



Food and Agriculture Organization
of the United Nations



SAMOA

FOOD SECURITY PROFILE

DEMOGRAPHICS



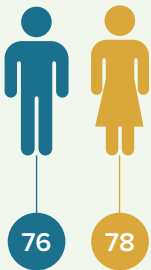
195 979

Population (2016)

80% Rural population



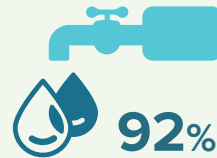
Life expectancy



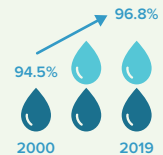
Crude birth rate: **24.7**



Under five years old mortality rate: **17 per 1 000 live births**



92% of population is using at least basic drinking water services (2020)



improved access to basic sanitation services

TOWARDS ACHIEVING FOOD SECURITY AND ENDING POVERTY



Less than **5%** of the population is undernourished



18.8% of people live below the national poverty line



23.3% of the population is suffering from moderate or severe food insecurity and 3.4% is suffering from severe food insecurity



FOOD INSECURITY IS MORE THAN UNDERNOURISHMENT

Children under five years old



18 years and older

47.3%

PREVALENCE OF OBESITY IN ADULT POPULATION (2016)

Source: FAO, FAOSTAT 2021; 2018 Samoa Household Income and Expenditure Survey

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

Average national consumption is about **2 800 kcal/capita/day** with some disparities at sub national level



Average dietary energy consumption (Kcal/capita/day)

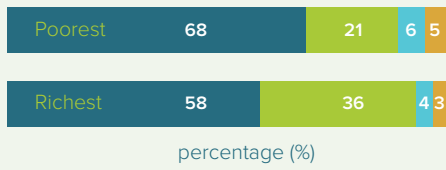
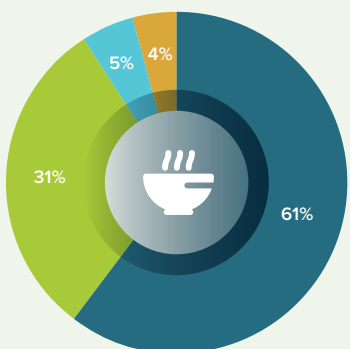
Average cost to acquire 1 000 kcal

Average dietary energy unit cost (Samoa Tala (WST)/1 000 kcal)



Compared to richer households, poorer households spend less to acquire cheaper and higher energy foods.

Contribution of each source of acquisition to total dietary energy consumed (DEC) in Samoa and for richer and poorer households



A Samoan will spend on average **WST 5.4** per day on food
Share of food expenditures in total expenditures



- 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

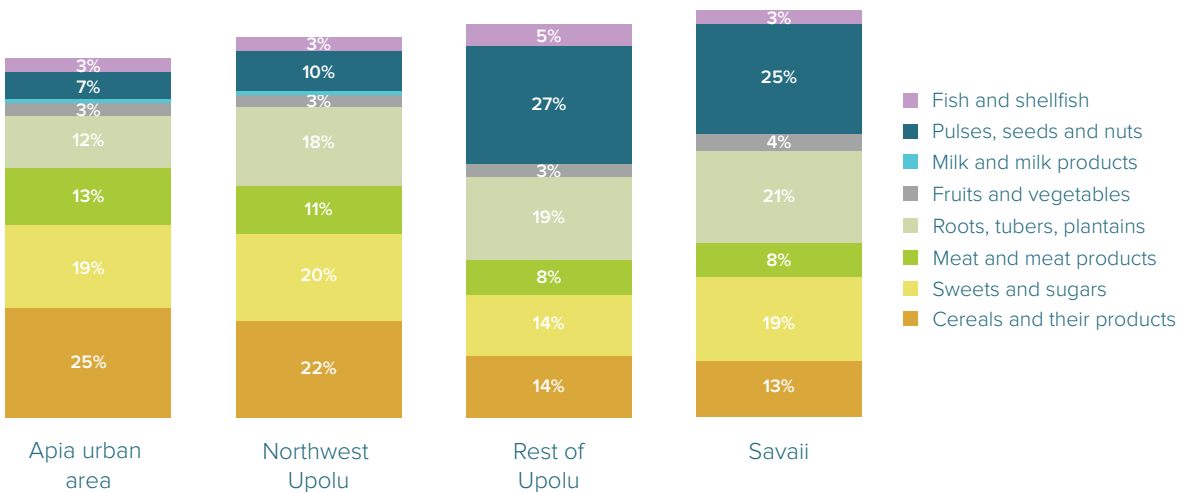
¹ Based on the analysis of the food data collected in the 2018 Samoa Household Income and Expenditure Survey. The analysis was performed by the Samoa Bureau of Statistics in collaboration with FAO. FAO's collaboration was funded by the TCP/SAP/3705 project
² Statistics refer to apparent consumption and are based on quantities (edible amount) available for consumption by the household and not on actual intake of the individuals.

Percentage of food consumption by food groups

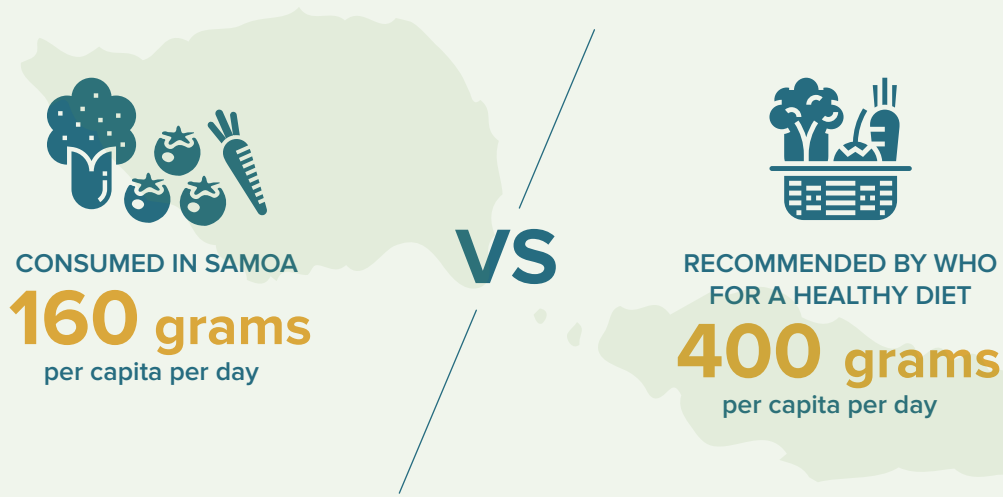


* all cereal based processed foods rich in sugar (biscuits, pastry, cakes etc) are included in this group

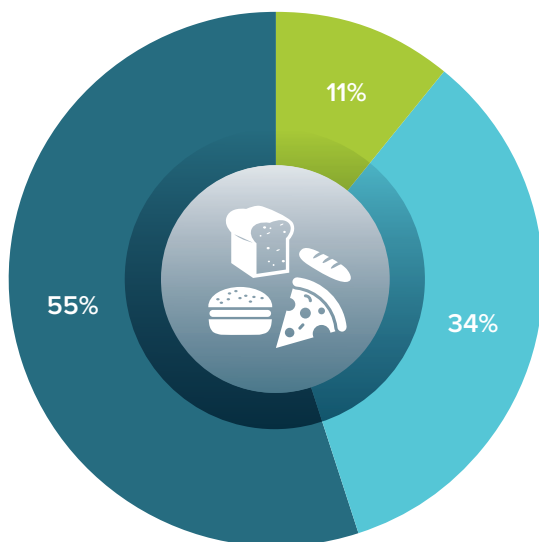
Contribution of the main food groups to the average dietary consumption



Consumption of fruits and vegetables

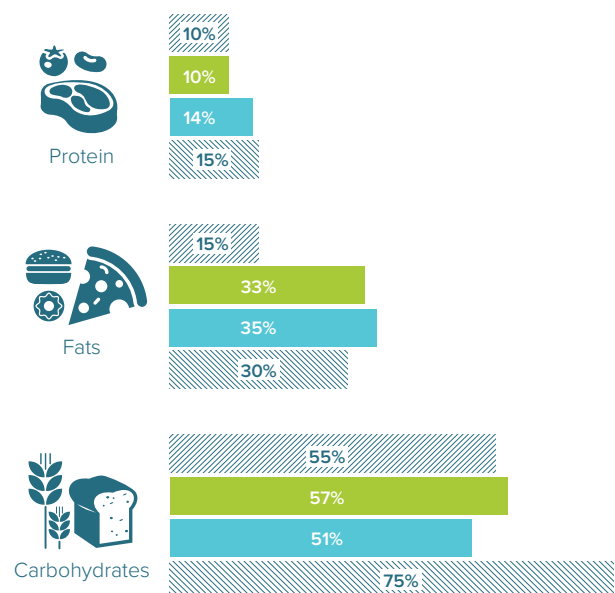


Diet too rich in fats and too low in carbohydrates



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

Nutrient contribution to dietary energy consumption



- Richer households
- Poorer households
- ▨ Lower limit of WHO recommendation
- ▨ Higher limit of the WHO recommendation

*Estimates are based on the food data collected in the 2018 Samoa Household Income and Expenditure Survey analyzed by FAO in collaboration with Samoa Bureau of Statistics.

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