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## Unlocking future potential with nutrition

Nepal has made remarkable progress in tackling malnutrition in children impacted by stunting among under-fives. The rate of stunting has fallen from 57 per cent in 2001 to 36 per cent in 2016. However, nutrition remains a persistent public health problem with over a million stunted children. Almost 850,000 children under five (27 per cent) are underweight and over 300,000 (10 per cent) wasted (too thin for their height). Similarly, 1.8 million adolescent girls and boys (32 per cent) are stunted.

Undernutrition contributes to 25,000 child deaths in Nepal per year, accounting for 52 per cent of child deaths, higher than any other cause. Good nutrition is a prerequisite for Nepal to graduate from the Least Developed Countries. Nepal must continue to invest in reducing malnutrition and human capital development focusing on children under five years of age and adolescents in order to be able to develop. Children need to be fit and healthy to learn and be educated.



### CHILD NUTRITION IN NEPAL

Low birth weight

12.3%

Stunted children (under 5 years)

35.8%

Wasted children (under 5 years)

9.7%



### BREASTFEEDING IN NEPAL

54.9%

Early Initiation of breastfeeding

66.1%

Exclusive Breastfeeding (0-5 months)



### ANAEMIA AMONG CHILDREN UNDER 5 YEARS



2 out of 10 children in Nepal are anaemic

# WHAT ARE WE DOING?

At present, UNICEF Nepal is focusing on reducing all forms of maternal, adolescent, and young child malnutrition through a four-pronged approach.



**Strengthening infant and young child nutrition**



**Identification and treatment of severe acute malnutrition**



**Prevention and control of micronutrients deficiencies (Vitamin A, Iron and Iodine)**



**Capacity building of government and stakeholders through a multi-sector approach involving several ministries**

To achieve these results, UNICEF is working across multiple sectors to teach mothers and caregivers how to help their children grow strong and be healthy. We also work with healthcare providers and teachers to enable them to recognize the early warning signs of malnutrition in children. These are just some of the many ways we are tackling this preventable issue.

# PARTNERING WITH UNICEF

UNICEF Nepal's Nutrition programme aims at improving nutritional care, behaviour and practices, ensuring equitable access to and use of adequate nutrition diets among children, adolescent girls and women of reproductive age.

**US\$ 36 million**

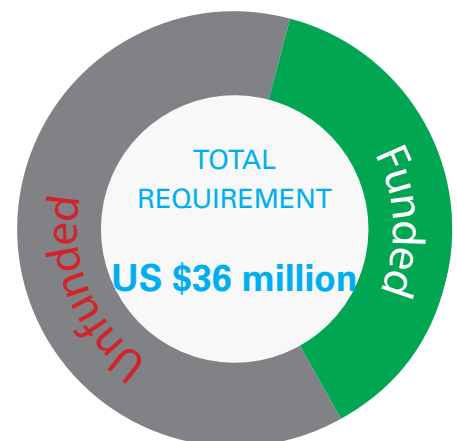
is required to reach the envisaged nutrition results, which are well aligned with the Sustainable Development Goals and national targets

**US\$ 13.6 million**

funding leveraged from regular resources, development partners, foundations, private sector and UNICEF National Committees

**US\$ 22.4 million**

is the remaining funding gap for the five-year period



Your generous support will help to:

Prevent **124,649** children under the age of five from stunting

Provide micro-nutrient powder to **189,308** children aged 6-23 months

Train **33,465** health workers and female community health volunteers to provide maternal, infant and young child feeding counselling services

Reach **313,333** children aged 6-23 months with a minimum dietary diversity

Provide iron-folic acid tablets to **923,867** adolescent girls





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## Learning lessons the hard way

A health worker measures arm of Sumit Nepali with a mid-upper arm circumference tape in a remote district of Nepal.

**Bajura, Nepal:** When her one-and-half-year-old son, Sumit, couldn't stop vomiting, Kamala Nepali's concerns pushed her to get him checked at the district hospital in Bajura, a short 10-minute walk from her house in Martadi. Once they'd seen the doctor, however, Kamala's concern for her son turned into sheer terror—her child was diagnosed as being severely malnourished. She referred to his condition as “raato dekhayo”, a local term referring to the dangerous red area of the circumference tape used to measure the mid-upper arm, a common test for malnourishment.

“I thought he was a healthy child, you know? He weighed three kilograms, I thought that was normal,” she says.

The family was naturally distraught upon receiving news of the child's illness. Until now, Kamala had only heard of a few children in the neighborhood who had been born thin and underweight and were being treated.

Soon afterwards, Sumit was taken to the Bayalpata Hospital, a referral centre for malnourished children in the region, supported by UNICEF. Once there, he was kept under

the watchful eyes of health professionals and female community health volunteers.

For over a week, Sumit was fed a nutritious diet that included locally-available food items, particularly eggs and meat. With this nutritious support, the child's health blossomed. He gradually grew in strength, until he was finally able to leave the facility and go home.

Today, Sumit is a happy and healthy child and the circumference tape now shows “green”, an indication that he is no longer suffering from poor nutrition. The entire incident has also put Kamala and her family on high alert. More than ever they understand and value the importance of a good diet. Kamala shows her love and care for her child, attending the local mothers' group meetings where such issues are discussed. She has also received counselling on infant and young children feeding as well as tips on maintaining a kitchen garden at her home.

**Her story and that of Sumit is a happy one that can be replicated across many other children in vulnerable situations, with your help.**

Detailed proposals and concept notes will be prepared and submitted based on donor-specific interests and requirements. For more information about nutrition programmes in Nepal, please contact:

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