



# Consumption of edible oil, wheat flour and sugar in Ethiopia

## THE PROBLEM

Economic growth and urbanization have increased demand for edible oil, wheat flour and sugar in Ethiopia<sup>1</sup>. An assessment of consumption patterns of these commodities across regions and by residence can reflect demand. This information can also inform

policy and planning to forecast future needs. Thus, this analysis aims to present the coverage of edible oil and wheat flour use. Additionally, it shows annual household and per capita consumption of edible oil, wheat flour and sugar between 2011 and 2016.

### BOX 1: METHODOLOGY

#### Data sources and methods

- To calculate coverage of edible oil and wheat flour, we used data from the 2021/2022 Food and Nutrition Strategy (FNS) baseline survey. Data from eleven regions was included in this analysis.
- To estimate annual household and per capita consumption of edible oil, wheat flour, and sugar, we use data from the 2011 and 2016 Household Consumption Expenditure Survey (HCES)<sup>2,3</sup>. The HCES was conducted by the Central Statistics Agency (CSA). In Ethiopia, HCES is a nationally representative repeated cross-sectional survey. Data on household food consumption and expenditure were collected over the course of one year to capture seasonal variation in food consumption and expenditure patterns. The analyses are disaggregated by residence (urban/rural), and region.

## KEY FINDINGS

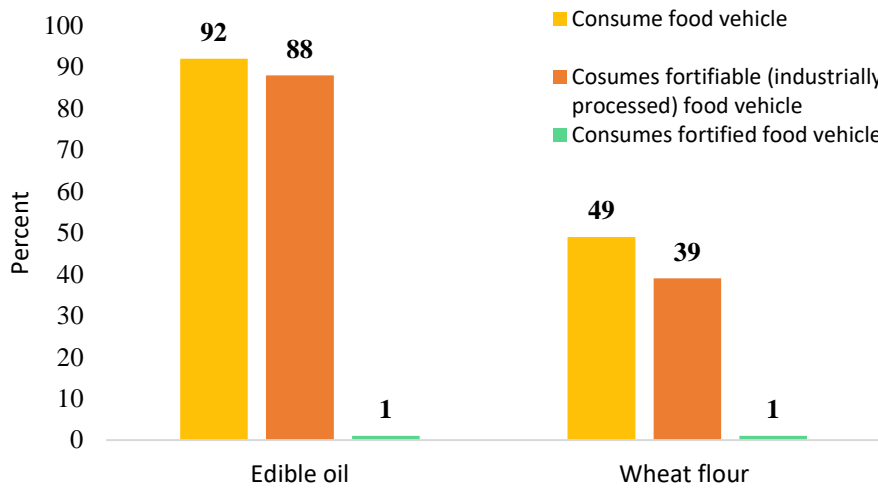
### *Coverage of fortifiable oil and wheat*

**Figure 1** shows the coverage of edible oil and wheat flour by residence. In total 92% households reported that they use edible oil to prepare foods or add to foods at home. Similarly, 49% reported that they use wheat flour to prepare foods. Close to 90% consumed an oil that is fortifiable while 39% of the wheat flour consumed was fortifiable. However only 1% of the oil and wheat flour used by the households were confirmed to be fortified.

**Coverage of fortifiable edible oil:** Pro-portion of households that report consuming edible oil in the household that is potentially industrially processed.

**Coverage of fortifiable wheat flour:** Pro-portion of households that report consuming wheat flour in the household that is industrially processed.

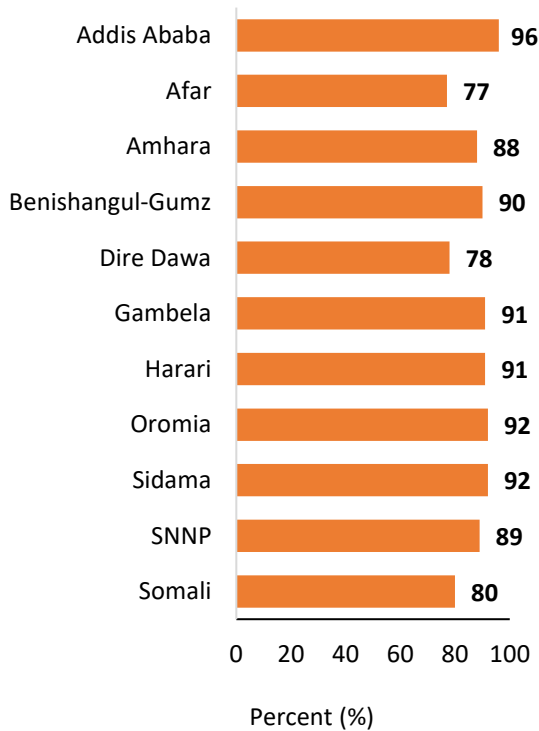
**Figure 1:** Percent distribution of coverage of edible oil and wheat flour by residence



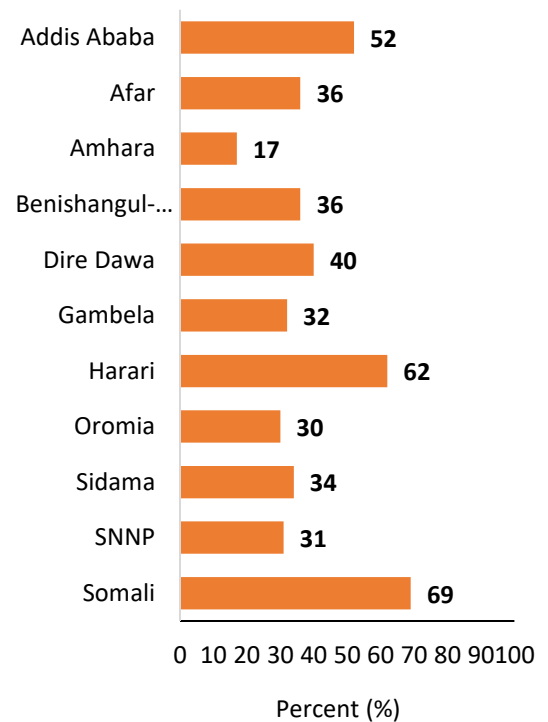
Source: FNS 2021/2022

**Figure 2 and Figure 3** show coverage of fortifiable edible oil and wheat flour across nine regions. More regional variations in consumption are present for wheat flour compared to edible oil.

**Figure 2.** Percent distribution coverage of fortifiable edible oil by region



**Figure 3.** Percent distribution coverage of fortifiable wheat flour by region



## Consumption of edible oil, wheat flour and sugar

**Table 1** presents the annual consumption of oil at the household level and per capita in 2011 and 2016. Per capita consumption of edible oil increased from 4 liters in 2011 to 7 in 2016. Regional and urban/ rural variations in consumption are shown in Table 1.

**Table 1.** Annual per household and per capita consumption of edible oil in Ethiopia (2011 – 2016)

Background characteristics	Number of households	Number of individuals	2011			Number of households	Number of individuals	2016		
			Consumed quantity (liters)	Consumed quantity (L)/hh/year	Consumed quantity (L)/Person/year			Consumed quantity (liters)	Consumed quantity (L)/hh/year	Consumed quantity (L)/Person/year
<b>Region</b>										
Addis Ababa	692,611	2,722,906	30,107,649,577	43	11	830,699	3,243,509	44,905,331,577	54	14
Afar	92,647	418,305	2,424,537,498	26	6	362,739	1,671,451	9,436,826,558	26	6
Amhara	4,176,794	18,538,491	55,933,208,907	13	3	5,031,635	20,558,837	119,961,280,900	24	6
Benshangul-Gumuz	179,233	805,748	3,557,694,897	20	4	231,740	1,018,700	7,473,580,826	32	7
Dire Dawa	88,112	368,770	3,577,298,692	41	10	99,558	436,269	6,709,505,902	67	15
Gambella	64,199	310,598	1,538,651,256	24	5	85,579	395,779	3,408,697,157	40	9
Harari	46,319	205,639	1,805,535,092	39	9	58,765	239,330	2,773,586,263	47	12
Oromiya	6,114,466	30,119,056	116,966,213,961	19	4	6,945,272	33,754,072	255,364,839,217	37	8
SNNP	3,202,419	16,358,944	40,466,366,433	13	2	3,642,655	17,771,538	97,344,313,190	27	5
Somali	305,648	1,629,168	10,623,804,943	35	7	924,962	5,189,472	55,088,872,289	60	11
Tigray	1,012,197	4,618,724	20,258,974,794	20	4	1,185,542	5,174,096	30,487,779,439	26	6
<b>Residence</b>								-		
Urban	3,426,653	12,611,967	114,402,305,778	33	9	4,661,947	17,058,109	215,620,672,622	46	13
Rural	12,547,991	63,484,382	172,857,630,272	14	3	14,737,199	72,394,944	417,333,940,697	28	6
<b>National</b>	<b>15,974,643</b>	<b>76,096,349</b>	<b>287,259,936,050</b>	<b>18</b>	<b>4</b>	<b>19,399,146</b>	<b>89,453,053</b>	<b>632,954,613,318</b>	<b>33</b>	<b>7</b>

Source: Calculations from HCES 2011 and 2016

**Table 2** presents the annual consumption of wheat flour at the household level and per capita in 2011 and 2016. Per capita consumption of wheat flour increased from 16 kg in 2011 to 19 kg in 2016. Regional and urban rural variations in consumption are also shown in Table 2.

**Table 2.** Annual per household and per capita consumption of wheat flour in Ethiopia (2011 – 2016)

Background characteristics	Number of households	Number of individuals	2011			Number of households	Number of individuals	2016		
			Consumed quantity (kg)	Consumed quantity (kg)/hh/year	Consumed quantity (kg)/Person/year			Consumed quantity (kg)	Consumed quantity (kg)/hh/year	Consumed quantity (kg)/Person/year
<b>Region</b>										
Addis Ababa	692,611	2,722,906	19,690,488,862	28	7	830,699	3,243,509	4,119,251,778	5	1
Afar	92,647	418,305	8,759,428,734	95	21	362,739	1,671,451	83,317,128,573	230	50
Amhara	4,176,794	18,538,491	284,853,555,474	68	15	5,031,635	20,558,837	360,433,767,043	72	18
Benshangul-Gumuz	179,233	805,748	2,169,877,919	12	3	231,740	1,018,700	2,593,963,561	11	3
Dire Dawa	88,112	368,770	7,563,059,880	86	21	99,558	436,269	10,969,736,600	110	25
Gambella	64,199	310,598	1,907,899,260	30	6	85,579	395,779	1,730,405,122	20	4
Harari	46,319	205,639	7,696,791,123	166	37	58,765	239,330	2,965,974,474	50	12
Oromiya	6,114,466	30,119,056	619,787,350,213	101	21	6,945,272	33,754,072	762,461,614,317	110	23
SNNP	3,202,419	16,358,944	79,435,754,007	25	5	3,642,655	17,771,538	137,202,559,187	38	8
Somali	305,648	1,629,168	46,704,721,644	153	29	924,962	5,189,472	216,936,733,881	235	42
Tigray	1,012,197	4,618,724	167,737,171,416	166	36	1,185,542	5,174,096	106,952,981,708	90	21
<b>Residence</b>										
Urban	3,426,653	12,611,967	166,998,425,605	49	13	4,661,947	17,058,109	128,892,120,662	28	8
Rural	12,547,991	63,484,382	1,079,307,672,928	86	17	14,737,199	72,394,944	1,560,791,995,582	106	22
<b>National</b>	<b>15,974,643</b>	<b>76,096,349</b>	<b>1,246,306,098,533</b>	<b>78</b>	<b>16</b>	<b>19,399,146</b>	<b>89,453,053</b>	<b>1,689,684,116,244</b>	<b>87</b>	<b>19</b>

Source: Calculations from HCES 2011 and 2016

**Table 3** presents the annual consumption of sugar at the household level and per capita in 2011 and 2016. Per capita consumption of sugar increased from 3 kg in 2011 to 4 kg in 2016. Regional and urban rural variations in consumption are also shown in Table 3.

**Table 3.** Annual per household and per capita consumption of sugar in Ethiopia (2011 – 2016)

Background characteristics	Number of households	Number of individuals	2011			Number of households	Number of individuals	2016		
			Consumed quantity (kg)	Consumed quantity (kg)/hh/year	Consumed quantity (kg)/Person/year			Consumed quantity (kg)	Consumed quantity (kg)/hh/year	Consumed quantity (kg)/Person/year
<b>Region</b>										
Addis Ababa	692,611	2,722,906	22,922,366,951	33	8	830,699	3,243,509	25,829,345,243	31	8
Afar	92,647	418,305	3,084,627,976	33	7	362,739	1,671,451	13,977,731,289	39	8
Amhara	4,176,794	18,538,491	28,736,784,006	7	2	5,031,635	20,558,837	32,356,265,274	6	2
Benshangul-Gumuz	179,233	805,748	2,199,130,925	12	3	231,740	1,018,700	2,841,512,765	12	3
Dire Dawa	88,112	368,770	3,366,981,863	38	9	99,558	436,269	5,050,173,214	51	12
Gambella	64,199	310,598	2,059,087,042	32	7	85,579	395,779	1,631,778,285	19	4
Harari	46,319	205,639	1,413,616,409	31	7	58,765	239,330	1,981,289,657	34	8
Oromiya	6,114,466	30,119,056	88,951,497,981	15	3	6,945,272	33,754,072	119,747,931,637	17	4
SNNP	3,202,419	16,358,944	11,350,411,193	4	1	3,642,655	17,771,538	17,763,687,942	5	1
Somali	305,648	1,629,168	39,943,664,348	131	25	924,962	5,189,472	159,367,155,803	172	31
Tigray	1,012,197	4,618,724	15,113,353,113	15	3	1,185,542	5,174,096	18,768,332,961	16	4
<b>Residence</b>										
Urban	3,426,653	12,611,967	91,144,895,761	27	7	4,661,947	17,058,109	138,417,887,587	30	8
Rural	12,547,991	63,484,382	127,996,626,045	10	2	14,737,199	72,394,944	260,897,316,482	18	4
<b>National</b>	<b>15,974,643</b>	<b>76,096,349</b>	<b>219,141,521,806</b>	<b>14</b>	<b>3</b>	<b>19,399,146</b>	<b>89,453,053</b>	<b>399,315,204,070</b>	<b>21</b>	<b>5</b>

Source: Calculations from HCES 2011 and 2016

## REFERENCES

1. Bachewe F, Hirvonen K, Minten B, Yimer F. The rising costs of nutritious foods in Ethiopia. IFRI, Ethiopia and EDRI; 2017.

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