In the 2019 Global Hunger Index, Panama ranks 39th out of 117 qualifying countries.

With a score of 9.2, Panama suffers from a level of hunger that is low.

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 - Panama