

# Nepal Thematic Report on Food Security and Nutrition - 2013

Based on data of the NLSS III (2010-11)



Scientific Symposium- August 2013, Kathmandu, Nepal

## FOOD SECURITY OUTCOMES

- Diet Quantity
- Diet Quality
- Adequacy of Consumption

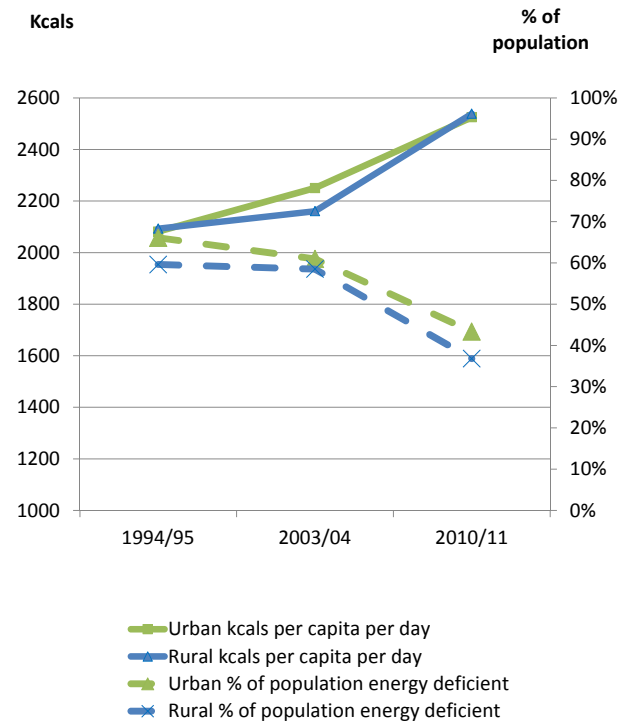
## Diet Quantity

Population	Average kilocalories consumed per capita per day	% of the population food energy deficient*
Nepal	2536	38
Urban	2525	43
Rural	2539	37

\* Age and sex specific recommended daily allowances as per CBS: Minimum average daily requirements is set at 2220 kcal.

- Adult male 2,500 Kcal
- Adult female 1,980 Kcal
- > 60 2,070 Kcal
- Etc. ....

## Trends in Diet Quantity



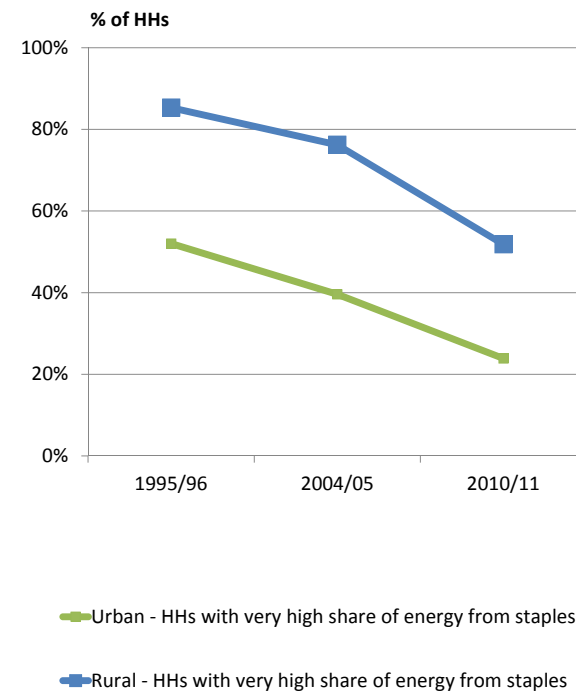
## Diet Quality

Population	Average share of food that is staples (%)	Household Dietary Diversity Score*
Nepal	72	6.49
Urban	66	7.01
Rural	74	6.35

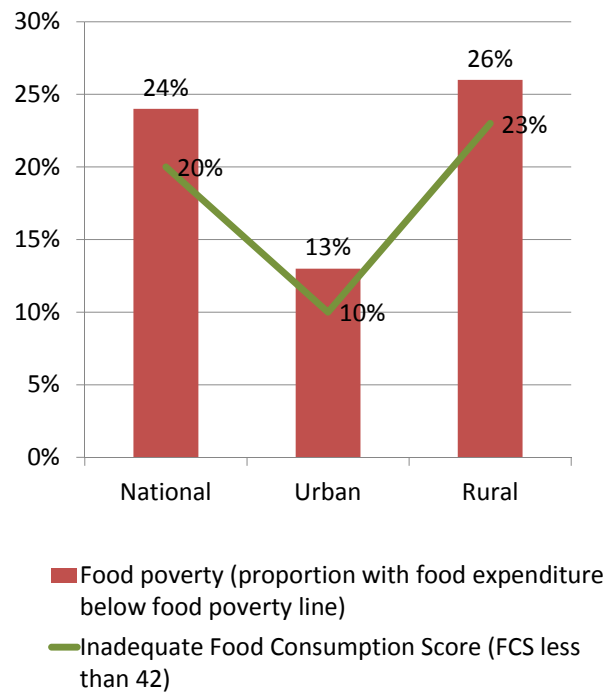
\*Excluded small quantities (less than 15 grams)

- 84 % had a high (>60%) energy share from staples
- 46 % had a very high (>75%) energy share from staples

## Trends in Diet Quality



### (in) Adequacy of overall food consumption



### NUTRITION OUTCOMES

- Stunting
- Wasting
- Underweight

## Nutrition (children < 5)

	Stunting	Wasting	Underweight
<b>National</b>	<b>46.1</b>	<b>14.8</b>	<b>34.8</b>
Urban	30.5	12.3	21.9
Rural	48.7	15.2	37.1
Mountain	61.0	9.8	40.9
Hill	46.4	7.5	28.2
Terai	43.5	21.9	39.6

## Nutrition and food security (children < 5)

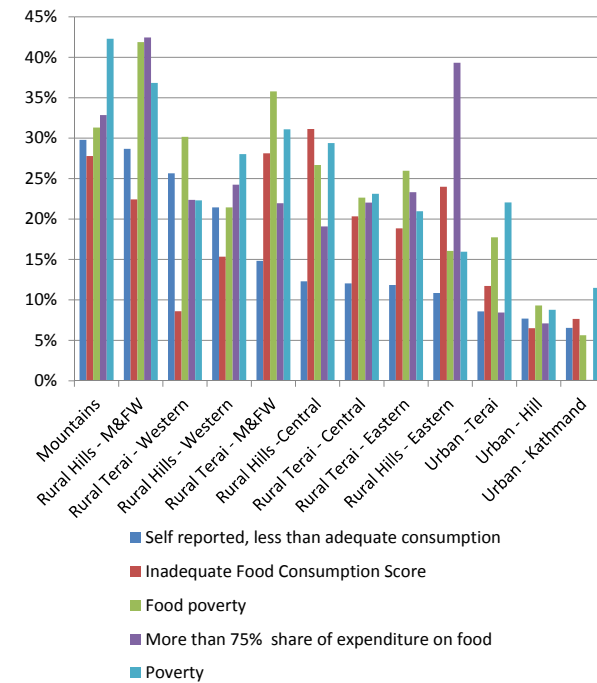
	Stunting	Wasting
<b>Total</b>	46.1	14.8
<b>Household Dietary Energy</b>		
Energy deficient	<b>51.0</b>	14.6
Energy sufficient	<b>43.2</b>	14.9
<b>Dietary Energy from Staples</b>		
> 75% from staples	<b>50.2</b>	<b>17.2</b>
< 75 % from staples	<b>40.9</b>	<b>11.7</b>
<b>Food Consumption Score</b>		
Poor	<b>58.9</b>	15.5
Borderline	<b>53.4</b>	15.1
Adequate	<b>43.0</b>	14.6
<b>Dietary Diversity</b>		
< 4 food items/day	<b>51.4</b>	16.6
> 4 food items/day	<b>45.2</b>	14.5
<b>Food expenditure (food poverty)</b>		
Below food poverty line	<b>53.9</b>	<b>16.6</b>
Above food poverty line	<b>42.5</b>	<b>13.9</b>
<b>Poor Household</b>		
Below poverty line	<b>57.2</b>	<b>17.1</b>
Above poverty line	<b>40.0</b>	<b>13.5</b>
<b>% Expenditure on food</b>		
> 75% on food	<b>55.7</b>	<b>12.0</b>
< 75% on food	<b>41.9</b>	<b>16.0</b>

## A PROFILE OF THE FOOD INSECURE

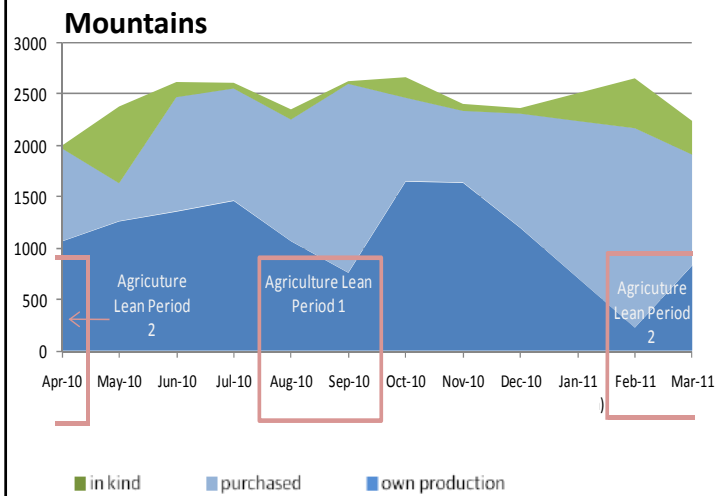
### DIMENSIONS

- Geographic
- Seasonality
- Income, livelihood and wealth
- Caste, ethnicity and religion
- Gender
- Education

## Geographic dimension



## Seasonal dimension



## Wealth dimension

% of HHs in each wealth quintile with poor food security outcomes

Expenditure Quintile	Inadequate Food Consumption Score (FCS less than 42)	Food poverty	>75% share of expenditure on food	less than adequate (self perception)
Q1 (lowest 20%)	52%	86%	37%	35%
Q2	29%	24%	32%	22%
Q3	16%	6%	24%	15%
Q4	13%	2%	18%	11%
Q5 (Highest 20%)	5%	1%	9%	5%

## Caste/ethnicity dimension

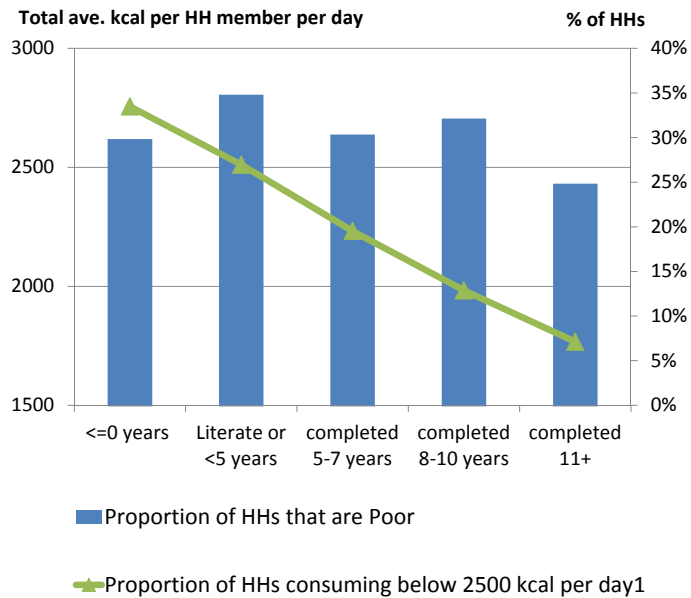
	less than adequate consumption	Inadequate FCS	% Food Poor	>75% share of expenditure on food	Poverty
Brahman, Hill and Terai	9%	5%	13%	11%	11%
Chetri, Hill	17%	14%	26%	20%	23%
Terai middle caste	14%	14%	26%	20%	29%
Dalit, Hill and Terai	31%	35%	35%	39%	42%
Newar	6%	14%	12%	6%	10%
Janajati, Hill	15%	30%	27%	28%	28%
Janajati, Terai	12%	30%	24%	25%	26%
Other	16%	18%	12%	26%	19%

## Gender dimension

- There were no significant differences in the food security indicators of Male and Female Headed Households (M/FHH).
- However, FHH without a male migrant member were significantly worse off on all indicators than both MHH and FHH with a migrant – particularly in rural areas.



## Education dimension

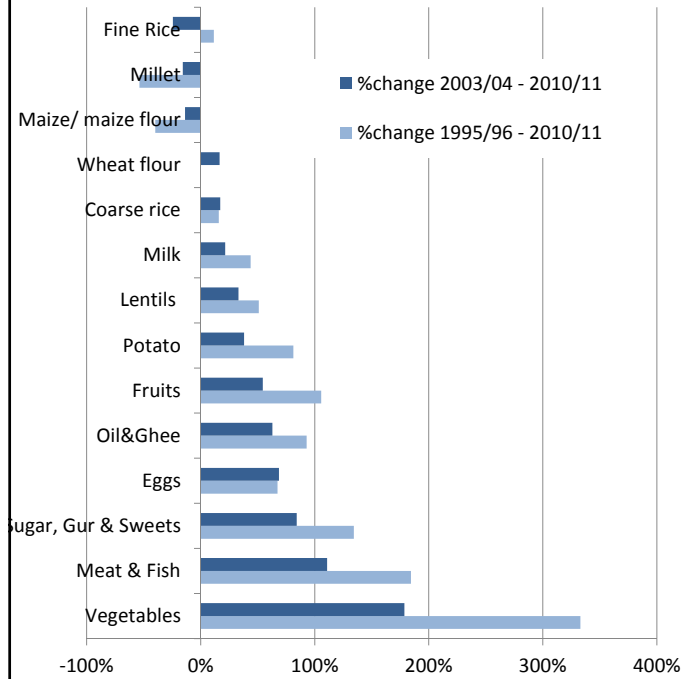


## KEY FOOD SECURITY ISSUES ANALYSIS

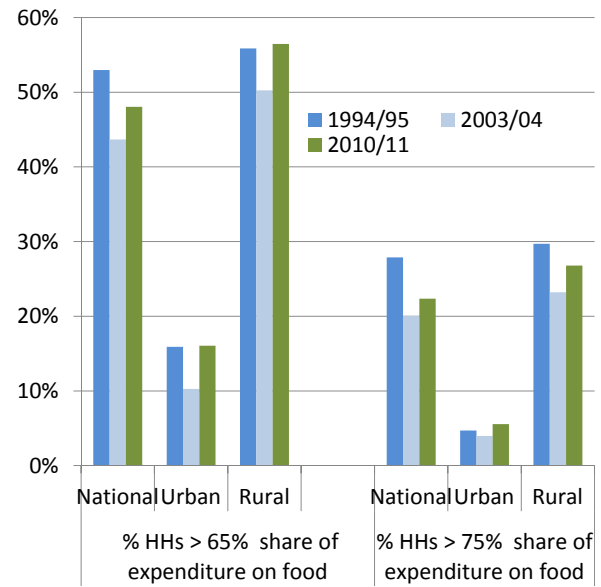
### Issues / Trends

- Changing food preferences
- Expenditure on Food / Rising Food Prices
- Declining poverty
- Increasing role of migration / remittances
- Agricultural performance
- Climate change

## Changing food habits



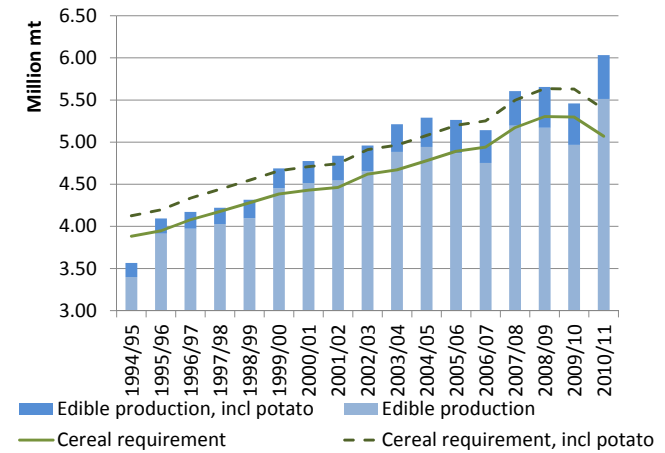
## Expenditure and rising food prices



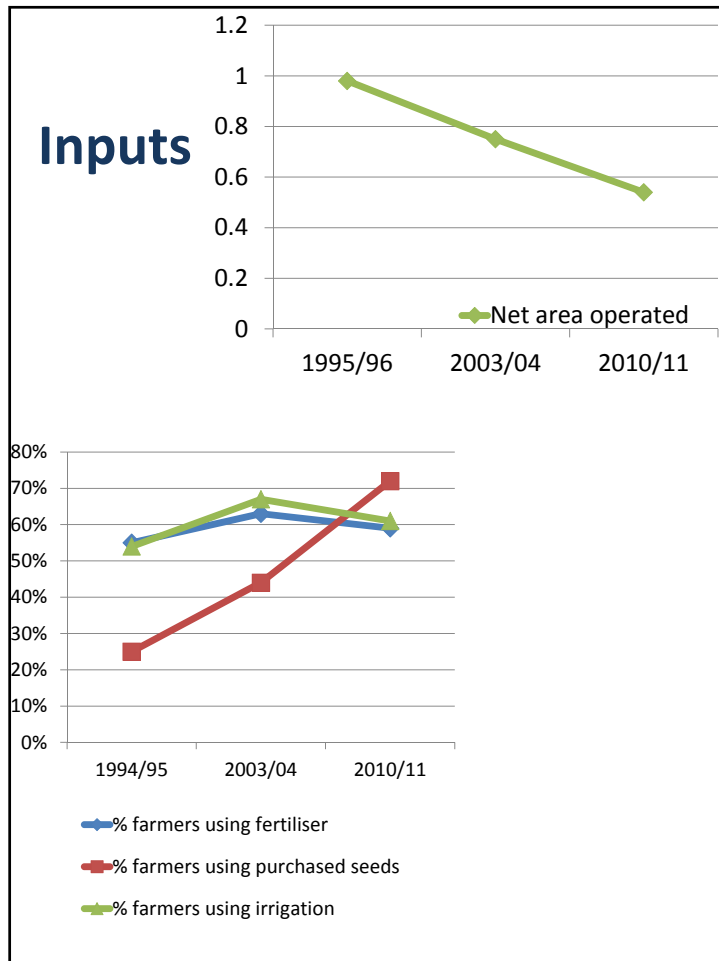
## Role of migration

Food Security Status	Remittances received per capita per year	Share of remittances to total income
Food consumption above food poverty line	15,636	18%
Food consumption below food poverty line	3,824	15%
Not energy deficient	16,398	19%
Energy deficient	7,412	14%

## Agricultural performance



	Production	Yield	Area
<b>Paddy</b>	53%	40%	9%
<b>Maize</b>	59%	35%	17%
<b>Millet</b>	20%	1%	18%
<b>Wheat</b>	85%	51%	23%
<b>Barley</b>	-19%	12%	-27%
<b>Potato</b>	231%	59%	108%



## IMPLICATIONS FOR POLICY AND PROGRAMMING

- Provide targeted assistance to marginalized households and implement geographically based programs of support, particularly during the lean season.
- Sustain and improve education.
- Expand investment in agriculture.
- Spread public education campaigns to improve the consumption of fruits, vegetables, and proteins, particularly among those households that have access.
- Facilitate household remittances income.

*This Thematic Report on Food Security and Nutrition can be found on the NeKSAP website:*

<https://sites.google.com/site/nefoodsec/>



**Thank you for  
your kind  
attention!**