



Food and Agriculture Organization  
of the United Nations



# SAMOA

## FOOD SECURITY PROFILE

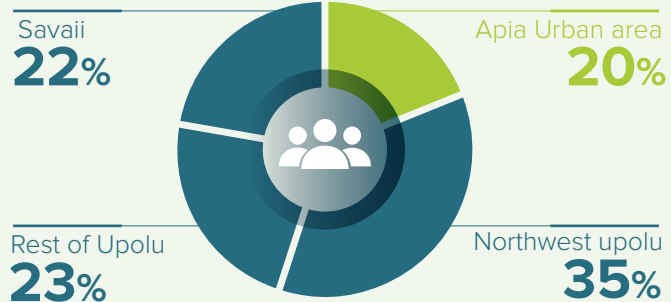
### DEMOGRAPHICS



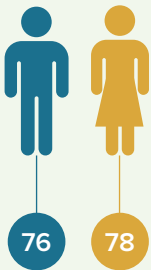
**195 979**

Population (2016)

80% Rural population



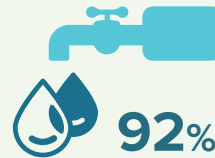
### Life expectancy



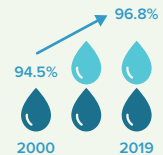
Crude birth rate: **24.7**



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

2 ZERO HUNGER



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<sup>1,2</sup>**

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



Average dietary energy consumption (Kcal/capita/day)

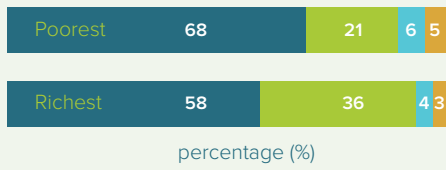
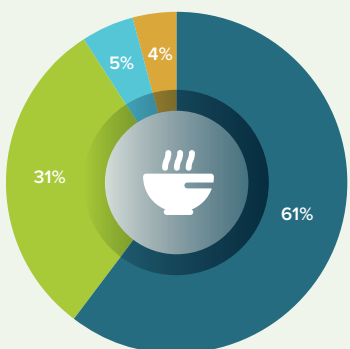
Average cost to acquire 1 000 kcal

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**



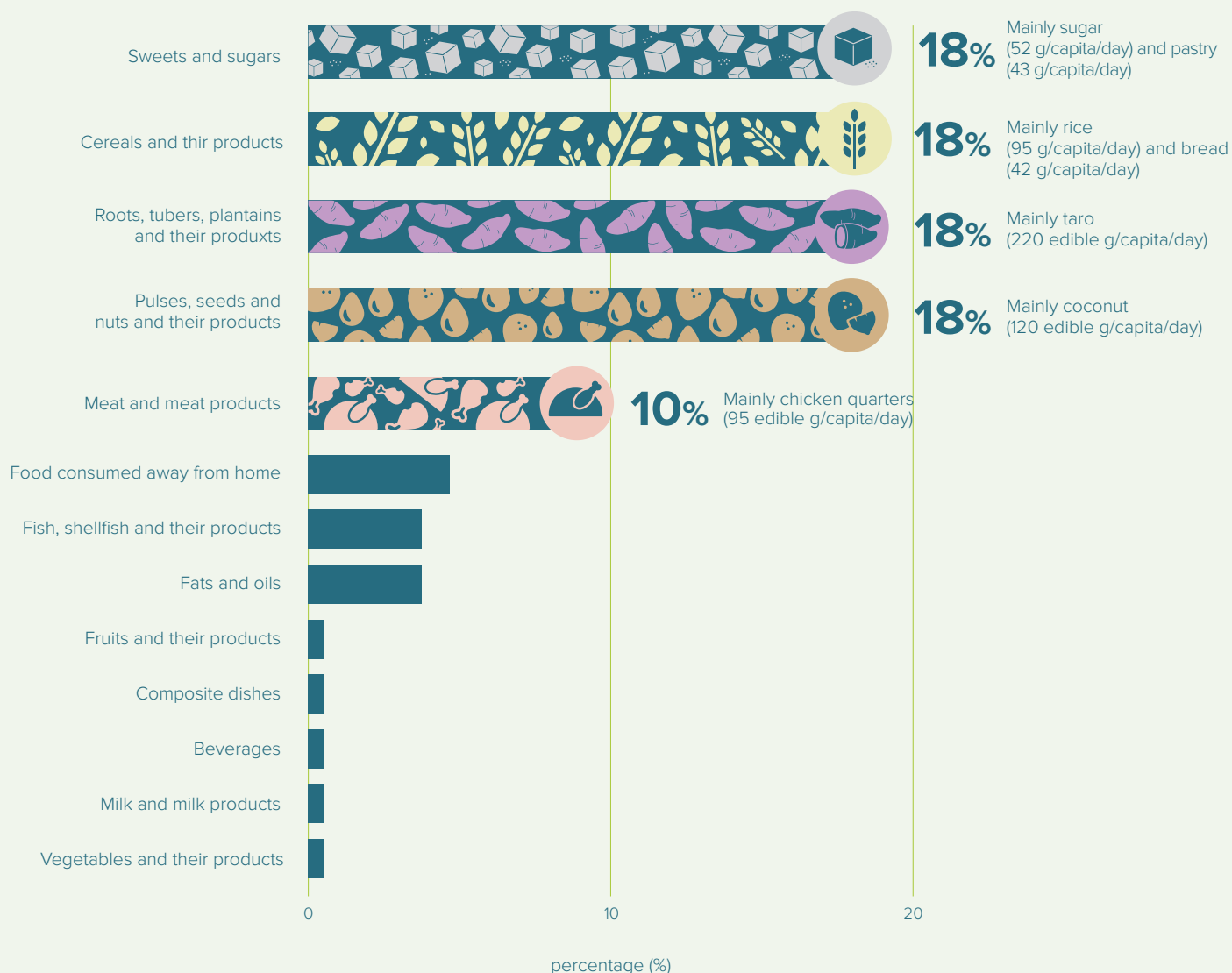
A Samoan will spend on average **WST 5.4** per day on food  
Share of food expenditures in total expenditures



- 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

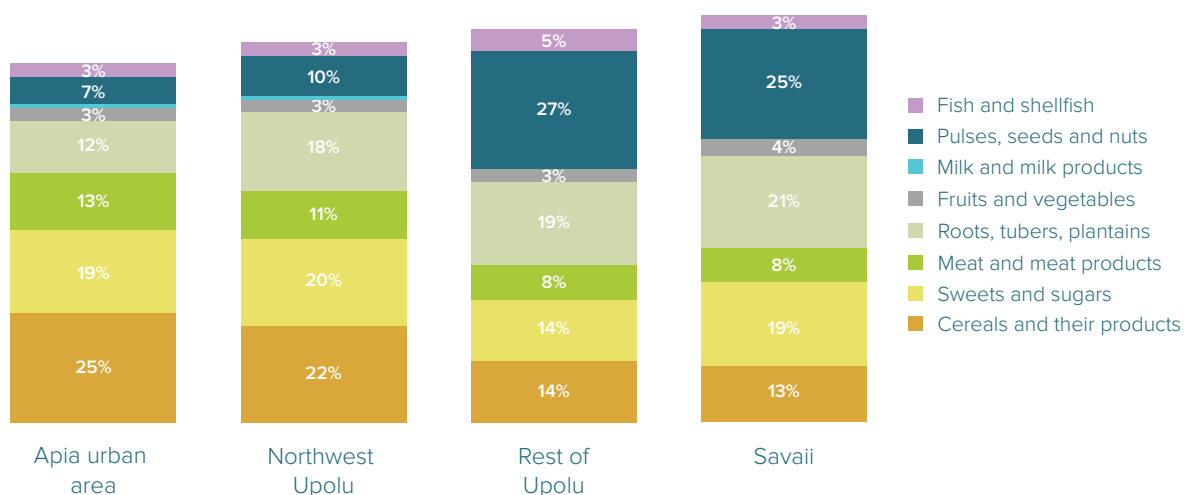
<sup>1</sup> Based on the analysis of the food data collected in the 2018 Samoa Household Income and Expenditure Survey. The analysis was performed by the Samoa Bureau of Statistics in collaboration with FAO. FAO's collaboration was funded by the TCP/SAP/3705 project  
<sup>2</sup> Statistics refer to 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

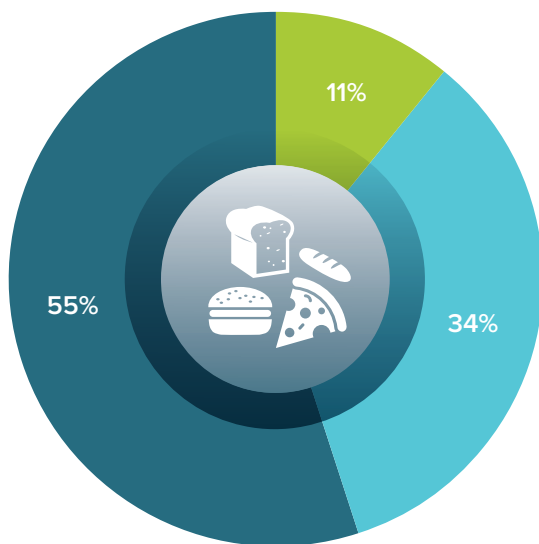
## Contribution of the main food groups to the average dietary consumption



## Consumption of fruits and vegetables

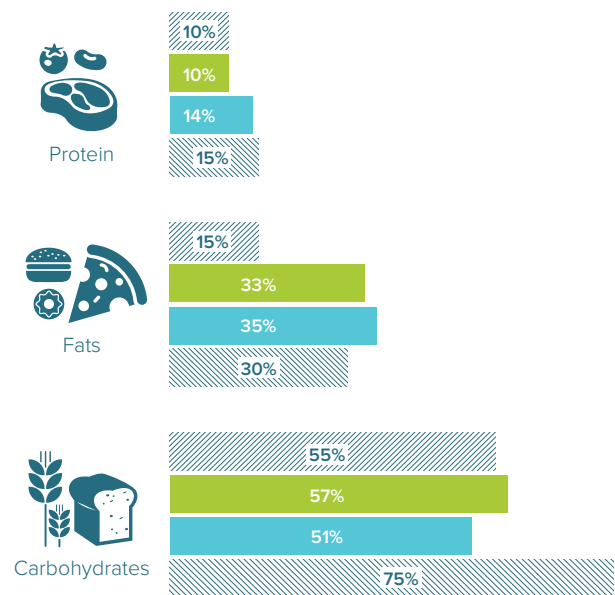


## Diet too rich in fats and too low in carbohydrates



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

## Nutrient contribution to dietary energy consumption



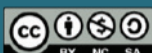
- Richer households
- Poorer households
- ▨ Lower limit of WHO recommendation
- ▨ Higher limit of the WHO recommendation

\*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.

### Contact:

FAO Subregional Office for the Pacific Islands  
SAP-SRC@fao.org  
<http://www.fao.org/asiapacific/our-offices/pacific-islands/en/>  
Food and Agriculture Organization of the United Nations  
Apia, Samoa

Samoa Bureau of Statistics  
info.stats@sbs.gov.ws  
Government FMFM11 Building,  
Level 1 & 2 | Eleele-fou  
Apia, Samoa



Some rights reserved. This work is available under a CC BY-NC-SA 3.0 IGO licence