

NUTRITION PROFILE

Liberia



ACCELERATING HEALTH, SOCIAL AND ECONOMIC DEVELOPMENT OUTCOMES THROUGH IMPROVED NUTRITION

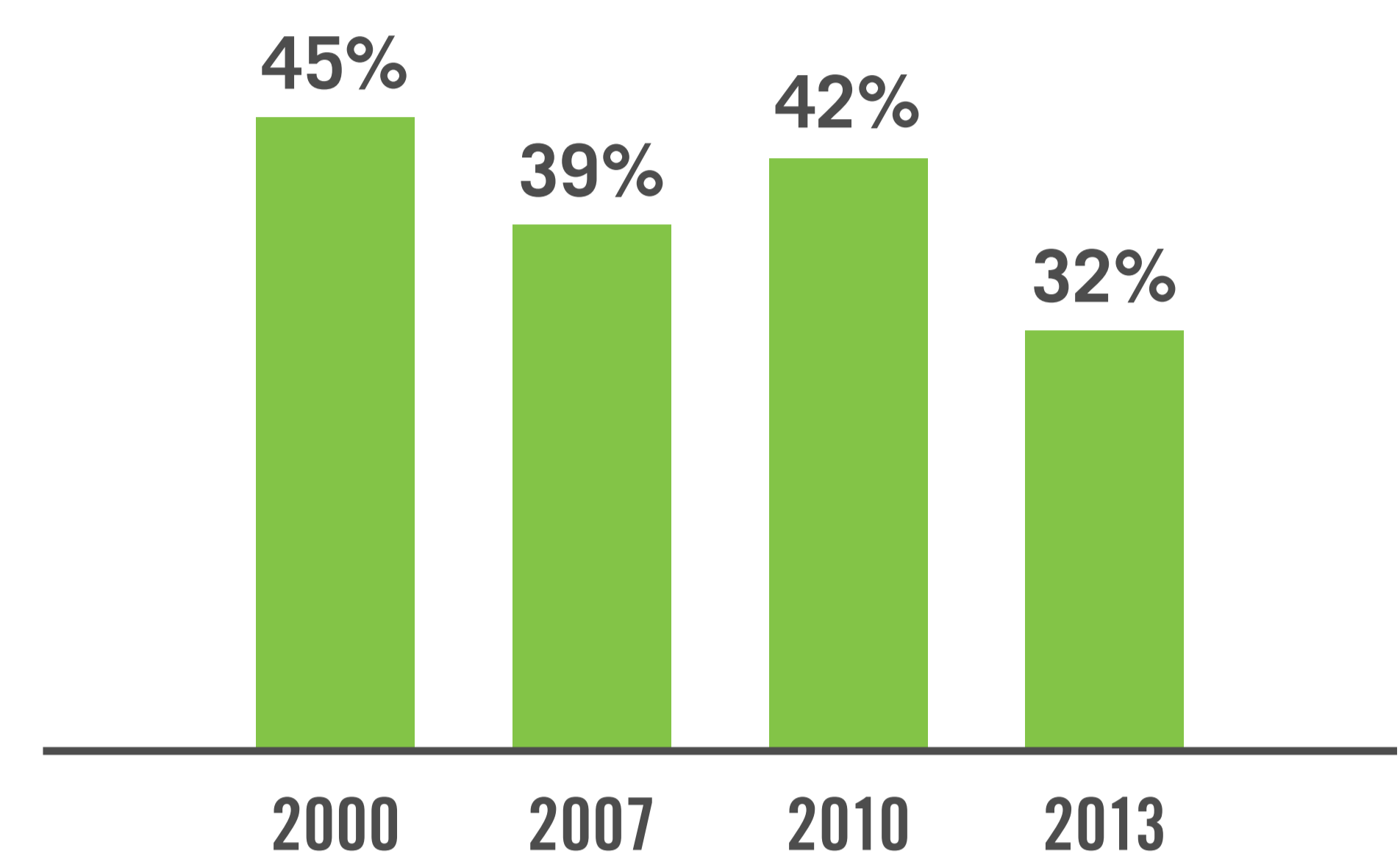
Liberia has made some progress toward reducing stunting and improving exclusive breastfeeding rates. Yet malnutrition continues to affect nearly one-third of all children under-five, and policies that help ensure the optimal feeding of infants and young children are lacking. To realize the full health, social and economic benefits of improved nutrition, Liberia should:

- Scale up coverage of proven Direct Nutrition Interventions (DNI) in the public health care system
- Ensure implementation of nutrition-sensitive interventions at scale through strong implementation of the multi-sectoral Food and Nutrition Strategy and common results framework, including increased coordination between sectors
- Strengthen the policy and legislative environment that fosters positive nutrition outcomes, including the National Nutrition Policy, adoption of the Infant and Young Child Feeding policies and the International Code of Marketing of Breast-milk Substitutes
- Develop a costed plan for nutrition and mobilize adequate resources to support implementation of proven direct-nutrition and nutrition-sensitive interventions

INFANT AND YOUNG CHILD FEEDING PRACTICES¹

Early initiation of breastfeeding within the first hour	61%
Exclusive breastfeeding of infants under 6 months	55%
Breastfeeding at 1 year	88%
Minimum acceptable diet (6-23 months)	4%
Minimum dietary diversity (6-23 months)	11%

PROGRESS AGAINST STUNTING²



CHILD NUTRITION INDICATORS³

- 15%** of children under-five are **underweight**
- 32%** of children under-five are **stunted**
- 6%** of children under-five are **wasted**
- 14%** of children are born with **low birthweight**

Malnutrition has lasting effects on individuals, families and nations⁴

- **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 MORTALITY⁵

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

MATERNAL NUTRITION AND HEALTH

Women of reproductive age with anaemia	49% ⁶
Women of reproductive age, thinness	6% ⁷
Women of reproductive age, short stature	2% ⁸

PROGRESS AGAINST THE WORLD HEALTH ASSEMBLY'S GLOBAL NUTRITION TARGETS 2025⁹

	Under-five stunting, 2013	Under-five wasting, 2013	Under-five overweight, 2013	Women of reproductive age anaemia, 2011	Exclusive breastfeeding, 2013	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
Liberia's Progress	On course, good progress	Off course	On course, good progress	Off course	On course	N/A

POLITICAL COMMITMENT FOR NUTRITION

Maternity Leave	N/A ¹⁰
International Code of Marketing of Breast-milk Substitutes	No legal measures ¹¹
Multi-Sectoral Nutrition Plan	Yes ¹²
Costed Nutrition Plan	N/A ¹³
Separate Nutrition Budget	Yes (2014) ¹⁴
SUN Country	Since 2014 ¹⁵

CATEGORIZATION OF CODE LEGISLATION¹⁶

No legal measures: country has taken no action or has implemented the Code only through voluntary agreements or other non-legal measures (includes countries that have drafted legislation but not enacted it).

IMPROVING NUTRITION STRENGTHENS NATIONS AS A LEADING CONTRIBUTOR TO:¹⁷

- 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 DHS 2013

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 UNICEF State of the World's Children 2016

6 WHO 2015

7 DHS 2013

8 Ibid.

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

10 ILO Maternity and Paternity at Work 2013

11 WHO National Implementation of the International Code Status Report 2016

12 SUN Liberia Annual Progress Report 2016

13 Ibid.

14 HANCI-Africa 2014

15 SUN Liberia Profile

16 WHO National Implementation of the International Code Status Report 2016

17 UNICEF, *The Lancet*