Overview of Food Security and Nutrition in Europe and Central Asia

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EUROPE AND CENTRAL ASIA
REGIONAL OVERVIEW OF
FOOD SECURITY AND NUTRITION

THE ROLE OF MIGRATION,
RURAL WOMEN AND YOUTH
IN SUSTAINABLE DEVELOPMENT

Food and Agriculture Organization of the United Nations
Budapest, 2018
Section 1: Overview of food security and nutrition in Europe and Central Asia

Section 2: Regional and national policy drivers to support achieving SDG 2 targets for food security and nutrition

Section 3 Focus theme: Migration, gender and youth: linkages with rural development and food security in Europe and Central Asia
Section 1: Overview of food security and nutrition in Europe and Central Asia
Target 2.1: By 2030, end hunger and ensure access to food by all people, in particular the poor and people in vulnerable situations

- Indicators: Prevalence of undernourishment (2.1.1) and Prevalence of moderate or severe food insecurity in the population (2.1.2)

Target 2.2: By 2030, end all forms of malnutrition

- Indicators: Prevalence of stunting among children under five years of age (2.2.1) and Prevalence of malnutrition among children under five years of age, by type (wasting and overweight)
Definition: Prevalence of undernourishment

• A Proportion of the total population in a condition of undernourishment or whose dietary energy consumption is continuously below the minimum requirement for maintaining a healthy life and carrying out light physical activity
Definition: Prevalence of severe food insecurity

• It is an experienced-based metric that helps determine the severity (mild, moderate, severe) with which people experience food insecurity in terms of their access to food
Decreasing trend of the prevalence of undernourishment observed during recent decades for most countries in ECA

Changes (Percentage Points) of prevalence of undernourishment in the ECA countries (2005-2017)
After tremendous progress, reduction of hunger appears to be stagnant in the region, in particular in Central Asia in recent years.

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of people who have experienced food insecurity (millions)</th>
<th>Prevalence of food insecurity (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>6,5</td>
<td>11,1</td>
</tr>
<tr>
<td>2010</td>
<td>4,6</td>
<td>7,3</td>
</tr>
<tr>
<td>2014</td>
<td>4</td>
<td>5,9</td>
</tr>
<tr>
<td>2015</td>
<td>4</td>
<td>5,8</td>
</tr>
<tr>
<td>2016</td>
<td>4,2</td>
<td>6</td>
</tr>
<tr>
<td>2017</td>
<td>4,4</td>
<td>6,2</td>
</tr>
</tbody>
</table>
Percentage of the population affected by a severe level of food insecurity in ECA is lower than the world average, but is still of concern.

Percent of the population are affected by a severe level of food insecurity (%) based on FIES, 2015-2017.

- Europe and Central Asia: 2.1%
- World average: 9.2%
Prevalence of severe food insecurity in ECA

• The overall availability of food is not a severe problem in the ECA region as is shown by the high dietary energy supply, which exceeds population energy requirements in almost all countries in the region.

• PoSFI indicates that economic access to food is still an issue of concern.

• High market prices of basic food items also limit their economic access, particularly among lower-income groups who spend a large share of their income for purchasing food.
Some 14.3 million adults (7.3 million women and 7.0 million men) and 4.7 million children are affected by a severe level of food insecurity.

Number of Severely Food-Insecure adults (by sex) and Children (millions) in ECA, 2015-2017, computed using the FIES.
Malnutrition is present in different forms in most countries of the region, to varying degrees

<table>
<thead>
<tr>
<th>Country</th>
<th>Wasting</th>
<th>Stunting</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Armenia</td>
<td>4.2</td>
<td>9.4</td>
<td>13.6</td>
</tr>
<tr>
<td>Azerbaijan</td>
<td>3.1</td>
<td>18.0</td>
<td>13.0</td>
</tr>
<tr>
<td>Kazakhstan</td>
<td>3.1</td>
<td>8.0</td>
<td>9.3</td>
</tr>
<tr>
<td>Kyrgyzstan</td>
<td>2.8</td>
<td>12.9</td>
<td>7.0</td>
</tr>
<tr>
<td>Tajikistan</td>
<td>5.6</td>
<td>17.4</td>
<td>6.6</td>
</tr>
<tr>
<td>Turkmenistan</td>
<td>4.2</td>
<td>11.5</td>
<td>5.9</td>
</tr>
<tr>
<td>Bosnia and Herzegovina</td>
<td>2.3</td>
<td>8.9</td>
<td>17.4</td>
</tr>
<tr>
<td>Macedonia</td>
<td>1.8</td>
<td>4.8</td>
<td>12.4</td>
</tr>
<tr>
<td>Montenegro</td>
<td>2.8</td>
<td>9.4</td>
<td>22.3</td>
</tr>
<tr>
<td>Serbia</td>
<td>3.9</td>
<td>6.0</td>
<td>13.9</td>
</tr>
<tr>
<td>Turkey</td>
<td>1.7</td>
<td>9.5</td>
<td>10.9</td>
</tr>
</tbody>
</table>

Classification of the Public Health Significance:
- Very low
- Low
- Medium
- High
- Very high
A constant increase in the prevalence of obesity among adults of all ECA sub-regions
A constant increase in the prevalence (%) of obesity among adults of ECA selected countries
Micronutrient deficiency is also a major concern across the region. The prevalence increased in 2005-2016 except for the Central Asia region.

Prevalence (%) of anaemia among women of reproductive age (15-49), 2000-2016
The nature of food insecurity in the region has changed substantially in recent decades

- The majority of countries have made significant progress in reducing the proportion of the people affected by hunger
- However, new evidence points to a stagnation of the decreasing trend in recent years in some subregions, particularly in Central Asia
- Obesity and micronutrient deficiencies have become two major food security and nutrition concerns across the region
- Gender and other inequalities in access to food need to be analysed and addressed
Section 2: Regional and national policy drivers to support achieving SDG2 targets
Section 3: Migration, gender and youth: Linkages with rural development and food security in Europe and Central Asia
Remittances have made a significant contribution to national economies and have become an important and stable source of income of households.

**REMITTANCES’ CONTRIBUTION TO GDP IN ECA COUNTRIES (%)**, 2017

- Kyrgyzstan: 35.2
- Tajikistan: 30.7
- Republic of Moldova: 20.6
- Armenia: 13.9
- Georgia: 11.8
- Bosnia and Herzegovina: 11.5
- Albania: 10.6
- Montenegro: 9.7
- Serbia: 9.1
Reduced remittances from Russian Federation to Central Asian countries could potentially be associated with stagnant reduction of undernourishment.

REMITTANCES FROM RUSSIAN FEDERATION TO CENTRAL ASIA AND AZERBAIJAN, MILLIONS USD (2007–2016)
Ongoing Research Projects Related to Food Systems and Nutrition in FAO REU office

✅ 2019 Regional SIFI ECA: Chapter 3 on the Structural Transformations of Agriculture, Food Systems and Food Policy in ECA

✅ Ongoing project: Programme support for the role of food systems in the transition of diets and prevention of malnutrition in the ECA region

✅ Ongoing project: Gathering evidence and supporting multi-stakeholder engagement on the role of diets and food systems in the prevention of obesity and non-communicable diseases in Kyrgyzstan
Decline in cereal intake has been offset by increase in oils, sugars and meat products – ‘dietary transition’

Source: FAOSTAT
For more information ...


THANK YOU!