



**NIGERIA**


# Nutrition Security in Nigeria: Regional Disparities, Government Investment, and Comparative Insights with Bangladesh and India (2003-2018)

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**25<sup>th</sup> July 2023 | Abuja, Nigeria**

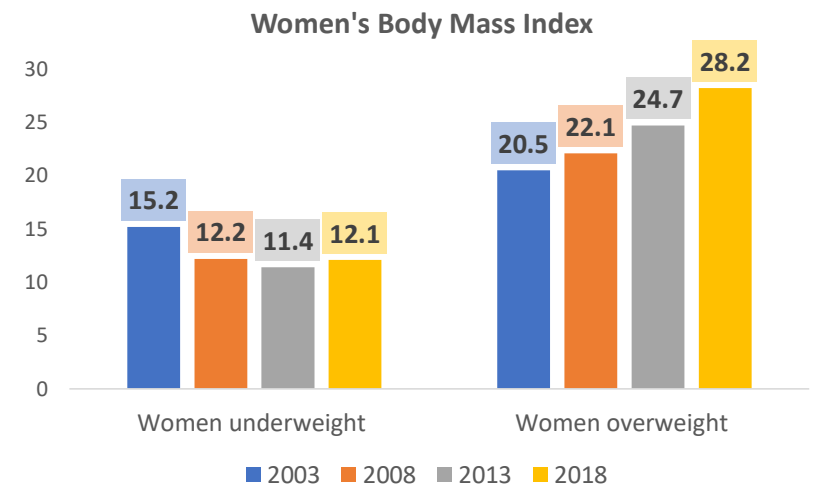
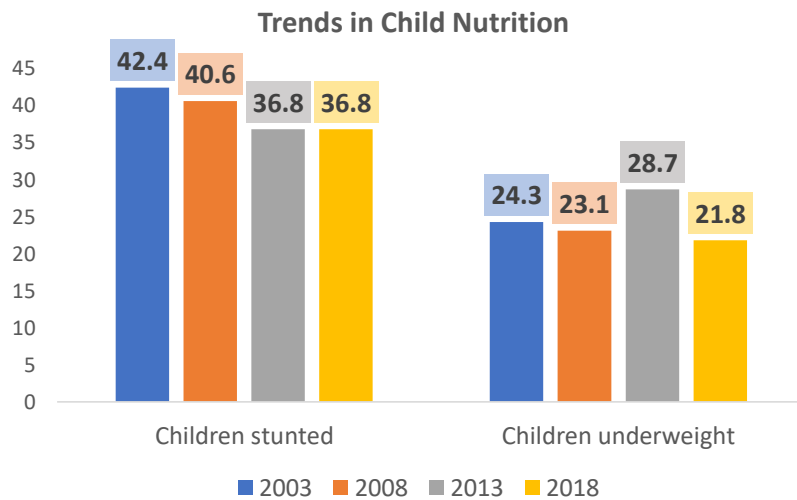
## Key Findings

- The nutritional security of children and women in Nigeria remains a critical concern, reflecting a complex interplay of socio-economic, educational, and regional factors
  - Nigeria's efforts to address nutrition security shows some limited progress on reducing child stunting and women underweight. Progress has also been significantly more regionally varied.
  - There are notable examples of countries that have shown significant improvements, particularly when compared to countries facing similar nutrition security challenges like Bangladesh and India.
  - Public expenditure in sectors like agriculture, health, social protection, and education is vital to addressing child malnutrition, but its effectiveness depends on governance and implementation quality.
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# **Trends and Regional Disparities in Maternal and Child Nutrition Security**



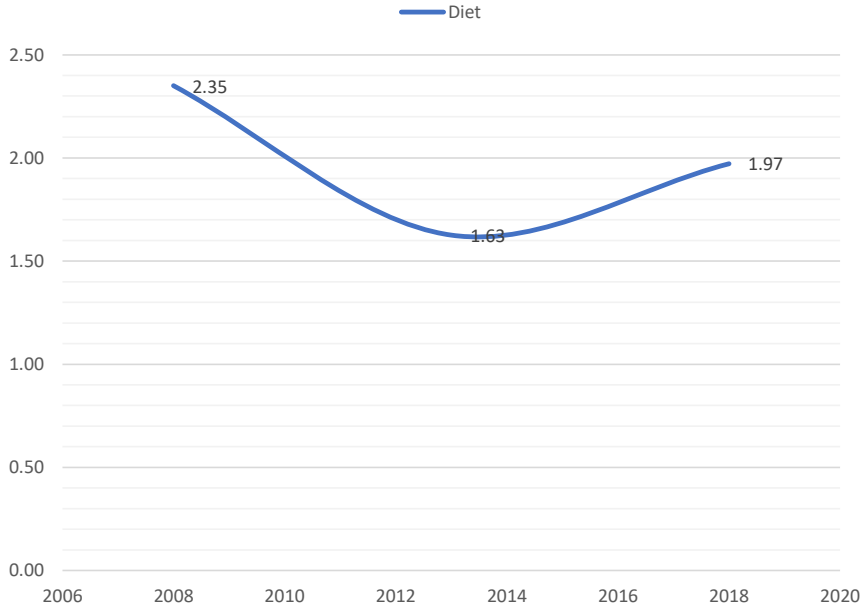
# National Trends in Child and Maternal Nutritional Status



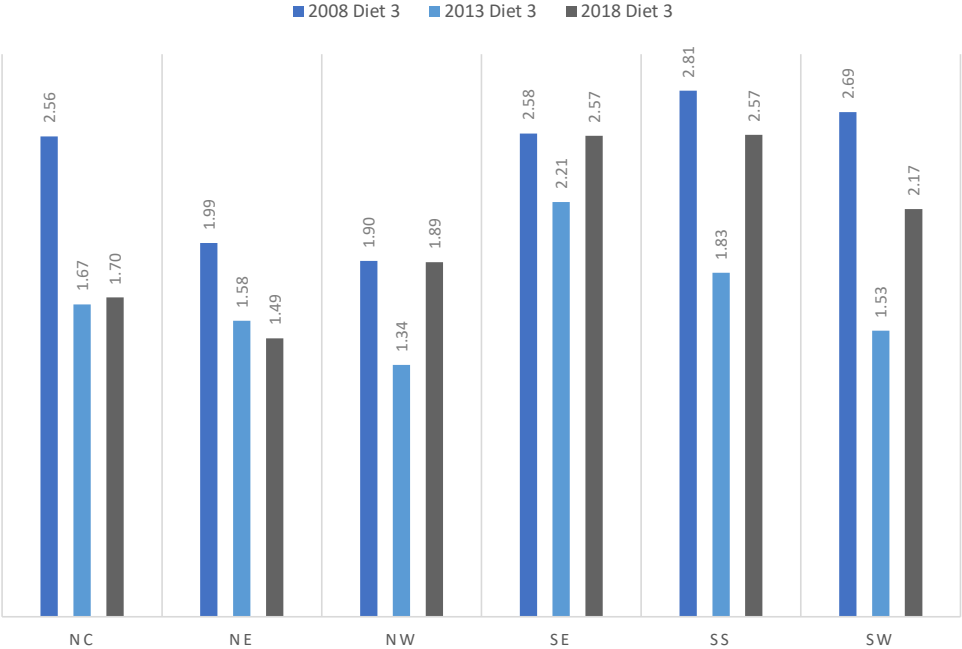
Source: National Demographic and Health Survey 2003, 2008, 2013 and 2018

# Trends in Dietary Diversity Across Regions

Trends in Dietary Diversity



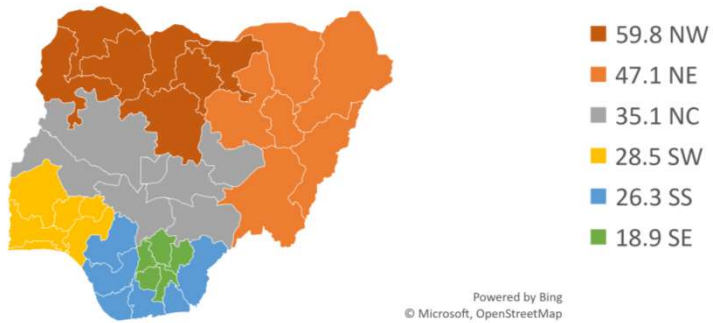
Trends of Dietary Diversity By Regions



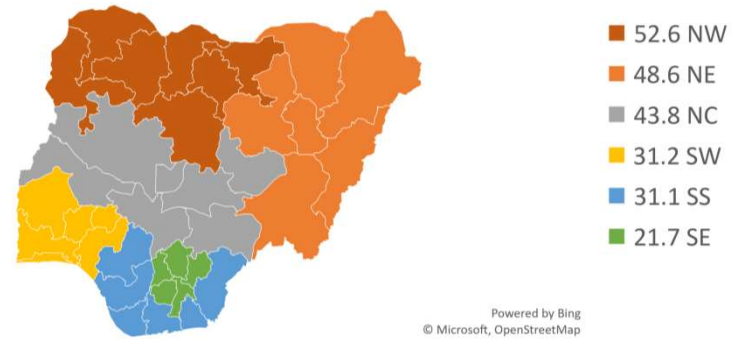
Source: National Demographic and Health Survey 2003, 2008, 2013 and 2018

# Child Stunting: Prevalence Map by Region and Year

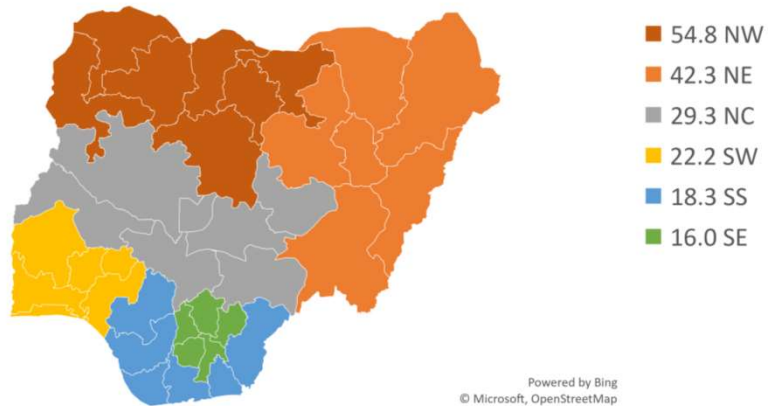
Child Stunting (2003)



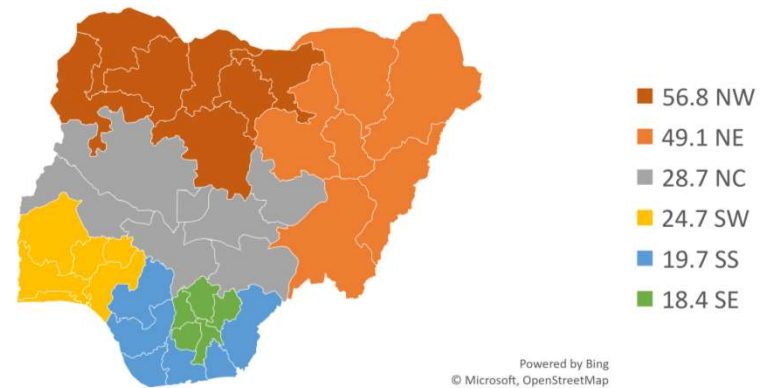
Child Stunting (2008)



Child Stunting (2013)

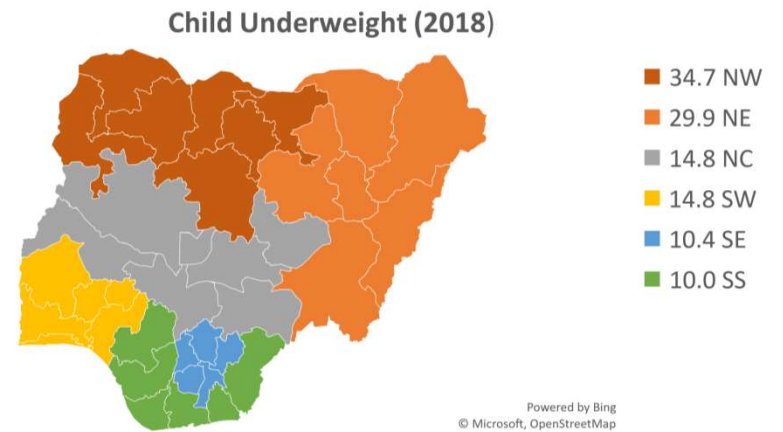
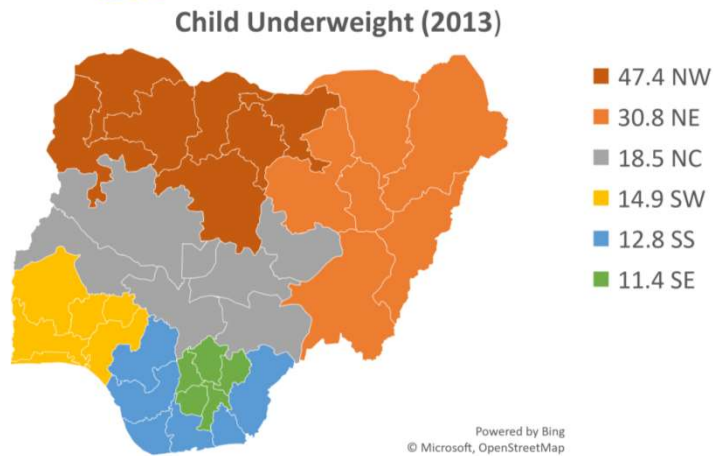
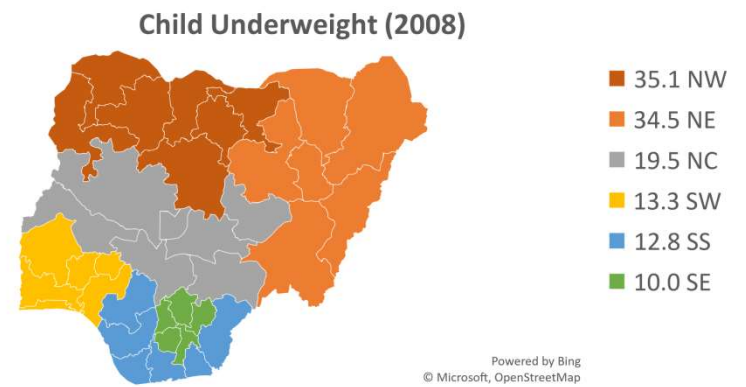
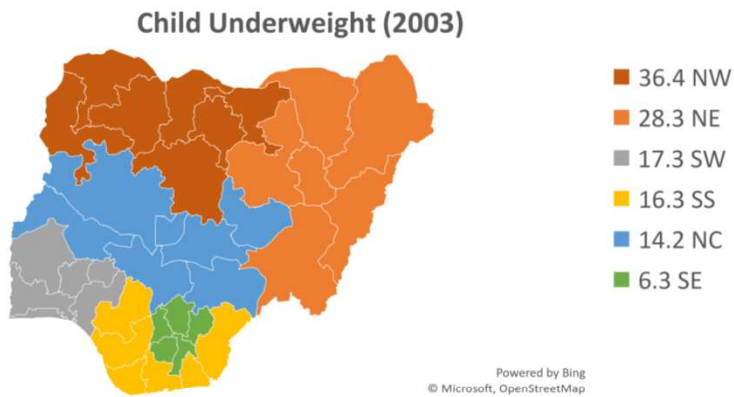


Child Stunting (2018)



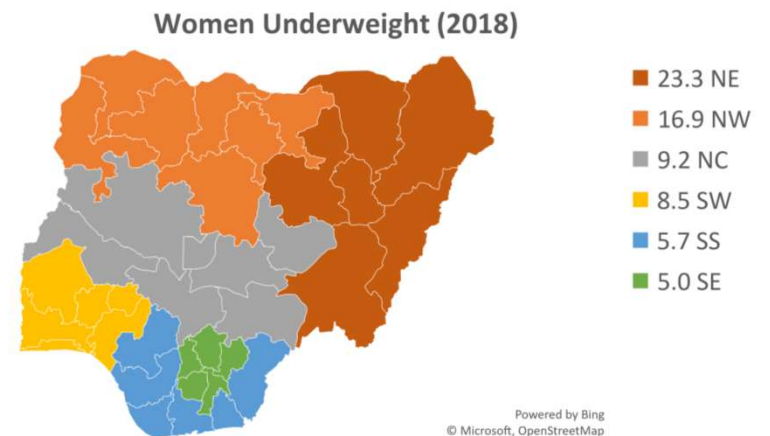
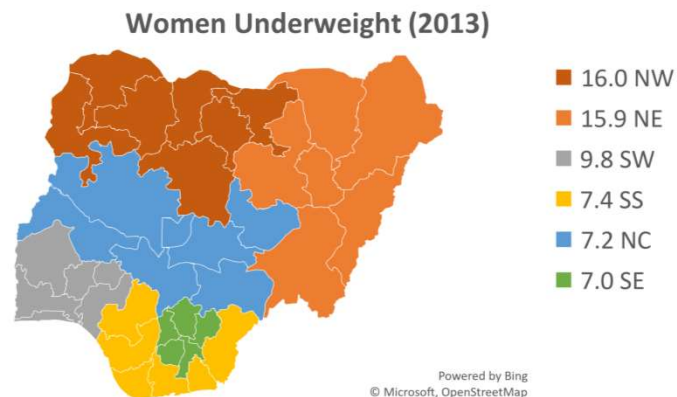
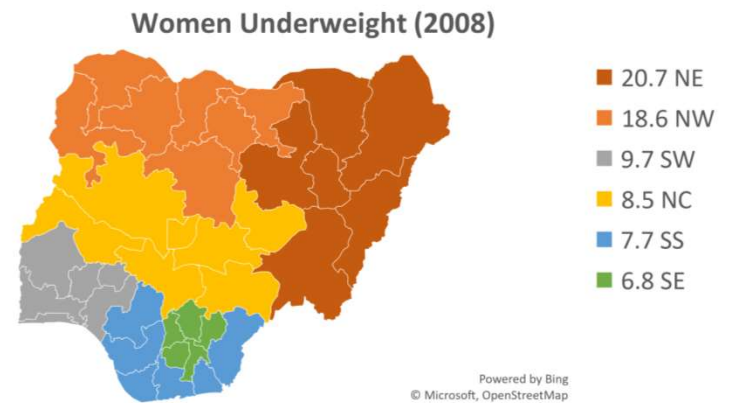
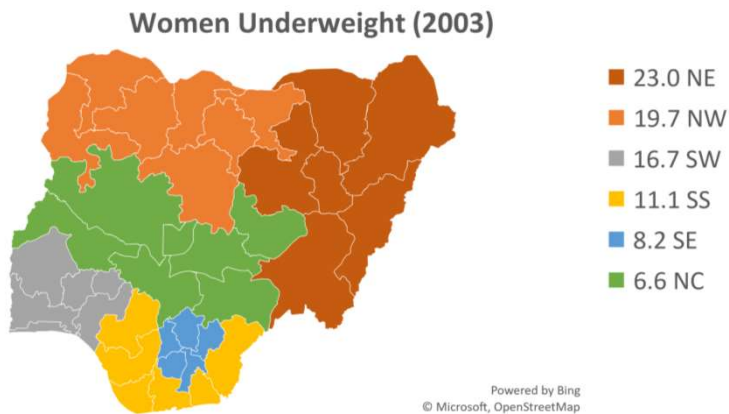
Source: National Demographic and Health Survey (2003-2018)

# Child Underweight: Prevalence Map by Region and Year



Source: National Demographic and Health Survey (2003-2018)

# Underweight BMI(<18.5) of Women: Prevalence Map by Region and Year

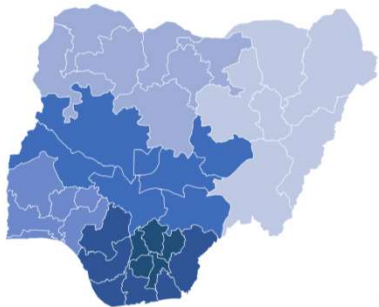


Source: National Demographic and Health Survey (2003-2018)



# Overweight (BMI $\geq$ 25) of Women: Prevalence Map by Region and Year

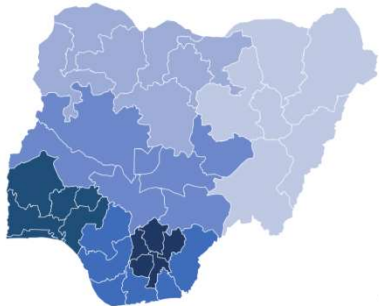
Women Overweight (2003)



- 33.9 SE
- 24.7 SS
- 23.1 NC
- 20.8 SW
- 15.0 NW
- 14.1 NE

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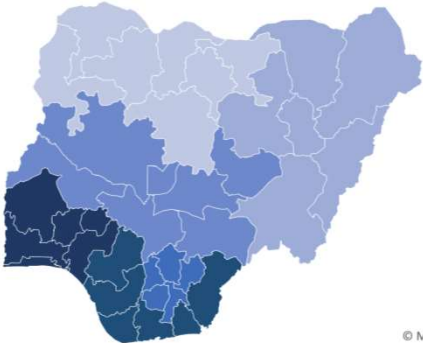
Women Overweight (2008)



- 29.5 SS
- 27.9 SW
- 26.7 SS
- 21.1 NC
- 14.8 NW
- 12.7 NE

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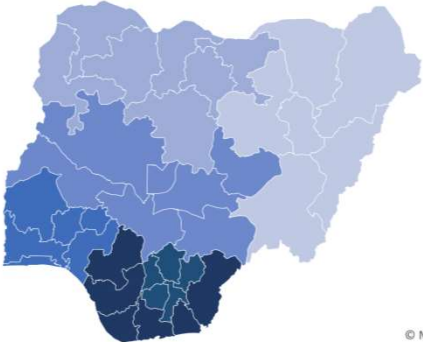
Women Overweight (2013)



- 34.5 SW
- 32.7 SS
- 30.2 SE
- 25.3 NC
- 18.7 NE
- 15.6 NW

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Women Overweight (2018)

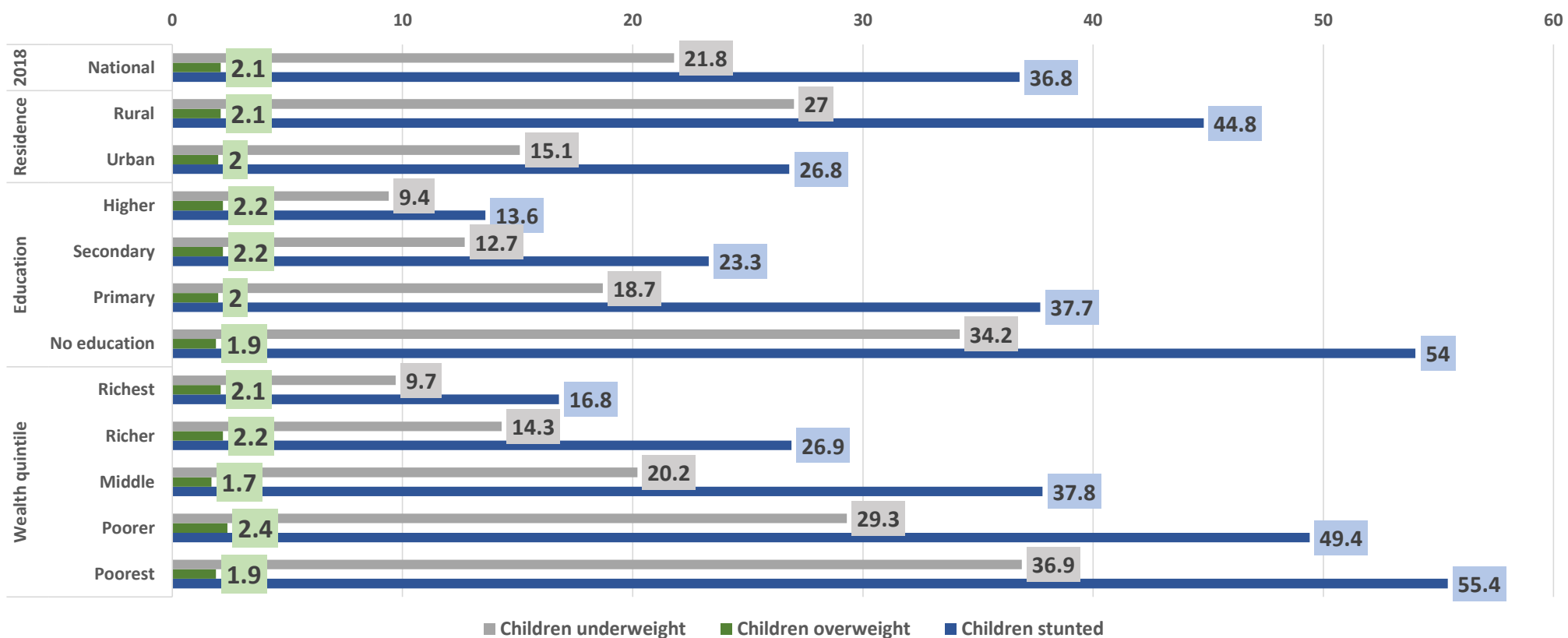


- 42.9 SS
- 39.5 SE
- 37.8 SW
- 25.8 NC
- 16.4 NC
- 15.1 NE

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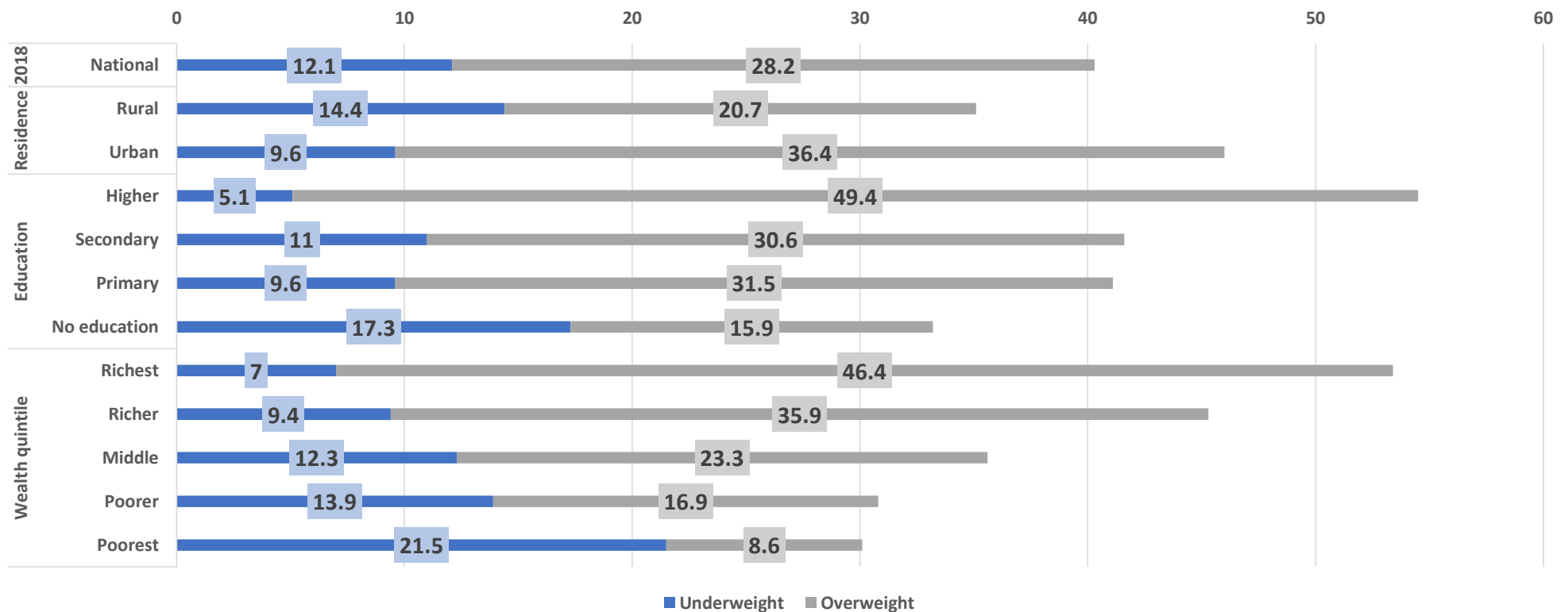
Source: National Demographic and Health Survey (2003-2018)

# Factors contributing to child malnutrition in Nigeria



Source: National Demographic and Health Survey (2018)

# Factors contributing to maternal malnutrition in Nigeria



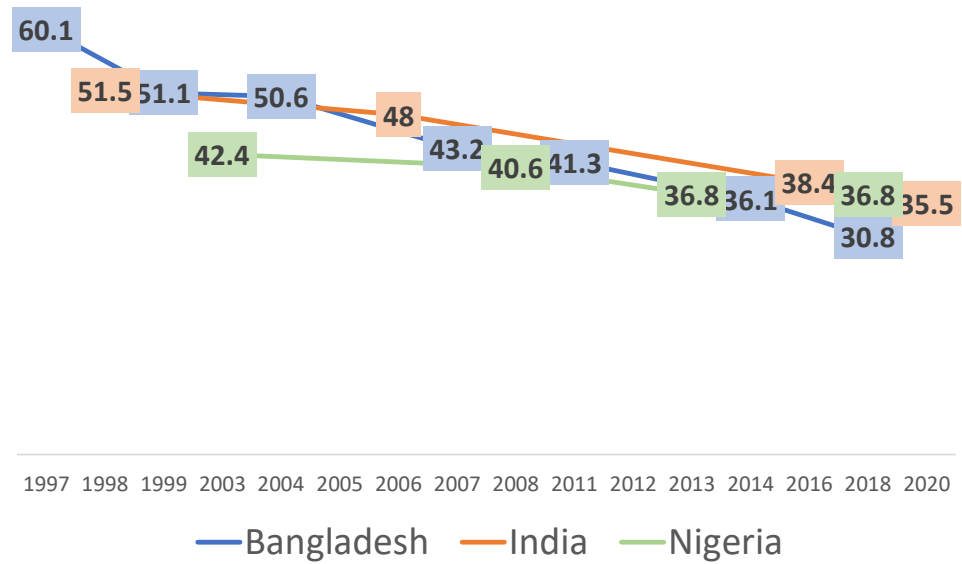
Source: National Demographic and Health Survey (2018)

# **Insights into Comparative Nutrition Security Trends: Nigeria, Bangladesh, and India**



# Stunting and underweight prevalence among children in Bangladesh, India, and Nigeria

Stunting Prevalence among Children

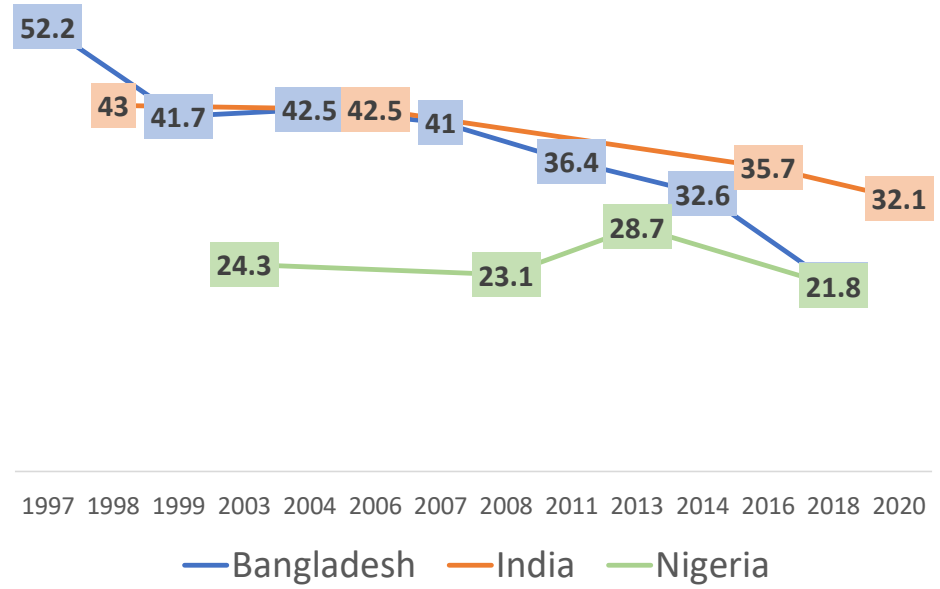


1997 1998 1999 2003 2004 2005 2006 2007 2008 2011 2012 2013 2014 2016 2018 2020

— Bangladesh — India — Nigeria

Source: Bangladesh DHS, India DHS, Nigeria DHS (1997 -2020)

Underweight Prevalence among Children

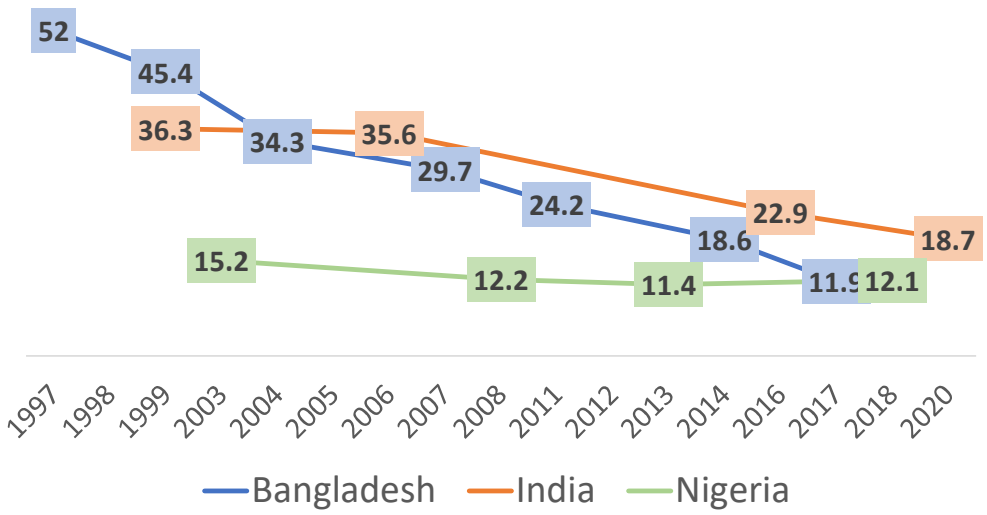


1997 1998 1999 2003 2004 2006 2007 2008 2011 2013 2014 2016 2018 2020

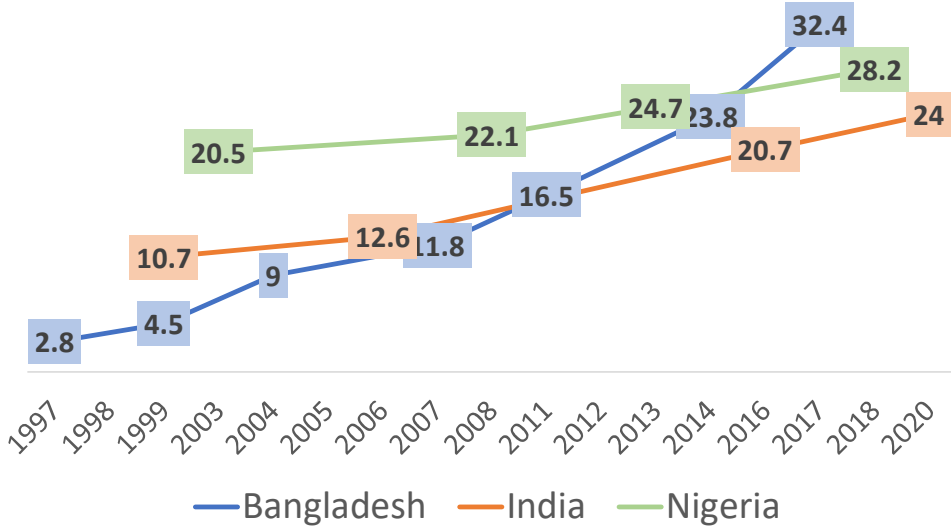
— Bangladesh — India — Nigeria

# Underweight and overweight prevalence among women in Bangladesh, India, and Nigeria

Women who are underweight according to BMI (<18.5)



Women who are overweight or obese according to BMI (>=25.0)



Source: Bangladesh DHS, India DHS, Nigeria DHS (1997 -2020)

# **Government Investment on Nutrition Security**



# The Effect of Government Investment on Nutrition Security

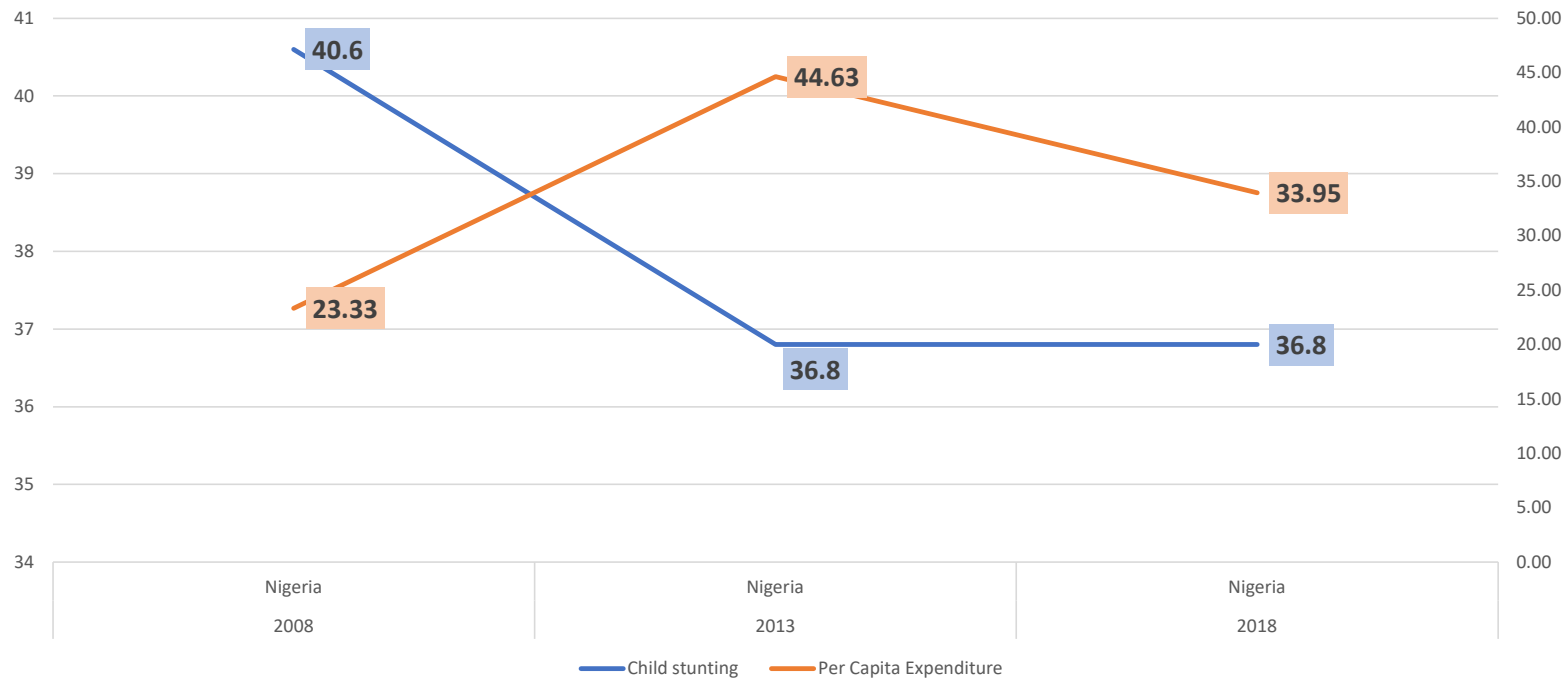


- **Agriculture** - Positive relationship between government expenditure and improved child nutrition outcomes in Bangladesh and other LMICs (Headey et al. 2015; Walls et al. 2018; Kamenya et al. 2022)
- **Education** - Government expenditure in the education sector, particularly on maternal education, is consistently associated with improved child nutrition (Gupta et al. 2002; Aurino and Giunti 2022)
- **Social protection** - Social protection programs, such as cash transfers and safety nets, have emerged as effective interventions for improving child nutrition (Ruel et al. 2013; Handa et al. 2022)
- **Health** - Investments in the health sector, especially in preventive and curative services, are vital for enhancing child nutrition (World Health Organization, 2011)



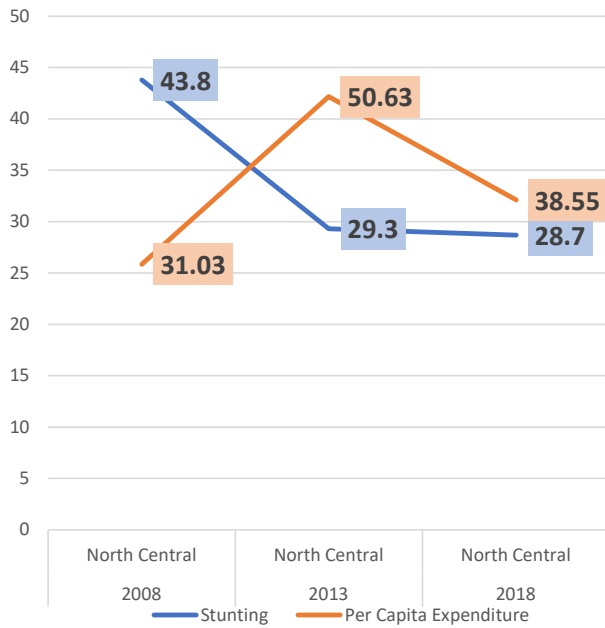
# Child stunting and per capita expenditure ('00)

Child stunting and per capita expenditure

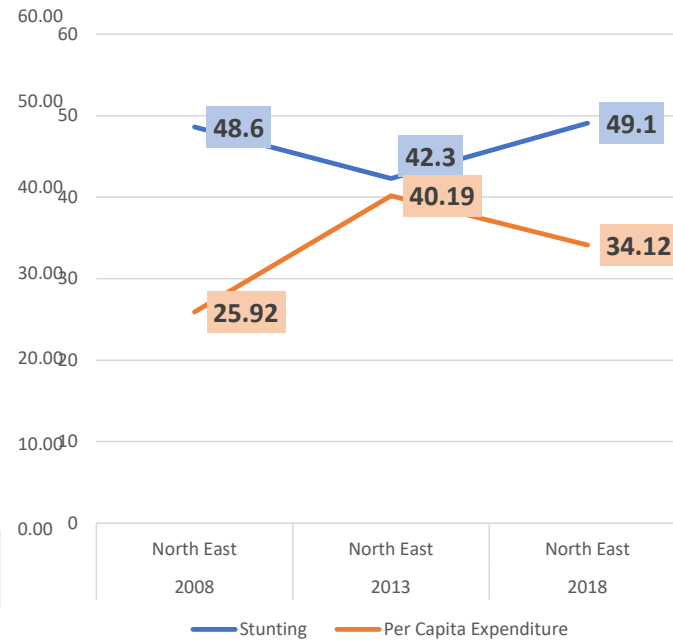


# Child stunting and per capita expenditure across Nigeria geopolitical zones

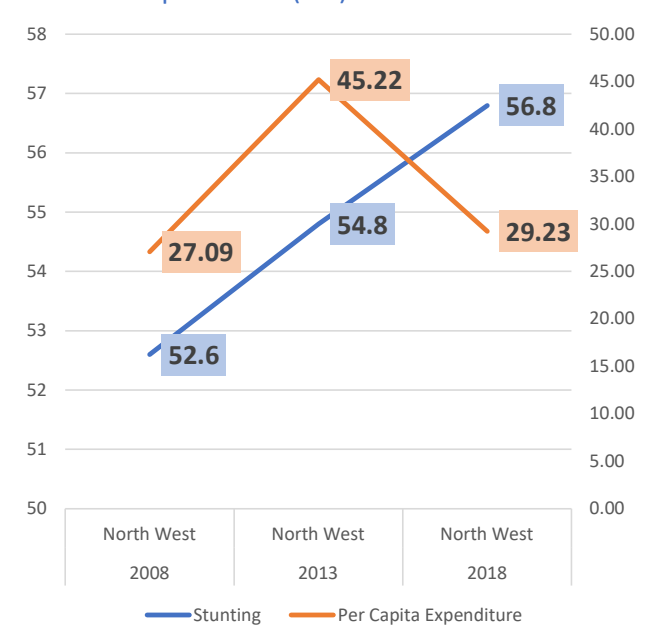
Stunting and Per capita Expenditure ('00) in North Central



Stunting and Per capita Expenditure ('00) in North East

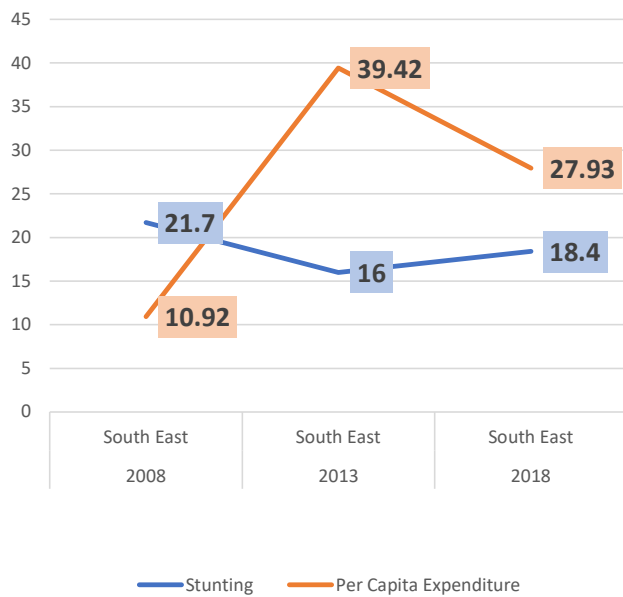


Stunting and Subnational per capita expenditure ('00) in North West

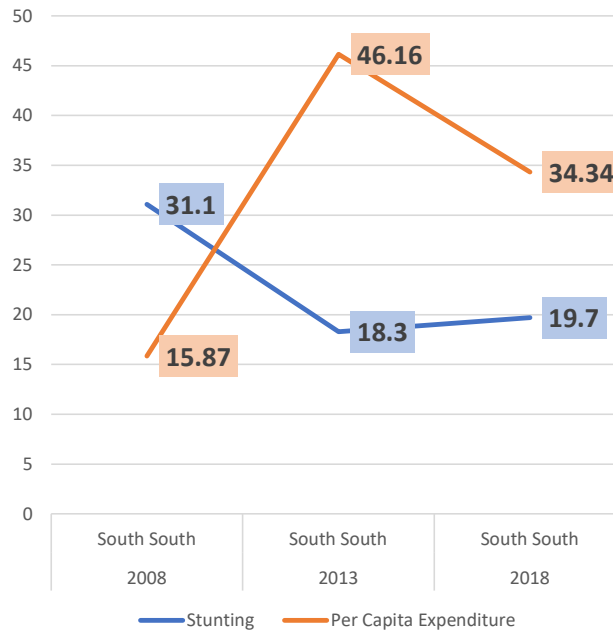


# Child stunting and per capita expenditure across Nigeria geopolitical zones. Contd.

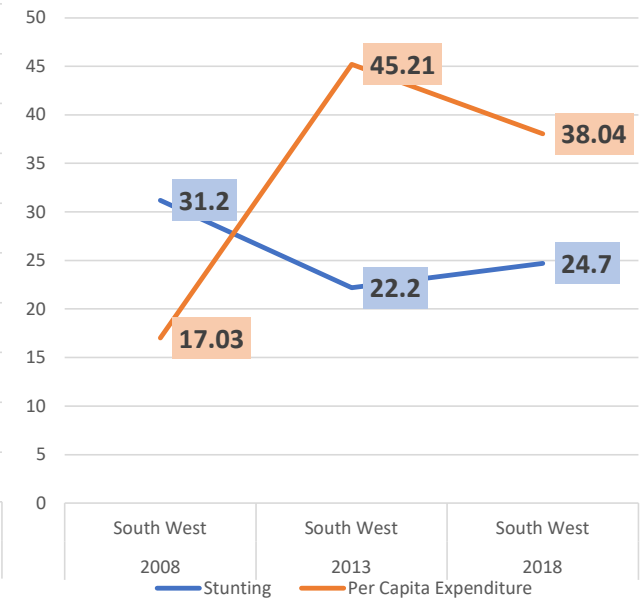
Stunting and per capita Expenditure ('00) in South East



Child stunting and per capita expenditure ('00) South-South



Child stunting and per capita expenditure ('00) in South West



# Conclusions

The nutritional security of children and women in Nigeria remains a critical concern, reflecting a complex interplay of socio-economic, educational, and regional factors

Nigeria's efforts to address nutrition security shows some limited progress on reducing child stunting and women underweight. Progress has also been significantly more regionally varied.

Public expenditure in sectors like agriculture, health, social protection, and education is vital to addressing child malnutrition, but its effectiveness depends on governance and implementation quality