

NUTRITION PROFILE

Nigeria

ACCELERATING HEALTH, SOCIAL AND ECONOMIC DEVELOPMENT OUTCOMES THROUGH IMPROVED NUTRITION

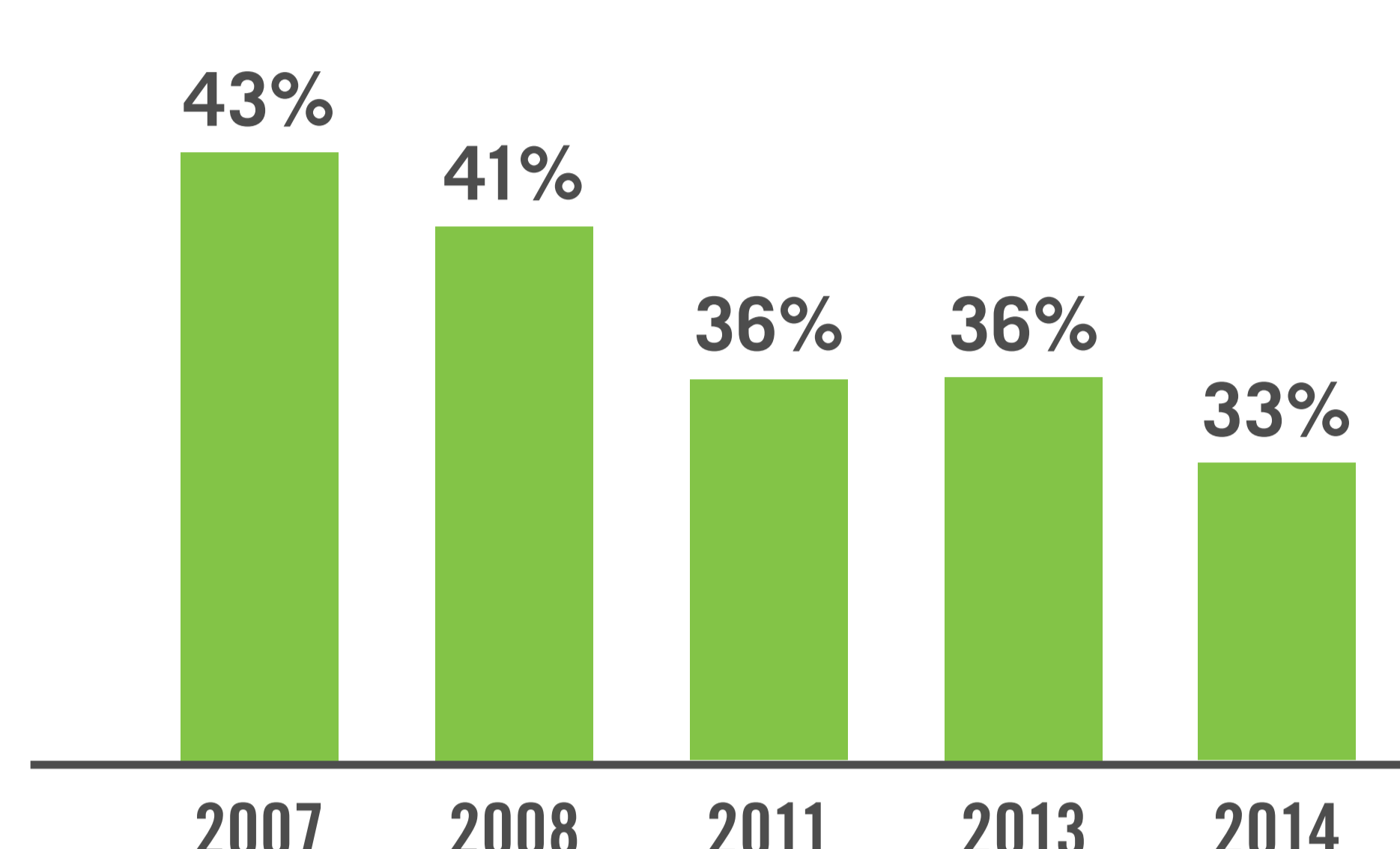
Over the past decade, Nigeria has made limited progress toward reducing stunting rates. Yet under-five child mortality remains one of the highest in the world, and sub-optimal infant and young child feeding practices persist. To realize the full health, social and economic benefits of improved nutrition, Nigeria should implement the principles of the *Abuja Breastfeeding Declaration*, which commits Nigeria to increase funding and scale up nutrition and breastfeeding interventions. This includes:

- Allocate funds for nutrition in-line with the National Policy for Food and Nutrition and costed plans for proven high impact nutrition interventions
- Ensure workplace maternity protections are implemented and that health and maternity services are breastfeeding-friendly and comply with the International Code of Marketing of Breast-milk Substitutes
- Bring regulations on the marketing of breastmilk substitutes in line with global recommendations, including effective monitoring and enforcement mechanisms

INFANT AND YOUNG CHILD FEEDING PRACTICES¹

Early initiation of breastfeeding within the first hour	33%
Exclusive breastfeeding of infants under 6 months	17%
Breastfeeding at 1 year	84%
Minimum acceptable diet (6-23 months)	10%
Minimum dietary diversity (6-23 months)	19%

PROGRESS AGAINST STUNTING²



CHILD NUTRITION INDICATORS³

20% of children under-five are **underweight**

33% of children under-five are **stunted**

8% of children under-five are **wasted**

15% 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

109 deaths per 1,000 live births which puts Nigeria **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

Women of reproductive age with anaemia	49% ⁶
Women of reproductive age, thinness	10% ⁷
Women of reproductive age, short stature	1% ⁸

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

	 Under-five stunting, 2014	 Under-five wasting, 2014	 Under-five overweight, 2014	 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
Nigeria's Progress	Off course, some progress	Off course	On course, good progress	Off course	Off course, some progress	N/A

POLITICAL COMMITMENT FOR NUTRITION

Maternity Leave	12 weeks, 50% paid ¹⁰
International Code of Marketing of Breast-milk Substitutes	Many provisions in law ¹¹
Multi-Sectoral Nutrition Plan	Yes ¹²
Costed Nutrition Plan	Yes (2015) ¹³
Separate Nutrition Budget	No ¹⁴
SUN Country	Since 2011 ¹⁵

CATEGORIZATION OF CODE LEGISLATION¹⁶

Many provisions in law: countries have enacted legislation or adopted regulations, decrees or other legally binding measures encompassing many provisions of the Code and subsequent WHA resolutions.

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 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 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 Appendix II Maternity and paternity at work (2013)
 11 WHO National Implementation of the International Code Status Report 2016
 12 SUN Nigeria Annual Report 2016
 13 Ibid.
 14 HANCI-Africa 2016
 15 SUN Nigeria Country Profile
 16 WHO National Implementation of the International Code Status Report 2016
 17 UNICEF, *The Lancet*

