The State of the World’s Children Report 2019 is examining children, food and nutrition. It seeks to deepen the understanding around the causes and consequences of children’s malnutrition in all forms and to highlight how governments, businesses, families and other stakeholders can best respond.

The report comprises of five chapters:

- **Chapter 1** examines the changing face of children’s malnutrition. It sets out the current state of undernutrition, hidden hunger and overweight worldwide.

- **Chapter 2** investigates malnutrition across the life of the child, from development in the womb to the point where a young person is entering adulthood.

- **Chapter 3** explores malnutrition in a changing world where globalization and urbanization are changing children’s diets, while disasters and conflict worsen nutritional prospects for millions of poor and excluded children.

- **Chapter 4** examines the current state of responses to children’s malnutrition, including the increased attention - at the global and national level – to the importance of addressing malnutrition across multiple systems.

- **Chapter 5** sets out an agenda to put children’s nutrition rights first. First, children have unique nutritional needs and can suffer unique harm from malnutrition. Second, all children and young people will need nutritious, safe, affordable and sustainable diets if societies are to meet the economic, social and environmental challenges of the changing world in the 21st century.

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**Introduction**

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Current situation

**Global situation**

1 in 3 children under 5 is not growing well due to malnutrition

200 million children under 5 suffer from stunting, wasting, or both

1 in 2 children under 5 suffers from hidden hunger

340 million children under 5 suffer from inadequate vitamins and minerals in their diet

**Uganda situation**

3 in 10 children under 5 are not growing well due to malnutrition

280,000 children under 5 are wasted. More than one-third of total acutely malnourished children were severely malnourished

3.7 million children under 5 suffer from hidden hunger

4 million children under 5 suffer from inadequate vitamins and minerals in their diet

Only 2 in 5 infants under six months of age are exclusively breastfed

6 in 10 infants under six months of age are exclusively breastfed

The absolute number of stunted children has increased due to high population growth rate. Currently, more than 2 million children are stunted in Uganda despite a decline of 4 percentage point reduction in last 5 years

2.2 million children in Uganda suffer from stunting, wasting or both

1 in 2 children is anaemic

200 million children under 5 suffer from stunting, wasting, or both

3 million children under 5 are not growing well due to malnutrition

2.2 million children in Uganda suffer from stunting, wasting or both
Use of breastfeeding substitutes is of concern to UNICEF as sales of milk-based formula grew by 41% globally and by 72% in upper middle-income countries.

44% of children aged 6 to 23 months are not fed fruits or vegetables and 60% are not fed eggs, diary, fish or meat.

Only 1 in 5 children aged 6 to 23 months from the poorest households and rural areas is fed the minimum recommended diverse diet for healthy growth and brain development.

In Uganda, enforcement of the code on marketing of breastfeeding substitutes continues to be weak. As such there is no formal documented evidence on use of breastfeeding substitutes.

72% of children aged 6 to 23 months are not fed fruits or vegetables and 67% are not fed eggs, diary, fish or meat.

Only 1 in 10 children aged 6 to 23 months from the poorest households and rural areas is fed the minimum recommended diverse diet for healthy growth and brain development.
National capacity and the enabling environment for nutrition have been strengthened over the years, but coverage of high-impact nutrition services needs to be increased.

- **3.1 million** children between 6 months and 5 years of age were reached nationwide with vitamin A in the first semester and close to **3.5 million** in the second semester.
- Nearly **22,000** pregnant/breastfeeding women received iron and folic tablets and **532,000** caregivers received infant and young child feeding (IYCF) counseling services in 20 UNICEF-supported districts.
- **23,000** children with Severe Acute Malnutrition received therapeutic care in 20 districts.
- Vitamin A coverage in the 20 UNICEF supported districts was at **85.9%** in the first semester and **82%** in the second semester, significantly exceeding the national average.

**UNICEF actions in Uganda in 2018**

To put children’s nutrition first, we must:

- Empower families, children and young people to demand nutritious food.
- Drive food suppliers to do the right thing for children.
- Build healthy food environments for all children.
- Mobilize supportive systems to scale up nutrition results for every child.
- Collect, analyze and use good-quality data and evidence regularly to guide action and track progress.