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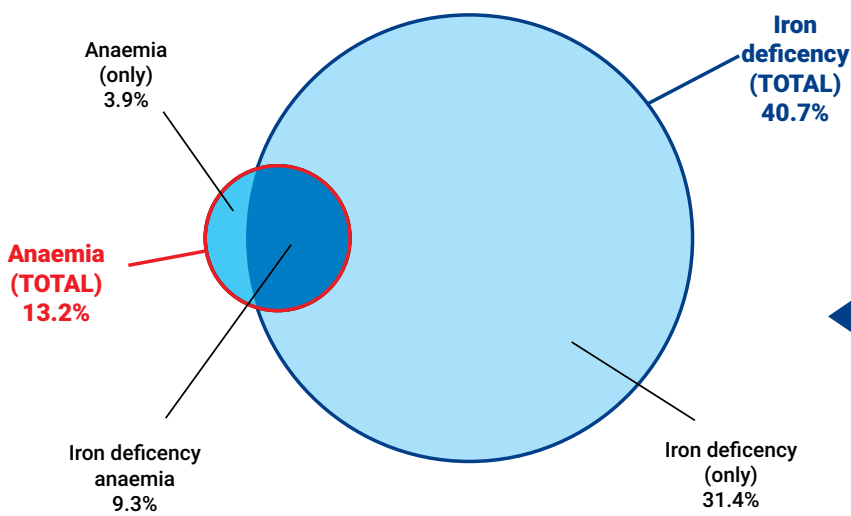
**GroundWork**  
BUILDING GROUNDS FOR NUTRITION & HEALTH

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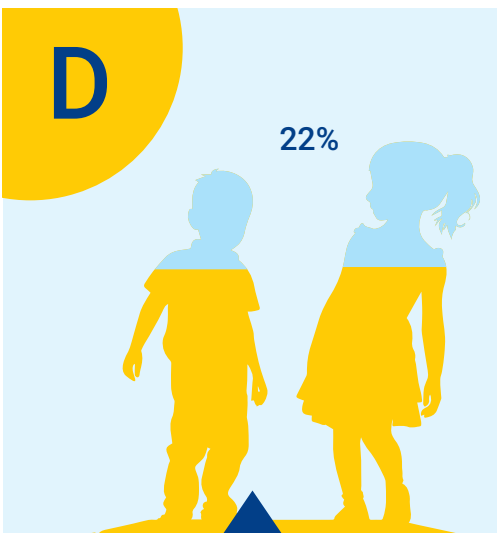
# Montenegro Nutrition Survey (MONS) 2022



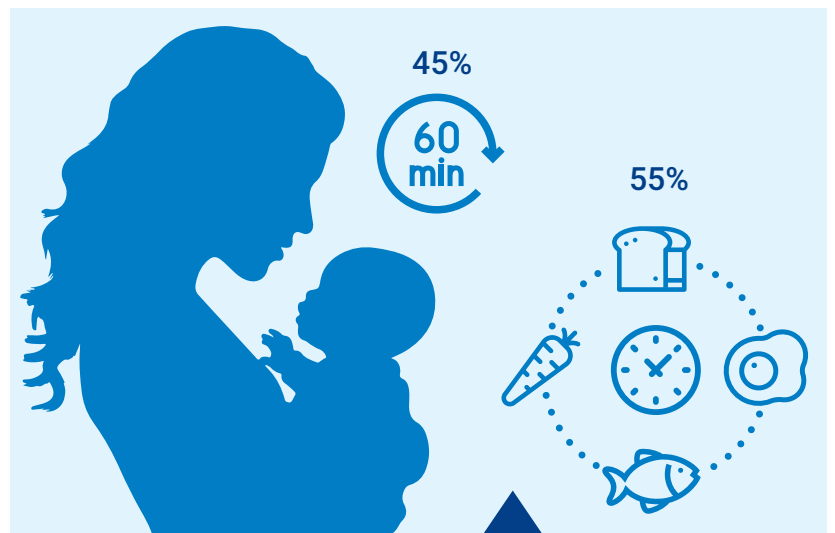
## Children aged 6–59 months



**Anaemia is found in 13 per cent** of children aged 6–59 months, denoting only a “mild” public health problem, according to criteria set by the World Health Organization. In contrast, more than 40 per cent of children are iron-deficient and nearly all anaemic children have concurrent iron deficiency.

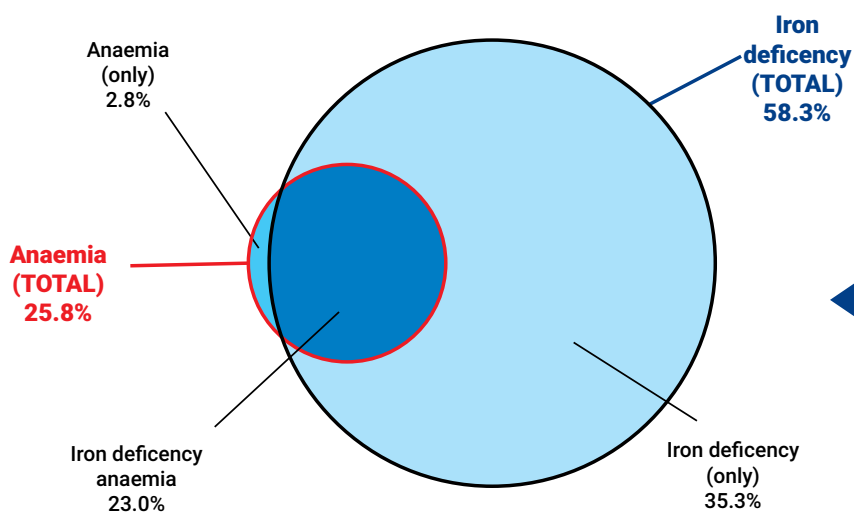


The combined vitamin D deficiency and insufficiency affects approximately 22 per cent of children.

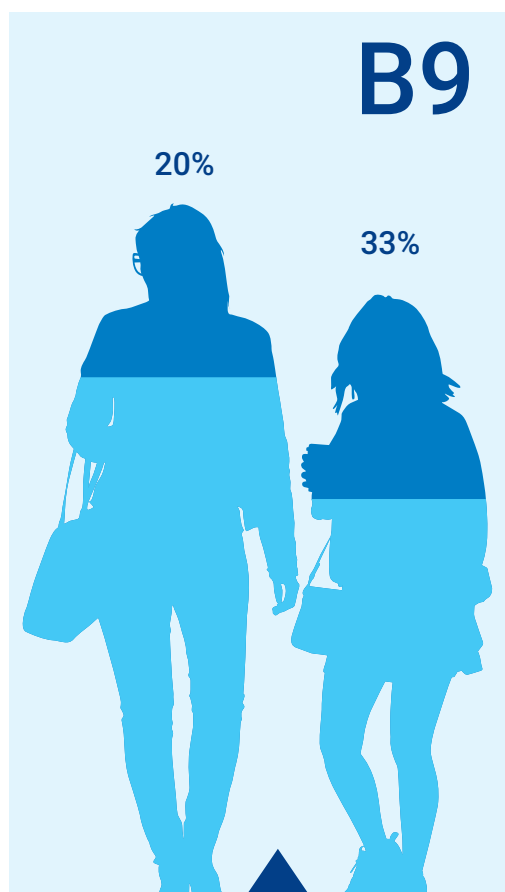


The proportion of children ever breastfed was 75 per cent. The prevalence of early initiation of breastfeeding found by the MONS was 45 per cent. The prevalence of minimum acceptable diet reported by the MONS was 55%.

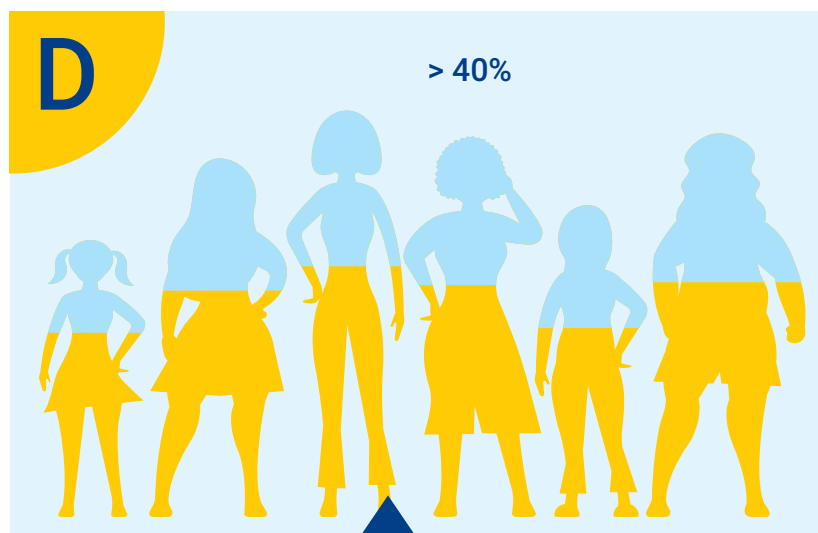
# Non-pregnant women of reproductive age (15–49 years)



More than 25 per cent of non-pregnant women are anaemic, denoting a “moderate” public health problem, according to the WHO criteria. Nearly 60 per cent of non-pregnant women are iron-deficient and nearly all anaemic women have concurrent iron deficiency.



Almost 20 per cent of non-pregnant women are folate-deficient. Folate deficiency is highest among adolescent girls between 15 and 19 years of age (33%).



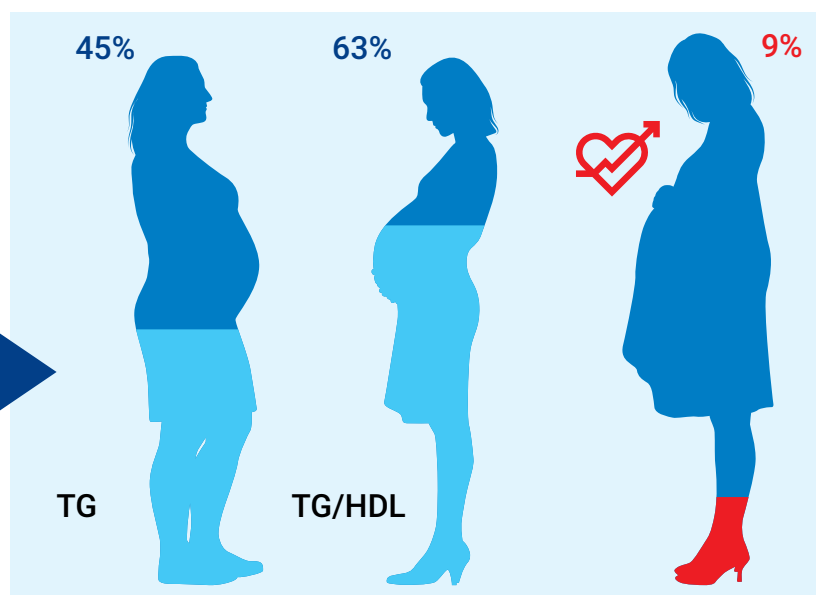
The combined vitamin D deficiency and insufficiency affects 43 per cent of all women, with the highest prevalence found in breastfeeding women (58 per cent).

Indicators of cardiometabolic health show that cardiovascular health and obesity indicators affect a notable proportion of women. More than 30 per cent of non-pregnant women have low HDL cholesterol and more than 40 per cent have a high triglyceride/HDL ratio. Nearly 50 per cent of non-pregnant women have central/visceral obesity, and approximately 15 per cent are hypertensive. Overall, more than 11 per cent of non-pregnant women have metabolic syndrome – a condition where three or more poor metabolic health indicators are found in the same person.

## Pregant women

The prevalences of anaemia, vitamin D deficiency, and vitamin D deficiency and insufficiency are similar to those found in non-pregnant women. Nearly 30 per cent of pregnant women are anaemic.

Pregnant women have a high prevalence of elevated triglycerides (45%), and approximately 63 per cent have an elevated triglyceride/HDL ratio. In addition, approximately 9 per cent of pregnant women are hypertensive.



## RECOMMENDATIONS

1

**Address anaemia and iron deficiency via fortification**

2

**Vitamin D supplementation during breastfeeding**

3

**Improve vitamin D status via fortification**

4

**Improve infant and young child feeding practices**

5

**Address risk factors of metabolic syndrome**

6

**Study focusing on the health and nutritional status of Roma communities in Montenegro**

The 2022 Montenegro Nutrition Survey (MONS) was conducted to measure the extent of micronutrient deficiencies and nutrition-related non-communicable diseases. By increasing the understanding of various nutritional conditions, the MONS will help policymakers design evidence-based nutritional intervention programmes for nationwide implementation. The MONS also provides a baseline against which to measure the future progress of the national nutrition programme. The MONS was conducted by the Institute of Public Health, UNICEF, GroundWork and other stakeholders with the financial support of the European Union.

The contents of this document are the sole responsibility of the authors and can in no way be taken to reflect the views of UNICEF and the European Union.