

Democratic Republic of Congo



Participant in the Study Visit

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Nutrition Facts

The Democratic Republic of the Congo is currently making measurable progress toward two of the maternal, infant, and young child nutrition (MIYCN) targets. According to SOFI 2025, encouragingly, the DRC is on course to achieve the exclusive breastfeeding target, with 52.5% of infants aged 0 to 5 months exclusively breastfed. The national implementation score of legal measures related to the implementation of the International Code of Marketing of Breast-milk Substitutes is 60 (out of a maximum of 100).

Similarly, the country has taken steps forward on the low-birth-weight target, with 10.2% of infants born underweight in 2022. In tackling stunting, however, the country has seen limited progress; 44.1% of children under five remained affected in 2024, only a slight decrease from 2012 figures (42.9%). Wasting prevalence stands at 7.2% in 2024. Moderate improvements have been seen in reducing anemia among women of reproductive age since 2012, although the condition still affected 40.0% of women aged 15 to 49 in 2023.

The prevalence of overweight children under five was relatively low at 4.2%, in 2024, and the country is maintaining its trajectory to prevent further increases with only a very slight increase since 2012. On the other hand, limited headway has been made toward achieving targets related to diet-related non-communicable diseases (NCDs). Obesity affects 6.6% of adults in 2022, an important increase from the 4.4% observed in 2012.

Vision for 2030

The 2030 Vision for Nutrition outlines a national commitment to drastically reduce malnutrition across the country through a dynamic, multisectoral framework. This vision emphasizes coordinated investments and interventions across diverse sectors—including health, agriculture, fisheries, livestock, rural development, water and sanitation, social protection, gender, and education—to ensure sustainable, optimal nutrition. The overarching aim is not only to enhance nutritional outcomes and quality of life but also to develop a healthy, productive population that fuels a diversified, inclusive, middle-income economy in alignment with the National Strategic Development Plan.

Strategic Plan (2023–2030)

To realize the goals of the National Multisectoral Nutrition Strategic Plan (PNSMN) 2023–2030, the DRC implements both nutrition-specific and nutrition-sensitive interventions. The strategy emphasizes expanding access to adequate nutrition care and services nationwide, focusing especially on vulnerable areas. Efforts include enhancing health infrastructure and service delivery, improving the operation of health service facilities, strengthening the capacity of health professionals, and ensuring consistent supplies of medicines and essential nutrition products.

Nutrition-specific measures include home fortification of food with multi-micronutrient powders and supplementation programs for children, adolescents, and women of reproductive age. The Ministry of Public Health, Hygiene, and Prevention oversee the operational support for all these interventions.

Other key health interventions that support nutrition improvements encompass pre- and postnatal consultations, deworming services for children and pregnant women, early childhood development support, management of life-threatening and non-communicable diseases, and growth monitoring for children.

In 2023, the Ministry of Health published the National multisectoral strategy for the prevention and control of non-communicable diseases, trauma and mental illnesses 2023–203, which includes as an action area the promotion of healthy diets and prevention of obesity and diet-related NCDs. Nutrition-sensitive interventions are implemented across other sectors.

N4G Commitments (as of April 2025)

- Reducing the prevalence of chronic malnutrition in children <5 years of age

**The DRC is not yet a member of the
Global Alliance Against Hunger and Poverty.**

Engagement with the Healthy Diets Coalition

The Democratic Republic of the Congo is warmly invited to join the Healthy Diets Coalition, offering pioneering contributions in nutrition-sensitive agriculture. In Q2 2025, the DRC finalized its first national standards for biofortified staple crops, including zinc-enriched maize and rice, iron beans, and vitamin A-fortified maize, cassava, and sweet potato, marking an important milestone in nutrition-sensitive agriculture policy development in the region. These standards are being developed with funding from JICA and technical oversight from HarvestPlus, the National Standardization Committee and multiple partners and are related to the larger World Bank-funded Multisectoral Nutrition and Health Project.

By joining the Coalition, the DRC would share critical innovations in mainstreaming biofortification through policy and supply chains, while also benefiting from peer-to-peer learning to accelerate food systems transformation for healthier diets. Membership involves no financial commitments, and we remain available for any clarifications.

Remaining Challenges

Despite some progress, the DRC faces severe nutrition challenges due to widespread poverty, population displacement, poor infrastructure, and high food prices - especially in conflict-affected areas.