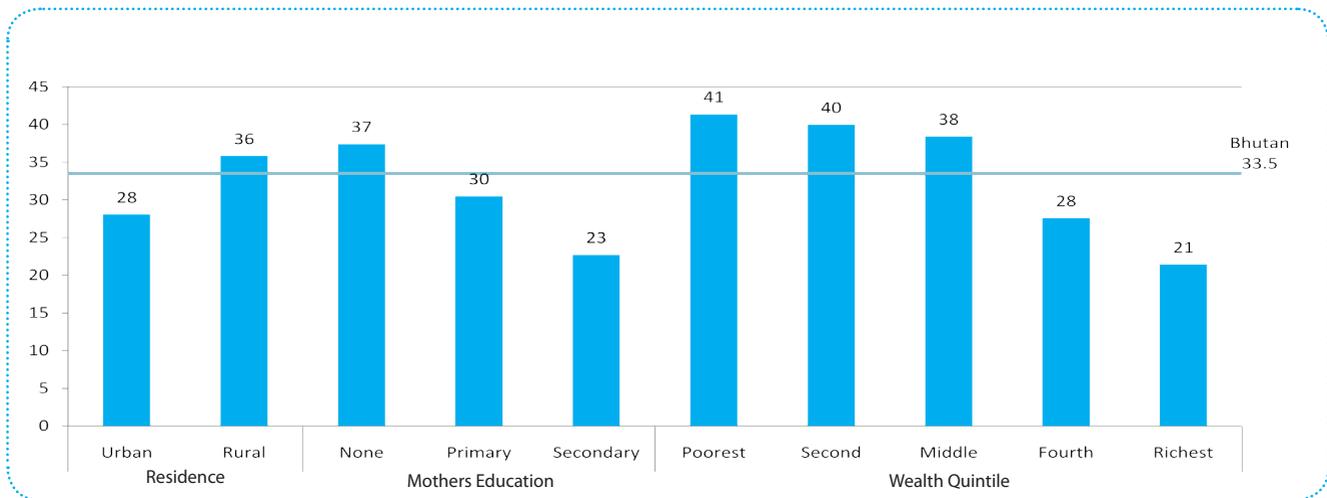


MALNUTRITION

Malnutrition causes more than half of all child deaths worldwide. Undernourished children are more likely to die from common childhood illnesses and those who survive fall sick frequently and have poor growth.

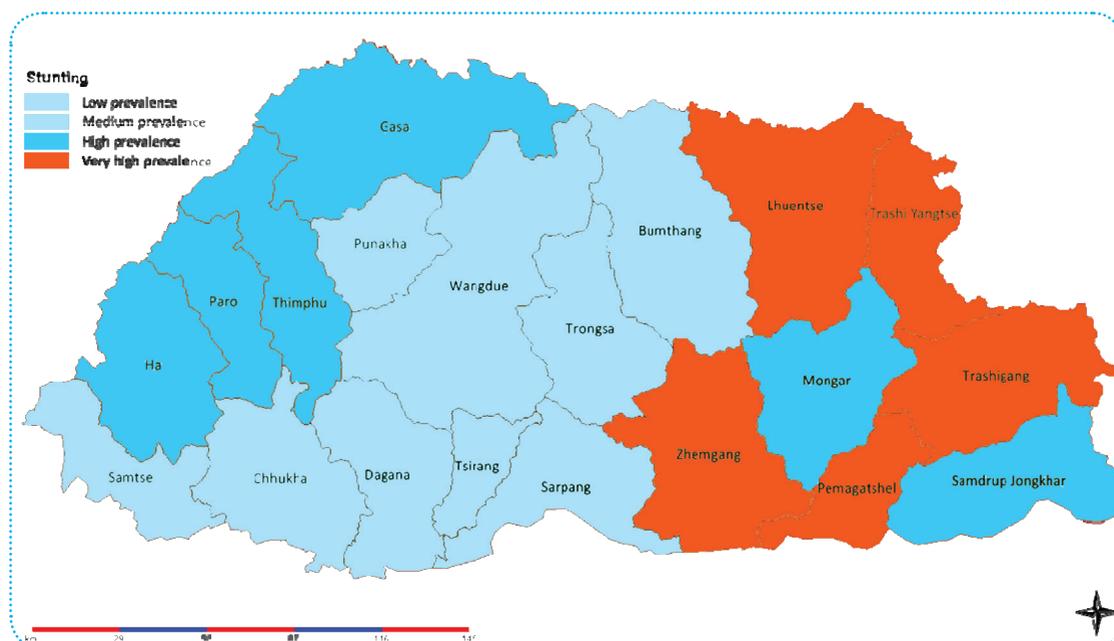
In Bhutan, about one in eight under-five year old children are under weight (12.7%). Underweight (too thin for the age) is a measure of both acute and chronic malnutrition. More than one third (34%) of under-five year old children are stunted (too short for their age). Stunting is a reflection of chronic malnutrition as a result of failure to receive adequate nutrition over a long period and recurrent or chronic illness.

STUNTING PREVALENCE (MODERATE AND SEVERE) IN PERCENTAGE



Children of uneducated mothers (37%) and from the poorest family (41%) have the highest prevalence of stunting compared to educated mothers (23%) and from the richest family (21%). In Bhutan eastern region has the highest prevalence of stunted children (43%). The indicator may exhibit significant seasonal shifts associated with changes in the availability of food or disease prevalence.

PERCENTAGE OF STUNTING PREVALENCE BY DZONGKHAGS



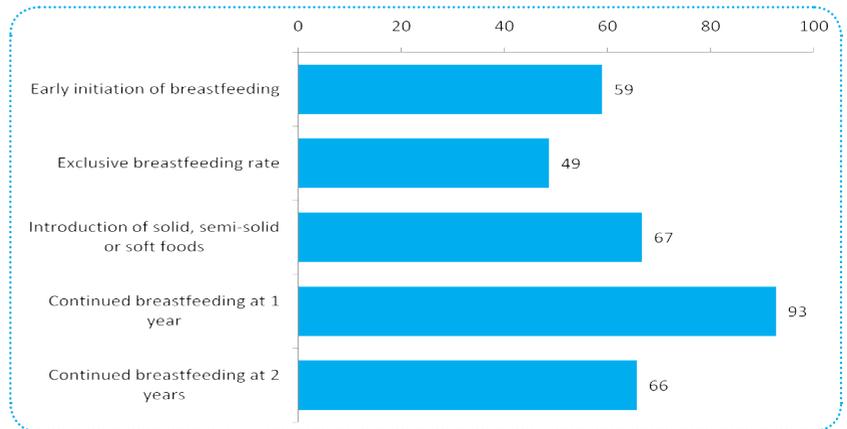
BREAST FEEDING

Breast feeding for the first few years of life protects children from infection, provides an ideal source of nutrients and is economical and safe.

WHO and UNICEF recommend:

- Breast feed within one hour of birth.
- Exclusively breast feed for the first six months
- Feed safe, appropriate and adequate complementary foods after 6 months
- Feed complementary food two times a day for 6-8 month olds and three times a day for 9-11 month olds.
- Continue breast feeding for two years or more

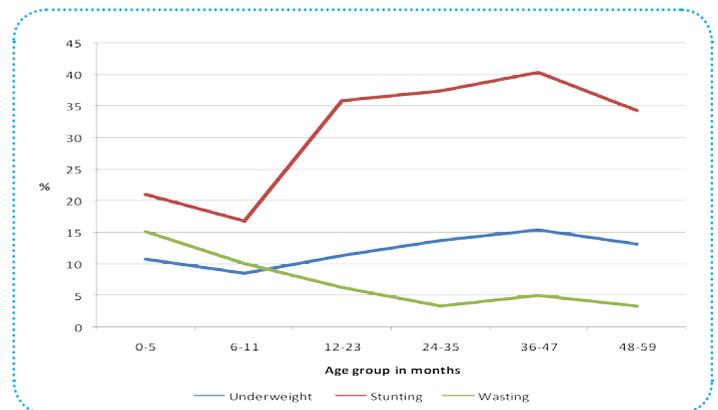
BHUTAN'S STATUS ON WHO/UNICEF RECOMMENDED BREAST FEEDING INDICATORS



According to BMIS, 49% of children below six months of age are exclusively breast fed. Exclusive breast feeding has strong positive relation with education of the mother and the wealth index. Children living in households falling in the poorest quintile are less likely to be exclusively breast fed (36%) than their peers from the richest quintile (65%). While children in Eastern Bhutan are less likely to be exclusively or predominantly breast fed, they are more likely to continue to be breast fed till two years of age compared to the children from Western and Central Bhutan.

PERCENTAGE OF CHILDREN UNDERWEIGHT, STUNTED AND WASTED BY AGE GROUPS

There is a big jump in stunting and a smaller jump in underweight among children of 12-23 months. This corresponds to the age at which many children cease to be breast fed and are exposed to contamination in water, food and the environment in general.



PERCENTAGE OF EXCLUSIVE BREAST FEEDING RATE BY DIFFERENT BACKGROUND CHARACTERISTICS

