

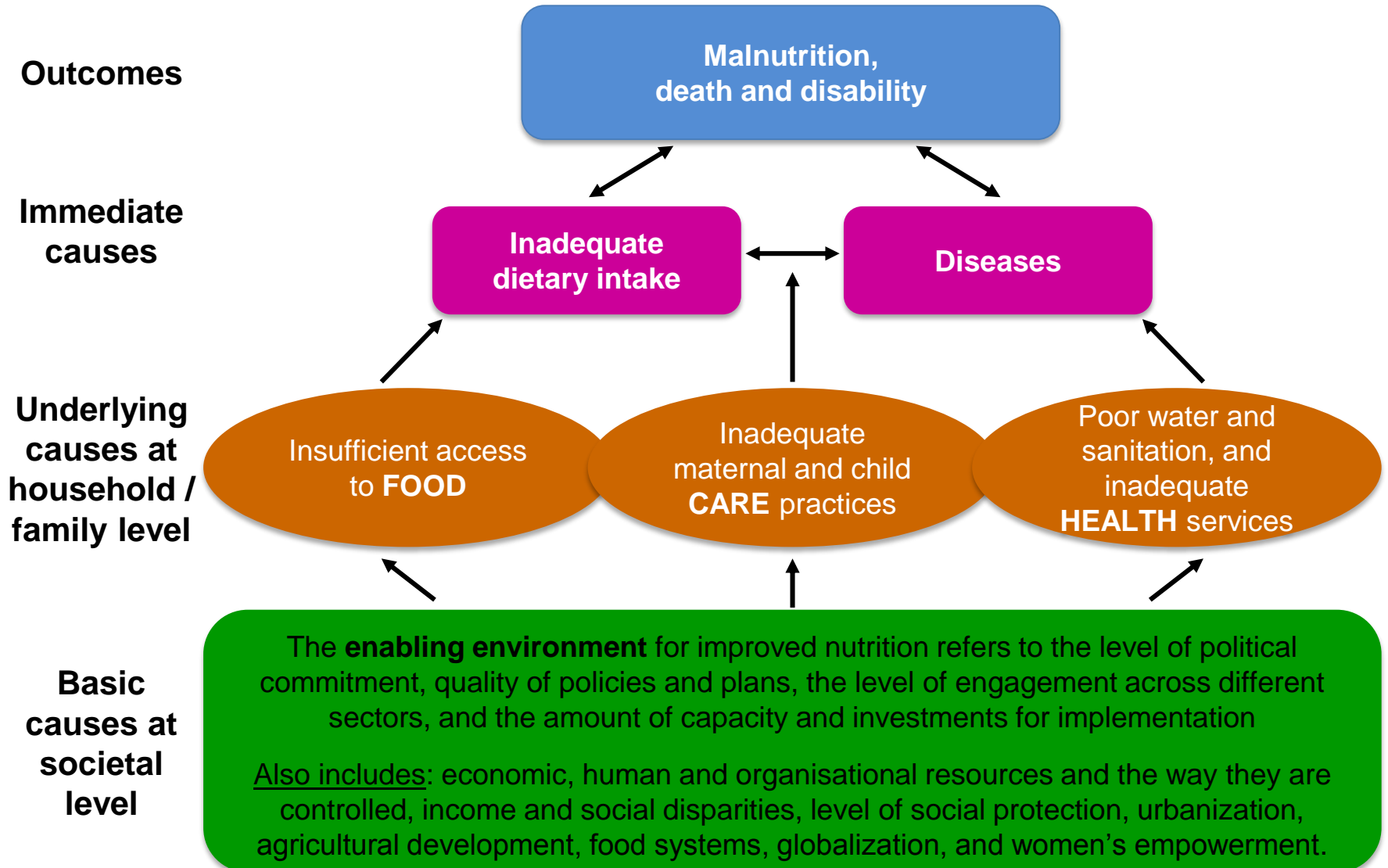
Myanmar

Nutrition Situation Analysis

abridged version

June 2017

The conceptual framework highlights underlying causes of malnutrition and illustrates the need for a multi-sectoral approach

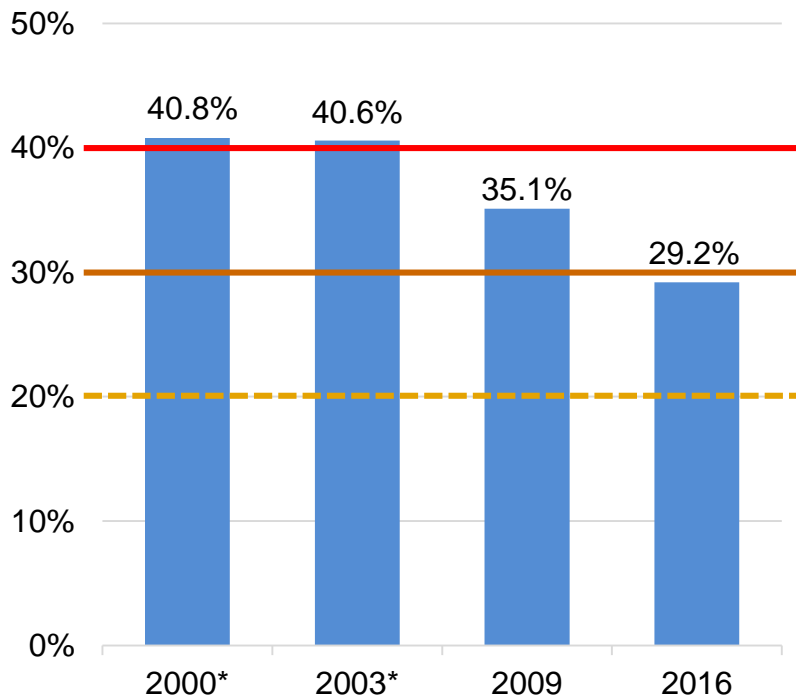


The nutrition situation in Myanmar

While prevalence of stunting and wasting has declined, both remain a significant public health issue

Myanmar still has a high prevalence of stunting in children <5 years old

% of children <5 years

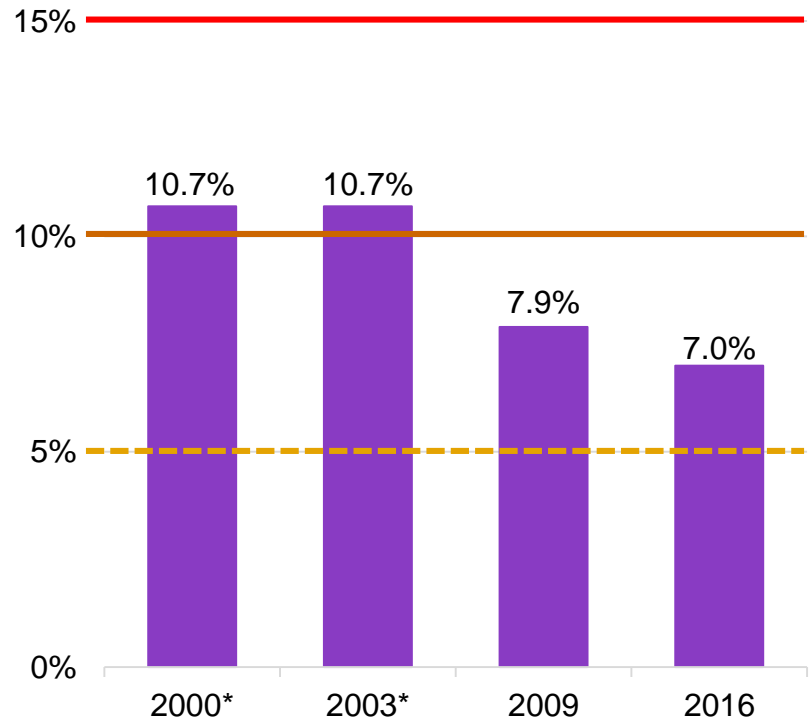


WHO thresholds for assessing severity of malnutrition:

- very high —
- high —
- medium - - -

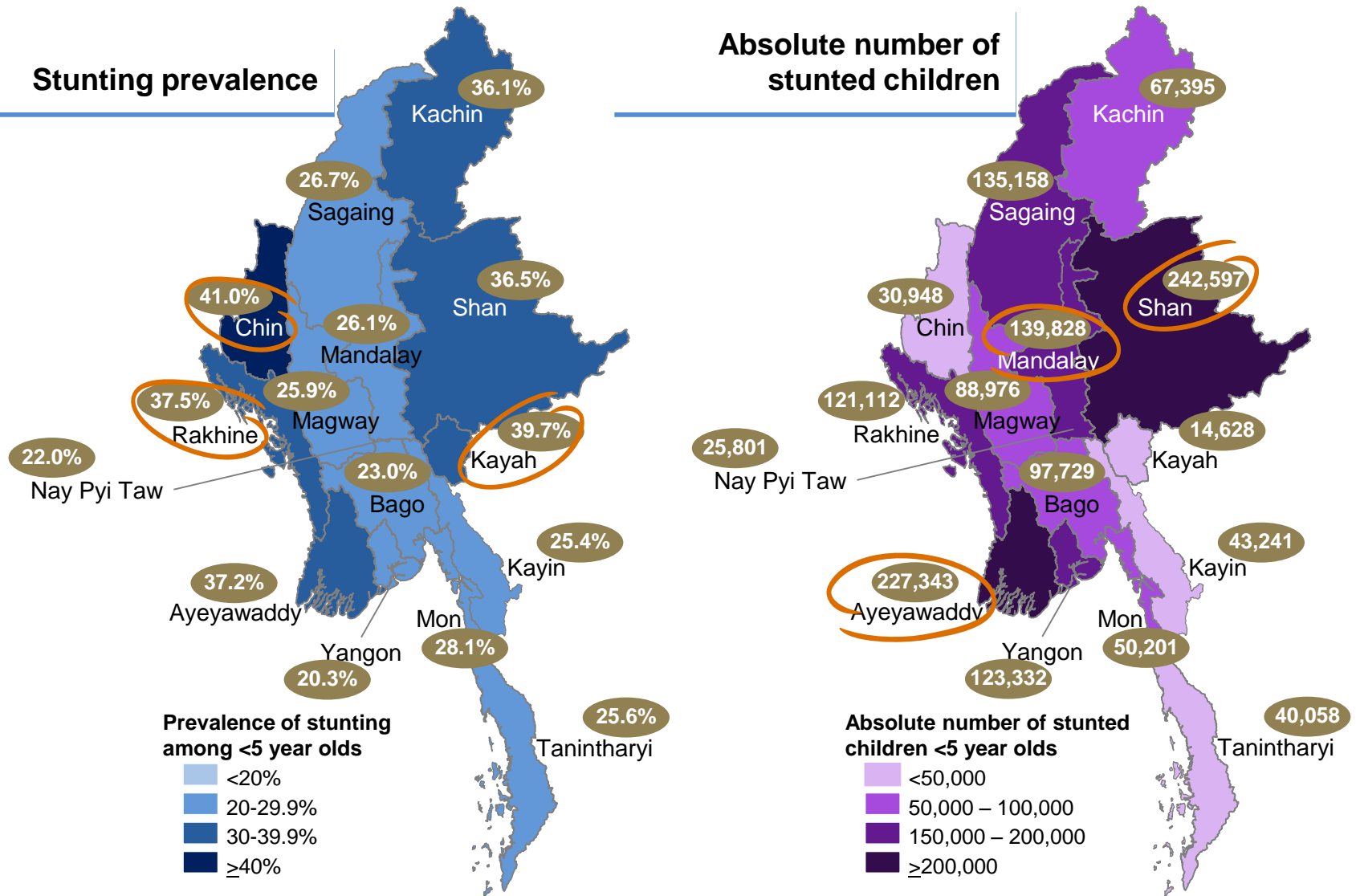
Prevalence of wasting in children <5 years old Has declined but still remains high

% of children <5 years



*Note: Prevalence values recalculated to apply the 2006 WHO Child Growth Standards
Sources: MICS (2000, 2003, 2009); Myanmar DHS 2015-16; Joint child malnutrition estimates (2017 Edition)

Stunting prevalence is highest in Chin, however Shan and Ayeyawaddy have the highest absolute numbers of stunted children



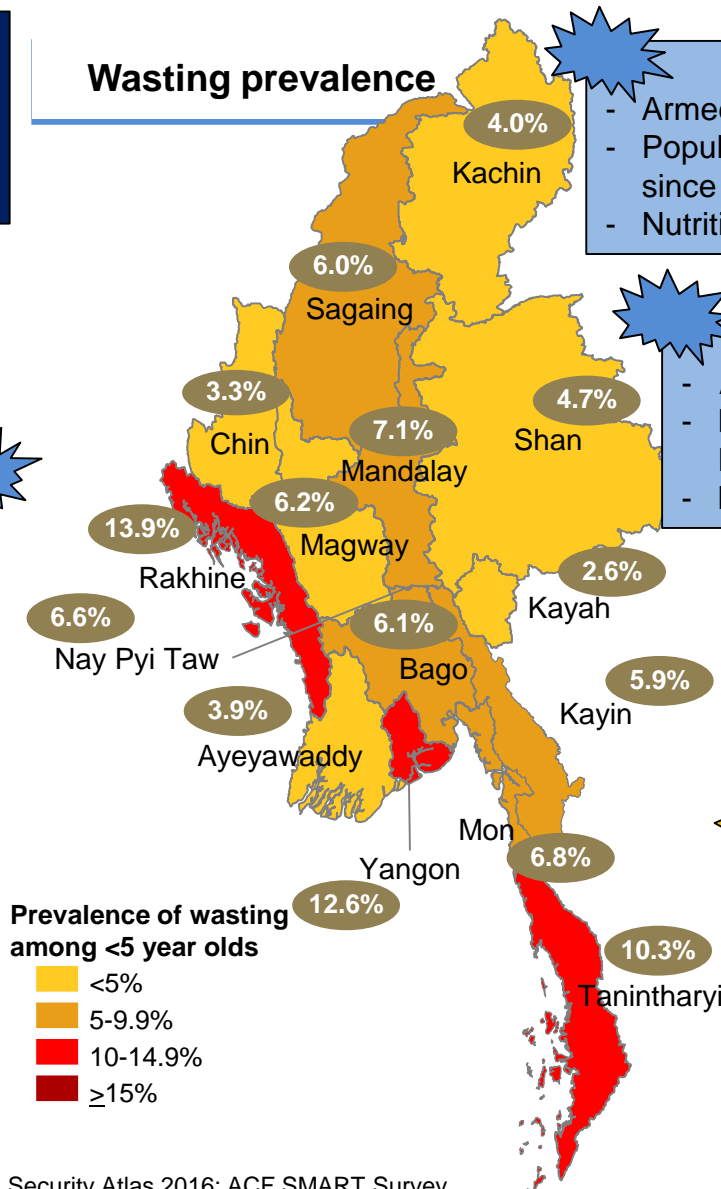
Emergency situations need to be considered as a contributing factor to nutrition outcomes, especially the prevalence of wasting

National emergency threshold:
GAM $\geq 15\%$ or 10-14% with aggravating factors
 (national IMAM operational guidelines)

RAKHINE

- Inter-communal violence
- Population displacement (120,000 IDPs+ 24,000 new IDPs)
- Food Insecurity
- Highest GAM rate in Myanmar:
 - Rakhine 13.9%

Wasting prevalence



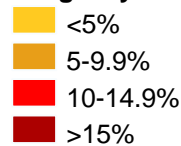
KACHIN

- Armed conflict
- Population displacement (86,000 IDPs since 2011+ 7,000 new IDPs in 2016/2017)
- Nutritional vulnerability

SHAN

- Armed conflict
- Population displacement (13,000 IDPs + 4,000 new IDPs in 2016/2017)
- Nutritional vulnerability

Prevalence of wasting among <5 year olds

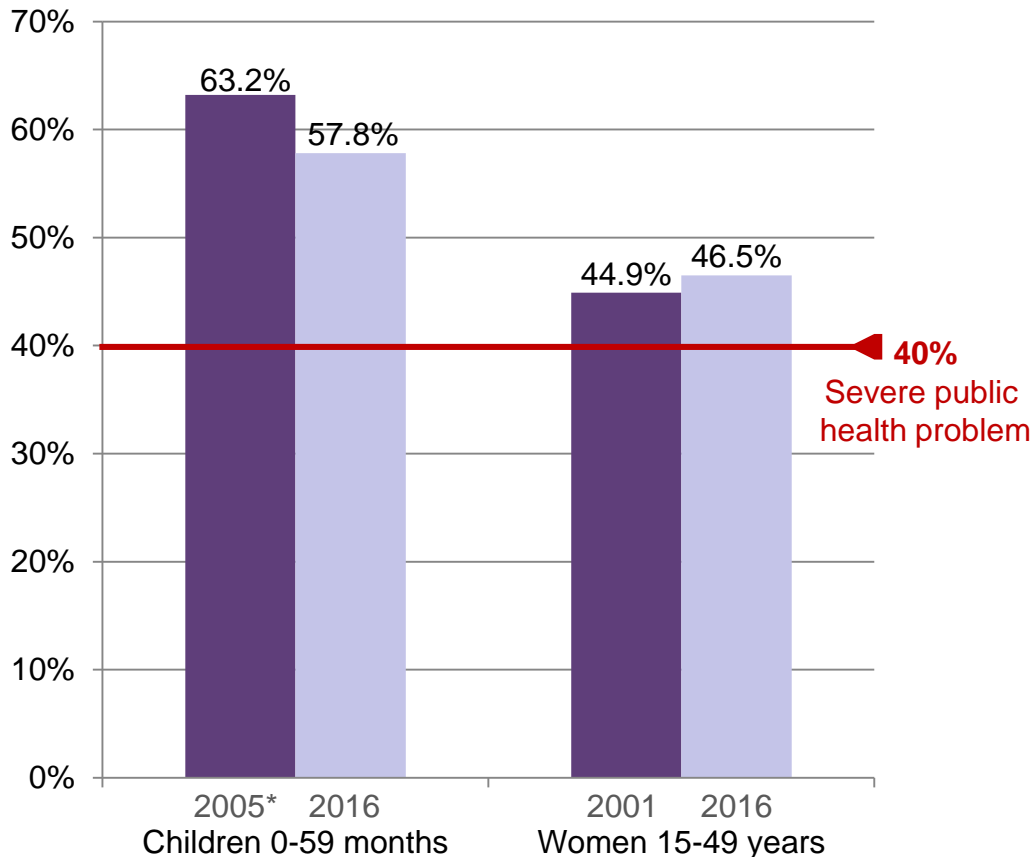


NATURAL DISASTERS

- Floods, landslides, earthquakes, drought
- Most affected States: Chin, Magway, Ayeyawaddy, Sagaing, Rakhine, Kachin, Shan

Anaemia levels of children and women remain high, both a severe public health problem

Over half of all children under 5 years have anaemia, despite estimated improvements



Consequences:

- Reduced immunity
- Increased risk of maternal / perinatal mortality
- Intrauterine growth retardation
- Premature births
- Reduced cognitive and psychomotor development
- Reduced ability to concentrate / scholastic performance
- Fatigue, reduced physical capacity / activity

Assessment:

- Anaemia is a proxy for iron deficiency
- Measuring *hemoglobin levels in the blood* is the most common a biochemical indicator with different cut-offs for different sub-groups and environmental factors (e.g. altitude)

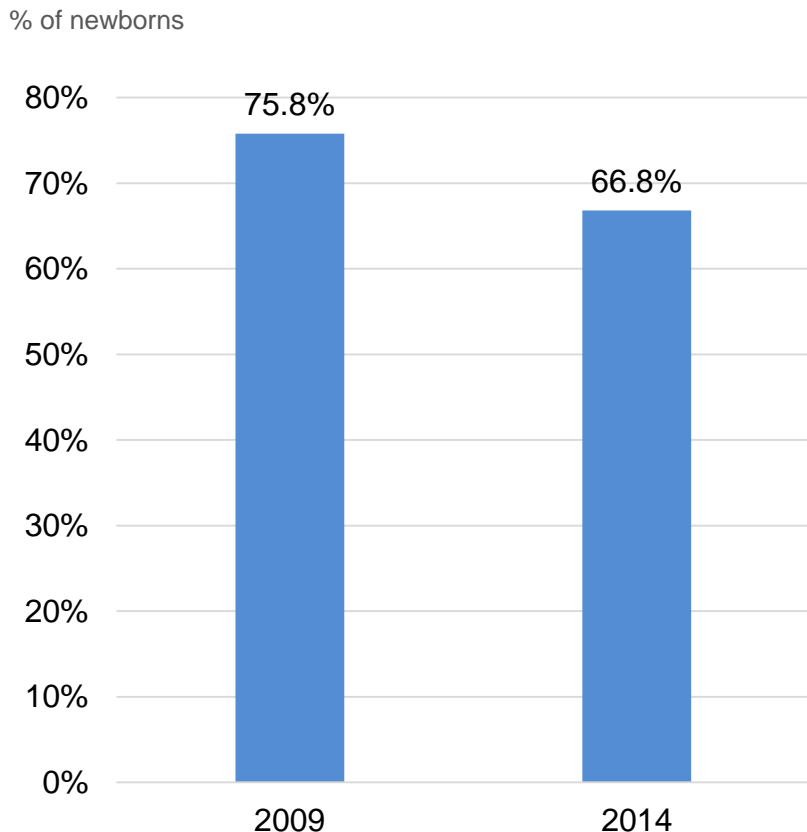
Underlying causes

Care Practices

Looking at dimensions, trends and causes

Two thirds of newborns are breastfed within the first hour of birth

Early initiation of breastfeeding decreased between 2009 and 2016



Colostrum is contained in the mother's first milk, just after birth.

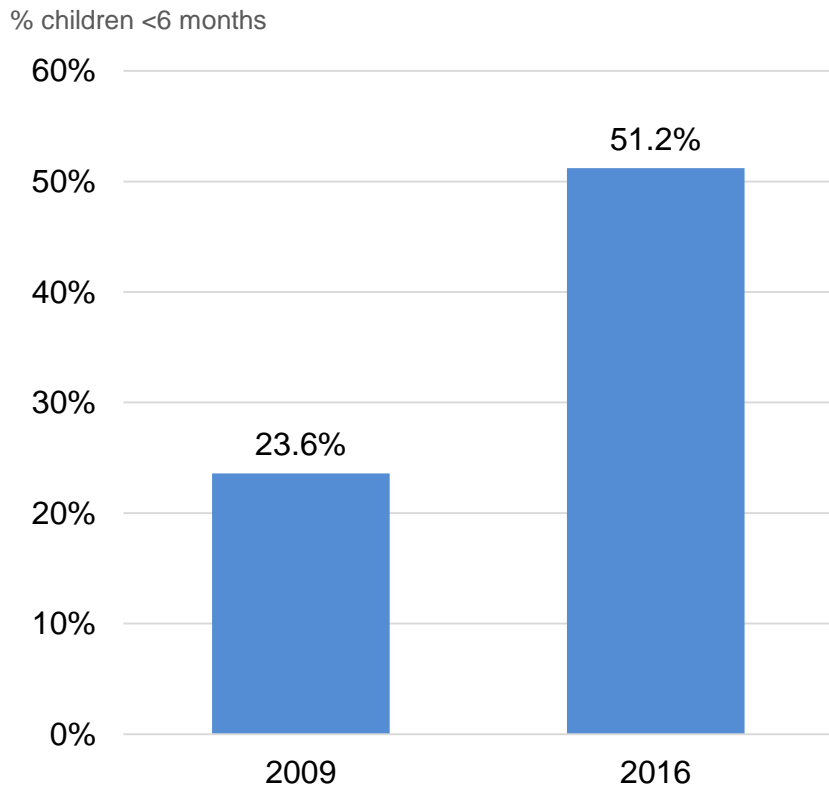
It contributes to the prevention of infections and is extremely rich in nutrients

Early initiation to breastfeeding promotes good lactation; it also presents a series of benefits for post-partum mothers

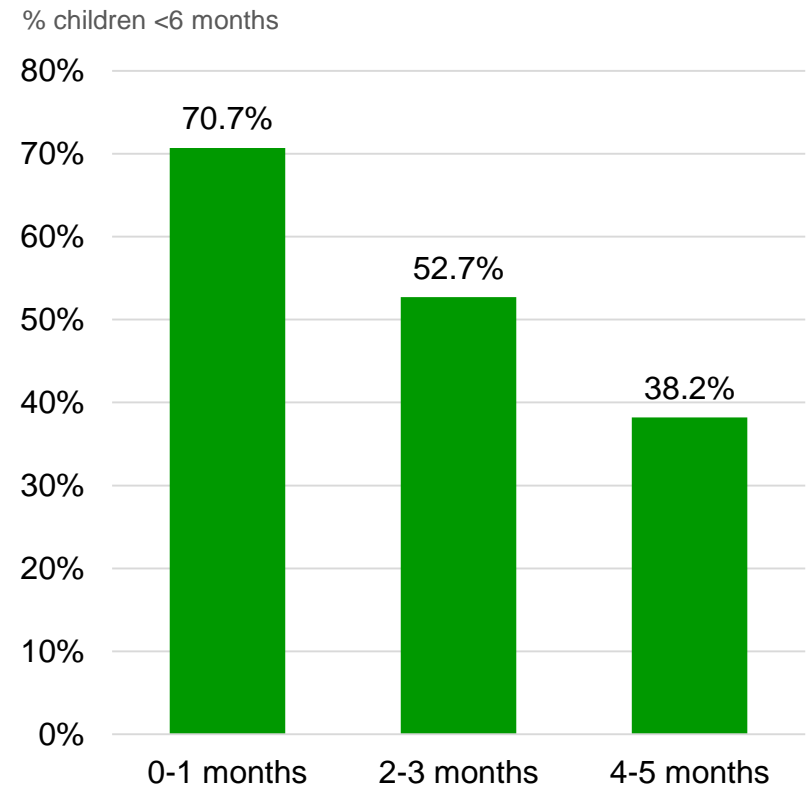
- Only two thirds (66.8%) of newborns are breastfed within the first hour of birth, despite the international recommendations (WHO)
- There was a significant drop in early initiation of breastfeeding since 2009 (9% points)

More than half of all children under 6 months are exclusively breastfed, as globally recommended

Exclusive breastfeeding has increased between 2009 and 2016

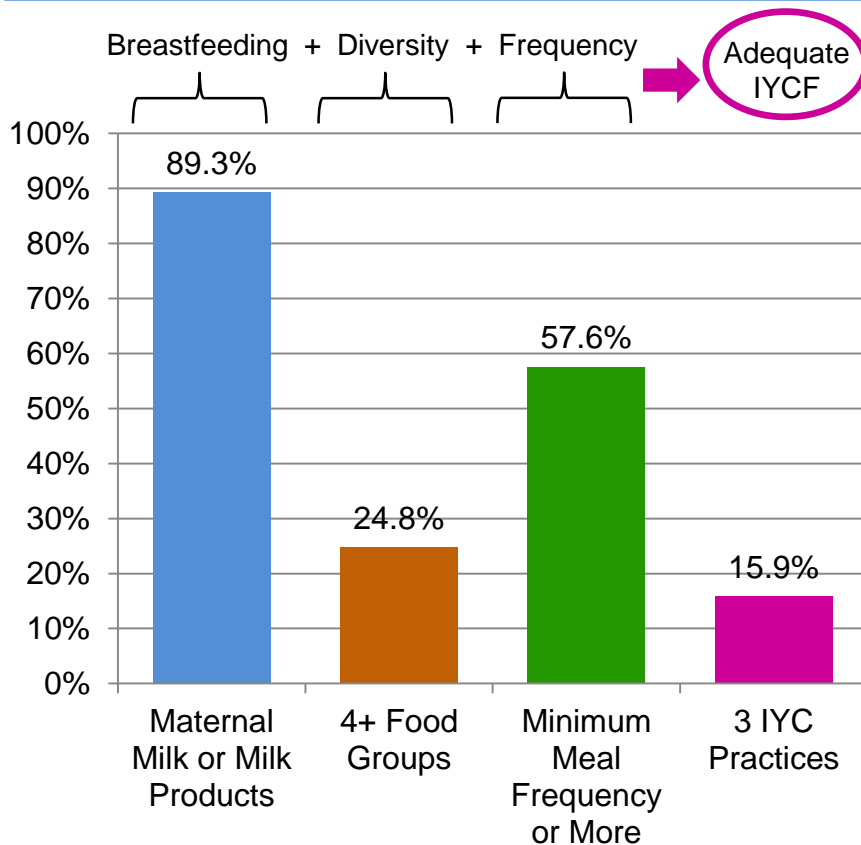


Exclusively breastfeeding decreases as children reach 6 months of age



Few children 6-23 months receive adequate infant and young child feeding (IYCF) practices

Less than a quarter of all children 6-23 months are fed at least 4 food groups



- The vast majority (89.3%) of all children 6-23 months of age receive breastmilk, breastmilk substitutes, or milk products at least twice per day.
- Less than a quarter (24.8%) of children 6-23 months of age received a diverse diet of 4 or more different food groups.
- Over half (57.6%) of the children 6-23 months of age were fed the minimum recommended number of times per day according to their age.
- As a result, only 15.9% of children 6-23 months of age received an adequately diverse diet according to the three IYCF feeding practices.

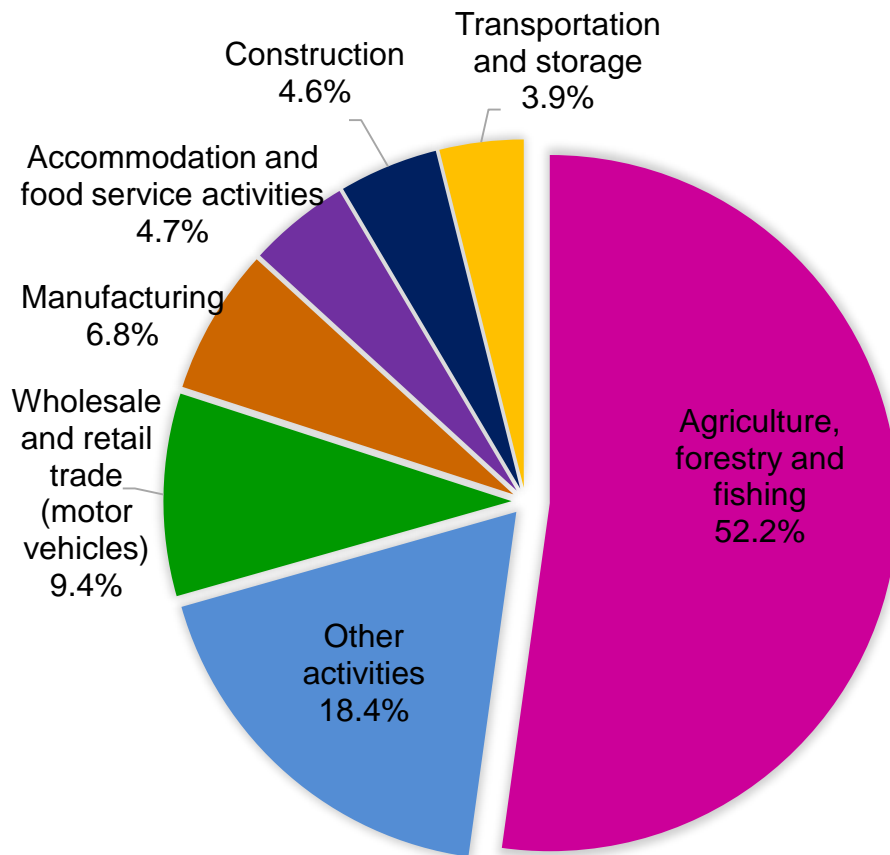
Food Security

Looking at dimensions, trends and causes

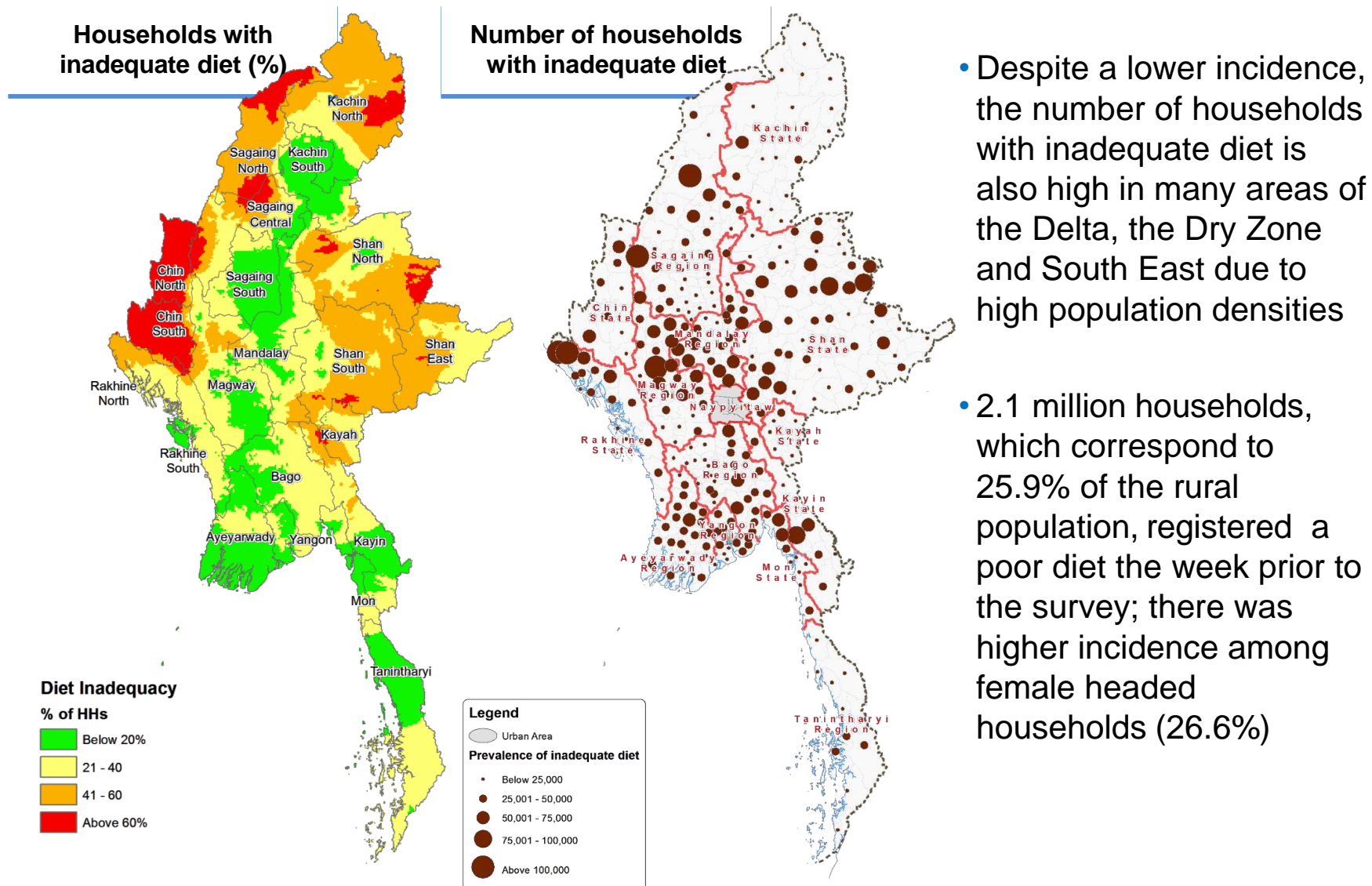
slides from Food Security and Poverty Estimation Surveys (2013-2015), supported by WFP and DRD

The main economic activity in Myanmar is related to food production

More than half of the population is dedicated to activities related to agriculture, forestry and fishing



Interpolation of village level data tells us that diet inadequacy is high and gaps exist within states and regions

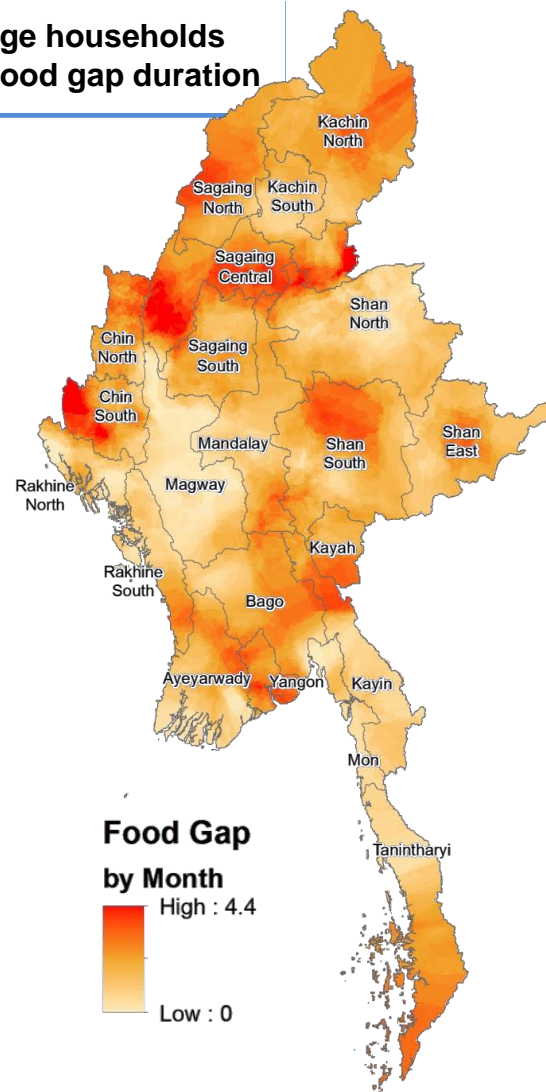


- Despite a lower incidence, the number of households with inadequate diet is also high in many areas of the Delta, the Dry Zone and South East due to high population densities
- 2.1 million households, which correspond to 25.9% of the rural population, registered a poor diet the week prior to the survey; there was higher incidence among female headed households (26.6%)

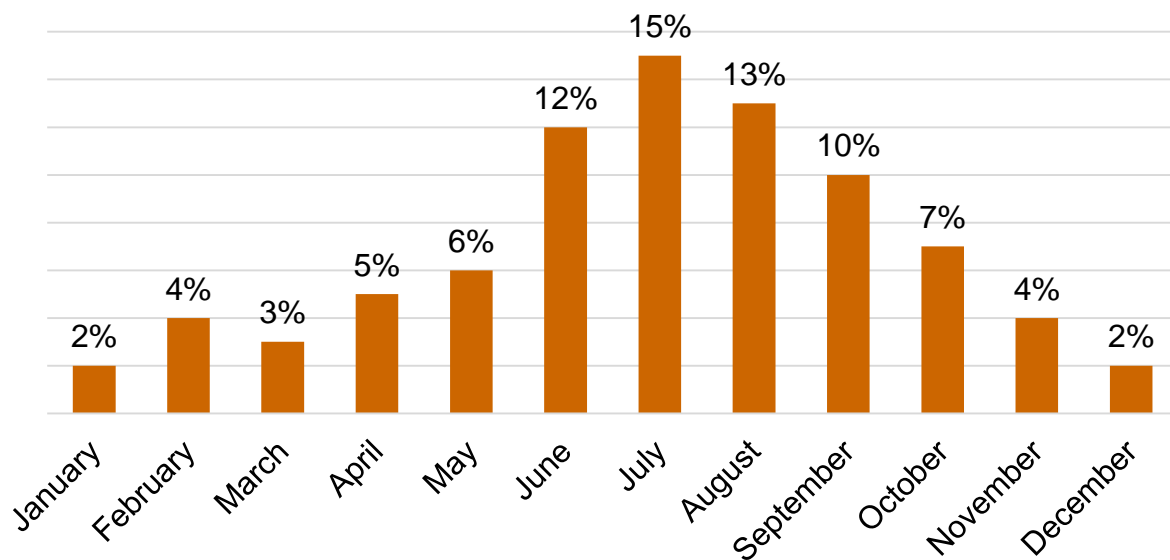
The incidence of households experiencing food gaps is the highest in the monsoon season

- Households experiencing longer food gaps are localized in **South Chin, Central Sagaing, Rural Yangon, South Kayah and South Shan**
- **Average food gaps duration is correlated with soil fertility**
- **Chin North (97%), Chin South (88%) and Shan South (73%) show the highest shares of food gaps while Mon (29%) and Tanintharyi (42%) the lowest**

Average households annual food gap duration



% of households experiencing food gaps by month



Health Services and Environment

Looking at dimensions, trends and causes

Although most women have had at least one antenatal visit with a qualified health personnel, fewer are likely to receive the recommended four visits

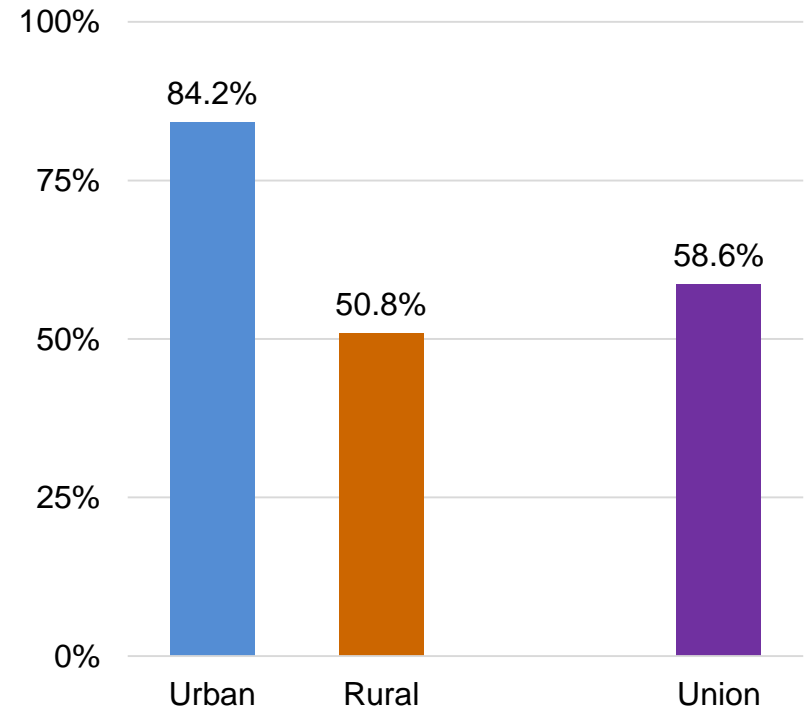
About one fifth of women do not receive antenatal care at any point during their pregnancy

% of pregnant women receiving ANC at least once during pregnancy



Women in urban areas are more likely to received antenatal care 4+ times during pregnancy than women in rural areas

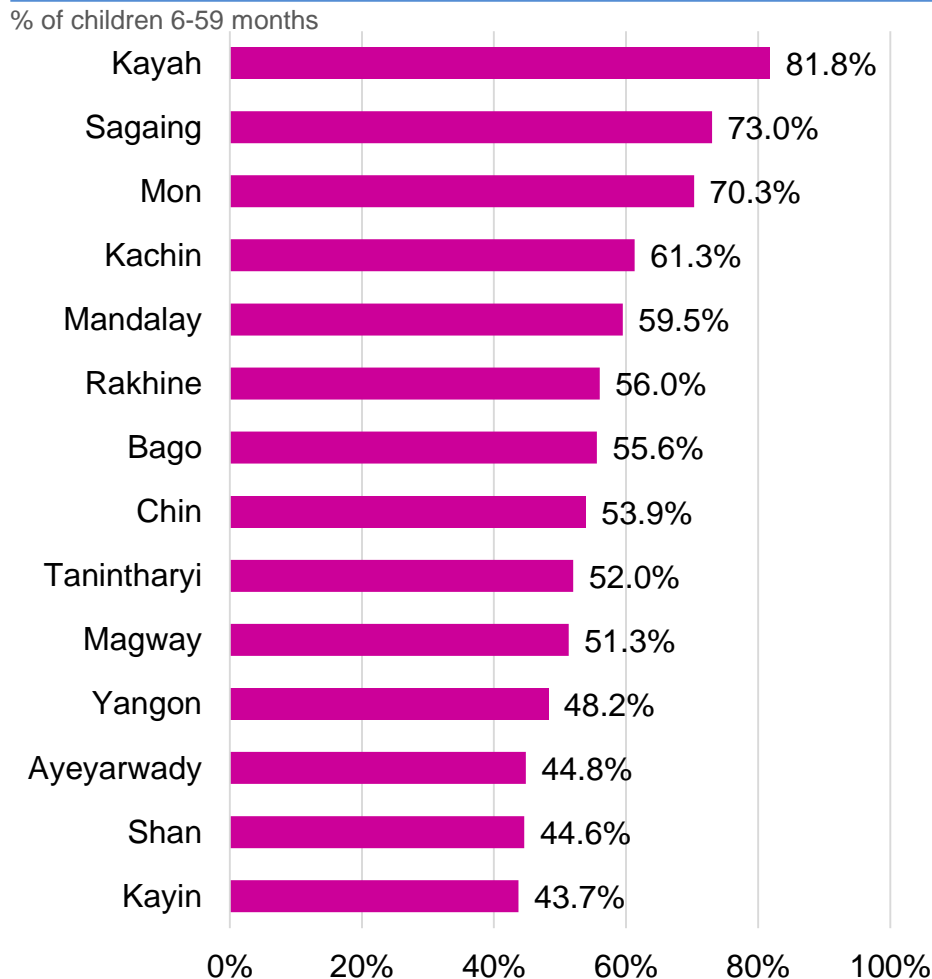
% of pregnant women receiving ANC at least once during pregnancy



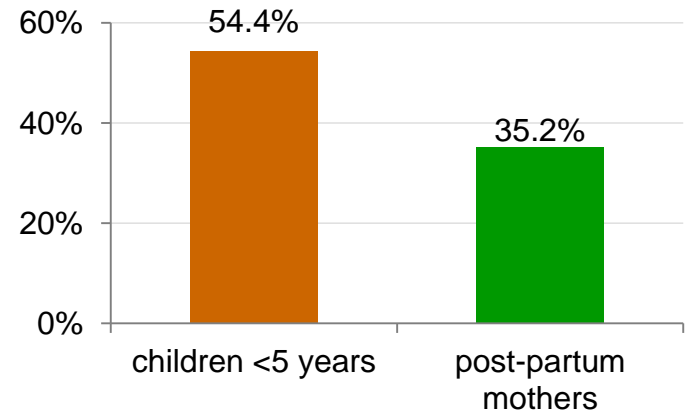
The antenatal period is an important window for reaching pregnant women with interventions vital to their health, and the health/survival of their infants

Just over half of all children received vitamin A supplementation, however there is no data about how many had a deficiency

Prevalence of Vitamin A Supplementation among children 6-59 months varies across states/regions



Vitamin A supplementation for children and post partum mothers

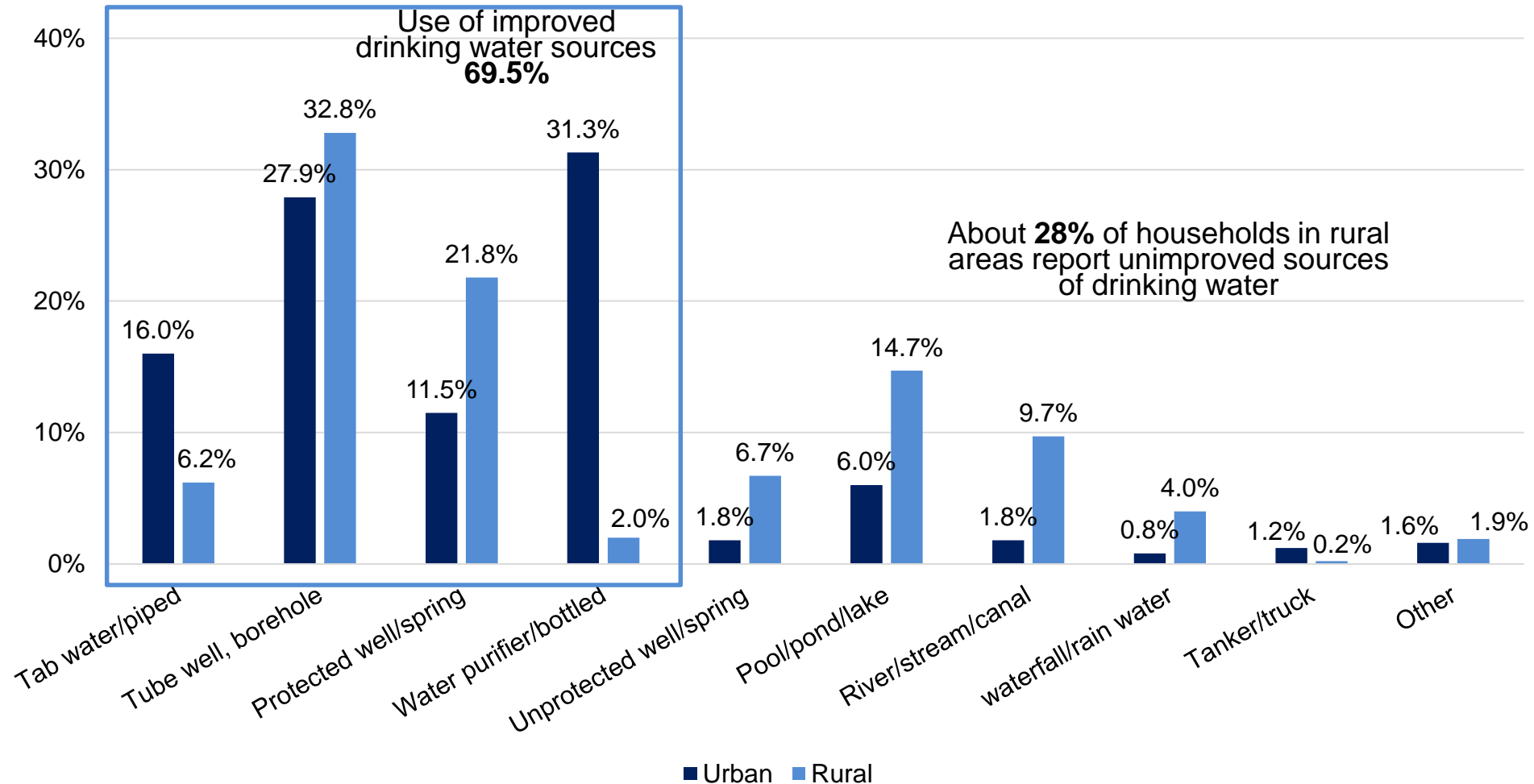


- Vitamin A is essential for vision and proper functioning of the immune system, especially in children and pregnant and lactating women. Supplements can help children who do not have a balanced diet to receive the vitamins they need

The consumption of unsafe water can cause water-borne diseases and affect the body's ability to absorb nutrients

The use of improved sources for drinking water is higher in urban areas

% households

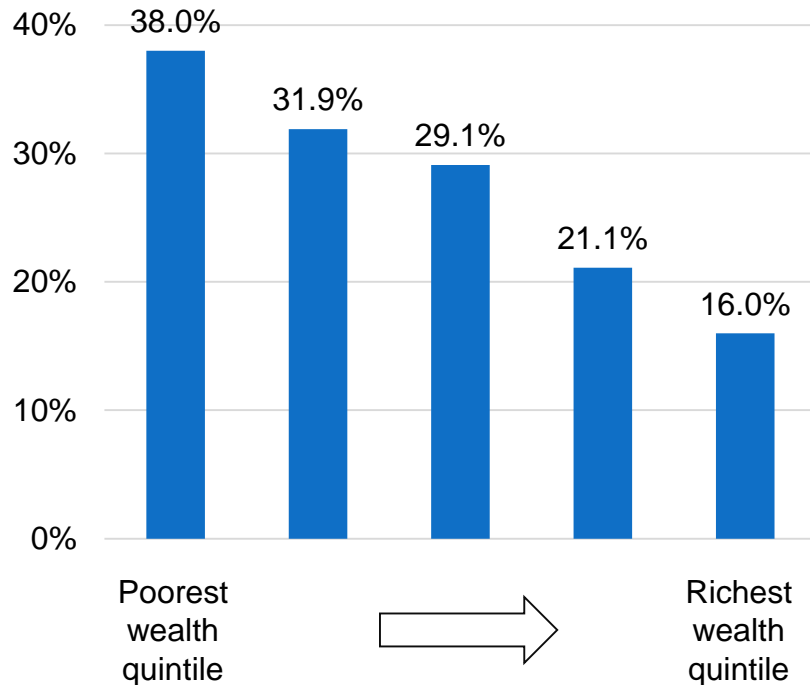


Basic causes and the enabling environment

Household poverty is a determinant of the nutritional status of children, especially stunting

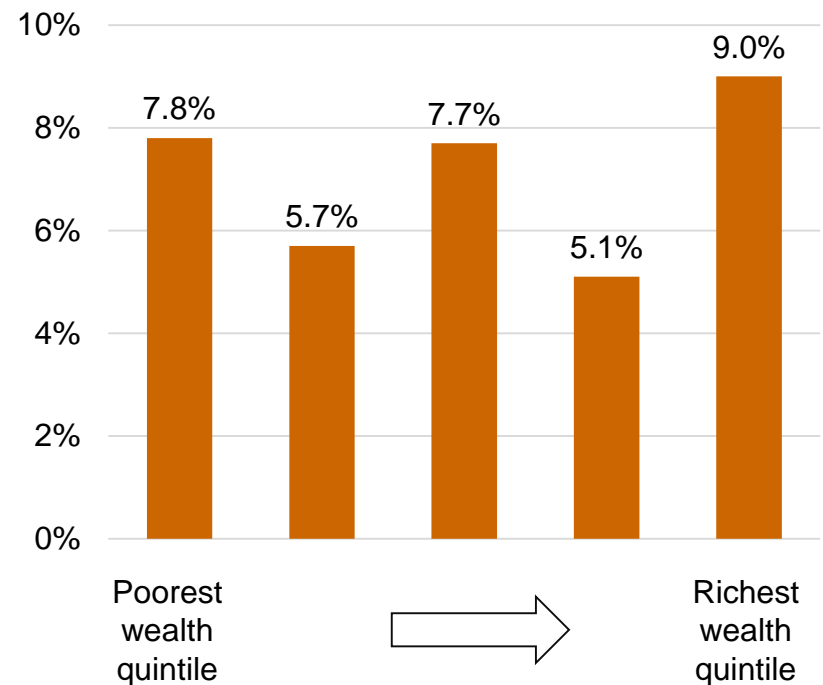
Prevalence of stunting by wealth quintile

% children <5 years



Prevalence of wasting by wealth quintile

% children <5 years

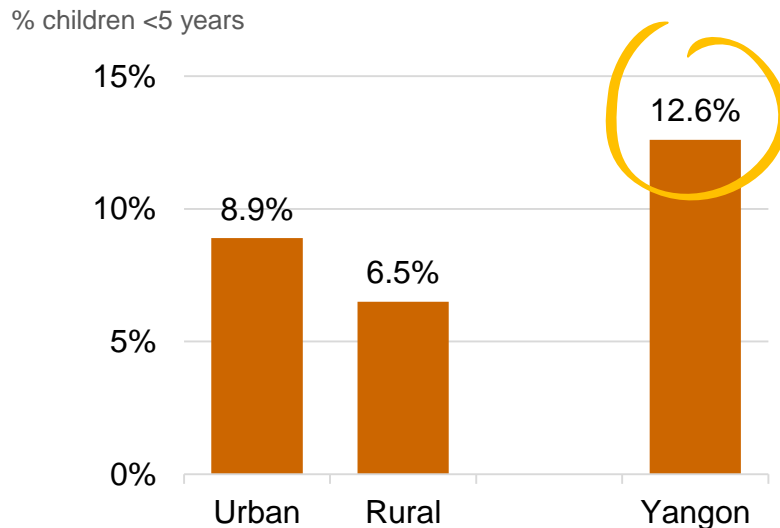


Household income is directly linked to stunting of children, however undernutrition is present even in the richest households – addressing poverty alone is therefore not sufficient to eliminate undernutrition

Malnutrition is an issue in urban areas, especially in Yangon

- **Migration as a coping strategy** for many households → **urbanization**
- Extremely rapid urban growth in **Yangon** → rural to urban migration
- Urbanization poses detrimental risks on children's health and growth, including:
 - Limited access to health, safe water, sanitation, nutrition services, suboptimal hand washing practices
 - Food insecurity and poor access to nutritious food
 - Flood and disasters exposed areas

Prevalence of wasting



Prevalence of anaemia in children

