

NUTRITION PROFILE

Sao Tome and Principe



ACCELERATING HEALTH, SOCIAL AND ECONOMIC DEVELOPMENT OUTCOMES THROUGH IMPROVED NUTRITION

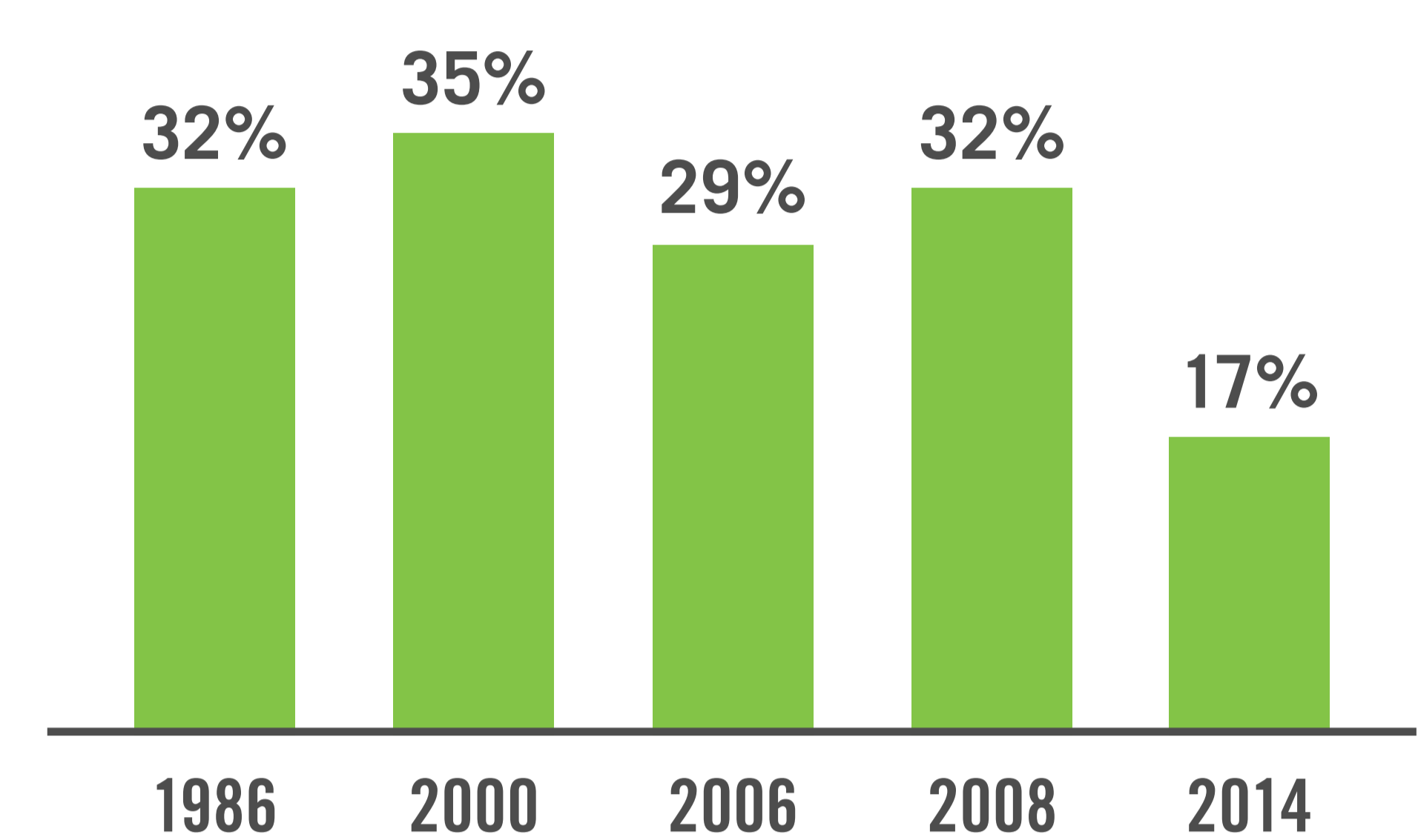
Sao Tome and Principe has made some progress reducing stunting and shown political commitment through the development of a National Nutrition Policy. Yet nutrition practices show untapped opportunities to accelerate further impact. To realize the full health, social and economic benefits of improved nutrition, Sao Tome and Principe should:

- Develop and fund a costed nutrition plan and ensure that a separate budget line for nutrition is allocated
- Adopt and implement the International Code of Marketing of Breast-milk Substitutes, including effective monitoring and enforcement mechanisms
- Ensure workplace maternity protections are implemented and in line with global recommendations

INFANT AND YOUNG CHILD FEEDING PRACTICES¹

Early initiation of breastfeeding within the first hour	38%
Exclusive breastfeeding of infants under 6 months	74%
Breastfeeding at 1 year	86%
Minimum acceptable diet (6-23 months)	22%
Minimum dietary diversity (6-23 months)	47%

PROGRESS AGAINST STUNTING^{2,3}



CHILD NUTRITION INDICATORS⁴

- 9%** of children under-five are **underweight**
- 17%** of children under-five are **stunted**
- 4%** of children under-five are **wasted**
- 10%** of children are born with **low birthweight**

Malnutrition has lasting effects on individuals, families and nations⁵

- **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 MORTALITY⁶

47 deaths per 1,000 live births while the global sustainable development target is to reduce under-five mortality to 25 per 1,000 live births (Sustainable Development Goal 3).

MATERNAL NUTRITION AND HEALTH

Women of reproductive age with anaemia	43% ⁷
Women of reproductive age, thinness	5% ⁸
Women of reproductive age, short stature	1% ⁹

PROGRESS AGAINST THE WORLD HEALTH ASSEMBLY'S GLOBAL NUTRITION TARGETS 2025¹⁰

	Under-five stunting, 2008	Under-five wasting, 2008	Under-five overweight, 2008	Women of reproductive age anaemia, 2011	Exclusive breastfeeding, 2008-2009	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
Sao Tome & Principe's Progress	Off course, some progress	Off course	Off course, no progress	Off course	Off course, no progress	N/A

POLITICAL COMMITMENT FOR NUTRITION

Maternity Leave	9 weeks paid ¹¹
International Code of Marketing of Breast-milk Substitutes	No legal measures ¹²
Multi-Sectoral Nutrition Plan	No ¹³
Costed Nutrition Plan	N/A
Separate Nutrition Budget	Sectoral only, no specific nutrition allocations ¹⁴
SUN Country	No

CATEGORIZATION OF CODE LEGISLATION¹⁵

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:¹⁶

- 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 MICS 2014
 4 UNICEF State of the World's Children 2016
 5 *The Lancet*, The World Bank, The Global Panel on Agriculture and Food Systems for Nutrition
 6 UNICEF State of the World's Children 2016
 7 WHO 2015
 8 DHS 2008-2009
 9 Ibid.

10 Adopted from the Global Nutrition Report 2015. New analysis will be released in 2017.
 11 ILO Maternity and Paternity at Work 2013
 12 WHO National Implementation of the International Code Status Report 2016
 13 HANCI-Africa 2016
 14 Ibid.
 15 WHO National Implementation of the International Code Status Report 2016
 16 UNICEF, *The Lancet*