

Nutrition

#NigeriaDHS



2024 Nigeria Demographic and Health Survey (NDHS)

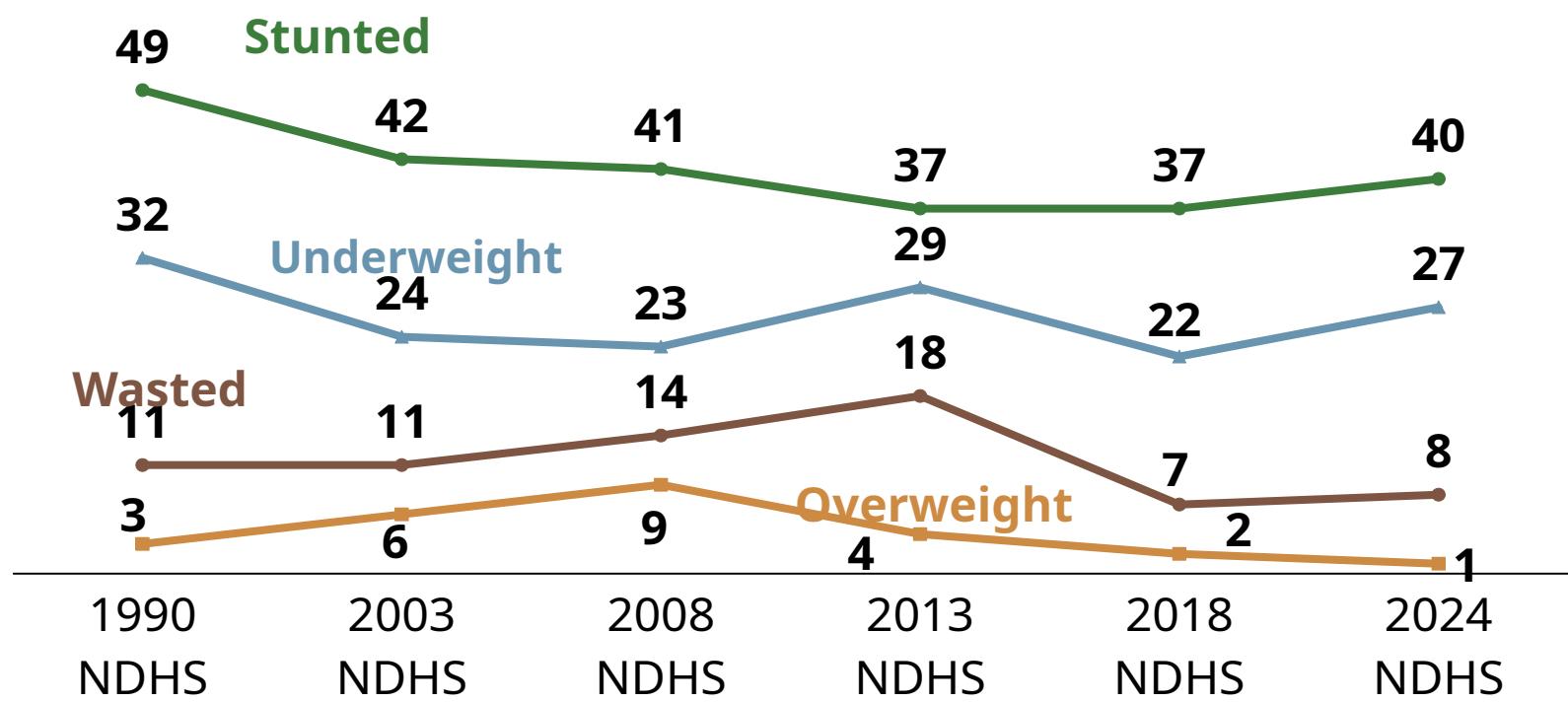
- **Nutritional status of children**
- Breastfeeding and Infant & Young Child Feeding (IYCF) practices
- Anaemia
- Micronutrients
- Nutritional status of women



Find these data in
Chapter 11 of the
Final Report

Trends in Child Growth Measures

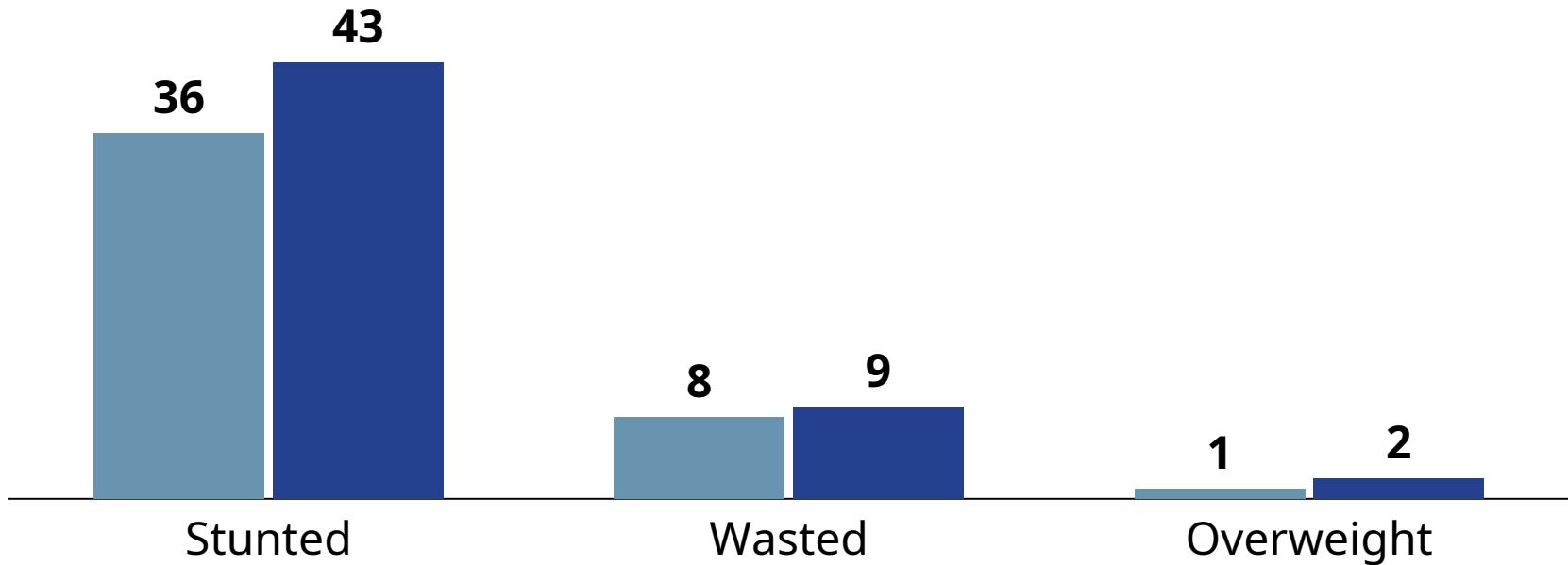
Percent of children under 5 who are malnourished



Child Growth Measures by Sex

Percent of children under 5 who have suboptimal growth

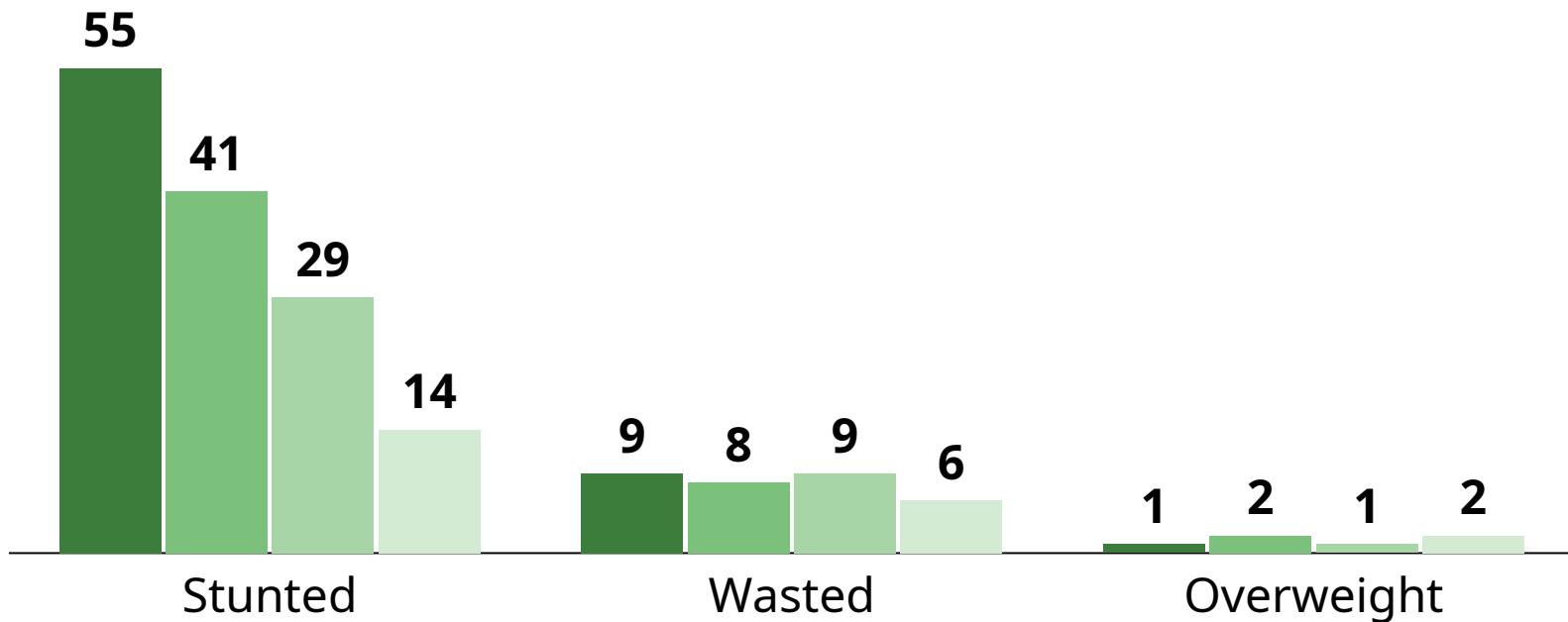
■ Female ■ Male



Child Growth Measures by Mother's Education

Percent of children under 5 who are malnourished

No education Primary
Secondary More than secondary

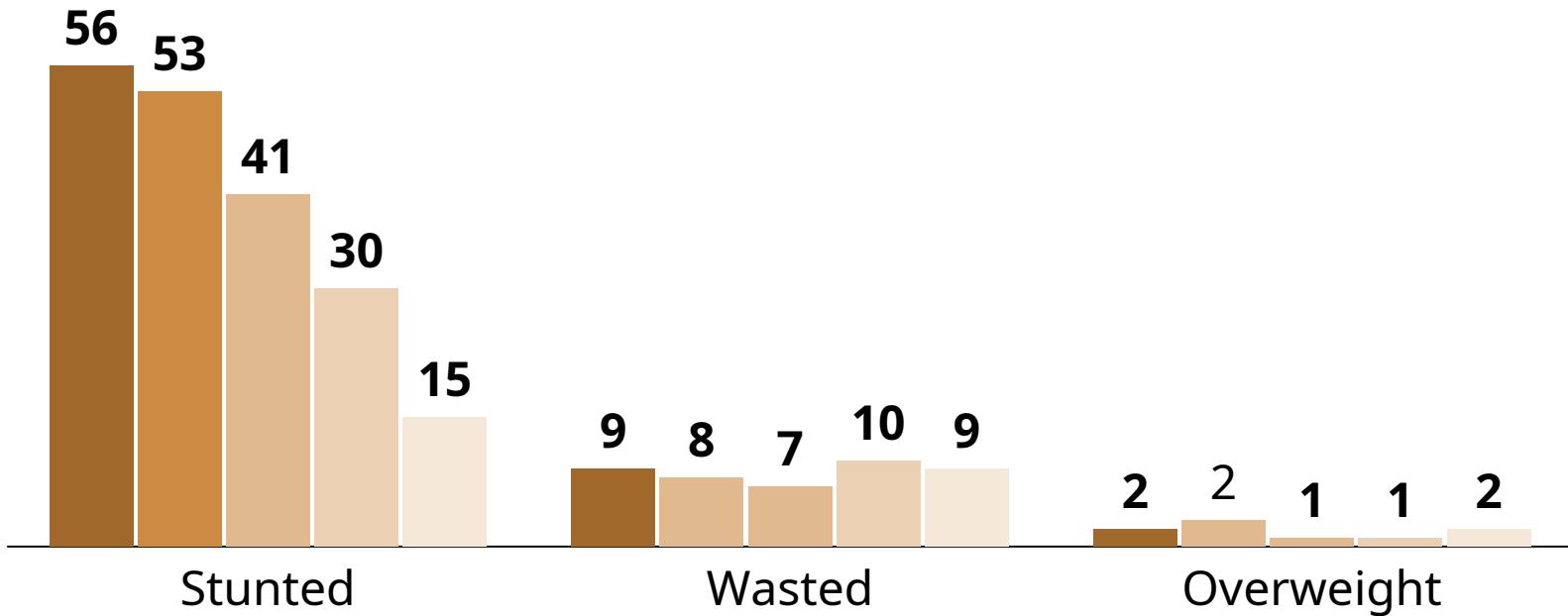


Child Growth Measures by Wealth

Percent of children under 5 who have suboptimal growth

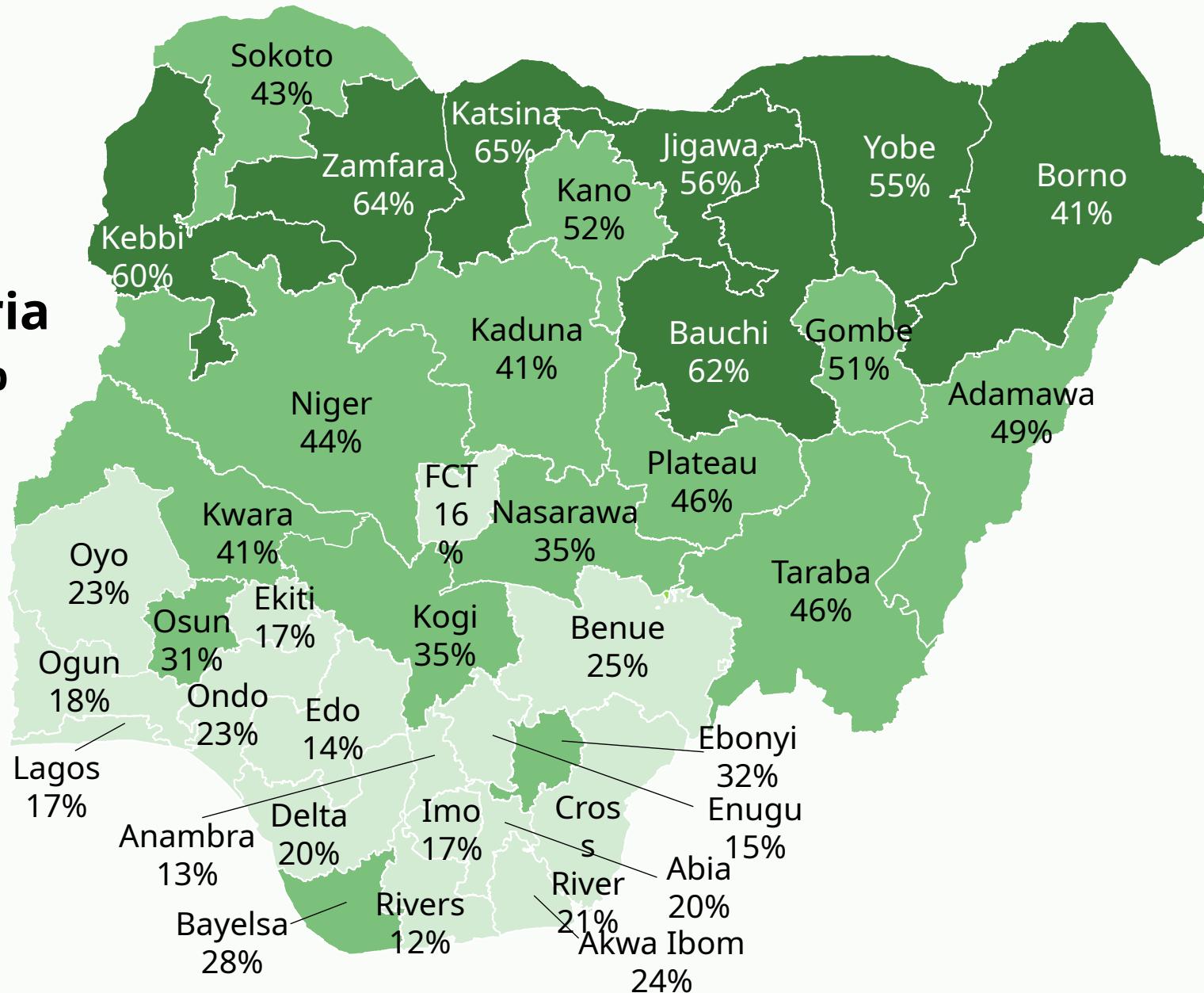
■ Lowest ■ Second ■ Middle ■ Fourth ■ Highest

Poorest → Wealthiest



Stunting by State

Nigeria
40%

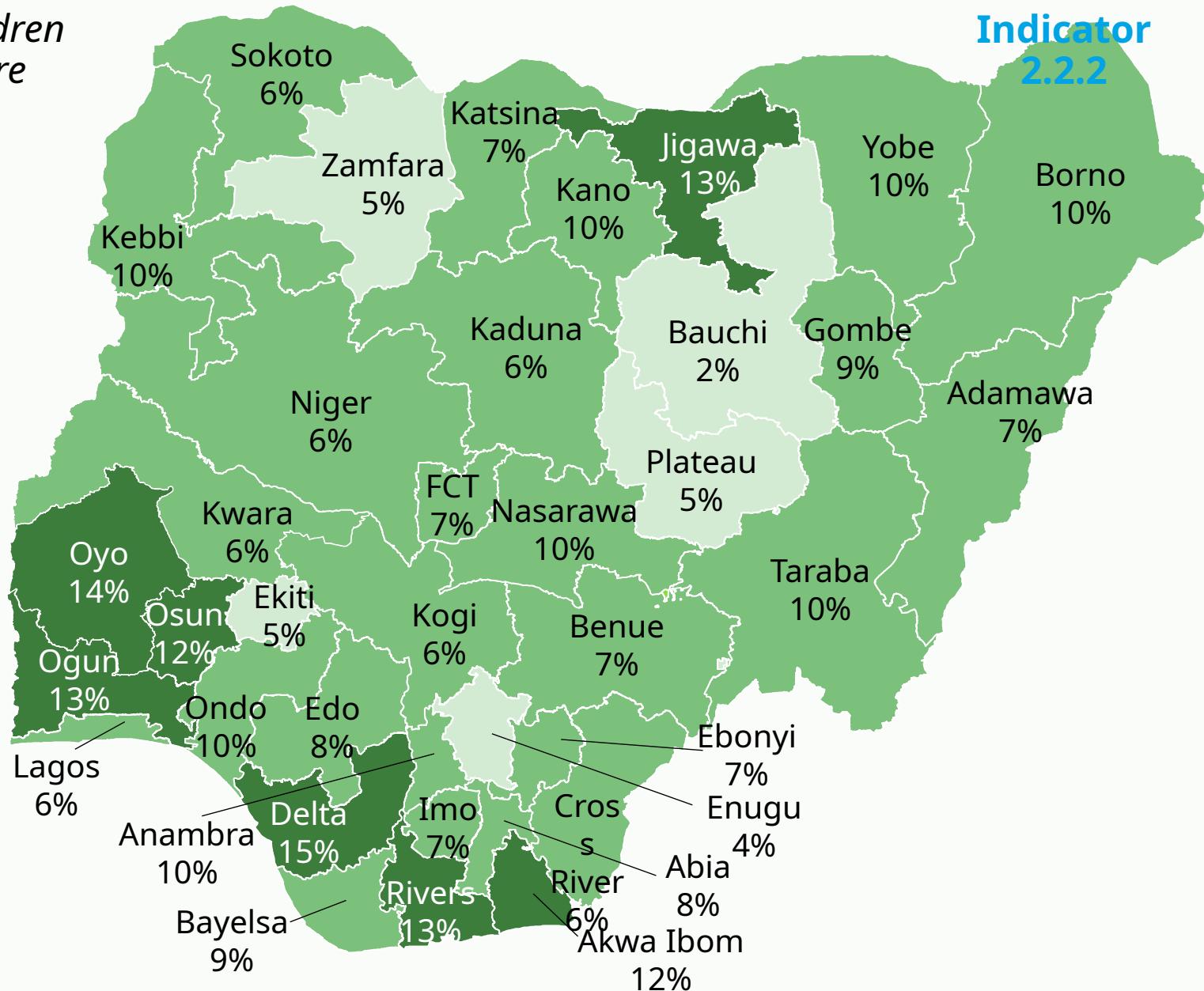


Wasting by State

*Percent of children
under 5 who are
wasted*

Nigeria
8%

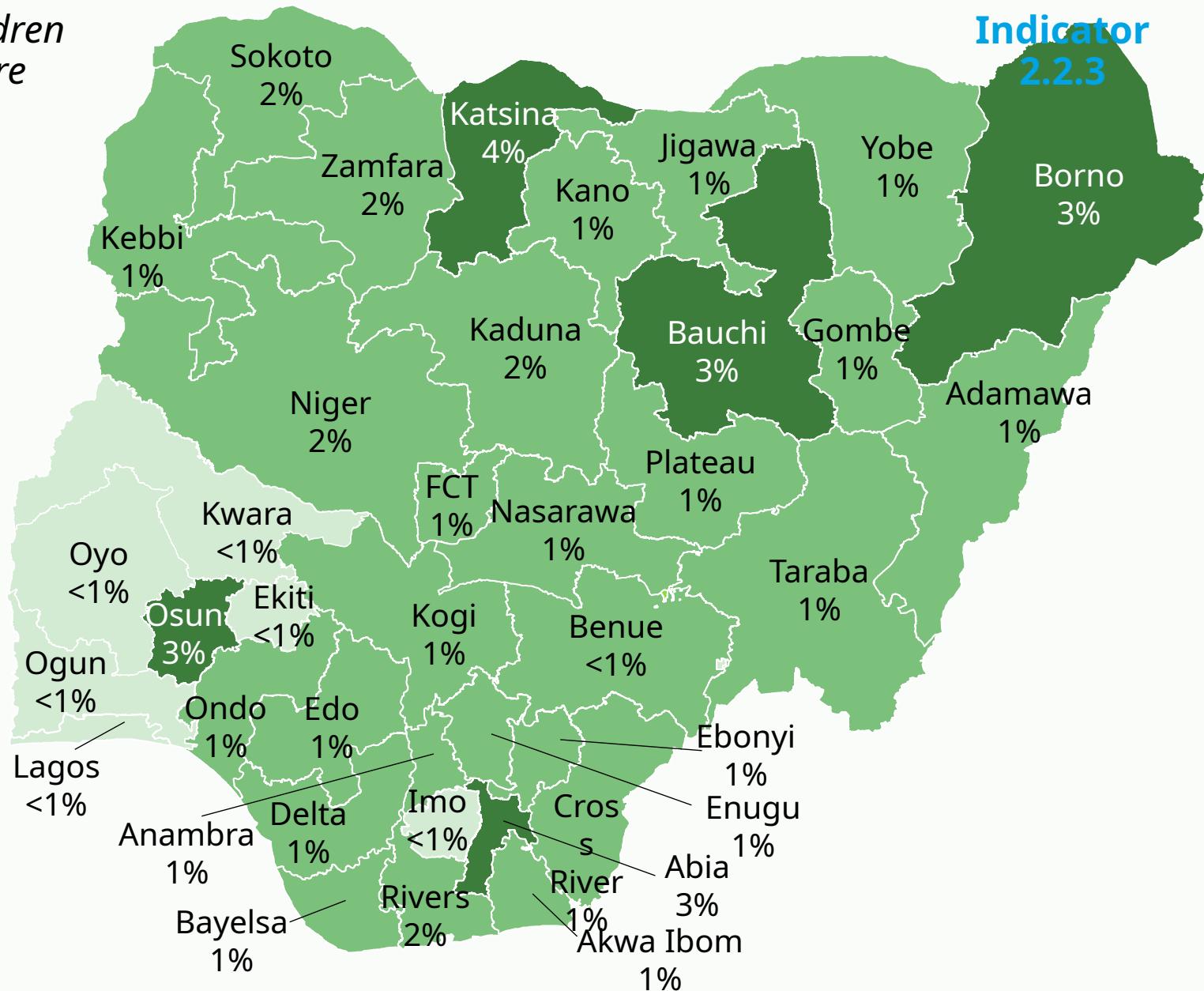
Indicator
2.2.2



Overweight by State

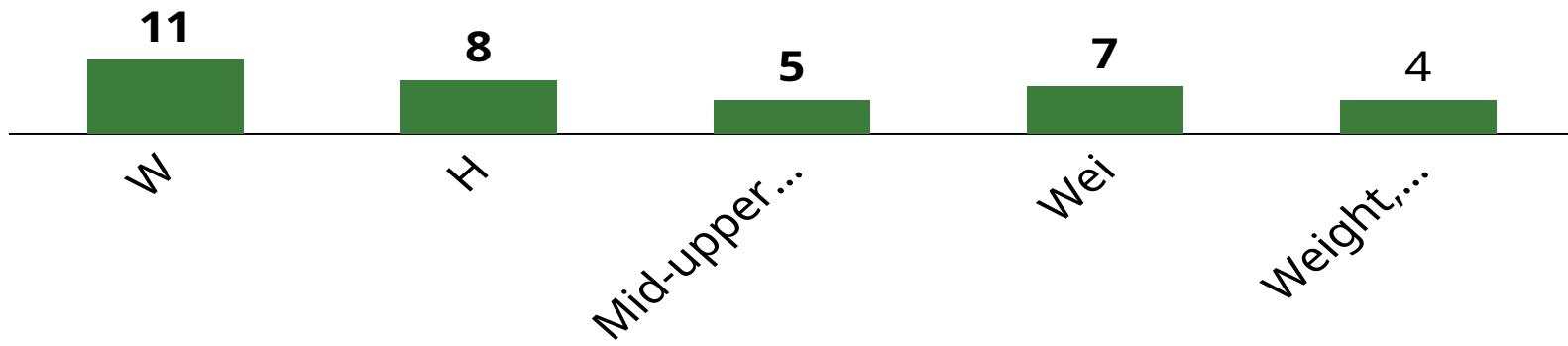
*Percent of children
under 5 who are
overweight*

Nigeria
1%



Child Growth Monitoring

Percent of children under 5 who had selected measurements performed by a healthcare provider in the 3 months preceding the survey



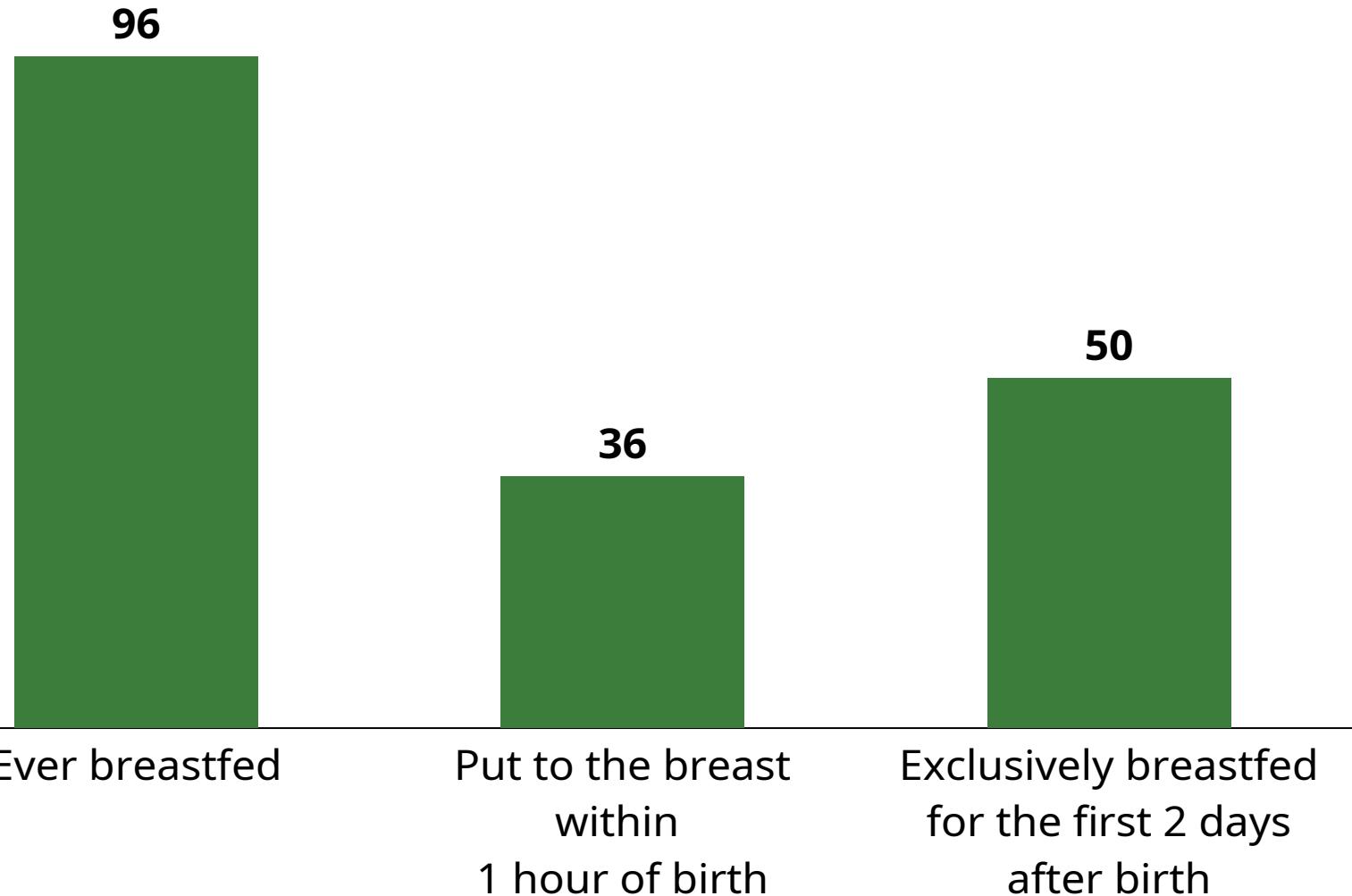
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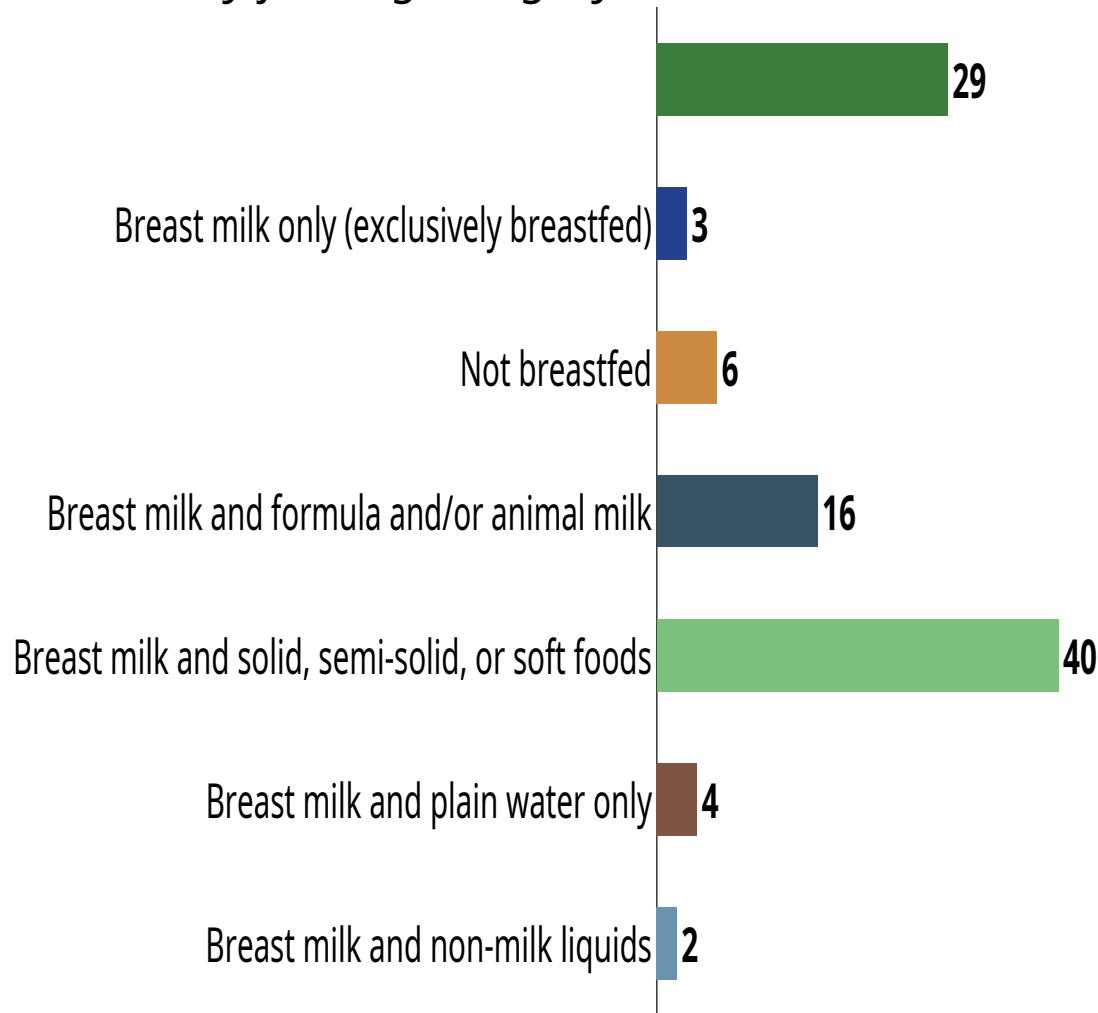
Early Breastfeeding

Percent of children under 2 who were:



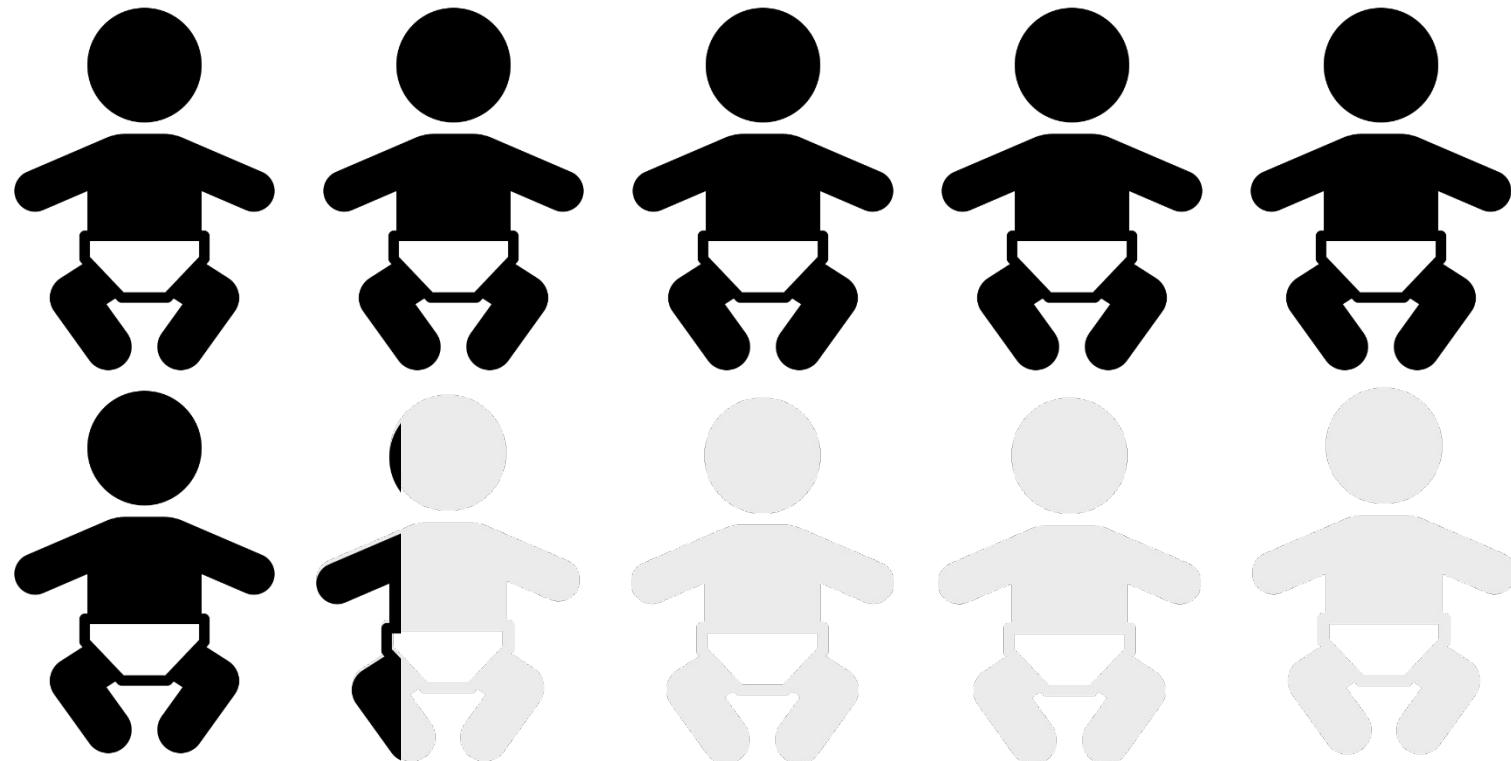
Breastfeeding Status of Children under 6 months

Percent distribution of youngest children under 6 months living with their mother by feeding category



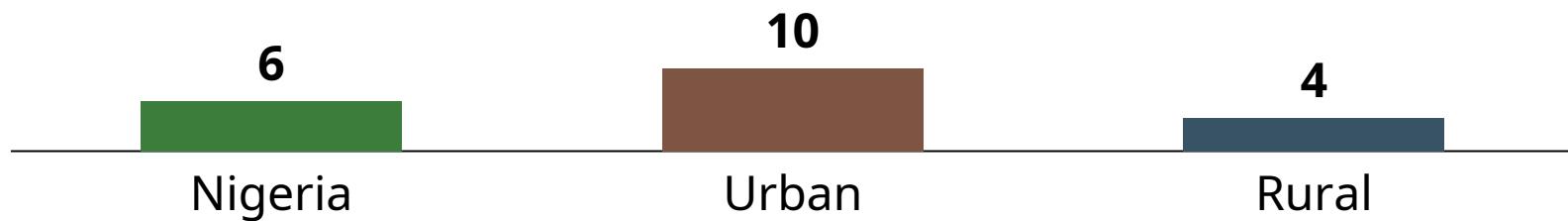
Introduction of Complementary Foods

62% of children 6-8 months were fed solid, semi-solid, or soft foods the previous day.



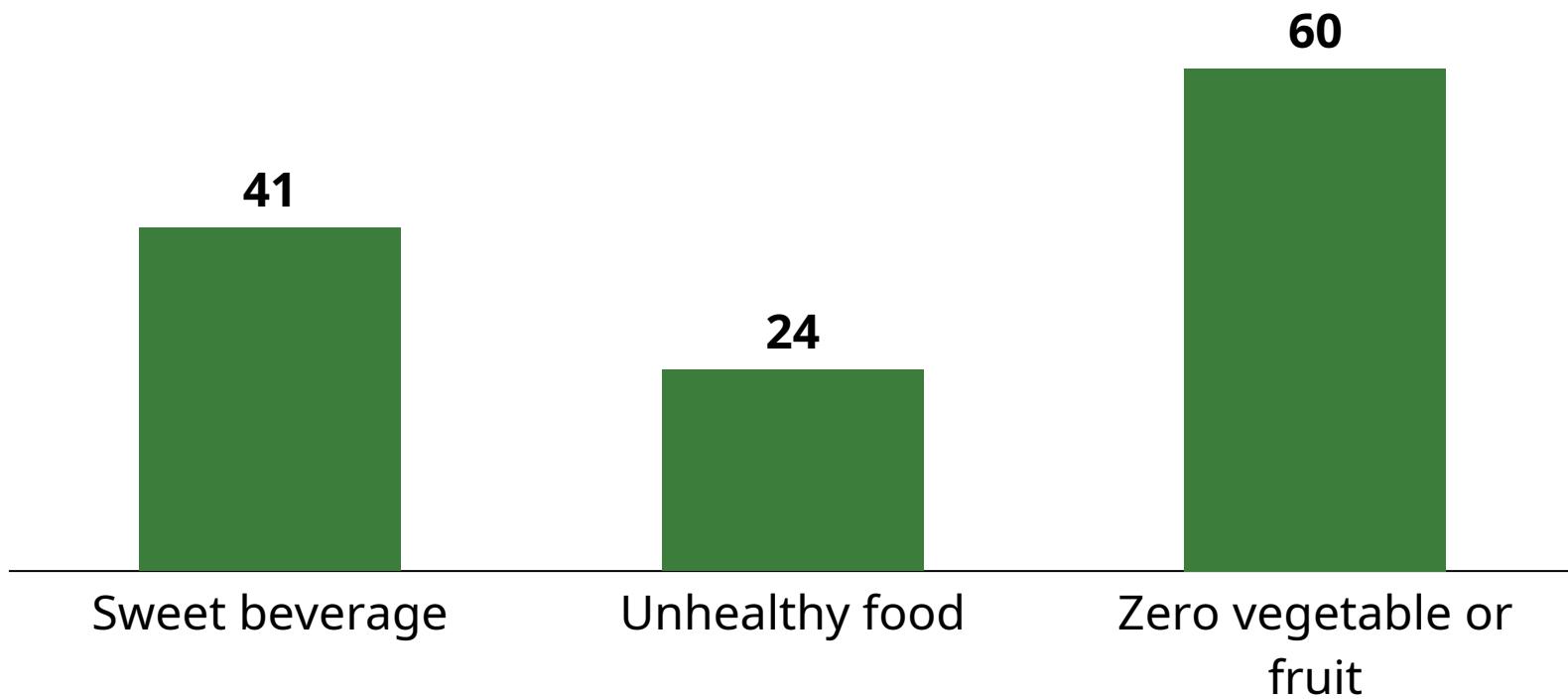
Minimum Acceptable Diet by Residence

Percent of youngest children age 6-23 months living with their mother who received minimum dietary diversity, minimum meal frequency, and minimum milk feeding frequency



Unhealthy Feeding Practices

Percent of youngest children 6-23 months living with their mother who consumed:



Infant and Young Child Feeding (IYCF) Indicators

Percent of children who were, during the previous day:

*Children age
0-23 months*

Fed from a bottle with a nipple 17

Fed egg and/or flesh food 25

*Children
age
6-23
months*

Given at least two milk feeds 18

Fed solid, semi-solid, or soft foods (but also including milk feeds for non-breastfed children) the minimum number of times or more 40

Fed foods and beverages from at least 5 out of 8 food groups 12

*Children age
12-23 months*

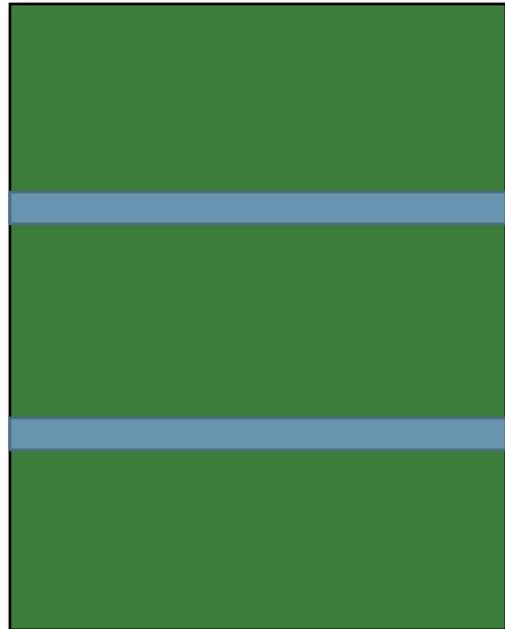
Fed breast milk 58

IYCF Counselling by Residence

Among women age 15-49 whose youngest child age 6-23 months is living with them, percent who talked with a health care provider or community health worker about what to feed their child in the last 6 months



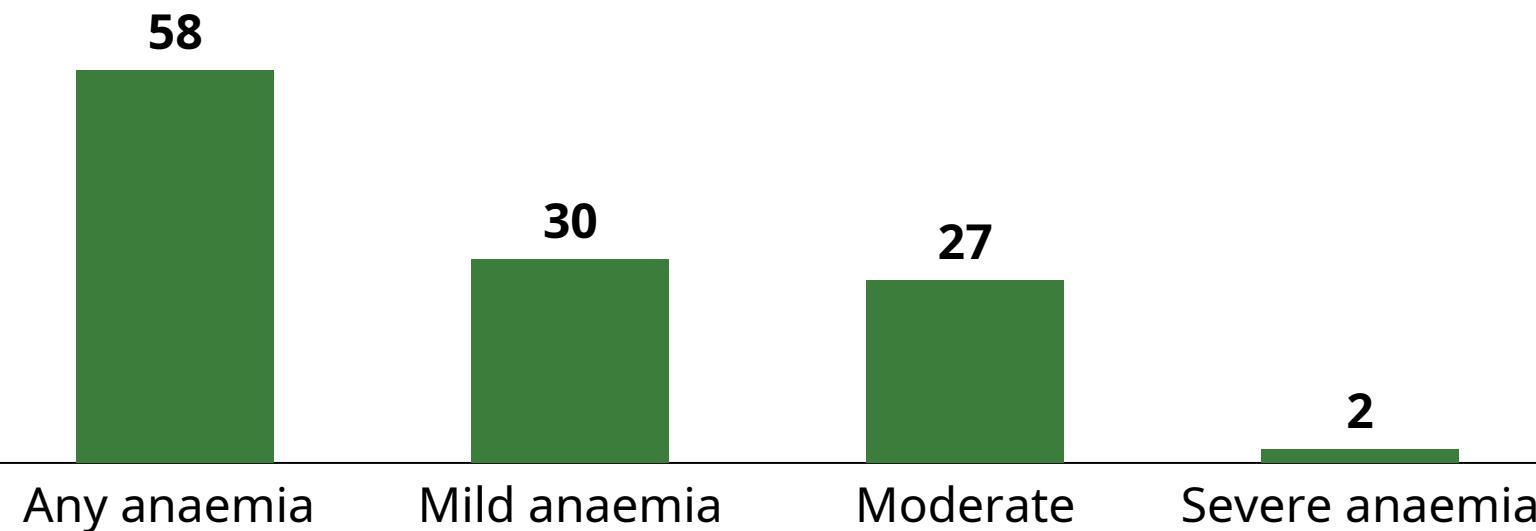
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Anaemia in Children

Percent of children age 6-59 months with anaemia



6-23
months

<10.5 g/dl

9.5-10.4 g/dl

7.0-9.4 g/dl

<7.0 g/dl

24-59
months

<11.0 g/dl

10.0-10.9 g/dl

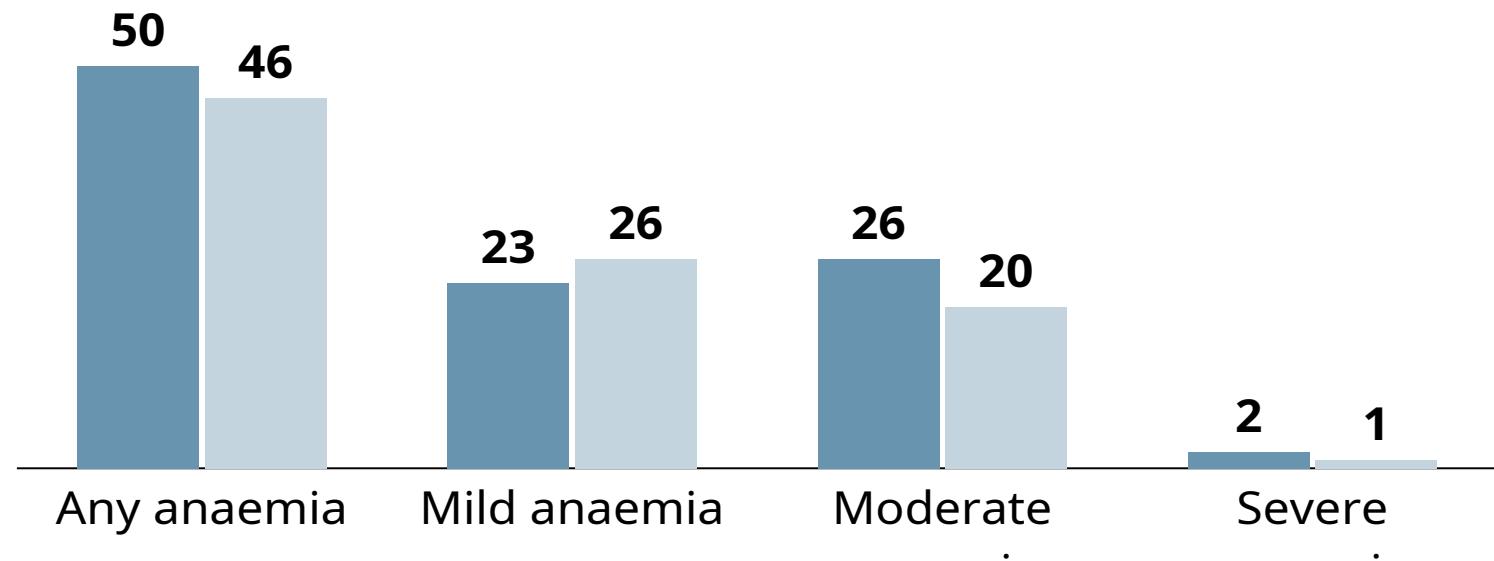
7.0-9.9 g/dl

<7.0 g/dl

Anaemia in Women

Percent of women age 15-49 with anaemia

■ Pregnant ■ Not pregnant



Pregnant

1st trimestre <11.0 g/dl
2nd trimestre <10.5 g/dl
3rd trimestre <11.0 g/dl

Not pregnant

<12.0 g/dl

10.0-10.9 g/dl
9.5-10.4 g/dl
10.0-10.9 g/dl

7.0-9.9 g/dl
7.0-9.4 g/dl
7.0-9.9 g/dl

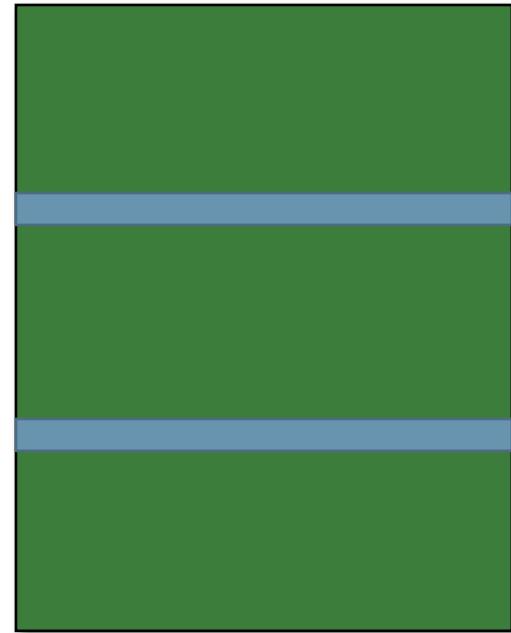
<7.0 g/dl
<7.0 g/dl
<7.0 g/dl

110.-11.9 g/dl

8.0-10.9 g/dl

<8.0 g/dl

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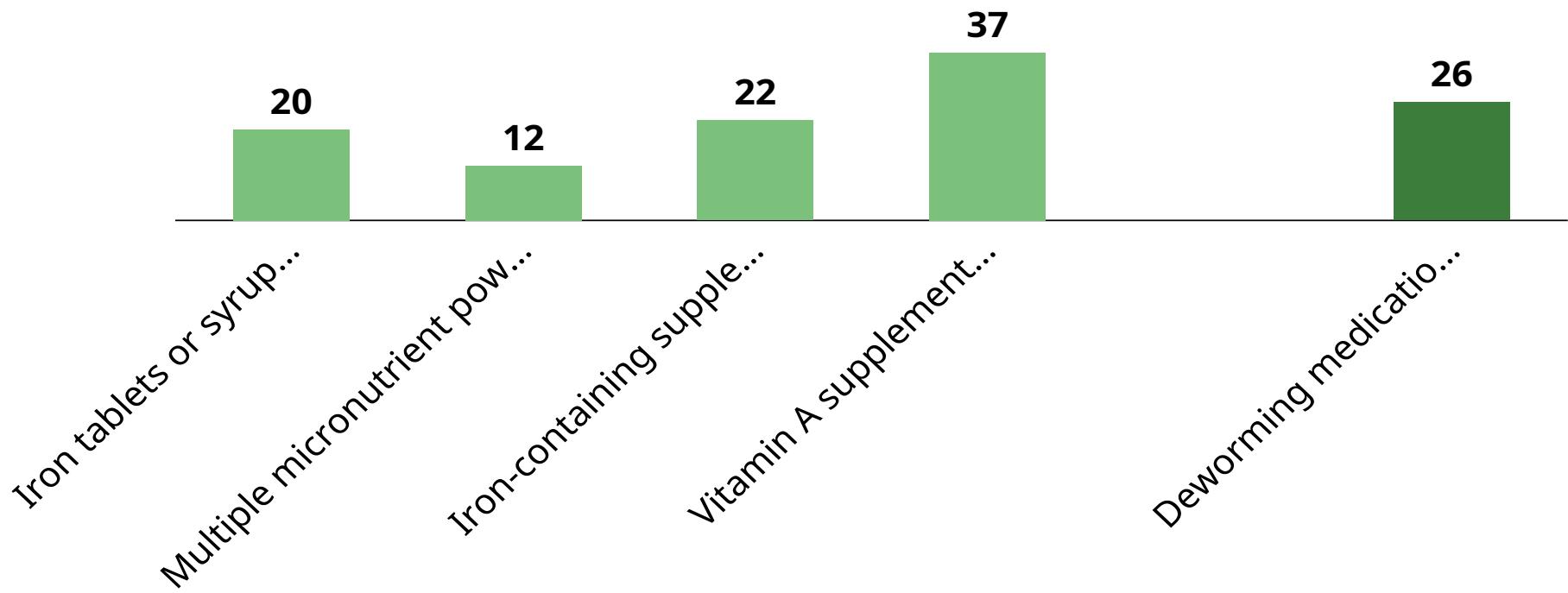


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Micronutrient Supplementation and Deworming among Children

Percent of children age 6-59 months given:

*Percent of children
age 12-59 months
given:*



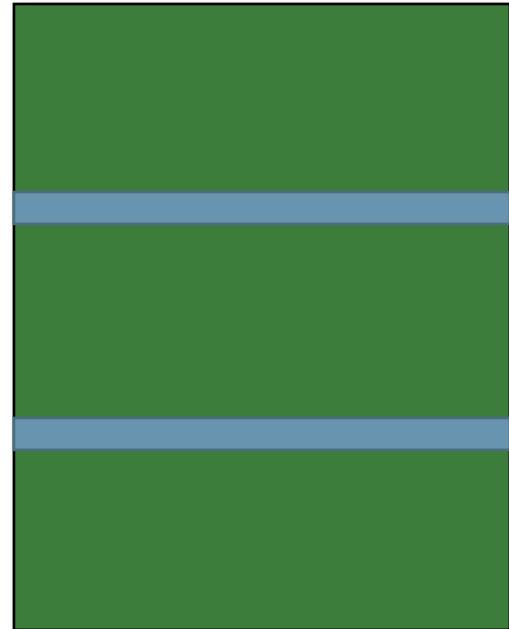
Iodized Salt in Households

96% of households had salt tested for iodine.

99% of salt tested contained iodine.



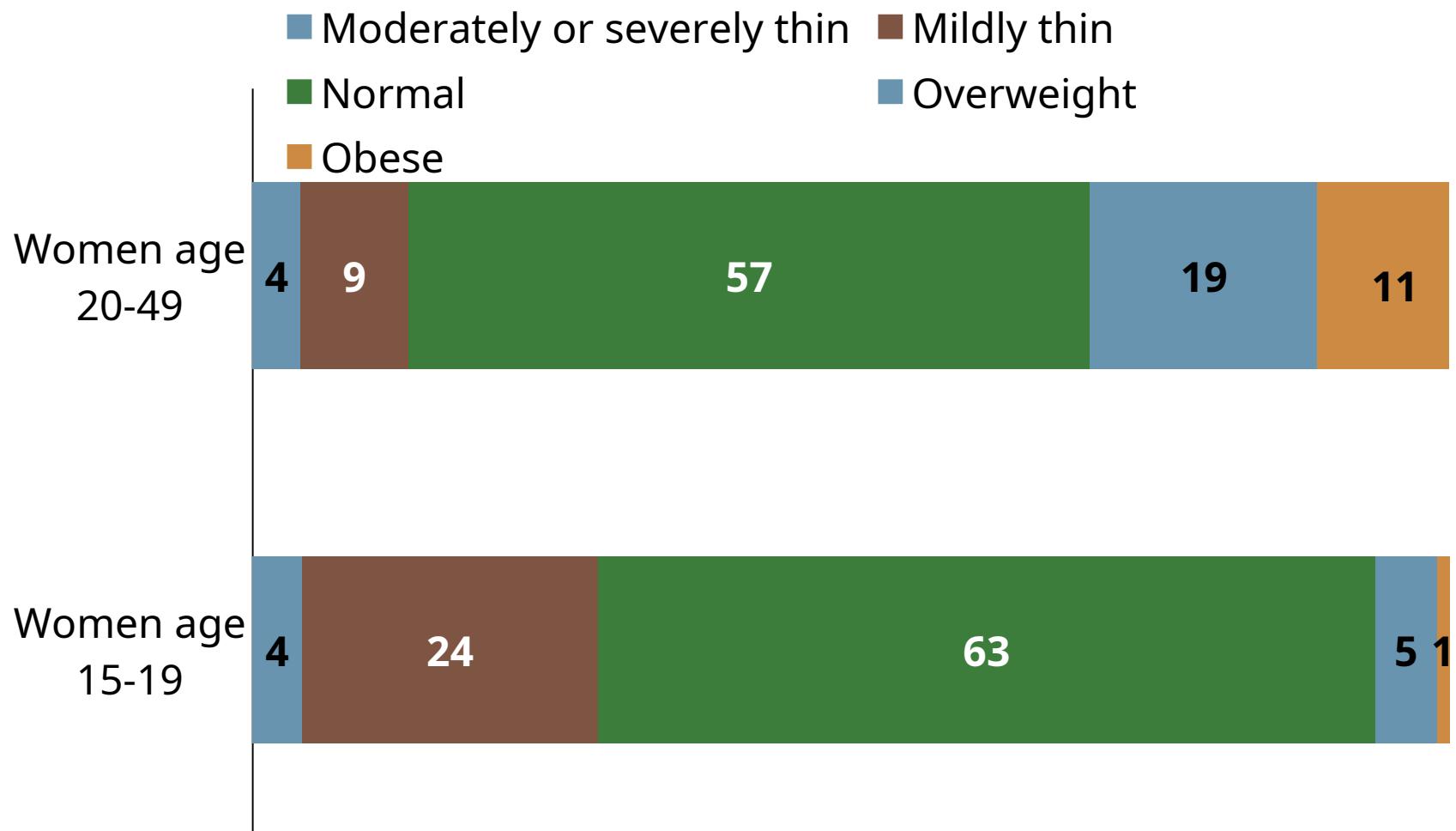
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Nutritional Status of Women

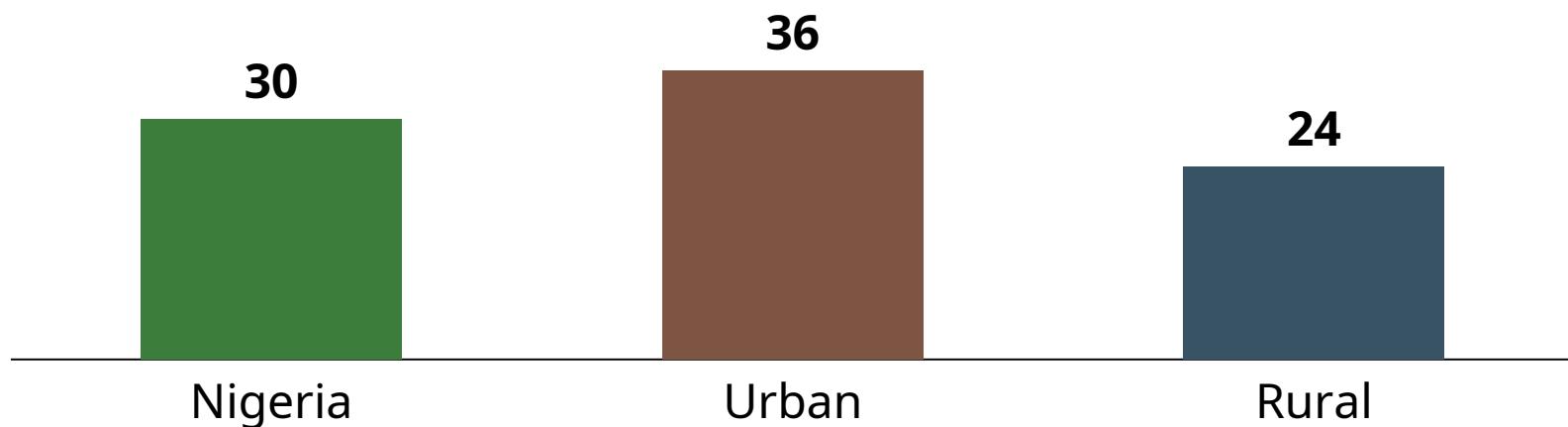
Percent of women age 15-19 by body mass index (BMI) for age and women age 20-49 by BMI



Figures ≠ 100% due to rounding.

Minimum Dietary Diversity among Women by Residence

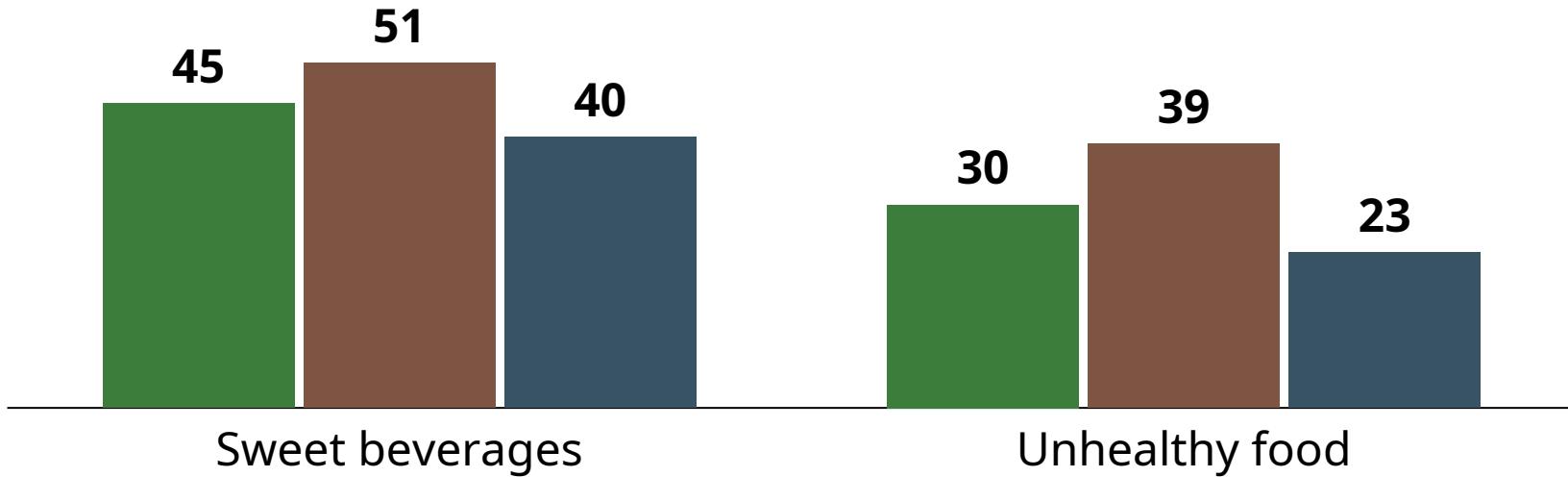
Percent of women age 15-49 who consumed foods from 5 or more of 10 food groups



Unhealthy Food and Beverage Consumption among Women by Residence

Percent of women age 15-49 who consumed:

■ Nigeria ■ Urban ■ Rural



Key Results

- 40% of children under age 5 are **stunted**.
- 8% of children under age 5 are **wasted**.
- 27% of children under age 5 are **underweight**.
- 29% of children under age 6 months are **exclusively breastfed**.
- 58% of children age 6-59 months, 50% of pregnant women, and 46% of not pregnant women age 15-49 have **anaemia**.
- 30% of women age 20-49 and 6% of women age 15-19 are **overweight or obese**.
- 99% of household salt tested **contained iodine**.