

## NUTRITION PROFILE

# Sierra Leone



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

Sierra Leone has shown political will to develop nutrition policies and support nutrition funding. But under-five mortality, morbidity and malnutrition remain high and nutrition practices show untapped opportunities to accelerate impact. To realize the full health, social and economic benefits of improved nutrition, Sierra Leone should:

- Review and develop the next five-year nutrition plan and mobilize sufficient resources for a costed multi-sectoral nutrition action plan
- Enhance multi-sectoral coordination and action, including a common results framework
- Strengthen focus on addressing high levels of child undernutrition using a combination of nutrition-sensitive and nutrition-specific approaches

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

Early initiation of breastfeeding within the first hour	54%
Exclusive breastfeeding of infants under 6 months	32%
Breastfeeding at 1 year	86%
Minimum acceptable diet (6-23 months)	7%
Minimum dietary diversity (6-23 months)	16%

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



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

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

**38%** of children under-five are **stunted**

**9%** of children under-five are **wasted**

**11%** 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>

**120** deaths per 1,000 live births which puts Sierra Leone **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	45% <sup>6</sup>
Women of reproductive age, thinness	8% <sup>7</sup>
Women of reproductive age, short stature	2% <sup>8</sup>

#### PROGRESS AGAINST THE WORLD HEALTH ASSEMBLY'S GLOBAL NUTRITION TARGETS 2025<sup>9</sup>

	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
Sierra Leone's Progress	On course, good progress	Off course	Off course, some progress	Off course	Off course, no progress	N/A

#### POLITICAL COMMITMENT FOR NUTRITION

Maternity Leave	12 weeks paid <sup>10</sup>
International Code of Marketing of Breast-milk Substitutes	No legal measures <sup>11</sup>
Multi-Sectoral Nutrition Plan	Yes, currently under revision <sup>12</sup>
Costed Nutrition Plan	Yes <sup>13</sup>
Separate Nutrition Budget	Yes <sup>14</sup>
SUN Country	Since 2012 <sup>15</sup>

#### CATEGORIZATION OF CODE LEGISLATION<sup>16</sup>

**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:<sup>17</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 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 Sierra Leone Annual Progress Report 2015  
 13 Ibid.  
 14 HANCI-Africa 2016  
 15 SUN Sierra Leone Profile  
 16 WHO National Implementation of the International Code Status Report 2016  
 17 UNICEF, *The Lancet*