



# TONGA

## FOOD SECURITY PROFILE

### DEMOGRAPHICS

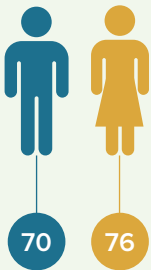


**100 651**  
Population (2016)

Region	Percentage	Population
Tongatapu	51%	74 611
Vava'u	14%	13 738
Ha'apai	6%	6 125
Eua	5%	4 945
Niuas	1%	1 232

77% Rural population

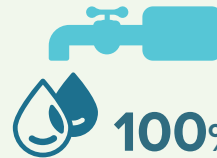
### Life expectancy



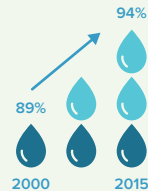
Crude birth rate: **26.1**



Under five years old mortality rate: **16 per 1 000 live births**



**100%** of population have access to basic drinking water services



improved access to basic sanitation services

### TOWARDS ENDING POVERTY AND ACHIEVING FOOD SECURITY IN TONGA



Less than **5%** of people are undernourished

**1 out of 5** people live below the national poverty line

**1%** of population living on less than USD 1.25 a day

## HOWEVER, FOOD INSECURITY IS MORE THAN UNDERNOURISHMENT

Children under five years old

**5.2%**

**WASTING**  
(Low weight for height)

**8.1%**

**STUNTING**  
(Low height for age)

**17.3%**

**OVERWEIGHT**  
(High weight for height)

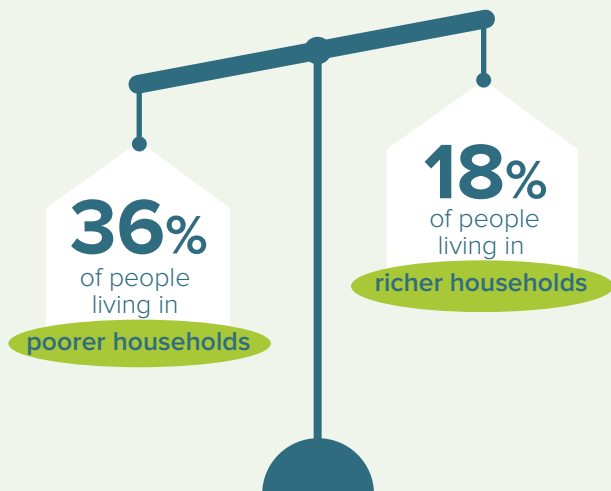
18 years and older

**45.9%**

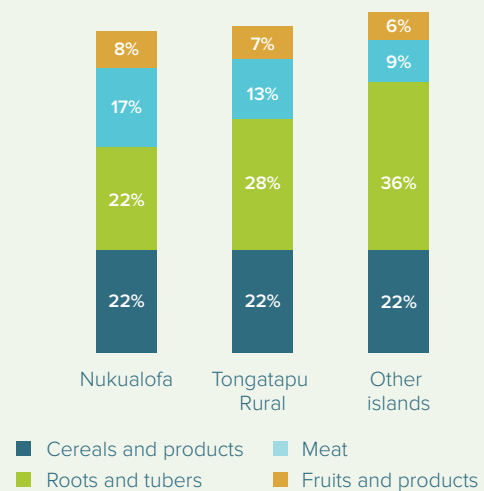
**PREVALENCE OF OBESITY  
IN ADULT POPULATION**

## ANALYSIS OF FOOD CONSUMPTION PATTERNS IN TONGA\*

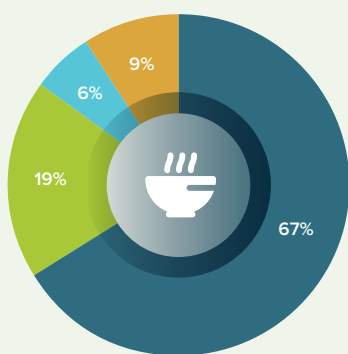
Access to a more balanced diet



Percentage of food consumption by area of residence



## Contribution of each source of acquisition to total dietary energy consumed (DEC)



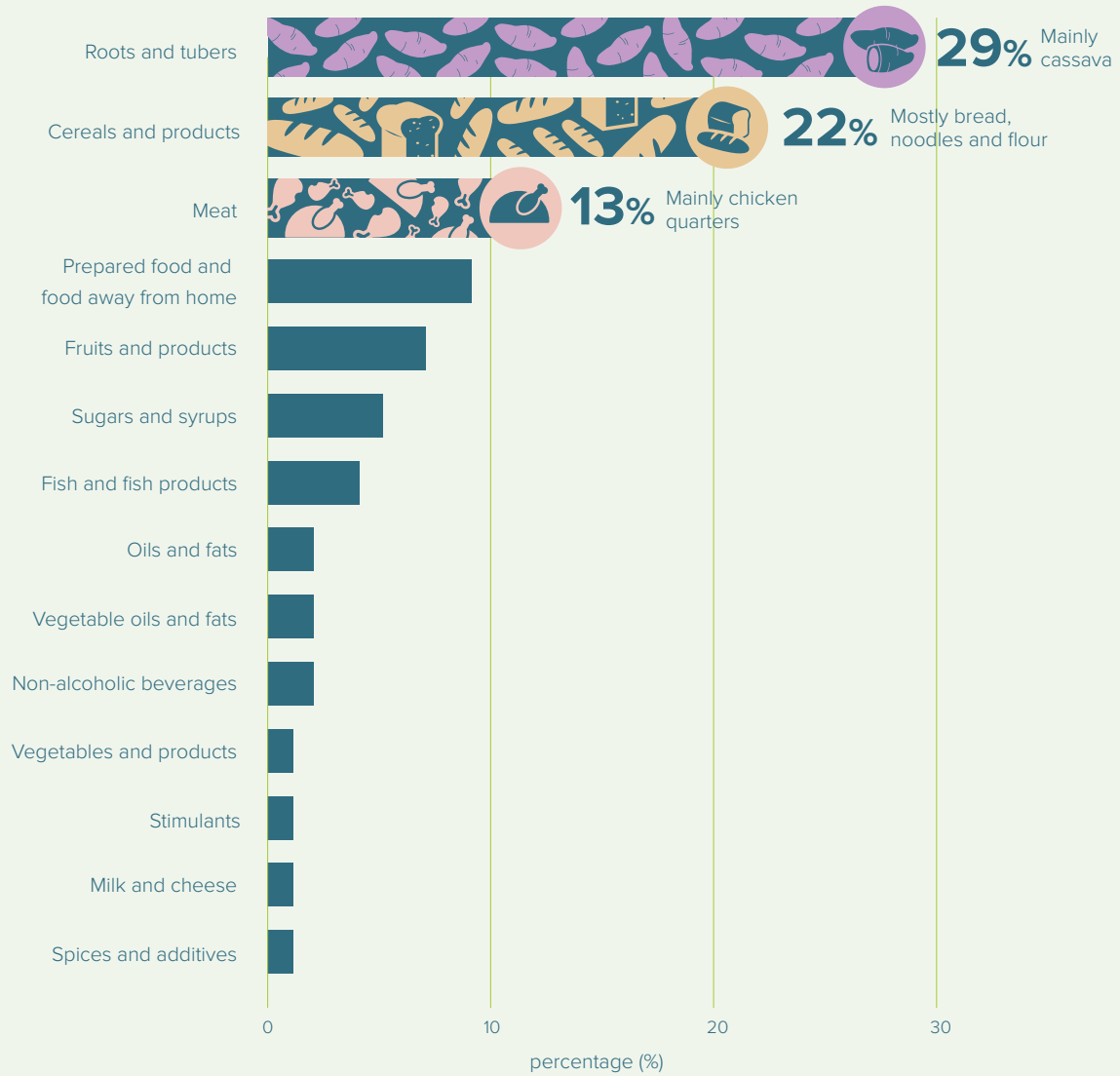
Area of Residence	Source	Purchased foods consumed at home	Food consumed from own production	Food consumed away from home purchased or received free	Food received for free and consumed at home
Nukualofa	Lowest	83	9	2	6
	Highest	76	7	10	7
Tongatapu rural	Lowest	70	16	5	9
	Highest	69	12	10	9
Other rural	Lowest	54	34	3	9
	Highest	58	29	4	9

percentage (%)

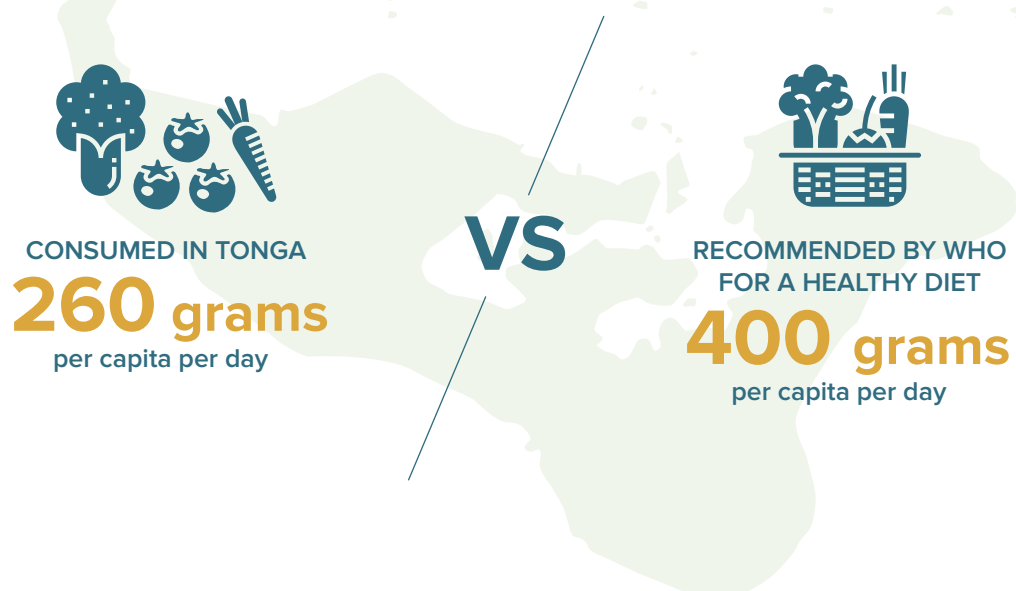
■ Purchased foods consumed at home  
■ Food consumed from own production

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

## Percentage of food consumption by food groups



## Consumption of fruits and vegetables



## Average cost to acquire 1 000 kcal.

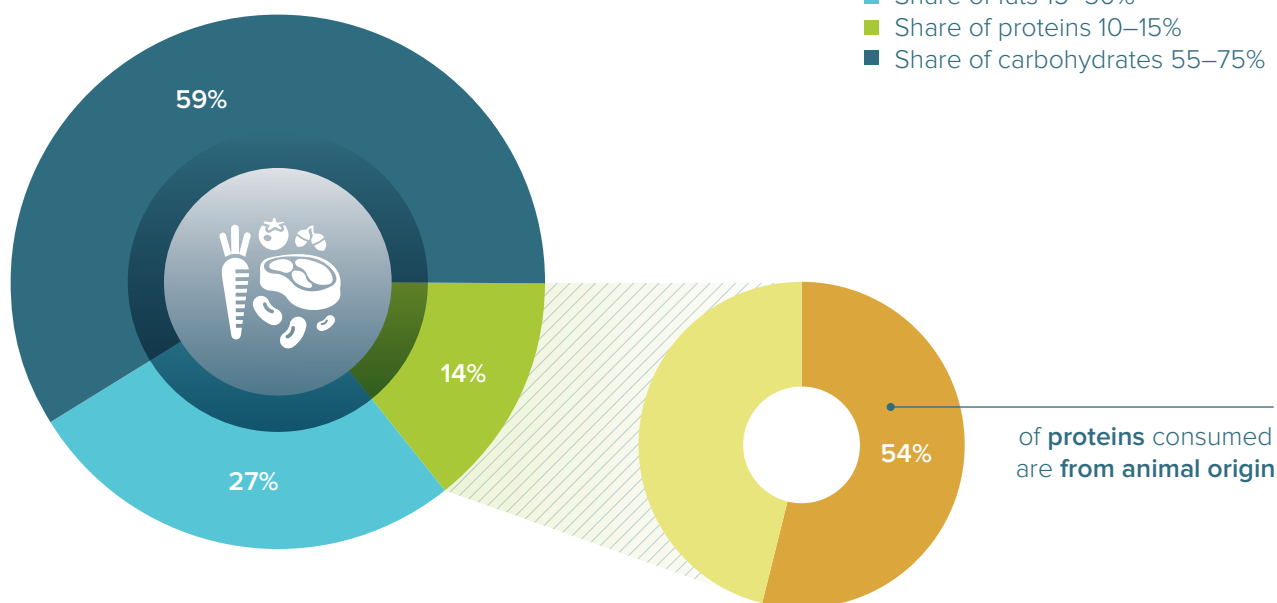


On average **poorer households spend 1.5 times less than richer households** to acquire 1 000 kcal.

## Average dietary energy consumption



## Nutrient contribution to dietary energy consumption

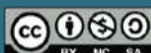


Average amount of **energy consumed is high** with contribution of **fats close to upper limit** for a balanced diet.

\* Food data collected in the 2015/16 Household Income & Expenditure Survey of Tonga

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