In the 2019 Global Hunger Index, Estonia is one of 17 countries with a GHI score of less than 5. These countries are not assigned individual ranks, but rather are collectively ranked 1–17 out of 117 qualifying countries.

**GHI Score Trend for Estonia**

![Graph showing GHI scores for Estonia from 2000 to 2019.]


**ABOUT THE GLOBAL HUNGER INDEX**

The Global Hunger Index is a peer-reviewed annual report, jointly published by Concern Worldwide and Welthungerhilfe, designed to comprehensively measure and track hunger at the global, regional, and country levels. GHI scores are calculated each year to assess progress and setbacks in combating hunger. The GHI is designed to raise awareness and understanding of the struggle against hunger, provide a way to compare levels of hunger between countries and regions, and call attention to those areas of the world where hunger levels are highest and where the need for additional efforts to eliminate hunger is greatest. This country profile is based on data and information from the Global Hunger Index 2019.

For more information please see the Global Hunger Index 2019 at [www.globalhungerindex.org](http://www.globalhungerindex.org)

Publication date: October 2019
The GHI score incorporates four component indicators: undernourishment, child wasting, child stunting, and child mortality. Using this combination of indicators to measure hunger offers several advantages.

The indicators included in the GHI formula reflect caloric deficiencies as well as poor nutrition. The undernourishment indicator captures the nutrition situation of the population as a whole, while the indicators specific to children reflect the nutrition status within a particularly vulnerable subset of the population for whom a lack of dietary energy, protein, and/or micronutrients (essential vitamins and minerals) leads to a high risk of illness, poor physical and cognitive development, and death.

The inclusion of both child wasting and child stunting allows the GHI to document both acute and chronic undernutrition. By combining multiple indicators, the index reduces the effects of random measurement errors.

**Trend for Indicator Values - Estonia**

![Trend graph showing data from 2000 to 2019 for undernourishment, prevalence of wasting, prevalence of stunting, and under-five mortality rate.]