



Lesotho

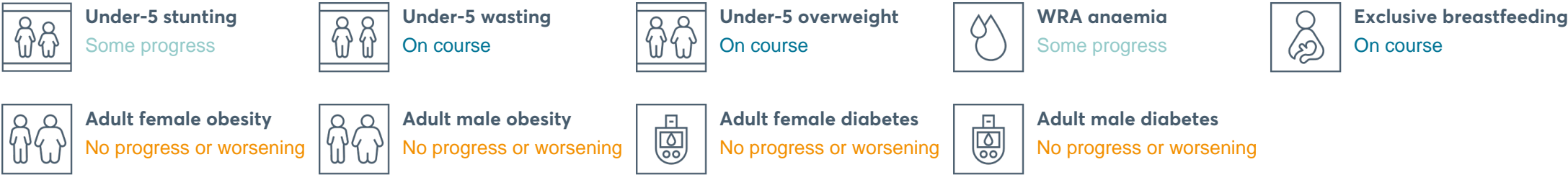
Overview

Burden classification

The Global Nutrition Report classifies this country as experiencing three forms of malnutrition – overweight, anaemia and stunting

Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates, NCD Risk Factor Collaboration, WHO Global Health Observatory.
Notes: Thresholds for a country having the form or not: stunting in children aged under 5 years ≥20%; anaemia in women of reproductive age ≥20%; overweight (body mass index ≥25) in adult women aged ≥18 years ≥35%.

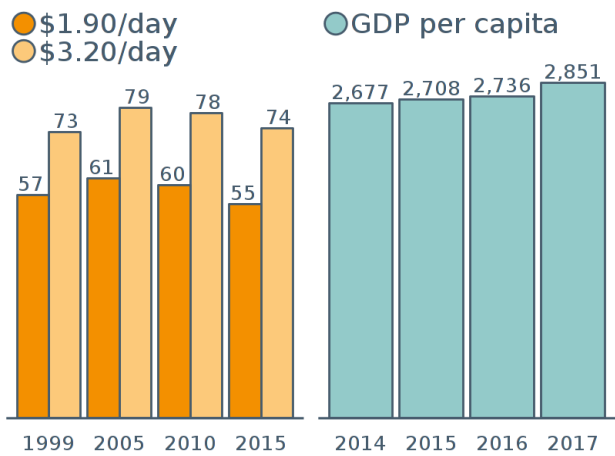
Progress against global nutrition targets 2018



Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates, UNICEF global databases: Infant and Young Child Feeding, NCD Risk Factor Collaboration, WHO Global Health Observatory.
Notes: The methodologies for tracking differ between targets. Data on the adult indicators are based on modelled estimates. See Appendix 1 of the 2018 Global Nutrition Report for details of the methods and sources used to assess progress towards global nutrition targets.

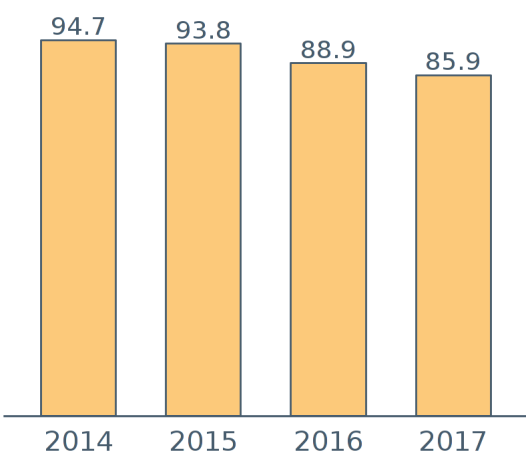
Economics and demography

Poverty rates (%) and GDP (PPP\$)



Source: World Bank 2018.
Note: GDP = gross domestic product. PPP = purchasing power parity.

Under-5 mortality (per 000 live births)



Source: UN Inter-agency Group for Child Mortality Estimation 2018.

Income inequality

| Gini index score ¹ | Gini index rank ² | Year |
|-------------------------------|------------------------------|------|
| 54 | 150 | 2010 |

Source: World Bank 2018.
Notes: 0 = perfect equality, 100 = perfect inequality.¹ Countries are ranked from most equal (1) to most unequal (155).²

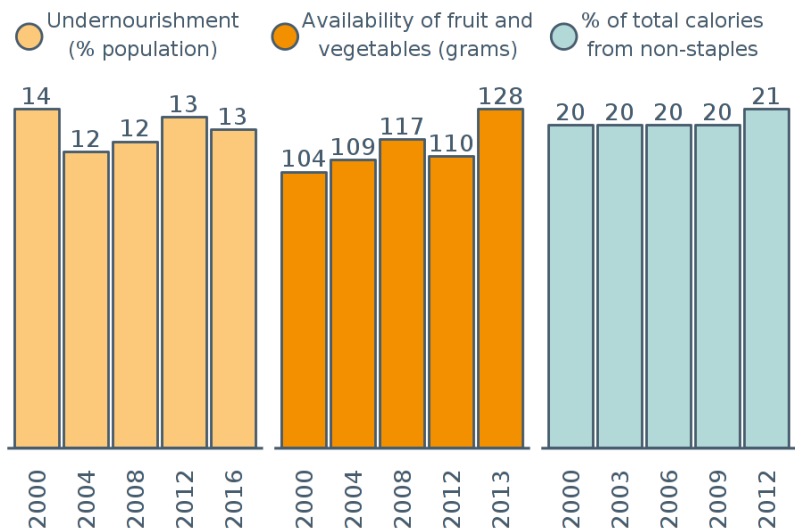
Population

| | | |
|--------------------------|-------|------|
| Population (000) | 2,233 | 2017 |
| Under-5 population (000) | 289 | 2018 |
| Rural (%) | 72 | 2017 |
| ≥65 years (000) | 102 | 2018 |

Source: UN Population Division 2017.

Underlying determinants

Food supply



Source: FAOSTAT 2018.

Gender-related determinants

| | | |
|---|------|------|
| Early childbearing: births by age 18 (%) ¹ | 13 | 2009 |
| Gender Inequality Index (score*) ² | 0.54 | 2017 |
| Gender Inequality Index (country rank) ² | 133 | 2017 |

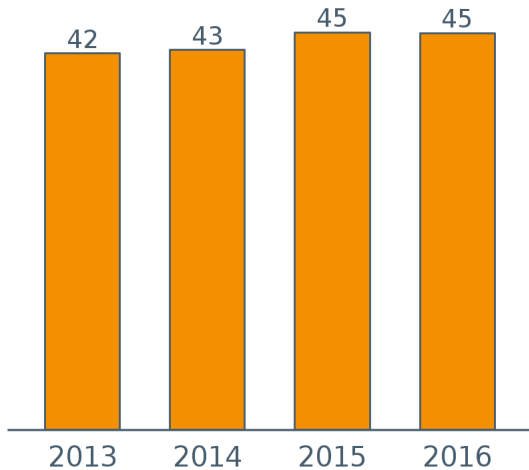
Sources: UNICEF 2018;¹ UNDP 2018.²
Note: *0 = low inequality, 1 = high inequality.

Population density of health workers per 1,000 people

| | | |
|--------------------------|------|------|
| Physicians | 0.05 | 2003 |
| Nurses and midwives | 0.59 | 2003 |
| Community health workers | NA | NA |

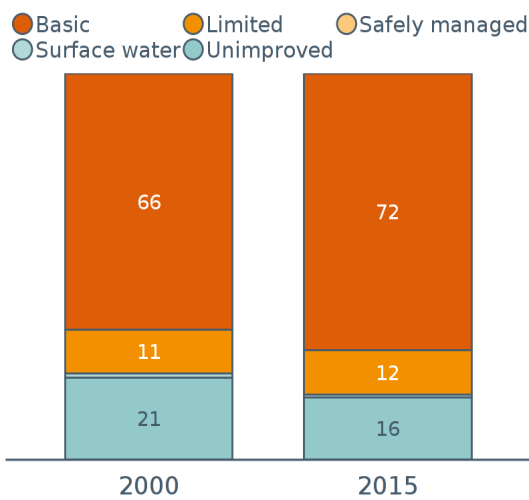
Source: WHO's Global Health Workforce Statistics, OECD, supplemented by country data.

Female secondary education enrolment (net, % population)



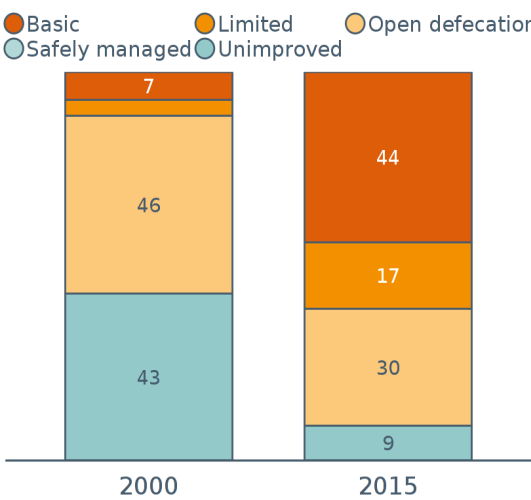
Source: UNESCO Institute for Statistics 2018.

Drinking water coverage (% population)



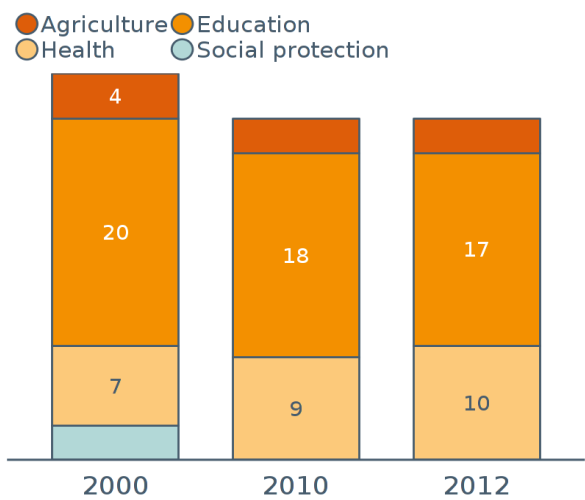
Source: WHO/UNICEF Joint Monitoring Programme 2017.

Sanitation coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2017.

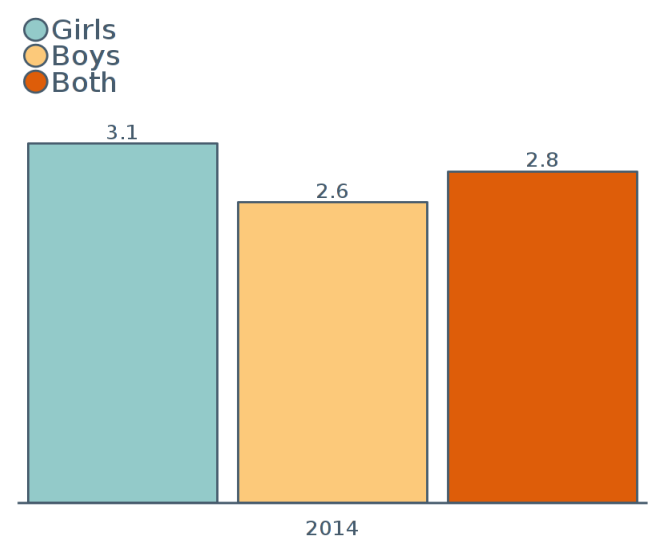
Government expenditures (% total)



Source: IFPRI 2015.

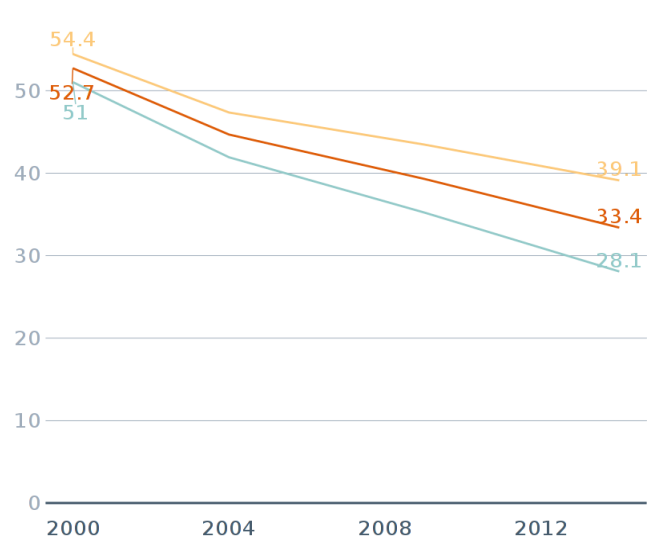
Children (under 5) nutrition status

Under 5 by gender: wasting (%)

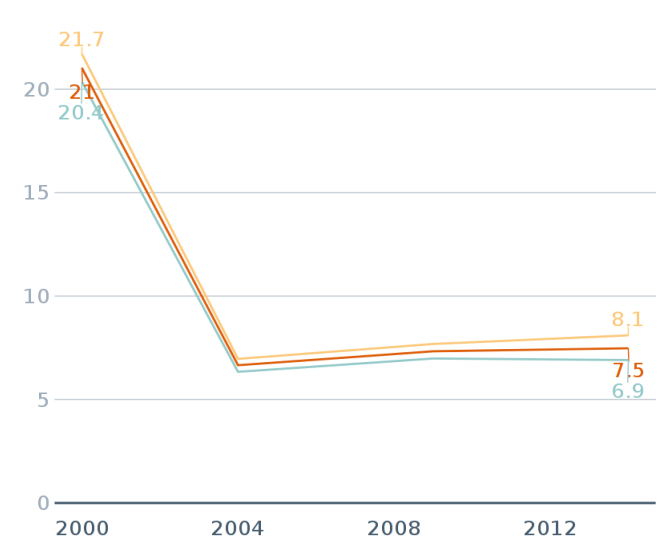


Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.

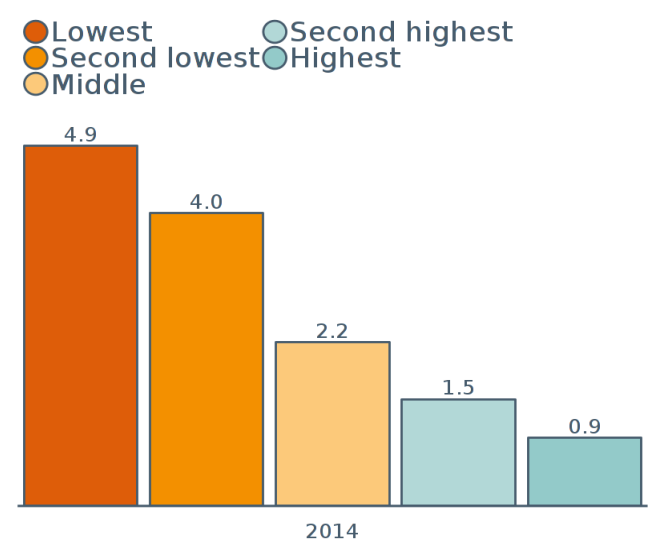
Under 5 by gender: stunting (%)



Under 5 by gender: overweight (%)

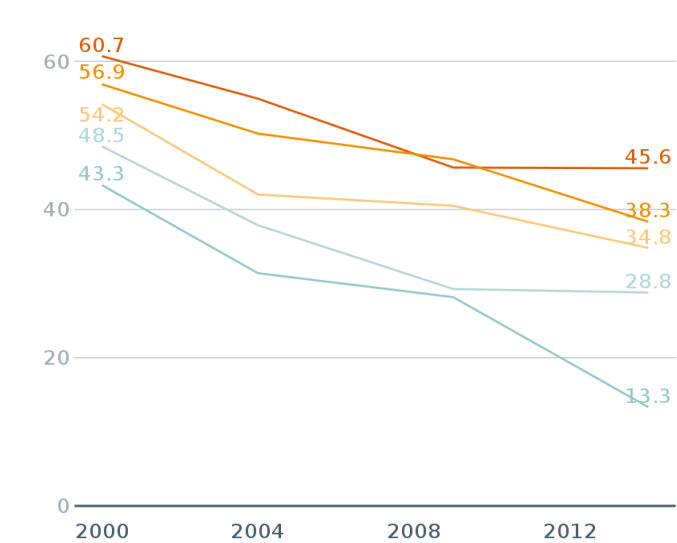


Under 5 by household income: wasting (%)

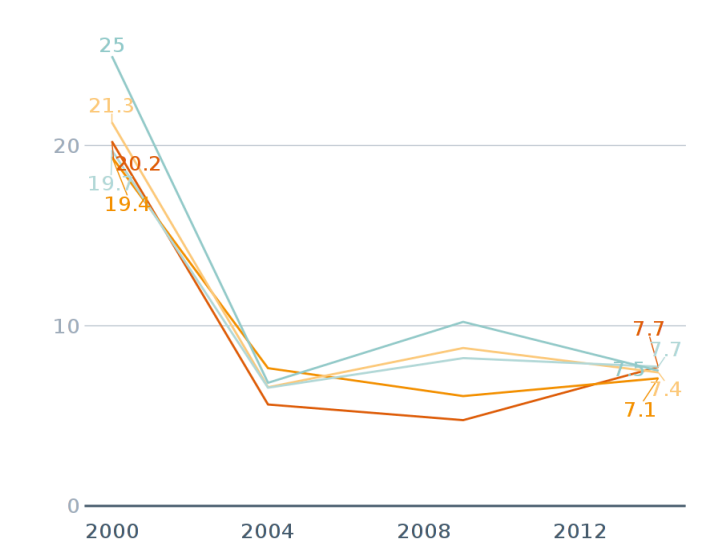


Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.

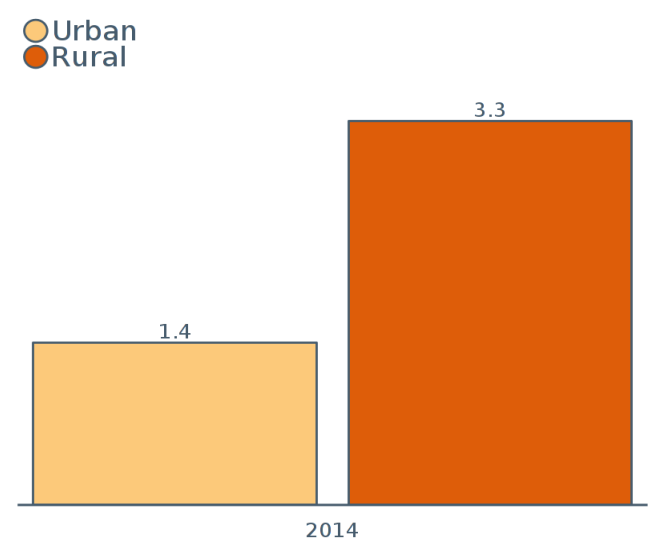
Under 5 by household income: stunting (%)



Under 5 by household income: overweight (%)

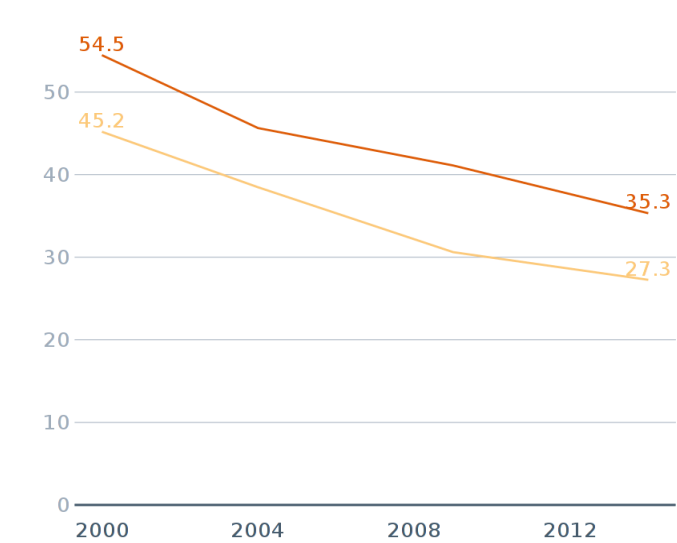


Under 5 by household location: wasting (%)

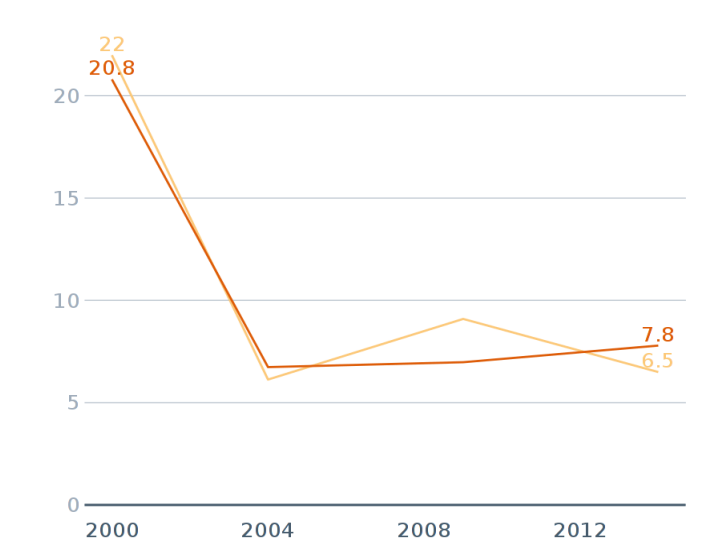


Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.

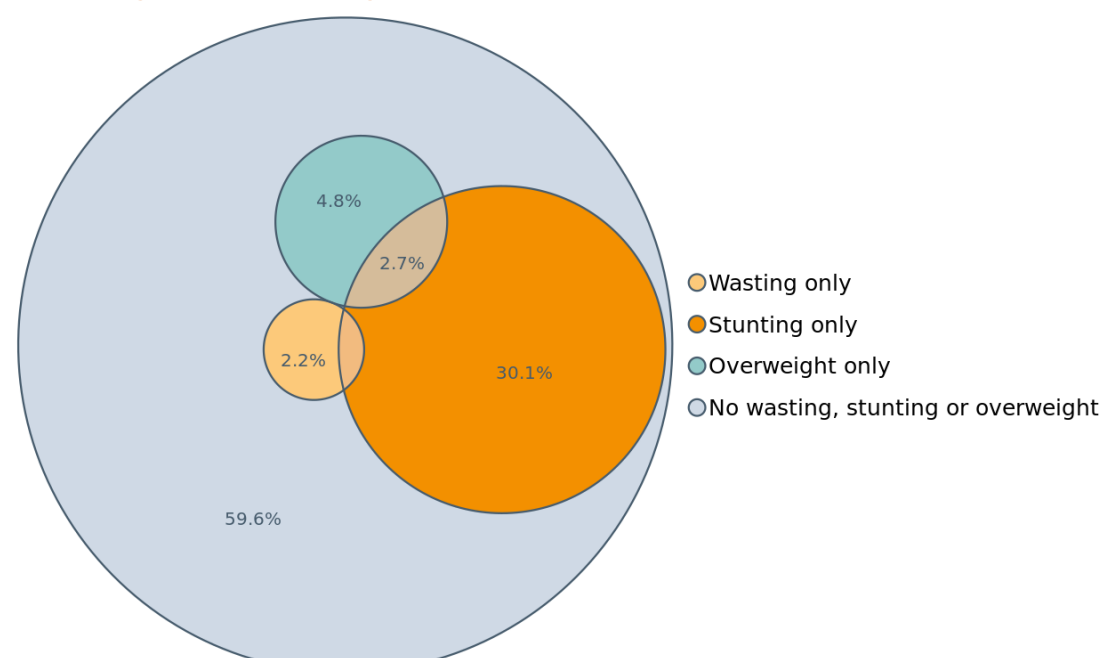
Under 5 by household location: stunting (%)



Under 5 by household location: overweight (%)

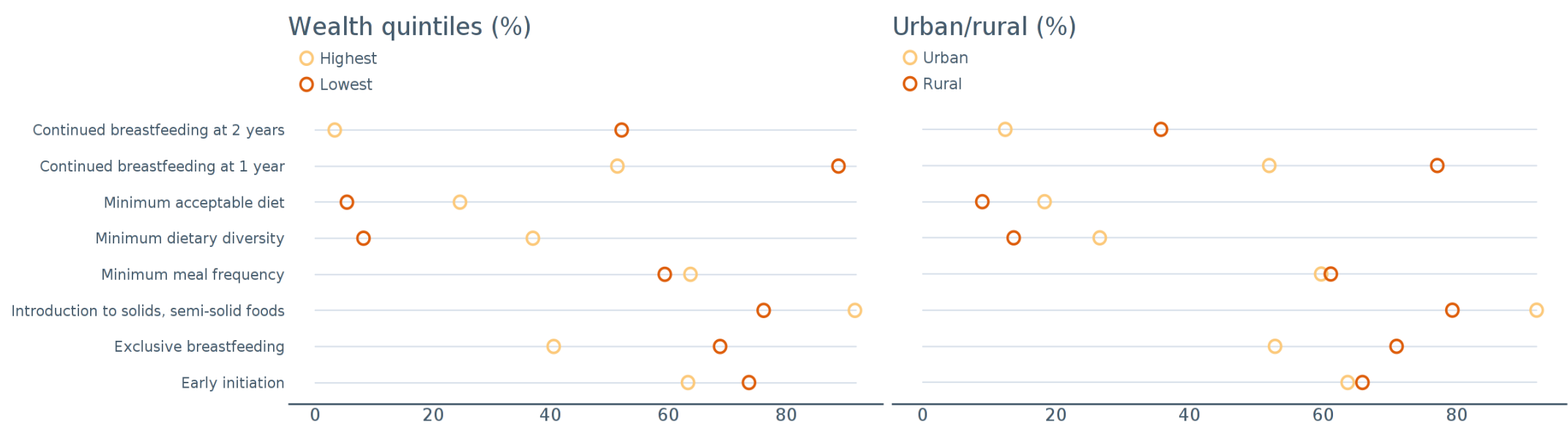


Under-5 coexistence of wasting, stunting and overweight



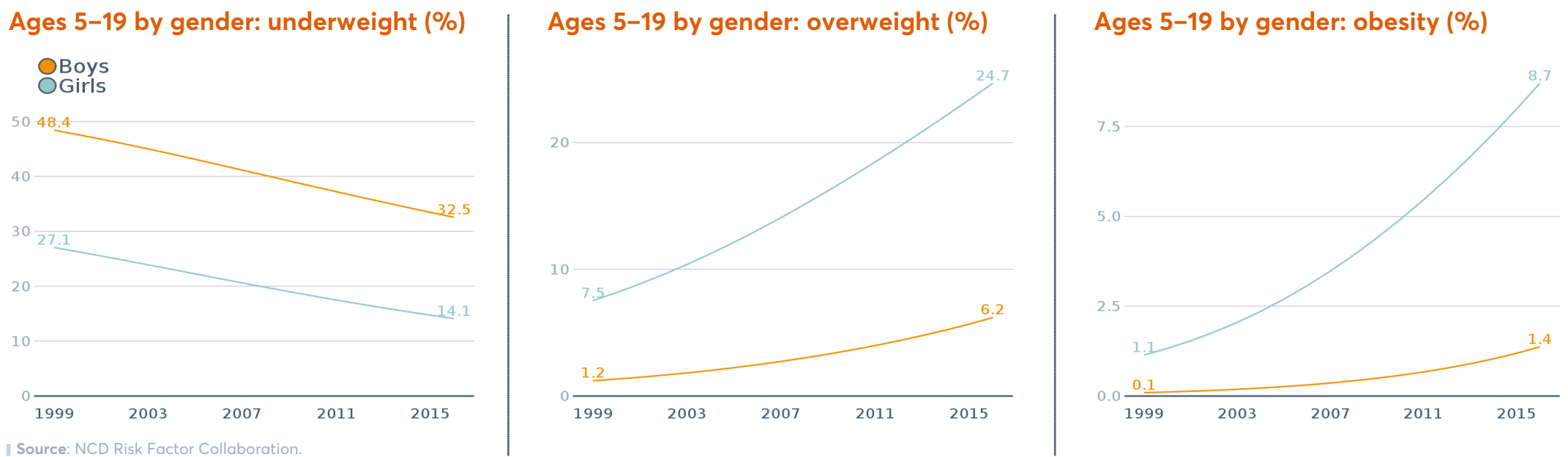
Sources: UNICEF, Division of Data Research and Policy (2018), Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight, New York, May 2018.
Notes: Percentage of children under 5 years of age who experience different and overlapping forms of malnutrition.

Child feeding practices

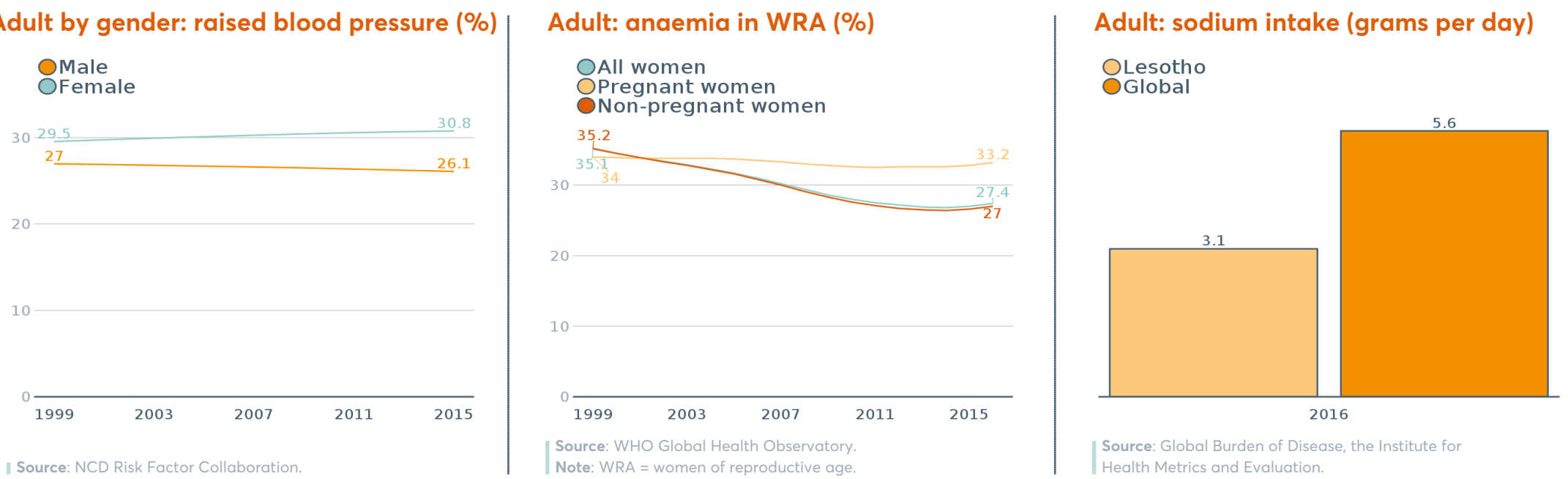
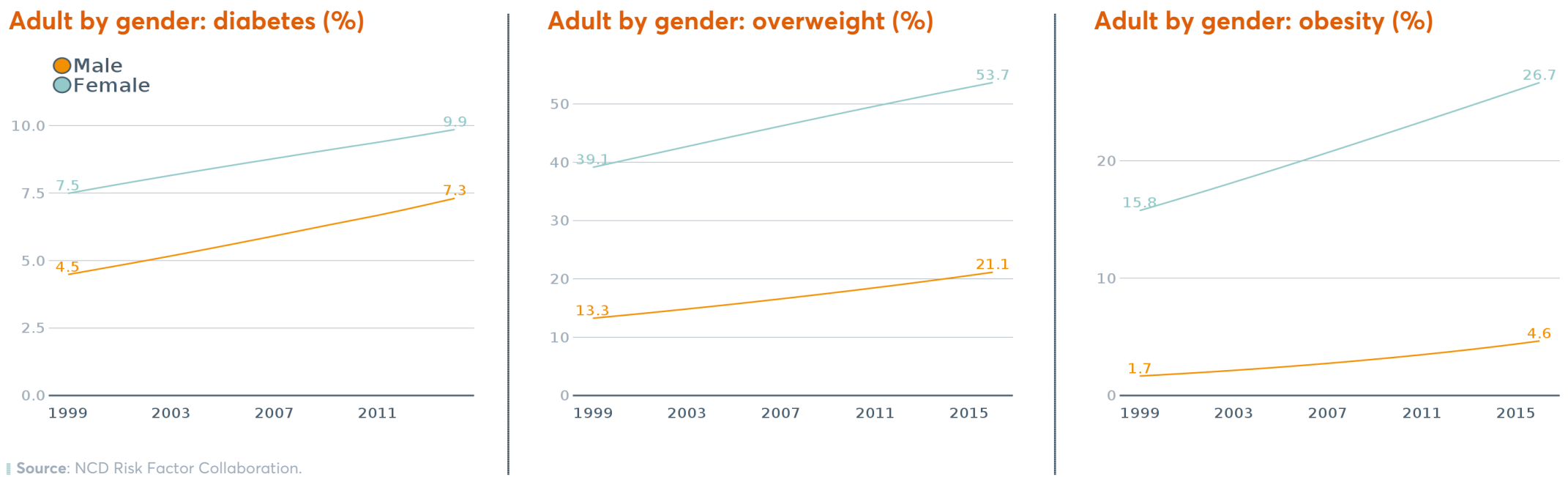


Sources: UNICEF, Division of Data Research and Policy (2018), Global UNICEF Global Databases: Infant and Young Child Feeding, New York, May 2018.

Children and adolescent (aged 5–19) nutrition status



Adult nutrition status



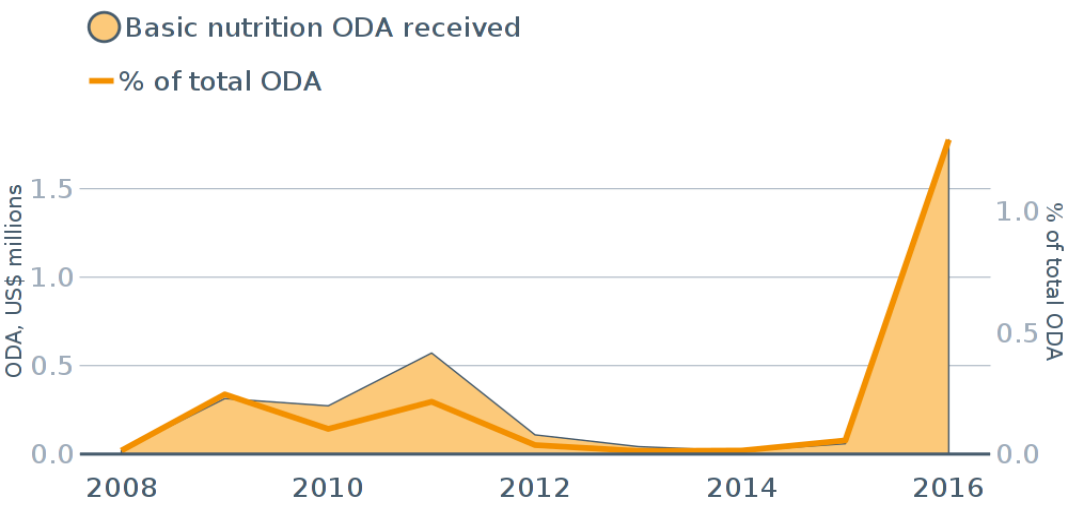
Dietary needs



Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation.
Notes: Men and women aged 25 and older. TMREL = theoretical minimum risk exposure level.

Financial resources and policy, legislation and institutional arrangements

Development assistance



Sources: Development Initiatives based on OECD Development Assistance Committee (DAC) Creditor Reporting System (CRS).
Notes: ODA = official development assistance. Amounts based on gross ODA disbursements, constant 2016 prices. Figure includes ODA grants and loans, but excludes other official flows and private grants.

National policies

| | |
|--|-----|
| Mandatory legislation for salt iodisation | Yes |
| Sugar-sweetened beverage tax | No |
| Food-based dietary guidelines | NA |
| Multisectoral comprehensive nutrition plan | Yes |

Sources: Global Fortification Data Exchange 2018; Sugar-sweetened data prepared using data from the NOURISHING database, academic references and market reports; FAO 2018; WHO Global database on the Implementation of Nutrition Action (GINA), 2nd Global Nutrition Policy Review.

Targets included in national (nutrition or other) plan

| | | | | | | | |
|----------|---------|------------------|------------------|-------------------------|---------|-------------|-----------------------------------|
| Stunting | Anaemia | Low birth weight | Child overweight | Exclusive breastfeeding | Wasting | Salt intake | Overweight adults and adolescents |
| Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |

Sources: WHO Global database on the Implementation of Nutrition Action (GINA), 2nd Global Nutrition Policy Review.

Intervention coverage

| Coverage/practice indicator | % | Male | Female | Year |
|---|----|------|--------|------|
| Children 0–59 months with diarrhoea who received zinc treatment | 1 | NA | NA | 2014 |
| Children 6–59 months who received vitamin A supplements in last 6 months | 61 | 61 | 61 | 2014 |
| Children 6–59 months given iron supplements in past 7 days | NA | NA | NA | NA |
| Women with a birth in last five years who received iron and folic acid during their most recent pregnancy | 75 | | 75 | 2014 |
| Household consumption of any iodised salt | 93 | NA | NA | 2014 |

Sources: Kothari M. and Huestis A., based on 2016 Global Nutrition Report and UNICEF global databases, 2018.
Notes: Data is compiled using STATcompiler and taken from country Demographic and Health Surveys for 2005–2017.