

Nepal 2024-25



Nutritional Status of Children

Multiple Indicator
Cluster Surveys

Nutritional Indicators



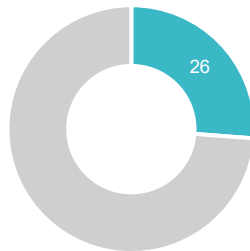
Government of Nepal
Office of the Prime Minister and Council of Ministers
National Statistics Office



Stunting: SDG 2.2.1



Stunting refers to a child who is too short for his or her age. Stunting is the failure to grow both physically and cognitively and is the result of chronic or recurrent malnutrition.

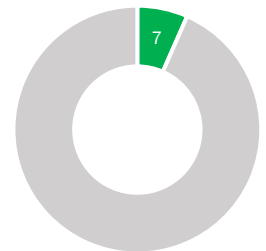


Percent of children under-5 who are stunted

Wasting: SDG 2.2.2



Wasting refers to a child who is too thin for his or her height. Wasting, or acute malnutrition, is the result of recent rapid weight loss or the failure to gain weight. A child who is moderately or severely wasted has an increased risk of death, but treatment is possible.

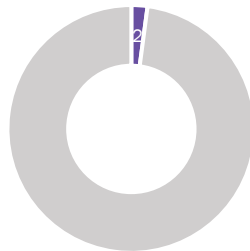


Percent of children under-5 who are wasted

Overweight: SDG 2.2.2



Overweight refers to a child who is too heavy for his or her height. This form of malnutrition results from expending too few calories for the amount consumed from food and drinks and increases the risk of noncommunicable diseases later in life.

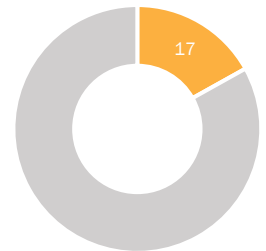


Percent of children under 5 who are overweight

Underweight

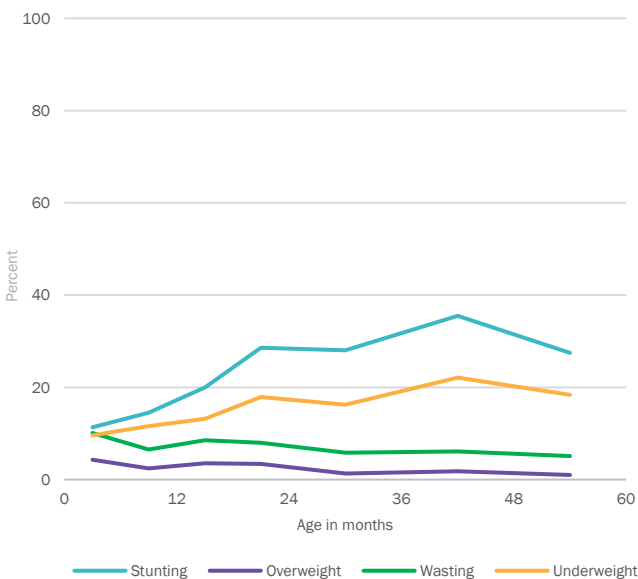


Underweight is a composite form of undernutrition that can include elements of stunting and wasting (i.e. an underweight child can have a reduced weight for their age due to being too short for their age and/or being too thin for their height).



Percent of children under-5 who are underweight

Nutritional Indicators by Age



Percent of children who are underweight, stunted, wasted and overweight, by age in months

Key Messages

- In Nepal one in four children under- 5 years of age (26%) are stunted. While children who come from the poorest households or whose mother/caretaker had no education are more likely to be stunted (40% and 36% respectively) than are children from the richest or more educated households. Twelve percent (12%) of children) who come from rich households or who have a mother/caretaker with a higher education (14%) are stunted. These data indicate the pervasiveness of stunting in Nepal.
- Stunting rises sharply to 35% while underweight reaches only 22% by 42 months, revealing chronic nutritional deficits that primarily impair linear growth rather than weight gain. The steepest increase for 6-24 months identifies the complementary feeding period as the critical intervention window where current practices fail to meet children's nutritional needs..
- Around seven percent (6.6%) of children under- 5 years of age in Nepal are moderately or severely wasted. Like data for stunting, children from poor households or whose mother/caretaker has no education are more likely to be wasted than are children from richer or more educated households.
- One in six children under five in Nepal (17%) are underweight, indicating insufficient weight relative to their age. .
- More than one third of the children under five in Karnali province (37%) of children under five years of age are stunted reflecting chronic malnutrition.

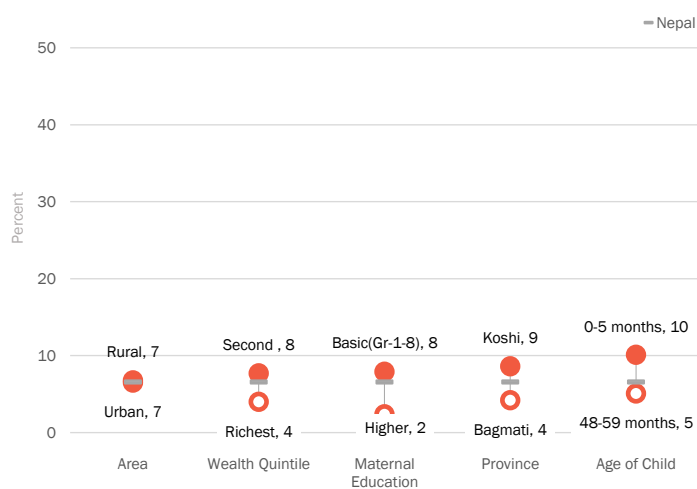
Nutritional Status of Children: Disaggregates

Stunting: SDG 2.2.1



Percent of under 5 children who are stunted, by background characteristics

Wasting: SDG 2.2.2



Percent of under 5 children who are wasted, by background characteristics

Provincial Data on Stunting, Overweight & Wasting

	Stunting: SDG 2.2.1	Overweight: SDG 2.2.2	Wasting	
	% stunted (moderate and severe)	% overweight (moderate and severe)	% wasted (moderate and severe, SDG 2.2.2)	% wasted (severe)
Nepal	26.2	2.1	6.6	1.0
Koshi	22.4	2.0	8.6	1.8
Madhesh	31.1	0.8	7.4	0.6
Bagmati	19.2	2.1	4.2	0.8
Gandaki	21.3	2.8	4.6	1.3
Lumbini	28.9	2.7	6.8	0.9
Karnali	36.6	3.9	5.3	1.3
Sudurpashchim	24.1	3.1	8.0	1.0

The Nepal Multiple Indicator Cluster Survey (MICS) was carried out in 2024-25 by the National Statistics Office (NSO) as part of the global MICS programme. Technical support was provided by the United Nations Children's Fund (UNICEF). UNICEF and Government of Nepal provided financial

support. The objective of this snapshot is to disseminate selected findings from the Nepal MICS 2024-25 related to the Nutritional Status of Children. Data from this snapshot can be found in table TC.8.1 in the Survey Findings Report.

Further statistical snapshots and the Survey Findings Report for this and other surveys are available on mics.unicef.org/surveys.