



TONGA

FOOD SECURITY PROFILE

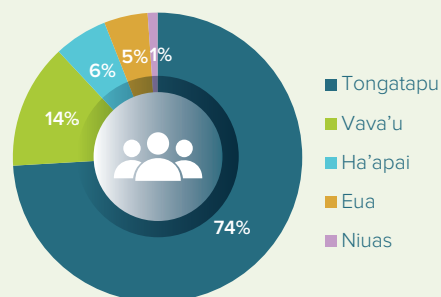
DEMOGRAPHICS



100,179
Population (2021)



79%
Rural population



Population distribution



69 **75**
Life expectancy
(2016)



Crude birth rate (2016):
24 per 1,000 people



Under five years old mortality rate:
9 per 1,000 live births



100%
of the population have access to at least one source of basic drinking water (2021)



99%
of the population have access to at least **basic sanitation services** (2021)

ACCESS TO FOOD IN ENOUGH QUANTITY IS NOT AN ISSUE IN TONGA



Less than **2.5%** of people do not have regular access to sufficient food

Around **12%** of people do not have access to nutritious foods

TONGA IS ON COURSE TO REDUCE CHILD UNDERNUTRITION BUT OFF COURSE TO REDUCE ADULT OBESITY

Children under five years old (2021)

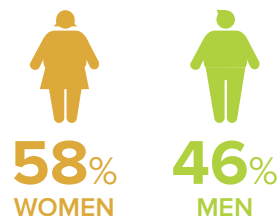
1.1%
WASTING
(Low weight for height)

2.2%
STUNTING
(Low height for age)

11.1%
OVERWEIGHT
(High weight for height)

18 years and older (2021)

PREVALENCE OF OBESITY IN ADULT POPULATION



ANALYSIS OF FOOD CONSUMPTION PATTERNS IN TONGA^{1,2}

Average national dietary energy consumption is around
2,930 kcal/capita/day³
with some disparities at subnational level



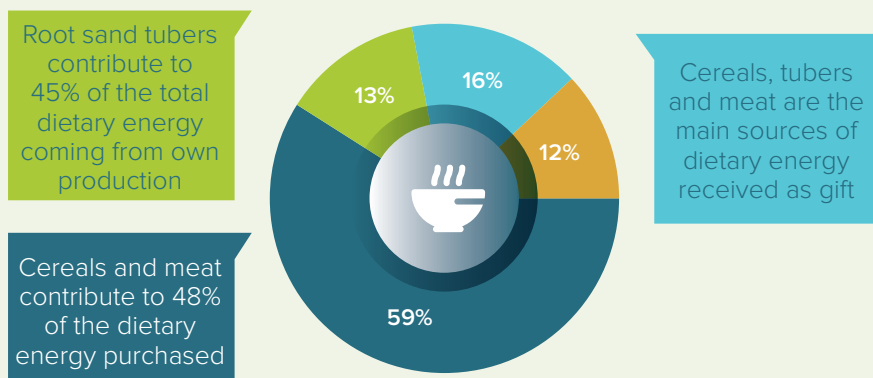
Average cost of 1,000 kcal

It costs on average TOP 4.80 to a Tongan to get 1,000 kcal



The wealthier the household, the more expensive the calories consumed

Most of the dietary energy consumed is coming from cash purchases

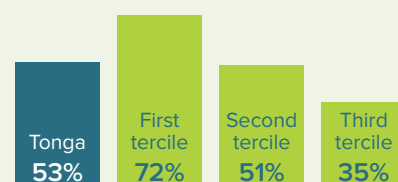


- Purchased foods consumed at home
- Food consumed from own production

- Food consumed away from home purchased or received free
- Food received for free and consumed at home

The amount spent on average on food is TOP 13 per capita per day

Share of food expenditures to total income by income tertile



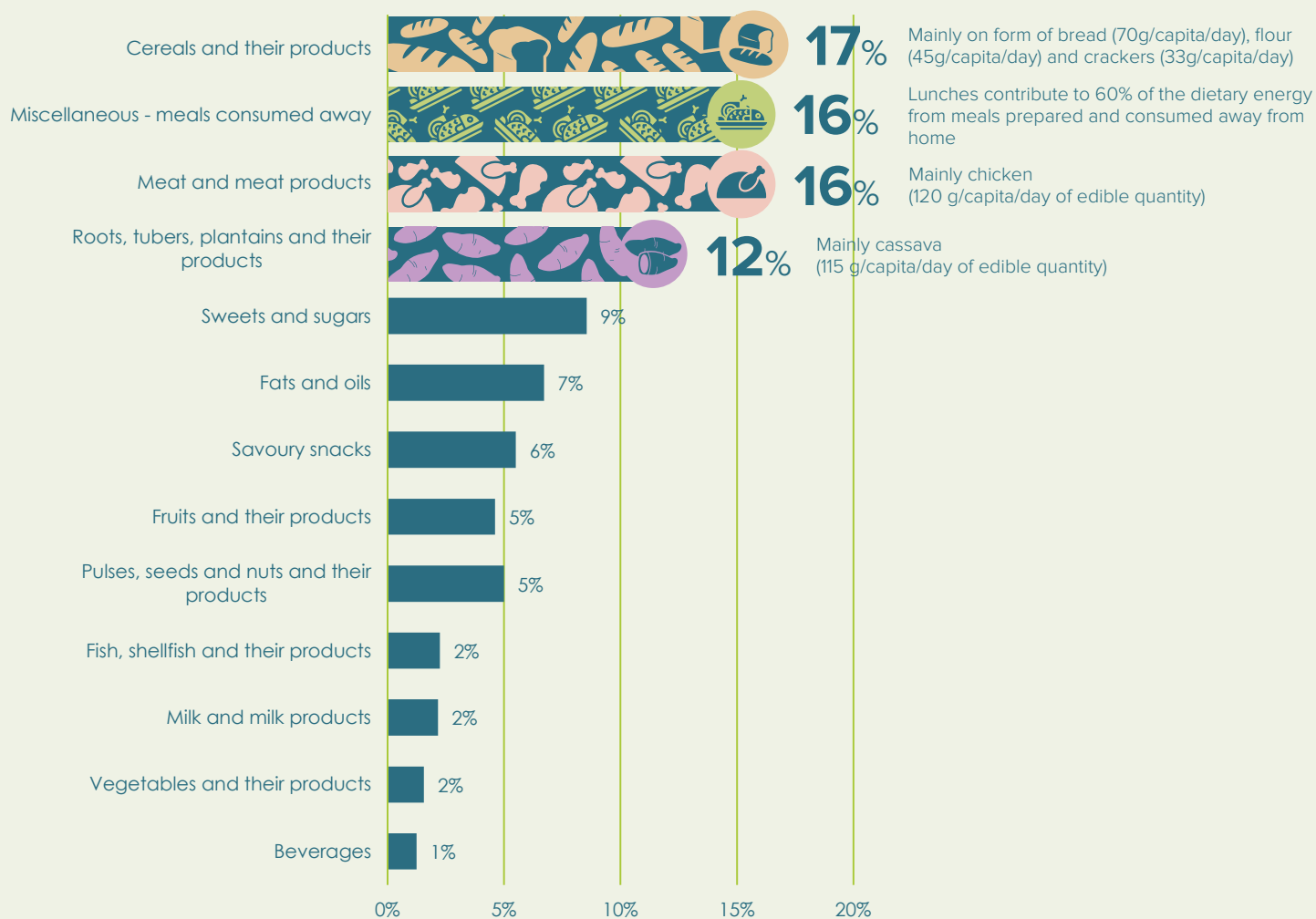
53% of total income are allocated to food

1. Based on the analysis of the food data collected in the 2021 Tonga HIES. The analysis was performed by SPC/SDD in collaboration with TSD. SPC was funded by the Australian Government through Australian Centre for International Agricultural Research projects FIS/2016/300 and FIS/2018/155.

2. Statistics refer to apparent consumption and are based on food quantities (edible amounts) available for consumption by the household, not on actual intake of the individuals.

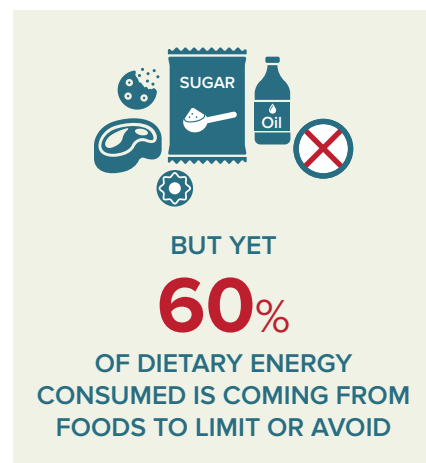
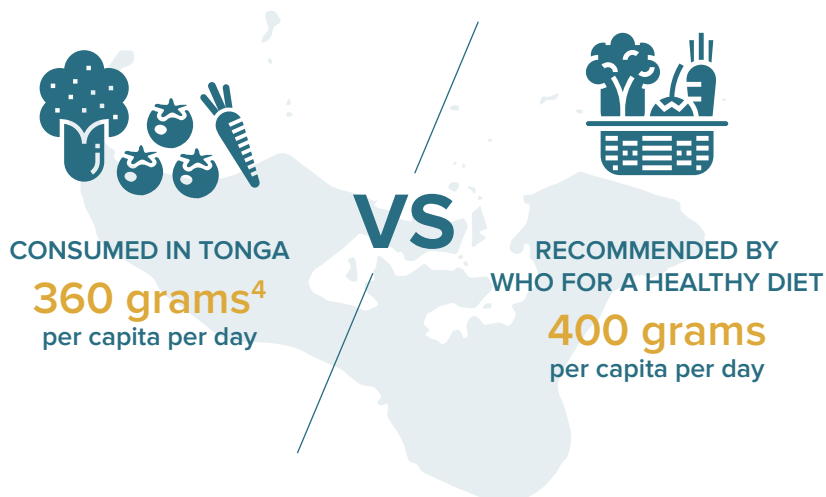
3. With a confidence interval of +/- 66 kcal/capita/day for the national average.

Contribution of food groups (and products) to the average dietary energy consumption



Tonga Tapaka is smoked by around one in two household

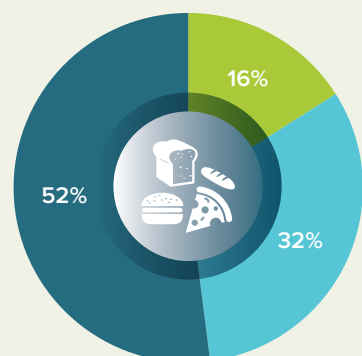
Consumption of fruits and vegetables close to WHO recommendations for a healthy diet



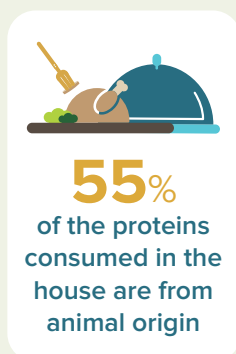
4. Edible quantity

MACRO NUTRIENT CONTRIBUTION TO DIETARY ENERGY CONSUMPTION

A diet rich in fats and proteins



- Proportion of energy consumed as carbohydrates (%)
- Proportion of energy consumed as protein (%)
- Proportion of energy consumed as fats (%)



More than 80% of the households do not have access to a balance diet in Tonga⁵



5. In terms of intake the three WHO recommended goals for energy supplying macro nutrients:

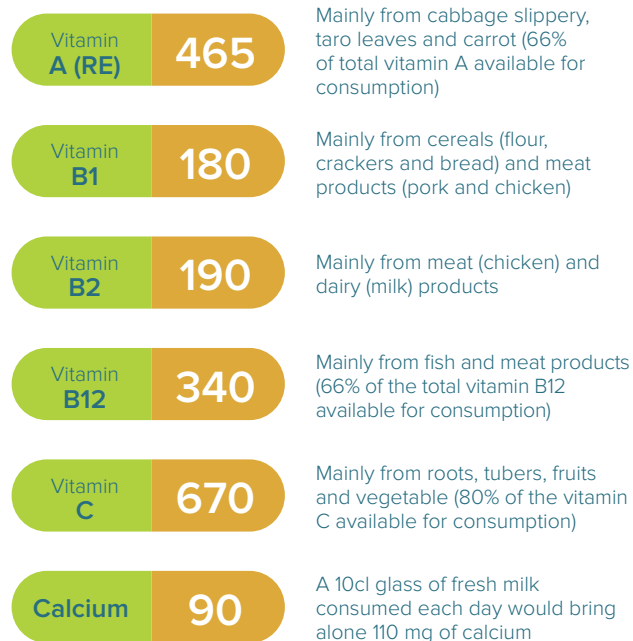
- protein intake goal: 10%–15%
- total fat intake goal: 15%–30%
- carbohydrates intake goal: 55%–75%

Relative cost of the most consumed foods

Reef fish is 2.5 times more expensive than chicken and consumed by less than 50% of households. It costs 5 times more than chicken to get 100 grams of milk powder rich source of calcium.

	Cost of 100 grams of product relative to the cost of 100 grams of chicken	Percentage of household who consumed the food the last 7 days
Cassava / Tapioca/ Manioc	0.5	65%
Flour	0.5	67%
Sugar	0.6	92%
Milk (fresh, not further specified)	0.7	66%
Cabbage (bush, slippery, boiled)	0.8	48%
Leaves, Taro	0.8	70%
Rice	0.9	46%
Chicken	1.0	90%
Bread, loaf	1.0	84%
Salt (iodised)	1.3	87%
Oil (cooking)	1.4	71%
Crackers	1.7	82%
Orange	2.0	48%
Fish (reef)	2.5	44%
Egg, chicken, fresh	2.7	45%
Noodles (instant (Maggi-type), dry)	3.2	76%
Milk (powdered)	5.1	37%

Except for calcium, nutrient adequacy⁶ is reached for some essential vitamins



6. Average amount of nutrient available for consumption expressed as a percentage of the average nutrient requirements. A value higher than 100 means that the amount of nutrient available for consumption in the population is adequate with respect to the average requirements of the population.

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