENCE OF WASTING AMONG CHILDREN UNDER 5 YEARS OF AGE, PERCENT

	2000	2005	2010	2015	2019	2020	2022
WORLD	**8.7**	**8.3**	**7.7**	**7.2**	**6.9**	**6.8**	**6.8**
Europe and Central Asia							1.4
Caucasus							2.2
Central Asia							2.1
CIS Europe and Ukraine							n.a.
EFTA countries							n.a.
EU-27 and the United Kingdom							0.5
Other							n.a.
Western Balkans							1.8
Albania		7.3					
Armenia	2.5	5.4	4.1				
Azerbaijan	9.0						
Belarus		2.2					
Bosnia and Herzegovina	7.4						
Georgia		3.0					
Kazakhstan			4.1	3.1			
Montenegro		4.2					
North Macedonia		3.4			3.4		
Republic of Moldova		5.8					
Romania	4.3						
Russian Federation	4.9	3.3					
Serbia		4.5	3.5		2.6		
Tajikistan	9.4	8.7					
Turkmenistan	8.0			4.2	4.1		
Ukraine	8.2						
United Kingdom			0.0	0.3			

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

TABLE A1.8
PREVALENCE OF OVERWEIGHT AMONG CHILDREN UNDER 5 YEARS OF AGE, PERCENT

	2000	2005	2010	2012	2015	2019	2020	2022
WORLD	**5.3**	**5.6**	**5.5**	**5.5**	**5.5**	**5.6**	**5.6**	**5.6**
Europe and Central Asia	8.7	9.7	9.7	9.3	8.4	7.3	7.2	7.1
Caucasus	10.5	13.0	13.5	13.0	11.4	9.6	9.3	9.1
Central Asia	10.1	10.7	9.3	8.2	6.7	5.3	5.1	5.0
CIS Europe and Ukraine	17.2	18.7	16.3	14.2	11.3	8.5	8.3	8.2
EFTA countries	5.7	5.9	6.6	6.8	7.1	7.3	7.4	7.4
EU-27 and the United Kingdom	5.7	6.2	6.7	6.8	7.0	6.9	6.9	6.8
Other	5.9	7.9	9.7	9.8	9.2	8.2	8.1	8.0
Western Balkans	15.7	19.3	18.9	17.3	14.3	11.0	10.6	10.3
Albania	17.7	23.2	24.2	22.4	18.5	14.3	13.9	13.4
Armenia	11.9	14.7	15.6	15.0	13.2	11.4	11.3	11.5
Azerbaijan	7.1	9.9	12.1	12.2	11.5	10.3	10.2	10.1
Belarus	8.8	9.7	8.9	8.0	6.7	5.4	5.3	5.3
Belgium	3.3	3.3	3.5	3.6	3.8	3.9	3.9	4.0
Bosnia and Herzegovina	17.3	22.0	20.6	18.7	14.9	10.7	10.1	9.4
Bulgaria	9.9	10.1	8.1	7.0	5.3	4.0	3.9	3.8
Czechia	4.6	4.7	5.1	5.3	5.6	5.9	5.9	6.1
Estonia	4.2	4.4	4.7	4.8	5.0	5.1	5.1	5.1
Georgia	18.4	20.2	16.6	13.9	9.9	6.2	5.7	5.0
Germany	3.9	3.7	3.5	3.4	3.3	3.1	3.1	3.1
Greece	11.8	13.8	15.5	15.8	16.0	15.4	15.2	14.6
Kazakhstan	7.7	11.4	12.7	12.1	10.5	8.5	8.2	7.7
Kyrgyzstan	8.4	9.2	8.5	7.9	6.9	6.1	6.1	6.4
Latvia	10.5	12.4	11.3	10.3	8.5	6.8	6.6	6.4
Lithuania	9.3	10.4	9.1	8.0	6.4	4.9	4.8	4.7
Montenegro	14.4	18.1	17.4	15.8	12.9	9.4	8.8	8.0
Netherlands (Kingdom of the)	2.9	3.2	3.8	4.1	4.5	4.9	5.0	5.1
North Macedonia	11.3	13.6	14.2	13.6	12.0	10.2	10.0	9.9
Poland	4.7	5.0	5.5	5.6	5.9	6.0	6.0	6.0
Portugal	6.5	7.0	7.9	8.2	8.6	8.9	8.9	8.9
Republic of Moldova	8.1	8.1	6.3	5.4	4.0	3.0	2.9	2.9
Romania	8.8	10.0	8.9	7.9	6.3	4.8	4.6	4.5
Russian Federation	15.5	16.5	13.9	12.2	9.7	7.7	7.5	7.4
Serbia	15.0	17.8	17.1	15.6	12.9	10.2	9.9	9.9
Tajikistan	7.6	7.9	6.4	5.4	4.2	3.2	3.1	3.0
Türkiye	5.9	8.1	10.1	10.2	9.4	8.3	8.2	8.1
Turkmenistan	6.3	6.9	6.1	5.4	4.4	3.6	3.5	3.6
Ukraine	25.4	29.7	26.9	23.6	19.1	13.9	13.4	13.6
United Kingdom	6.9	7.7	9.1	9.7	10.5	11.2	11.2	11.3
Uzbekistan	12.9	12.3	9.1	7.7	5.8	4.4	4.2	4.2

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

TABLE A1.9
PREVALENCE OF ANAEMIA AMONG WOMEN AGED 15 TO 49, PERCENT

	2000	2005	2010	2012	2015	2017	2018	2019
WORLD	**31.2**	**29.9**	**28.6**	**28.5**	**28.8**	**29.3**	**29.6**	**29.9**
Europe and Central Asia	19.0	18.2	17.4	17.4	17.7	18.1	18.4	18.8
Caucasus	34.3	33.0	30.5	30.0	29.8	29.9	30.1	30.4
Central Asia	40.4	35.0	29.9	28.8	28.0	27.9	28.0	28.1
CIS Europe and Ukraine	20.3	19.7	18.8	18.9	19.2	19.8	20.1	20.5
EFTA countries	10.4	9.9	9.9	10.0	10.4	10.9	11.2	11.6
EU-27 and the United Kingdom	12.9	12.5	12.4	12.5	12.9	13.4	13.6	14.0
Other	33.8	31.5	29.1	28.4	28.0	28.0	28.2	28.4
Western Balkans	23.4	22.3	21.4	21.4	21.8	22.3	22.5	22.8
Albania	26.2	23.5	21.1	21.6	22.9	24.2	24.5	24.8
Andorra	10.8	10.5	10.5	10.6	11.0	11.5	11.8	12.1
Armenia	20.4	20.0	18.0	17.6	17.1	17.1	17.1	17.3
Austria	11.7	11.3	11.3	11.5	12.0	12.5	12.7	13.0
Azerbaijan	41.0	39.2	35.4	34.7	34.6	34.7	34.8	35.1
Belarus	21.9	21.0	19.1	19.1	19.5	20.1	20.3	20.6
Belgium	11.2	10.8	10.9	11.3	12.0	12.8	13.2	13.6
Bosnia and Herzegovina	25.3	24.4	23.9	23.8	23.8	23.9	24.1	24.4
Bulgaria	22.9	23.5	22.6	22.5	22.8	23.1	23.4	23.6
Croatia	21.3	20.8	20.4	20.4	20.5	20.6	20.7	21.0
Cyprus	12.4	12.0	11.8	12.0	12.4	12.9	13.2	13.6
Czechia	19.9	19.3	19.6	20.0	20.5	20.8	20.9	21.1
Denmark	12.2	11.6	11.2	11.5	11.6	12.0	12.1	12.2
Estonia	21.7	20.9	20.5	20.7	21.2	21.3	21.5	21.7
Finland	10.5	9.9	9.6	9.7	10.0	10.4	10.6	10.9
France	8.4	8.5	8.6	8.8	9.4	10.0	10.3	10.6
Georgia	31.5	28.9	27.4	26.9	26.8	26.9	27.2	27.5
Germany	9.9	9.5	9.4	9.6	10.2	10.9	11.3	11.7
Greece	13.0	12.5	12.6	12.8	13.6	14.3	14.7	15.1
Hungary	19.3	18.9	19.5	19.6	19.6	19.4	19.5	19.7
Iceland	10.2	9.4	9.3	9.4	9.6	9.9	10.1	10.3
Ireland	11.0	10.5	10.8	10.9	11.2	11.6	11.8	12.1
Israel	12.8	11.4	11.4	11.5	11.9	12.3	12.6	12.9
Italy	12.0	11.6	11.5	11.8	12.5	13.0	13.3	13.6
Kazakhstan	34.9	30.8	27.5	27.3	27.7	28.2	28.4	28.7

TABLE A1.9 (Continued)

	2000	2005	2010	2012	2015	2017	2018	2019
Kyrgyzstan	36.6	35.4	34.2	34.1	34.8	35.2	35.5	35.8
Latvia	23.9	21.7	20.7	20.9	21.2	21.3	21.4	21.6
Lithuania	22.2	19.5	18.5	18.8	19.1	19.4	19.6	19.9
Luxembourg	8.8	8.6	8.8	9.0	9.3	9.7	10.0	10.2
Malta	13.7	12.6	12.3	12.3	12.6	13.0	13.3	13.7
Montenegro	16.5	16.2	16.0	16.1	16.3	16.7	16.9	17.2
North Macedonia	15.8	16.4	16.8	17.2	17.9	18.5	18.9	19.3
Norway	11.6	10.9	10.7	10.7	11.0	11.4	11.7	12.0
Portugal	13.0	12.3	12.0	12.0	12.4	12.7	13.0	13.2
Republic of Moldova	29.0	26.9	26.0	26.0	25.9	26.0	26.0	26.1
Romania	23.4	22.3	22.1	22.1	22.0	22.1	22.3	22.7
Russian Federation	22.1	21.3	20.2	20.0	20.1	20.6	20.8	21.1
Serbia	23.9	22.8	21.9	21.8	22.0	22.4	22.6	22.8
Slovakia	22.4	22.1	22.0	22.3	22.9	23.2	23.3	23.5
Slovenia	20.3	20.1	20.1	20.2	20.6	21.1	21.4	21.8
Spain	11.5	11.3	11.8	12.0	12.4	12.8	13.1	13.4
Sweden	12.6	11.8	11.6	11.7	12.2	12.8	13.2	13.6
Switzerland	9.6	9.4	9.4	9.6	10.1	10.7	11.0	11.3
Tajikistan	39.2	34.4	31.2	31.0	32.0	33.8	34.5	35.2
Turkmenistan	32.7	28.7	25.5	25.3	25.4	25.9	26.2	26.6
Ukraine	13.5	13.4	13.8	14.4	15.5	16.5	17.1	17.7
United Kingdom	9.4	9.0	9.2	9.4	9.9	10.4	10.7	11.1
Uzbekistan	46.5	38.6	31.0	28.7	26.3	25.3	25.0	24.8

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

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

TABLE A1.10
PREVALENCE OF OBESITY AMONG ADULTS, PERCENT

	2000	2005	2010	2012	2014	2015	2016
WORLD	**8.7**	**9.9**	**11.2**	**11.8**	**12.5**	**12.8**	**13.1**
Europe and Central Asia	18.2	20.1	22.3	23.2	24.3	24.8	25.3
Caucasus	13.1	14.8	17.0	18.2	19.5	20.2	20.9
Central Asia	11.0	12.6	14.7	15.6	16.6	17.1	17.7
CIS Europe and Ukraine	20.3	21.5	23.1	23.9	24.8	25.2	25.7
EFTA countries	15.7	17.9	20.0	20.9	21.8	22.2	22.6
EU-27 and the United Kingdom	18.1	20.2	22.5	23.4	24.4	24.9	25.4
Other	20.5	23.7	27.1	28.7	30.2	30.9	31.7
Western Balkans	15.4	17.4	19.6	20.6	21.5	22.0	22.5
Albania	13.2	15.4	18.2	19.3	20.5	21.1	21.7
Andorra	22.2	23.4	24.4	24.8	25.2	25.4	25.6
Armenia	14.2	15.7	17.5	18.3	19.2	19.7	20.2
Austria	14.0	15.8	17.6	18.4	19.2	19.7	20.1
Azerbaijan	12.5	14.3	16.6	17.7	18.8	19.3	19.9
Belarus	18.8	20.5	22.3	23.0	23.7	24.1	24.5
Belgium	17.0	18.5	20.1	20.7	21.4	21.7	22.1
Bosnia and Herzegovina	12.6	14.0	15.6	16.3	17.1	17.5	17.9
Bulgaria	18.6	20.4	22.4	23.2	24.1	24.5	25.0
Croatia	17.5	19.4	21.6	22.5	23.4	23.9	24.4
Cyprus	16.4	18.2	19.8	20.4	21.1	21.4	21.8
Czechia	21.0	22.3	23.9	24.5	25.2	25.6	26.0
Denmark	14.0	15.7	17.4	18.1	18.9	19.3	19.7
Estonia	17.4	18.4	19.6	20.1	20.7	20.9	21.2
Finland	16.4	18.2	20.0	20.7	21.4	21.8	22.2
France	15.8	17.6	19.3	20.1	20.8	21.2	21.6
Georgia	13.7	15.7	18.2	19.3	20.5	21.1	21.7
Germany	16.3	18.0	19.9	20.7	21.5	21.9	22.3
Greece	18.5	20.4	22.4	23.2	24.0	24.4	24.9
Hungary	19.6	21.3	23.5	24.5	25.4	25.9	26.4
Iceland	16.0	17.8	19.6	20.3	21.1	21.5	21.9

TABLE A1.10 (Continued)

	2000	2005	2010	2012	2014	2015	2016
Ireland	16.0	18.7	21.6	22.8	24.0	24.7	25.3
Israel	21.1	22.7	24.2	24.8	25.5	25.8	26.1
Italy	15.0	16.5	18.1	18.7	19.3	19.6	19.9
Kazakhstan	14.0	15.9	18.0	19.0	20.0	20.5	21.0
Kyrgyzstan	9.6	11.3	13.4	14.4	15.5	16.0	16.6
Latvia	19.3	20.5	21.8	22.4	23.0	23.3	23.6
Lithuania	21.6	22.9	24.4	25.0	25.6	26.0	26.3
Luxembourg	15.8	17.9	20.0	20.9	21.7	22.2	22.6
Malta	23.1	25.0	26.8	27.5	28.2	28.5	28.9
Montenegro	16.2	18.6	20.8	21.6	22.4	22.8	23.3
North Macedonia	17.1	18.5	20.1	20.8	21.6	22.0	22.4
Norway	16.0	18.2	20.4	21.3	22.2	22.6	23.1
Poland	17.5	19.1	20.8	21.5	22.3	22.7	23.1
Portugal	13.7	15.9	18.1	19.0	19.9	20.4	20.8
Republic of Moldova	14.2	15.5	16.9	17.5	18.2	18.5	18.9
Romania	16.2	17.8	19.8	20.7	21.6	22.1	22.5
Russian Federation	19.0	20.2	21.4	21.9	22.5	22.8	23.1
Serbia	15.5	17.3	19.2	20.0	20.7	21.1	21.5
Slovakia	15.5	16.9	18.4	19.1	19.8	20.1	20.5
Slovenia	15.1	16.5	18.1	18.8	19.5	19.8	20.2
Spain	18.3	20.0	21.7	22.4	23.1	23.4	23.8
Sweden	14.6	16.3	18.2	19.0	19.8	20.2	20.6
Switzerland	13.9	15.5	17.3	18.0	18.7	19.1	19.5
Tajikistan	8.0	9.4	11.3	12.2	13.2	13.7	14.2
Türkiye	22.2	25.1	28.2	29.5	30.8	31.5	32.1
Turkmenistan	11.0	12.9	15.3	16.3	17.4	18.0	18.6
Ukraine	19.1	20.5	22.0	22.7	23.4	23.7	24.1
United Kingdom	18.6	21.4	24.2	25.4	26.6	27.2	27.8
Uzbekistan	9.8	11.4	13.5	14.4	15.4	16.0	16.6

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

TABLE A1.11
PREVALENCE OF EXCLUSIVE BREASTFEEDING AMONG INFANTS 0–5 MONTHS OF AGE, PERCENT

	2000	2005	2012	2015	2019	2021
WORLD			**37.0**			**47.7**
Europe and Central Asia			n.a.			n.a.
Caucasus			22.9			n.a.
Central Asia			29.2			44.9
CIS Europe and Ukraine			n.a.			n.a.
EFTA countries			n.a.			n.a.
EU-27 and the United Kingdom			n.a.			n.a.
Other			41.6			40.7
Western Balkans			20.7			27.0
Albania	6.3	3.4				
Armenia	29.5	32.5				
Azerbaijan	6.5					
Belarus		10.3	19.0		21.7	
Bosnia and Herzegovina			18.2			
Georgia		11.8				
Kazakhstan				37.8		
Kyrgyzstan			56.0			
Montenegro		19.3				
North Macedonia		16.2			27.5	
Republic of Moldova		43.6	36.4			
Serbia		14.5			23.6	
Tajikistan	14.2	24.9	32.6			
Turkmenistan	12.1			58.3	56.5	
Ukraine		6.0	19.7			
Uzbekistan	13.4					

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

TABLE A1.12
PREVALENCE OF LOW BIRTHWEIGHT, PERCENT

	2000	2005	2010	2012	2015	2019	2020
WORLD	**16.6**	**16.1**	**15.3**	**15.0**	**14.8**	**14.6**	**14.7**
Europe and Central Asia	8.4	8.1	7.9	7.9	7.9	7.7	7.6
Caucasus	9.5	9.6	9.7	9.8	9.8	9.8	9.8
Central Asia	6.7	6.5	6.4	6.3	6.2	6.1	6.0
CIS Europe and Ukraine	7.2	6.9	6.9	6.9	6.9	6.9	6.9
EFTA countries	5.7	5.6	5.6	5.6	5.6	5.6	5.6
EU-27 and the United Kingdom	7.3	7.3	7.3	7.3	7.3	7.2	7.1
Other	15.2	14.5	13.8	13.5	13.0	12.5	12.4
Western Balkans	6.0	6.0	6.1	6.2	6.2	6.2	6.2
Albania	5.7	5.9	6.0	6.0	6.0	6.0	6.0
Andorra	8.7	8.8	9.0	9.1	9.3	9.4	9.4
Armenia	8.9	8.3	8.3	8.3	8.3	8.3	8.3
Austria	7.0	6.8	6.7	6.7	6.6	6.4	6.3
Azerbaijan	11.0	11.0	10.9	11.0	11.0	11.0	11.0
Belarus	5.3	5.1	5.0	5.0	5.1	5.1	5.1
Belgium	7.2	7.1	7.0	7.0	6.9	6.8	6.8
Bosnia and Herzegovina	5.1	5.1	5.1	5.2	5.2	5.1	5.2
Bulgaria	10.5	10.6	10.8	11.0	11.2	11.3	11.4
Croatia	5.1	5.0	5.0	5.0	5.1	5.0	5.0
Czechia	6.6	6.8	7.2	7.3	7.5	7.6	7.6
Denmark	5.5	5.3	5.2	5.1	5.0	4.8	4.8
Estonia	4.5	4.4	4.5	4.5	4.4	4.2	4.2
Finland	4.3	4.2	4.1	4.1	4.1	4.1	4.1
France	7.6	7.6	7.5	7.5	7.5	7.4	7.4
Georgia	6.0	6.4	6.8	6.9	7.1	7.3	7.4
Germany	6.8	6.8	6.9	6.9	6.8	6.7	6.7
Greece	9.8	10.2	10.7	10.9	11.2	11.4	11.4
Hungary	8.5	8.4	8.4	8.4	8.4	8.3	8.3
Iceland	3.6	3.7	3.8	3.8	3.9	4.0	4.0
Ireland	4.8	5.0	5.3	5.5	5.5	5.6	5.6
Israel	10.0	9.7	9.5	9.4	9.2	9.0	9.0
Italy	6.6	6.7	7.0	7.1	7.2	7.2	7.2
Kazakhstan	6.6	6.1	5.8	5.7	5.5	5.3	5.3
Kyrgyzstan	7.2	6.9	6.5	6.4	6.3	6.1	6.0

TABLE A1.12 (Continued)

	2000	2005	2010	2012	2015	2019	2020
Latvia	5.2	4.8	4.6	4.5	4.4	4.3	4.2
Lithuania	4.7	4.7	4.7	4.7	4.7	4.6	4.4
Luxembourg	7.0	7.1	7.4	7.5	7.6	7.7	7.7
Malta	6.6	6.7	6.9	7.0	7.0	7.2	7.2
Montenegro	6.4	6.4	6.4	6.4	6.3	6.2	6.2
Netherlands (Kingdom of the)	6.8	6.5	6.2	6.1	5.9	5.7	5.7
North Macedonia	8.0	8.1	8.1	8.2	8.2	8.3	8.3
Norway	5.1	4.9	4.8	4.7	4.6	4.5	4.4
Poland	6.0	5.9	5.8	5.8	5.8	5.6	5.6
Portugal	7.2	7.7	8.2	8.4	8.6	8.8	8.9
Republic of Moldova	6.7	6.5	6.5	6.5	6.5	6.5	6.5
Romania	10.6	10.1	9.6	9.5	9.3	8.9	8.8
Russian Federation	7.6	7.3	7.2	7.3	7.3	7.3	7.3
Serbia	5.9	5.9	6.0	6.0	6.1	6.2	6.2
Slovakia	7.2	7.3	7.4	7.5	7.6	7.8	7.8
Slovenia	5.9	6.0	6.1	6.2	6.3	6.3	6.3
Spain	8.9	9.1	9.4	9.5	9.6	9.6	9.6
Sweden	4.3	4.3	4.2	4.2	4.2	4.1	4.1
Switzerland	6.2	6.3	6.4	6.4	6.4	6.4	6.4
Tajikistan	10.1	9.8	9.4	9.3	9.1	8.8	8.7
Türkiye	15.7	15.0	14.4	14.0	13.5	13.0	12.9
Turkmenistan	5.9	5.5	5.1	4.9	4.7	4.4	4.3
Ukraine	6.2	6.0	6.0	6.0	5.7	5.7	5.7
United Kingdom	7.5	7.3	7.2	7.1	7.0	6.9	6.8
Uzbekistan	5.5	5.7	5.8	5.8	5.9	5.8	5.8

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

TABLE A1.13
AFFORDABILITY OF A HEALTHY DIET

	Number of people unable to afford a healthy diet (million)					Percentage of people unable to afford a healthy diet (percent)				
	2017	2018	2019	2020	2021	2017	2018	2019	2020	2021
WORLD	**3 124.9**	**3 019.1**	**3 005.5**	**3 191.9**	**3 139.5**	**43.8**	**41.8**	**41.2**	**43.3**	**42.2**
Europe and Central Asia	31.8	27.4	28.9	28.4	25.7	3.8	3.3	3.4	3.4	3.1
Caucasus	1.1	1.1	1.1	1.1	1.2	8.3	8.4	8.8	8.5	8.9
Central Asia	8.4	7.4	7.3	8.6	8.7	25.3	21.9	21.3	24.6	24.4
CIS Europe and Ukraine	5.0	4.4	3.8	4.2	3.9	3.2	2.8	2.5	2.7	2.5
EFTA countries	0.0	0.0	0.0	0.0	0.0	0.2	0.2	0.2	0.2	0.1
EU-27 and the United Kingdom	8.6	7.1	6.7	6.5	5.1	1.7	1.4	1.3	1.3	1.0
Other	5.2	5.2	7.6	6.0	5.2	5.7	5.7	8.2	6.4	5.5
Western Balkans	3.5	2.2	2.3	2.0	1.7	21.8	13.7	14.8	12.9	10.9
Albania	0.9	0.7	0.6	0.6	0.4	31.3	23.0	22.2	19.9	15.9
Armenia	1.1	1.1	1.1	1.1	1.2	37.1	37.9	40.0	39.0	41.4
Austria	0.1	0.1	0.1	0.1	0.1	0.6	0.8	0.8	1.0	0.9
Azerbaijan	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Belarus	0.2	0.1	0.1	0.1	0.0	2.1	1.1	1.4	0.7	0.5
Belgium	0.0	0.0	0.0	0.0	0.0	0.3	0.2	0.2	0.2	0.1
Bosnia and Herzegovina	0.2	0.1	0.1	0.1	0.1	4.7	4.0	3.9	3.0	3.0
Bulgaria	0.8	0.6	0.6	0.4	0.3	10.6	8.6	8.1	5.8	4.2
Croatia	0.3	0.2	0.1	0.1	0.1	6.2	4.1	3.4	3.3	1.8
Cyprus	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.3	0.1	0.0
Czechia	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.2	0.1	0.1
Denmark	0.0	0.0	0.0	0.0	0.0	0.2	0.2	0.4	0.3	0.2
Estonia	0.0	0.0	0.0	0.0	0.0	1.0	0.8	1.3	1.1	0.8
Finland	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.0
France	0.0	0.1	0.2	0.2	0.1	0.1	0.1	0.3	0.3	0.2
Germany	0.6	0.2	0.2	0.2	0.2	0.7	0.2	0.2	0.2	0.2
Greece	0.4	0.2	0.3	0.3	0.2	3.8	2.1	2.9	2.7	2.2
Hungary	0.4	0.2	0.2	0.2	0.1	3.7	2.4	2.2	2.0	1.5
Iceland	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Ireland	0.0	0.0	0.0	0.0	0.0	0.4	0.1	0.1	0.2	0.1

TABLE A1.13 (Continued)

	Number of people unable to afford a healthy diet (million)					Percentage of people unable to afford a healthy diet (percent)				
	2017	2018	2019	2020	2021	2017	2018	2019	2020	2021
Israel	0.2	0.1	0.1	0.1	0.1	1.9	1.2	1.2	1.2	1.2
Italy	1.7	1.7	1.2	1.1	0.9	2.8	2.8	2.1	1.8	1.5
Kazakhstan	0.5	0.3	0.3	0.5	0.4	2.5	1.7	1.6	2.6	2.3
Kyrgyzstan	3.5	3.0	2.9	3.6	3.9	56.3	47.2	45.0	55.3	58.2
Latvia	0.1	0.0	0.0	0.0	0.0	3.4	2.4	1.9	1.9	1.5
Lithuania	0.1	0.1	0.0	0.0	0.0	3.3	2.3	1.2	1.1	0.7
Luxembourg	0.0	0.0	0.0	0.0	0.0	0.4	0.4	0.1	0.0	0.0
Malta	0.0	0.0	0.0	0.0	0.0	0.3	0.3	0.7	0.8	0.8
Montenegro	0.1	0.1	0.1	0.1	0.1	15.9	17.2	17.4	17.3	14.9
Netherlands (Kingdom of the)	0.1	0.0	0.0	0.0	0.0	0.4	0.3	0.2	0.2	0.1
North Macedonia	0.4	0.4	0.3	0.4	0.3	20.1	17.7	16.6	17.5	15.5
Norway	0.0	0.0	0.0	0.0	0.0	0.6	0.4	0.4	0.5	0.3
Poland	0.4	0.6	0.4	0.5	0.2	1.0	1.5	1.1	1.3	0.5
Portugal	0.1	0.1	0.1	0.1	0.1	1.1	1.1	0.5	1.4	1.2
Republic of Moldova	0.1	0.1	0.1	0.2	0.1	3.5	2.8	3.3	7.0	3.8
Romania	2.3	1.4	1.7	1.6	1.4	11.9	7.2	8.8	8.4	7.2
Russian Federation	4.7	4.2	3.6	4.0	3.7	3.3	2.9	2.5	2.8	2.6
Serbia	1.9	0.9	1.1	0.9	0.7	27.2	13.1	16.2	13.0	10.9
Slovakia	0.1	0.2	0.1	0.1	0.1	2.1	2.8	1.4	1.4	2.3
Slovenia	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0
Spain	0.8	0.9	0.8	1.0	0.9	1.7	1.9	1.8	2.0	1.8
Sweden	0.1	0.1	0.1	0.1	0.1	0.6	1.2	0.6	0.8	0.6
Switzerland	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Tajikistan	4.4	4.1	4.1	4.5	4.3	49.8	44.6	44.0	46.8	44.3
Türkiye	5.0	5.1	7.5	5.8	5.1	6.1	6.2	8.9	6.9	6.0
United Kingdom	0.3	0.3	0.3	0.3	0.3	0.5	0.5	0.5	0.5	0.4

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

TABLE A1.14
COST OF A HEALTHY DIET, PPP DOLLARS PER PERSON PER DAY

	2017	2018	2019	2020	2021
WORLD	3.295	3.355	3.431	3.511	3.662
Europe and Central Asia	2.955	3.020	3.123	3.147	3.196
Caucasus	2.722	2.782	2.848	2.890	3.108
Central Asia	2.796	2.796	2.907	3.102	3.324
CIS Europe and Ukraine	2.929	2.999	3.087	3.181	3.382
EFTA countries	2.687	2.757	2.816	2.849	2.799
EU-27 and the United Kingdom	2.905	2.975	3.075	3.096	3.090
Other	2.655	2.748	2.836	2.735	2.816
Western Balkans	3.717	3.779	3.949	3.889	4.025
Albania	3.952	4.069	4.262	4.280	4.388
Armenia	3.096	3.166	3.237	3.247	3.527
Austria	2.772	2.848	2.915	3.004	3.027
Azerbaijan	2.348	2.399	2.459	2.533	2.690
Belarus	3.177	3.228	3.310	3.310	3.471
Belgium	2.862	2.962	3.047	3.159	3.125
Bosnia and Herzegovina	3.847	3.907	4.043	3.961	4.105
Bulgaria	3.780	3.876	4.036	4.129	4.151
Croatia	4.168	4.220	4.273	4.301	4.290
Cyprus	2.846	2.880	2.947	2.991	2.955
Czechia	2.899	2.921	3.025	3.003	2.985
Denmark	2.376	2.440	2.491	2.508	2.500
Estonia	3.125	3.188	3.284	3.350	3.290
Finland	2.545	2.624	2.704	2.732	2.716
France	2.936	3.019	3.177	3.238	3.254
Germany	2.786	2.917	2.984	3.038	3.082
Greece	3.037	3.102	3.167	3.140	3.174
Hungary	3.302	3.383	3.490	3.507	3.418
Iceland	2.213	2.247	2.314	2.420	2.416
Ireland	2.397	2.341	2.340	2.204	2.150
Israel	2.436	2.500	2.482	2.473	2.524
Italy	2.885	2.979	3.121	3.154	3.168

TABLE A1.14 (Continued)

	2017	2018	2019	2020	2020
Kazakhstan	2.391	2.426	2.537	2.657	2.852
Kyrgyzstan	2.970	2.931	2.991	3.180	3.510
Latvia	3.124	3.130	3.245	3.269	3.254
Lithuania	3.003	3.042	3.148	3.132	3.108
Luxembourg	2.492	2.627	2.619	2.576	2.590
Malta	3.494	3.645	3.866	3.824	3.917
Montenegro	3.397	3.428	3.644	3.511	3.673
Netherlands (Kingdom of the)	2.743	2.821	2.932	3.000	2.963
North Macedonia	3.318	3.324	3.464	3.427	3.616
Norway	3.325	3.432	3.479	3.488	3.361
Poland	2.909	2.986	3.162	3.210	3.155
Portugal	2.513	2.596	2.673	2.642	2.651
Republic of Moldova	2.460	2.571	2.687	2.814	2.998
Romania	2.921	2.970	3.133	3.207	3.253
Russian Federation	3.149	3.197	3.264	3.420	3.678
Serbia	4.070	4.166	4.334	4.268	4.346
Slovakia	3.013	3.102	3.242	3.211	3.198
Slovenia	2.798	2.902	3.023	3.095	3.038
Spain	2.699	2.741	2.845	2.841	2.879
Sweden	3.086	3.164	3.274	3.309	3.279
Switzerland	2.523	2.591	2.654	2.639	2.619
Tajikistan	3.027	3.030	3.194	3.468	3.610
Türkiye	2.873	2.997	3.189	2.997	3.109
United Kingdom	1.822	1.873	1.937	1.911	1.950

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

ANNEX 2
DEFINITIONS OF INDICATORS

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/m²). Obesity is considered present in individuals with a BMI equal to or higher than 30 kg/m².

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

Anaemia in women aged 15 to 49 years

This indicator considers the percentage of women aged 15–49 years with a haemoglobin concentration less than 120 g/L (for non-pregnant women and lactating women) or less than 110 g/L (for pregnant women), adjusted for altitude and smoking.

Data sources: WHO. 2021. Vitamin and Mineral Nutrition Information System (VMNIS). In: *WHO*. Geneva, Switzerland. Cited 25 May 2021. www.who.int/teams/nutrition-and-food-safety/databases/vitamin-and-mineral-nutrition-information-system

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

Cost and affordability of a healthy diet

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

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

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

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. Breastmilk is the best food for newborns, as it shapes the baby's microbiome, strengthens the immune system and reduces the risk of developing chronic diseases. Breastfeeding also benefits mothers by preventing postpartum haemorrhaging and promoting uterine involution, decreasing the risk of iron-deficiency anaemia, reducing the risk of various types of cancer, and providing psychological benefits.

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

Food insecurity as measured by the Food Insecurity Experience Scale

Food insecurity as measured by the Food Insecurity Experience Scale (FIES) indicator refers to limited access to food, at the level of individuals or households, due to a 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 Sustainable Development Goal (SDG) monitoring, the questions are asked with reference to the 12 months preceding the survey.

FAO provides estimates of food insecurity at two 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 a lack of money or other resources. Severe food insecurity refers to situations in which 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: FAO. 2023. Suite of Food Security Indicators. In: *FAOSTAT*. Rome. [Cited July 2023]. https://www.fao.org/faostat/en/#data/FS

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

Stunting, wasting and overweight in children under 5 years of age

Stunting (children under 5 years of age): Height/length (cm) for age (months) < -2 standard deviations 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 cutoff 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 >=30 percent.

Wasting: Weight (kg) for height/length (cm) < -2 standard deviations 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 cutoff 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 >=15 percent.

Overweight: Weight (kg) for height/ length (cm) > +2 standard deviations 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 are 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 cutoff 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 >=15 percent.

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

Undernourishment

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

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

ANNEX 3
NOTES

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

Child stunting, wasting and overweight

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

Exclusive breastfeeding

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

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.

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 because it is not expected that possible estimation errors are correlated across countries. ■

ANNEX 4
COUNTRY GROUPINGS

The groupings are:

- **Caucasus:** Armenia, Azerbaijan, Georgia;
- **Central Asia:** Kazakhstan, Kyrgyzstan, Tajikistan, Turkmenistan, Uzbekistan;
- **CIS Europe and Ukraine:** Belarus, Republic of Moldova, Russian Federation and Ukraine;
- **EFTA countries:** Iceland, Norway, Switzerland;
- **EU-27 and the United Kingdom:** Austria, Belgium, Bulgaria, Croatia, Cyprus, Czechia, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands (Kingdom of the), Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden and the United Kingdom of Great Britain and Northern Ireland;
- **Other:** Andorra, Israel, Türkiye;
- **Western Balkans:** Albania, Bosnia and Herzegovina, Montenegro, North Macedonia and Serbia.

NOTES

1 FAO does not consider national-level PoU estimates lower than 2.5 percent to be sufficiently reliable for reporting due to statistical margins of error around the parameters used to calculate the PoU.

2 The assessment for the wasting target is based on the most recent point estimate, even though confidence intervals are available that in many cases surpass the cutoff. Wasting is an acute condition that can change frequently and rapidly, even as rapidly as over the course of a calendar year. Therefore, countries considered as having met the target may not when future surveys are available.

3 In the 2022 report, affordability in 2020 reflected only the price shock induced by the COVID-19 pandemic, since it was obtained by applying the cost of a healthy diet in 2020 to income distributions in 2019. The indicators of affordability are now expressed in 2017 purchasing power parity (PPP) rather than in 2011 PPP, as in previous years. In fact, the World Bank has adopted new PPPs for 2017 to express all its monetary indicators, including income distributions that are a crucial component of the affordability series (see FAO et al., 2023, for more information).

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THE STATE OF THE WORLD

2023 REGIONAL OVERVIEW OF FOOD SECURITY AND NUTRITION IN EUROPE AND CENTRAL ASIA

STATISTICS AND TRENDS

The *2023 Regional Overview of Food Security and Nutrition in Europe and Central Asia* comprises four main sections. The first presents a situation analysis of Sustainable Development Goal 2 Target 2.1 (to end hunger and ensure access to food by all). The second presents a situation analysis of Sustainable Development Goal 2 Target 2.2 (to end all forms of malnutrition). The third section assesses progress towards three global nutrition targets, as endorsed by the World Health Assembly: adult obesity, exclusive breastfeeding and low birthweight. The fourth section provides updates on the cost and affordability of a healthy diet in Europe and Central Asia.

Based on new estimates, hunger prevalence in the Europe and Central Asia region is relatively low compared with the global average, despite recent challenges like the COVID-19 pandemic and the war in Ukraine. Moderate or severe food insecurity has improved, although severe food insecurity worsened in 2022. Women in the region are more likely than men to experience food insecurity.

Progress has been made in reducing various forms of malnutrition, such as child stunting, child wasting and low birthweight. However, rates of childhood overweight and adult obesity are higher than the global average.

Promoting healthy diets has been challenging, with rising food prices and inflation increasing the costs of healthy diets. However, affordability has improved compared with the sharp reductions seen during the COVID-19 pandemic.

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