

# 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.**

**23%** of all child death cases in Malawi are related to under-nutrition

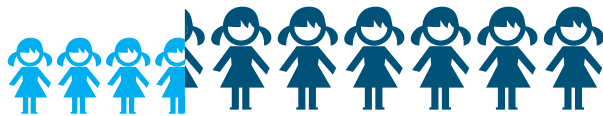


The majority of children have a **normal weight at birth.**

**4%** of Malawian of under five children suffer from acute malnutrition

Occurrence of anaemia in children aged 6 – 59 months is **64%**

Exclusive breastfeeding of infants 0–5 months is **61%**



**37%** of children in Malawi are affected by stunting (being too short for one's age)



The rate of appropriate complementary feeding in children 6-23 months is

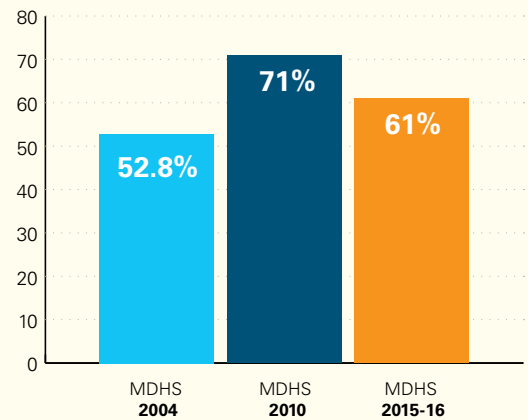
**8%**

**8%** of children aged 6-23 months meet the minimum acceptable diet in Malawi

Stunted children are more likely to drop out of school and repeatedly experience lower productivity later in life.

## Trends in exclusive breastfeeding in children 0-5 months

2004 - 2015/16



## Trends in nutritional status of under five children

2000 - 2015/16

