

# Cross River

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

Nigeria has recently made progress toward strengthening policies and programs in support of maternal, infant and young child nutrition (MIYCN). However, progress has been limited to specific states—and creating strong plans for implementation of new policies remains a challenge.

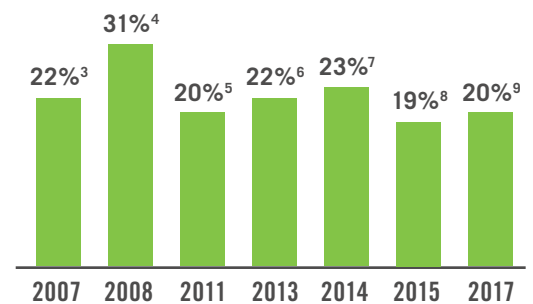
Cross River state has unique potential to help achieve nutrition goals and targets because of its large population and existing health system readiness to scale up key MIYCN interventions. Still, there is much work to do: as of 2017, one-in-five children in the state were stunted.<sup>1</sup> To realize the full health, social and economic benefits of improved nutrition, Cross River should implement the principles of the *Abuja Breastfeeding Declaration*, which commits Nigeria to increase funding and scale up nutrition and breastfeeding interventions. This includes:

- Scale up proven MIYCN social and behavior change interventions, including funding a costed state nutrition plan
- Ensure workplace maternity protections are implemented and that health and maternity services are breastfeeding-friendly
- Implement national regulations on the marketing of breastmilk substitutes, including partnering with NAFDAC to ensure a strong focus on effective monitoring and enforcement mechanisms.

### INFANT AND YOUNG CHILD FEEDING PRACTICES<sup>2</sup>

Early initiation of breastfeeding within the first hour	44%
Exclusive breastfeeding of infants under 6 months	8%
Breastfeeding at 1 year	51%
Minimum acceptable diet (6-23 months)	29%
Minimum dietary diversity (6-23 months)	63%

### TRENDS IN STUNTING



### CHILD NUTRITION INDICATORS

- 13%** of children under-five are **underweight**<sup>10</sup>
- 19%** of children under-five are **stunted**<sup>11</sup>
- 6%** of children under-five are **wasted**<sup>12</sup>
- 13%** of children are born with **low birthweight**<sup>13</sup>

Malnutrition has lasting effects on individuals, families and nations<sup>14</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>15</sup>

**120** deaths per 1,000 live births which puts Nigeria **seriously off-track** to contribute to reducing under-5 mortality to 25 per 1,000 live births (Sustainable Development Goal 3).

### MATERNAL NUTRITION AND HEALTH<sup>16</sup>

Iron supplementation of women during pregnancy	82%
Women of reproductive age, thinness	9%
Women of reproductive age, short stature	2%

1 MICS 2016-2017

2 Ibid.

3 MICS 2007

4 DHS 2008

5 MICS 2011

6 DHS 2013

7 NNHS 2014

8 NNHS 2015

9 MICS 2016-2017

10 NNHS 2015

11 Ibid.

12 MICS 2016-2017

13 DHS 2013

14 *The Lancet*, the World Bank, The Global Panel on Agriculture







15 MICS 2016-2017

16 DHS 2013

### NIGERIA: NATIONAL PROGRESS TOWARDS ENDING MALNUTRITION

Cross River state plays a critical role in helping Nigeria achieve progress toward global nutrition targets through strong adoption and implementation of MIYCN policies and programs.

#### PROGRESS AGAINST THE WORLD HEALTH ASSEMBLY'S GLOBAL NUTRITION TARGETS 2025<sup>17</sup>

	 Under-five stunting	 Under-five wasting	 Under-five overweight	 Women of reproductive age anaemia	 Exclusive breastfeeding	 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	Some progress	Some progress	On course	No progress or worsening	Some progress	N/A

#### POLITICAL COMMITMENT FOR NUTRITION

Maternity Leave	12 weeks, 50% paid <sup>18</sup>
International Code of Marketing of Breast-milk Substitutes	Many provisions in law <sup>19</sup>
Multi-Sectoral Nutrition Plan	Yes <sup>20</sup>
Costed Plan	Yes (2017) <sup>21</sup>

#### CATEGORIZATION OF CODE LEGISLATION<sup>22</sup>

**Many provisions in law:** Nigeria has enacted legislation and adopted regulations, encompassing many provisions of the Code and subsequent WHA resolutions.

#### IMPROVING NUTRITION STRENGTHENS NATIONS AS A LEADING CONTRIBUTOR TO:<sup>23</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

<sup>17</sup> Adopted from the Global Nutrition Report 2017

<sup>18</sup> ILO Appendix II Maternity and paternity at work (2013)

<sup>19</sup> WHO National Implementation of the International Code Status Report 2016

<sup>20</sup> SUN Nigeria Annual Report 2017

<sup>21</sup> Ibid.

<sup>22</sup> WHO National Implementation of the International Code Status Report 2016

<sup>23</sup> UNICEF, The Lancet