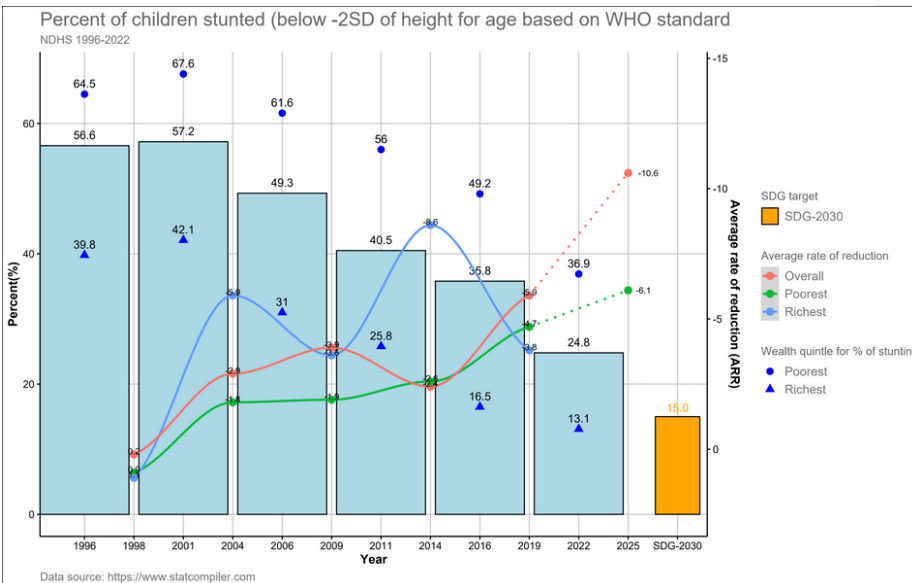


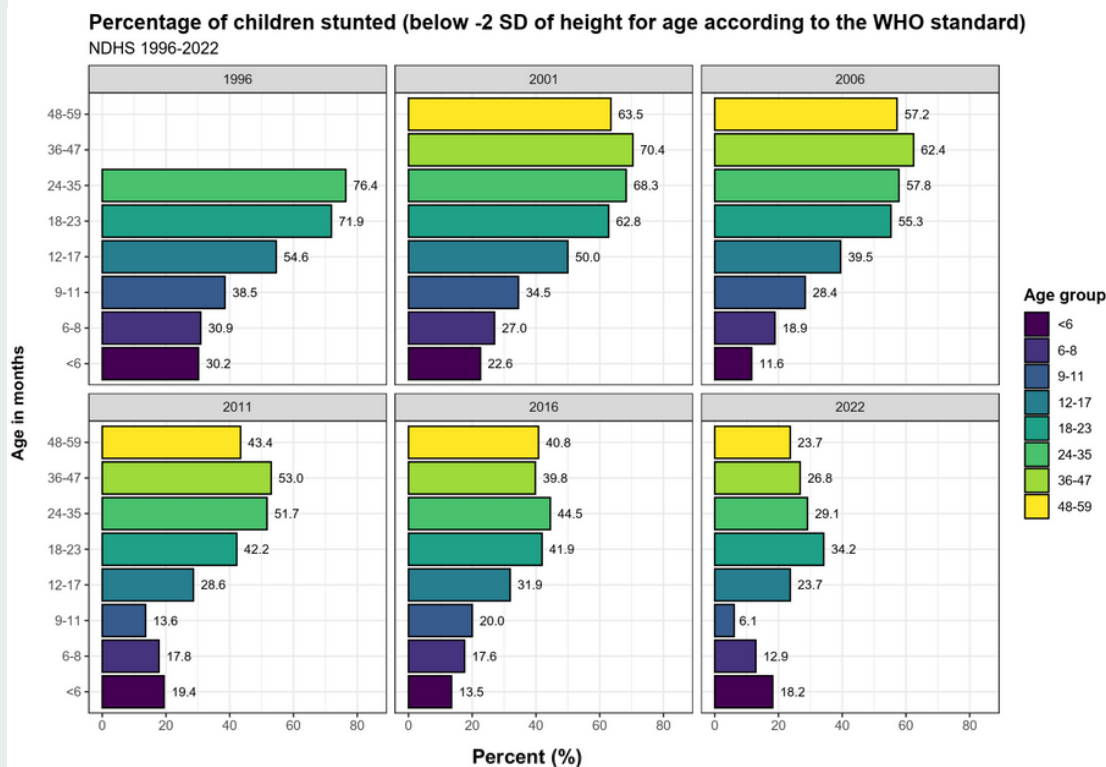
Nutrition Status of Children and Mothers: Evidence from NDHS 1996–2022

Nutrition is pivotal in improving health and accelerating development. It has been linked to enhanced health outcomes, strong immune systems, safer pregnancy and childbirth experiences, and a reduced risk of non-communicable diseases. To investigate the nutritional trends of children and mothers, and identify disparities across social strata including economic class & education status of mothers, we conducted a retrospective analysis using data from six nationally representative surveys: Nepal Demographic and Health Survey series from 1996 to 2022.

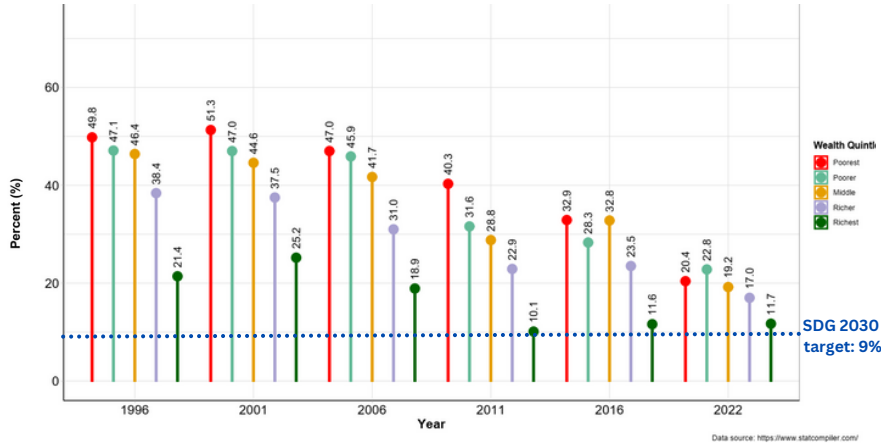


- The overall percent of children stunted reduced from 56.6% in 1996 to 24.8% in 2022.
- The percent of children stunted in poorest and richest wealth quintile (WQ) reduced by 19.7% and 67.1% respectively between 1996 and 2022 with no change in the gap between them.
- The poorest WQ group requires an average annual rate of 10.6% reduction to reach the 2030 Sustainable Development Goal (SDG) target.

- In 1996, the prevalence of stunting was higher with the increase in age, but a shift has occurred in the pattern by 2022.
- The prevalence of stunting remarkably decreased by 62.6%, 61.9%, 57.4% among 48-59, 36-47 and 24-35 months aged children respectively between 2001 to 2022.
- The stunting during the early stage (<6 months) of childhood decreased by 19.5% from 2001 to 2022.



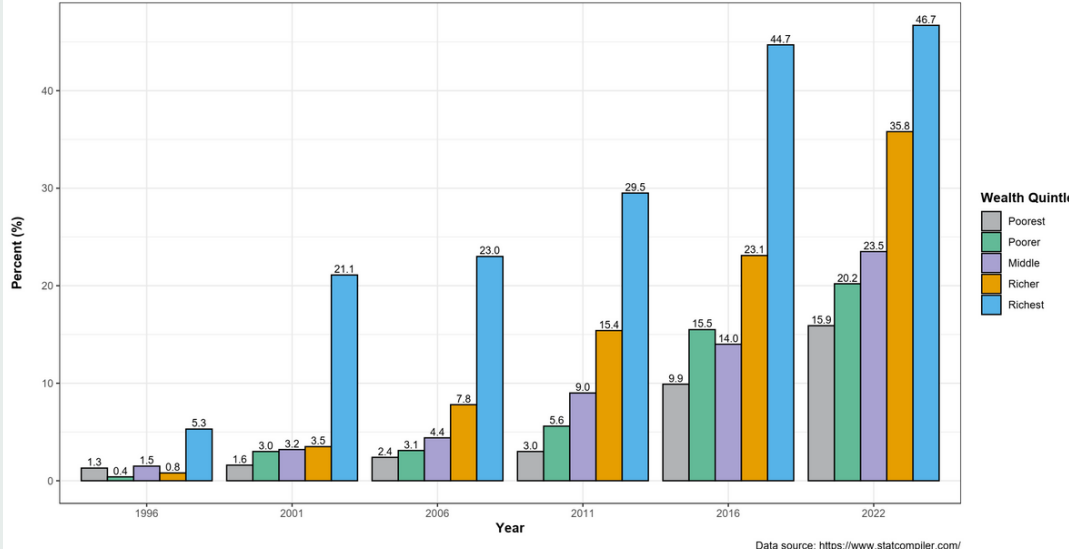
Percent of children underweight (below -2 SD of weight for age based on WHO standard) NDHS 1996-2022



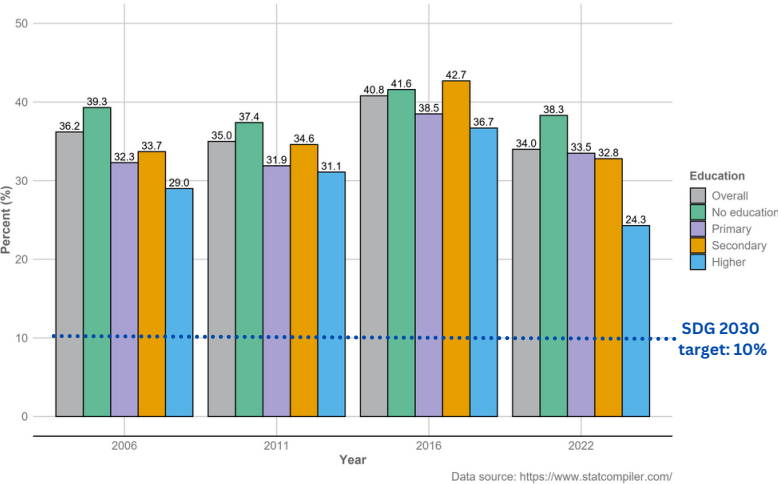
- The percent of underweight children decreased between 2011 to 2022 in each WQ group.
- The gap in the percent of underweight children between the richest and poorest decreased between 1996 and 2022.
- It requires a reduction of 11.4% and 2.7% points for the poorest and richest WQ to reach the SDG target.

- The percent of women overweight and obesity in all WQ increased between 1996 and 2022.
- The women from the richest WQ have a higher proportion of overweight or obesity than those from the other WQ.

Percentage of women who are overweight or obese according to BMI (>=25.0) NDHS 1996-2022

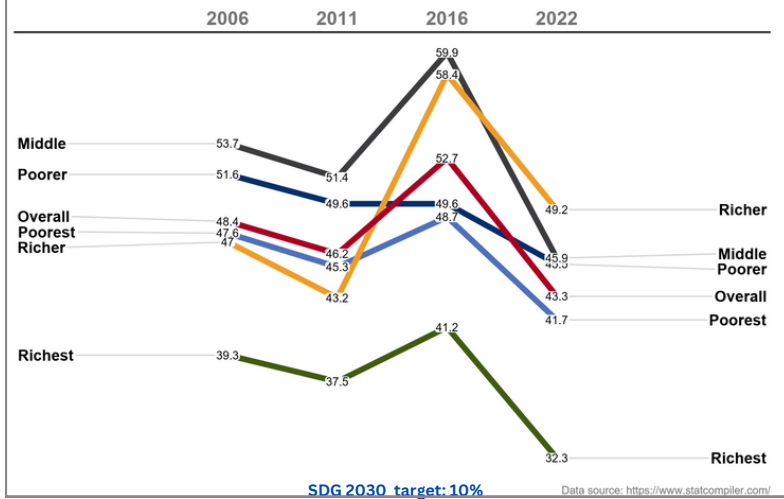


Percentage of women with any anemia (with haemoglobin <12.0 g/dl for non-pregnant women and <11.0 g/dl for pregnant women) NDHS 2006-2022



- The overall percent of women with anemia increased to 40.8% in 2016 from 36.2% in 2006 and has reduced to 34.0% in 2022
- The gap between women with and without education has increased from 10.3% in 2006 to 14.0% points in 2022.

Percentage of children under age 5 classified as having any anemia NDHS 1996- 2022



- Anemia among under 5 children is comparatively higher in all WQ compared to richest WQ.
- To reach SDG target by 2030, anemia among children need to be reduced by 22.3% point among richest WQ whereas by 39.2% to 31.7% point range in other WQ.

Key Messages

- It is essential to take action to reduce stunting among children from poorest WQ and to reach SDG target by 2030.
- It is challenging to meet the SDG target for anemia among U5 children in all WQ, except richest WQ, which demands an accelerated intervention.
- The proportion of overweight or obesity among women increased remarkably in each WQ that needs immediate actions or public health measures.