Nutrition Statistics in Malawi

Good nutrition is important for well-being of children and is critical to achieving full physical growth. In Malawi, malnutrition still remains a serious challenge and contributes to preventable child deaths.

The factors that contribute to malnutrition in the country are many. They include poor diets and infectious diseases that weaken the immune system and increase chances of stunted growth. Additionally, lack of food remains a challenge due to frequent food and nutrition related shocks, widespread poverty, and over-dependence on maize as staple food, as well as high population density and growth.

The UNICEF Malawi Nutrition programme aims to overcome these nutrition challenges by working to ensure that 60 per cent of children under 5 years old have access to quality nutrition services.