

TABLE 2 | NUTRITION

Countries and areas	Low birthweight (%) 2008–2012*	Early initiation of breastfeeding (%)	Exclusive breastfeeding <6 months (%)	Introduction of solid, semi-solid or soft foods 6–8 months (%)	Breastfeeding at age 2 (%)	Underweight (%)		Stunting (%)	Wasting (%)	Overweight (%)	Vitamin A supplementation, full coverage [^] (%) 2012	Iodized salt consumption (%) 2008–2012*
						moderate and severe [ⓐ]	severe	moderate and severe [ⓐ]	moderate and severe [ⓐ]	moderate and severe [ⓐ]		
								2008–2012*				
Afghanistan	–	–	–	29 x	54 x	33 x	12 x	59 x	9 x	5 x	–	20
Albania	4	43	39	78	31	5	2	19	9	22	–	76
Algeria	6 x	50 x	7 x	39 x,y	22 x	3 x	1 x	15 x	4 x	13 x	–	61 x
Andorra	–	–	–	–	–	–	–	–	–	–	–	–
Angola	12 x	55 x	11 x	77 x	37 x	16 x	7 x	29 x	8 x	–	44	45 x
Antigua and Barbuda	5 x	–	–	–	–	–	–	–	–	–	–	–
Argentina	7	–	54	–	28 x	2 x	0 x	8 x	1 x	10 x	–	–
Armenia	8	36	35	75	23	5	1	19	4	15	–	97 x
Australia	7 x	–	–	–	–	–	–	–	–	–	–	–
Austria	7 x	–	–	–	–	–	–	–	–	–	–	–
Azerbaijan	10 x	32 x	12 x	83 x	16 x	8 x	2 x	25 x	7 x	13 x	90 w	54 x
Bahamas	11 x	–	–	–	–	–	–	–	–	–	–	–
Bahrain	–	–	–	–	–	–	–	–	–	–	–	–
Bangladesh	22 x	47	64	62	90	36	10	41	16	2	99	82 y
Barbados	12	–	–	–	–	–	–	–	–	–	–	–
Belarus	4 x	21 x	9 x	38 x	4 x	1 x	1 x	4 x	2 x	10 x	–	–
Belgium	–	–	–	–	–	–	–	–	–	–	–	–
Belize	11	62	15	69	35	6	1	19	3	8	–	–
Benin	15 x	50	33	76 y	92	21	8	45	16	18	99	86
Bhutan	10	59	49	67	66	13	3	34	6	8	43	96 x,y
Bolivia (Plurinational State of)	6	64	60	83	40	4	1	27	1	9	41	89 y
Bosnia and Herzegovina	3	42	19	71	12	2	1	9	2	17	–	62 x,y
Botswana	13 x	40 x	20 x	46 x,y	6 x	11 x	4 x	31 x	7 x	11 x	–	65 x
Brazil	8	68	41	70 x,y	25 x	2 x	–	7 x	2 x	7 x	–	96 x,y
Brunei Darussalam	–	–	–	–	–	–	–	–	–	–	–	–
Bulgaria	9	–	–	–	–	–	–	–	–	–	–	100 x
Burkina Faso	14	42	38	57	80	24	6	33	11	2	99	96 y
Burundi	13	74	69	70 y	79	29	8	58	6	3	–	96 y
Cabo Verde	6 x	73 x	60 x	80 x,y	13 x	–	–	–	–	–	–	75
Cambodia	11	66	74	88	43	28	7	40	11	2	98	83 y
Cameroon	11 x	20 x	20	63 x	24	15	5	33	6	7	88	49 x,y
Canada	6 x	–	–	–	–	–	–	–	–	–	–	–
Central African Republic	14	44	34	60	32	24	8	41	7	2	83	65
Chad	20	29	3	46	59	30	13	39	16	3	0	54
Chile	6	–	63 x	–	–	–	–	–	–	–	–	–
China	3	41	28	43 y	–	4	–	10	2	7	–	97 y
Colombia	6 x	49 x	43	86	33	3	1	13	1	5	–	–
Comoros	25 x	25 x	–	34 x,y	45 x	15	4	30	11	9	–	82 x
Congo	13 x	39 x	19 x	78 x,y	21 x	11 x	3 x	30 x	8 x	3	–	82 x

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						moderate and severe [Ⓒ]	severe	moderate and severe [Ⓒ]	moderate and severe [Ⓒ]	moderate and severe [Ⓒ]		
2008–2012*						2008–2012*						
Cook Islands	3 x	–	–	–	–	–	–	–	–	–	–	–
Costa Rica	7	–	19 x	92	40	1	–	6	1	8	–	–
Côte d'Ivoire	17 x	31	12	64	38	15	3	30	8	3	99	84 x,y
Croatia	5	–	–	–	–	–	–	–	–	–	–	–
Cuba	5	77	49	77	17	–	–	–	–	–	–	88 x
Cyprus	–	–	–	–	–	–	–	–	–	–	–	–
Czech Republic	7 x	–	–	–	–	–	–	–	–	–	–	–
Democratic People's Republic of Korea	6	18	65 x	31 x,y	36	15	3	28	4	–	99	25 y
Democratic Republic of the Congo	10	43	37	52	53	24	8	43	9	5	84	59
Denmark	5 x	–	–	–	–	–	–	–	–	–	–	–
Djibouti	10 x	55 x	1 x	35 x	18 x	23	5	31	10	8	88	0 x
Dominica	10	–	–	–	–	–	–	–	–	–	–	–
Dominican Republic	11 x	69 x	8 x	88 x	14	3 x	0 x	10 x	2 x	8	–	19 x
Ecuador	8	–	40 x	76 x,y	23 x	6 x	1 x	29 x	2 x	5 x	–	–
Egypt	13	43 x	53	70	35	6	1	29	7	21	62	79
El Salvador	9	33	31	80	54	6	1	19	1	6	81	62 x
Equatorial Guinea	13 x	–	24 x	–	–	11 x	5 x	35 x	3 x	8 x	–	33 x
Eritrea	14 x	78 x	52 x	43 x,y	62 x	35 x	13 x	44 x	15 x	2 x	38	68 x
Estonia	4 x	–	–	–	–	–	–	–	–	–	–	–
Ethiopia	20 x	52	52	49	82	29	9	44	10	2	31	15 y
Fiji	10 x	57 x	40 x	–	–	–	–	–	–	–	–	–
Finland	4 x	–	–	–	–	–	–	–	–	–	–	–
France	–	–	–	–	–	–	–	–	–	–	–	–
Gabon	14 x	32	6	62 x,y	4	6	1	17	3	7	2	36 x
Gambia	10	52	34	34	31	17	4	23	10	2	46	22
Georgia	5	69	55	43 y	17	1	1	11	2	20	–	100
Germany	–	–	–	–	–	–	–	–	–	–	–	–
Ghana	11	46	46	75	37	13	3	23	6	3	17	35
Greece	–	–	–	–	–	–	–	–	–	–	–	–
Grenada	9 x	–	–	–	–	–	–	–	–	–	–	–
Guatemala	11	56	50	71 y	46	13	–	48	1	5	14	76 x
Guinea	12 x	40 x	48	32 y	–	16	4	35	5	4	99	41
Guinea-Bissau	11	55	38	43	65	18	5	32	6	3	95	12
Guyana	14	43 x	33	81	49	11	2	18	5	6	–	11
Haiti	23	47	40	87	31	11	3	22	5	4	54	18
Holy See	–	–	–	–	–	–	–	–	–	–	–	–
Honduras	10	64	31	83 x	43	7	1	23	1	5	58	–
Hungary	9 x	–	–	–	–	–	–	–	–	–	–	–

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Countries and areas	Low birthweight (%) 2008–2012*	Early initiation of breastfeeding (%)	Exclusive breastfeeding <6 months (%)	Introduction of solid, semi-solid or soft foods 6–8 months (%)	Breastfeeding at age 2 (%)	Underweight (%)		Stunting (%)	Wasting (%)	Overweight (%)	Vitamin A supplementation, full coverage ^Δ (%) 2012	Iodized salt consumption (%) 2008–2012*
						moderate and severe [Ⓒ]	severe	moderate and severe [Ⓒ]	moderate and severe [Ⓒ]	moderate and severe [Ⓒ]		
								2008–2012*				
Iceland	4 x	–	–	–	–	–	–	–	–	–	–	–
India	28 x	41	46 x	56 x	77 x	43 x	16 x	48 x	20 x	2 x	59	71
Indonesia	9 x	29	42	85 x	55	18	5	36	13	12	73	62 x,y
Iran (Islamic Republic of)	7 x	56 x	23 x	68 x,y	58 x	–	–	–	–	–	–	99 x,y
Iraq	13	43	20	36	23	9	4	23	7	12	–	29
Ireland	–	–	–	–	–	–	–	–	–	–	–	–
Israel	8 x	–	–	–	–	–	–	–	–	–	–	–
Italy	–	–	–	–	–	–	–	–	–	–	–	–
Jamaica	12 x	62 x	15 x	36 x	24 x	3	–	5	4	4	–	–
Japan	8 x	–	–	–	–	–	–	–	–	–	–	–
Jordan	13 x	39 x	23	83 x	13	3	1	8	2	4	–	88 x,y
Kazakhstan	5	68	32	49	26	4	1	13	4	1	–	85
Kenya	8	58	32	85	54	16	4	35	7	5	66	98
Kiribati	–	–	69	–	82	–	–	–	–	–	–	–
Kuwait	–	–	–	–	–	–	–	–	–	–	–	–
Kyrgyzstan	5 x	65 x	32 x	60 x	26 x	5	1	23	1	4	–	76 x
Lao People's Democratic Republic	15	30 x	26 x	41 x	48 x	27	7	44	6	2	47	80 y
Latvia	5 x	–	–	–	–	–	–	–	–	–	–	–
Lebanon	12	–	15	35 x,y	15	–	–	–	–	–	–	71
Lesotho	11	53	54	68	35	13	2	39	4	7	–	84
Liberia	14	67 x	29 x	–	–	15	2	42	3	5	13	–
Libya	–	–	–	–	–	4 x	–	21 x	4 x	22 x	–	–
Liechtenstein	–	–	–	–	–	–	–	–	–	–	–	–
Lithuania	4 x	–	–	–	–	–	–	–	–	–	–	–
Luxembourg	8 x	–	–	–	–	–	–	–	–	–	–	–
Madagascar	16	72	51	86	61	36 x	–	50	15 x	–	88	53
Malawi	14	95	71	86	77	13	3	47	4	8	60	97 y
Malaysia	11	–	–	–	–	12	2	17	12	5	–	18
Maldives	11	64	48	91	68	17	3	19	11	7	–	44 x
Mali	18	57	20	27	46	19	5	28	9	1	93	79 x
Malta	6 x	–	–	–	–	–	–	–	–	–	–	–
Marshall Islands	18 x	73 x	31 x	77 x	53 x	–	–	–	–	–	–	–
Mauritania	35	81	46	61 y	47	20	4	23	12	1	99	23
Mauritius	14 x	–	21 x	–	–	–	–	–	–	–	–	–
Mexico	9	18	19	27	–	3	–	14	2	10	–	91 x
Micronesia (Federated States of)	18 x	–	–	–	–	–	–	–	–	–	–	–
Monaco	–	–	–	–	–	–	–	–	–	–	–	–
Mongolia	5	71	66	66	65	3	1	15	2	11	54	70

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						moderate and severe [Ⓒ]	severe	moderate and severe [Ⓒ]	moderate and severe [Ⓒ]	moderate and severe [Ⓒ]		
								2008–2012*				
Montenegro	4 x	25 x	19 x	35 x,y	13 x	2 x	1 x	7 x	4 x	16 x	–	71 x
Morocco	15 x	52 x	31 x	52 x,y	15 x	3	2 x	15	2	11	–	21 x
Mozambique	17	77	43	90	52	15	4	43	6	7	20	45 y
Myanmar	9	76	24	76	65	23	6	35	8	3	86	93
Namibia	16 x	71 x	24 x	91 x	28 x	17 x	4 x	29 x	8 x	5 x	46	63 x
Nauru	27 x	76 x,y	67 x	65 x	65 x	5 x	1 x	24 x	1 x	3 x	–	–
Nepal	18	45	70	66	93	29	8	41	11	2	95	80
Netherlands	–	–	–	–	–	–	–	–	–	–	–	–
New Zealand	6 x	–	–	–	–	–	–	–	–	–	–	–
Nicaragua	8	76 x	31 x	76 x,y	43 x	6 x	1 x	22 x	1 x	6 x	7	97 x
Niger	27 x	42	23	65 y	50	36	13	44	18	2	98	32
Nigeria	15	23	15	33	35	24	9	36	10	3	78	52
Niue	0 x	–	–	–	–	–	–	–	–	–	–	–
Norway	5 x	–	–	–	–	–	–	–	–	–	–	–
Oman	10	85 x	–	91 x,y	73 x	9	1	10	7	2	–	69 x,y
Pakistan	32 x	29 x	37 x	36 x,y	55 x	32	12	44	15	6	99	69
Palau	–	–	–	–	–	–	–	–	–	–	–	–
Panama	10 x	–	–	–	–	4	–	19	1	–	–	–
Papua New Guinea	11 x	–	56 x	76 x,y	72 x	18 x	5 x	44 x	5 x	4 x	15	92 x
Paraguay	6	47	24	67 y	14	3 x	–	18 x	1 x	7 x	–	93
Peru	8 x	51	71	82	55	4	1	20	0	10	–	91
Philippines	21	54	34	90	34	22	–	32	7	4	90	45 x
Poland	6 x	–	–	–	–	–	–	–	–	–	–	–
Portugal	8 x	–	–	–	–	–	–	–	–	–	–	–
Qatar	–	–	–	–	–	–	–	–	–	–	–	–
Republic of Korea	4 x	–	–	–	–	–	–	–	–	–	–	–
Republic of Moldova	6 x	65 x	46 x	18 x,y	2 x	3 x	1 x	10 x	5 x	9 x	–	60 x
Romania	8 x	–	16 x	41 x,y	–	4 x	1 x	13 x	4 x	8 x	–	74 x
Russian Federation	6 x	–	–	–	–	–	–	–	–	–	–	35 x,y
Rwanda	7	71	85	79	84	11	2	44	3	7	3	99
Saint Kitts and Nevis	8	–	–	–	–	–	–	–	–	–	–	100 x,y
Saint Lucia	11	–	–	–	–	–	–	–	–	–	–	–
Saint Vincent and the Grenadines	8	–	–	–	–	–	–	–	–	–	–	–
Samoa	10	88	51	71 y	74	–	–	–	–	–	–	–
San Marino	–	–	–	–	–	–	–	–	–	–	–	–
Sao Tome and Principe	10	35 x	51	74	20	13	3	29	11	11	34	86
Saudi Arabia	–	–	–	–	–	–	–	–	–	–	–	–
Senegal	19	48	39	67 y	51	18	5	27	10	3	–	47
Serbia	6	8	14	84	15	2	1	7	4	16	–	32 x

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						moderate and severe [Ⓒ]	severe	moderate and severe [Ⓒ]	moderate and severe [Ⓒ]	moderate and severe [Ⓒ]		
								2008–2012*				
Seychelles	–	–	–	–	–	–	–	–	–	–	–	–
Sierra Leone	11	45	32	25	48	22	8	44	9	10	99	63
Singapore	8 x	–	–	–	–	3 x	0 x	4 x	4 x	3 x	–	–
Slovakia	7 x	–	–	–	–	–	–	–	–	–	–	–
Slovenia	–	–	–	–	–	–	–	–	–	–	–	–
Solomon Islands	13 x	75 x	74 x	80 x,y	67 x	12 x	2 x	33 x	4 x	3 x	–	–
Somalia	–	26 x	9 x	16 x	35 x	32 x	12 x	42 x	13 x	5	–	1 x
South Africa	–	61 x	8 x	49 x,y	31 x	9 x	–	33 x	6 x	19 x	–	–
South Sudan	–	–	45	21	38	28	12	31	23	5	70	54
Spain	–	–	–	–	–	–	–	–	–	–	–	–
Sri Lanka	17 x	80 x	76 x	87 x,y	84 x	21 x	4 x	17 x	15 x	1	90	92 x,y
State of Palestine	9	–	27 x	–	–	4	1	11	3	–	–	86 x
Sudan	–	–	41	51	40	32	13	35	16	–	83	10
Suriname	14	45	3	47	15	6	1	9	5	4	–	–
Swaziland	9	55	44	66	11	6	1	31	1	11	33	52
Sweden	–	–	–	–	–	–	–	–	–	–	–	–
Switzerland	–	–	–	–	–	–	–	–	–	–	–	–
Syrian Arab Republic	10	46	43	–	25	10	–	28	12	18	–	79 x
Tajikistan	10 x	61 x	25 x	41 x	34 x	12	4	26	10	6	97	62
Thailand	7	50 x	15	–	–	7 x	1 x	16 x	5 x	8 x	–	47 x
The former Yugoslav Republic of Macedonia	6	21	23	41	13	1	0	5	2	12	–	94 x,y
Timor-Leste	12 x	82	52	82	33	45	15	58	19	5	59	60 x
Togo	11	46	62	44	64	17	4	30	5	2	64	32
Tonga	3 x	–	–	–	–	–	–	–	–	–	–	–
Trinidad and Tobago	10	41 x	13 x	83 x	22 x	–	–	–	–	–	–	28 x
Tunisia	7	87 x	6 x	61 x,y	15 x	2	1	10	3	14	–	97 x
Turkey	11	39	42	68 x,y	22	2	0	12	1	–	–	69
Turkmenistan	4 x	60 x	11 x	54 x	37 x	8 x	2 x	19 x	7 x	–	–	87 x
Tuvalu	6 x	15 x	35 x	40 x,y	51 x	2 x	0 x	10 x	3 x	6 x	–	–
Uganda	12	53	63	67	46	14	3	33	5	3	70	99 y
Ukraine	4 x	41 x	18 x	86 x	6 x	–	–	–	–	–	–	18 x
United Arab Emirates	6	–	–	–	–	–	–	–	–	–	–	–
United Kingdom	8 x	–	–	–	–	–	–	–	–	–	–	–
United Republic of Tanzania	8	49	50	92	51	16	4	42	5	5	95	59
United States	8 x	–	–	–	–	1 x	0 x	3 x	0 x	7 x	–	–
Uruguay	9	59	65	35 x,y	27	5 x	2 x	15 x	2 x	10 x	–	–
Uzbekistan	5 x	67 x	26 x	47 x	38 x	4 x	1 x	19 x	4 x	13 x	99	53 x
Vanuatu	10 x	72 x	40 x	68 x	32 x	11 x	2 x	26 x	6 x	5 x	–	23 x

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						moderate and severe ^c	severe	moderate and severe ^c	moderate and severe ^c	moderate and severe ^c		
						2008–2012*						
Venezuela (Bolivarian Republic of)	8	–	–	–	–	4 x	–	16 x	5 x	6 x	–	–
Viet Nam	5	40	17	50	19	12	2	23	4	4	98 w	45
Yemen	–	30 x	12 x	76 x,y	–	43 x	19 x	58 x	15 x	5 x	11	30 x
Zambia	11 x	57 x	61 x	94 x	42 x	15 x	3 x	45 x	5 x	8 x	–	77 x
Zimbabwe	11	65	31	86	20	10	2	32	3	6	61	94 y

SUMMARY INDICATORS*

Sub-Saharan Africa	13	45	36	56	50	21	7	38	9	6	68	54
Eastern and Southern Africa	11	60	52	72	61	18	5	39	7	5	56	61
West and Central Africa	14	35	25	45	44	22	8	37	11	6	77	53
Middle East and North Africa	–	–	–	–	–	7	–	18	8	11	–	–
South Asia	28	41	49	57	78	32	15	38	16	4	69	71
East Asia and Pacific	6	41	30	51	45 **	5	4 **	12	4	5	81 **	91
Latin America and Caribbean	9	49	39	–	–	3	–	11	1	7	–	–
CEE/CIS	–	–	–	–	–	2	–	11	1	15	–	–
Least developed countries	13	53	48	63	64	23	7	37	10	5	70	60
World	15	43	38	55	58 **	15	9 **	25	8	7	70 **	76

For a complete list of countries and areas in the regions, subregions and country categories, see page 26.

DEFINITIONS OF THE INDICATORS

Low birthweight – Percentage of infants weighing less than 2,500 grams at birth.

Early initiation of breastfeeding – Percentage of infants who are put to the breast within one hour of birth.

Exclusive breastfeeding <6 months – Percentage of children aged 0–5 months who are fed exclusively with breast milk in the 24 hours prior to the survey.

Introduction of solid, semi-solid or soft foods (6–8 months) – Percentage of children aged 6–8 months who received solid, semi-solid or soft foods in the 24 hours prior to the survey.

Breastfeeding at age 2 – Percentage of children aged 20–23 months who received breast milk in the 24 hours prior to the survey.

Underweight – Moderate and severe: Percentage of children aged 0–59 months who are below minus two standard deviations from median weight-for-age of the World Health Organization (WHO) Child Growth Standards; Severe: Percentage of children aged 0–59 months who are below minus three standard deviations from median weight-for-age of the WHO Child Growth Standards.

Stunting – Moderate and severe: Percentage of children aged 0–59 months who are below minus two standard deviations from median height-for-age of the WHO Child Growth Standards.

Wasting – Moderate and severe: Percentage of children aged 0–59 months who are below minus two standard deviations from median weight-for-height of the WHO Child Growth Standards.

Overweight – Moderate and severe: Percentage of children aged 0–59 months who are above two standard deviations from median weight-for-height of the WHO Child Growth Standards.

Vitamin A supplementation, full coverage – The estimated percentage of children aged 6–59 months reached with 2 doses of vitamin A supplements.

Iodized salt consumption – Percentage of households consuming adequately iodized salt (15 parts per million or more).

MAIN DATA SOURCES

Low birthweight – Demographic and Health Surveys (DHS), Multiple Indicator Cluster Surveys (MICS), other national household surveys, data from routine reporting systems, UNICEF and WHO.

Breastfeeding – DHS, MICS, other national household surveys and UNICEF.

Underweight, stunting, wasting and overweight – DHS, MICS, other national household surveys, WHO and UNICEF.

Vitamin A supplementation – UNICEF.

Iodized salt consumption – DHS, MICS, other national household surveys and UNICEF.

NOTES

– Data not available.

w Identifies countries with national vitamin A supplementation programmes targeted towards a reduced age range. Coverage figure is reported as targeted.

x Data refer to years or periods other than those specified in the column heading. Such data are not included in the calculation of regional and global averages, with the exception of 2005–2006 data from India. Estimates from data years prior to 2000 are not displayed.

y Data differ from the standard definition or refer to only part of a country. If they fall within the noted reference period, such data are included in the calculation of regional and global averages.

Δ Full coverage with vitamin A supplements is reported as the lower percentage of 2 annual coverage points (i.e., lower point between round 1 (January–June) and round 2 (July–December) of 2012).

* Data refer to the most recent year available during the period specified in the column heading.

** Excludes China.

Θ Regional averages for underweight (moderate and severe), stunting (moderate and severe), wasting (moderate and severe) and overweight (moderate and severe) are estimated using statistical modeling of data from the UNICEF-WHO-World Bank Joint Global Nutrition Database, 2012 revision (completed July 2013). The severe underweight indicator was not included in this exercise; regional averages for this indicator are based on a population-weighted average calculated by UNICEF.