



“Life in Kyrgyzstan” Conference 2020

Food dietary patterns and NCDs development in the Kyrgyz Republic

M. Iamshchikova, K. Tilekeyev, M. Onah, R. Mogilevskii,
K. Asanalieva, Z. Enikeeva, B. Niiazaliev
Institute of Public Policy and Administration
University of Central Asia
28th October 2020

1

Outline

- Study purpose and tasks
- Preliminary facts of situation with health and nutrition outcomes
- Health outcomes – NCDs and linkage with nutrition practices
- Conclusions

2

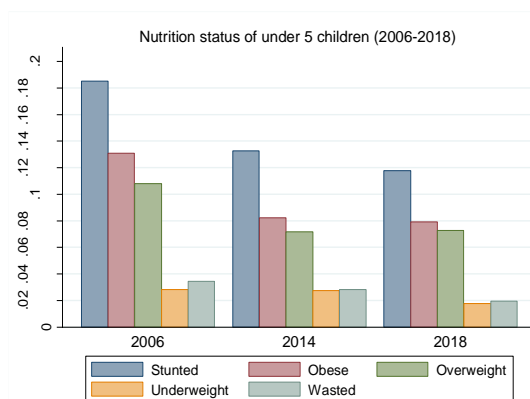
Study purpose and tasks

- Our team engaged in the project “Gathering evidence and supporting multi-stakeholder engagement on the role of diets and food systems in the prevention of obesity and non-communicable diseases in Kyrgyzstan” funded by **FAO**
- Research topics components:
 - ✓ Infant and Young Children Health and Nutrition
 - ✓ Food Consumption- Detailed approach
 - ✓ Food Systems - Key Foods
 - ✓ Health outcomes – Diseases
- Some facts and interlinkages of two topics (**Food Consumption and Health Outcomes**) presented further

3

Infant and Young Children - Nutrition Outcomes and Food Consumption

Trends in anthropometric nutrition status for children under the age of five

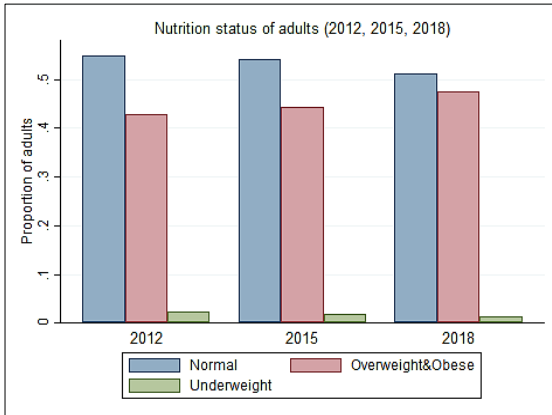


- Stunting declined from 18.4% in 2006, to 13.3% in 2014 and 11.8% in 2018.
- Wasting declined from 3.3% in 2006 to 2.8% in 2014 and 2% in 2018.
- Underweight declined from 2.7% in 2006 and 2014 to 1.8% in 2018.
- Overweight declined from 10.6% in 2006 to 7.2% in 2014 & 2018.
- Obesity declined from 12.8% in 2006 to 8.2% in 2014 and 8% in 2018.

4

Adults - Nutrition Outcomes

Trends in anthropometric nutrition status for adults

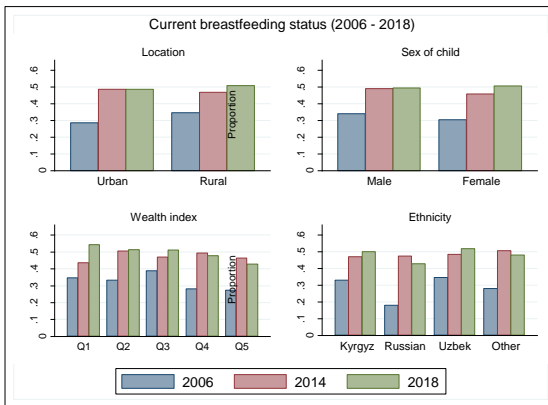


- Proportion of adults with underweight declined from 2.3% in 2012 to 1.8% in 2015 and 1.3% in 2018.
- Proportion of adults in normal weight decreased from 54.8% in 2012 to 54% in 2015 and 51.2% in 2018.
- Proportion of adults with overweight and obesity increased from 42.9% in 2012 to 44.2% in 2015 and 47.5% in 2018.

5

Infant and Young Children - Nutrition Outcomes and Food Consumption (2)

Trends in infant and young children feeding practices



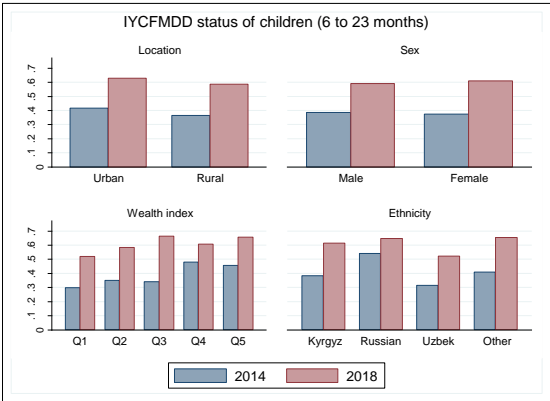
- Upward trend prop of under 6 months children currently breastfed from 32% in 2006 to 51% in 2018.
- 36% of male and 30% of females currently breastfed in 2006.
- By 2018, 49% of male and 51% of females were currently breastfed
- 29% of children currently breastfed in urban areas and 35% in rural areas in 2012.
- Increased to 48% in urban areas and 46% in rural areas in 2018.

- Jalalabad recorded the highest proportion of currently breastfed children (38%); Talas recorded the lowest (24%) in 2006.
- In 2018, Batken recorded the highest proportion of currently breastfed children (59%); Bishkek city & Chui recorded the lowest (46%)

6

Infant and Young Children - Nutrition Outcomes and Food Consumption (2)

Trends in infant and young children feeding practices



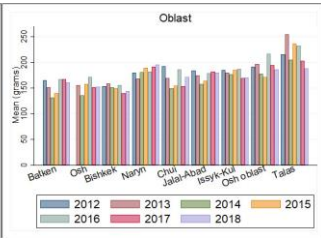
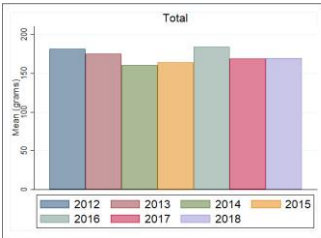
- Prop of children 6-23 months who met the min dietary diversity cut-off in 2014 was 38% and increased to 60% in 2018.
- 39% male & 38% female met the IYCFMDD cut-off in 2012. Increased to 59% male & 61% for female in 2018.
- Dietary diversity was higher in urban areas (41%) than in rural areas (36%) in 2014. Increased to 62% in urban and 59% in rural areas in 2018.

- 30% children in lowest quintile met dietary diversity cut-off; 46% for those who belonged to the highest quintile in 2014. Increased to 52% for lowest; 66% for highest quintile in 2018.
- Russian households recorded the highest no of children meeting IYCFMDD (54%); Uzbek households the lowest (31%) in 2014. Increased to 65% for Russian and 53% for Uzbek household in 2018.

7

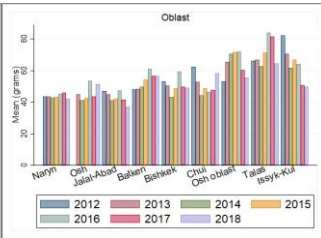
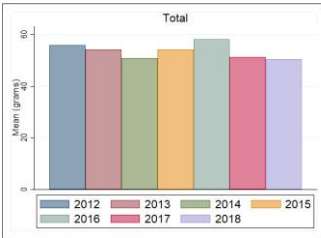
Health and nutrition – Food consumption

Trends in quantity of food products consumed per capita (per day)



Cereals and grains

- Consumption declined from 180g. to 160g. in 2012-2018.
- Talas oblast, rural, and hh of higher consumption expenditure quintile consumed more.



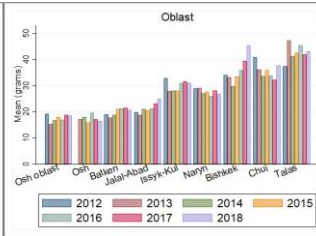
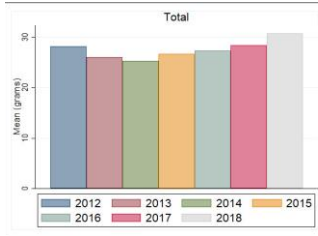
Roots and tubers

- Consumption declined by about 3g. from 58g. in 2012 to 55g. in 2018.
- Issyk-Kul and Talas oblasts, rural, and hh of the highest cons.exp.q. reported higher consumption.

8

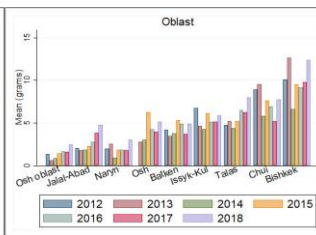
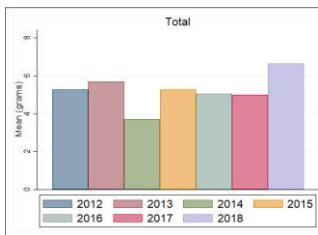
Health and nutrition – Food consumption (2)

Trends in quantity of food products consumed per capita (per day)



Meat and meat products

- Consumption increased by about 5g. (28g-33g) in 2012-2018.
- South reported the lowest while North the highest consumption. Rural and hh of the highest q. consumed more.



Other animal products

- Consumption increased by 0.7g. to 6.2g. in 2018.
- Bishkek, Chui and Talas, urban, and hh of higher cons.exp.q. recorded the highest consumption, while Osh, Jalal-Abad, and Naryn the least.

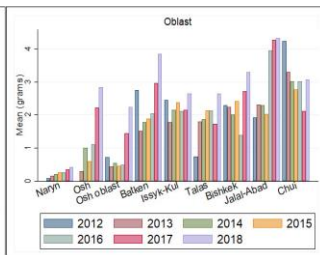
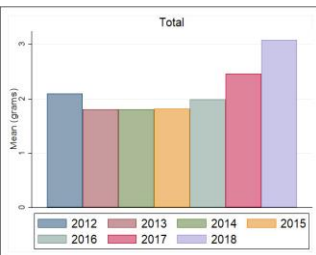
9

Health and nutrition – Food consumption (3)

Trends in quantity of food products consumed per capita (per day)

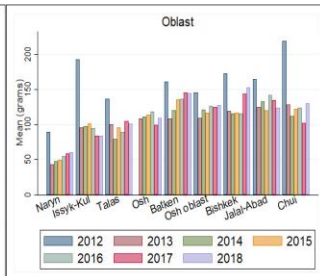
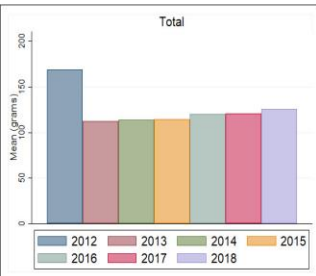
Legumes and pulses

- Consumption remained low over years, 3.2g in 2018.
- Chui and Jalal-Abad oblasts, urban and hh of the higher quintile consumed more.



Fruits and vegetables

- Consumption declined sharply after 2012 from 170g, but then increased to 120g in 2018.
- Chui and Jalal-Abad, and urban residents and hh of the highest cons.exp.q. recorded the highest cons per capita.



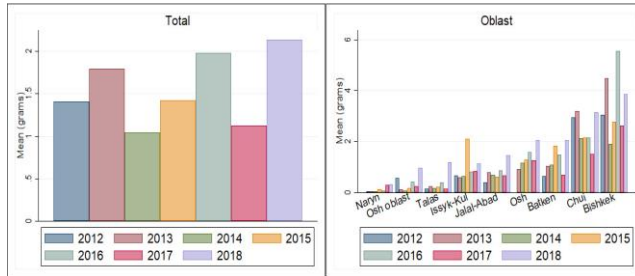
10

Health and nutrition – Food consumption (4)

Trends in quantity of food products consumed per capita (per day)

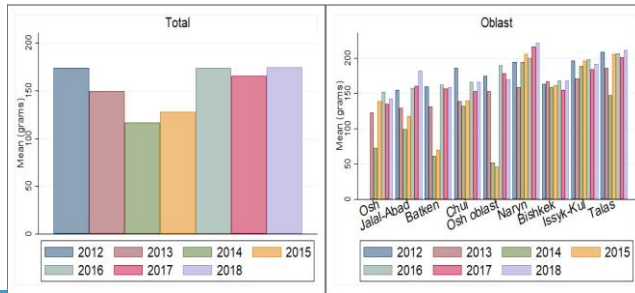
Fermented products

- Consumption reported fluctuated quantities and was 2.2g in 2018.
- Bishkek and Chui oblast, urban and hh of the higher quintiles consumed more.



Processed food

- No large differences in quantities consumed across oblasts, urban/rural and over years, remaining 170g.
- Households of the highest cons.exp.q. recorded the highest consumption.



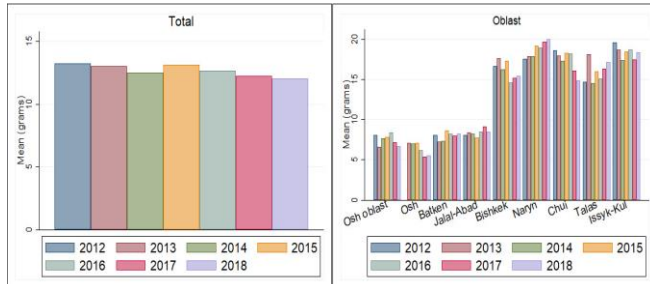
11

Health and nutrition – Food consumption (5)

Trends in quantity of food products consumed per capita (per day)

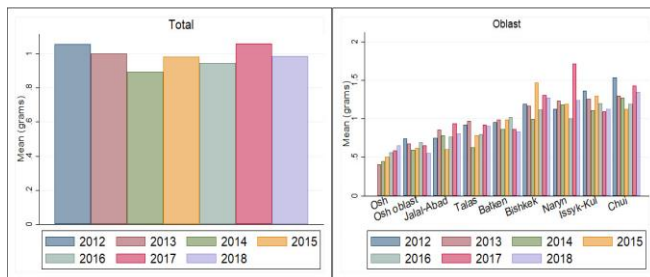
Sugary food and drinks

- Consumption remained marginally the same 13g.
- Northern regions, urban residents and hh of higher quintile consumed more.



Tea and coffee

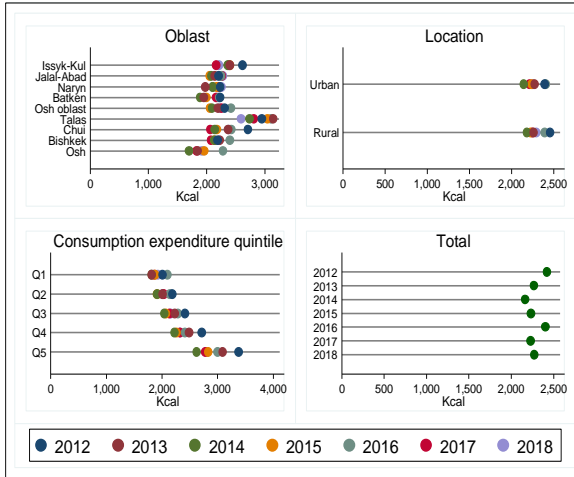
- Consumption remained marginally the same 1g.
- Chui and Issyk-Kul oblasts, marginally urban and of highest exp.q. recorded the highest consumption, while Osh city and Osh oblast the least.



12

Health and nutrition – Daily consumption per capita - calories

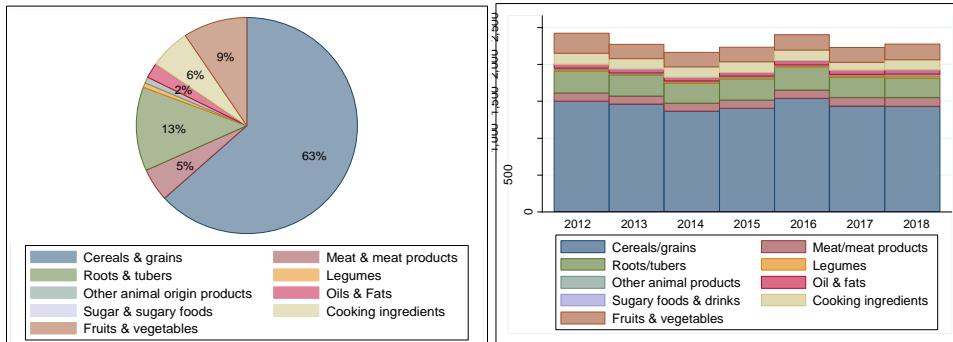
Total daily calorie consumption per capita



- Per capita/day calorie consumption declined from 2619 kcal in 2012 to 2431 kcal in 2018.
- Osh recorded the least calorie intake (from 2077 in 2013 to 2094 in 2018).
- Talas oblast recorded the highest (consumption decreased from 2990 in 2012 to 2798 in 2018).
- Between 2012 and 2018, calorie consumption decline in urban and rural households.
- Daily calorie consumption declined in both the highest and lowest quintile.

13

Health and nutrition – Daily consumption per capita - products and calories

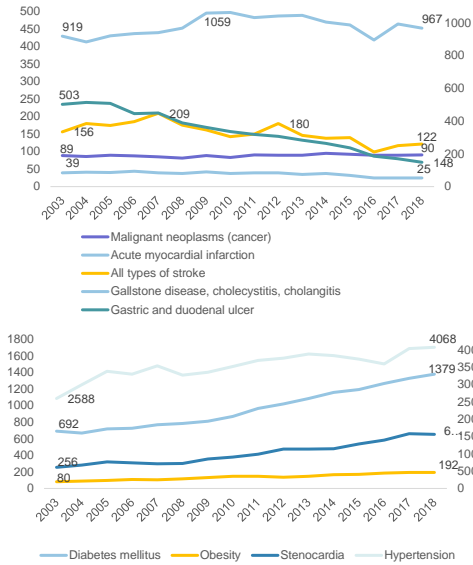


Contribution of each food group to total daily calorie consumption per capita

- Cereals/grains accounted for 69% of total kcal per capita/day consumed in 2012 (1580 kcal) and 59% in 2018 (1477 kcal).
- Roots and tubers accounted for 14% of total kcal/day consumption (329 kcal) in 2012 & 12% (297 kcal) in 2018.
- Meat/meat products accounted for 5% of total kcal/day consumption (124 kcal) in 2012 and 6% (136 kcal) in 2018.
- Fruits/vegetables accounted for 15% of total daily calorie consumption (331 kcal) in 2012 and 12% (295 kcal) in 2018.

14

Health outcomes - Noncommunicable diseases (NCDs)

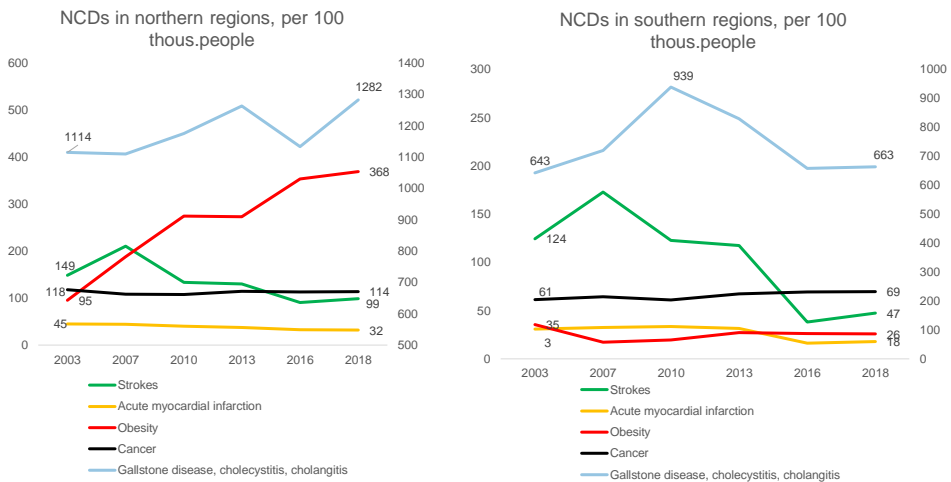


- Some NCDs declines or stagnant - cancer, infarcts, strokes and digestive system diseases
- Some NCDs increases - diabetes mellitus, hypertension, obesity and stenocardia
- Decrease of such diseases as gastric and duodenal ulcer among adults and adolescents

15

Health outcomes – NCDs in regional perspective (2)

Gap between Northern and Southern Kyrgyzstan visible

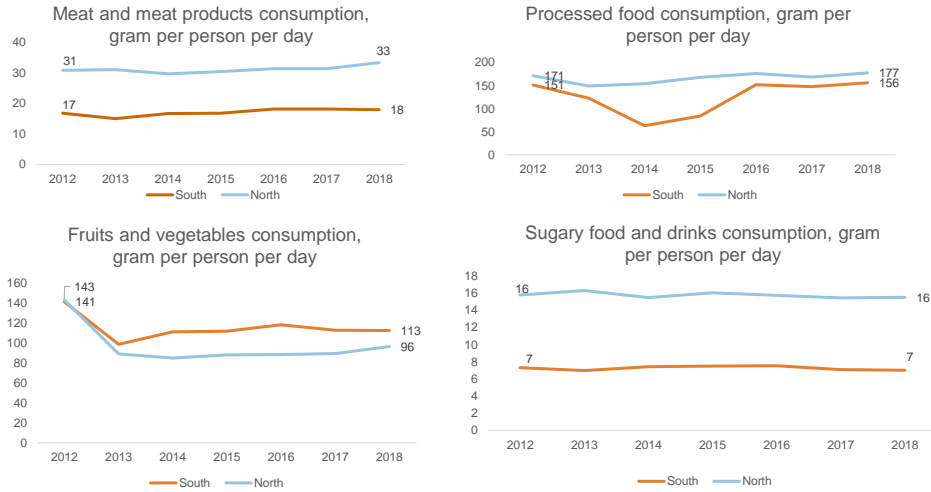


16

16

Health Outcomes and Nutrition – Discussion Topic (1)

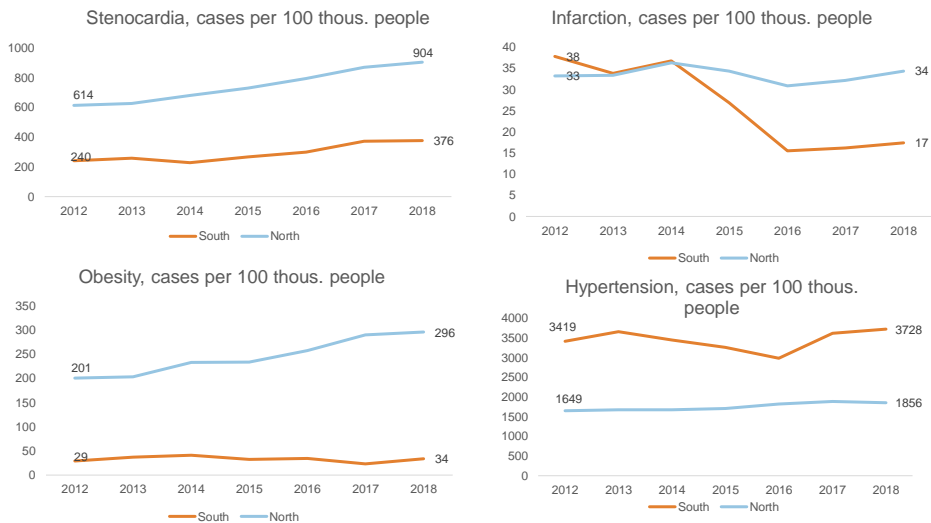
Could different nutrition practices in different regions cause different health outcomes?



17

Health Outcomes and Nutrition – Discussion Topic (2)

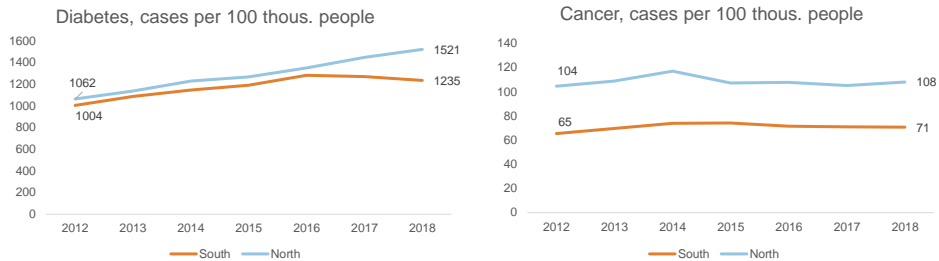
It might be some causality there...



18

Health Outcomes and Nutrition – Discussion Topic (3)

Some more food for thought...



19

Conclusions

- Food security improved in the observed period
- Over time diet changes (cereals and root and tubers declines, meat and other animal products increased)
- Food is not healthy and need to be changed
- Regional disparities (North-South) visible
- NCDs increased over time and might be caused by the unhealthy diet
- Regional difference between NCDs and diets need to be explored further

20

Thank you for the attention!



UNIVERSITY OF CENTRAL ASIA
GRADUATE SCHOOL OF DEVELOPMENT
Institute of Public Policy and Administration