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[1]. 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 the annual household and per capita consumption of edible oil, wheat flour, and sugar between 2011 and 2016.

METHODOLOGY

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)[2,3]. 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

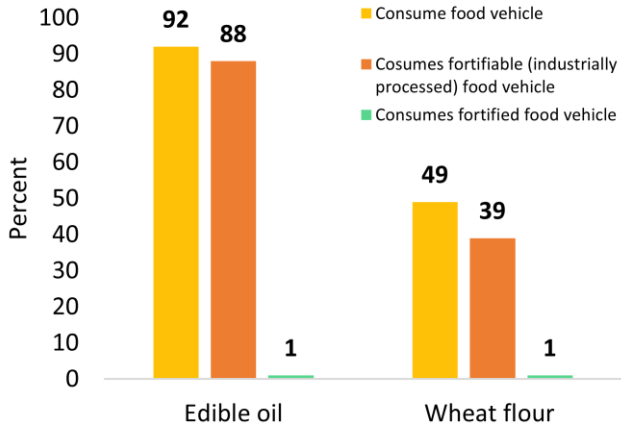
Figure 1 shows the coverage of edible oil and wheat flour by residence. In total, 92% of households reported that they use edible oil to prepare foods or add to foods at home. Similarly, 49% reported that they use wheat flour to prepare foods. Close to 90% of the oil consumed was fortifiable, while only 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: Proportion of households that report consuming edible oil in the household that is potentially industrially processed.

Coverage of fortifiable wheat flour: Proportion of households that report consuming wheat flour in the household that is industrially processed.

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



1. Bachewe F, Hirvonen K, Minten B, Yimer F. The rising costs of nutritious foods in Ethiopia. IFPRI, Ethiopia and EDRI; 2017.
2. Central Statistical Agency (CSA) [Ethiopia]. Household Consumption and Expenditure (HCE) Survey 2010/11: Analytical Report. Addis Ababa CSA; 2012.
3. Central Statistical Agency [Ethiopia]. Household Consumption and Expenditure (HCE) Survey 2015/16: Analytical Report. Addis Ababa: CSA; 2016.

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

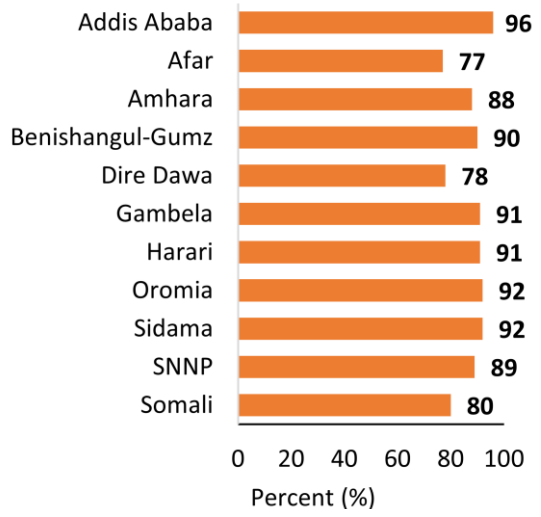
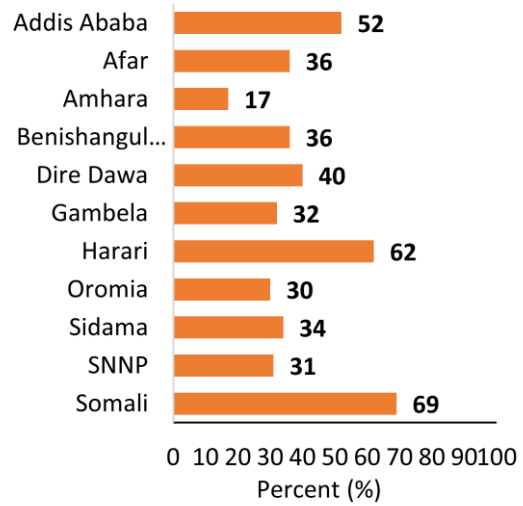


Figure3. Percent distribution coverage of fortifiable wheat flour by region



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	Oil		Wheat flour		Sugar	
	2011	2016	2011	2016	2011	2016
	Consumed quantity (L)/ Person/year	Consumed quantity (L)/ Person/year	Consumed quantity (kg)/ Person/year	Consumed quantity (kg)/ Person/year	Consumed quantity (kg)/ Person/year	Consumed quantity (kg)/ Person/year
Region						
Addis Ababa	11	14	7	1	8	8
Afar	6	6	21	50	7	8
Amhara	3	6	15	18	2	2
Benshangul-Gumuz	4	7	3	3	3	3
Dire Dawa	10	15	21	25	9	12
Gambella	5	9	6	4	7	4
Harari	9	12	37	12	7	8
Oromiya	4	8	21	23	3	4
SNNP	2	5	5	8	1	1
Somali	7	11	29	42	25	31
Tigray	4	6	36	21	3	4
Residence						
Urban	9	13	13	8	7	8
Rural	3	6	17	22	2	4
National	**4**	**7**	**16**	**19**	**3**	**5**