

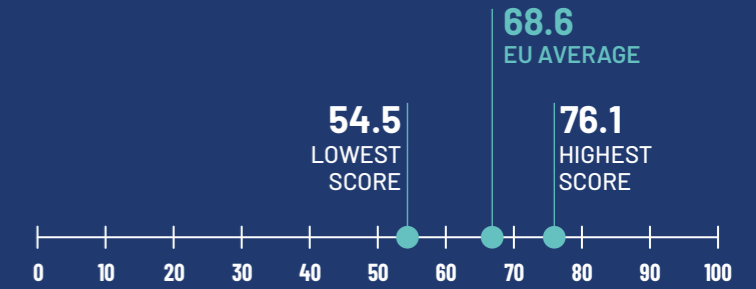
ESTONIA

The country experiences substantial nutritional challenges mainly related to overweight in adults, adolescents and children; agriculture is characterised by low pressure on freshwater resources due to agriculture, and high carbon content of soil; a food waste reduction strategy is in place.

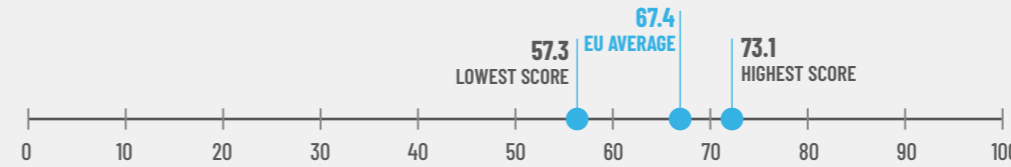
FOOD SUSTAINABILITY INDEX PERFORMANCE



COUNTRY SCORE



NUTRITIONAL CHALLENGES



78 years life expectancy at birth

67 years healthy life expectancy

56% of adults are overweight

21% of children and adolescents are overweight

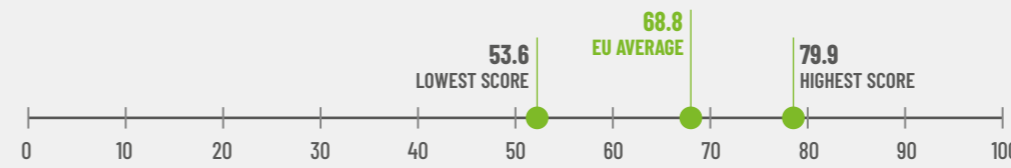
68% of the population reaches recommended physical activity levels

8% of calories from sugar

3.95 g of sodium per day

Food-based dietary guidelines are published on a national level

AGRICULTURE



0.04% of renewable water used in agriculture

1.3% of fish stocks overexploited or collapsed

7.1% of average soil organic carbon (content in weight)

361,203 ha are deforested each year

1.8 ton CO₂ eq. per ha are GHG emissions from agriculture

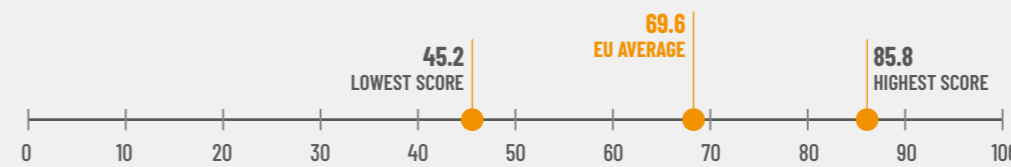
1.28% of GDP government expenditure on R&D

55 years average age of farmers

3% of youth (under 35) works in agriculture

51% of farmers are women

FOOD LOSS AND WASTE



61 kg/yr per capita food waste

Strategies: Waste Management Plan 2014-2020