



# Child & Family Tracker

Tracking the Socio-Economic Impact of  
COVID-19 on Children and Families in Nepal

2<sup>nd</sup> Monthly Household Survey  
July 2020 Findings



# Content

- This is the second in a series of monthly household surveys to track the socio-economic multi-sectoral impact of COVID-19 on children and families in Nepal.
- Sample size is 6,521, covering 80+ % municipalities (621). Strong geospatial representation to allow interpolation to non-observed areas.
- Where available, the monthly household survey data will be supplemented by relevant child-related data from other sources.

Household characteristics  
(gender, ethnicity, caste, place of residence, employment, income, disability)

Livelihood losses

Migration

Immediate needs  
(Food, WASH, fuel  
etc.)

Access to social  
protection

Access to  
nutrition

Access to health  
services

Access to WASH

Access to  
education

Child exploitation  
(child labour,  
trafficking,  
prostitution, child  
marriage)

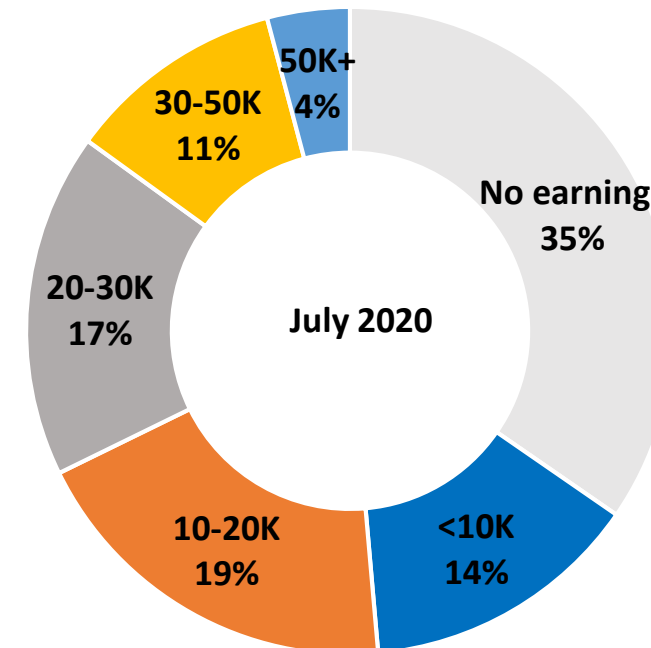
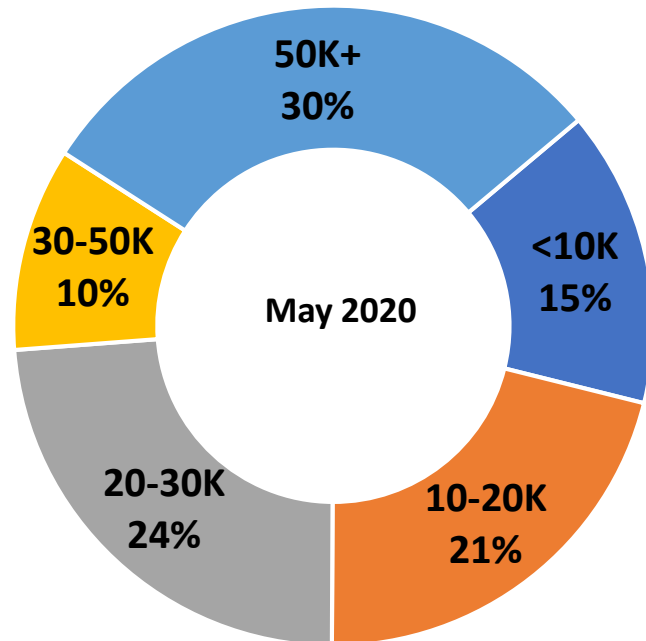
Violence against  
children (GBV,  
corporal  
punishment, mental  
health)

COVID-19  
awareness &  
behavior

# EARNINGS AND LIVELIHOOD LOSS

Overall, 35% of respondents had no earnings since May 2020 when the first round of the survey was conducted. The distribution of income shifted downwards *signaling increased poverty*.

- There is a significant drop in the share of respondents belonging to the top income group (50K+). This means that the income distribution has shifted downward significantly.
- The findings imply a strong possibility that poverty has gone up, though the change might be temporary.
- Coping patterns of respondents have not changed since May. Most respondents from low income families choose to borrow funds. Middle and high income families choose to use their savings.



# EARNINGS AND LIVELIHOOD LOSS

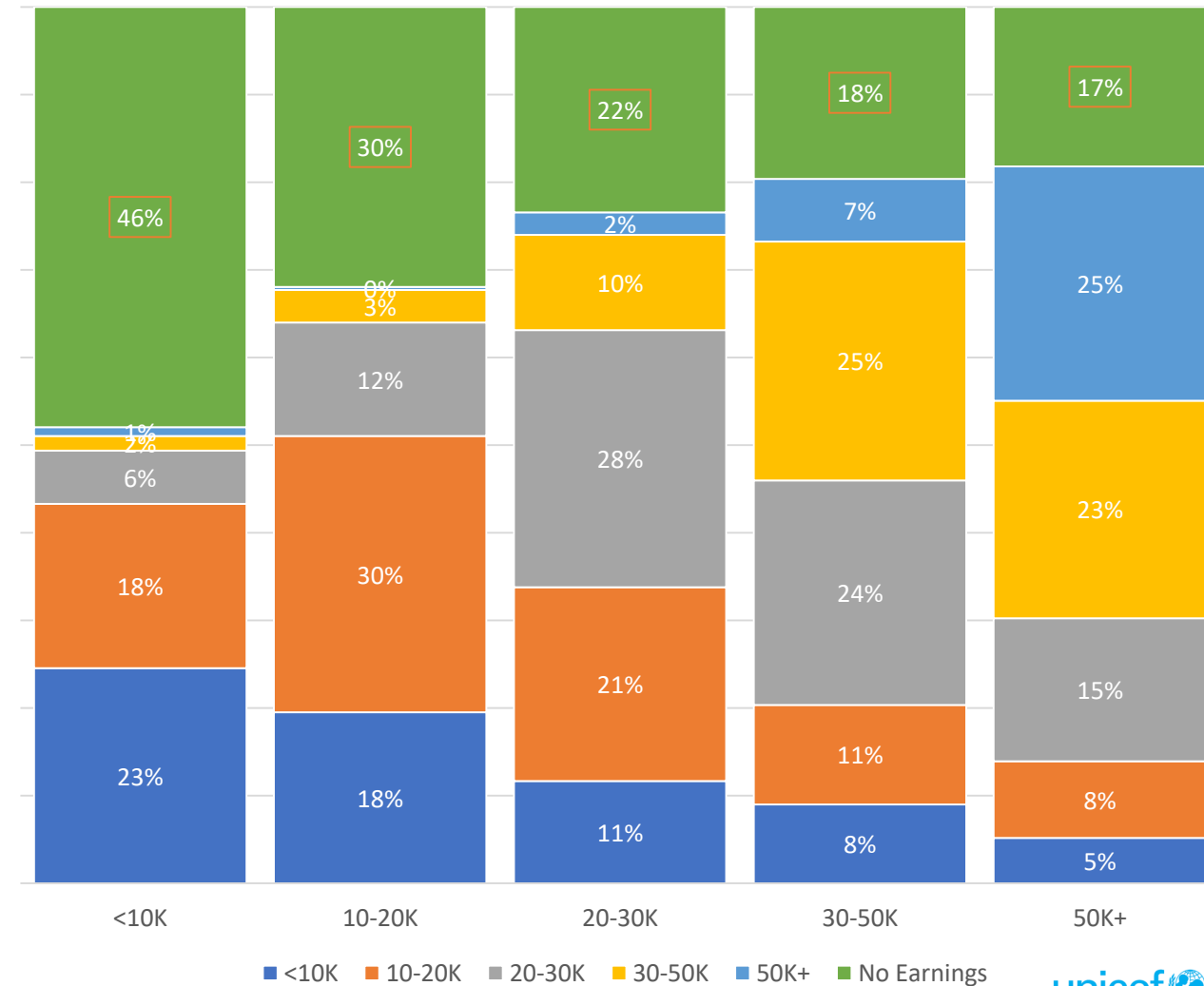
Comparing income groups at baseline and follow-up reveals a sharp flattening of the income curve.

- The income distribution has flattened. Upper income groups lost earnings (came down the ladder) while lower income groups completely lost their earnings but also went up the ladder.
- The change might temporarily increase poverty, deprivation and decrease equitable opportunities for people.

## Comparison of earnings between May & July:

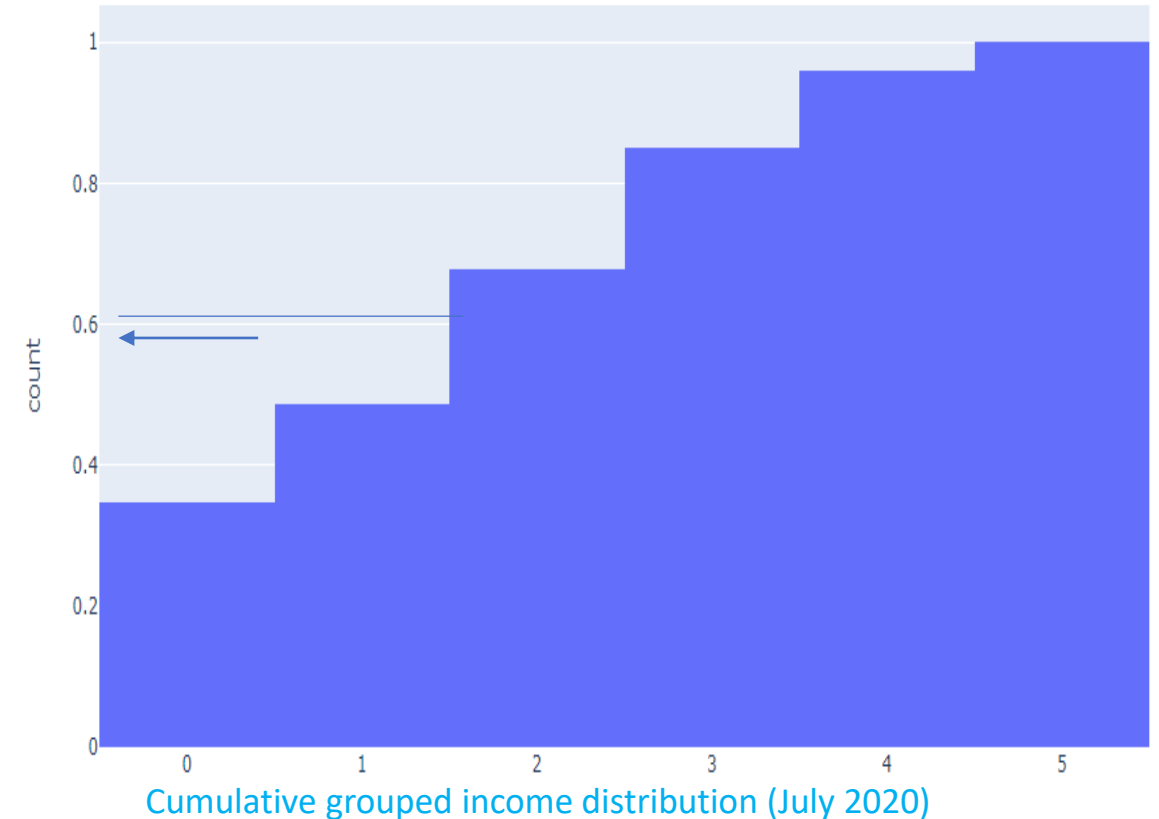
- <10K** : 23% same, 26% gained, 46% no earnings
- 10-20K** : 30% same, 15% gained, 18% lost, 30% no earnings
- 20-30K** : 28% same, 12% gained, 33% lost, 22% no earnings
- 30-50K** : 25% same, 7% gained, 43% lost, 18% no earnings
- 50K+** : 25% same, 51% lost, 17% no earnings

Income distribution among the respondents in May versus July 2020.



# EARNINGS AND LIVELIHOOD LOSS

Change in income distribution (comparing May to July) – deepening poverty with decreasing inequality as all groups are facing losses. **Estimated deterioration of poverty ( under 10, 000 per month) from 14.5% to 48.6%.**



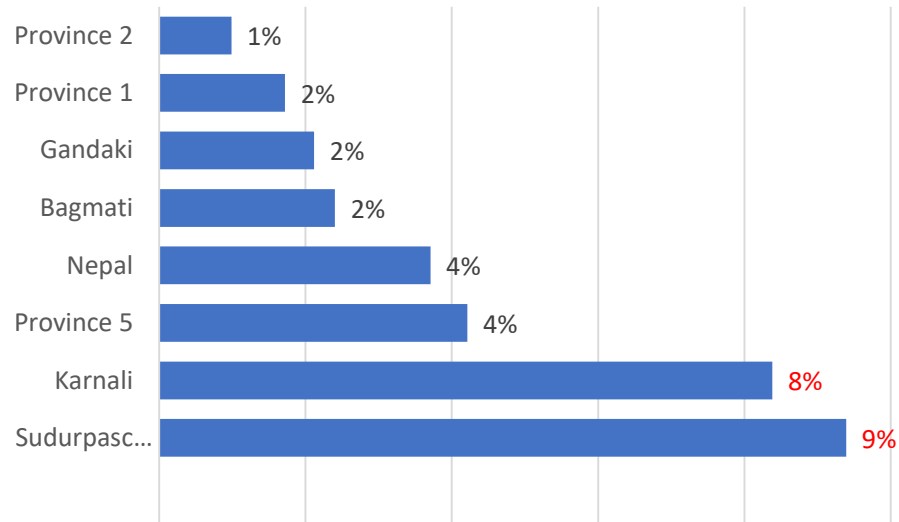
1-5: Income Groups, 0: No Income (1=<10K,2=10-20K,3=20-30K,4=30-50K,5=50K+)

- The graphs illustrate a shift in the income distribution – all income groups adversely affected to some extent.
- In May, hypothetical poverty rate (<10K per month) = **14.5%**
- In July, hypothetical poverty rate (<10K per month) = **48.6%**

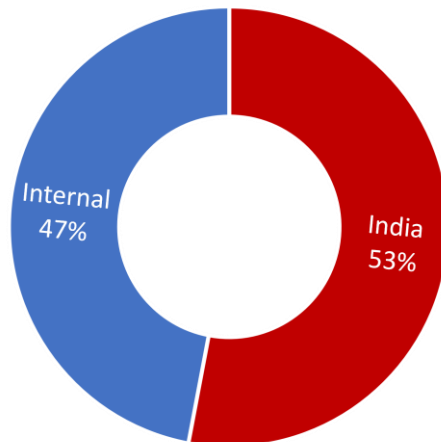
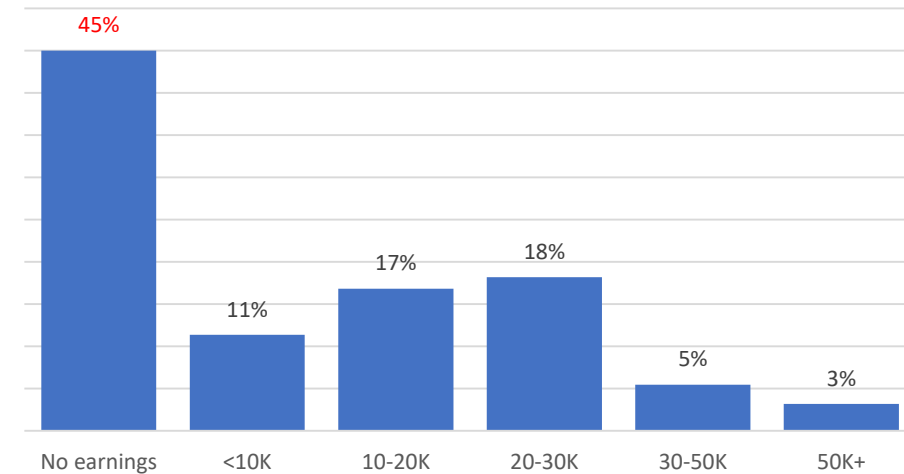
# MIGRATION

4 % of respondents reported that their migrant family members returned home in the last month.

Distribution by Province



Income groups of HH with returnees



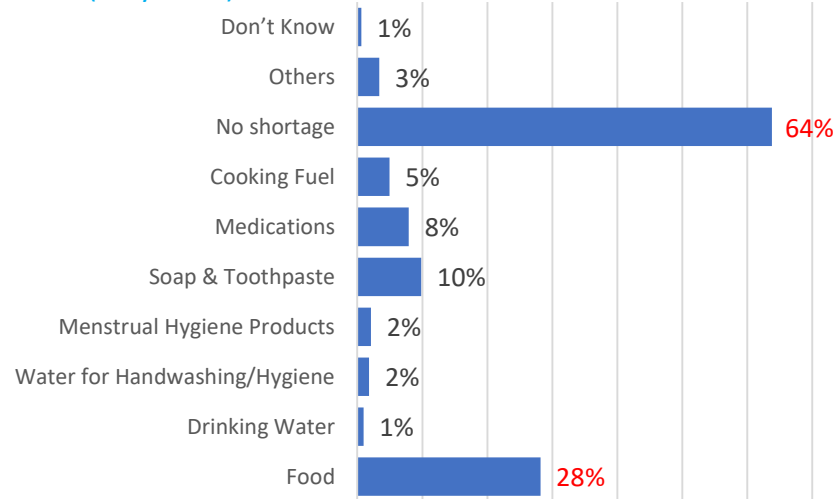
- 53% of returnees came from India and 47 % returned home from other locations in Nepal.
- Province 5, Karnali and Sudurpaschim are likely to have the highest percent of households reporting returnees.
- Some pockets with returnees can be identified in Province 3, Gandaki and Province 1.

# IMMEDIATE NEEDS

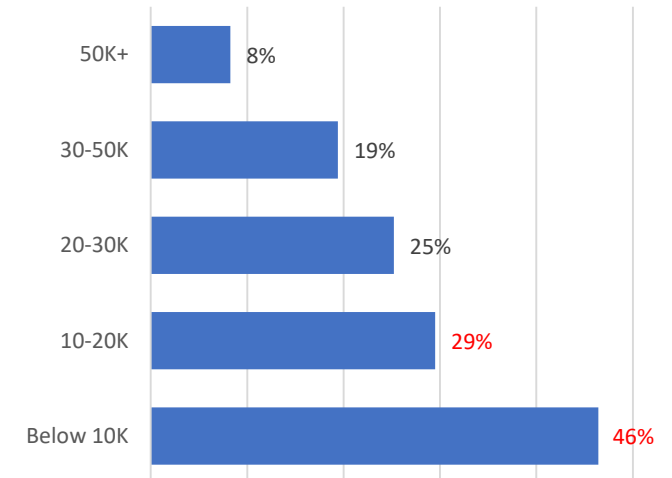
Immediate needs consisted of food, soap and toothpaste, medicines and fuel. 21 % of respondents declared food as an immediate need in July compared to 28 % in May. The results vary by socio-economic characteristics.

- Respondents from bottom income groups were more likely than the average to report food as an immediate need. There is also a sharp difference in the need for food between respondents who lost their earnings/livelihoods and those who did not.
- In July, food for 31 % of low income families is an immediate need in comparison to 7 % of high income families. However, the percentage of respondents with need for food decreased since May.
- Key needs of respondents are food, soap and toothpaste, medicines and cooking fuel.

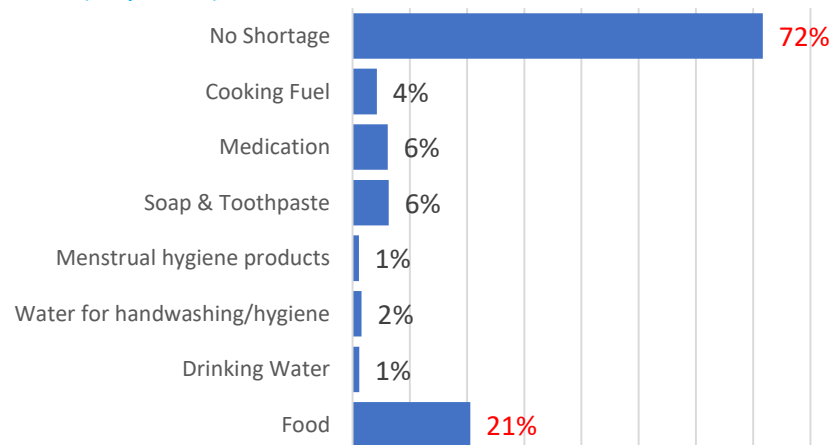
Percentage of households with immediate needs (May 2020)



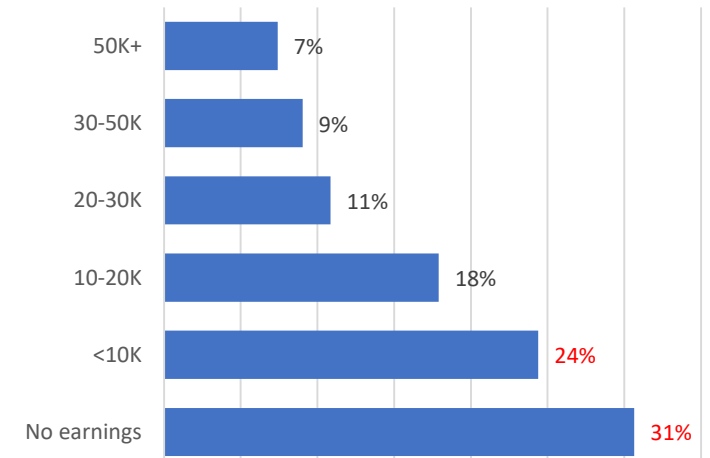
Percentage of households reporting immediate need for food by income group (May 2020)



Percentage of households with immediate needs (July 2020)



Percentage of households reporting immediate need for food by income group (July 2020)



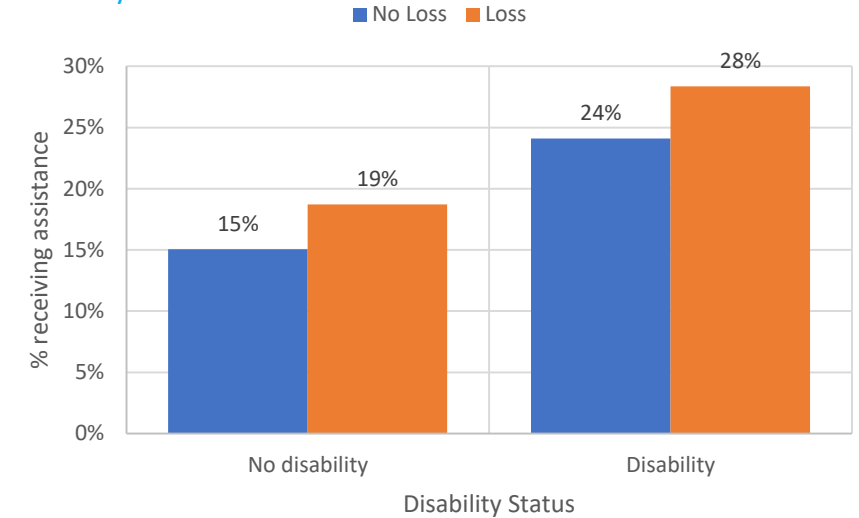


# SOCIAL PROTECTION

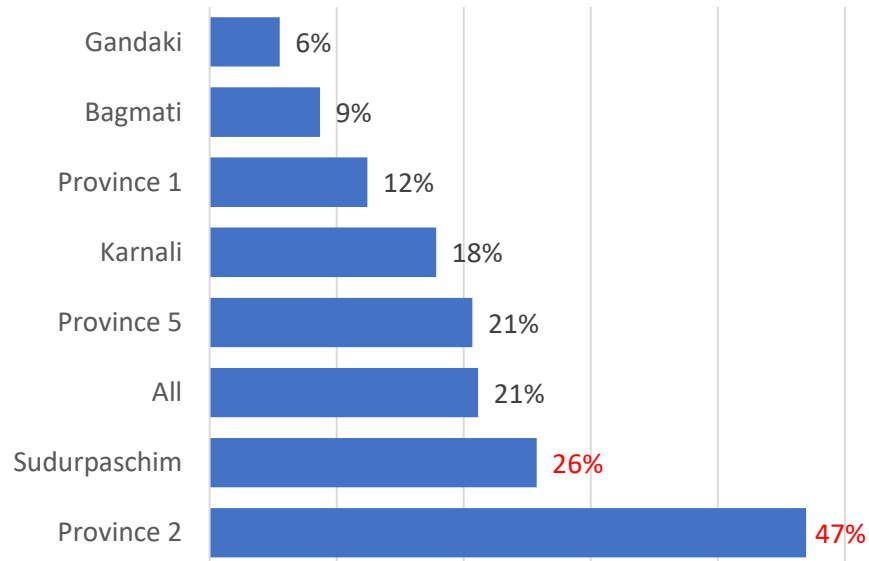
21% of respondents reported receiving financial/material assistance from the government since lockdown.

- Broadly equitable, but considerable coverage gaps in the relief packages given the extent of job and earnings losses (e.g, Bagmati). Those with disabilities and having suffered job/income loss are more likely to receive assistance.
- Households with an average income below NPR 10,000 – 20,000 and those living in Province 2 make the highest proportion of beneficiaries of the Government’s financial assistance package.

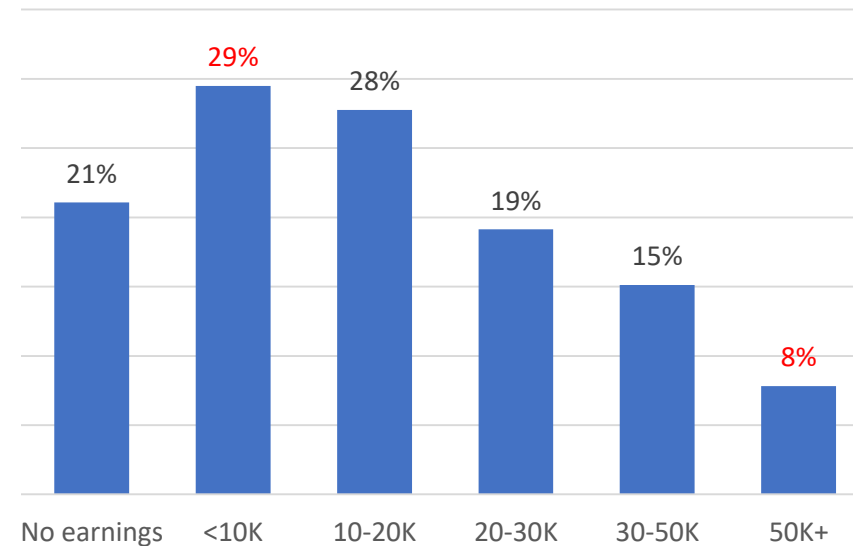
Percentage of households receiving financial/material assistance by disability & income loss



Percentage of households reporting receiving financial/material assistance by province



Percentage of households reporting receiving financial/material assistance by income group

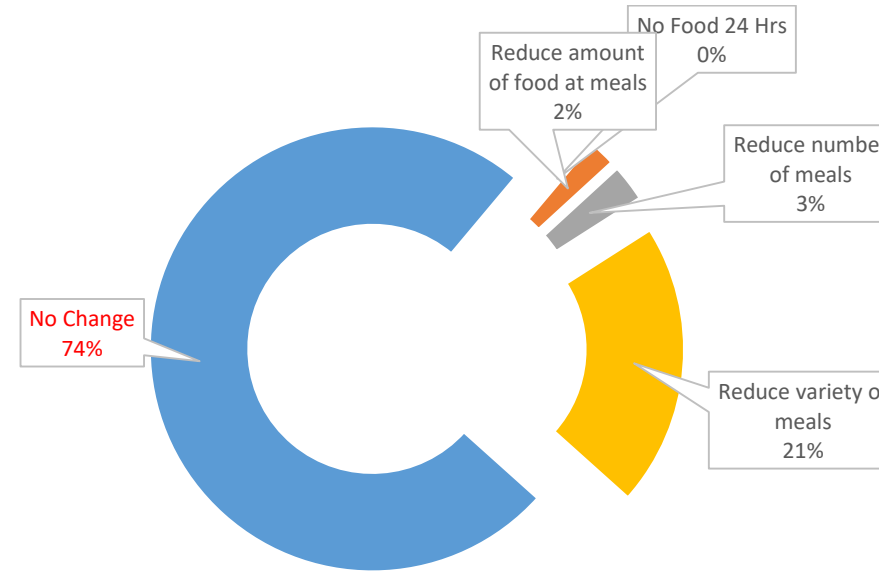
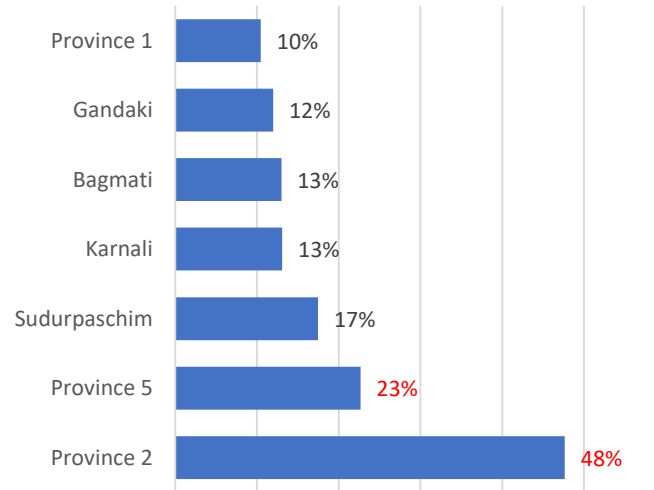




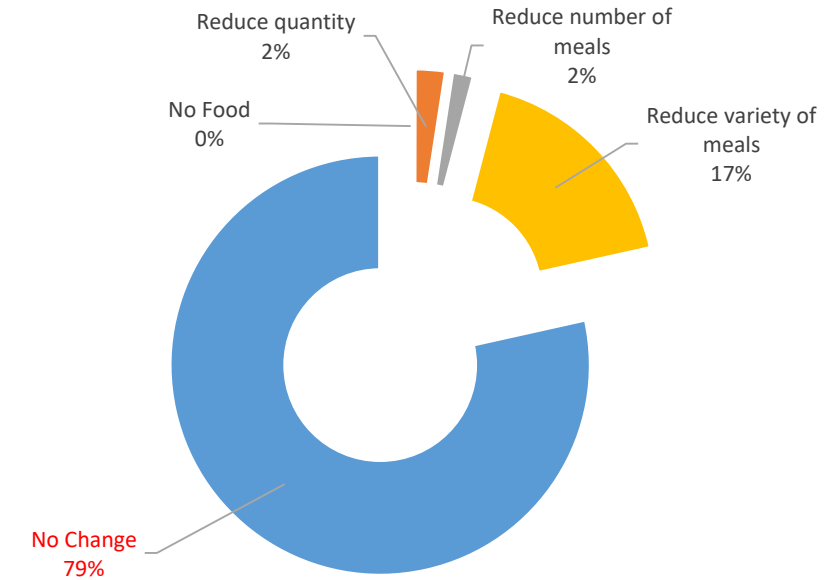
# NUTRITION

The percentage of households with children who experienced dietary changes decreased by 4% since May 2020.

## Changes in dietary intake by province



Changes in dietary intake (May 2020)



Changes in dietary intake (July 2020)

- Respondents from the bottom income groups and particularly those from Province 2 continue to be most likely to report changes in their children's dietary intake.
- Improvement is observed in children's diet, but 1 in 5 children continue experiencing dietary changes (typically reduction in the variety of meals).

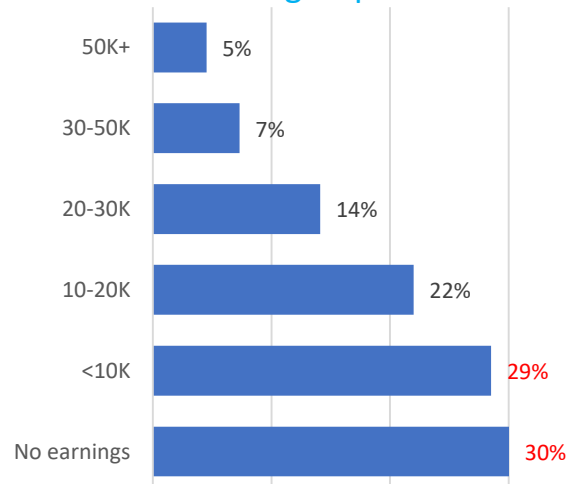
# NUTRITION

## Comparing changes in dietary intake of children in May 2020 & July 2020

- In May, 75% of respondents reported no change in their children's diet, but 10% of them had to reduce a variety of meals of their children in July.
- Out of 25% of households where children experienced change in their diets, 13% continue struggling with food while 12% improved food intake of their children.
- 28% of respondents with earnings/livelihood losses reported changed dietary intake while only 11% of those without earnings/livelihood losses reported changed dietary intake.

	No change in children's diet (July)	Change in children's diet (July)	Total
No change in children's diet (May)	65%	10%	75%
Change in children's diet (May)	13%	12%	25%
Total	78%	22%	100%

Changes in dietary intake by income group



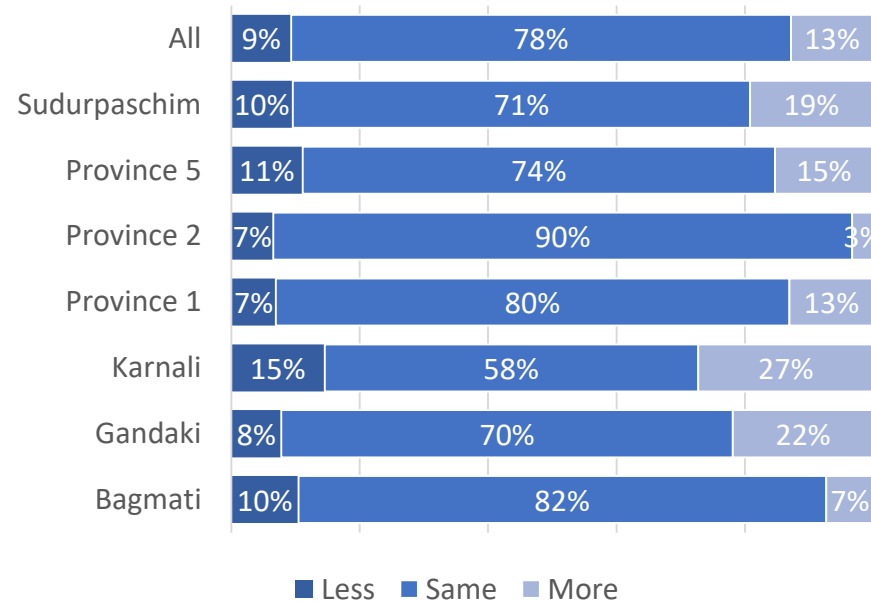
		July (2020)					
		No Food	Reduce quantity	Reduce number of meals	Reduce variety of meals	No Change	All
May (2020)	No Food	0%	0%	0%	0%	0%	0%
	Reduce quantity	0%	0%	0%	1%	1%	2%
	Reduce number of meals	0%	0%	0%	1%	1%	3%
	Reduce variety of meals	0%	1%	0%	8%	11%	20%
	No Change	0%	1%	1%	8%	65%	75%
	All	0%	2%	2%	17%	78%	100%

# NUTRITION

Breastfeeding patterns largely unchanged although there is an increase in breastfeeding rates from **91%** in May to **97%** in July.

- In July, 78% of respondents reported breastfeeding frequency unchanged, 9% reported less and 13% reported more in comparison to May.
- 14% of respondents reported mothers reducing meals due to lockdown/Covid-19 (marginally up from 12.2% observed in May).

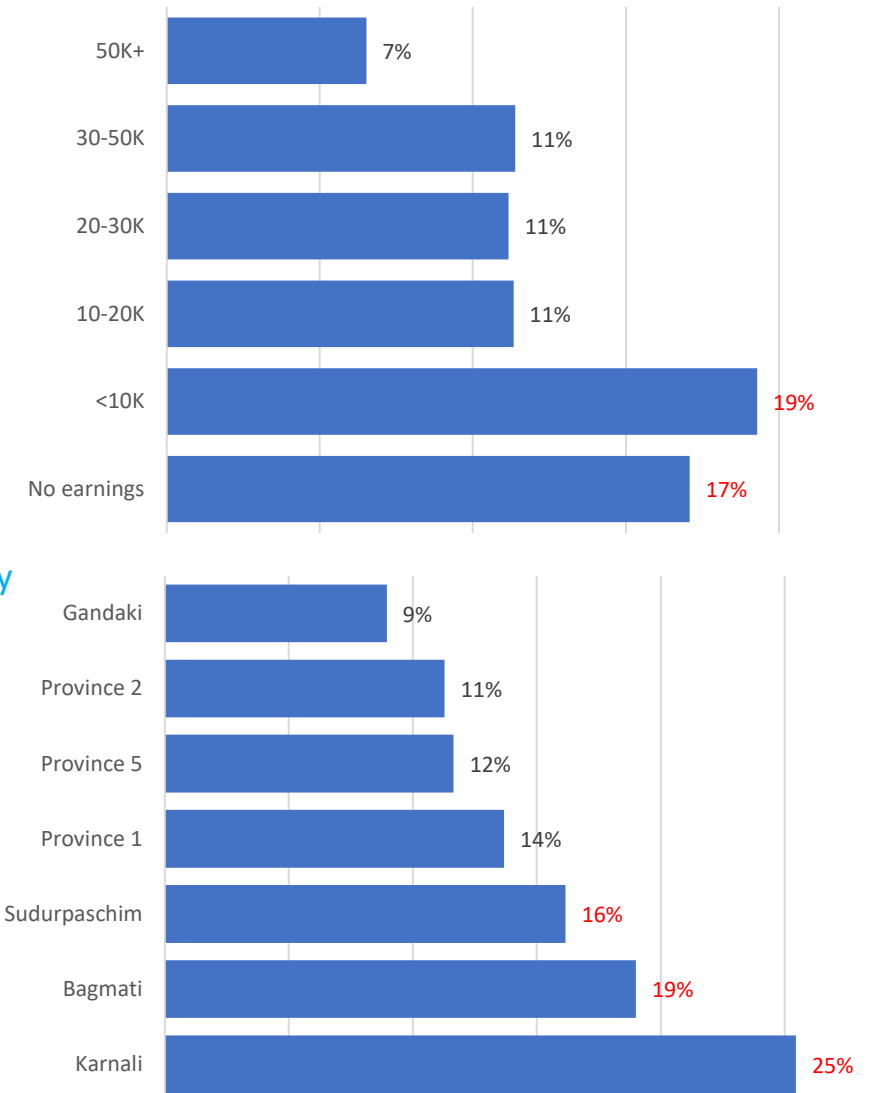
Changes in breastfeeding frequency by province



Comparing changes in breastfeeding frequency in May and July 2020

	July (Less)	July (Same)	July (More)	Total
May (Less)	1%	2%	0%	4%
May (Same)	6%	<b>66%</b>	8%	80%
May (more)	1%	10%	5%	16%
<b>Total</b>	<b>9%</b>	<b>78%</b>	<b>13%</b>	<b>100%</b>

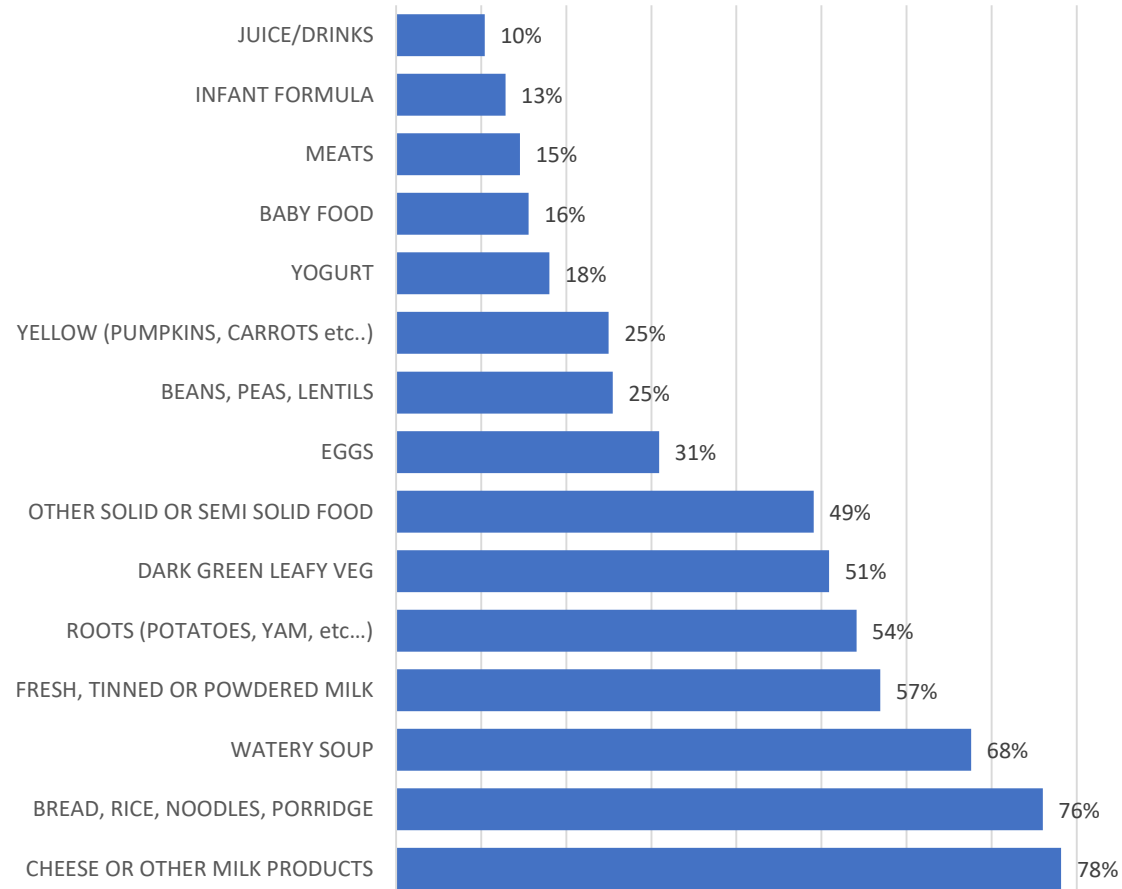
Reduction in mother's meals by income group (top) & province (bottom)



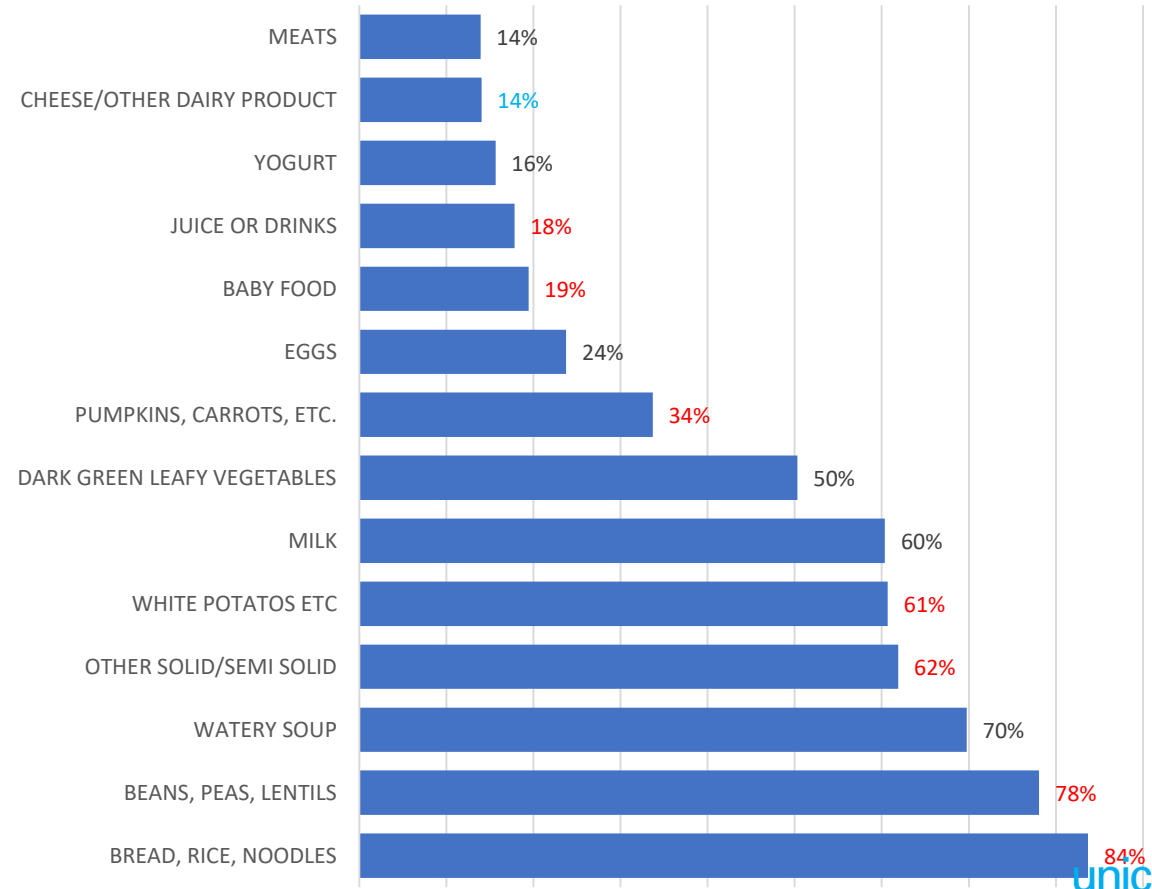
# NUTRITION

Improvements in children's diet are observed in many food categories despite worsening income levels.

### Child diet in last 24 hours (May 2020)



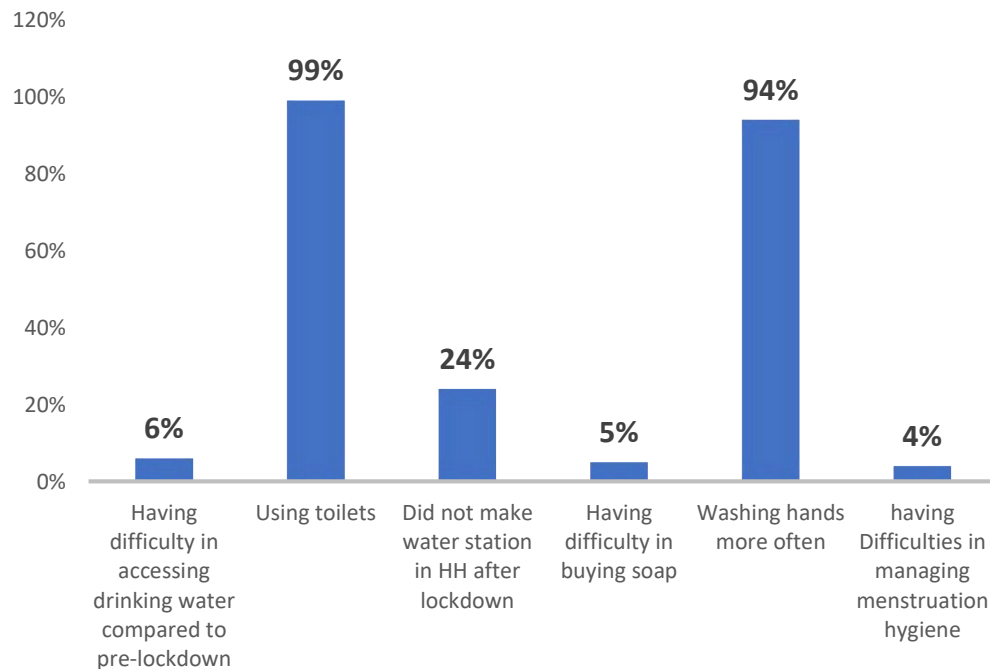
### Child diet in last 24 hours (July 2020)



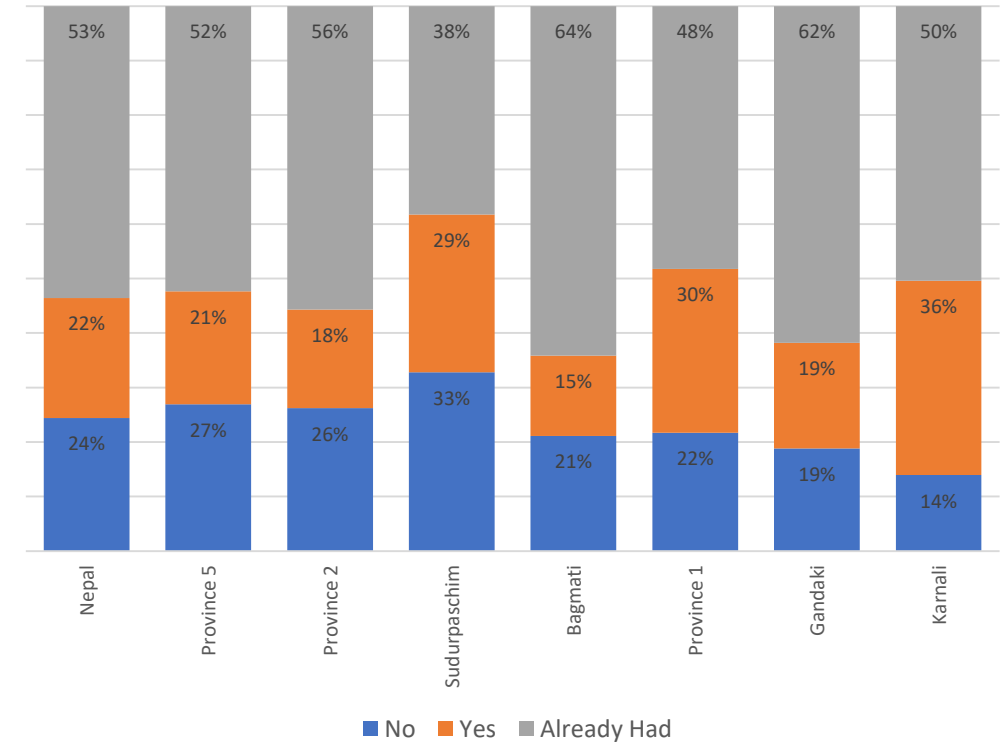
# WASH

99% of respondents reported using toilets, and 94% had access to drinking water.

- There is a considerable regional diversity as well as a variation by income groups
- 6% of households lacking access to drinking water were mainly facing supply related issues with water supply.
- 5% of households have difficulty in buying soap.
- Women in 4% of households have difficulties in managing menstruation hygiene.



Percentage of respondents who built water station

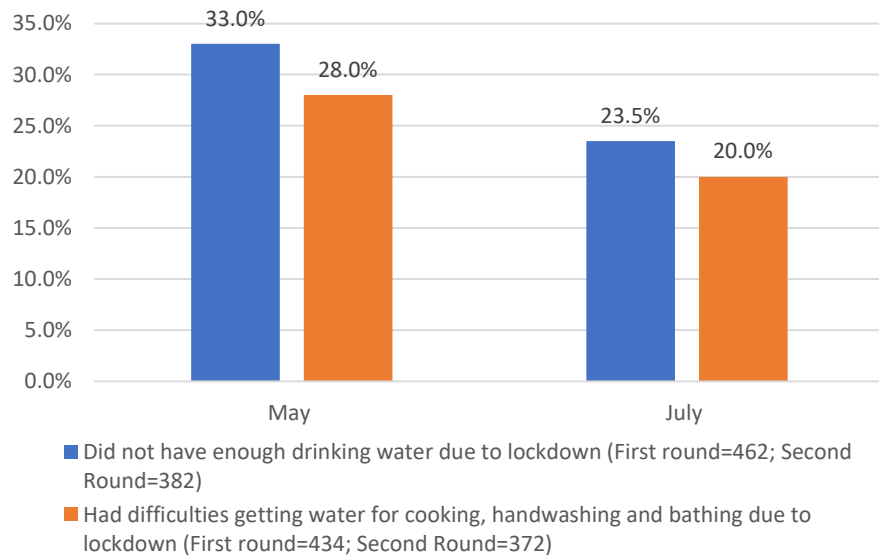


- More households in Karnali, Province 1 and Sudurpaschim built water stations during lockdown in comparison to other provinces.
- 24% of households did not make water stations at home for handwashing with the % being highest in Sudurpaschim.

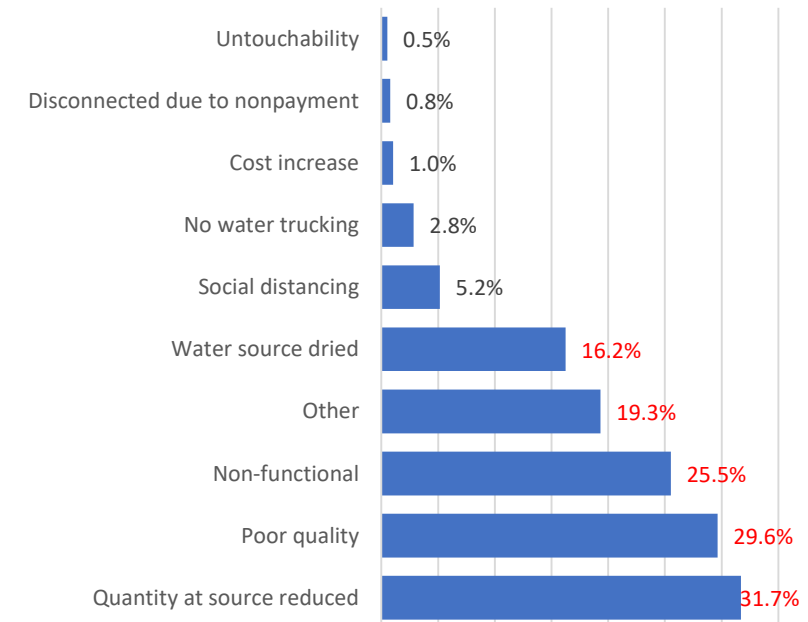
# WASH

- Most respondents experienced difficulties in accessing water due to reduced quantity, poor quality and supply related issues.
- The percentage of households without enough drinking water and those who faced difficulties in getting water for cooking, handwashing and bathing decreased from May to July.

Percentage of IVR respondents with access to water



Reasons for difficulty in accessing drinking water

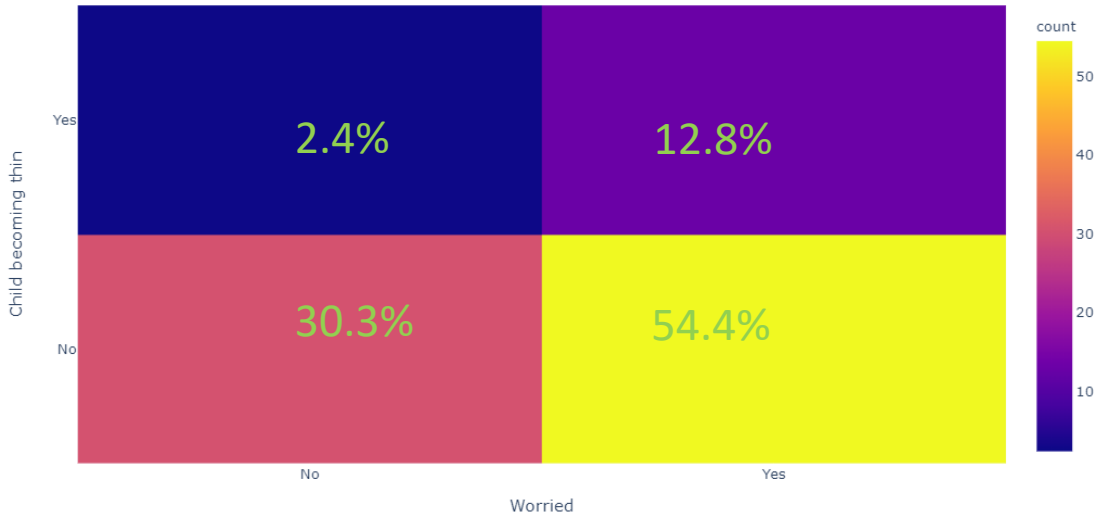


These results are used to observe trends with a small sample sizes of the survey's different respondents who are randomly selected to participate in IVRs every month.

# HEALTH

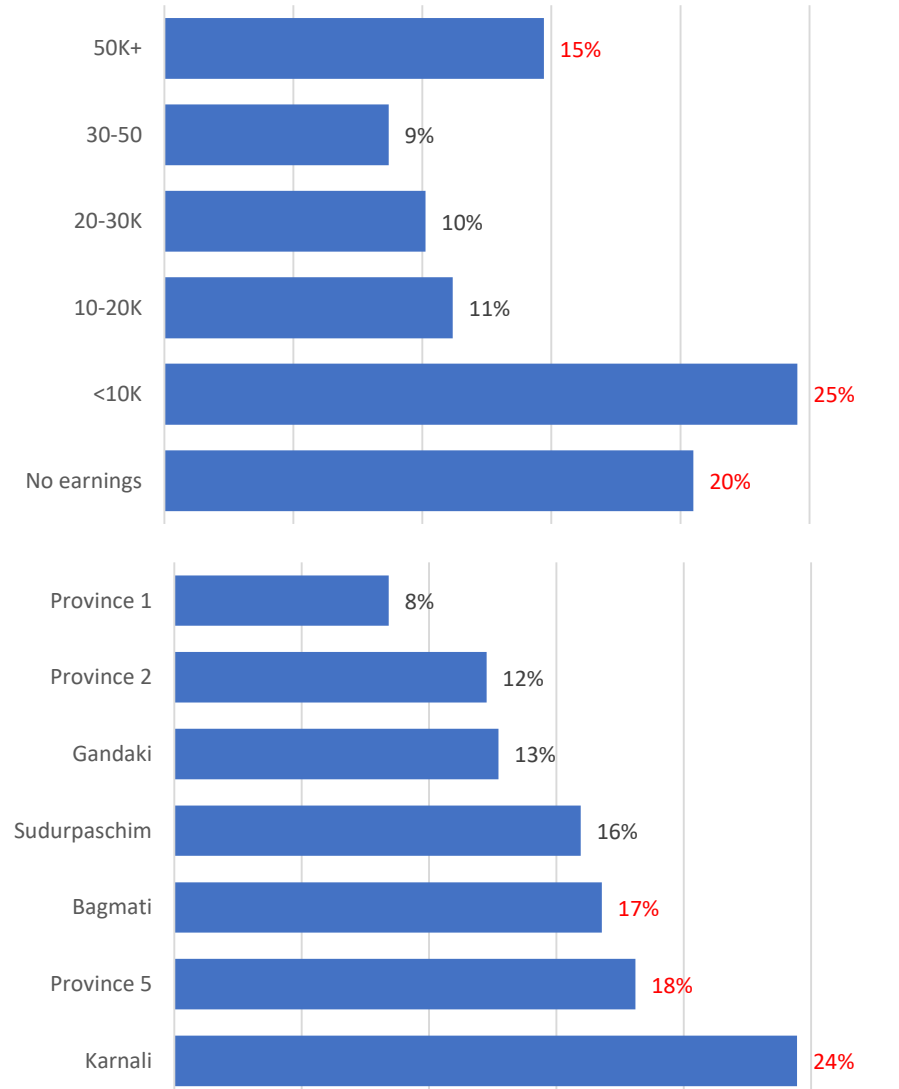
67% of respondents are worried about their children's health and 15% felt their children were becoming too thin or thinner than before.

- 13% worried about health AND concerned about child becoming thin/thinner/too thin.
- 2.4% not worried about health, but worried about child becoming too thin.
- 30% not worried about health NOR concerned about child becoming too thin.
- 54% not worried about child becoming thin but worried about health.
- Variation by socio-economic characteristics.



Crosstab (Heatmap) of Respondents worried about the health of their children (X) and respondents worried their children are becoming thin (Y)

Respondents concerned that children are becoming thin by income group (T) and Province (B).



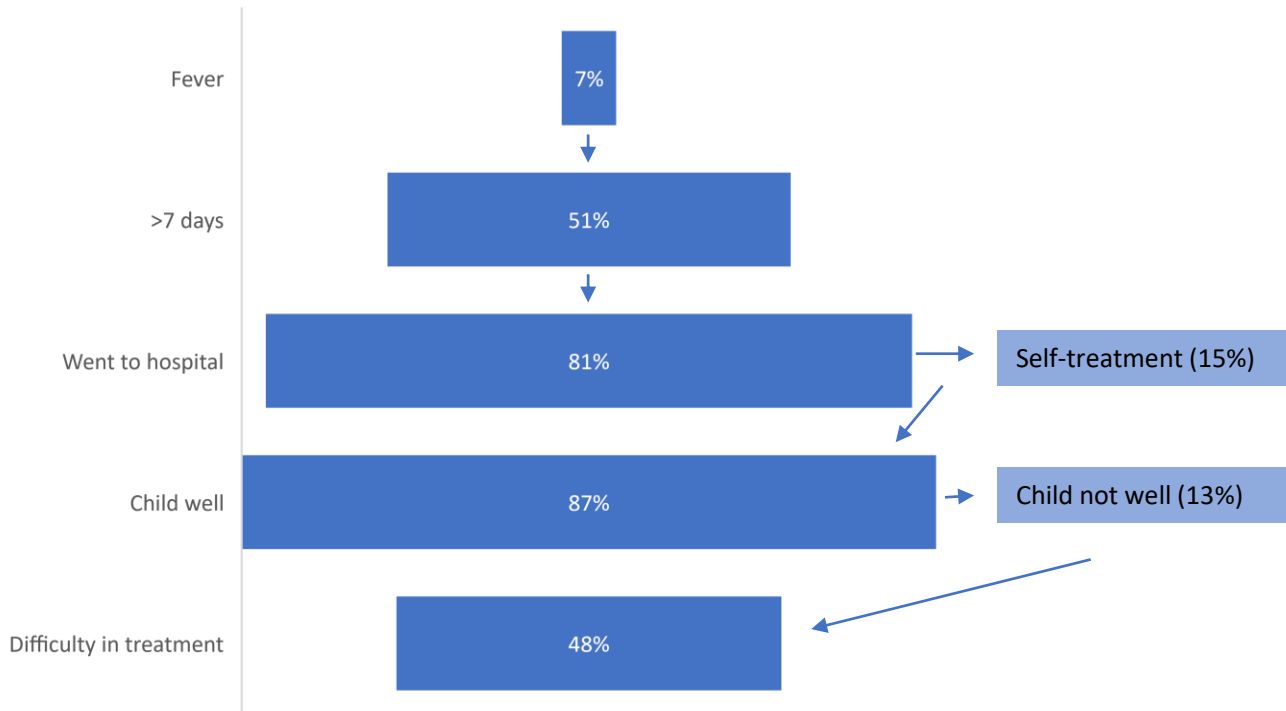


# HEALTH

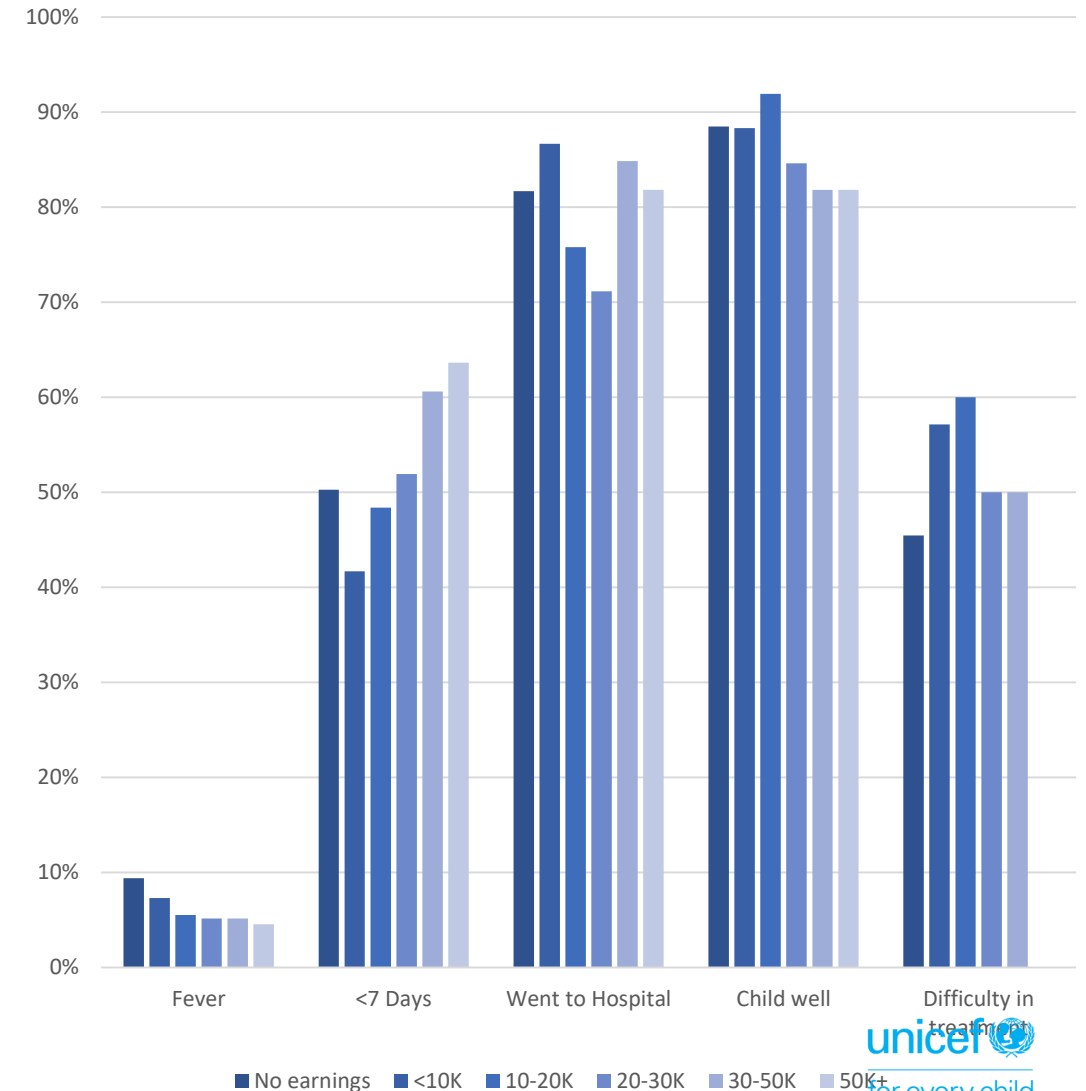
Of the 13% respondents whose children were not well, nearly half (48%) reported having difficulty in receiving treatment

- 7% of respondents had children with fever in the last month. 87% of children with fever for more than 7 days are well.
- 51% of them had fever lasting more than 7 days.
- 81% of those with fever last more than 7 days went to hospital for treatment. 15% preferred self-treatment.
- Results vary by region and socioeconomic characteristics.

## Children with fever and treatment



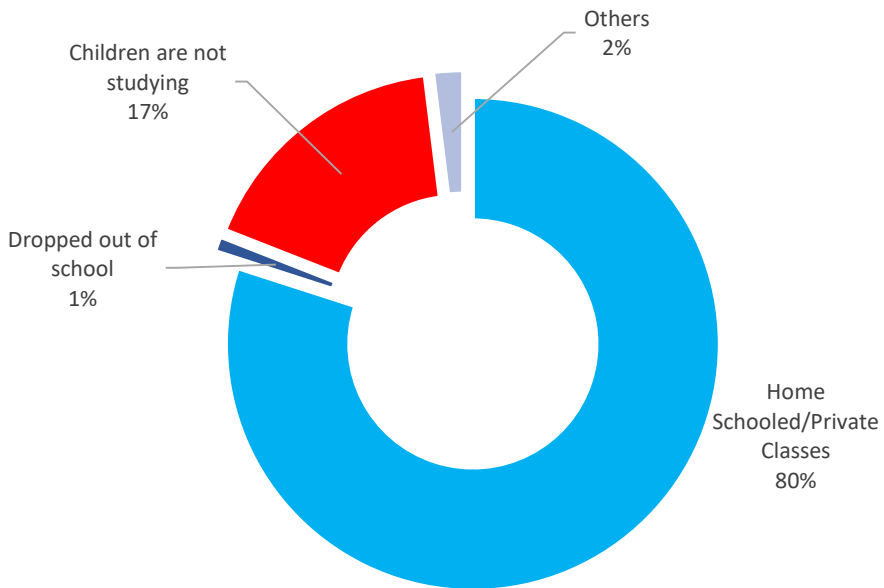
## Children with fever & treatment by income group



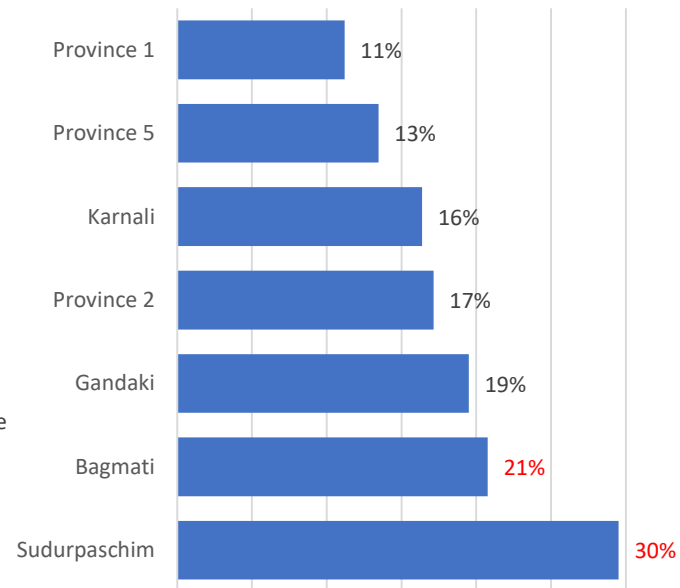
# EDUCATION

1 in 5 respondents reported that students are not studying (neither home school nor online or private classes).

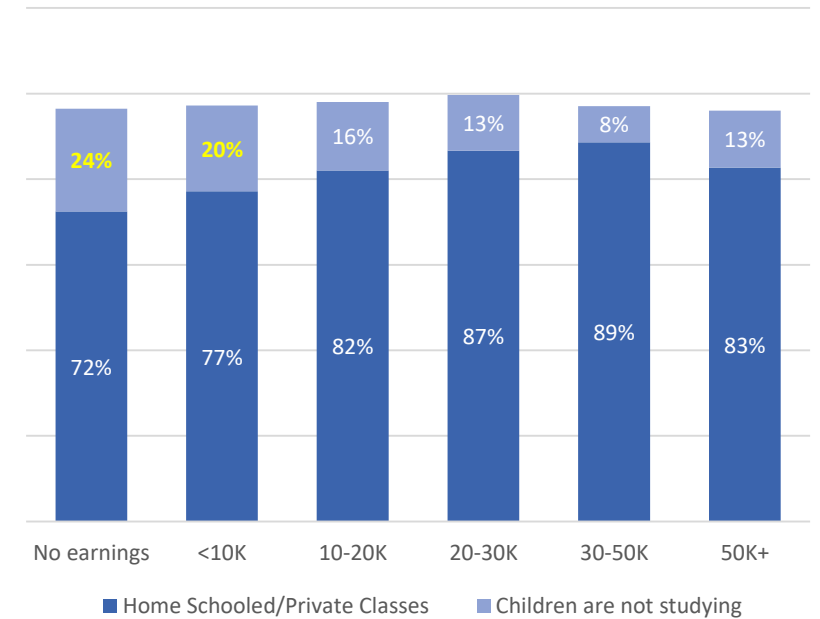
Percentage of children studying and not studying



Percentage of children not studying by Province



Variation in studying by income group



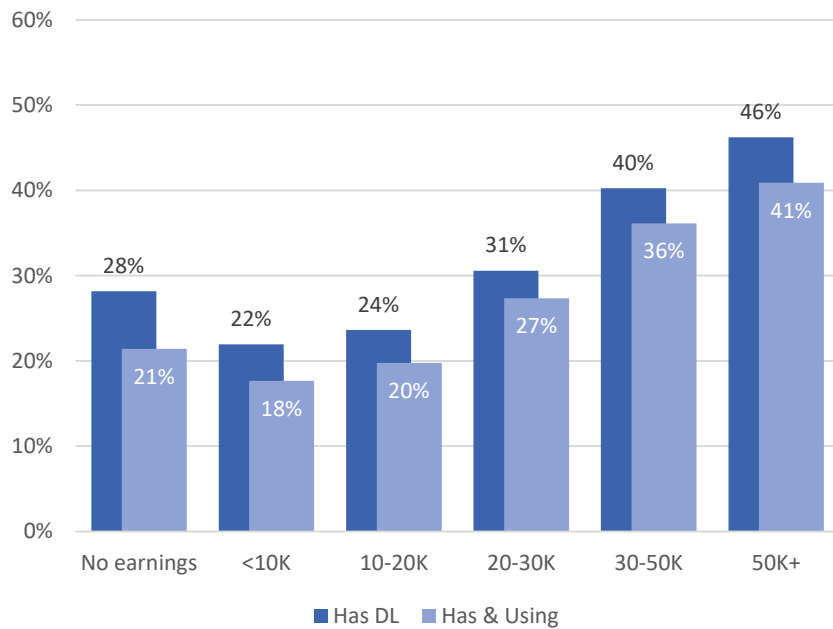
- 80% of respondents reported their children were studying through home schooling, private classes (including online).
- The average results hide the diversity in outcomes when viewed through socio-economic characteristics such as region or income group.
- Respondents from Sudurpaschim and Bagmati were most likely to report their children had stopped studying while those from the bottom two income groups were also more than likely to report children having stopped studying.
- 389 municipalities (out of 621 surveyed) reported that their children were not studying at the time of the survey. Children in households in Sudurpaschim and Bagmati are more likely to have stopped studying and have no access to school.

# EDUCATION

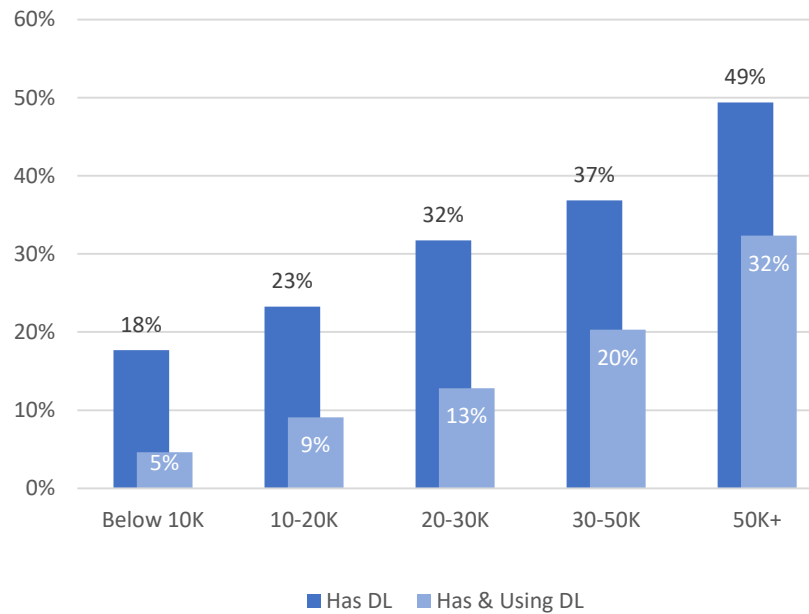
Children from the poorest households have the worst access to distance learning.

- As in May, almost 30% of respondents reported in July that their children had access to distance learning (DL).
- The percentage of children using distance learning increased to 80% - much higher than in May.
- Most children who are using distance learning are studying online.
- While access to distance learning has remained roughly constant, there has been a significant increase in the use of distance learning in all provinces. Province 2 has the lowest percentage of households with children who have access to distance learning.

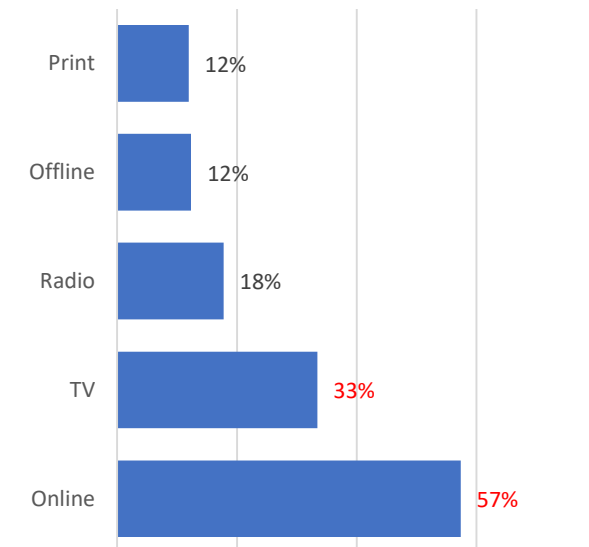
Percentage of households with children studying remotely by income group (July 2020)



Percentage of households with children studying remotely by income group (May 2020)



Types of DL used by children

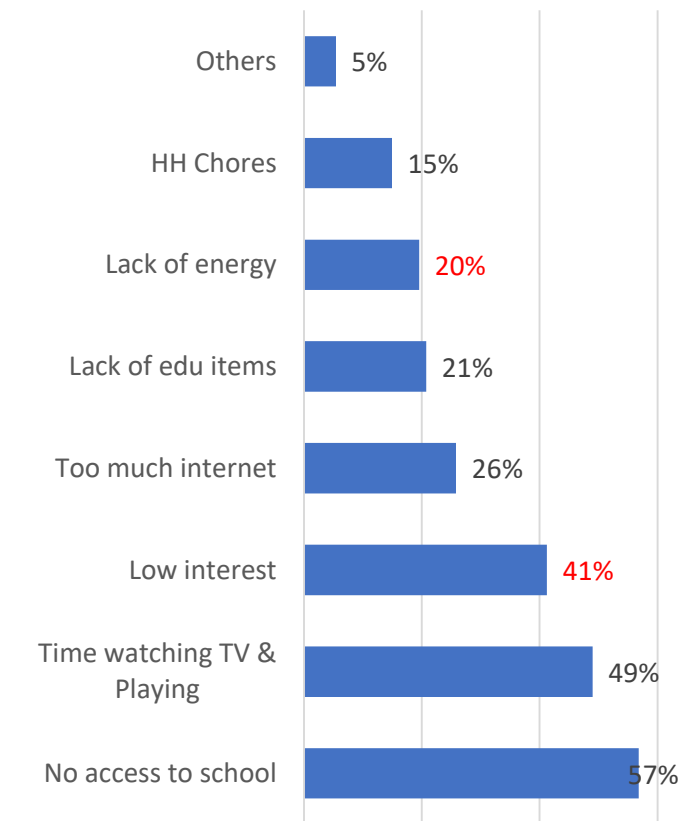


# EDUCATION

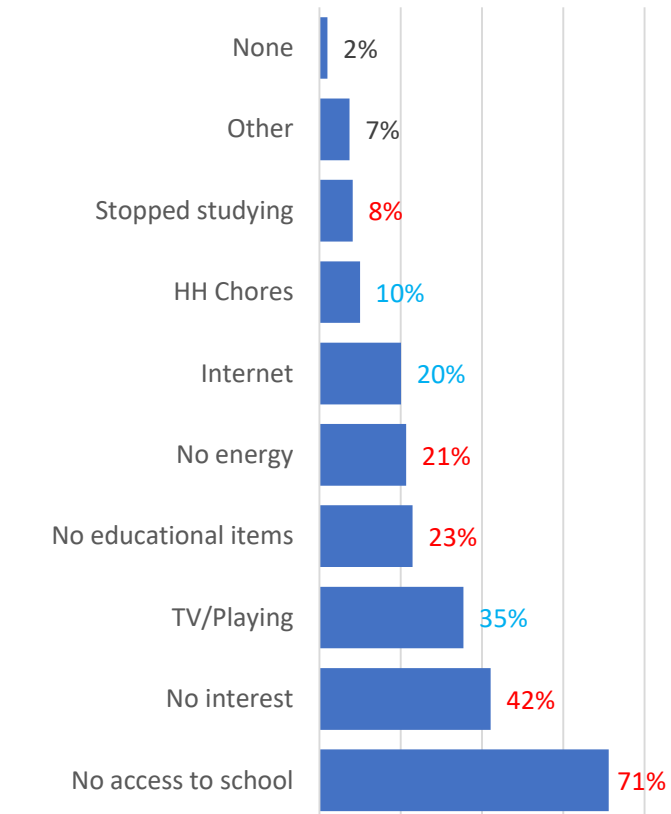
Children in over 90% of households experience various difficulties with studying.

- The lack of interest and energy continue to be worrying signs. Some of the issues show variation across income groups.

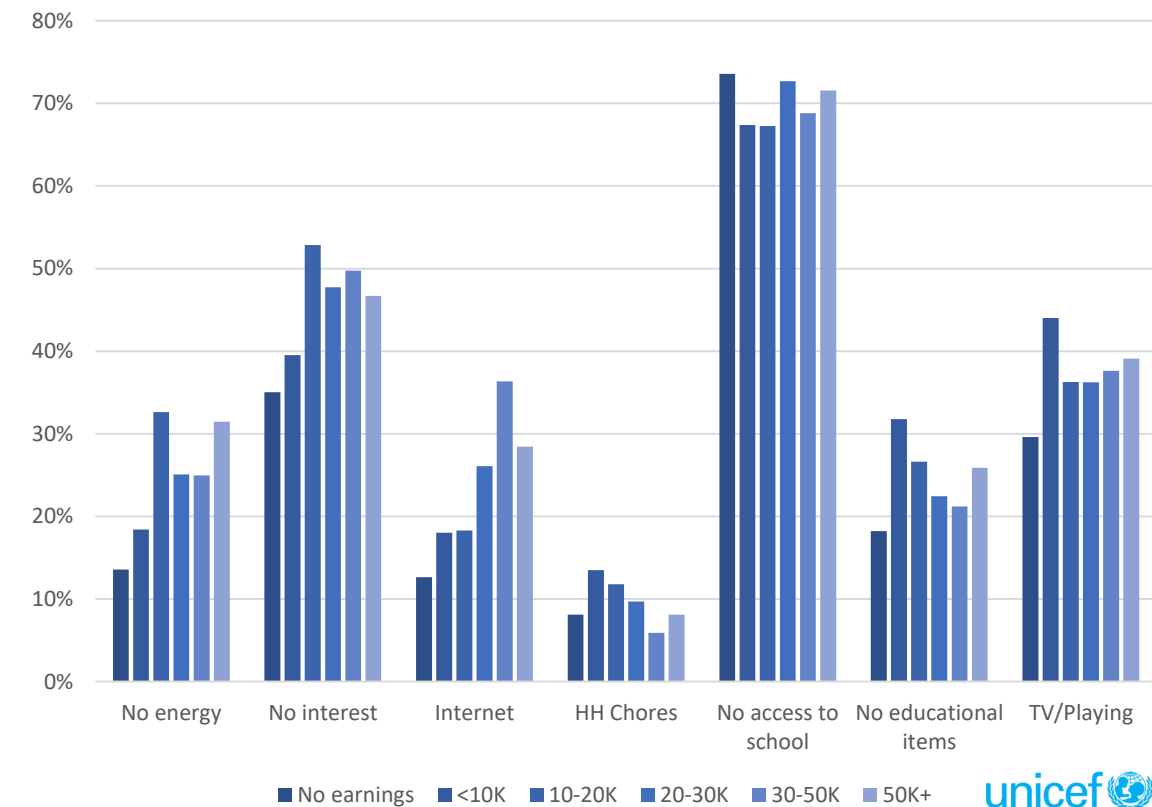
Types of difficulties experienced by children (May 2020)



Types of difficulties experienced by children (July 2020)



Children experiencing difficulties by income group (July 2020)

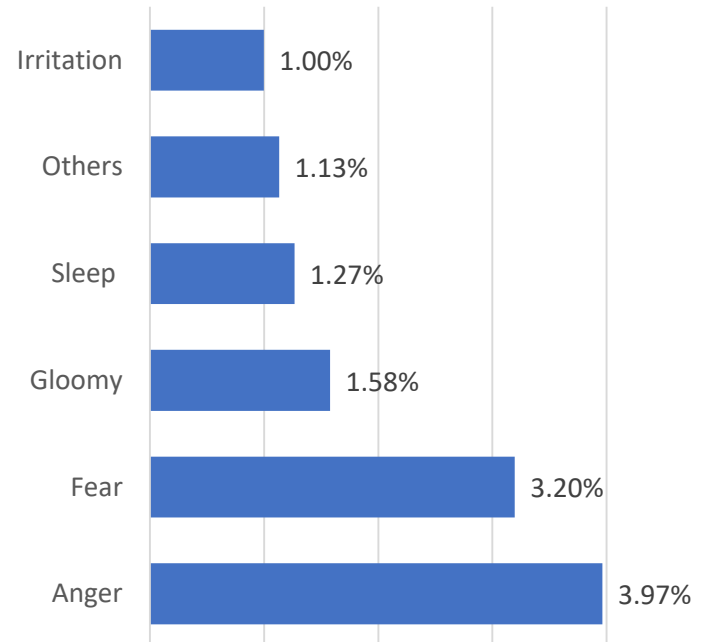


# PROTECTION

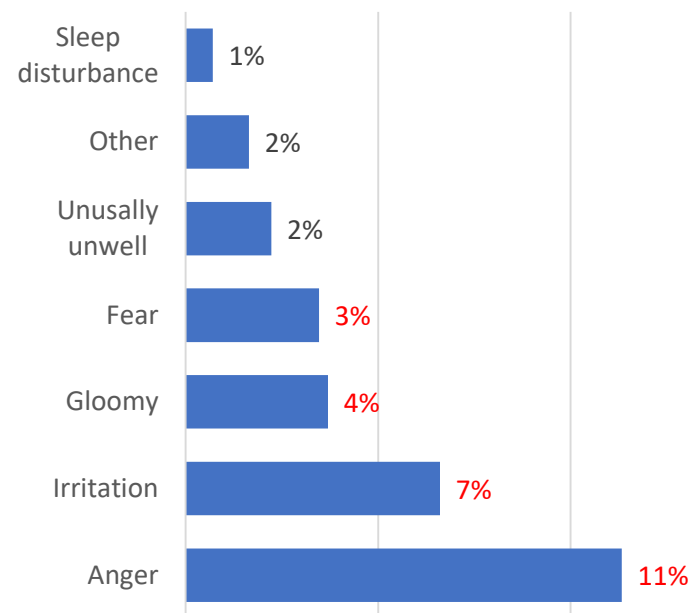
In July, 16% of respondents reported their children showing signs of gloominess, irritation, anger or fear – **more than double the rate from May 2020.**

- An increasing percent of respondents report their children showing signs of anger, irritation and gloominess. The increase in the percent of respondents reporting children with symptoms of anger is significant as it increased from 4% to 11% within a month.
- Significant increase is observed among children feeling irritated (1% to 7%) and gloomy (2% to 4%). This could mean that the respondents may have under reported in May and are more comfortable answering questions now. Equally possible, it could point to an increase in worrying symptoms as children react to their parents' job losses and other negative aspects of the environment.

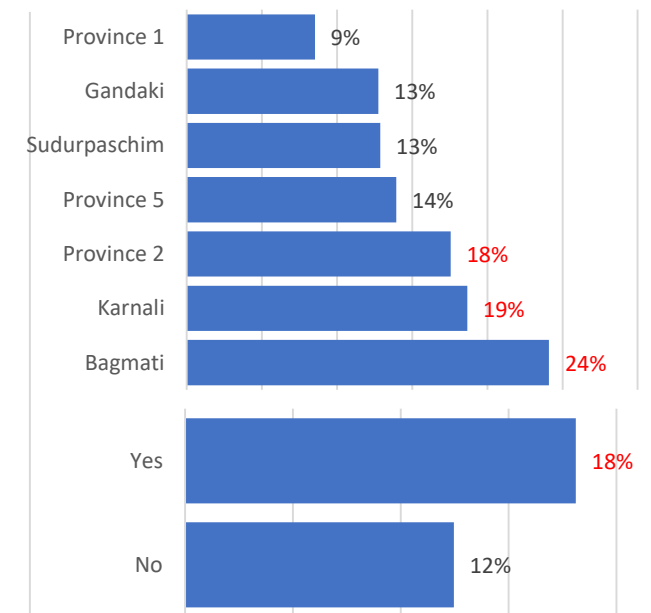
Percentage of households with children showing various symptoms (May 2020)



Percentage of households with children showing various symptoms (July 2020)



Percentage of households with children showing at least one symptom by province (top) and earnings/livelihoods loss (bottom)

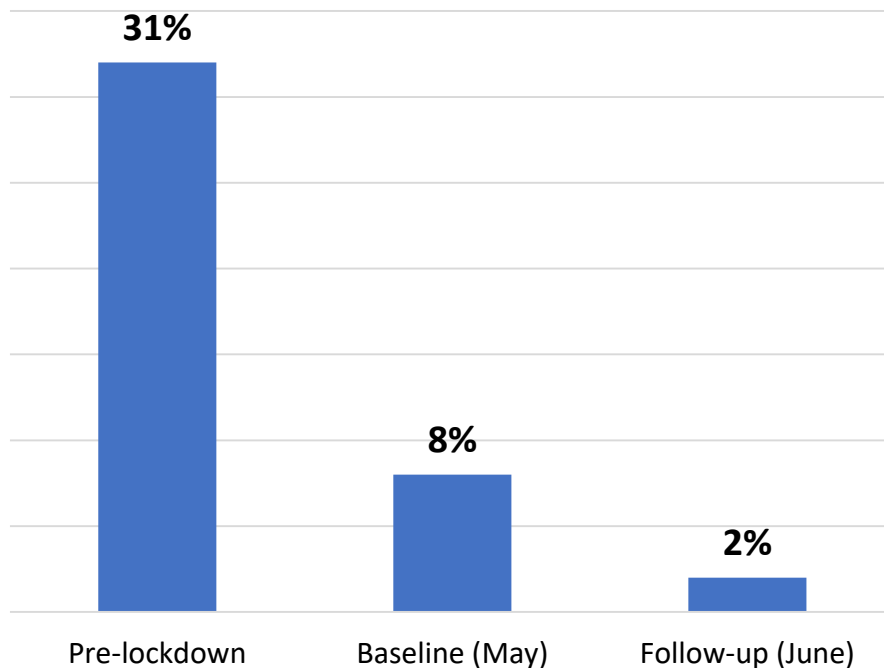


# PROTECTION

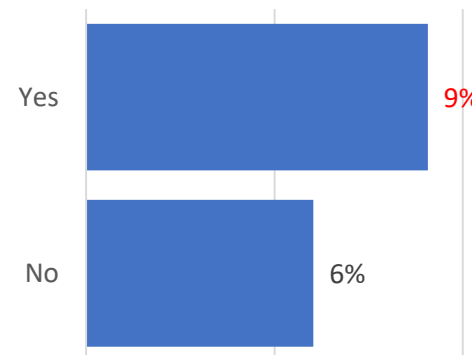
Sharp decline in the % of households with children working during lockdown - children in 2% of households are currently working to help their families earn income.

- Children in 31% of households worked before lockdown. In May, children in 8% of households worked during lockdown. The percentage of children working during lockdown decreased to 2 %.
- Over 8% of respondents reported witnessing violence against children and/or women. Pockets of high prevalence observed in Karnali, Province 2, and Bagmati. The percentage of respondents who knew where to report domestic violence went up from 70% in May to 87% in July.

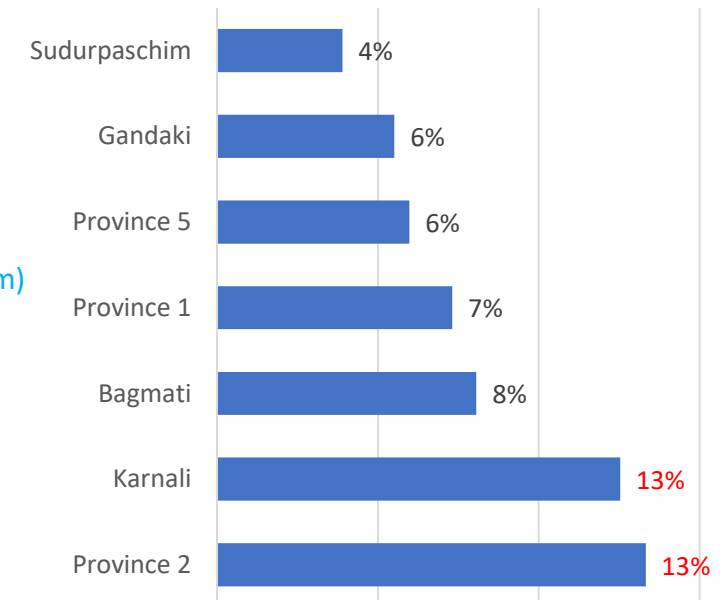
Percentage of households with children who help them earn income



Percentage of respondents witnessing violence against women/children by and earnings/livelihood loss status (bottom)



Percentage of respondents witnessing violence against women/children by Province

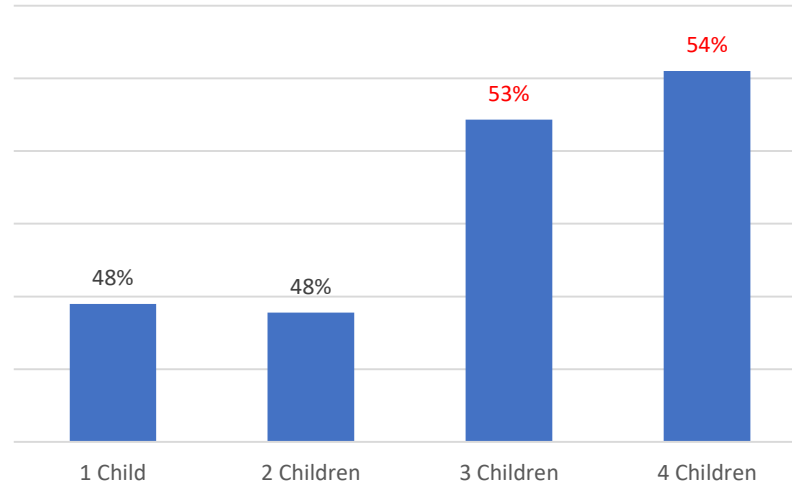


# PROTECTION

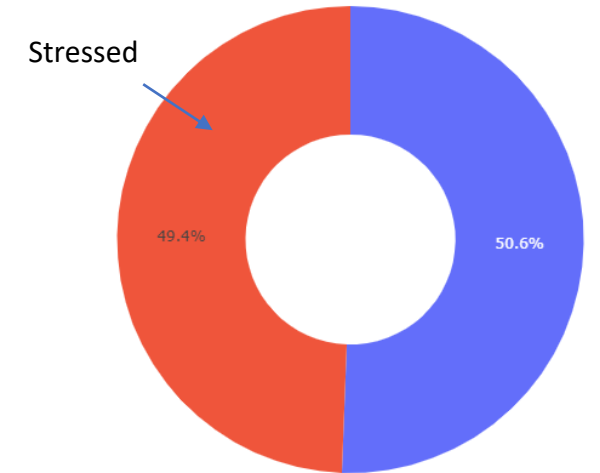
49 % of respondents feeling stressed due to lockdown.

- Stress being felt across provinces but particularly high in Province 2.
- Those who lost earnings/livelihoods more likely to report feeling stressed.
- Stress is correlated to other variables such as number of children.

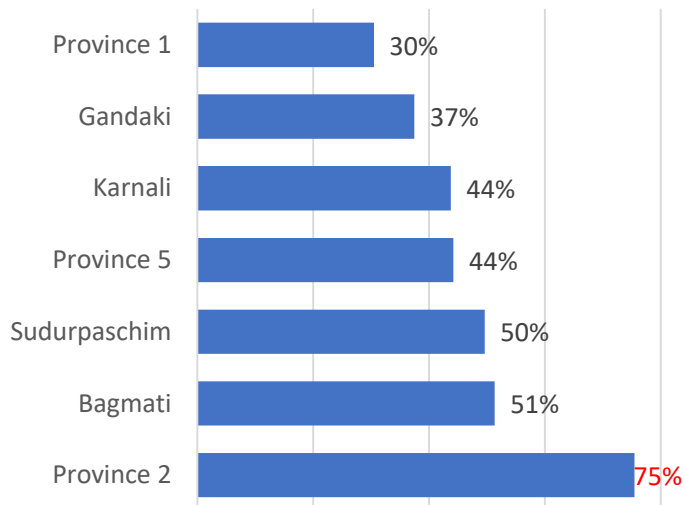
Percentage of respondents feeling stressed by number of children



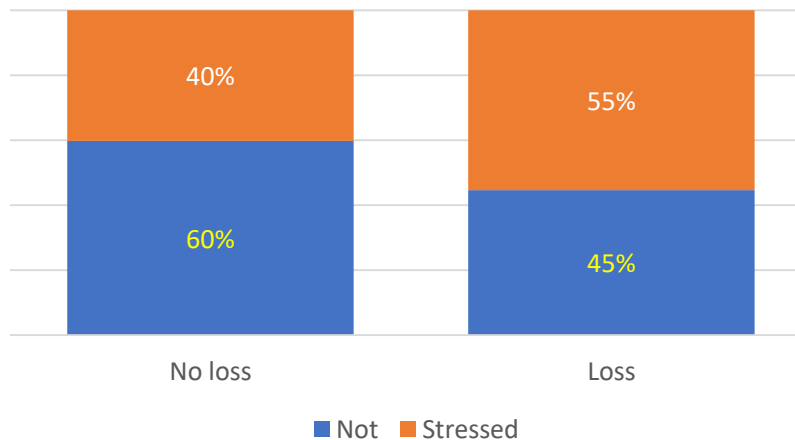
Percentage of respondents stressed due to lockdown



Percentage of respondents feeling stressed by Province



Percentage of respondents feeling stressed and who lost earnings

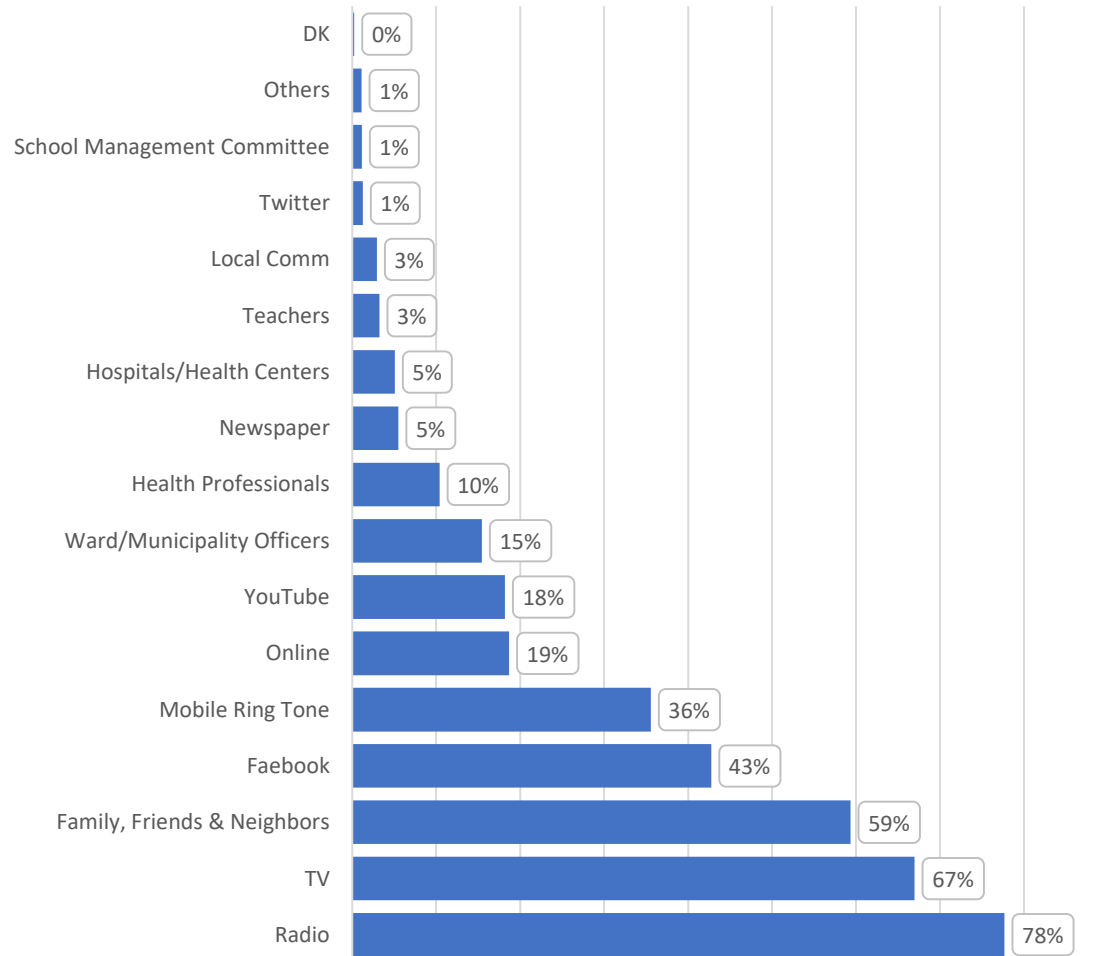




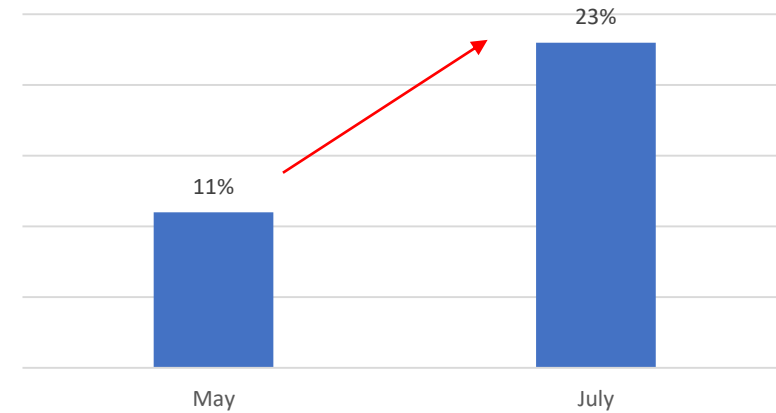
# COVID-19 AWARENESS

The percentage of respondents hearing/seeing messages about breastfeeding during Covid-19 increased significantly.

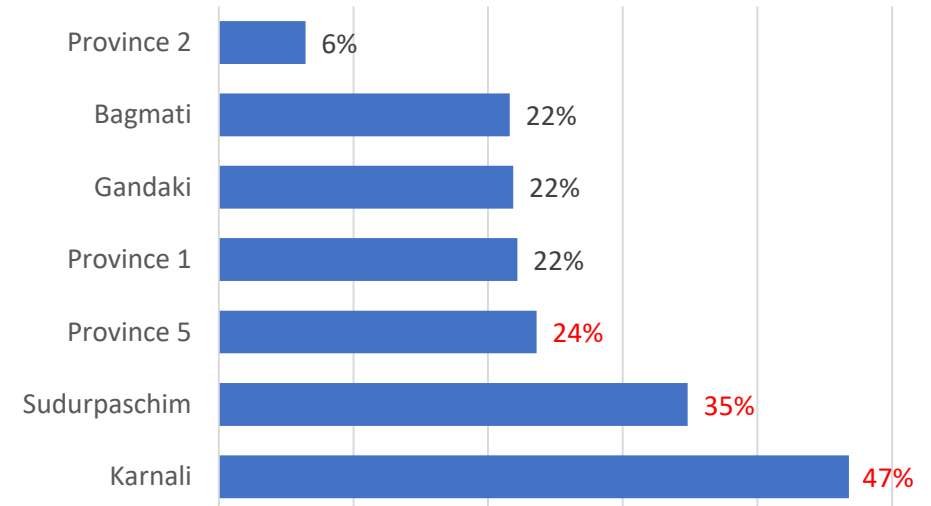
### Sources of Information on Covid-19 (% responding Yes, Multiple choice)



### Percentage of respondents hearing or seeing messages about breastfeeding



### Percentage of respondents hearing or seeing messages about breastfeeding by Province (July 2020)

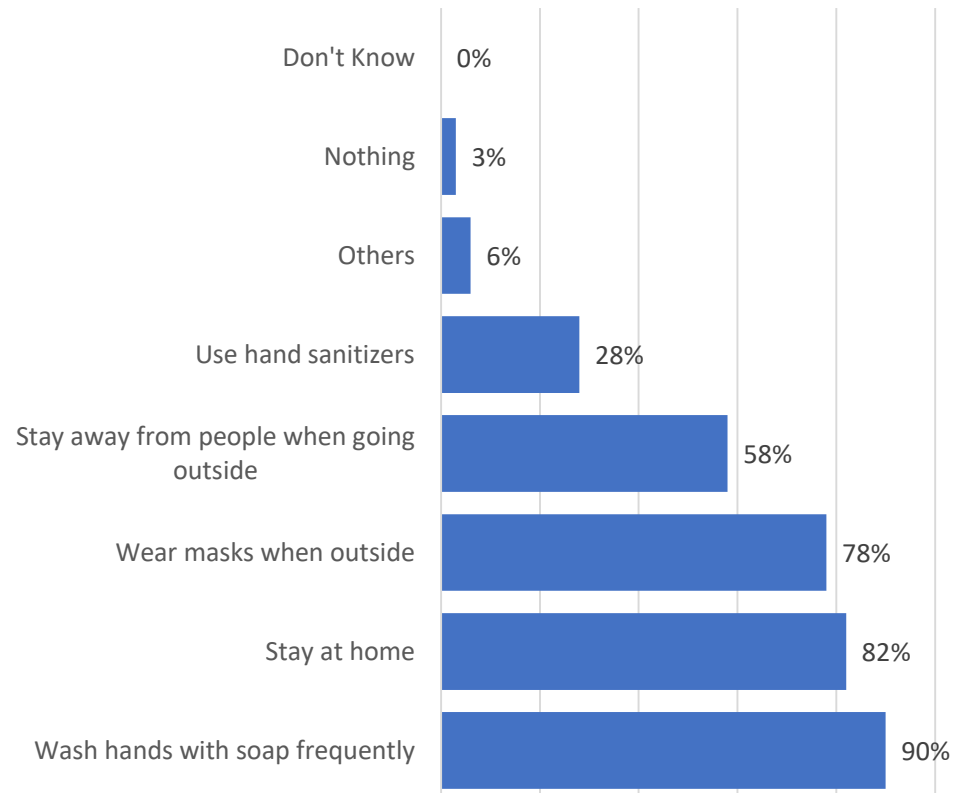


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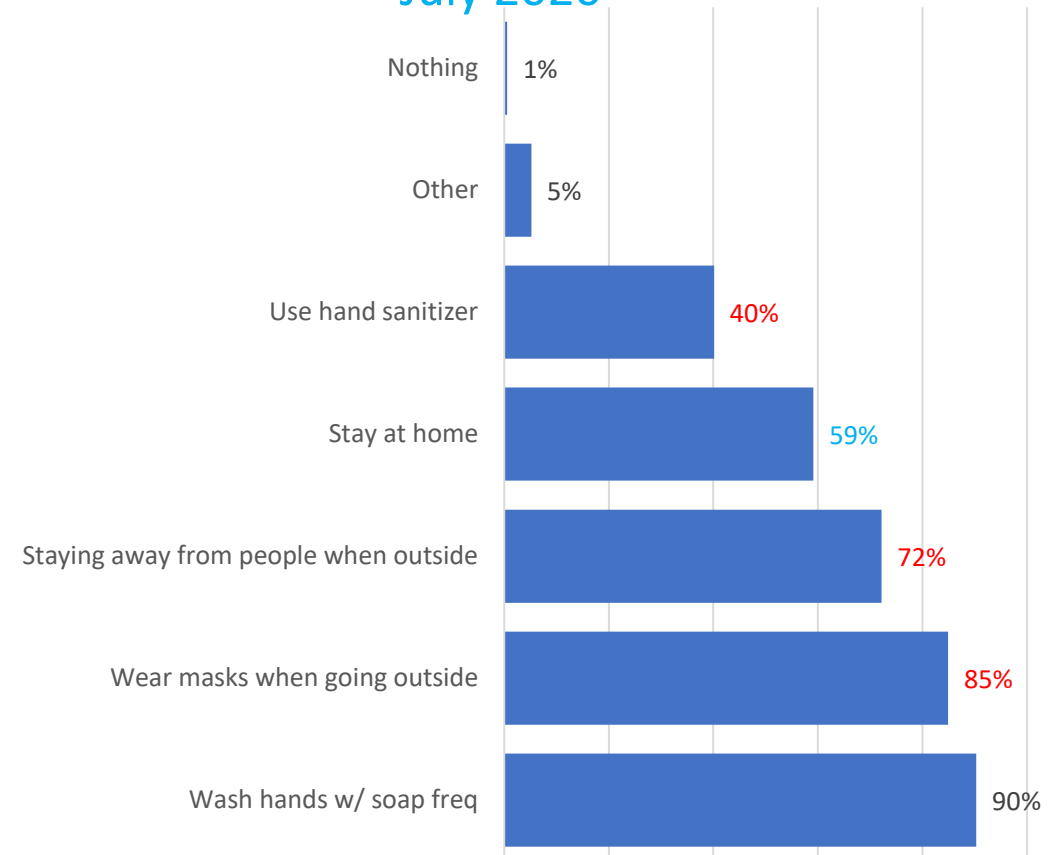
Subtle changes in actions taken to protect against Covid-19.

There is an increased mobility (stay at home % has declined), but practicing social distancing increased (staying away from people when going outside as well as using hand sanitizers).

## May 2020

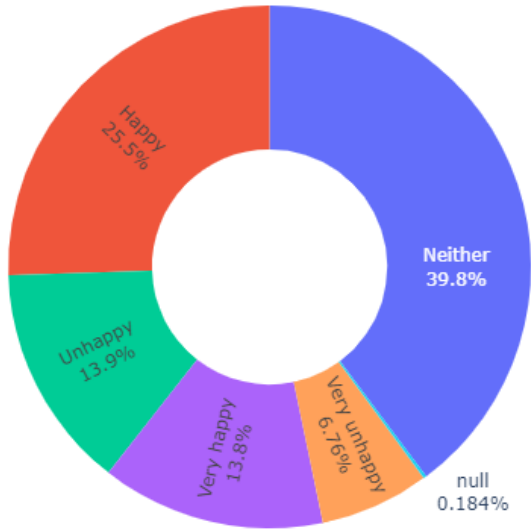


## July 2020

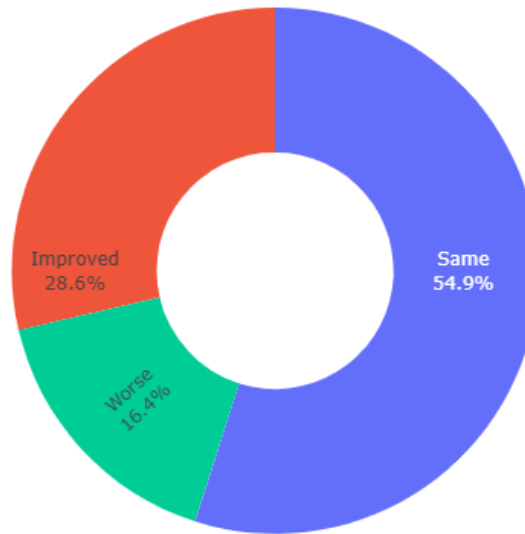


# Life satisfaction

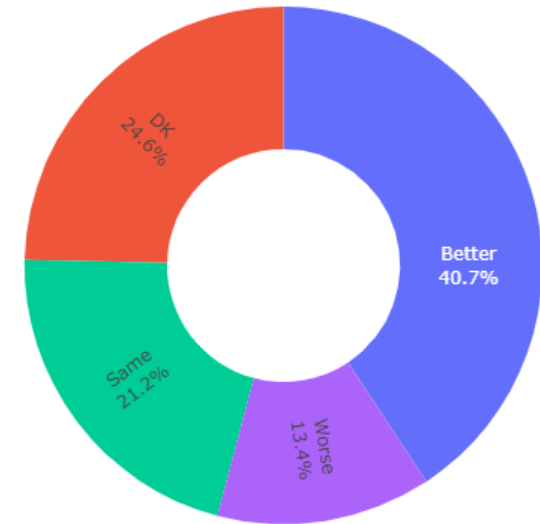
Happiness since last month



Life has improved, stayed the same, became worse since last month?



Expect your life to improve in the coming days?



- Happiness: 20% of respondents unhappy or very unhappy. Majority of respondents neither happy nor unhappy. 40% happy or very happy.
- Life has improved: 55 % of respondents stayed the same, 28.6% improved, 16.4% worsened.
- Expecting life to improve: 41% hope its better, 25% do not know, 21% expect it to remain the same and 13% expect it to worsen.
- Happiness, resilience, hope amidst despair.
- Households coping by continued borrowing (debt), depleting savings & reducing expenditures.

# Key Insights/Conclusions

## Livelihood Losses

61% of households reported lost of earnings and livelihoods

## Livelihood Losses

The income distribution has flattened since May. Upper income groups lost earnings and came down the ladder.

## Immediate Needs

21% of respondents declared food as an immediate need

## Coping Mechanisms

Households continue incurring debt and depleting savings (55-44%)

## Social Protection

21% of respondents reported receiving financial/material assistance from the government since lockdown.

## Social Protection

Out 21% of SSA recipients experiencing difficulty in receiving cash dropped from 31 % in May to 2% in July

## Nutrition

17% children experiencing changes in dietary intake and 28% of households struggle to have enough food every day

## Nutrition

Breastfeeding of children increased from 91% in May to 97% in July

## WASH

Percentage of households experiencing difficulties getting water for cooking, handwashing and bathing due to lockdown fell from 28% to 20%

## Health

Children of 13% respondents were not well and half reported having difficulty in receiving treatment

## Education

80% children are home schooled or taking private classes and 30% of households reported schools of their children offer DL

## Education

Out of 30% households with access to DL, the percentage of those actually using DL increased from 47% in May to 80% in July

## Violence against children

8% of respondents reported noticing an increase in violence towards children and women in their communities.

## Child Protection

Percentage of households continue to depend on children for household income fell from 8% in May to 2% in July

## COVID 19 Awareness & Behavior

Percentage of respondents practicing social distancing outside of home increased from 58% in May to 72% in July

## Migration

4% of households reported having a migrant family members who returned home