

Nepal 2019



Nutritional Status of Children

Multiple Indicator
Cluster Surveys

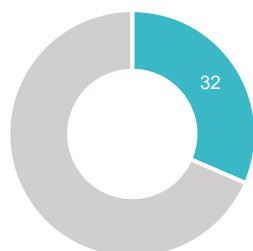


Anthropometric Malnutrition Indicators

Stunting: SDG 2.2.1



Stunting refers to a child who is too short for his or her age. Stunting is the failure to grow both physically and cognitively and is the result of chronic or recurrent malnutrition.

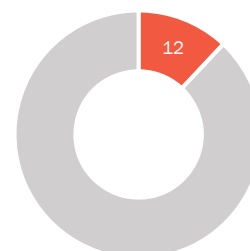


Percentage children under-5 who are stunted

Wasting: SDG 2.2.2



Wasting refers to a child who is too thin for his or her height. Wasting, or acute malnutrition, is the result of recent rapid weight loss or the failure to gain weight. A child who is moderately or severely wasted has an increased risk of death, but treatment is possible.

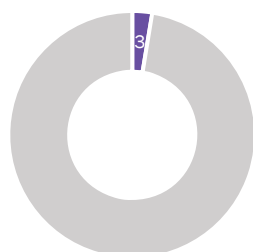


Percentage children under-5 who are wasted

Overweight: SDG 2.2.2



Overweight refers to a child who is too heavy for his or her height. This form of malnutrition results from expending too few calories for the amount consumed from food and drinks and increases the risk of noncommunicable diseases later in life.

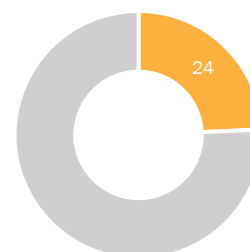


Percentage children under-5 who are overweight

Underweight

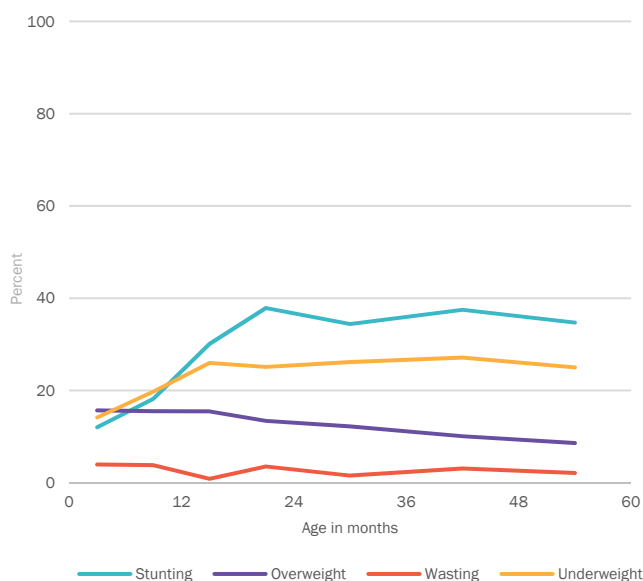


Underweight is a composite form of undernutrition that can include elements of stunting and wasting (i.e. an underweight child can have a reduced weight for their age due to being too short for their age and/or being too thin for their height).



Percentage children under-5 who are underweight

Anthropometric Malnutrition Indicators by Age



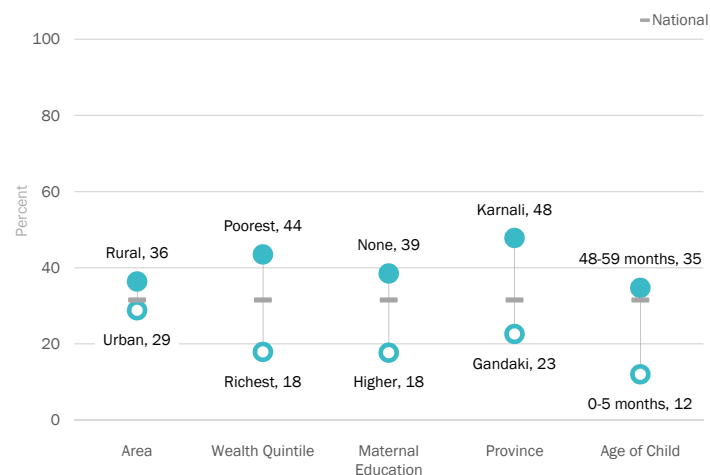
Percentage children who are underweight, stunted, wasted and overweight, by age in months

Key Messages

- In Nepal one in three children under five years of age (32%) are stunted. While children who come from poor households or whose mother/caretaker had no education are significantly more likely to be stunted (44% and 39% respectively) than are children from wealthier or more educated households, 18% of children (nearly one in five) who come from rich households or who have a mother/caretaker with a higher education are stunted. These data indicate the pervasiveness of stunting in Nepal.
- Twelve percent (12%) of children under five years of age in Nepal are moderately or severely wasted. Similar to data for stunting, children from poor households or whose mother/caretaker has no education are more likely to be wasted than are children from wealthier or more educated households.
- In Nepal, nearly one quarter (24%) of children under five years of age are underweight for their age.
- In Karnali Province, nearly half (48%) of children under five years of age are stunted while 18% are moderately or severely wasted.

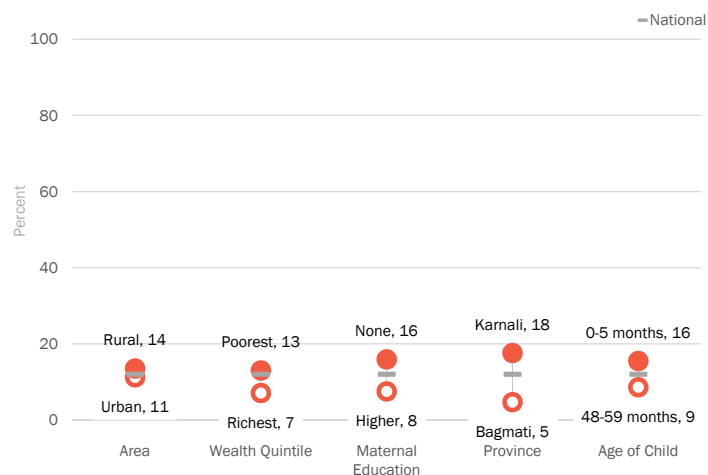
Nutritional Status of Children: Disaggregates

Stunting: SDG 2.2.1



Percentage of under 5 children who are stunted, by background characteristics

Wasting: SDG 2.2.2



Percentage of under 5 children who are wasted, by background characteristics

Regional Data on Stunting, Overweight & Wasting

	Stunting: SDG 2.2.1	Overweight: SDG 2.2.2	Wasting	
	% stunted (moderate and severe)	% overweight (moderate and severe)	% wasted (moderate and severe, SDG 2.2.2)	% wasted (severe)
National	31.5	2.6	12.0	2.9
Province 1	24.9	0.9	14.3	2.7
Province 2	34.2	3.8	13.9	3.9
Bagmati Province	22.9	3.4	4.7	1.1
Gandaki Province	22.6	3.0	8.0	1.8
Lumbini Province	35.5	1.9	13.7	3.6
Karnali Province	47.8	3.7	17.6	3.9
Sudoorpashchim Province	40.9	1.3	14.1	3.6

The Nepal Multiple Indicator Cluster Survey (MICS) was carried out in 2019 by the Central Bureau of Statistics (CBS) as part of the global MICS programme. Technical support was provided by the United Nations Children's Fund (UNICEF). UNICEF and Government of Nepal provided financial support.

The objective of this snapshot is to disseminate selected findings from the Nepal MICS 2019 related to the Nutritional Status of Children. Data from this snapshot can be found in table TC.8.1 in the Survey Findings Report.

Further statistical snapshots and the Survey Findings Report for this and other surveys are available on mics.unicef.org/surveys.