



Enugu

ACCELERATING HEALTH, SOCIAL AND ECONOMIC DEVELOPMENT OUTCOMES THROUGH IMPROVED NUTRITION

Nigeria has made recent progress toward strengthening maternal, infant and young children nutrition (MIYCN) policies and programs—yet not all states have achieved their full potential.

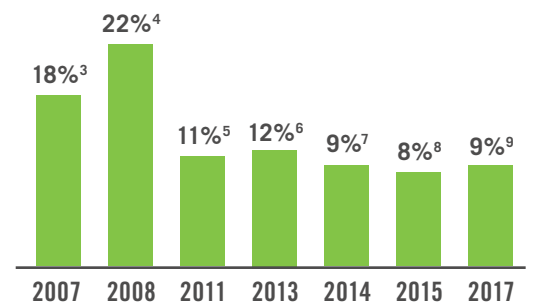
For example, only one-in-five children in Enugu State are exclusively breastfed for six months.¹ Yet Enugu has unique potential to help achieve nutrition goals and targets because of existing health system readiness to scale up key MIYCN interventions. To realize the full health, social and economic benefits of improved nutrition, Enugu should implement the principles of the *Abuja Breastfeeding Declaration*, which commits Nigeria to increase funding and scale up nutrition and breastfeeding interventions. This includes:

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

INFANT AND YOUNG CHILD FEEDING PRACTICES²

Early initiation of breastfeeding within the first hour	40%
Exclusive breastfeeding of infants under 6 months	19%
Breastfeeding at 1 year	43%
Minimum acceptable diet (6-23 months)	11%
Minimum dietary diversity (6-23 months)	54%

TRENDS IN STUNTING



CHILD NUTRITION INDICATORS

- 5%** of children under-five are **underweight**¹⁰
- 9%** of children under-five are **stunted**¹¹
- 4%** of children under-five are **wasted**¹²
- 7%** of children are born with **low birthweight**¹³

Malnutrition has lasting effects on individuals, families and nations¹⁴

- **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 MORTALITY¹⁵

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 HEALTH¹⁶

Iron supplementation of women during pregnancy	94%
Women of reproductive age, thinness	5%
Women of reproductive age, short stature	0.3%

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 MICS 2016-2017

12 Ibid.

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

Enugu 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 2025¹⁷

	 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 ¹⁸
International Code of Marketing of Breast-milk Substitutes	Many provisions in law ¹⁹
Multi-Sectoral Nutrition Plan	Yes ²⁰
Costed Plan	Yes (2017) ²¹

CATEGORIZATION OF CODE LEGISLATION²²

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:²³

- 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

¹⁷ Adopted from the Global Nutrition Report 2017

¹⁸ ILO Appendix II Maternity and paternity at work (2013)

¹⁹ WHO National Implementation of the International Code Status Report 2016

²⁰ SUN Nigeria Annual Report 2017

²¹ Ibid.

²² WHO National Implementation of the International Code Status Report 2016

²³ UNICEF, *The Lancet*