



TUVALU

FOOD CONSUMPTION PATTERN

Based on the analysis of the food data collected in the Tuvalu 2023 HIES



DEMOGRAPHICS



10,941

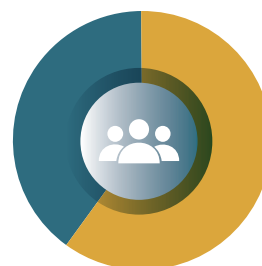
Population (2023)



40%

Rural population

Outer Islands
4,192



Funafuti
6,749

Population distribution

OVERNUTRITION RATHER THAN UNDERNUTRITION IS A REAL ISSUE IN TUVALU¹

18+ years old (2015)

62.2%

Prevalence of
OBESITY IN ADULT POPULATION

25%

OF THE POPULATION DID NOT MEET THE WHO RECOMMENDATIONS ON PHYSICAL ACTIVITY FOR HEALTH
(Throughout the week adults should do at least 150 minutes of moderate intensity physical activity OR 75 minutes of vigorous intensity activity or an equivalent combination of both)



70.7%



55.2%

Children under 5 years old (2019–2020)

2.8%
WASTING

(Low weight for height)

5.7%
STUNTING

(Low height for age)

4.2%
OVERWEIGHT

(High weight for height)

1. Source: 2023 Tuvalu Long Form Census for population estimates; STEPS 2015 for information on obesity and physical activity; MICS 2020 for child malnutrition.

ANALYSIS OF FOOD CONSUMPTION PATTERNS IN TUVALU^{2,3}

Consumption of fruits and vegetables is far from WHO recommendations for a healthy diet



Less than 90 grams⁴

per capita per day
CONSUMED IN TUVALU

VS



400 grams
per capita per day

RECOMMENDED BY WHO FOR A HEALTHY DIET



AND

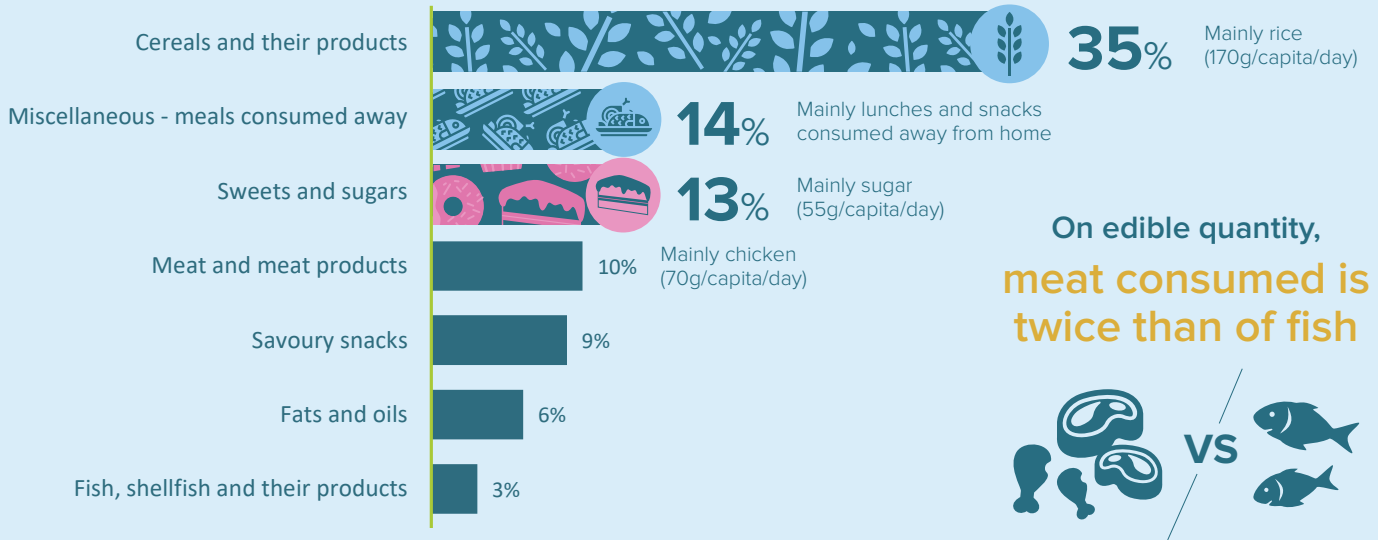
MORE THAN

75% OF CALORIES

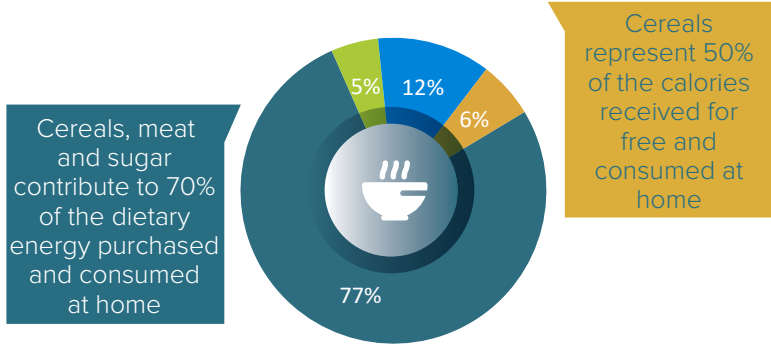
CONSUMED IN THE HOUSE IS COMING FROM FOODS TO LIMIT OR AVOID⁵

2 - Based on the food data collected in the 2023 Tuvalu Long Form Census. The analysis was performed by SPC/SDD in collaboration with CDS and was funded by the PACSTAT project on statistical innovation and capacity building in the Pacific Islands. 3 - Statistics refer to apparent consumption and are based on edible quantities available for consumption by the household during the reference period and not on individual intake. 4 - Edible quantities after the non edible portion was removed (i.e. skin, bones, peels, etc). 5 - Categories follow the Pacific Guidelines for a Healthy living – SPC.

Cereals and sugar products contribute to half of the calories consumed

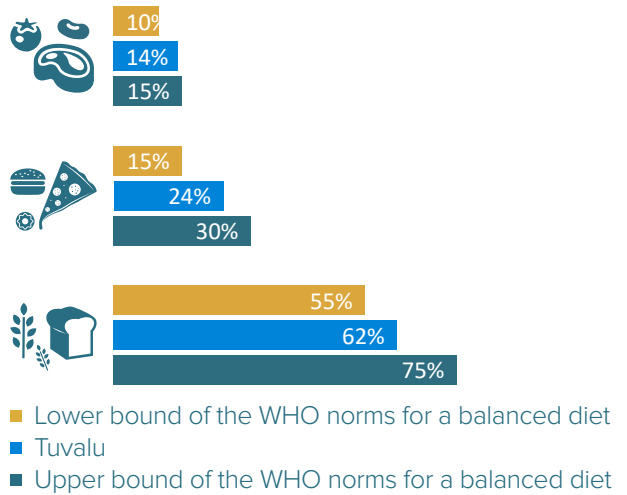


Most of the calories consumed are coming from cash purchases



- 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

Diet rich in fats and animal proteins



TIPS FOR A HEALTHY DIET



- Increase physical activity
- Increase consumption of fruits and vegetables
- Replace rice with home grown products (taro, breadfruits)
- Reduce meat consumption
- Replace canned fish with fresh fish
- Limit consumption of processed foods such as crackers and replace with taro chips
- Decrease consumption of sugar
- Replace soft drink with a glass of milk powder with water (and no sugar)



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To know more about food consumption patterns in Tuvalu



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