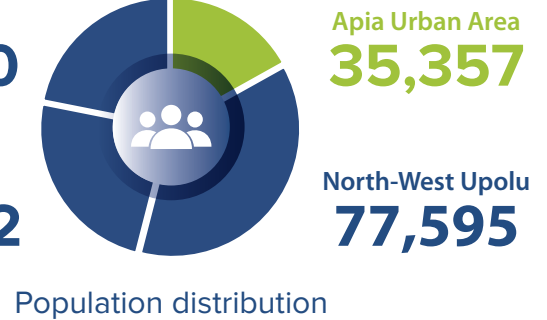
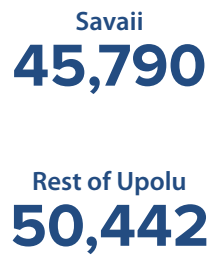
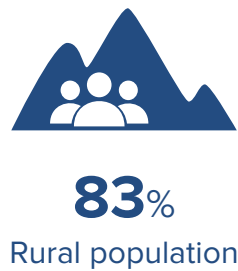


SAMOA

FOOD CONSUMPTION PATTERN

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

DEMOGRAPHICS

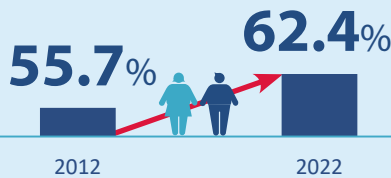


OVER-NUTRITION REMAINS AN ISSUE IN SAMOA

Women aged 15–49 years

85.2%*
OVERWEIGHT

OBESITY IN ADULT POPULATION



Double burden of malnutrition among children under 5 years old*

7.3%

STUNTING
(low height for age)

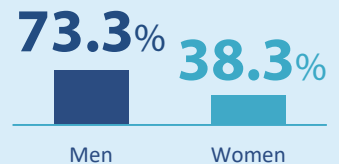
8.7%

OVERWEIGHT
(high weight for height)

Women aged 15–49 years

38.3%**

ENGAGED IN PHYSICAL ACTIVITY



Source: Trends in adult obesity are based on FAO SOFI 2024. *Children malnutrition for 2019–2020 and women overweight is based on SAMOA MICS 2019–2020. **Physical activity refers to activities with moderate or vigorous intensity such as aerobics, Zumba, power walking and jogging and playing game (e.g., rugby, soccer etc.) and other form of physical exercises.

SAMOA ANALYSIS OF FOOD CONSUMPTION PATTERNS^{1,2}

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



270 g/capita/day³
CONSUMED IN SAMOA

VS



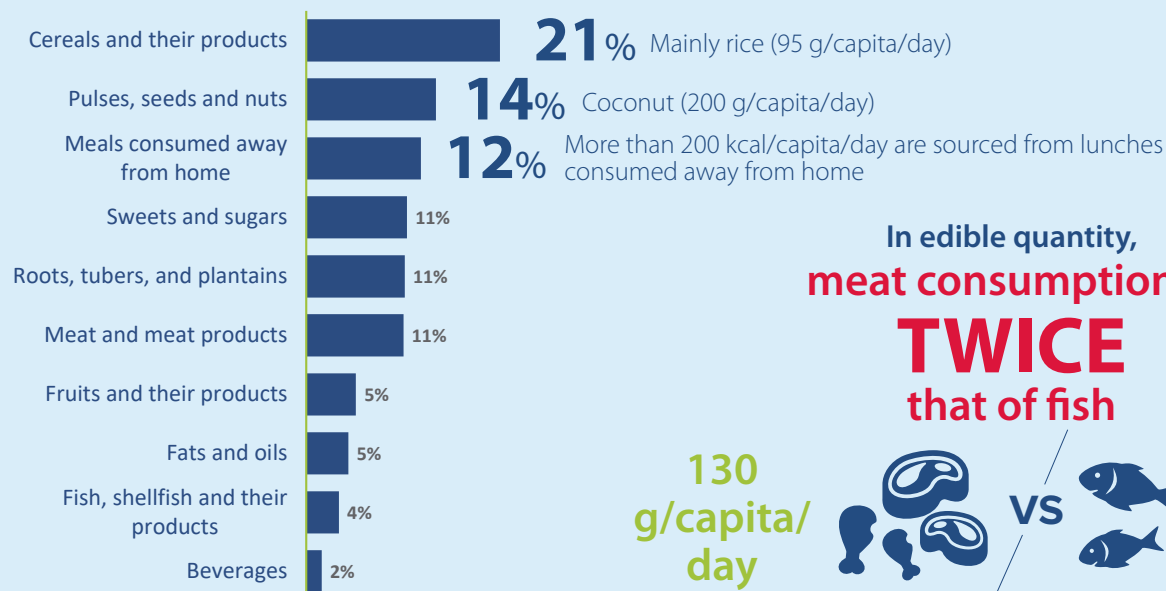
400 g/capita/day
RECOMMENDED BY WHO FOR A HEALTHY DIET



MORE THAN 55%
OF DIETARY ENERGY
CONSUMPTION IS AVAILABLE FROM
FOODS TO LIMIT OR AVOID⁴

1 - Based on the food data collected in the 2023 SAMOA HIES. The analysis was performed by SPC in collaboration with SBS and was funded by the World Bank via the Statistical Innovation and Capacity Building in the Pacific Islands (PACSTAT) project (P169122) in Samoa. 2 - 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. 3 - Edible quantities after the removal of inedible components (i.e., skin, bones, peels, etc). 4 - Categories follow the Pacific Guidelines for a Healthy Living.

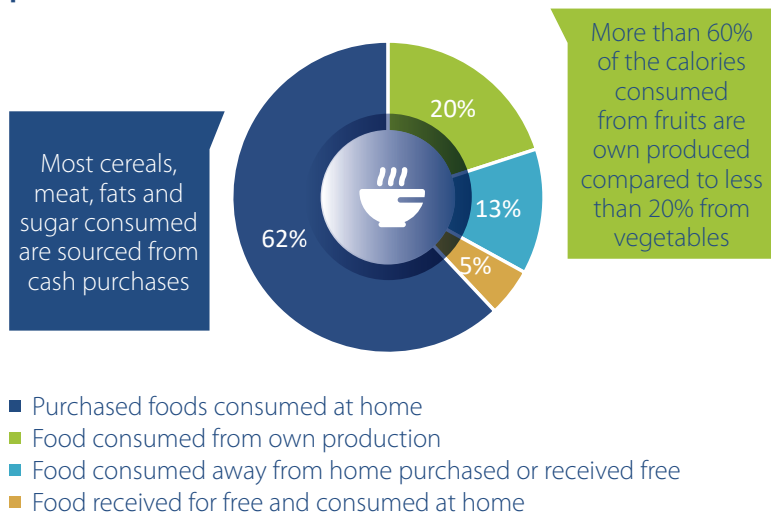
Six food groups contribute to more than 80% of calories consumed



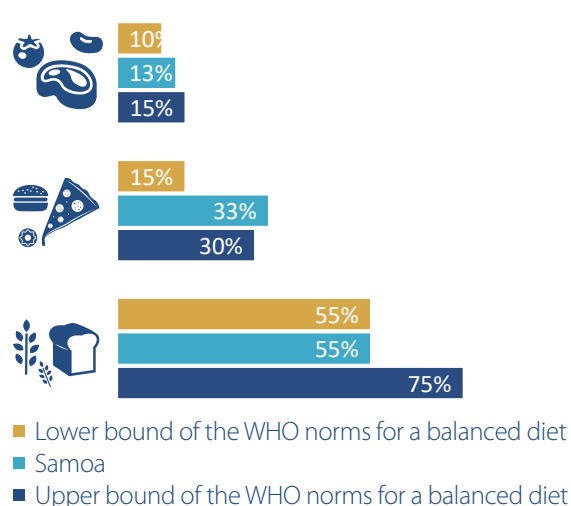
In edible quantity,
meat consumption is
TWICE
that of fish



Most of the calories consumed are sourced from cash purchases



Fat consumption outside the WHO recommendation for a balanced diet



TIPS FOR A HEALTHY DIET

- Reduce salt consumption from 8 g to less than 5 g/capita/day (less than 1 tea spoon/day)
- Reduce sugar consumption from 55 g to less than 25 g/capita/day (less than 5 tea spoons/day)
- Increase consumption of fruit and vegetables from 270 g to at least 400 g/capita/day
- Reduce coconut consumption – more than 30% of fat consumed is sourced from coconut and at least 80% of that fat is saturated (increase level of LDL (bad) cholesterol responsible for heart disease)
- Reduce consumption of meat (20% of fat consumed is sourced from meat) and increase consumption of fresh fish, which is rich in omega 3 and promotes a healthy heart
- Decrease consumption of soft drinks – water remains the healthiest beverage and most households in Samoa have access to a safe source of drinking water
- Increase physical activity



CONTACT

Pacific Community (SPC)

B. P. D5 - 98848 Noumea Cedex
New Caledonia

Tel: (+687) 262000

Email: spc@spc.int – sdd-info@spc.int

<https://www.spc.int> – <https://sdd.spc.int>

Samoa Bureau of Statistics (SBS)

FMFM 11 Government Building
Level 1 & 2 | Matagiatalua

Apia, Samoa

Tel: (+685) 62000

Email: info.stats@sbs.gov.ws

<https://www.sbs.gov.ws>

To know more about

food consumption
patterns in Samoa



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