

Case Study

Use of antenatal/delivery health care by women and age-appropriate complementary feeding in the first year of life were protective against stunting.

Bhutan
Bhutan Multiple Indicator Survey
2010

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BHUTAN

Monitoring the situation of children and women

Bhutan Multiple Indicator Survey
2010



National
Statistics
Bureau



United
Nations
Children's
Fund



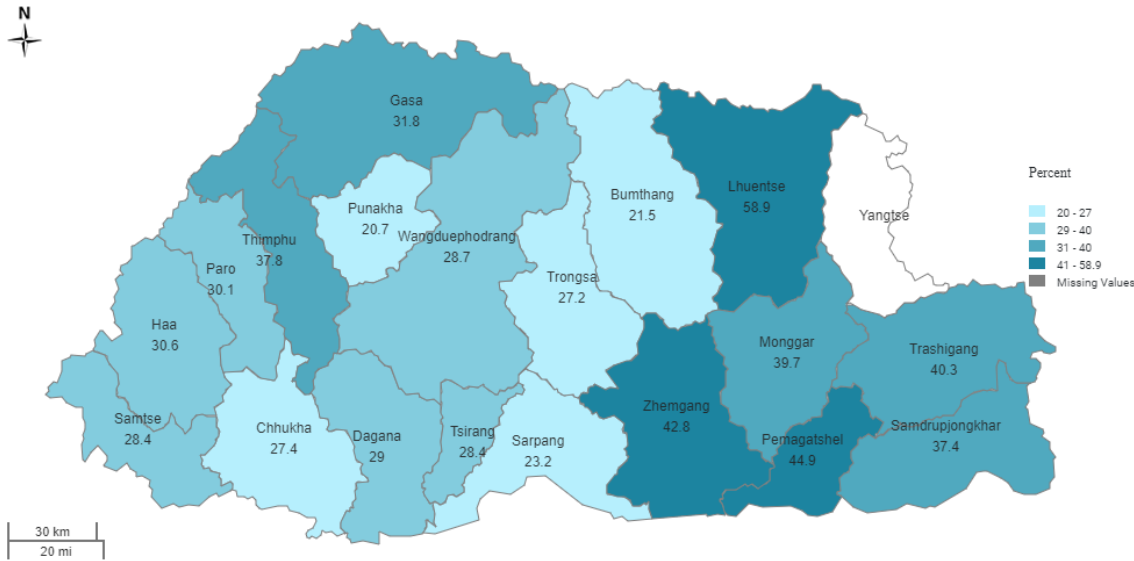
United
Nations
Population
Fund

NSB



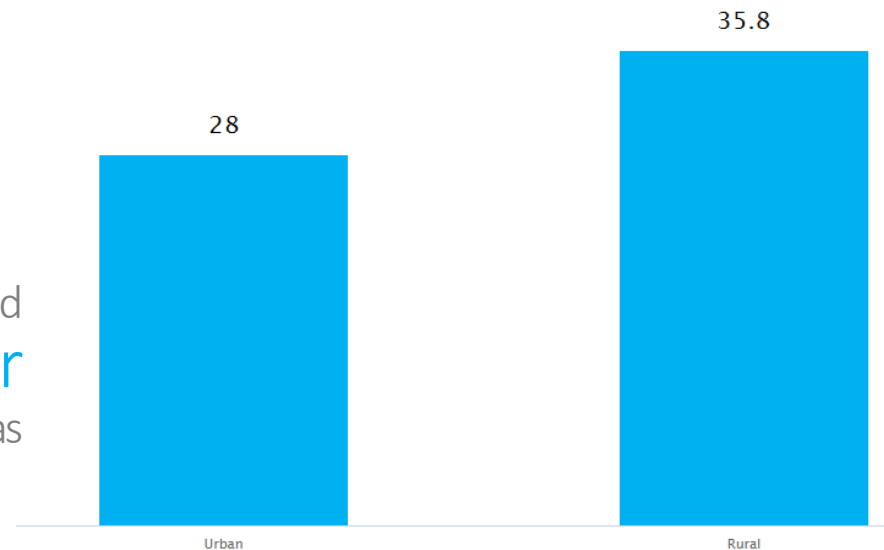
MICS

Around 1/3rd (33.5%) of the children were reported stunted



Every 5th child was reported stunted in Dzongkhags of the country with 5 districts need more attention where 2 in every 5 children was stunted

Rural areas reported around 8% higher stunting rate than that of urban areas



Only 2/3rd of children were complimentary fed in the age group of 6-8 months

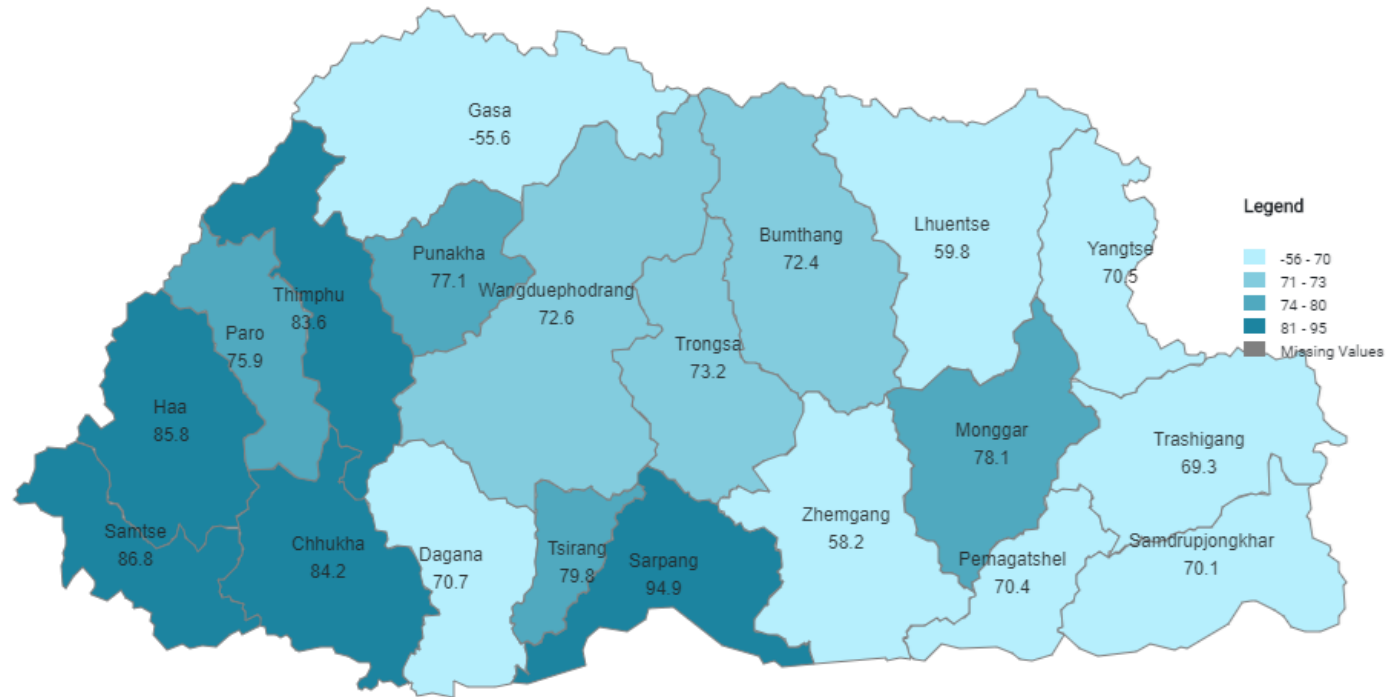


6% less

girls reported to be complementary breastfed as compared to around 70% of boys

Studies say that children in the age-group of 6-8 months need more nutrition and lacking is one of the factors of stunting among children of that age-group as compared to children <5 months

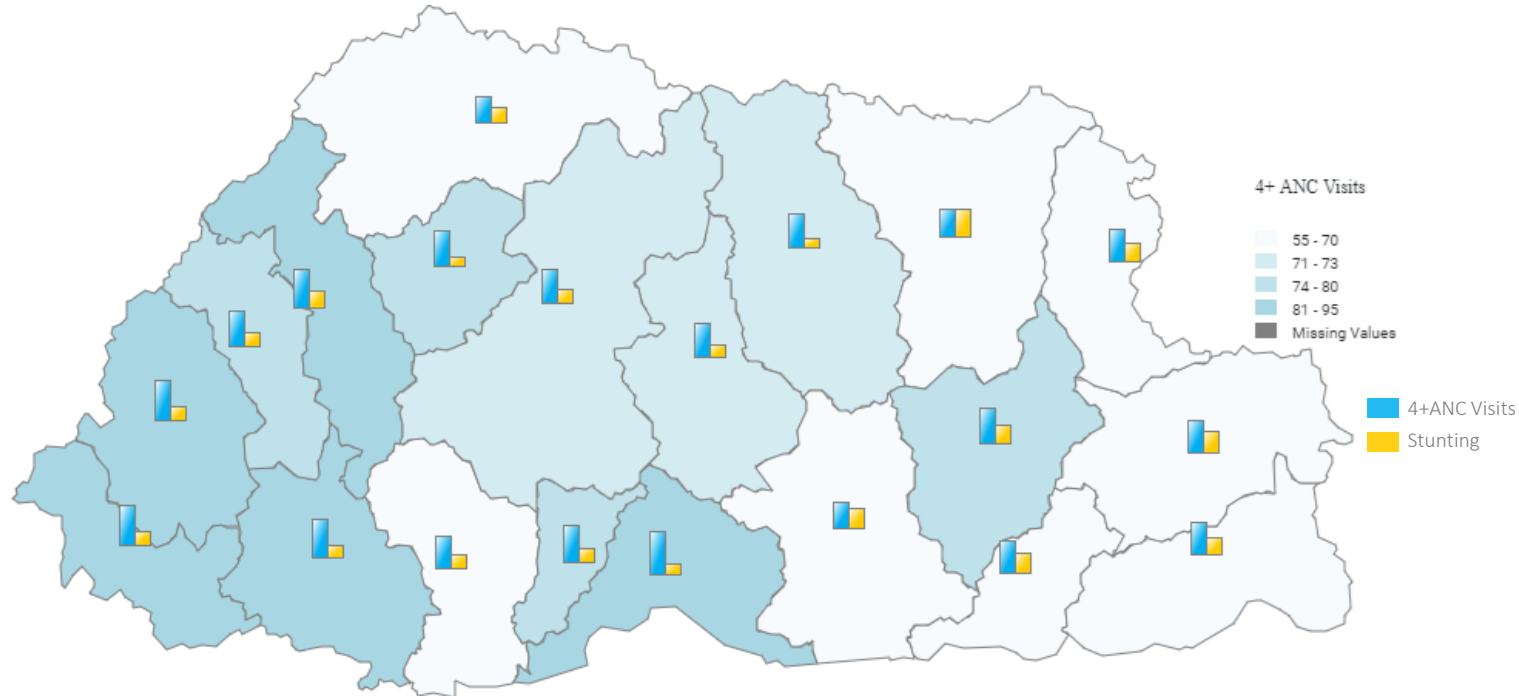
Around **77%** women in Bhutan reported **4 or more visits** of antenatal care



In many Dzongkhags,
30% pregnant women
did **not** receive 4 or more ANC
Zhemgang reported the least (**58.2%**)



ANC visits play a vital role to impact stunting



Dzongkhags with high 4+ ANC visits identified to have less prevalence of stunting among children

Sarpang, Samtse, Haa, Chhukha are leading the number of 4+ANC visits and have reported stunting less than 30%

Conclusion

Behavior change communication about importance of complementary feeding and ANC attendance can help to reduce the level of stunting