



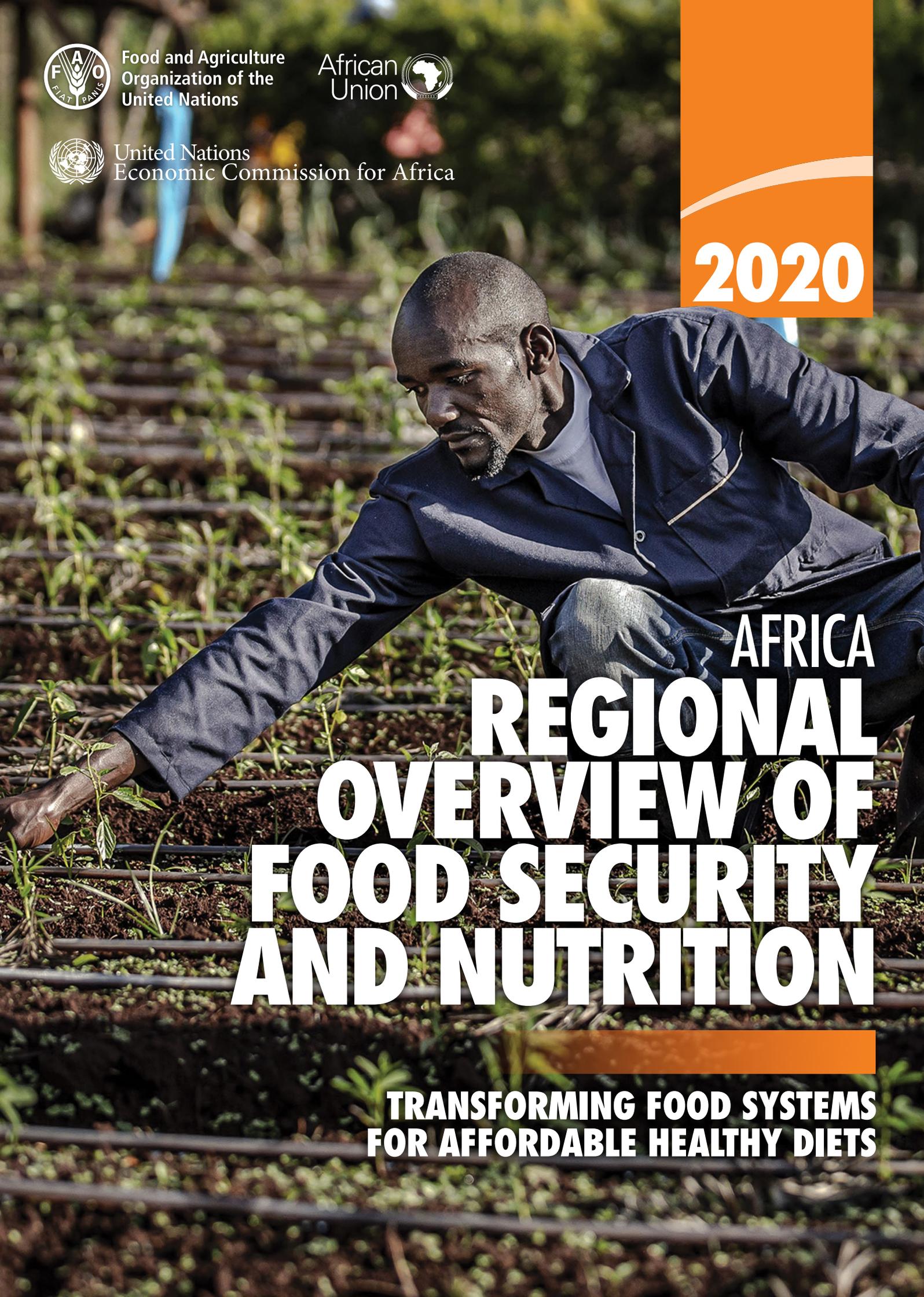
Food and Agriculture
Organization of the
United Nations

African
Union 



United Nations
Economic Commission for Africa

2020

A man in a dark blue jacket is kneeling in a field, tending to young plants in a raised bed. The background shows rows of similar plants in a field.

**AFRICA
REGIONAL
OVERVIEW OF
FOOD SECURITY
AND NUTRITION**

**TRANSFORMING FOOD SYSTEMS
FOR AFFORDABLE HEALTHY DIETS**

Recommended citation:

FAO, ECA and AUC. 2021. *Africa regional overview of food security and nutrition 2020: Transforming food systems for affordable healthy diets*. Accra, FAO.

<https://doi.org/10.4060/cb4831en>

The designations employed and the presentation of material in this information product do not imply the expression of any opinion whatsoever on the part of the Food and Agriculture Organization of the United Nations (FAO), the United Nations Economic Commission for Africa (ECA), or the African Union Commission (AUC) concerning the legal or development status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. The mention of specific companies or products of manufacturers, whether or not these have been patented, does not imply that these have been endorsed or recommended by FAO, ECA or AUC in preference to others of a similar nature that are not mentioned.

The views expressed in this information product are those of the author(s) and do not necessarily reflect the views or policies of FAO, ECA or AUC.

ISBN 978-92-5-134449-1

© FAO, 2021



Some rights reserved. This work is made available under the Creative Commons Attribution-NonCommercial-ShareAlike 3.0 IGO licence (CC BY-NC-SA 3.0 IGO; <https://creativecommons.org/licenses/by-nc-sa/3.0/igo/legalcode>).

Under the terms of this licence, this work may be copied, redistributed and adapted for non-commercial purposes, provided that the work is appropriately cited. In any use of this work, there should be no suggestion that FAO endorses any specific organization, products or services. The use of the FAO logo is not permitted. If the work is adapted, then it must be licensed under the same or equivalent Creative Commons license. If a translation of this work is created, it must include the following disclaimer along with the required citation: "This translation was not created by the Food and Agriculture Organization of the United Nations (FAO). FAO is not responsible for the content or accuracy of this translation. The original English edition shall be the authoritative edition."

Disputes arising under the licence that cannot be settled amicably will be resolved by mediation and arbitration as described in Article 8 of the licence except as otherwise provided herein. The applicable mediation rules will be the mediation rules of the World Intellectual Property Organization <http://www.wipo.int/amc/en/mediation/rules> and any arbitration will be in accordance with the Arbitration Rules of the United Nations Commission on International Trade Law (UNCITRAL).

Third-party materials. Users wishing to reuse material from this work that is attributed to a third party, such as tables, figures or images, are responsible for determining whether permission is needed for that reuse and for obtaining permission from the copyright holder. The risk of claims resulting from infringement of any third-party-owned component in the work rests solely with the user.

Sales, rights and licensing. FAO information products are available on the FAO website (www.fao.org/publications) and can be purchased through publications-sales@fao.org. Requests for commercial use should be submitted via: www.fao.org/contact-us/licence-request. Queries regarding rights and licensing should be submitted to: copyright@fao.org.

COVER PHOTOGRAPH ©FAO/Luis Tato

KENYA. A young farmer trained by FAO inspects the watering system at his farm in Kiambu County.

2020

AFRICA

**REGIONAL
OVERVIEW OF
FOOD SECURITY
AND NUTRITION**

**TRANSFORMING FOOD SYSTEMS FOR
AFFORDABLE HEALTHY DIETS**

Food and Agriculture Organization of the United Nations

Accra, 2021

CONTENTS

FOREWORD	vii	ANNEXES	108
ACKNOWLEDGEMENTS	x	Prevalence of undernourishment (percent)	108
ACRONYMS AND ABBREVIATIONS	xi	Number of undernourished (million)	110
KEY MESSAGES	xii	Prevalence of severe or moderate food insecurity (FIES) (percent)*	112
PART 1		NOTES	114
REGIONAL OVERVIEW OF FOOD SECURITY AND NUTRITION	1		
Food security continues to worsen in Africa	2		
Trends in food security and nutrition in Africa	3		
Special focus on 2019 food crises	14		
Impacts of the COVID-19 pandemic on food security and nutrition in sub-Saharan Africa	18		
Summary	23		
PART 2			
TRANSFORMING FOOD SYSTEMS FOR AFFORDABLE HEALTHY DIETS	25		
Introduction	26		
Food systems	27		
Food supply chains in Africa: an overview	29		
Diet patterns in Africa	53		
Nutrition outcomes reflect dietary patterns	63		
Toward healthy diets from sustainable food systems	72		
Transforming food systems to deliver healthy diets for all	85		
Policies targeting the food environment and consumer behaviour	101		

TABLES, FIGURES AND BOXES

TABLES

1	The number of undernourished in the World, Africa, and its subregions, 2000–2019 (million)	
2	Prevalence of undernourishment in the World, Africa and its subregions, 2000–2019 (%)	
3	Prevalence of moderate or severe food insecurity (measured using FIES) in the World, Africa and its subregions, 2014 to 2019 (%)	
4	Number of people experiencing at severe level only, or moderate or severe level, in the World, Africa and its subregions, measured with the Food Insecurity Experience Scale, 2014 to 2019 (%)	
5	Number of stunted children under the age of five in the World, Africa and its subregions, 1990–2019 (Million)	
6	Prevalence of stunted children under the age of five in the World, Africa and its subregions, 1990–2019 (Percent)	
7	Prevalence and number of children under the age of five that are severely or moderately wasted in the World, Africa and its subregions (million), 2019	
8	The global nutrition targets endorsed by the World Health Assembly and their extension to 2030	
9	Share of cultivated land by crop, 2000 and 2018 (percentage)	31
10	Share of the main cereal crops in total cereal area harvested in 2000 and 2018 (percentage)	31
11	Annual per capita supply of vegetables for Africa and its subregions, 1961–2017 (kg)	31
12	Annual per capita supply of fruit for Africa and its subregions, 1961–2017 (kg)	31
13	Spending on agriculture as a share of total government spending and agricultural research spending as a share of agricultural GDP (the intensity ratio)	33
14	Optimal levels for dietary risk factor exposure	35
15	Urban to rural food intake ratio for selected food groups, adults and children under five, for Africa, 2015	55
16	Male to female (adult population) food intake ration for selected items, for Africa, 2015	56
17	Prevalence of adult obesity by country income group, 2016	56
18	Average number of malnutrition burdens out of a possible four (stunting, wasting, anaemia and overweight in children under the age of 5)	69
		73
		76
		78
		90
		94
		96
		97
		100
		104

TABLES, FIGURES AND BOXES

FIGURES

1 The prevalence of undernourishment in Africa has been on the rise since 2014, marking a sharp upward trend in the number of undernourished from that year onwards

2 The food price level by income group for Africa and Rest of the World (RoW), ICP 2017

3 Prevalence of overweight in children under the age of five in the world, Africa and its subregions, 1990–2019 (%)

4 Change in the prevalence of overweight in children under the age of five, 1990–1995, 1995–2000, 2000–2005, 2005–2010, 2010–2019 (percentage points)

5 The number of people whose food security is stressed or who are in need of urgent food and other assistance in Africa, by subregion, 2019 (million)

6 The Food System and nutrition: conceptual framework

7 Index of net per capita cereal production, Africa and subregions, 1990–2017 (selected years)

8 Ratio of the sum of cereal and starchy root supply to (left hand panel) vegetable supply and (right hand panel) fruit supply (right hand panel), 1961–2017, 10-year averages

3 **9** Total per hectare fertilizer use on cropland in Africa and its subregions, in 2002 and 2017

4 **10** Average subregional growth in total factor productivity for 1991–2000, 2001–2010 and 2011–2015

12 **11** Per capita livestock production index value (2004–2006=100), by subregion, for 1990–2016

13 **12** Access to basic drinking water and sanitation increases with development, but large rural-urban differences remain, Africa, 2017

16 **13** Shares of agricultural value added in GDP and employment in agriculture for African countries

28 **14** Proportion of the population in Africa that lives in urban areas, by region, subregion and income group, 2017

32 **15** Share of food expenditure in total household expenditure versus per capita GDP (PPP), Africa and all other developing countries, by income group, 2010

16 Share of food expenditure in total household expenditure versus share of agriculture in GDP, Africa and all other developing countries, income group, 2010

33 **17** Average ratio of cereals & starchy roots to total energy availability, share of food expenditure in total household expenditure, and total daily per capita energy availability, for Africa, by country income group, 2017

36 **18** Gini coefficient vs total daily per capita energy availability (kcal/capita/day), for Africa, latest year available

37 **19** Cereal imports to Africa and its subregions as a proportion of total domestic supply, 2000–2017 (3 year moving average)

40 **20** Rice production and imports (LHS) and the ratio of imports to total domestic supply (RHS), Africa, 2000–2017

43 **21** Changing share of total land operated by farms that are 0 to 100 hectares in size for Ghana, the United Republic of Tanzania, Zambia and Kenya (various years)

44 **22** Average daily intake of selected food items for adults: by country income group, 2015

46

47

48

49

50

51

52

54

23	Average daily intake of selected food items for children under five years of age: by country income group, 2015	
24	Dietary intake of key food groups for children under the age of five by education for each country income group, Africa (LI=low-income, LMI=lower-middle-income, UMI=upper-middle-income).	
25	Average daily intake of selected food items by children under five, Africa vs Rest of the World (RoW)	
26	Differences in average daily intake of selected food items by adults between Africa and Rest of the World (RoW), by country income group	
27	Rural (adult) population, average intake of fruits & vegetables and sugar-sweetened beverages, Africa, 2015: low vs high education households	
28	Rural (adult) population, average intake of beans & legumes, nuts & seeds, unprocessed red meats, fruit juices, and milk, Africa, 2015: Low vs high education households	
29	Urban (adult) population, average intake of fruits & vegetables and sugar-sweetened beverages, Africa, 2015: low vs high education households	
30	Urban (adult) population, average intake of beans & legumes, nuts & seeds, unprocessed red meats, fruit juices, and milk, adult rural population, Africa, 2015: low- vs high- education households	56
31	Dietary information for infants and children aged 6–23 months	
32	Underweight in women over the age of 18 and anaemia in women of reproductive age (15–49), Africa, 2016	58
33	Indicators of malnutrition for children under the age of five, by country income group (latest year available)	58
34	Average prevalence of deficiency of selected micronutrients in the population (iodine and zinc) or for children under the age of five (anaemia and vitamin A), Africa (latest years)	59
35	Relative importance of the seven most highly ranked health risk factors in Africa for 1997 and 2017	59
36	Proportion of DALYs for all ages, contributed by key nutrition-related risk factors presented individually by country income group, Africa, 2017	60
37	The average cost of the three cheapest food products in each food category relative to the cost of a weighted basket of starchy staples, by country income groups (includes all developing countries).	62 74
38	Average cost per day of a healthy diet for key food groups by region and by country income group, Africa (USD per person per day, 2017)	63 77
39	Share of food groups in total average cost of a healthy diet, by subregion and by country income group	65 78
40	Average cost of the three diets as a proportion of the USD 1.20 PPP food poverty line, by country income group for Africa (left panel) and subregion (right panel), 2017	65 79
41	Average cost of diets as a percentage of household food expenditure, by country income group for Africa (left panel) and subregion (right panel), 2017	66 80
42	Yields for aggregated commodities in Africa and Asia, 2018.	71 86
43	Agricultural production in African low-income and middle-income countries is penalized: average weighted nominal rate of protection 2005–2018	72 89

TABLES, FIGURES AND BOXES

44 Subregional variations in price levels could be lowered by greater subregional trade in agricultural and food products

BOXES

1 The prevalence of undernourishment

98	2 Social protection is needed to mitigate the negative impacts of COVID-19 on food security and nutrition	21	5 The food system is key for employment and income generation	42
	3 What constitutes a healthy diet?	26	6 Fruit juice – a nutritious choice ²⁶⁴	57
5	4 Water, food security, nutrition and food systems ¹⁸⁴	39	7 Food systems and biodiversity	81
			8 Assessing the food environment	101

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_330

