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Update on Nutritional Status of Women and Children

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Nutritional Status of Women and Children

A 2014 update on nutritional status by sociodemographic and water, sanitation, and hygiene (WASH) indicators collected in Demographic and Health Surveys



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This publication was produced for review by the United States Agency for International Development. It was prepared by Monica T. Kothari (PATH), Nouradine Abderrahim (ICF International), Amanda Cole (PATH), and Yuan Cheng (ICF International).

Overview

- Introduction to the Demographic and Health Surveys (DHS) Program
- DHS Nutrition Indicators
- Key findings from the Nutritional Status comparative report
- Take home messages

The DHS Program: Demographic and Health Surveys

A project funded by the United States Agency for International Development and implemented by ICF International

Since 1984, DHS has provided technical assistance in 90+ countries for the implementation of more than 300 surveys



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What is The DHS Program?

A project that provides, at the global level, assistance to developing countries in the areas of

Collection and use of data

to monitor and evaluate population, health, and **nutrition programs**

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- **DHS Nutrition Indicators**
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Nutrition Related Information

- Nutritional status assessment
 - Anthropometry (Height/Weight)
 - Anemia (Hemoglobin)
 - Other nutritional biomarkers
- Infant and young child (IYCF) feeding practices
 - Breastfeeding
 - Complementary feeding
 - Dietary diversity
- Micronutrient coverage
 - Iron supplementation
 - Vitamin A supplementation
 - Iodine fortification
 - Others (zinc supplementation, RUTFs)



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History of Nutritional Biomarkers

- Height and weight first biomarkers to be collected in DHS
- To date, DHS has collected height and weight data in **238** surveys in **77** countries among children and adults
- ❖ Anthropometry (more than 6 million measurements since 1985)
- ❖ Iodine testing in salt (1.4 million tests since 1994)
- ❖ Anemia (1.6 million tests since 1996)
- ❖ Plus MUAC, hip and waist circumference, urinary iodine, Vitamin A, and iron tests/measurements in selected countries

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About Comparative Report

- 2014 update on nutritional status by sociodemographic and water, sanitation, and hygiene (WASH) indicators
- Indicators include:
 - Nutritional status (stunting, wasting, underweight, overweight, BMI),
 - breastfeeding
 - complementary feeding
 - anemia
 - dietary diversity
 - micronutrient supplementation
 - diarrhea
- Indicators divided into four sections (Appendix – WASH data from JMP)

About Comparative Report contd ...

Section 1: Nutritional status of children and women (17 tables)

Section 2: Infant and young child feeding (IYCF) and women's dietary diversity (30 tables)

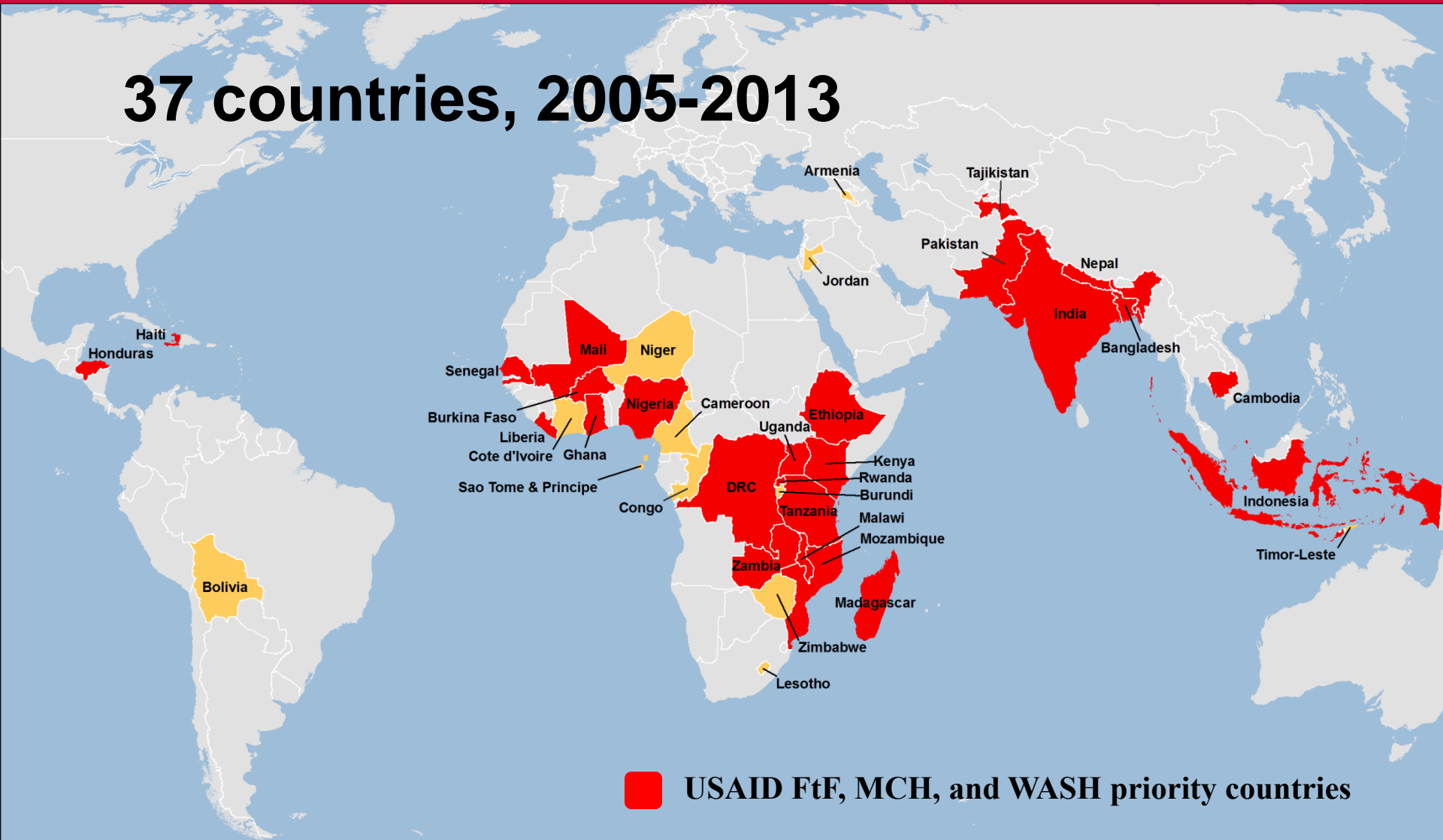
Section 3: Anemia, iron supplementation, deworming, and use of iodized salt (13 tables)

Section 4: Diarrhea in children (14 tables)

Appendix: WASH data from JMP 2014 report

About Comparative Report contd ...

37 countries, 2005-2013



Procedures of Height/Length Measurements



**Adult
(adolescents)
women and men**

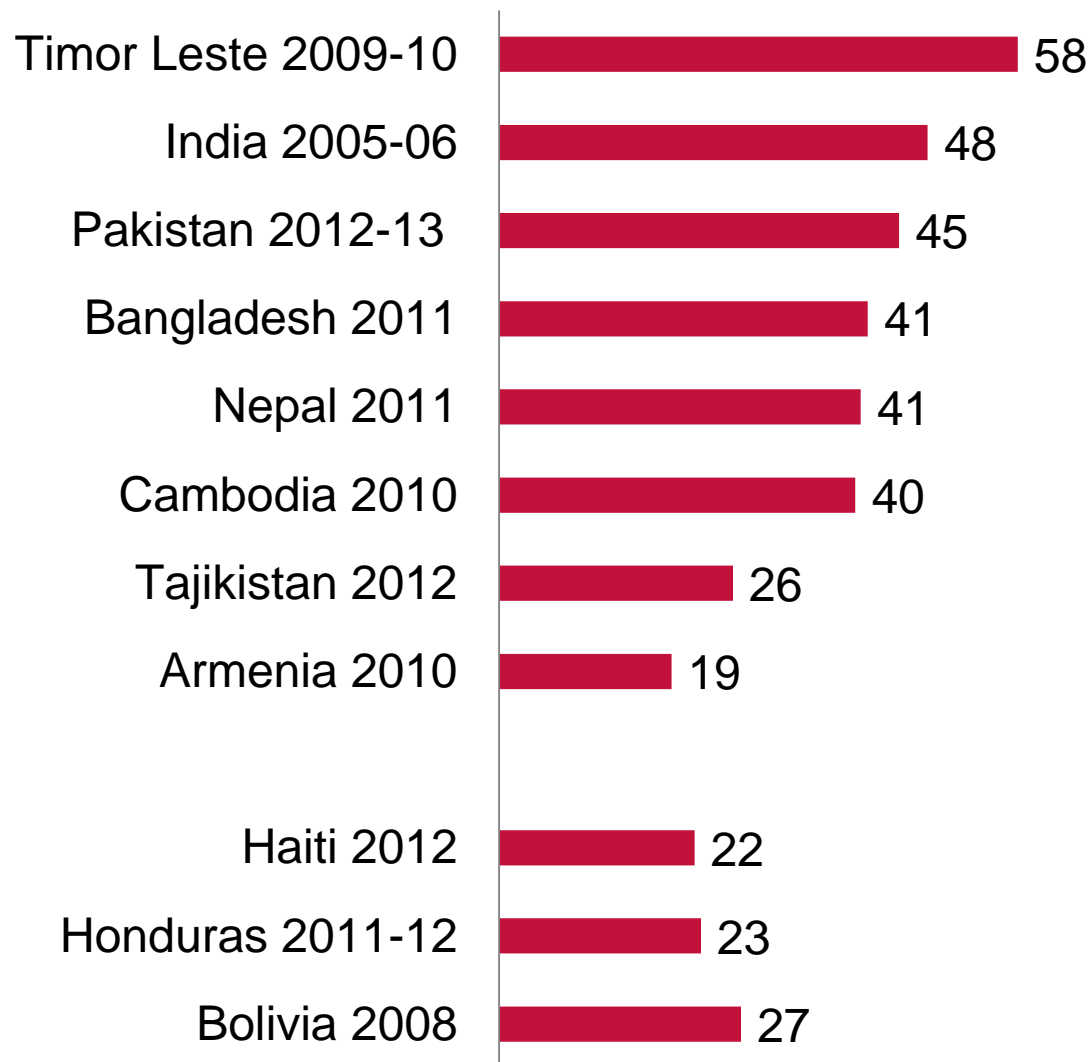
**Children under
five years of age**



Stunting in Children under 5: Africa



Stunting in Children under 5: Asia and LAC



Stunting by Background Characteristics

- **Stunting is:**
 - Higher in rural areas (33/35 countries)
 - Higher among male children (30/35 countries)
 - Higher among children of thin mothers (13/14 countries)
 - Lowest among children whose mothers have attended secondary or higher education (35/35 countries)
 - Lowest among children from wealthiest households (13 countries > 25% in the wealthiest households)

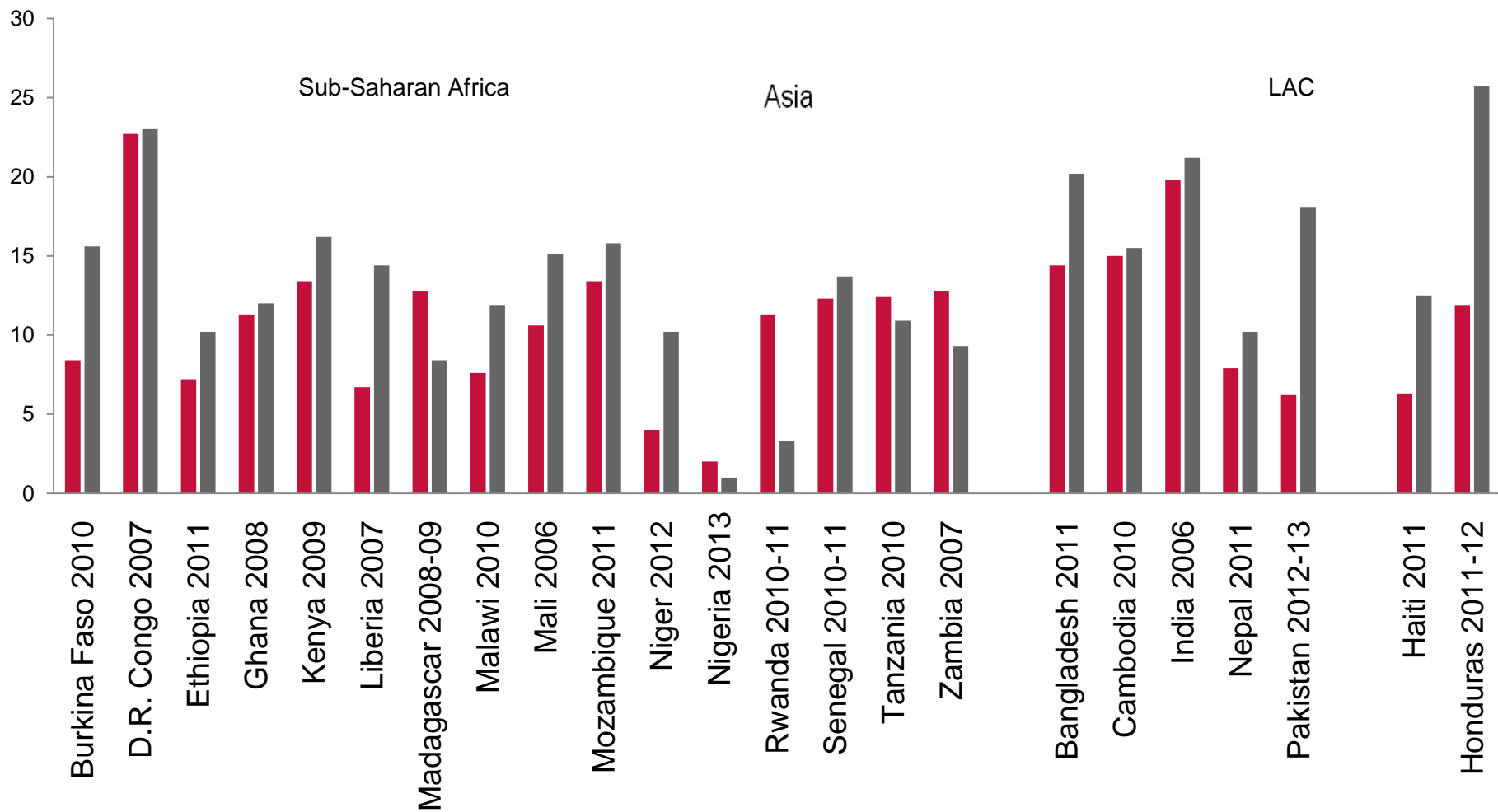
Stunting by WASH indicators

- **Stunting is:**
 - Highest in households with unimproved sanitation facilities or no facilities
 - Lowest among children whose households
 - Have an improved source of drinking water
 - Have water on premises
 - Have soap or detergent for hand washing

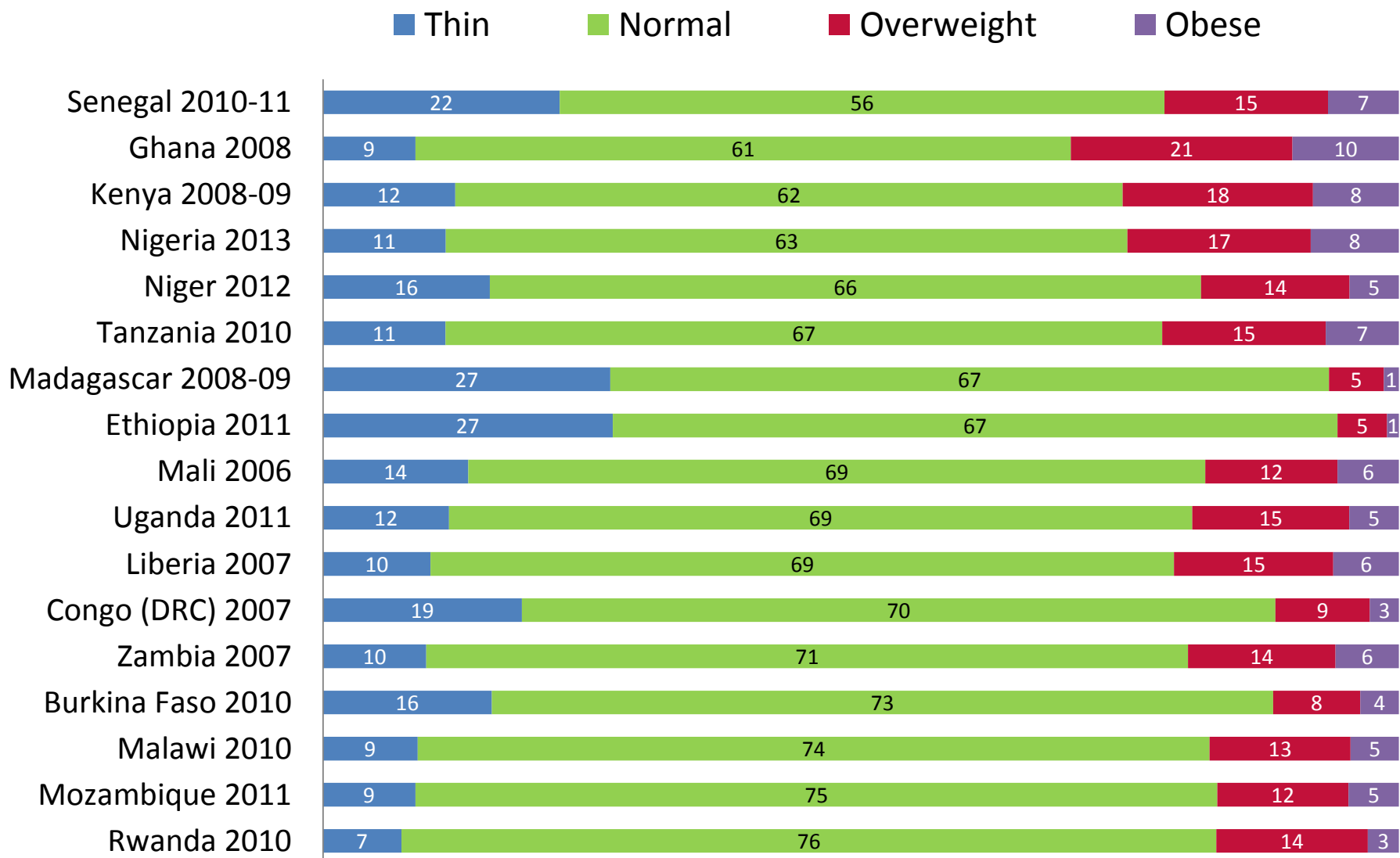


Magnitude of difference in stunting – Sanitation Facility

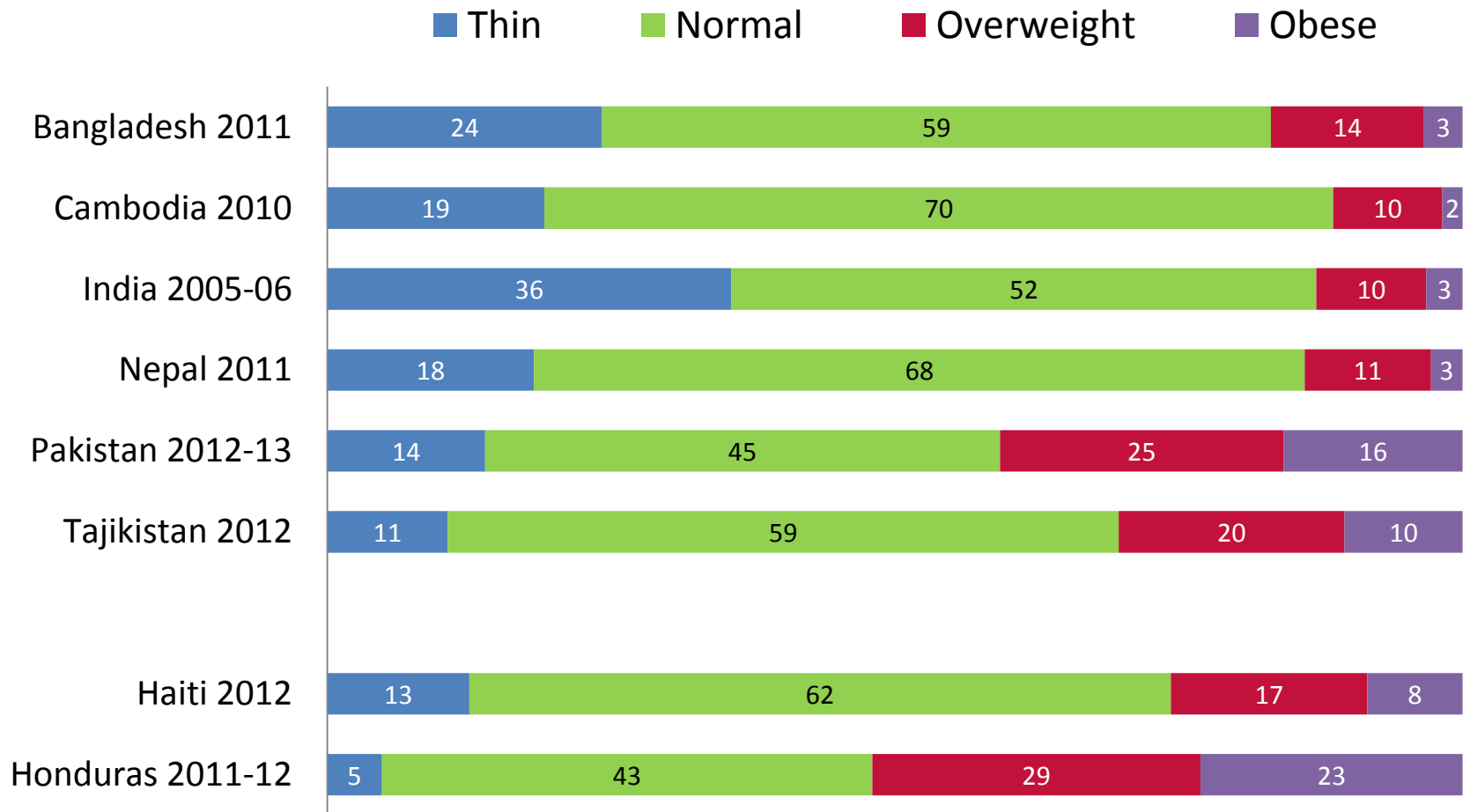
■ Unimproved - Improved SF ■ No access - Improved SF



Women's Nutritional Status: Africa



Women's Nutritional Status: Asia and LAC

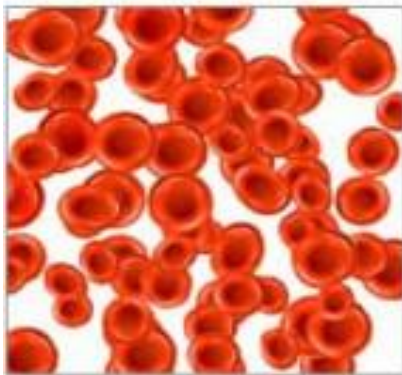


Anemia Results: Hemoglobin Measurement

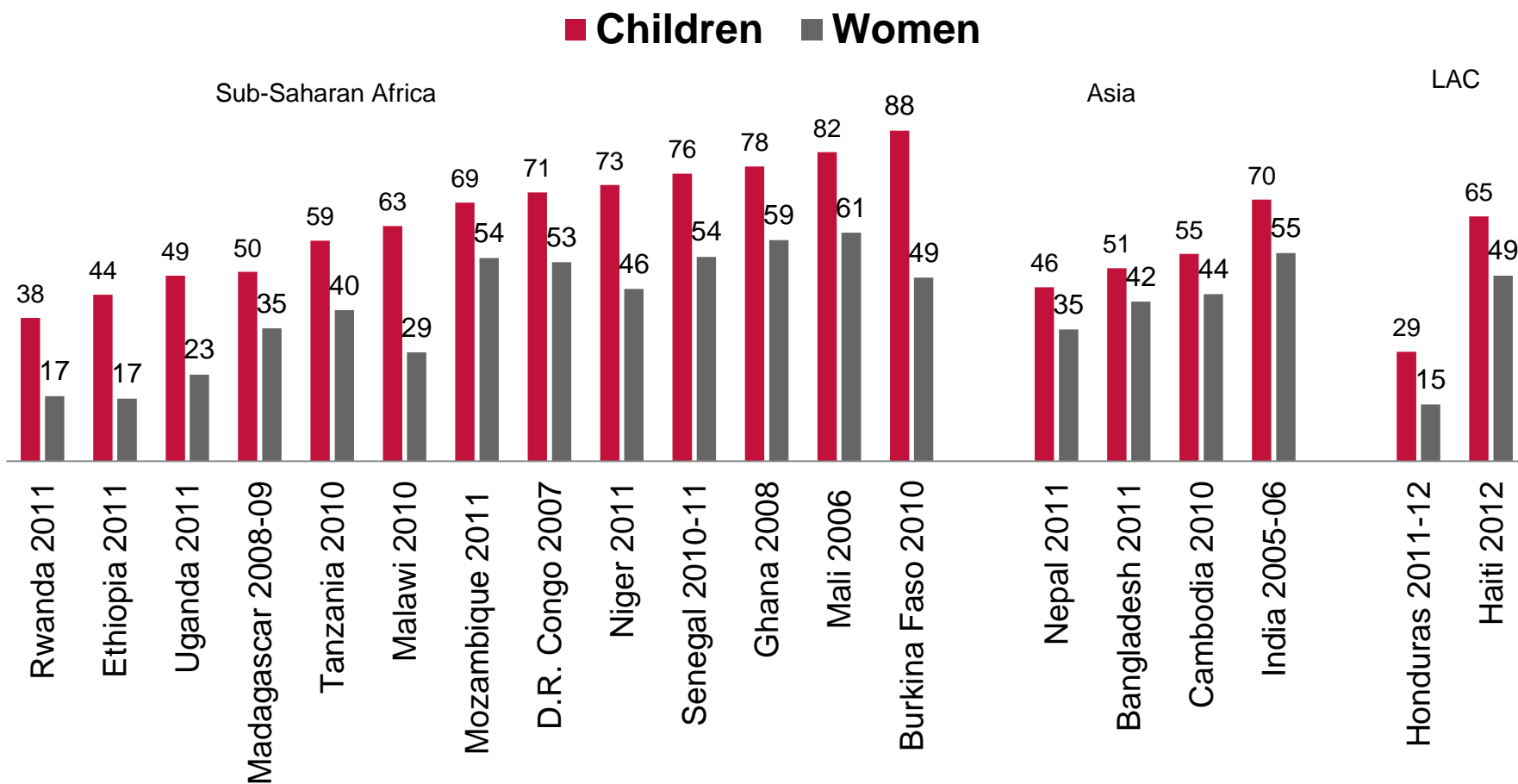


Normal amount of red blood cells

Anemic amount of red blood cells



Anemia Among Children and Women



Any anemia: Children (6-59 months) and pregnant women < 11.0 g/dl
Not pregnant women < 12.0 g/dl

Childhood Anemia by Background Characteristics

- Anemia in children...
 - Is more common in rural areas (17/19 countries)
 - Peaks at 9-23 months of age
 - Decreases with household wealth but still very common in even the wealthiest households: In 11/19 countries, *more than HALF of children in the wealthiest households are anemic*
 - Is lower among children living in households with improved sanitation facilities
 - Is lowest among children with an improved source of drinking water (13/18 countries)

Women's Anemia by Background Characteristics

- Anemia in women...
 - Is higher in rural areas (15/19 countries)
 - Is most common among thin women, least common among obese women
 - Is more common among pregnant women
 - Decreases with household wealth
 - Is less affected by WASH indicators

Infant and Young Child Feeding Results

>90% of children ever-breastfed in every country considered

Early breastfeeding is not universal:

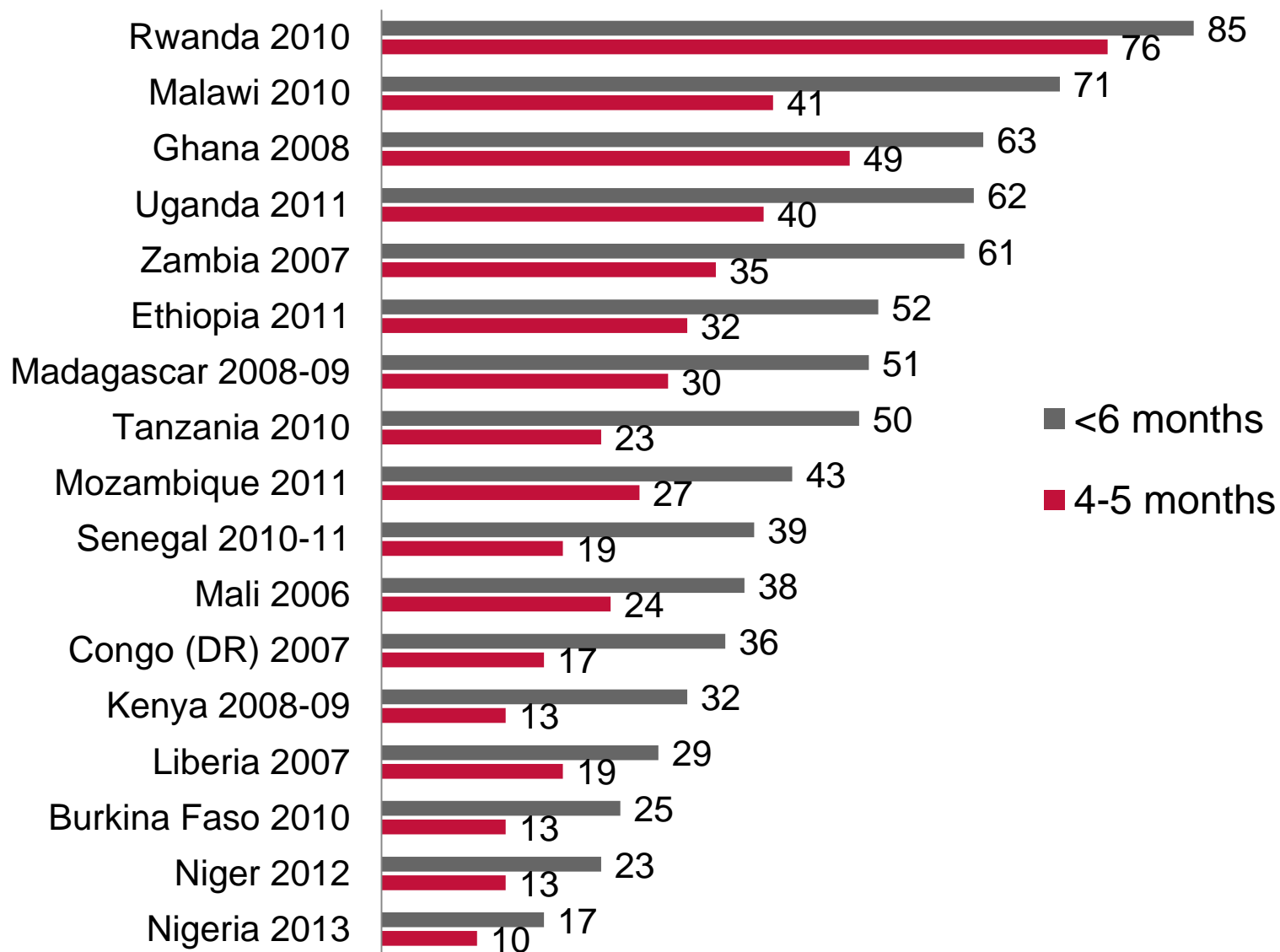
- Highest in Malawi (91 percent) and lowest in Pakistan (17 percent)

Continued breastfeeding until 2 years of age ranges from 35 percent (Nigeria and Haiti) to 90 percent (Bangladesh)

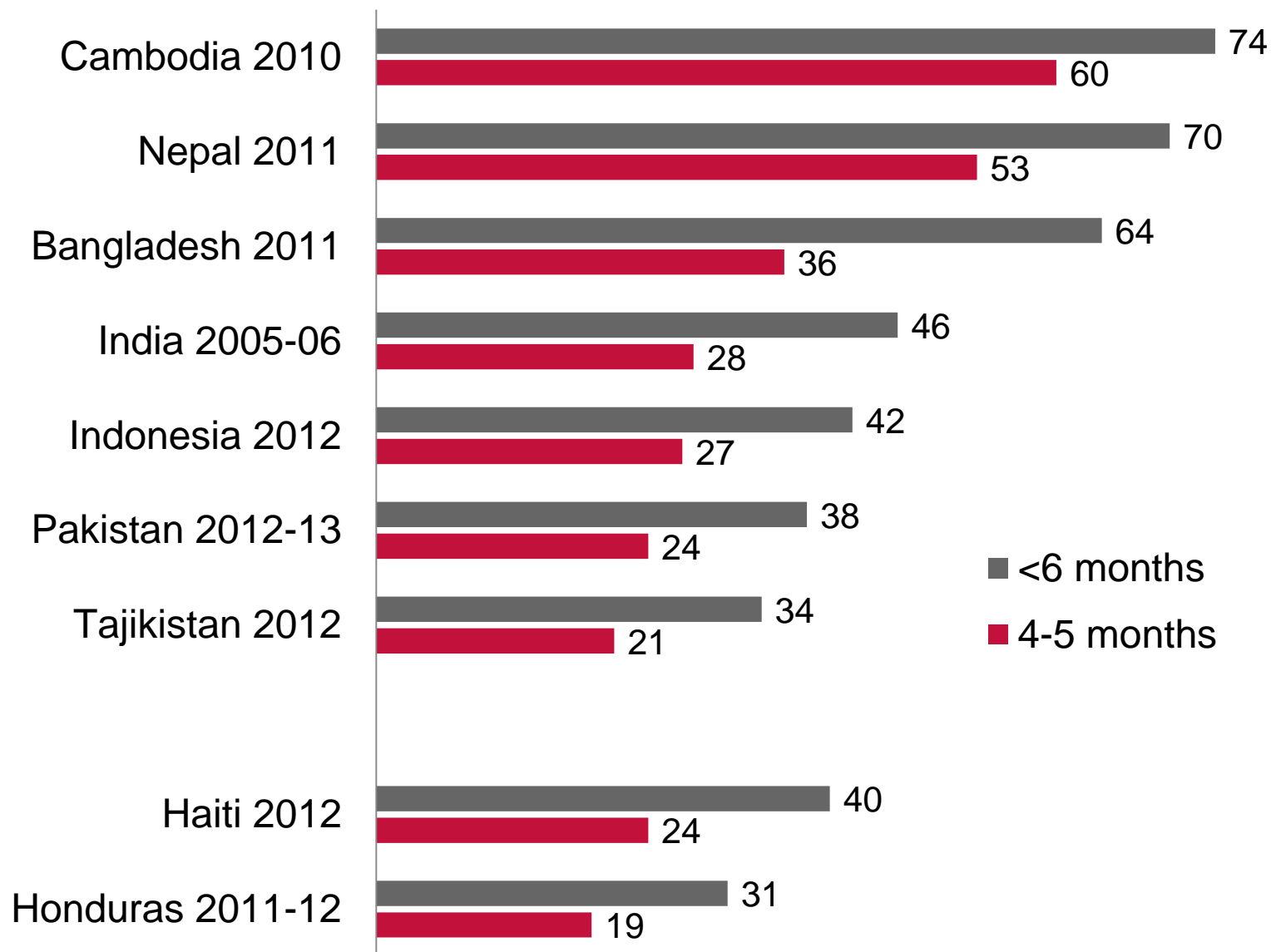


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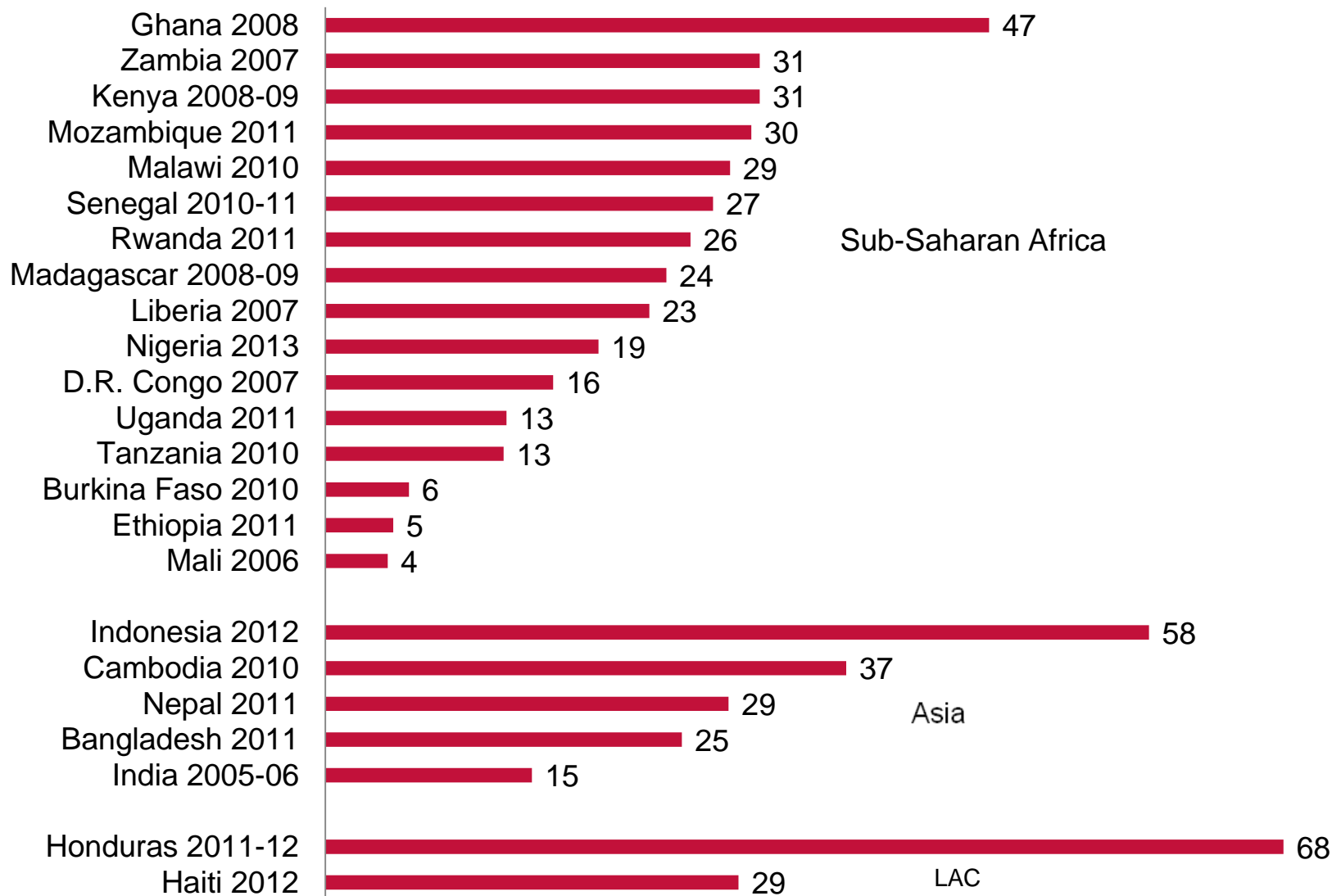
Exclusive Breastfeeding by Age: Africa



Exclusive breastfeeding by age: Asia and LAC



Dietary Diversity Among Young Children: Children 6-23 months consuming 4 or more food groups



Iron Supplementation and Deworming

Children:

- Weekly iron supplementation among children is rare (ranging from 1% in Tanzania to 28% in Ghana)
- In 11 out of 21 countries, at least half of children had received deworming medication in the 6 months before the survey. Rwanda (86%) and Nepal (75%) the highest.

Women:

- In only 4 of 21 countries did pregnant women receive the recommended iron supplementation
- Nepal is the only country in which at least half of women received deworming medication during pregnancy

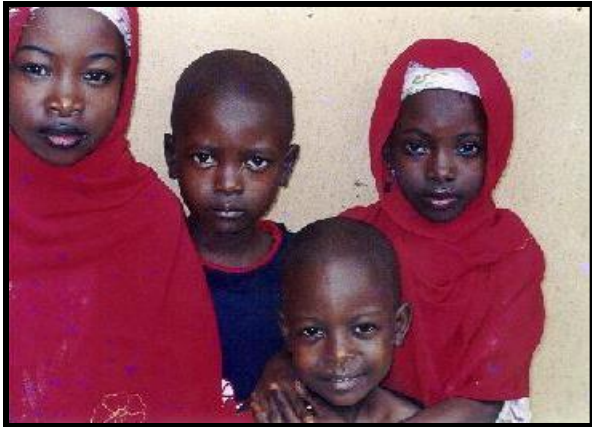
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Take home messages

- Stunting remains at critical levels in most of the countries. It is prevalent even in the wealthiest households.
- Selected WASH indicators show association with stunting in children.
- Dual burden of malnutrition is on the rise among women.
- Anemia prevalence seem to be associated with selected WASH indicators in children but not so much in women.
- Breastfeeding and complementary feeding vary considerably across and within regions.

Use of DHS nutrition data



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- Effective actions to improve nutritional status of children
- Management of dual burden of malnutrition in adults

Use of Nutrition Data

**Advocacy for
Policy Makers**

**Programmatic Support
for Managers**

**In-depth Analyses
for Researchers**

Questions?

Useful links

Nutrition Status of Women and Children 2014:

<http://dhsprogram.com/pubs/pdf/NUT6/NUT6.pdf>

DHS Program Website:

www.DHSprogram.com

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