

## NUTRITION PROFILE

# Benin



### ACCELERATING HEALTH, SOCIAL AND ECONOMIC DEVELOPMENT OUTCOMES THROUGH IMPROVED NUTRITION

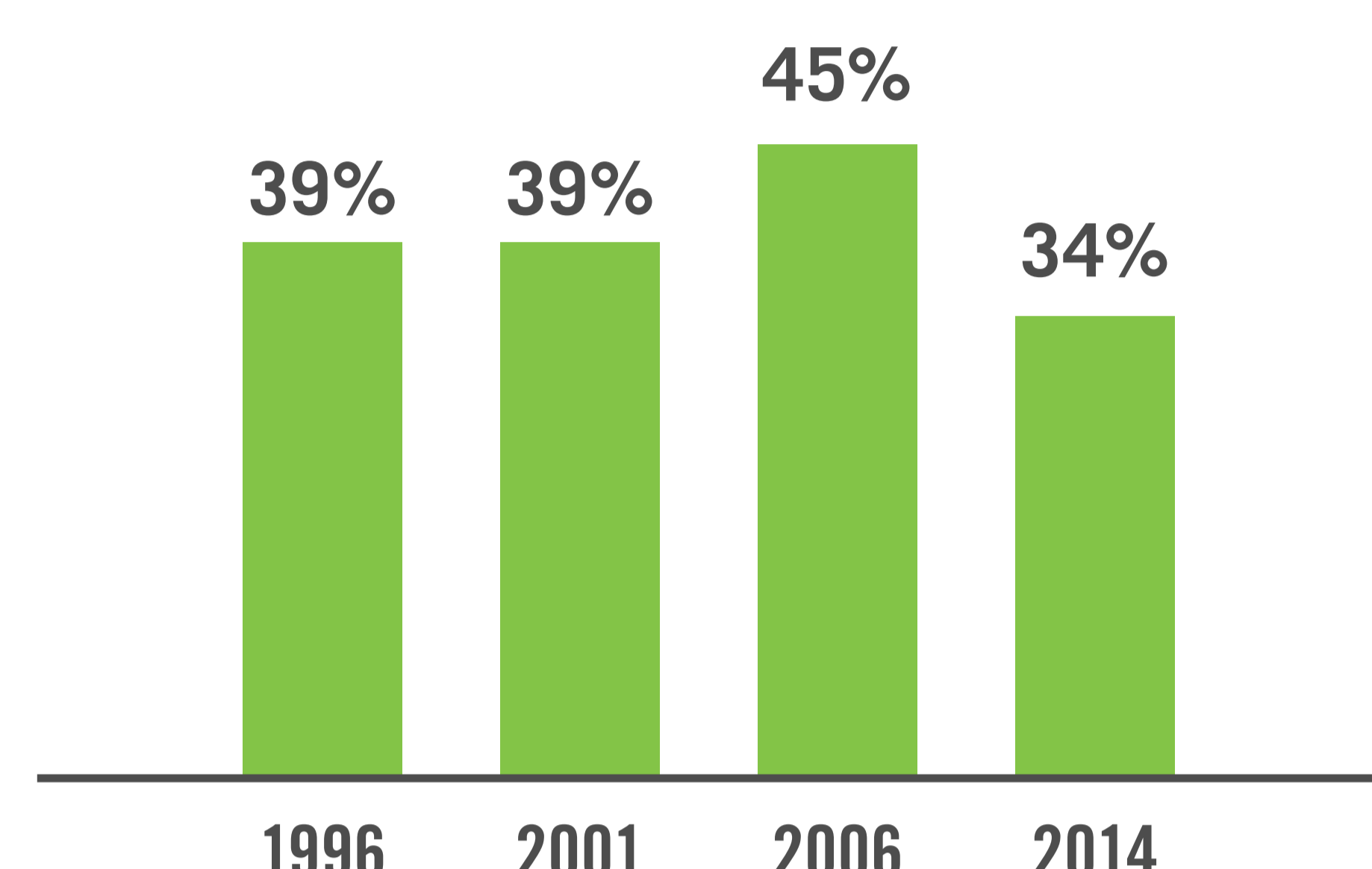
Benin has made recent progress against stunting and shown strong political commitment through the adoption of policies like the International Code of Marketing of Breast-milk Substitutes. Yet under-five mortality remains among the highest in the world, and stunting affects more than a third of children. To realize the full health, social and economic benefits of improved nutrition, Benin should:

- Adopt the National Nutrition Policy and implement at scale the Strategic Plan for Food and Nutrition Development
- Mobilize more financial resources and allocate a separate budget line for nutrition
- Ensure strong implementation of the common results framework for the fight against chronic malnutrition, including increased coordination between sectors

#### INFANT AND YOUNG CHILD FEEDING PRACTICES<sup>1</sup>

Early initiation of breastfeeding within the first hour	47%
Exclusive breastfeeding of infants under 6 months	41%
Breastfeeding at 1 year	96%
Minimum acceptable diet (6-23 months)	16%
Minimum dietary diversity (6-23 months)	25%

#### PROGRESS AGAINST STUNTING<sup>2</sup>



#### CHILD NUTRITION INDICATORS<sup>3</sup>

**18%** of children under-five are **underweight**

**34%** of children under-five are **stunted**

**5%** of children under-five are **wasted**

**15%** of children are born with **low birthweight**

Malnutrition has lasting effects on individuals, families and nations<sup>4</sup>

- **NEARLY HALF** of all child deaths are related to poor nutrition
- **10% or more** of a person's lifetime earnings can be lost due to lower productivity, reduced cognitive ability and increased health care costs
- **3% to 16%** of the GDP in African economies is lost due to undernutrition

#### CHILD MORTALITY<sup>5</sup>

**115** deaths per 1,000 live births which puts Benin **seriously off-track** to contribute to reducing under-five mortality to 25 per 1,000 live births (Sustainable Development Goal 3).

#### MATERNAL NUTRITION AND HEALTH<sup>6</sup>

Women of reproductive age with anaemia	41%
Women of reproductive age, thinness	6%
Women of reproductive age, short stature	1%

#### PROGRESS AGAINST THE WORLD HEALTH ASSEMBLY'S GLOBAL NUTRITION TARGETS 2025<sup>7</sup>

	Under-five stunting, 2014	Under-five wasting, 2014	Under-five overweight, 2014	Women of reproductive age anaemia, 2011	Exclusive breastfeeding, 2014	Low birthweight
WHA Global Nutrition Target	40% reduction in the number of children under-five who are stunted	Reduce and maintain childhood wasting to less than 5%	No increase in childhood overweight	50% reduction of anaemia in women of reproductive age	Increase the rate of exclusive breastfeeding in the first 6 months up to at least 50%	30% reduction in low birth weight
Benin's Progress	Off course, some progress	On course	On course, good progress	Off course	On course	N/A

#### POLITICAL COMMITMENT FOR NUTRITION

Maternity Leave	14 weeks paid <sup>8</sup>
International Code of Marketing of Breast-milk Substitutes	Full provisions in law <sup>9</sup>
Multi-Sectoral Nutrition Plan	Yes (2016) <sup>10</sup>
Costed Nutrition Plan	Yes, \$135.3 million <sup>11</sup>
Separate Nutrition Budget	No (2015) <sup>12</sup>
SUN Country	Since 2011 <sup>13</sup>

#### CATEGORIZATION OF CODE LEGISLATION<sup>14</sup>

**Full provisions in law:** country has enacted legislation or adopted regulations, decrees or other legally binding measures encompassing all or nearly all provisions of the Code and subsequent WHA resolutions.

#### IMPROVING NUTRITION STRENGTHENS NATIONS AS A LEADING CONTRIBUTOR TO:<sup>15</sup>

- Reducing mortality rates
- Promoting optimal growth and development
- Decreasing the risk of infectious diseases
- Protecting against chronic conditions later in life
- Improving future earning potential

1 UNICEF Infant and Young Child Feeding Database 2016

2 UNICEF/WHO/WB 2015

3 UNICEF State of the World's Children 2016

4 *The Lancet*, the World Bank, The Global Panel on Agriculture and Food Systems for Nutrition

5 MICS 2014

6 DHS 2011-2012

7 Adopted from the Global Nutrition Report 2015. New analysis will be released in 2017

8 ILO Maternity and Paternity at Work 2013

9 WHO National Implementation of the International Code Status Report 2016

10 SUN Benin Annual Progress Report 2016

11 SUN Costed Plan Summary 2015

12 HANCI-Africa 2016

13 SUN Benin Profile

14 WHO National Implementation of the International Code Status Report 2016

15 UNICEF, *The Lancet*