

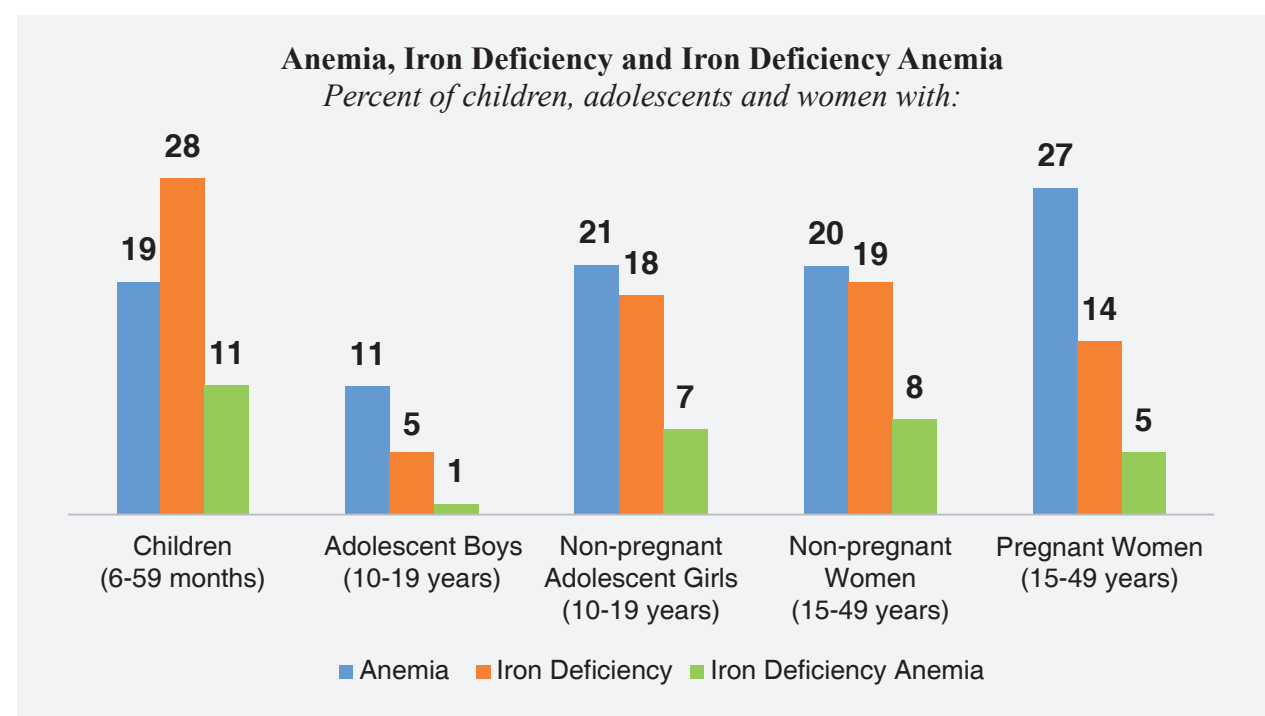
# NEPAL NATIONAL MICRONUTRIENT STATUS SURVEY 2016

Nepal Micronutrient Status Survey (NNMSS) 2016 is based on a nationally representative sample and provides estimates at the national level, 3 ecological zones, 5 development regions and for urban and rural areas.

	Number of Participants
Households	4,309
Children 6-59 months	1,709
School age children 6-9 years	1,138
Adolescent boys 10-19 years	1,025
Adolescent girls 10-19 years	1,865
Women 15-49 years	2,351

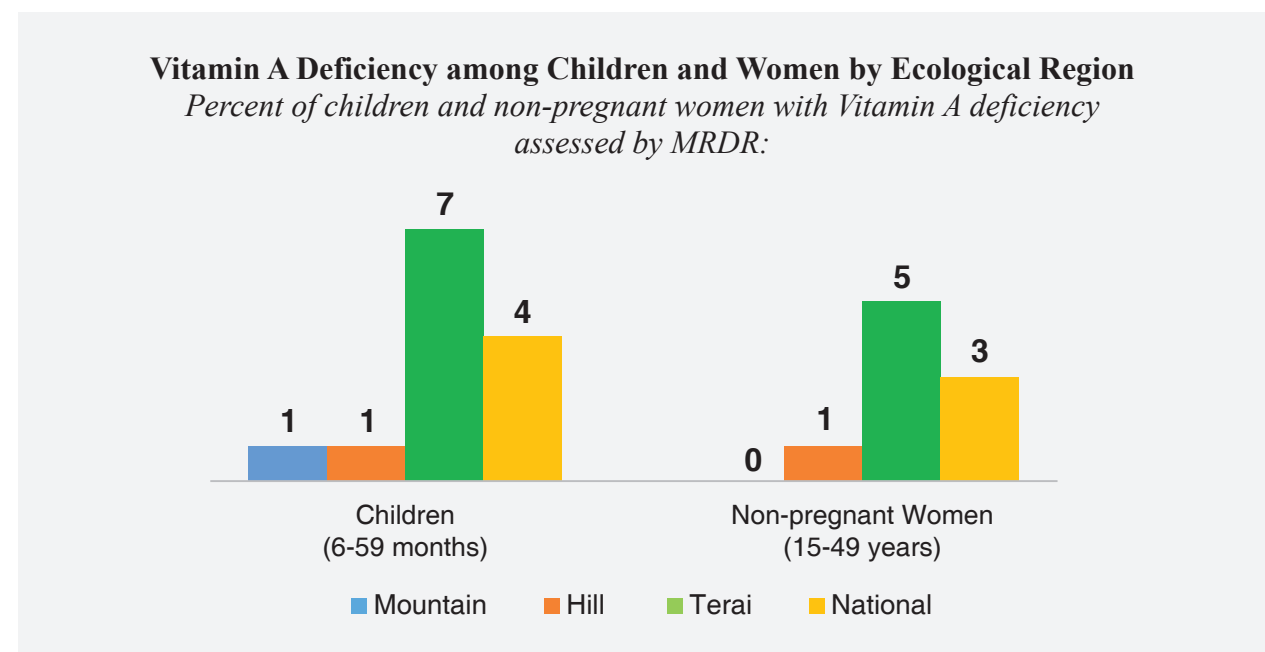
## ANEMIA, IRON DEFICIENCY AND IRON DEFICIENCY ANEMIA

Nationally, anemia ranged from 11-27% among children, adolescents and women; iron deficiency ranged from 5-28% and; iron deficiency anemia ranged from 1-11%.



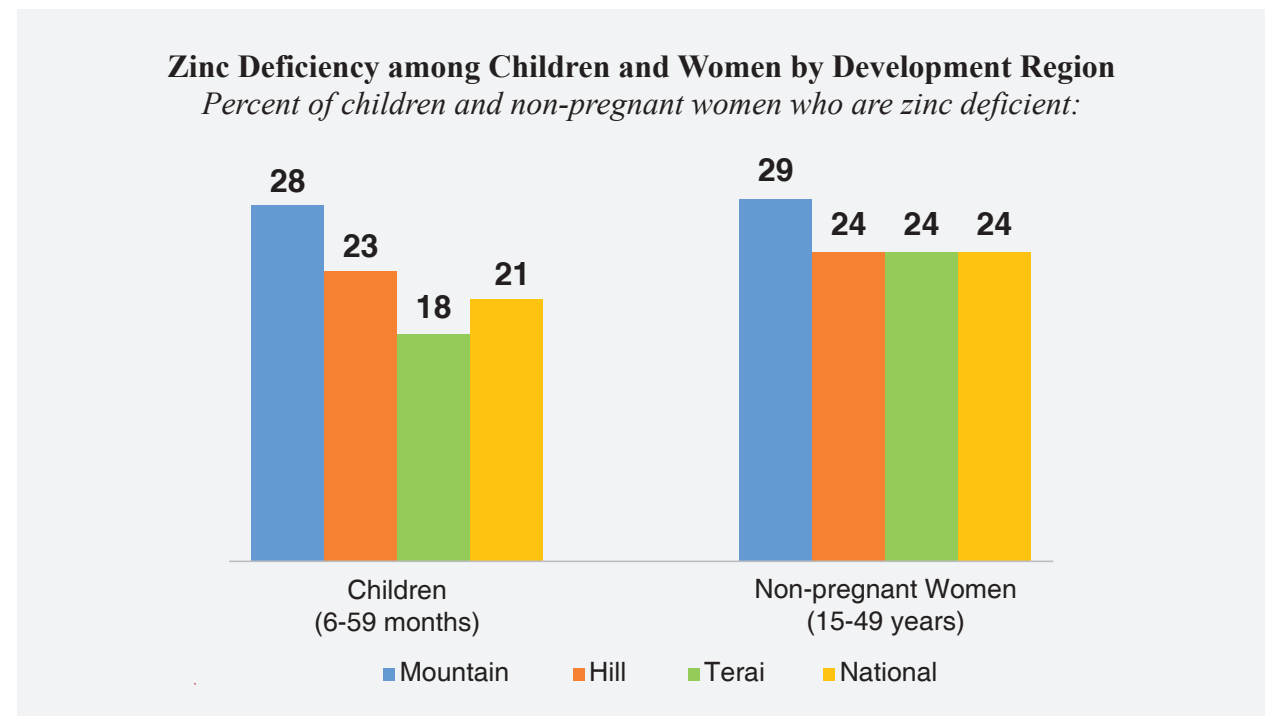
## VITAMIN A DEFICIENCY STATUS

Nationally, 4% of children and 3% of non-pregnant women were vitamin A deficient measured by modified relative dose test (MRDR) of vitamin A liver stores. The prevalence of vitamin A deficiency was 7% among children and 5% among non-pregnant women in Terai.



## ZINC STATUS

Overall, 21% of children and 24% of non-pregnant women were zinc deficient. Among children and women in Mountain 28-29% suffered from zinc deficiency.

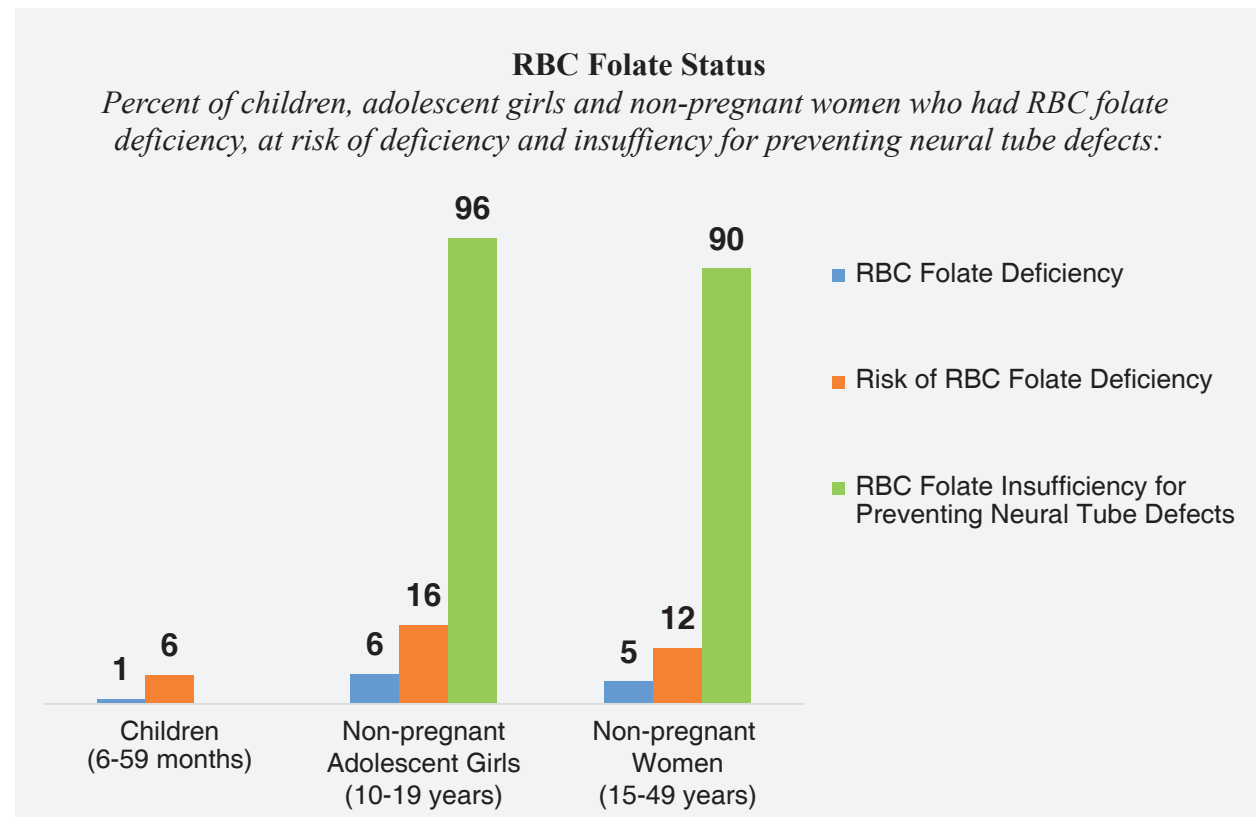


## MEDIAN URINARY IODINE STATUS (mUIC)

Overall, the mUIC of children 6-9 years was 314.1 µg/L, among non-pregnant women 15-49 years was 286.2 µg/L and among pregnant women 15-49 years was 241.3 µg/L. As a reflection of iodine status, the mUIC values for children 6-9 years, non-pregnant women and pregnant women were all adequate or above.

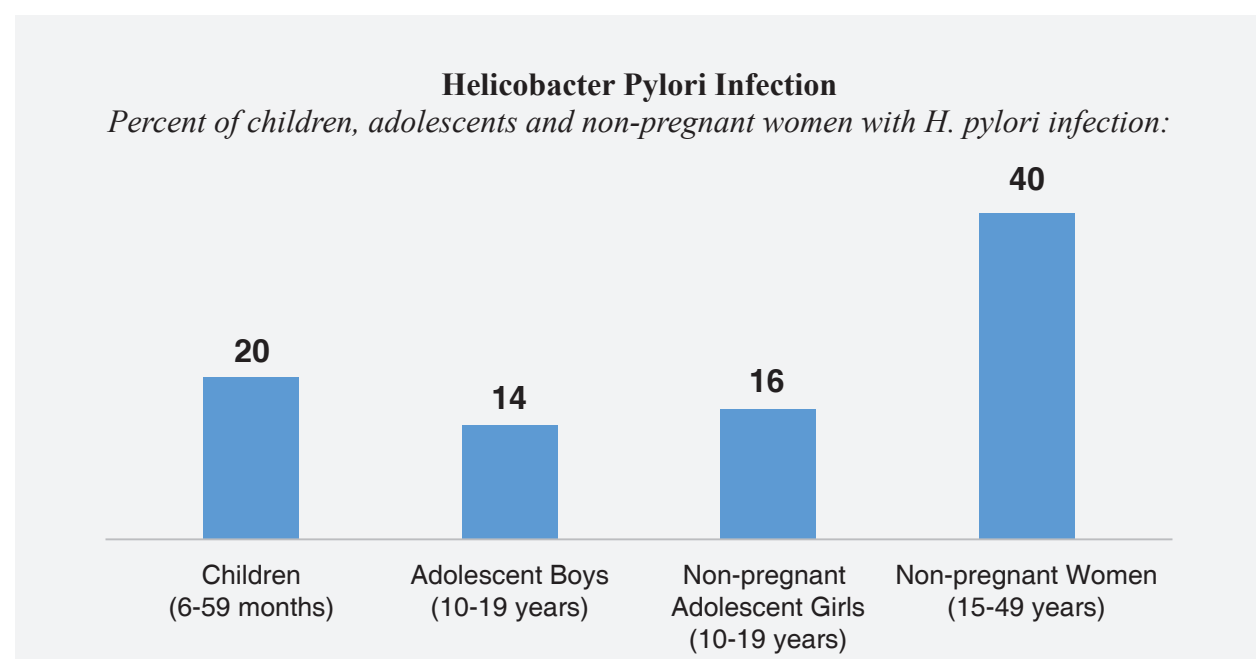
## RED BLOOD CELL (RBC) FOLATE STATUS

Nationally, 12% of women and 16% of adolescent girls were at risk of folate deficiency; and 90-96% of women and adolescent girls had RBC folate insufficiency for preventing neural tube defects.



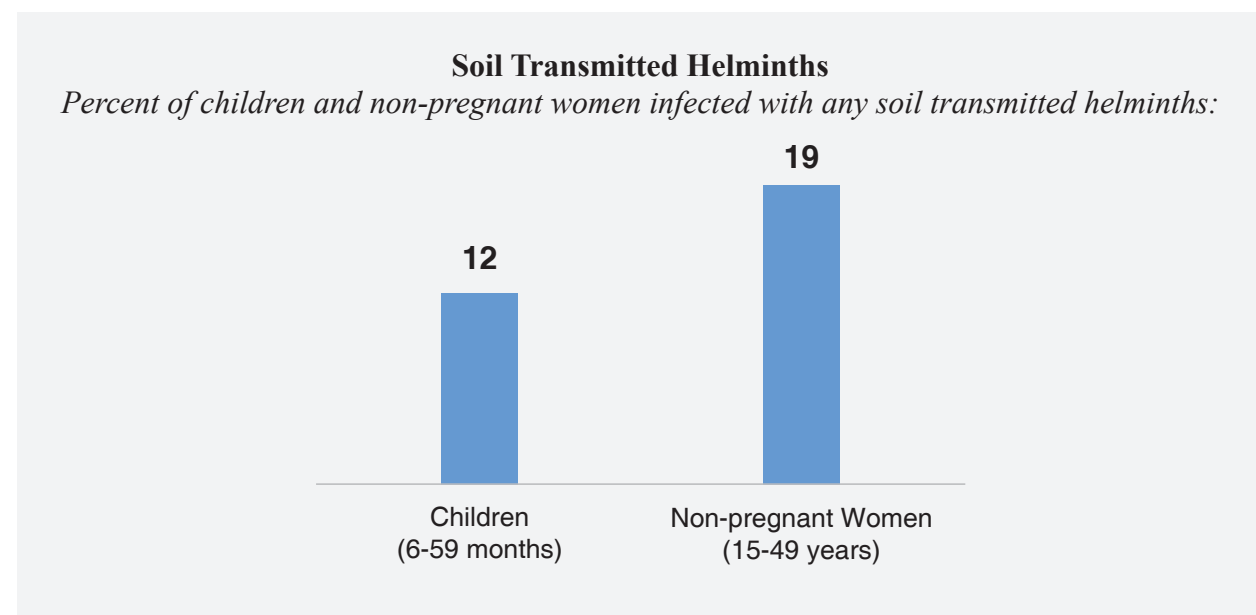
## HELICOBACTER PYLORI INFECTION

Overall, 20% of children, 14% of adolescent boys, 16% of adolescent girls and 40% of non-pregnant women had H. pylori infection measured in stool (children and women) or by rapid diagnostic test (adolescents).



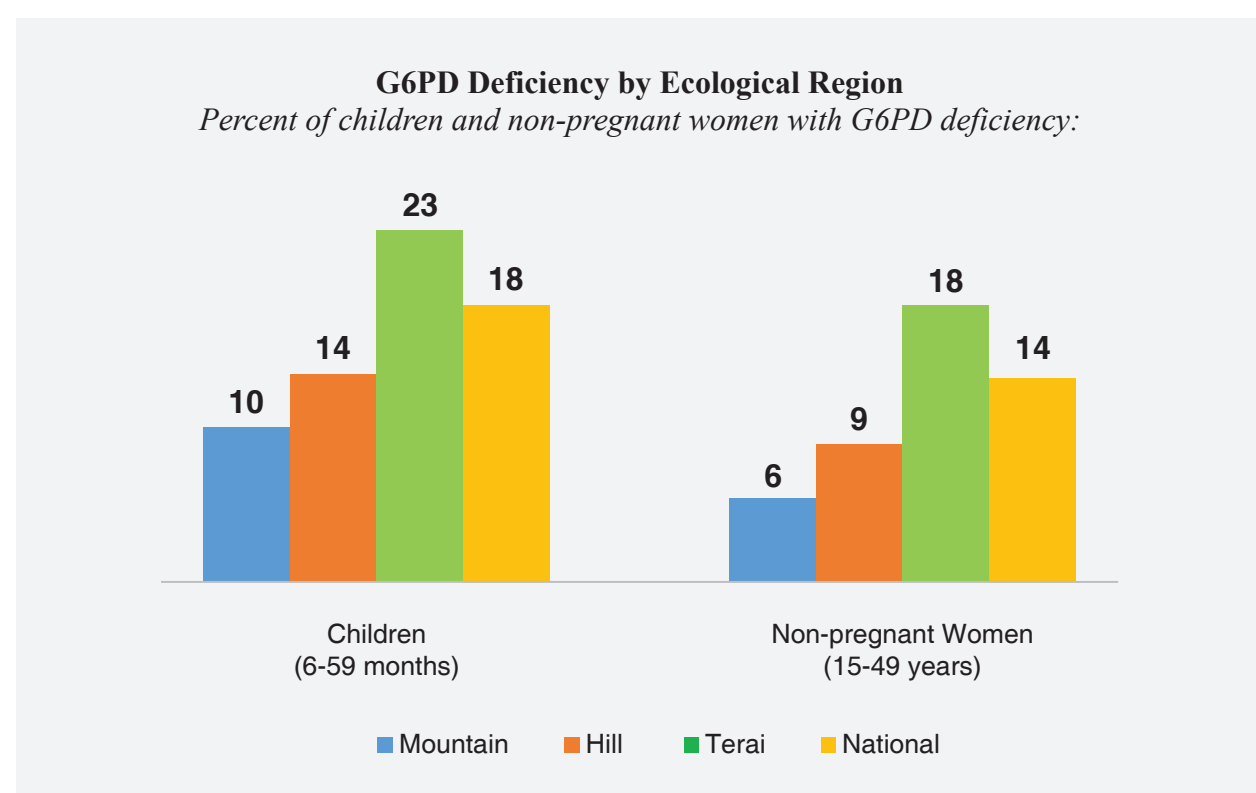
## SOIL TRANSMITTED HELMINTHS

Nationally, 12% of children and 19% of non-pregnant women had soil transmitted helminths.



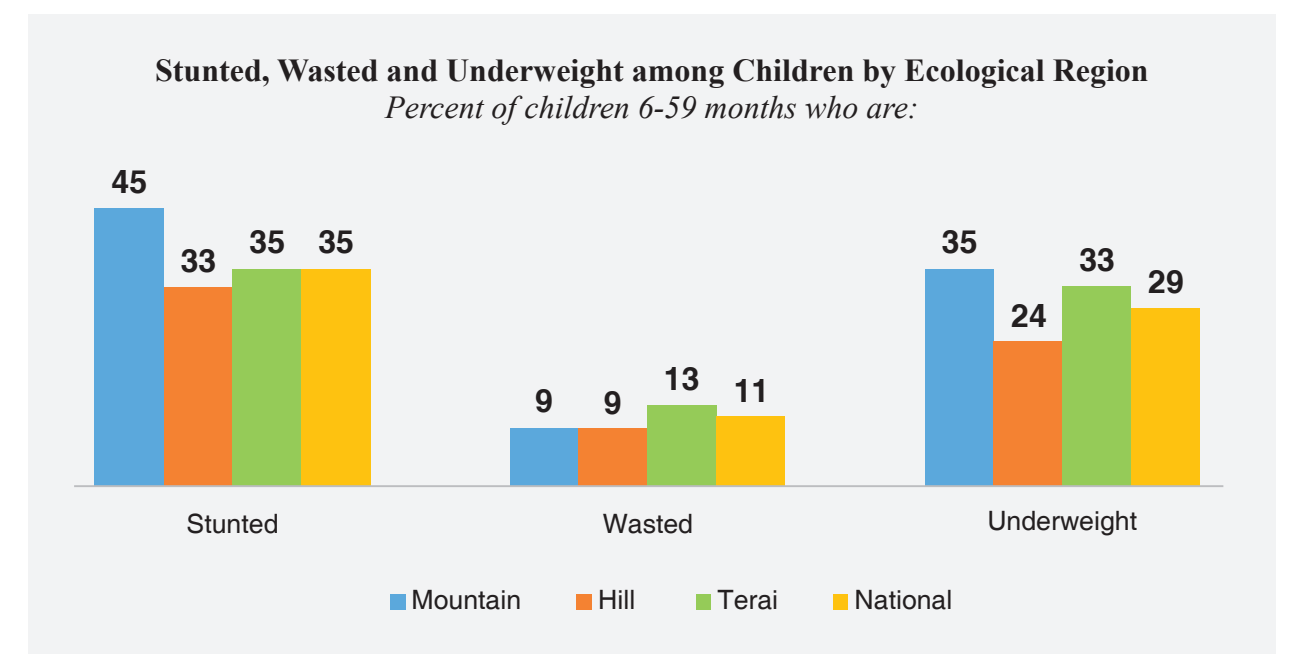
## BLOOD DISORDER STATUS

Overall, 18% of children and 14% of women were affected by Glucose-6-phosphate Dehydrogenate (G6PD) deficiency. G6PD deficiency was higher in both children and women residing in Terai.

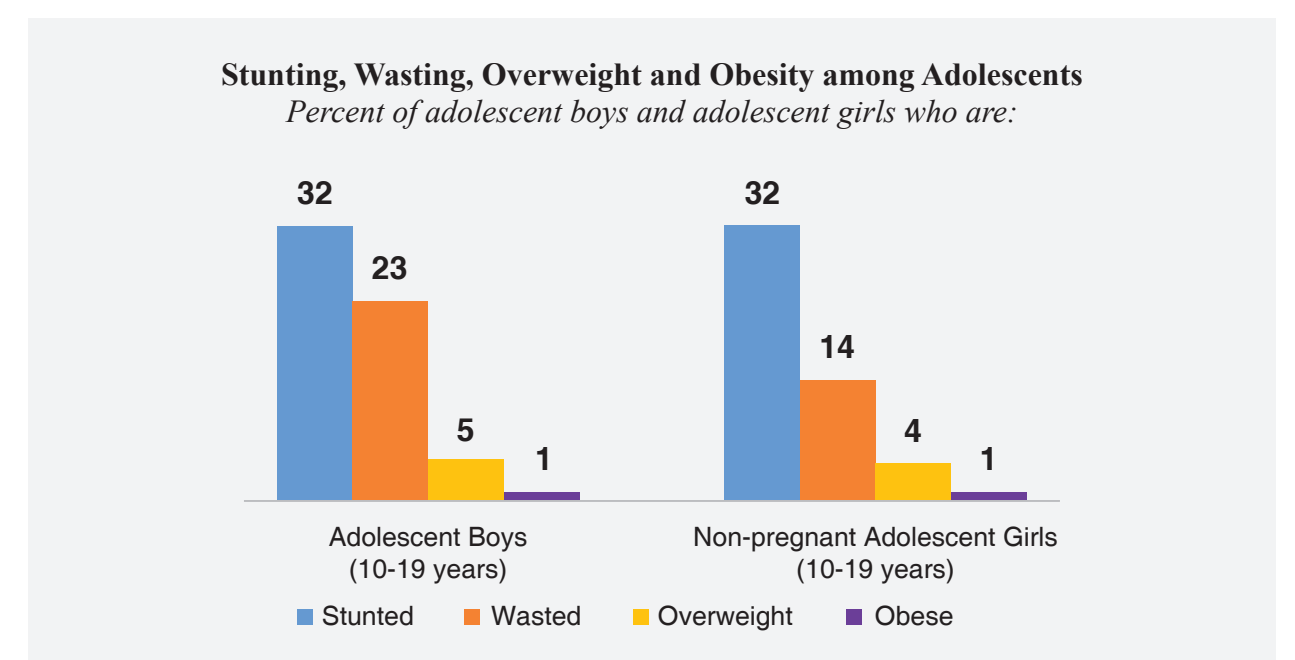


## ANTHROPOMETRY STATUS

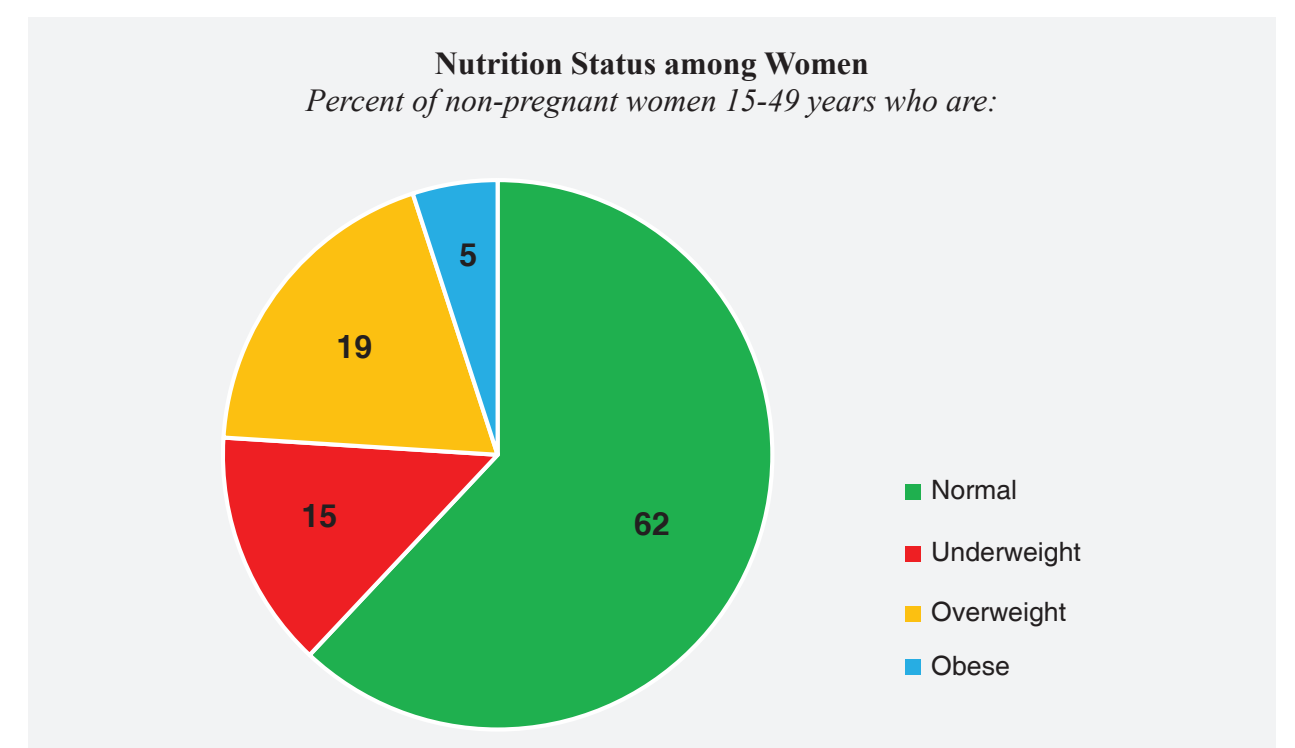
Nationally, 35% of children 6-59 months suffered from stunting, 29% underweight and 11% wasting.



Overall, 32% of each adolescent boys and girls 10-19 years suffered from stunting. Twenty-three percent of boys and 14% of girls were wasted, 5% of boys and 4% of girls were overweight and around 1% of each boys and girls were obese.

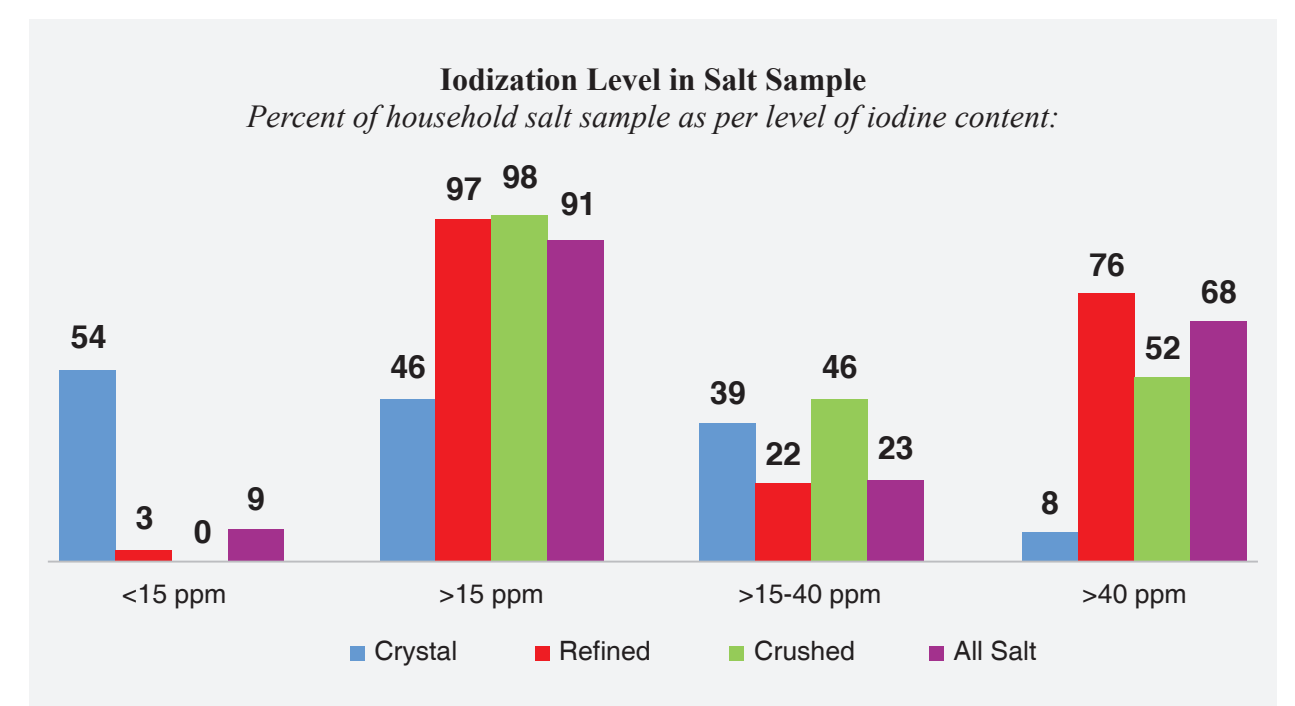


Overall, 15% of women suffered from thinness or underweight, 19% from overweight, and 5% from obesity.



## HOUSEHOLD SALT IODIZATION

Overall, 91% salt samples had an iodine level equal to or more than 15 ppm and 68% had excessive iodine levels (>40 ppm).



## IRON CONTENT IN WHEAT FLOUR SAMPLE

Twenty percent of Maida and 36% of Atta flour tested positive in iron spot test. Thirteen percent of *Maida* and 36% of *Atta* had an iron level meeting Nepal's standard for iron in wheat flour i.e. >60 mg/kg.

	Positive by Iron Spot Test	>60 mg/kg
Maida Flour	19.5%	13.3%
Atta Flour	35.5%	35.8%