



# STUNTING

## THE GOAL

By 2025, reduce by 40% the number of children aged under 5 years who are stunted

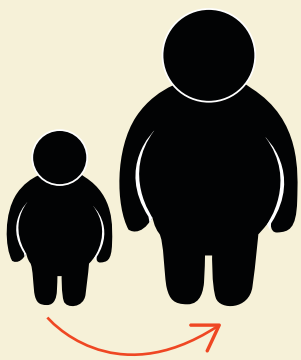
### WHY IT MATTERS



Stunting is a largely irreversible outcome of **inadequate nutrition & repeated bouts of infection** during the first **1,000 days** of a child's life



**Stunting has long-term effects, including:** Diminished cognitive and physical development, reduced productive capacity and **poor health**



Stunted children have an increased risk of becoming **overweight or obese later in life**



Reduced school attendance results in diminished earning capacity; **an average of 22% loss of yearly income in adulthood**



### RECOMMENDED ACTIONS

#### SCALE UP PREVENTION

**WHAT?** Scale up coverage of stunting-prevention activities

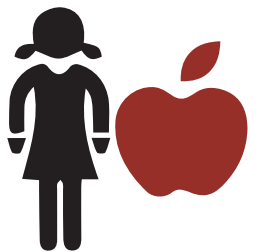
**HOW?** Improve the identification, measurement and understanding of stunting



#### MATERNAL NUTRITION

**WHAT?** Improve the nutrition of women of reproductive age

**HOW?** Enact policies and/or strengthen interventions to improve maternal nutrition and health, beginning with adolescent girls



#### SUPPORT BREASTFEEDING

**WHAT?** Support optimal breastfeeding practices

**HOW?** Implement interventions for improved exclusive breastfeeding and complementary feeding practices



#### COMMUNITY SUPPORT

**WHAT?** Provide community-based strategies to prevent infection-related causes of stunting

**HOW?** Strengthen community-based interventions, including improved water, sanitation and hygiene

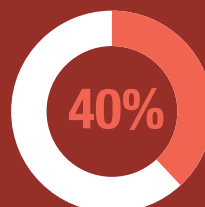


Globally, approximately **159 million children** under the age of 5 years are stunted

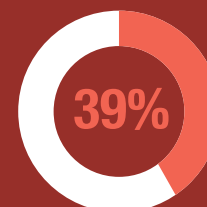


### SCOPE OF THE PROBLEM

Sub-Saharan Africa and South Asia are home to **three quarters** of the world's stunted children



Sub-Saharan Africa



South Asia