

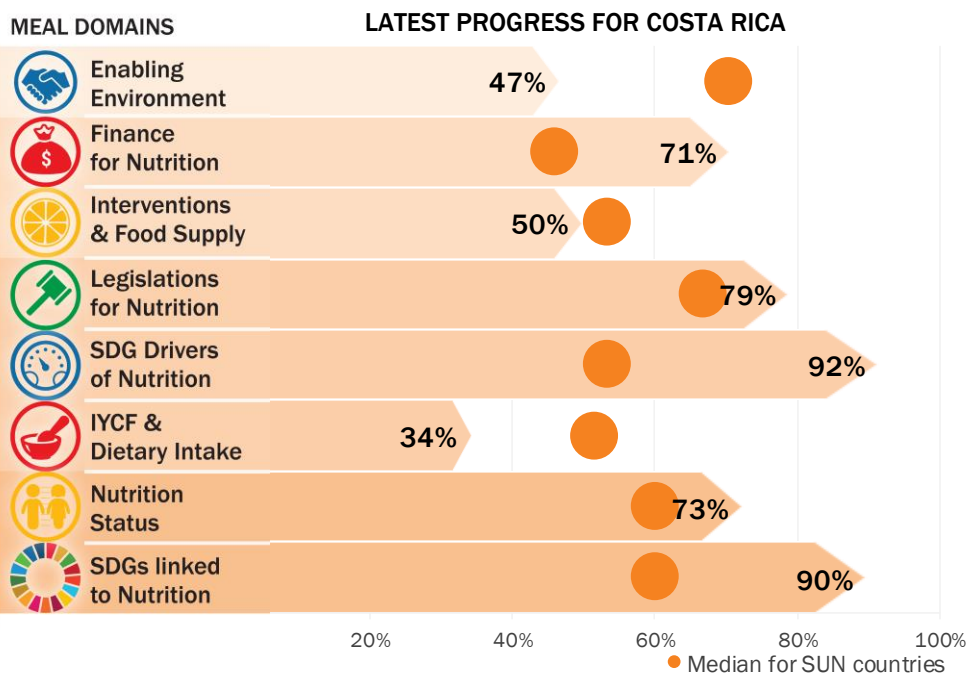


# Costa Rica

The Scaling Up Nutrition (SUN) Movement Monitoring, Evaluation, Accountability and Learning (MEAL) System was developed for the SUN Strategy 2016-2020. It identifies a wide range of desired results and associated indicators of progress across eight domains in which the SUN Movement seeks to catalyze change and deliver nutrition impact. These results correspond to the steps in the SUN Movement Theory of Change.

The Country Dashboard provides an overview of progress using a set of indicators aligned with globally agreed frameworks for nutrition and the SDG Framework. It is designed to support SUN Movement stakeholders at all levels to assess performance and inform strategic decisions towards ending all forms of malnutrition.

## SUN MOVEMENT THEORY OF CHANGE



## Costa Rica

Joined the SUN Movement in 2014

**Population** 4,906,000  
(UNPD 2017)

**Income class** Upper middle income  
(World Bank 2018)

**Humanitarian risk class** Low  
(INFORM 2019)

Data for Costa Rica are available for 72/85 (85%) MEAL indicators, with most covering the timeframe 2011-2018. Based on the data, Costa Rica is progressing very well, with low levels of undernutrition and strong performance in government spending for nutrition, legislation for nutrition (notably maternity protection, right to food recognition and fortification), underlying drivers of nutrition, and the nutrition-related SDG's. However, more could be done on the enabling environment particularly with network activity, and scaling up high-impact nutrition interventions to address the burden of malnutrition, particularly high prevalence of overweight and obesity among both adolescent girls and women. The issue of missing data is also noted.



## Enabling Environment

As stakeholders from different sectors come together to build an enabling environment for improving nutrition, it results in a multi-stakeholder platform, functioning networks of nutrition actors, progress in the SUN Movement processes, integration of nutrition in development plans and improved nutrition information systems.

INDICATOR	SCORE	DATA SOURCE	SUN MEDIAN
<i>Bringing people together</i>			
1.1 Existence of a Multi-Stakeholder Platform (MSP)	Interim	JAA 2018	Yes
1.2 Number of networks (UN, business, donor, civil society)	1	JAA 2018	3
A) UN Network Functionality Index (out of 6)	4	UNN 2018	5
B) SUN Business Network Functionality Index (out of 5)	0	SBN 2018	0
C) SUN Civil Society Network Functionality Index (out of 6)	0	CSN 2018	4
1.3 Mobilization of High-level Advocates for Nutrition (# of types)	0	JAA 2018	2
<i>Changing behaviours and committing to common results</i>			
1.4 SUN Movement Processes Total Score	43%	JAA 2018	64%
Process 1) Bringing people together into a shared space for action	54%	JAA 2018	73%
Process 2) Ensuring a coherent policy and legal framework	44%	JAA 2018	65%
Process 3) Aligning actions around common results	41%	JAA 2018	64%
Process 4) Financing tracking and resource mobilisation	32%	JAA 2018	54%
1.5 WHA Targets included in National Nutrition Plans (out of 6)	0	PNSANEH 2016-2025	4
1.6 NCD Targets included in National Nutrition Plans (out of 4)	4	PNSANEH 2016-2025	0
1.7 Information Systems for Nutrition Index (out of 9)	2.5	SMS 2019	6.1
1.8 Integration of Undernutrition in National Development Policies, rank	51 of 56	2019-2022	30
1.9 Integration of Overnutrition in National Development Policies, rank	25 of 38	2019-2022	30



## Finance for Nutrition

As multiple stakeholders mobilize resources, the results include increased spending for evidence-based high-impact nutrition actions from both national and external funding sources.

INDICATOR	SCORE	DATA SOURCE	SUN MEDIAN
2.1 National Budget Spending for Nutrition			
A) Budget Analysis Completeness (out of 4 key elements)	4	SMS 2015	3
B) Budget spending per child U5 for nutrition-specific interventions	\$244.85	SMS 2015	\$1.56
C) Percentage budgeted for nutrition-specific spending	25.7%	SMS 2015	1.2%
2.2 Donor Funding for Nutrition			
A) Donor spending on nutrition-specific interventions per stunted child U5	\$6.62	R4D 2015-2016	\$7.81
B) Donor spending on nutrition-specific interventions per child U5	\$0.37	R4D 2015-2016	\$2.45
2.3 Agriculture Orientation Index	0.28	FAO 2016	0.22



## Interventions and Food Supply

As multiple stakeholders mobilize resources and align their actions, the results include increased coverage of nutrition actions, increased diversity and quality of food supply, and equitable geographic distribution of nationally agreed core actions and implementation capacity for nutrition.

INDICATOR	SCORE	DATA SOURCE	SUN MEDIAN
3.1 Baby-Friendly Hospital Initiative–certified Health Facilities	44%	WHO 2017	3%
3.2 Severe Acute Malnutrition Treatment (children 6-59 mos)	No data	UNICEF 2017	36%
3.3 Vitamin A Supplementation (children 6-59 mos)	No data	UNICEF 2017	62%
3.4 Antenatal Iron Supplementation (90+ tablets)	No data		30%
3.5 Nutrition Professionals Density (per 100,000 population)	45.2	WHO 2016-2017	0.8
3.6 Iodized Salt Availability	No data	UNICEF	80%
3.7 ORS and Zinc Treatment for Diarrhea (children 0–5 yrs)	No data	UNICEF	7%
3.8 Deworming Treatment (children 12–59 mos)	No data	UNICEF	42%
3.9 Insecticide Treated Net Use (children 0–5 yrs)	No data	UNICEF	45%
3.10 Vaccination Coverage (DTP3 in 1 yr olds)	96%	WHO 2017	86%
3.11 Family Planning Needs Met (modern method)	89%	UNPD 2011	50%
3.12 Non-staple Foods Availability (% of calories)	68%	FAO 2012	39%
3.13 Fruits & Vegetables Availability (grams per capita)	501	FAO 2013	276
3.14 Fortification Status of Food Vehicles	Sustain salt, wheat, maize, rice	GAIN 2016	N/A
3.15 Social Protection Programme Coverage	46%	World Bank 2014	13%
3.16 Government ministries involved in nutrition actions at national level	No data		N/A
3.17 Stakeholders involved in nutrition actions at subnational level	No data		N/A
3.18 High-impact nutrition-specific actions coverage at subnational level	No data		N/A



## Enacted Legislations for Nutrition

Results achieved through better alignment include progress in the implementation and monitoring of legislations for nutrition.

INDICATOR	SCORE	DATA SOURCE	SUN MEDIAN
4.1 International Code of Marketing of Breastmilk Substitutes (level of implementation)	Many provisions	WHO 2018	Many
4.2 Maternity Protection Legislation	Yes	ILO 2013	Partial
4.3 Right to Food Legislation (level of constitutional recognition)	Strong	FAO 2017	Moderate
4.4 Restrictions on Marketing of Food/Beverages to Children	Not achieved	WHO 2017	Not achieved
4.5 Mandatory Food Fortification Legislation	Salt, wheat, maize, rice	GFDx 2019	2 food vehicles
4.6 Fortification Standards	Salt, wheat, maize, rice	GFDx 2019	2 food vehicles



## SDG Drivers of Nutrition

Results achieved through aligned implementation also include changes in key drivers of nutrition, which are embedded in relevant sectors such as health, WASH, food systems, education, social protection and gender.

	INDICATOR		SCORE	DATA SOURCE	SUN MEDIAN
5.1	Diarrhoea in children U5		7%	MICS 2011	17%
5.2	Access to a basic drinking water service		100%	JMP 2015	68%
5.3	Access to a basic sanitation service		97%	JMP 2015	37%
5.4	Malaria incidence (per 1000 population)		0	WHO 2017	65
5.5	Measles cases reported (children U5)		0	WHO 2018	317
5.6	Adolescent fertility (per 1000 women 15–19 years)		53	UNPD 2016	87
5.7	New HIV infections (per 1000 uninfected population)		0.22	UNAIDS 2017	0.44
5.8	Tuberculosis incidence (per 100,000 population)		10	WHO 2017	179
5.9	Undernourishment prevalence		4%	FAO 2016	20%
5.10	Severe food insecurity prevalence (adults)		5%	FAO 2016	25%
5.11	Early marriage (before age 18)		21%	UNICEF 2011	30%
5.12	Female secondary school enrollment (% gross)		129%	UNESCO 2016	47%
5.13	Violent discipline among children 2–14 years		46%	UNICEF 2011	82%
5.14	Growth in household income (shared prosperity premium)		-1.0%	WB 2010-14	0.6%
5.15	Urban population living in slums		6%	UN-HABITAT 2014	54%



## IYCF and Dietary Intake

Aligned implementation achieves results including improved infant and young child feeding practices, as well as improved dietary intake among various population groups.

	INDICATOR		SCORE	DATA SOURCE	SUN MEDIAN
6.1	Exclusive breastfeeding (infants 0–5 mos)		33%	UNICEF 2011	44%
6.2	Early initiation of breastfeeding		60%	UNICEF 2011	52%
6.3	Minimum Acceptable Diet (children 6–23 mos)		No data	UNICEF	13%
6.4	Minimum Diet Diversity (children 6–23 mos)		No data	UNICEF	22%
6.5	Fruit and vegetable intake (g/day in adults)		250	GBD 2016	131
6.6	Sodium intake (g/day in adults)		3.6	GBD 2016	2.8
6.7	Urinary iodine concentration (median µg/l)		314	IGN 2009	161
6.8	Population consumption of fortified food		No data		N/A



## Nutrition Status

The outcome of scaling up nutrition-specific and nutrition-sensitive actions is better nutrition for all – children, adolescents, women and men. Countries show progress towards achieving national nutrition targets, including WHA global nutrition and NCD diet-related targets.

	INDICATOR		SCORE	DATA SOURCE	SUN MEDIAN
7.1	Stunting (children U5)		6%	JME 2008	32%
7.2	Low birthweight		No data	UNICEF	No data
7.3	Overweight (children U5)		8.1%	JME 2008	3.5%
7.4	Wasting (children U5)		1%	JME 2008	7%
7.5	Anaemia among pregnant women		25%	WHO 2016	44%
7.6	Anaemia among non-pregnant women		15%	WHO 2016	37%
7.7	Low BMI (adult women)		2%	NCD-RisC 2016	9%
7.8	Overweight and obesity (adult women)		65%	NCD-RisC 2016	37%
7.9	Overweight and obesity (adolescent girls 10-19 years)		32%	NCD-RisC 2016	15%
7.10	Diabetes (adult women)		8.9%	NCD-RisC 2014	7.5%
7.11	Hypertension (adult women)		16%	NCD-RisC 2015	28%



## SDGs linked to Nutrition

Better nutrition contributes to the achievement of SDGs, including reduced mortality, increased cognitive ability and school attainment, increased economic productivity and reduced extreme poverty.

	INDICATOR		SCORE	DATA SOURCE	SUN MEDIAN
8.1	Population below the poverty line		1%	World Bank 2016	28%
8.2	U5 Mortality Rate (per 1000 live births)		9	UNICEF 2017	57
8.3	NCD Mortality Rate (per 100,000 population)		367	WHO 2016	665
8.4	Early child development status (36–59 mos)		81%	UNICEF 2011	63%
8.5	Annual GDP growth per capita		3.2%	World Bank 2017	4.2%

## Colour Classification Legends

**TABLE 1 ENABLING ENVIRONMENT**

	Green	Blue	Yellow	Red
1.1	Yes	Interim		No
1.2	3-4	2	1	0
1.2 a-c	5-6	3-4	1-2	0
1.3	All 3	2	1	None
1.4 all	≥70%	55-69%	40-54%	<40%
1.5	5-6	3-4	1-2	None
1.6	3	2	1	None
1.7	7.5-9.0	6.0-7.4	4.5-5.9	0-4.4
1.8	Top 15	16-30	31-45	46-56
1.9	Top 14	15-29	30-37	38

**TABLE 2 FINANCE FOR NUTRITION**

	Green	Blue	Yellow	Red
2.1a	All 4	3 of 4	2 of 4	1 of 4
2.1b	≥\$8	\$5-7	\$1-4	<\$1
2.1c	>10%	5-10%	1-4%	<1%
2.2a	≥\$15	\$7.5-14	\$3.5-7.4	<\$3.50
2.2b	≥\$5	\$2.5-4.9	\$1-2.49	<\$1
2.3	≥1	0.5-0.9	0.2-0.5	0-0.1

**TABLE 3 INTERVENTIONS & FOOD SUPPLY**

	Green	Blue	Yellow	Red
3.1	≥60%	30-59%	5-29%	0-4%
3.2	≥75%	40-74%	10-39%	<10%
3.3	≥90%	80-89%	60-79%	<60%
3.4	≥50%	30-49%	15-29%	<15%
3.5	≥2.0	0.8-1.9	0.2-0.7	<0.2
3.6	≥90%	75-89%	50-74%	<50%
3.7	≥20%	10-19%	5-9%	<5%
3.8	≥60%	40-59%	25-39%	<25%
3.9	≥55%	40-54%	20-39%	<20%
3.10	≥90%	80-89%	50-79%	<50%
3.11	≥65%	50-64%	35-49%	<35%
3.12	≥50%	40-50%	30-39%	<30%
3.13	≥400 g	250-399	100-249	<100%
3.14	Sustain 2+	Sustain 1	Improve	All build
3.15	≥60%	40-59%	15-39%	<15%
3.16	TBD			
3.17	TBD			
3.18	TBD			

**TABLE 4 ENACTED LEGISLATIONS FOR NUTRITION**

	Green	Blue	Yellow	Red
4.1	Full	Many	Few	None
4.2	Yes	Partial		Not achieved
4.3	Strong	Moderate	Weak	None
4.4	Fully achieved			Not achieved
4.5	≥1 staple food + salt + oil	≥1 staple food + salt/oil	≥1 food vehicle	None
4.6	3+ foods	2 foods	1 food	None

**TABLE 5 SDG DRIVERS OF NUTRITION**

	Green	Blue	Yellow	Red
5.1	0-11%	12-17%	18-24%	≥25%
5.2	≥85%	70-84%	55-69%	<55%
5.3	≥60%	35-59%	20-34%	<20%
5.4	<10	10-99	100-249	≥250
5.5	<10	10-99	100-999	≥1000
5.6	<44	44-99	100-149	≥150
5.7	<.25	0.25-0.49	0.50-1.9	≥2.0
5.8	<100	100-199	200-349	≥350
5.9	<10%	10-19%	20-29%	≥30%
5.10	<10%	10-24%	25-49%	≥50%
5.11	<20%	20-29%	30-39%	≥40%
5.12	≥65%	50-64%	30-49%	<30%
5.13	<75%	75-79%	80-84%	≥85%
5.14	≥1		<1%	<0
5.15	<40%	40-54%	55-69%	≥70%

**TABLE 6 IYCF AND DIETARY INTAKE**

	Green	Blue	Yellow	Red
6.1	≥50%	35-49%	15-34%	<15%
6.2	≥65%	50-64%	25-49%	<25%
6.3	≥40%	20-39%	10-19%	<10%
6.4	≥50%	25-49%	15-24%	<15%
6.5	≥400	200-399	100-199	<100 g
6.6	0-1.9	2.0-29	3.0-3.9	≥4.0 g
6.7	200-299	100-199	≥300	0-99 µg/L
6.8	≥70%	50-69%	10-49%	<10%

**TABLE 7 NUTRITION STATUS**

	Green	Blue	Yellow	Red
7.1	<20%	20-29%	30-39%	≥40%
7.2	<10%	10-14%	15-19%	≥20%
7.3	<4%	4-6%	7-9%	≥10%
7.4	<5%	5-9%	10-14%	≥15%
7.5	<20%	20-29%	30-39%	≥40%
7.6	<20%	20-29%	30-39%	≥40%
7.7	<5%	5-9%	10-14%	≥15%
7.8	<30%	30-34%	35-39%	≥40%
7.9	<10%	10-14%	15-19%	≥20%
7.10	<6.0%	6.0-7.4%	7.5-8.9%	≥9%
7.11	<20%	20-24%	25-29%	≥30%

**TABLE 8 SDGS LINKED TO NUTRITION**

	Green	Blue	Yellow	Red
8.1	<15%	15-34%	35-49%	≥50%
8.2	0-39	40-69	70-99	≥100
8.3	0-600	601-700	701-800	≥801
8.4	≥75%	65-74%	60-64%	<60%
8.5	≥7%	3.5-6.9%	0-3.4%	<0%

Note: The classification is based on performance relative to other SUN countries except when established cut-offs are available. The "green" colour indicates "good" performance, intervention coverage or nutrition status in relative terms. It does not represent that this target has been fully met.

A detailed description of the MEAL Framework of Results and Lists of Indicators, including definitions and data sources, is available at <http://bit.ly/sunmeal>

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