



CUBAN NATIONAL FOOD SECURITY SURVEY “EN CUBA HAY HAMBRE 2025”: ONE IN THREE CUBAN HOUSEHOLDS REPORTED RECENT HUNGER

Press Release · Food Monitor Program and Cuido60

Bogota, May 4th 2026.

As part of the Bogotá International Book Fair, Food Monitor Program and Cuido60 present new data on food insecurity, aging, health, and care in Cuba.

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As part of the Bogotá International Book Fair, Food Monitor Program and Cuido60 present the results of the 2025 National Food Security Survey, conducted between May and July 2025. Based on 2,513 valid responses from Cuba’s sixteen provinces, the survey shows a sustained deterioration of food conditions, extreme pressure on household income, and the worsening of related factors such as access to drinking water, power outages, and food loss due to lack of refrigeration.

A total of 33.9% of respondents reported that at least one member of their household went to bed hungry due to lack of food at least once during the previous 30 days. This figure increased by 9.3 percentage points compared to 2024. In addition, 94.9% reported having lost some degree of access to purchasing food over the past year, and 47.1% said that this loss was considerable or total.

Economic pressure on households is critical: 79.4% spend 80% or more of their monthly income on food, and 40.6% report spending 100% of their income on food. In terms of availability, only 1.2% find a full supply of products in state-run farmers’ markets or food outlets, while 99% believe there are supply problems in the country.

The food crisis is also aggravated by the deterioration of basic services. Only 18.3% of households report receiving drinking water every day, compared to 34.1% in 2024. At the same time, 80.4% stated that blackouts affected their ability to cook over the past six months, and 48.3% reported food loss due to lack of refrigeration.

The territorial map shows marked inequalities. Granma and Guantánamo present the highest levels of reported hunger, at 78.9% and 78.7%, respectively, more than twice the national average. In Matanzas, 67.3% of respondents reported hunger in the household, and 70.2% reported considerable or total loss of access to purchasing food.

People over the age of 60 appear as one of the most exposed groups. A total of 55.6% reported considerable or total loss of access to food, and 53.0% spend all of their income on food. The module addressed to older adults or to households where older adults live also shows that 80.2% had difficulties obtaining medication, 25.6% did not receive medical care when they needed it, and 29.8% performed unpaid care work.

For Food Monitor Program and Cuido60, the results confirm that food insecurity in Cuba is not limited to food shortages. It is linked to loss of purchasing power, deterioration of basic services, difficulties accessing medication, low coverage of care services, and overload on family networks. The scale of

the indicators requires this crisis to be understood as a human rights issue that compromises food, health, care, and dignity, especially in old age.