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Special thanks to Provincial Department of Health, Center for Preventive medicine in all 63 provinces and cities nationwide and the Center for Nutrition in Ho Chi Minh City for their support and implementation of data collection.

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<td>Dong Nai</td>
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OVERVIEW
Annually, a nutrition surveillance is conducted by the National Institute of Nutrition (NIN) and Preventive Medical Centres of 63 provinces/cities nationwide and the Nutrition Centre in Ho Chi Minh City in the period from July to September. The nutrition surveillance aims at collecting and evaluating the trend of the maternal and child nutritional status, core indicators of infant and young child feeding practices (IYCF), the implementation of target programs such as prevention of vitamin A deficiency, the use of iodized salt, and accessing to IYCF information. Information provided by the surveillance system is used to monitor and evaluate the implementation of Vietnam nutrition program within the National Nutrition Strategy for each decade, and to provide information for annual provincial nutrition planning.

TARGET POPULATION AND METHODOLOGY
1. Sample size and sampling strategy
This is a cross-sectional survey using two-stage cluster sampling method:

Stage 1 – selecting clusters: NIN randomly selects 30 clusters (commune/ward) for each province/city using the probability proportionate to size method (PPS). For Ha Noi and Ho Chi Minh Cities we first stratify by urban and rural areas, then select 30 clusters are randomly selected for each area using the PPS method.

Stage 2 – selecting villages: From each commune/ward selected in the stage 1, three villages are randomly selected (using lottery or the table of random number).

Stage 3 – selecting participants: The provincial surveillance team or nutrition specialist randomly select 17 children under 5 years of age from each village using the door to door method (in case without complete list of the children in the village) or using excel (in case with complete list of the village’s children). Ensure that the number of sampled children in each village follow the ratios: 2 children 0-5 months, 5 children 6-23 months, and 10 children 24-59 months. The number of surveyed children is:

- Each cluster: 17 children x 3 villages = 51 children
- Each province: 30 clusters x 51 children = 1530 children
- In Ha Noi and Ho Chi Minh City: 2 areas x 1530 children = 3060 children
- Nationwide: 1950 clusters x 51 children = 99450 children

2. Surveillance content
As described earlier, the NIN surveillance collects basic information related to maternal and child nutritional status based on anthropometric measurement, core indicators of coverage rate of services to prevent micronutrient deficiency, and core indicators of IYCF practices. The criteria are used based on WHO reference standards on definitions and data collection method in order to maximize the consistency of the criteria among different years, as well as the value in using and comparing data when needed (see the indicator definition section). A structured questionnaire is developed including necessary information along with guidance materials for interviewers and supervisors.
3. **Field data collection**

Members of the nutrition surveillance system include: technical group (Department of Nutrition Surveillance and Policy, NIN), supervisors (Provincial, National and Regional), surveillance specialists, field leaders, interviewers, and data entry group (Department of Nutrition Surveillance and Policy, NIN). Interviewers are provincial staffs, normally from provincial preventive medical centres. Repeated technical trainings are conducted for interviewers by the national level before the field work. Data collection process for each cluster consists the following stages:

**3.1. Preparation before field work**

The preparation process starts immediately after the training for field leaders and interviewers. In addition, all previous steps such as cluster selection, village selection, and respondent selection must be completed already.

The steps include: unifying surveillance plan among levels, preparing necessary documents and administrative procedures, and conducting conferences to prepare for the implementation (if possible).

Before going to the field, it is needed to directly contact with the district and commune to make sure about their readiness. Besides, each member needs to prepare him/herself about physical and mental health, family work and work handover before the field trip.

**3.2. Implementation in the field**

Provincial surveillance team collaborates with the commune in following activities: preparing places, inviting and making appointment with respondents, mobilizing support from local staffs on reception, calling respondents, directing, translating, and other supports during the survey process.

**3.3. Data collection**

The field data collection is conducted with four following steps:

- **Reception** (Village health workers)
- **Anthropometric measurement** (1-2 trained staff)
- **Interview** (2-3 trained staff)
- **Conclusion, feedback** (Field leader)

**Note:** Staff = Staff of provincial surveillance team

**3.4. Complete data in each cluster**

Steps should be taken after the end of the data collection include:

- Reviewing the situation and recording cases that could not be measured;
- Checking scale and meter;
- Gathering, checking, packing, and arranging data forms by cluster, village and mother code;
- Informing some results based on the initial findings of local child nutritional status and thanks for being helped.

4. **Data management, analysis and results**

Data are entered and checked using Epidata software at national level. After that, data are managed using MS Access software: creating and defining indicators follow the questionnaire. All data are analysed using Stata 12 (Stata Inc., TX, USA). Results will be integrated into a general reporting template developed on MS Excel to generate nationwide report and reports by ecological region, province, and urban/rural area. Depending on each year, Nutrition profile is printed or uploaded to the website. In addition, the trend over time of some indicators are also developed in this Nutrition profile.
5. Definition of core indicators

Height-for-age Z scores (HAZ), weight-for-age Z scores (WAZ) and weight-for-height Z scores (WHZ) are calculated based on World Health Organization (WHO) reference standards for child anthropometry\(^1\). The criteria on infant and young child feeding practices are based on the most recent IYCF indicators based World Health Organization guidance\(^2\).

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<tr>
<th>Indicators</th>
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<td><strong>Anthropometry</strong></td>
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<td>Stunting</td>
<td>Height-for-age Z score &lt;-2SD</td>
</tr>
<tr>
<td>Underweight</td>
<td>Weight-for-age Z score&lt;-2SD</td>
</tr>
<tr>
<td>Wasting</td>
<td>Weight-for-height Z score&lt;-2SD</td>
</tr>
<tr>
<td><strong>Infant and young child feeding indicators (IYCF)</strong></td>
<td></td>
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<tr>
<td>Early initiation of breastfeeding</td>
<td>Proportion of children born in the last 24 months who were breastfed within 1 hour of birth</td>
</tr>
<tr>
<td>Exclusive breastfeeding (EBF) under 6 months</td>
<td>Proportion of infants 0-5.9 months of age who are fed exclusively with breast milk</td>
</tr>
<tr>
<td>Predominant breastfeeding under 6 months</td>
<td>Proportion of infants 0-5.9 months of age who are predominantly breastfed. Predominant BF might include certain liquids, other than non-human milk or food-based fluids.</td>
</tr>
<tr>
<td>Continued breastfeeding at 1 year</td>
<td>Proportion of children 12-15.9 months of age who are fed breast milk</td>
</tr>
<tr>
<td>Continued breastfeeding at 2 years</td>
<td>Proportion of children 20-23.9 months of age who are fed breast milk</td>
</tr>
<tr>
<td>Minimum dietary diversity</td>
<td>Proportion of children 6-23.9 months of age who receive foods from 4 or more food groups</td>
</tr>
<tr>
<td>Minimum meal frequency</td>
<td>Proportion of breastfed and non-breastfed children 6-23.9 months of age who receive solid, semi-solid or soft foods the minimum number of times or more</td>
</tr>
<tr>
<td>Minimum acceptable diet</td>
<td>Proportion of children 6-23.9 months of age who receive a minimum acceptable diet (apart from breast milk)</td>
</tr>
<tr>
<td>Consumption of iron-rich or iron-fortified foods</td>
<td>Proportion of children 6-23.9 months of age who receive an iron-rich food or iron-fortified food that is especially designed for infants and young children, or that is fortified in the home</td>
</tr>
<tr>
<td>Age-appropriate breastfeeding</td>
<td>Proportion of children 0-23.9 months of age who are appropriately breastfed</td>
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<tr>
<td>No bottle feeding</td>
<td>Proportion of children 0-23.9 months of age who a not fed with a bottle</td>
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<tr>
<td><strong>Maternal indicators</strong></td>
<td></td>
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<tr>
<td>Chronic energy deficiency (CED)</td>
<td>Proportion of mothers who have BMI&lt;18,5kg/m(^2)</td>
</tr>
<tr>
<td>Iron tablet supplementation during last 6 months</td>
<td>Proportion of women who reported taking iron supplements in the last 6 months</td>
</tr>
<tr>
<td>Iron tablet supplementation during pregnancy</td>
<td>Proportion of women who reported starting taking iron supplements during first, second or third trimester of pregnancy</td>
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<td>Vitamin A use postpartum</td>
<td>Proportion of women who reported taking vitamin A during post-partum period</td>
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<tr>
<td><strong>Accessing to IYCF information</strong></td>
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<tr>
<td>Direct contact with health staffs</td>
<td>Proportion of women who reported receiving information from communal health center staffs, village health worker/nutrition volunteer, women union during last 3 months</td>
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<tr>
<td>Information from mass-media</td>
<td>Proportion of women who reported receiving information from the mass-media such as TV, radio/loudspeaker, newspapers/magazines, posters, flipcharts, internet... during last 3 months</td>
</tr>
<tr>
<td>Topics of nutritional counseling</td>
<td>Topics on IYCF which were counseled during the last 3 months</td>
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This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 15.1%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years old child was 82.8% and the rate of using Vitamin A after delivery was 46.8%.

b. Among children under 5 years of age, the prevalence of stunting was 25.9%, underweight was 15.3% and wasting was 6.6%; while the prevalence of overweight and obesity was 4.6%.

c. The rate of early initiation of breastfeeding was 54.3%, continued breastfeeding at 2 years rate was 22.6% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 66.4%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 86.3%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 86%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 59.4%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
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<td>No. of hospitals</td>
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<td>No. of wards, town districts, and communes</td>
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<td>No. of polyclinics</td>
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<tr>
<td>No. of villages</td>
<td>125,618</td>
<td>No. of commune health centers</td>
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<td>Population</td>
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<td>No. of maternity homes</td>
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<tr>
<td>No. of children &lt;5 years of age</td>
<td>7,115,606</td>
<td>No. of doctors</td>
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<tr>
<td>No. of children &lt;2 years of age (estimated to be 41.1% of the under 5)</td>
<td>2,924,514</td>
<td>No. of assistant doctors</td>
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<td>Percent ethnic minorities</td>
<td>14.3%</td>
<td>No. of nurses</td>
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<tr>
<td>Poverty rate</td>
<td>12.9%</td>
<td>No. of midwives/birth attendant</td>
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<tr>
<td></td>
<td></td>
<td>No. of village health workers</td>
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Last update 2/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Nationwide
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 86.0%
- Contact with health staff during last 3 months: 59.4%

2. Sources of information from mass-media (%)

- TV: 62.2%
- Radio/loudspeaker: 27.2%
- Newspapers/magazines: 16.9%
- Poster, flipcharts: 10.2%
- Internet: 11.7%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 75.6%
- Feed only breast milk up to 6 months: 75.2%
- Not to give child any water, liquid, honey or formula up to 6 months: 54.8%
- Continue breastfed up to 24 months: 67.6%
- Receiving iron tablet/MMN: 71.6%
- Feeding eggs, meat, fish and other animal source food after 6 months: 72.7%
- Counseling on child height/weight: 77.9%
- Washing hands with soap before feeding child: 65.7%

4. Sources of direct contact (%)

- Communal health center staff: 40.3%
- Village health worker/Nutrition volunteer: 38.8%
- Women union: 12.2%

5. Type of IYCF information (%)

- About breastfeeding: 65.8%
- About complementary food: 83.8%


4. Nationwide
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 16.2%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 76.3% and the rate of using Vitamin A after delivery was 39.2%.

b. Among children under 5 years of age, the prevalence of stunting was 21%, underweight was 10.8% and wasting was 5.4%; while the prevalence of overweight and obesity was 4.2%.

c. The rate of early initiation of breastfeeding was 49%, continued breastfeeding at 2 years rate was 22% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 70.2%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 87.6%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 95.4%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 59.4%

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

**Basic characteristics**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
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<th>Value</th>
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<tbody>
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<td>No. of districts and towns</td>
<td>119</td>
<td>No. of hospitals</td>
<td>210</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
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<td>No. of polyclinics</td>
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<td>No. of villages</td>
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<td>No. of commune health centers</td>
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<td>Population</td>
<td>19,883,325</td>
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<td>No. of children &lt;5 years of age</td>
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<td>No. of doctors</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>Percent ethnic minorities</td>
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<td>Poverty rate</td>
<td>7.0%</td>
<td>No. of village health workers</td>
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Last update 2/7/2014
NUTRITION INFORMATION (2010 & 2013)

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ< -2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ< -2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ< -2Z) among children under 5 years by age group (%)

2. Red River Delta
Infant and young child feeding practices by age


3. Red River Delta
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 95.4%
- Contact with health staff during last 3 months: 59.4%

2. Sources of information from mass-media (%)

- TV: 79.6%
- Radio/ loudspeaker: 47.9%
- Newspapers/ magazines: 32.1%
- Poster, flipcharts: 15.8%
- Internet: 24.6%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 85.5%
- Feed only breast milk up to 6 months: 87.0%
- Not to give child any water, liquid, honey or formula up to 6 months: 63.0%
- Continue breastfed up to 24 months: 80.4%
- Receiving iron tablet/MMN: 83.1%
- Feeding eggs, meat, fish and other animal source food after 6 months: 82.4%
- Washing hands with soap before preparing food: 86.3%
- Counseling on child height/weight: 75.7%

4. Sources of direct contact (%)

- Communal health center staff: 42.5%
- Village health worker/ Nutrition volunteer: 36.8%
- Women union: 14.9%

5. Type of IYCF information (%)

- About breastfeeding: 2.5%
- About complementary food: 16.3%


4. Red River Delta
Northern midlands and mountainous

Nutrition profile 2013

This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 15.3%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 71.2% and the rate of using Vitamin A after delivery was 49%.

b. Among children under 5 years of age, the prevalence of stunting was 31.9%, underweight was 20.9% and wasting was 7.4%; while the prevalence of overweight and obesity was 3%.

c. The rate of early initiation of breastfeeding was 68.8%, continued breastfeeding at 2 years rate was 25% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 61.8%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 88.7%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 89.5%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 71.7%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>127</td>
<td>No. of hospitals</td>
<td>192</td>
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<td>No. of wards, town districts, and communes</td>
<td>2,540</td>
<td>No. of polyclinics</td>
<td>220</td>
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<td>No. of villages</td>
<td>30,656</td>
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<td>2,516</td>
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<td>Population</td>
<td>11,240,918</td>
<td>No. of maternity homes</td>
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<td>No. of children &lt;5 years of age</td>
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<td>No. of doctors</td>
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<td>467,397</td>
<td>No. of assistant doctors</td>
<td>11,272</td>
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<td>(estimated to be 41.1% of the under 5)</td>
<td>3,467,616</td>
<td>No. of nurses</td>
<td>10,789</td>
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<td>Percent ethnic minorities</td>
<td>54.9%</td>
<td>No. of midwives/birth attendant</td>
<td>4,069</td>
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<td>Poverty rate</td>
<td>27.7%</td>
<td>No. of village health workers</td>
<td>29,585</td>
</tr>
</tbody>
</table>


Last update 2/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

Infant and young child feeding practices by age

ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 89.5%
- Contact with health staff during last 3 months: 71.7%

2. Sources of information from mass-media (%)

- TV: 60.9%
- Radio/ loudspeaker: 25.5%
- Newspapers/ magazines: 9.6%
- Poster, flipcharts: 11.6%
- Internet: 9.5%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 77.5%
- Feed only breast milk up to 6 months: 77.0%
- Not to give child any water, liquid, honey or formula up to 6 months: 50.0%
- Continue breastfed up to 24 months: 66.1%
- Receiving iron tablet/MMN: 73.0%
- Feeding eggs, meat, fish and other animal source food after 6 months: 76.4%
- Washing hands with soap before preparing food: 78.8%
- Counseling on child height/weight: 70.6%

4. Sources of direct contact (%)

- Communal health center staff: 48.0%
- Village health worker/Nutrition volunteer: 54.5%
- Women union: 15.4%

5. Type of IYCF information (%)

- About breastfeeding: 89.5%
- About complementary food: 63.3%


4. Northern midlands and mountainous
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 16.4%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 89.9% and the rate of using Vitamin A after delivery was 48.4%.

b. Among children under 5 years of age, the prevalence of stunting was 29.8%, underweight was 18.4% and wasting was 6.9%; while the prevalence of overweight and obesity was 3.6%.

c. The rate of early initiation of breastfeeding was 63.7%, continued breastfeeding at 2 years rate was 23.6% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 74.2%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 88.6%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 77.6%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 57.5%.

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>156</td>
<td>No. of hospitals</td>
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<td>No. of wards, town districts, and communes</td>
<td>2,914</td>
<td>No. of polyclinics</td>
<td>141</td>
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<td>No. of villages</td>
<td>26,924</td>
<td>No. of commune health centers</td>
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<td>Population</td>
<td>18,994,709</td>
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<td>No. of children &lt;5 years of age</td>
<td>1,459,307</td>
<td>No. of doctors</td>
<td>9,836</td>
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<td>No. of children &lt;2 years of age (estimated to be 41.1% of the under 5)</td>
<td>599,775</td>
<td>No. of assistant doctors</td>
<td>11,572</td>
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<td>Percent ethnic minorities</td>
<td>9.6%</td>
<td>No. of nurses</td>
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<td>Poverty rate</td>
<td>18.2%</td>
<td>No. of midwives/birth attendant</td>
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<tr>
<td></td>
<td></td>
<td>No. of village health workers</td>
<td>25,655</td>
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Last update 2/7/2014
### 1. Chronic energy deficiency prevalence of mothers by age group (%)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010 (n=20133)</th>
<th>2013 (n=16756)</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-24 years</td>
<td>29.5</td>
<td>25.6</td>
</tr>
<tr>
<td>25-34 years</td>
<td>24.0</td>
<td>16.1</td>
</tr>
<tr>
<td>35-49 years</td>
<td>17.1</td>
<td>11.5</td>
</tr>
<tr>
<td>54-49 years</td>
<td>22.5</td>
<td>16.4</td>
</tr>
</tbody>
</table>

### 2. Vitamin A supplements: Knowledge and use among mothers (%)

<table>
<thead>
<tr>
<th>Knowledge/Use</th>
<th>2010 (n=18327)</th>
<th>2013 (n=19156)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knew/heard</td>
<td>93.1</td>
<td>43.8</td>
</tr>
<tr>
<td>Heard</td>
<td>67.4</td>
<td>48.4</td>
</tr>
</tbody>
</table>

### 3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010 (n=21392)</th>
<th>2013 (n=21488)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-5 months</td>
<td>19.8</td>
<td>31.4</td>
</tr>
<tr>
<td>6-11 months</td>
<td>24.0</td>
<td>29.8</td>
</tr>
<tr>
<td>12-17 months</td>
<td>7.6</td>
<td>6.9</td>
</tr>
<tr>
<td>18-23 months</td>
<td>3.3</td>
<td>3.6</td>
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</table>

### 4. Malnutrition prevalence among children under 5 years (%)

<table>
<thead>
<tr>
<th>Condition</th>
<th>2010 (n=201074)</th>
<th>2013 (n=21365)</th>
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</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>17.7</td>
<td>16.4</td>
</tr>
<tr>
<td>Stunting</td>
<td>31.4</td>
<td>29.8</td>
</tr>
<tr>
<td>Wasting</td>
<td>7.6</td>
<td>6.9</td>
</tr>
<tr>
<td>Overweight/obese</td>
<td>3.3</td>
<td>3.6</td>
</tr>
</tbody>
</table>

### 5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010 (n=21395)</th>
<th>2013 (n=21488)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-5 months</td>
<td>4.6</td>
<td>7.0</td>
</tr>
<tr>
<td>6-11 months</td>
<td>7.0</td>
<td>9.2</td>
</tr>
<tr>
<td>12-17 months</td>
<td>9.2</td>
<td>12.1</td>
</tr>
<tr>
<td>18-23 months</td>
<td>14.0</td>
<td>15.7</td>
</tr>
<tr>
<td>24-29 months</td>
<td>15.7</td>
<td>19.4</td>
</tr>
<tr>
<td>30-35 months</td>
<td>19.4</td>
<td>16.9</td>
</tr>
<tr>
<td>36-41 months</td>
<td>16.9</td>
<td>17.8</td>
</tr>
</tbody>
</table>

### 6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010 (n=22949)</th>
<th>2013 (n=23167)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-5 months</td>
<td>5.0</td>
<td>5.5</td>
</tr>
<tr>
<td>6-11 months</td>
<td>5.5</td>
<td>5.0</td>
</tr>
<tr>
<td>12-17 months</td>
<td>5.0</td>
<td>5.5</td>
</tr>
<tr>
<td>18-23 months</td>
<td>4.9</td>
<td>4.5</td>
</tr>
<tr>
<td>24-29 months</td>
<td>4.5</td>
<td>4.1</td>
</tr>
<tr>
<td>30-35 months</td>
<td>6.6</td>
<td>6.4</td>
</tr>
<tr>
<td>36-41 months</td>
<td>6.4</td>
<td>6.6</td>
</tr>
</tbody>
</table>


2. North Central area and Central coastal
NUTRITION DURING THE LIFE CYCLE

Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 77.6%
- Contact with health staff during last 3 months: 57.5%

2. Sources of information from mass-media (%)

- TV: 62.4%
- Radio/ loudspeaker: 22.8%
- Newspapers/magazines: 11.2%
- Poster, flipcharts: 8.3%
- Internet: 8.6%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 70.3%
- Feed only breast milk up to 6 months: 68.6%
- Not to give child any water, liquid, honey or formula up to 6 months: 50.4%
- Continue breastfed up to 24 months: 66.6%
- Receiving iron tablet/MIIN: 67.8%
- Feeding eggs, meat, fish and other animal source food after 6 months: 68.5%
- Washing hands with soap before feeding child: 72.7%
- Counseling on child height/weight: 60.8%

4. Sources of direct contact (%)

- Communal health center staff: 37.5%
- Village health worker/ Nutrition volunteer: 40.9%
- Women union: 13.0%

5. Type of IYCF information (%)

- About breastfeeding: Health staff 2.6%, Mass media 61.9%
- About complementary food: Health staff 9.3%, Mass media 76.0%


4. North Central area and Central coastal
Central Highland

Nutrition profile 2013

This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 13.1%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 72.7% and the rate of using Vitamin A after delivery was 50%.

b. Among children under 5 years of age, the prevalence of stunting was 36.4%, underweight was 24.6% and wasting was 6.7%; while the prevalence of overweight and obesity was 2.9%.

c. The rate of early initiation of breastfeeding was 64.6%, continued breastfeeding at 2 years rate was 47.9% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 49.2%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 85.8%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 74.4%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 71.5%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
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<td>No. of wards, town districts, and communes</td>
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<td>No. of polyclinics</td>
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<td>No. of villages</td>
<td>7,371</td>
<td>No. of commune health centers</td>
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<td>Population</td>
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<td>No. of children &lt;5 years of age</td>
<td>501,772</td>
<td>No. of doctors</td>
<td>2,626</td>
</tr>
<tr>
<td>No. of children &lt;2 years of age (estimated to be 41.1% of the under 5)</td>
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<td>No. of assistant doctors</td>
<td>2,514</td>
</tr>
<tr>
<td>Percent ethnic minorities</td>
<td>35.3%</td>
<td>No. of nurses</td>
<td>4,288</td>
</tr>
<tr>
<td>Poverty rate</td>
<td>20.5%</td>
<td>No. of midwives/birth attendant</td>
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<tr>
<td></td>
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<td>No. of village health workers</td>
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</table>


Last update 2/7/2014
NUTRITION INFORMATION (2010 & 2013)

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

2. Central Highland
NUTRITION DURING THE LIFE CYCLE

3. Central Highland


Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

Age group in months

0-1 2-3 4-5 6-7 8-9 10-11

0 20 40 60 80 100
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

2. Sources of information from mass-media (%)

3. Topics of nutritional counseling (%)

4. Sources of direct contact (%)

5. Type of IYCF information (%)

4. Central Highland
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 12.9%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 89.8% and the rate of using Vitamin A after delivery was 46.9%.

b. Among children under 5 years of age, the prevalence of stunting was 19.7%, underweight was 10.2% and wasting was 5.5%; while the prevalence of overweight and obesity was 9.2%.

c. The rate of early initiation of breastfeeding was 32.8%, continued breastfeeding at 2 years rate was 20.5% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 69.9%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 79.6%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 89.9%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 35.8%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>67</td>
<td>No. of hospitals</td>
<td>114</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
<td>872</td>
<td>No. of polyclinics</td>
<td>43</td>
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<td>No. of villages</td>
<td>22,216</td>
<td>No. of commune health centers</td>
<td>868</td>
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<tr>
<td>Population</td>
<td>14,888,149</td>
<td>No. of maternity homes</td>
<td>22</td>
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<tr>
<td>No. of children &lt;5 years of age</td>
<td>1,073,983</td>
<td>No. of doctors</td>
<td>8,914</td>
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<tr>
<td>No. of children &lt;2 years of age</td>
<td>441,407</td>
<td>No. of assistant doctors</td>
<td>4,775</td>
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<tr>
<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
<td>14,557</td>
</tr>
<tr>
<td>Percent ethnic minorities</td>
<td>6.5%</td>
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<td>4,181</td>
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<tr>
<td>Poverty rate</td>
<td>1.9%</td>
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<td>6,337</td>
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Last update 2/7/2014

27
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. South East
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 89.9%
- Contact with health staff during last 3 months: 35.8%

2. Sources of information from mass-media (%)

- TV: 67.0%
- Radio/loudspeaker: 25.0%
- Newspapers/magazines: 29.9%
- Poster, flipcharts: 12.6%
- Internet: 14.4%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 77.2%
- Feed only breast milk up to 6 months: 76.0%
- Not to give child any water, liquid, honey or formula up to 6 months: 45.9%
- Continue breastfed up to 24 months: 56.2%
- Receiving iron tablets/MN: 75.5%
- Feeding eggs, meat, fish and other animal source food after 6 months: 68.6%
- Washing hands with soap before feeding child: 80.4%
- Counseling on child height/weight: 63.6%

4. Sources of direct contact (%)

- Communal health center staff: 23.1%
- Village health worker/Nutrition volunteer: 17.8%
- Women union: 8.5%

5. Type of IYCF information (%)

- About breastfeeding: 5.9%
- About complementary food: 13.5%


4. South East.
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 14.9%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 89.3% and the rate of using Vitamin A after delivery was 50.9%.

b. Among children under 5 years of age, the prevalence of stunting was 25%, underweight was 13.8% and wasting was 6.7%; while the prevalence of overweight and obesity was 4.6%.

c. The rate of early initiation of breastfeeding was 53.6%, continued breastfeeding at 2 years rate was 11.5% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 59.6%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 86%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 83%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 62.9%.

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
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<td>11,623</td>
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</table>

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Mekong river delta
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

4. Mekong river delta
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 14.5%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 81.4% and the rate of using Vitamin A after delivery was 46.8%.

b. Among children under 5 years of age, the prevalence of stunting was 15.5%, underweight was 7% and wasting was 2.8%; while the prevalence of overweight and obesity was 4.9%.

c. The rate of early initiation of breastfeeding was 35.1%, continued breastfeeding at 2 years rate was 23.3% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 81.5%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 89.3%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 93.7%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 31.2%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
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<td>Poverty rate</td>
<td>4.3%</td>
<td>No. of village health workers</td>
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Last update 2/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

NUTRITION DURING THE LIFE CYCLE

Infant and young child feeding practices by age

- **Preconception & pregnancy**
  - Months, Non-pregnant/ lactating

- **0-5 months**
  - Ever breastfed
  - Early initiation of breastfeeding
  - No squeezing out colostrum

- **6-23 months**
  - Continued breastfeeding at 1 year
  - Minimum meal frequency
  - Minimum dietary diversity
  - Minimum acceptable diet
  - Consumption of iron-rich or iron-fortified foods
  - Vitamin A supplementation (last 6 months)
  - No bottle feeding

- **24-59 months**
  - Continued breastfeeding at 2 years
  - Child deworming (last 6 months)
  - Vitamin A supplementation (last 6 months)
  - Child 24-35 months get vitamin A


3. Ha Noi
**ACCESS TO NUTRITION INFORMATION AND SERVICES**

1. **Exposure to nutrition information (%)**

![Chart](chart1)

- See/ hear IYCF messages on mass-media last 3 months: 93.7%
- Contact with health staff during last 3 months: 31.2%

2. **Sources of information from mass-media (%)**

![Chart](chart2)

- TV: 75.4%
- Radio/ loudspeaker: 35.1%
- Newspapers/ magazines: 32.3%
- Poster, flipcharts: 18.5%
- Internet: 34.0%

3. **Topics of nutritional counseling (%)**

![Chart](chart3)

- Baby should be breastfed immediately after birth: 80.1%
- Feed only breast milk up to 6 months: 83.1%
- Not to give child any water, liquid, honey or formula up to 6 months: 55.3%
- Continue breastfed up to 24 months: 75.8%
- Receiving iron tablet/MMN: 80.4%
- Feeding eggs, meat, fish and other animal source food after 6 months: 82.1%
- Washing hands with soap before feeding child: 83.2%
- Counseling on child height/weight: 70.1%

4. **Sources of direct contact (%)**

![Chart](chart4)

- Communal health center staff: 25.2%
- Village health worker/ Nutrition volunteer: 12.4%
- Women union: 5.2%

5. **Type of IYCF information (%)**

![Chart](chart5)

- About breastfeeding: 85.6%
- About complementary food: 92.4%
- Health staff: 2.7%
- Mass media: 6.9%


4. Ha Noi
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 15.3%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 84.3% and the rate of using Vitamin A after delivery was 14%.

b. Among children under 5 years of age, the prevalence of stunting was 20%, underweight was 8.9% and wasting was 5.4%; while the prevalence of overweight and obesity was 3.6%.

c. The rate of early initiation of breastfeeding was 24.5%, continued breastfeeding at 2 years rate was 18.3% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 81.1%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 85.8%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 96.9%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 28.6%.

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

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<th>Value</th>
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<td>be 41.1% of the under 5)</td>
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<td>No. of village health workers</td>
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Last update 2/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Hai Phong
**NUTRITION DURING THE LIFE CYCLE**

### 0-5 months
- **Child born in a health facility** (n=354)
- **Ever breastfed** (n=717)
- **Early initiation of breastfeeding** (n=717)
- **No squeezing out colostrum** (n=712)
- **Minimum meal frequency** (n=571)
- **Minimum dietary diversity** (n=571)
- **Minimum acceptable diet** (n=571)
- **Consumption of iron-rich or iron-fortified foods** (n=571)
- **Vitamin A supplementation (last 6 months)** (n=587)
- **No bottle feeding** (n=571)

### Preconception & pregnancy
- **Mother use iron/folat supplement** (n=913)

### 24-59 months
- **Continued breastfeeding at 2 years** (n=104)
- **Child deworming (last 6 months)** (n=792)
- **Vitamin A supplementation (last 6 months)** (n=792)
- **Child 24-35 months get vitamin A** (n=505)

### 6-23 months
- **Continued breastfeeding at 1 year** (n=146)
- **Minimum meal frequency** (n=571)
- **Minimum dietary diversity** (n=571)
- **Minimum acceptable diet** (n=571)
- **Consumption of iron-rich or iron-fortified foods** (n=571)
- **Vitamin A supplementation (last 6 months)** (n=587)
- **No bottle feeding** (n=571)

### Infants and young child feeding practices by age

- **3 months before pregnancy**
- **First trimester**
- **Second semester**
- **3 months after delivery**

**Source of information:** National Nutrition Surveillance 2010 and 2013 - National Institute of Nutrition

3. Hai Phong
1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 96.9%
- Contact with health staff during last 3 months: 28.6%

2. Sources of information from mass-media (%)

- TV: 79.8%
- Radio/loudspeaker: 16.0%
- Newspapers/magazines: 5.9%
- Poster, flipcharts: 16.0%
- Internet: 20.5%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 88.8%
- Feed only breast milk up to 6 months: 85.5%
- Not to give child any water, liquid, honey or formula up to 6 months: 77.5%
- Continue breastfed up to 24 months: 81.5%
- Receiving iron tablet/MMN: 87.2%
- Feeding eggs, meat, fish and other animal source food after 6 months: 92.6%
- Washing hands with soap before feeding child: 86.0%
- Counseling on child height/weight: 79.8%

4. Sources of direct contact (%)

- Communal health center staff: 18.6%
- Village health worker/Nutrition volunteer: 12.4%
- Women union: 4.5%

5. Type of IYCF information (%)

- About breastfeeding: 96.9%
- About complementary food: 82.0%
- About breastfeeding: 97.1%
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 16.2%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 90% and the rate of using Vitamin A after delivery was 24.6%.

b. Among children under 5 years of age, the prevalence of stunting was 22%, underweight was 12.8% and wasting was 5.8%; while the prevalence of overweight and obesity was 4.6%.

c. The rate of early initiation of breastfeeding was 70.6%, continued breastfeeding at 2 years rate was 18.8% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 74.1%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 78.5%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 99.3%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 93.5%.

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

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<th>Value</th>
<th>Indicator</th>
<th>Value</th>
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<td>No. of villages</td>
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<tr>
<td>Population</td>
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<td>No. of children &lt;5 years of age</td>
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<td>No. of doctors</td>
<td>839</td>
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<td>No. of children &lt;2 years of age</td>
<td>52,592</td>
<td>No. of assistant doctors</td>
<td>887</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
<td>1,340</td>
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<td>Percent ethnic minorities</td>
<td>0.3%</td>
<td>No. of midwives/birth attendant</td>
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<td>Poverty rate</td>
<td>9.4%</td>
<td>No. of village health workers</td>
<td>1,844</td>
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</table>

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Hai Duong
Infant and young child feeding practices by age

- **Not receiving any breast milk**
- **Breast milk & complementary foods**
- **Breast milk & other milk/formula**
- **Breast milk & non-milk liquids**
- **Breast milk & plain water only**
- **Exclusively breastfed**

**Source of information:** National Nutrition Surveillance 2010 and 2013 - National Institute of Nutrition
1. Exposure to nutrition information (%)

- See hear IYCF messages on mass-media last 3 months: 99.3%
- Contact with health staff during last 3 months: 93.5%

2. Sources of information from mass-media (%)

- TV: 95.2%
- Radios loudspeaker: 81.9%
- Newspapers magazines: 63.4%
- Poster flipcharts: 25.6%
- Internet: 39.9%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 99.1%
- Feed only breast milk up to 6 months: 98.2%
- Not to give child any water honey or formula up to 6 months: 75.1%
- Continue breastfeed up to 24 months: 96.3%
- Receiving iron tablet MMN: 97.2%
- Feeding eggs meat fish and other animal source food after 6 months: 98.0%
- Washing hands with soap before preparing feeding child: 98.3%
- Counseling on child height weight: 91.4%

4. Sources of direct contact (%)

- Communal health center staff: 66.0%
- Village health worker Nutrition volunteer: 60.8%
- Women union: 33.9%

5. Type of IYCF information (%)

- About breastfeeding: 99.8%
- About complementary food: 99.3%

Hung Yen

This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 16.2%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 80.7% and the rate of using Vitamin A after delivery was 34.2%.

b. Among children under 5 years of age, the prevalence of stunting was 25.1%, underweight was 13.4% and wasting was 7.5%; while the prevalence of overweight and obesity was 4%.

c. The rate of early initiation of breastfeeding was 47.8%, continued breastfeeding at 2 years rate was 21.4% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 79.6%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 93.6%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 99.4%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 89.2%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

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<th>Indicator</th>
<th>Value</th>
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<td>No. of polyclinics</td>
<td>-</td>
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<td>No. of villages</td>
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<td>No. of commune health centers</td>
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<td>Population</td>
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<td>No. of maternity homes</td>
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<td>No. of children &lt;5 years of age</td>
<td>92,857</td>
<td>No. of doctors</td>
<td>562</td>
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<td>No. of children &lt;2 years of age</td>
<td>38,164</td>
<td>No. of assistant doctors</td>
<td>551</td>
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<td>No. of nurses</td>
<td>673</td>
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<td>Percent ethnic minorities</td>
<td>0.1%</td>
<td>No. of midwives/birth attendant</td>
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<tr>
<td>Poverty rate</td>
<td>9.4%</td>
<td>No. of village health workers</td>
<td>1,059</td>
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Last update 2/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Hung Yen
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

<table>
<thead>
<tr>
<th>Source of information</th>
<th>Exposure (%)</th>
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<tr>
<td>See/ hear IYCF messages on mass-media last 3 months</td>
<td>99.4</td>
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<td>Contact with health staff during last 3 months</td>
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2. Sources of information from mass-media (%)

<table>
<thead>
<tr>
<th>Source</th>
<th>Exposure (%)</th>
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<tbody>
<tr>
<td>TV</td>
<td>92.8</td>
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<tr>
<td>Radio/ loudspeaker</td>
<td>58.4</td>
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<tr>
<td>Newspapers/magazines</td>
<td>18.3</td>
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<tr>
<td>Poster, flipcharts</td>
<td>26.0</td>
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<tr>
<td>Internet</td>
<td>14.6</td>
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3. Topics of nutritional counseling (%)

<table>
<thead>
<tr>
<th>Topic</th>
<th>Coverage (%)</th>
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<tbody>
<tr>
<td>Baby should be breastfed immediately after birth</td>
<td>65.5</td>
</tr>
<tr>
<td>Feed only breast milk up to 6 months</td>
<td>86.3</td>
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<tr>
<td>Not to give child any water, liquid or formula up to 6 months</td>
<td>59.2</td>
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<tr>
<td>Continue breastfed up to 24 months</td>
<td>66.2</td>
</tr>
<tr>
<td>Receiving iron tablets/MMN</td>
<td>81.7</td>
</tr>
<tr>
<td>Feeding eggs, meat, fish, and other animal source food after 6 months</td>
<td>91.9</td>
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<tr>
<td>Washing hands with soap before feeding child</td>
<td>90.7</td>
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<tr>
<td>Counseling on child height/weight</td>
<td>67.4</td>
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4. Sources of direct contact (%)

<table>
<thead>
<tr>
<th>Source of direct contact</th>
<th>Contact (%)</th>
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<tr>
<td>Communal health center staff</td>
<td>85.5</td>
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<tr>
<td>Village health worker/Nutrition volunteer</td>
<td>43.4</td>
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<td>Women union</td>
<td>15.4</td>
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5. Type of IYCF information (%)

<table>
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<th>Type of IYCF information</th>
<th>Health staff (%)</th>
<th>Mass media (%)</th>
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<td>About breastfeeding</td>
<td>92.8</td>
<td>50.2</td>
</tr>
<tr>
<td>About complementary food</td>
<td>58.4</td>
<td>50.0</td>
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</table>


4. Hung Yen
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 17%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 79.7% and the rate of using Vitamin A after delivery was 16.3%.

b. Among children under 5 years of age, the prevalence of stunting was 23.9%, underweight was 14.6% and wasting was 6.3%; while the prevalence of overweight and obesity was 5.3%.

c. The rate of early initiation of breastfeeding was 77.3%, continued breastfeeding at 2 years rate was 23.7% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 80.8%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 91.8%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 96.3%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 64.8%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
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<tr>
<td>No. of districts and towns</td>
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<td>No. of hospitals</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
<td>116</td>
<td>No. of polyclinics</td>
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<td>No. of villages</td>
<td>1,311</td>
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<td>Population</td>
<td>786,562</td>
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<tr>
<td>No. of children &lt;5 years of age</td>
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<td>No. of doctors</td>
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<td>No. of children &lt;2 years of age</td>
<td>22,601</td>
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<td>(estimated to be 41.1% of the under 5)</td>
<td></td>
<td>No. of nurses</td>
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<tr>
<td>Percent ethnic minorities</td>
<td>0.2%</td>
<td>No. of midwives/birth attendant</td>
<td>170</td>
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<td>Poverty rate</td>
<td>10.5%</td>
<td>No. of village health workers</td>
<td>1,263</td>
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</tbody>
</table>

Last update 2/7/2014
NUTRITION INFORMATION (2010 & 2013)

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Ha Nam
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)  

![Bar chart showing exposure to nutrition information.]

2. Sources of information from mass-media (%)  

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>TV</td>
<td>89.9%</td>
</tr>
<tr>
<td>Radio/loudspeaker</td>
<td>32.9%</td>
</tr>
<tr>
<td>Newspapers/magazines</td>
<td>32.7%</td>
</tr>
<tr>
<td>Poster, flipcharts</td>
<td>7.8%</td>
</tr>
<tr>
<td>Internet</td>
<td>18.9%</td>
</tr>
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</table>

3. Topics of nutritional counseling (%)  

<table>
<thead>
<tr>
<th>Topic</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby should be breastfed immediately after birth</td>
<td>90.7%</td>
</tr>
<tr>
<td>Feed only breast milk up to 6 months</td>
<td>91.1%</td>
</tr>
<tr>
<td>Not to give child any water, liquid, honey or formula up to 6 months</td>
<td>77.4%</td>
</tr>
<tr>
<td>Continue breastfed up to 24 months</td>
<td>89.4%</td>
</tr>
<tr>
<td>Receiving iron tablet/MMN</td>
<td>88.3%</td>
</tr>
<tr>
<td>Feeding eggs, meat, fish and other animal source food after 6 months</td>
<td>92.2%</td>
</tr>
<tr>
<td>Washing hands with soap before feeding child</td>
<td>88.8%</td>
</tr>
<tr>
<td>Counseling on child height/weight</td>
<td>79.7%</td>
</tr>
</tbody>
</table>

4. Sources of direct contact (%)  

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communal health center staff</td>
<td>59.7%</td>
</tr>
<tr>
<td>Village health worker/Nutrition volunteer</td>
<td>32.6%</td>
</tr>
<tr>
<td>Women union</td>
<td>14.2%</td>
</tr>
</tbody>
</table>

5. Type of IYCF information (%)  

<table>
<thead>
<tr>
<th>Topic</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>About breastfeeding</td>
<td>94.6%</td>
</tr>
<tr>
<td>About complementary food</td>
<td>93.5%</td>
</tr>
<tr>
<td>About breastfeeding</td>
<td>1.8%</td>
</tr>
<tr>
<td>About complementary food</td>
<td>1.8%</td>
</tr>
</tbody>
</table>


4. Ha Nam
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 17.1%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 83.7% and the rate of using Vitamin A after delivery was 16.1%.

b. Among children under 5 years of age, the prevalence of stunting was 21.6%, underweight was 13.6% and wasting was 5.3%; while the prevalence of overweight and obesity was 4.3%.

c. The rate of early initiation of breastfeeding was 38.1%, continued breastfeeding at 2 years rate was 19.1% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 54.3%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 88.2%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 91%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 71.4%

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
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<tbody>
<tr>
<td>No. of districts and towns</td>
<td>9</td>
<td>No. of hospitals</td>
<td>18</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
<td>229</td>
<td>No. of polyclinics</td>
<td>-</td>
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<tr>
<td>No. of villages</td>
<td>3,499</td>
<td>No. of commune health centers</td>
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<td>Population</td>
<td>1,831,056</td>
<td>No. of maternity homes</td>
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<td>No. of children &lt;5 years of age</td>
<td>149,819</td>
<td>No. of doctors</td>
<td>955</td>
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<td>No. of children &lt;2 years of age</td>
<td>61,576</td>
<td>No. of assistant doctors</td>
<td>640</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
<td>1,378</td>
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<tr>
<td>Percent ethnic minorities</td>
<td>0.2%</td>
<td>No. of midwives/birth attendant</td>
<td>377</td>
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<tr>
<td>Poverty rate</td>
<td>8.6%</td>
<td>No. of village health workers</td>
<td>3,104</td>
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</tbody>
</table>

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

**Infant and young child feeding practices by age**

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed


3. Nam Dinh
1. Exposure to nutrition information (%)

2. Sources of information from mass-media (%)

3. Topics of nutritional counseling (%)

4. Sources of direct contact (%)

5. Type of IYCF information (%)


4. Nam Dinh
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 17.8%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 69.2% and the rate of using Vitamin A after delivery was 70.4%.

b. Among children under 5 years of age, the prevalence of stunting was 25.9%, underweight was 14.9% and wasting was 7.4%; while the prevalence of overweight and obesity was 2%.

c. The rate of early initiation of breastfeeding was 75.6%, continued breastfeeding at 2 years rate was 42.4% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 69.1%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 89.6%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 99.1%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 88.1%

*Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.*

**Basic characteristics**

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<th>Indicator</th>
<th>Value</th>
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<th>Value</th>
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<td>No. of districts and towns</td>
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<td>No. of wards, town districts, and communes</td>
<td>286</td>
<td>No. of polyclinics</td>
<td>-</td>
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<tr>
<td>No. of villages</td>
<td>2,165</td>
<td>No. of commune health centers</td>
<td>286</td>
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<tr>
<td>Population</td>
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<td>No. of maternity homes</td>
<td>-</td>
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<td>No. of children &lt;5 years of age</td>
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<td>No. of doctors</td>
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<td>No. of children &lt;2 years of age</td>
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<td>No. of assistant doctors</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
<td>979</td>
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<tr>
<td>Percent ethnic minorities</td>
<td>0.1%</td>
<td>No. of midwives/birth attendant</td>
<td>397</td>
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<tr>
<td>Poverty rate</td>
<td>9.3%</td>
<td>No. of village health workers</td>
<td>2,629</td>
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</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 99.1%
- Contact with health staff during last 3 months: 88.1%

2. Sources of information from mass-media (%)

- TV: 82.6%
- Radio/ loudspeaker: 59.9%
- Newspapers/ magazines: 27.7%
- Poster, flipcharts: 13.4%
- Internet: 10.6%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 94.4%
- Feed only breast milk up to 6 months: 93.3%
- Not to give child any water, honey or formular up to 6 months: 77.2%
- Continue breastfed up to 24 months: 89.7%
- Receiving iron tablet/MMN: 89.9%

4. Sources of direct contact (%)

- Communal health center staff: 0%
- Village health worker/ Nutrition volunteer: 77.4%
- Women union: 38.1%

5. Type of IYCF information (%)

- About breastfeeding: 97.1%
- About complementary food: 91.2%
- Health staff: 1.4%
- Mass media: 22.1%


4. Thai Binh
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 18%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 89.6% and the rate of using Vitamin A after delivery was 57.5%.

b. Among children under 5 years of age, the prevalence of stunting was 25.7%, underweight was 15.4% and wasting was 3.3%; while the prevalence of overweight and obesity was 2.5%.

c. The rate of early initiation of breastfeeding was 77.6%, continued breastfeeding at 2 years rate was 18.1% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 77.2%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 83.5%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 96.8%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 67.7%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

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<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
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<td>No. of villages</td>
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<td>Population</td>
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</tr>
<tr>
<td>No. of children &lt;2 years of age</td>
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<td>No. of assistant doctors</td>
<td>526</td>
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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
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<tr>
<td>Poverty rate</td>
<td>10.9%</td>
<td>No. of village health workers</td>
<td>1,676</td>
</tr>
</tbody>
</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Ninh Binh
NUTRITION DURING THE LIFE CYCLE

Infant and young child feeding practices by age


3. Ninh Binh
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 96.8%
- Contact with health staff during last 3 months: 67.7%

2. Sources of information from mass-media (%)

- TV: 62.9%
- Radio/loudspeaker: 29.8%
- Newspapers/magazines: 11.5%
- Poster, flipcharts: 4.7%
- Internet: 8.0%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 92.0%
- Feed only breast milk up to 6 months: 91.3%
- Not to give child any water, liquid, honey or formula up to 6 months: 82.4%
- Continue breastfed up to 24 months: 87.8%
- Receiving iron tablet/MN: 88.8%
- Feeding eggs, meat, fish and other animal source food after 6 months: 90.6%
- Washing hands with soap before preparing food: 94.3%
- Counseling on child height/weight: 80.2%

4. Sources of direct contact (%)

- Communal health center staff: 34.7%
- Village health worker/Nutrition volunteer: 51.0%
- Women union: 29.3%

5. Type of IYCF information (%)

- About breastfeeding: 96.0%
- About complementary food: 69.8%
- Health staff: 1.2%
- Mass media: 5.8%
Ha Giang

Nutrition profile 2013

This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 12%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 47.5% and the rate of using Vitamin A after delivery was 17.2%.

b. Among children under 5 years of age, the prevalence of stunting was 35.4%, underweight was 23.5% and wasting was 9.8%; while the prevalence of overweight and obesity was 2.9%.

c. The rate of early initiation of breastfeeding was 88.7%, continued breastfeeding at 2 years rate was 25% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 59.8%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 89.7%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 98.3%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 95.8%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>11</td>
<td>No. of hospitals</td>
<td>15</td>
</tr>
<tr>
<td>No. of wards, town districts, and communes</td>
<td>195</td>
<td>No. of polyclinics</td>
<td>20</td>
</tr>
<tr>
<td>No. of villages</td>
<td>1,980</td>
<td>No. of commune health centers</td>
<td>175</td>
</tr>
<tr>
<td>Population</td>
<td>743,881</td>
<td>No. of maternity homes</td>
<td>-</td>
</tr>
<tr>
<td>No. of children &lt;5 years of age</td>
<td>79,300</td>
<td>No. of doctors</td>
<td>439</td>
</tr>
<tr>
<td>No. of children &lt;2 years of age</td>
<td>32,592</td>
<td>No. of assistant doctors</td>
<td>1,103</td>
</tr>
<tr>
<td>(estimated to be 41.1% of the under 5)</td>
<td></td>
<td>No. of nurses</td>
<td>855</td>
</tr>
<tr>
<td>Percent ethnic minorities</td>
<td>86.8%</td>
<td>No. of midwives/birth attendant</td>
<td>365</td>
</tr>
<tr>
<td>Poverty rate</td>
<td>45.5%</td>
<td>No. of village health workers</td>
<td>1,981</td>
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</tbody>
</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

![Bar chart showing prevalence of chronic energy deficiency among mothers by age group.](chart1.png)

2. Vitamin A supplements: Knowledge and use among mothers (%)

![Bar chart showing knowledge and use of vitamin A supplements among mothers.](chart2.png)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

![Bar chart showing wasting prevalence among children under 5 years by age group.](chart3.png)

4. Malnutrition prevalence among children under 5 years (%)

![Bar chart showing malnutrition prevalence among children under 5 years.](chart4.png)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

![Bar chart showing underweight prevalence among children under 5 years by age group.](chart5.png)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

![Bar chart showing stunting prevalence among children under 5 years by age group.](chart6.png)


2. Ha Giang
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed


3. Ha Giang
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 98.3%
- Contact with health staff during last 3 months: 95.8%

2. Sources of information from mass-media (%)

- TV: 51.6%
- Radio/ loudspeaker: 56.9%
- Newspapers/ magazines: 6.0%
- Poster, flipcharts: 41.8%
- Internet: 6.8%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 94.4%
- Feed only breast milk up to 6 months: 92.1%
- Not to give child any water, liquid, honey or formula up to 6 months: 90.9%
- Continue breastfed up to 24 months: 80.2%
- Receiving iron tablet/MMN: 79.7%
- Feeding eggs, meat, fish and other animal source food after 6 months: 94.8%
- Washing hands with soap before preparing food: 93.3%
- Counseling on child height/weight: 86.1%

4. Sources of direct contact (%)

- Communal health center staff: 56.1%
- Village health worker/ Nutrition volunteer: 92.9%
- Women union: 13.0%

5. Type of IYCF information (%)

- About breastfeeding: 98.1%
- About complementary food: 63.0%


4. Ha Giang
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

### MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 15.6%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 70.6% and the rate of using Vitamin A after delivery was 68.6%.

b. Among children under 5 years of age, the prevalence of stunting was 34%, underweight was 21% and wasting was 6.7%; while the prevalence of overweight and obesity was 2.1%.

c. The rate of early initiation of breastfeeding was 83.1%, continued breastfeeding at 2 years rate was 25.3% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 49%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 88.3%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 90.1%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 98.9%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

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<th>Indicator</th>
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<td>No. of villages</td>
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<td>Population</td>
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<td>-</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
<td>94.2%</td>
<td>No. of midwives/birth attendant</td>
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<td>Poverty rate</td>
<td>35.5%</td>
<td>No. of village health workers</td>
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Last update 3/7/2014
NUTRITION INFORMATION (2010 & 2013)

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

2. Cao Bang
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

1. Exposure to nutrition information (%)

![Bar graph showing exposure to nutrition information in Cao Bang.]

- See/ hear IYCF messages on mass-media last 3 months: 90.1%
- Contact with health staff during last 3 months: 98.9%

2. Sources of information from mass-media (%)

![Bar graph showing sources of information from mass-media.]

- TV: 45.5%
- Radio/loudspeaker: 0.4%
- Newspapers/magazines: 0.2%
- Poster, flipcharts: 0.0%
- Internet: 2.2%

3. Topics of nutritional counseling (%)

![Bar graph showing topics of nutritional counseling.]

- Baby should be breastfed immediately after birth: 89.9%
- Feed only breast milk up to 6 months: 86.8%
- Not to give child any water, liquid, honey or formula up to 6 months: 17.7%
- Continue breastfed up to 24 months: 86.1%
- Receiving iron tablet/MMN: 52.8%
- Feeding eggs, meat, fish and other animal source food after 6 months: 86.6%
- Washing hands with soap before preparing food: 71.0%
- Counseling on child height/weight: 55.3%

4. Sources of direct contact (%)

![Bar graph showing sources of direct contact.]

- Communal health center staff: 69.0%
- Village health worker/Nutrition volunteer: 97.7%
- Women union: 0.9%

5. Type of IYCF information (%)

![Bar graph showing type of IYCF information.]

- About breastfeeding: 43.1%
- About complementary food: 88.2%
- Health staff: 1.3%
- Mass media: 8.7%


4. Cao Bang
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 13.7%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 48.8% and the rate of using Vitamin A after delivery was 48.7%.

b. Among children under 5 years of age, the prevalence of stunting was 37.3%, underweight was 22.1% and wasting was 4.9%; while the prevalence of overweight and obesity was 2.8%.

c. The rate of early initiation of breastfeeding was 52.7%, continued breastfeeding at 2 years rate was 12.9% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 42.5%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 83%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 65.3%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 67.9%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

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<td>No. of districts and towns</td>
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<td>No. of wards, town districts, and communes</td>
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<td>No. of villages</td>
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<td>Population</td>
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<td>No. of maternity homes</td>
<td>-</td>
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<td>No. of children &lt;5 years of age</td>
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<td>Percent ethnic minorities</td>
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<td>Poverty rate</td>
<td>36.6%</td>
<td>No. of village health workers</td>
<td>1,739</td>
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Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Lao Cai
### NUTRITION DURING THE LIFE CYCLE

#### Preconception & pregnancy

- **Child born in a health facility (n=394)**
  - 98.4%

- **Ever breastfed (n=715)**
  - 98.0%

- **Early initiation of breastfeeding (n=715)**
  - 52.7%

- **No squeezing out colostrum (n=690)**
  - 79.7%

- **Predominant breastfeeding under 6 months (n=90)**
  - 12.2%

- **No bottle feeding (n=141)**
  - 83.0%

- **No prelacteal feeding in the first 3 days (n=715)**
  - 42.5%

#### 0-5 months

- ** Continued breastfeeding at 1 year (n=122)**
  - 73.8%

- **Minimum meal frequency (n=574)**
  - 71.3%

- **Minimum dietary diversity (n=574)**
  - 65.3%

- **Minimum acceptable diet (n=574)**
  - 42.5%

- **Consumption of iron-rich or iron-fortified foods (n=574)**
  - 46.3%

- **Vitamin A supplementation (last 6 months) (n=578)**
  - 79.2%

- **No bottle feeding (n=574)**
  - 86.8%

#### 6-23 months

- **Continued breastfeeding at 2 years (n=93)**
  - 12.9%

- **Child deworming (last 6 months) (n=803)**
  - 73.1%

- **Vitamin A supplementation (last 6 months) (n=803)**
  - 90.7%

- **Child 24-35 months get vitamin A (n=661)**
  - 92.7%

#### 24-59 months

- **Infant and young child feeding practices by age**

- **0-5 months**
  - Not receiving any breast milk
  - Breast milk & complementary foods
  - Breast milk & other milk/formula
  - Breast milk & non-milk liquids
  - Breast milk & plain water only
  - Exclusively breastfed

- **Minimum meal frequency (n=574)**
  - 24-59 months
  - 6-23 months
  - 0-5 months

- **Minimum dietary diversity (n=574)**
  - 24-59 months
  - 6-23 months
  - 0-5 months

- **Minimum acceptable diet (n=574)**
  - 24-59 months
  - 6-23 months
  - 0-5 months

- **Consumption of iron-rich or iron-fortified foods (n=574)**
  - 24-59 months
  - 6-23 months
  - 0-5 months

- **Vitamin A supplementation (last 6 months) (n=578)**
  - 24-59 months
  - 6-23 months
  - 0-5 months

- **No bottle feeding (n=574)**
  - 24-59 months
  - 6-23 months
  - 0-5 months

### Source of information:

3. Lao Cai
1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 65.3%
- Contact with health staff during last 3 months: 67.9%

2. Sources of information from mass-media (%)

- TV: 43.5%
- Radio/loudspeaker: 16.3%
- Newspapers/magazines: 4.8%
- Poster, flipcharts: 6.2%
- Internet: 4.5%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 49.2%
- Feed only breast milk up to 6 months: 55.6%
- Not to give child any water, liquid, honey or formula up to 6 months: 31.3%
- Continue breastfed up to 24 months: 30.8%
- Receiving iron tablet/MMN: 42.1%
- Feeding eggs, meat, fish and other animal source food after 6 months: 50.7%
- Washing hands with soap before preparing food: 53.5%
- Counseling on child height/weight: 33.7%


4. Sources of direct contact (%)

- Communal health center staff: 28.1%
- Village health worker/Nutrition volunteer: 48.1%
- Women union: 12.6%

5. Type of IYCF information (%)

- About breastfeeding by Health staff: 15.9%
- About complementary food by Health staff: 11.6%
- About breastfeeding by Mass media: 44.1%
- About complementary food by Mass media: 59.7%
MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 17%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 62.2% and the rate of using Vitamin A after delivery was 84.2%.

b. Among children under 5 years of age, the prevalence of stunting was 30.8%, underweight was 20.6% and wasting was 10.4%; while the prevalence of overweight and obesity was 2.4%.

c. The rate of early initiation of breastfeeding was 67.2%, continued breastfeeding at 2 years rate was 19.5% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 71.5%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 90%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 63.2%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 53.3%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics ¹

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<td>No. of villages</td>
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<td>Population</td>
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<td>Poverty rate</td>
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Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Bac Kan
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

![Bar chart showing exposure to nutrition information among sources.]

2. Sources of information from mass-media (%)

![Bar chart showing sources of information from mass-media.]

3. Topics of nutritional counseling (%)

![Bar chart showing topics of nutritional counseling.]

4. Sources of direct contact (%)

![Bar chart showing sources of direct contact.]

5. Type of IYCF information (%)

![Bar chart showing type of IYCF information.]


4. Bac Kan
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 16.2%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 79.7% and the rate of using Vitamin A after delivery was 51.5%.

b. Among children under 5 years of age, the prevalence of stunting was 27.6%, underweight was 19.7% and wasting was 10.6%; while the prevalence of overweight and obesity was 1.7%.

c. The rate of early initiation of breastfeeding was 47.8%, continued breastfeeding at 2 years rate was 6.3% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 69%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 83.2%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 92.4%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 71.2%

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

**Basic characteristics**

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<td>No. of villages</td>
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<td>Poverty rate</td>
<td>25.0%</td>
<td>No. of village health workers</td>
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Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. LangSon
Infant and young child feeding practices by age
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 92.4%
- Contact with health staff during last 3 months: 71.2%

2. Sources of information from mass-media (%)

- TV: 72.7%
- Radio/ loudspeaker: 7.0%
- Newspapers/ magazines: 3.0%
- Poster, flipcharts: 1.8%
- Internet: 7.7%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 59.7%
- Feed only breast milk up to 6 months: 58.9%
- Not to give child any water, liquid, honey or formula up to 6 months: 32.9%
- Continue breastfed up to 24 months: 54.7%
- Feeding eggs, meat, fish and other animal source food after 6 months: 66.5%
- Receiving iron tablet/MN: 82.3%
- Feeding baby food and other animal source food after 6 months: 74.5%
- Washing hands with soap before feeding child: 87.0%
- Counseling on child height/weight: 87.0%

4. Sources of direct contact (%)

- Communal health center staff: 45.8%
- Village health worker/ Nutrition volunteer: 55.8%
- Women union: 6.6%

5. Type of IYCF information (%)

- About breastfeeding: 88.9%
- About complementary food: 88.9%
- Health staff: 70.7%
- Mass media: 70.7%


4. Lang Son
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 25.9%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 73.8% and the rate of using Vitamin A after delivery was 72.6%.

b. Among children under 5 years of age, the prevalence of stunting was 27.2%, underweight was 18.8% and wasting was 8.5%; while the prevalence of overweight and obesity was 3.4%.

c. The rate of early initiation of breastfeeding was 93.1%, continued breastfeeding at 2 years rate was 48.1% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 66.6%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 89.7%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 89.6%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 86.3%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

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<td>Population</td>
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<td>Percent ethnic minorities</td>
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<tr>
<td>Poverty rate</td>
<td>26.8%</td>
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<td>No. of polyclinics</td>
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<tr>
<td>No. of commune health centers</td>
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<tr>
<td>No. of maternity homes</td>
<td>-</td>
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<td>No. of doctors</td>
<td>444</td>
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<tr>
<td>No. of assistant doctors</td>
<td>629</td>
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<td>No. of nurses</td>
<td>362</td>
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<tr>
<td>No. of midwives/birth attendant</td>
<td>209</td>
</tr>
<tr>
<td>No. of village health workers</td>
<td>2,062</td>
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Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

![Bar chart showing chronic energy deficiency prevalence of mothers by age group.](chart1)

2. Vitamin A supplements: Knowledge and use among mothers (%)

![Bar chart showing vitamin A supplements knowledge and use among mothers.](chart2)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

![Bar chart showing wasting prevalence among children.](chart3)

4. Malnutrition prevalence among children under 5 years (%)

![Bar chart showing malnutrition prevalence among children.](chart4)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

![Bar chart showing underweight prevalence among children.](chart5)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

![Bar chart showing stunting prevalence among children.](chart6)


2. Tuyen Quang
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed


3. Tuyen Quang
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

Exposure to nutrition information: Percentage of respondents who received nutrition information in the last 3 months.

4. Sources of direct contact (%)

Sources of direct contact: Percentage of respondents who had direct contact with different sources in the last 3 months.

2. Sources of information from mass-media (%)

Sources of information from mass-media: Percentage of respondents who received information from different mass-media sources in the last 3 months.

5. Type of IYCF information (%)

Type of IYCF information: Percentage of respondents who received information about different IYCF topics from health staff and mass media.

3. Topics of nutritional counseling (%)

Topics of nutritional counseling: Percentage of respondents who received counseling on different nutritional topics.

4. Tuyen Quang
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 8.7%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 69.5% and the rate of using Vitamin A after delivery was 74.8%.

b. Among children under 5 years of age, the prevalence of stunting was 30.4%, underweight was 19.2% and wasting was 10.2%; while the prevalence of overweight and obesity was 4%.

c. The rate of early initiation of breastfeeding was 82.5%, continued breastfeeding at 2 years rate was 37.5% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 80.1%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 95.4%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 89.9%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 80.5%.

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
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</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>8</td>
<td>No. of hospitals</td>
<td>14</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
<td>180</td>
<td>No. of polyclinics</td>
<td>19</td>
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<tr>
<td>No. of villages</td>
<td>2,282</td>
<td>No. of commune health centers</td>
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<td>No. of children &lt;5 years of age</td>
<td>75,794</td>
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<td>No. of children &lt;2 years of age</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
<td>707</td>
</tr>
<tr>
<td>Percent ethnic minorities</td>
<td>53.7%</td>
<td>No. of midwives/birth attendant</td>
<td>390</td>
</tr>
<tr>
<td>Poverty rate</td>
<td>25.2%</td>
<td>No. of village health workers</td>
<td>1,885</td>
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</table>


Last update 3/7/2014
1. **Chronic energy deficiency prevalence of mothers by age group (%)**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010 (n=1386)</th>
<th>2013 (n=965)</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-24 years</td>
<td>24.2</td>
<td>11.5</td>
</tr>
<tr>
<td>25-34 years</td>
<td>16.2</td>
<td>7.3</td>
</tr>
<tr>
<td>35-49 years</td>
<td>14.8</td>
<td>8.8</td>
</tr>
<tr>
<td>50-59 years</td>
<td>18.3</td>
<td>8.7</td>
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2. **Vitamin A supplements: Knowledge and use among mothers (%)**

<table>
<thead>
<tr>
<th>Action</th>
<th>2010 (n=1433)</th>
<th>2013 (n=1483)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knew/heard about vitamin A</td>
<td>95.4</td>
<td>73.6</td>
</tr>
<tr>
<td>capsule</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Took vitamin A after delivery</td>
<td>88.1</td>
<td>74.8</td>
</tr>
</tbody>
</table>

3. **Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010 (n=1530)</th>
<th>2013 (n=1527)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>22.8</td>
<td>19.2</td>
</tr>
<tr>
<td>Stunting</td>
<td>33.2</td>
<td>30.4</td>
</tr>
<tr>
<td>Wasting</td>
<td>7.2</td>
<td>10.2</td>
</tr>
<tr>
<td>Overweight</td>
<td>2.5</td>
<td>4.0</td>
</tr>
</tbody>
</table>

4. **Malnutrition prevalence among children under 5 years (%)**

5. **Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)**

6. **Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)**


2. Yen Bai
NUTRITION DURING THE LIFE CYCLE

Infant and young child feeding practices by age

- **Not receiving any breast milk**
- **Breast milk & complementary foods**
- **Breast milk & other milk/formula**
- **Breast milk & non-milk liquids**
- **Breast milk & plain water only**
- **Exclusively breastfed**

**Source of information:** National Nutrition Surveillance 2010 and 2013 - National Institute of Nutrition
1. Exposure to nutrition information (%)

- 89.9% See/hear IYCF messages on mass-media last 3 months
- 80.5% Contact with health staff during last 3 months

2. Sources of information from mass-media (%)

- 53.0% TV
- 23.1% Radio/loudspeaker
- 10.1% Newspapers/magazines
- 5.9% Poster, flipcharts
- 6.5% Internet

3. Topics of nutritional counseling (%)

- 89.0% Baby should be breastfed immediately after birth
- 90.9% Feed only breast milk up to 6 months
- 70.0% Not to give child any water, liquid, honey or formula up to 6 months
- 82.4% Continue breastfed up to 24 months
- 84.8% Receiving iron tablet/MMN
- 83.5% Feeding eggs, meat, fish and other animal source food after 6 months
- 81.4% Washing hands with soap before feeding child
- 78.6% Counseling on child height/weight

4. Sources of direct contact (%)

- 51.7% Communal health center staff
- 61.3% Village health worker/Nutrition volunteer
- 13.8% Women union

5. Type of IYCF information (%)

- 90.6% Health staff
- 54.9% Mass media


4. Yen Bai
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 18.2%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 94.6% and the rate of using Vitamin A after delivery was 41.6%.

b. Among children under 5 years of age, the prevalence of stunting was 25%, underweight was 15.9% and wasting was 3.9%; while the prevalence of overweight and obesity was 2.9%.

c. The rate of early initiation of breastfeeding was 46.4%, continued breastfeeding at 2 years rate was 17.4% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 62.9%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 85.4%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 90.6%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 77.6%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>8</td>
<td>No. of hospitals</td>
<td>15</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
<td>180</td>
<td>No. of polyclinics</td>
<td>13</td>
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<td>No. of villages</td>
<td>2,967</td>
<td>No. of commune health centers</td>
<td>180</td>
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<tr>
<td>Population</td>
<td>1,135,606</td>
<td>No. of maternity homes</td>
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<td>No. of children &lt;5 years of age</td>
<td>97,875</td>
<td>No. of doctors</td>
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<td>No. of children &lt;2 years of age</td>
<td>40,227</td>
<td>No. of assistant doctors</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
<td>1,392</td>
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<td>Percent ethnic minorities</td>
<td>26.9%</td>
<td>No. of midwives/birth attendant</td>
<td>207</td>
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<tr>
<td>Poverty rate</td>
<td>16.9%</td>
<td>No. of village health workers</td>
<td>2,961</td>
</tr>
</tbody>
</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

2. Thai Nguyen
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 90.6%
- Contact with health staff during last 3 months: 77.6%

2. Sources of information from mass-media (%)

- TV: 68.0%
- Radio/ loudspeaker: 9.8%
- Newspapers/ magazines: 8.3%
- Poster, flipcharts: 4.4%
- Internet: 12.9%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 88.4%
- Feed only breast milk up to 6 months: 86.4%
- Not to give child any water, liquid, honey or formula up to 6 months: 85.5%
- Continue breastfed up to 24 months: 85.4%
- Receiving iron tablet/MMN: 87.8%
- Feeding eggs, meat, fish and other animal source food after 6 months: 85.7%
- Washing hands with soap before preparing food: 87.4%
- Counseling on child height/weight: 86.3%

4. Sources of direct contact (%)

- Communal health center staff: 41.7%
- Village health worker/ Nutrition volunteer: 67.8%
- Women union: 13.2%

5. Type of IYCF information (%)

- About breastfeeding: 90.6%
- About complementary food: 77.6%
- About breastfeeding: 68.0%
- About complementary food: 9.8%


4. Thai Nguyen
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 18.6%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 91% and the rate of using Vitamin A after delivery was 26.1%.

b. Among children under 5 years of age, the prevalence of stunting was 26.9%, underweight was 16% and wasting was 8%; while the prevalence of overweight and obesity was 3.1%.

c. The rate of early initiation of breastfeeding was 43.3%, continued breastfeeding at 2 years rate was 25% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 78.9%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 92%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 93.3%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 49.2%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics ¹

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
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<tr>
<td>No. of districts and towns</td>
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<td>No. of hospitals</td>
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<td>No. of wards, town districts, and communes</td>
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<td>No. of polyclinics</td>
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<td>No. of villages</td>
<td>2,874</td>
<td>No. of commune health centers</td>
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<td>Population</td>
<td>1,326,197</td>
<td>No. of maternity homes</td>
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<td>No. of children &lt;5 years of age</td>
<td>103,274</td>
<td>No. of doctors</td>
<td>814</td>
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<td>No. of children &lt;2 years of age</td>
<td>42,446</td>
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<td>No. of nurses</td>
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<td>15.8%</td>
<td>No. of midwives/birth attendant</td>
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<td>Poverty rate</td>
<td>17.0%</td>
<td>No. of village health workers</td>
<td>2,874</td>
</tr>
</tbody>
</table>

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Phu Tho
### NUTRITION DURING THE LIFE CYCLE

#### Preconception & pregnancy

- Child born in a health facility (n=375)
- Ever breastfed (n=635)
- Early initiation of breastfeeding (n=635)
- No squeezing out colostrum (n=599)

#### 0-5 months

- Continued breastfeeding at 1 year (n=75)
- Minimum meal frequency (n=450)
- Minimum dietary diversity (n=450)
- Minimum acceptable diet (n=450)
- Consumption of iron-rich or iron-fortified foods (n=450)
- Vitamin A supplementation last 6 months (n=450)
- No bottle feeding (n=450)

#### 6-23 months

- Predominant breastfeeding under 6 months (n=56)
- No bottle feeding (n=185)
- No prelacteal feeding in the first 3 days (n=635)

#### 24-59 months

- Continued breastfeeding at 2 years (n=100)
- Child deworming (last 6 months) (n=882)
- Vitamin A supplementation (last 6 months) (n=882)
- Child 24-35 months get vitamin A (n=882)

#### Infant and young child feeding practices by age

- 3 months before pregnancy
- First trimester
- Second semester
- 3 months after delivery

#### Source of information:
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

![Bar chart showing exposure to nutrition information.]

<table>
<thead>
<tr>
<th>Source of information</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mass-media</td>
<td>42.3%</td>
</tr>
<tr>
<td>Contact with health staff</td>
<td>49.2%</td>
</tr>
</tbody>
</table>


2. Sources of information from mass-media (%)

![Bar chart showing sources of information from mass-media.]

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>TV</td>
<td>78.4%</td>
</tr>
<tr>
<td>Radio/loudspeaker</td>
<td>16.5%</td>
</tr>
<tr>
<td>Newspapers/magazines</td>
<td>26.7%</td>
</tr>
<tr>
<td>Poster, flipcharts</td>
<td>23.6%</td>
</tr>
<tr>
<td>Internet</td>
<td>19.6%</td>
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</table>

3. Topics of nutritional counseling (%)

![Bar chart showing topics of nutritional counseling.]

<table>
<thead>
<tr>
<th>Topic</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby should be breastfed immediately after birth</td>
<td>69.5%</td>
</tr>
<tr>
<td>Feed only breast milk up to 6 months</td>
<td>77.5%</td>
</tr>
<tr>
<td>Not to give child any water, liquid, honey or formula up to 6 months</td>
<td>34.7%</td>
</tr>
<tr>
<td>Continue breastfed up to 24 months</td>
<td>59.6%</td>
</tr>
<tr>
<td>Receiving iron tablet/MMN</td>
<td>72.2%</td>
</tr>
<tr>
<td>Feeding eggs, meat, fish and other animal source food after 6 months</td>
<td>78.2%</td>
</tr>
<tr>
<td>Counseling on child height/weight</td>
<td>79.1%</td>
</tr>
</tbody>
</table>


4. Phu Tho

5. Type of IYCF information (%)

![Bar chart showing type of IYCF information.]

<table>
<thead>
<tr>
<th>Type of information</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>About breastfeeding</td>
<td>93.8%</td>
</tr>
<tr>
<td>About complementary food</td>
<td>75.9%</td>
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</tbody>
</table>


4. Phu Tho
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 17.8%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 6.8% and the rate of using Vitamin A after delivery was 45.3%.

b. Among children under 5 years of age, the prevalence of stunting was 24.8%, underweight was 15.5% and wasting was 4.2%; while the prevalence of overweight and obesity was 2.1%.

c. The rate of early initiation of breastfeeding was 49.2%, continued breastfeeding at 2 years rate was 27.6% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 42.6%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 83%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 83.5%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 92.4%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
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<th>Value</th>
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<td>No. of districts and towns</td>
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<td>14</td>
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<td>No. of wards, town districts, and communes</td>
<td>137</td>
<td>No. of polyclinics</td>
<td>8</td>
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<td>No. of villages</td>
<td>1,434</td>
<td>No. of commune health centers</td>
<td>138</td>
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<td>Population</td>
<td>1,014,254</td>
<td>No. of maternity homes</td>
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<td>No. of children &lt;5 years of age</td>
<td>96,937</td>
<td>No. of doctors</td>
<td>578</td>
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<tr>
<td>No. of children &lt;2 years of age</td>
<td>39,841</td>
<td>No. of assistant doctors</td>
<td>708</td>
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<td>(estimated to be 41.1% of the under 5)</td>
<td>4.3%</td>
<td>No. of nurses</td>
<td>1,006</td>
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<td>Percent ethnic minorities</td>
<td>8.8%</td>
<td>No. of midwives/birth attendant</td>
<td>230</td>
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<tr>
<td>Poverty rate</td>
<td>1,410</td>
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Last update 3/7/2014
NUTRITION INFORMATION (2010 & 2013)

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Vinh Phuc
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 83.5%
- Contact with health staff during last 3 months: 92.4%

2. Sources of information from mass-media (%)

- TV: 74.7%
- Radio/loudspeaker: 37.9%
- Newspapers/magazines: 5.6%
- Poster, flipcharts: 5.8%
- Internet: 1.4%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 70.4%
- Feed only breast milk up to 6 months: 77.0%
- Not to give child any water, liquid, honey or formula up to 6 months: 61.5%
- Continue breastfed up to 24 months: 70.6%
- Receiving iron tablet/MMN: 57.8%
- Feeding eggs, meat, fish and other animal source food after 6 months: 56.8%
- Washing hands with soap before preparing food: 72.3%
- Counseling on child height/weight: 54.1%

4. Sources of direct contact (%)

- Communal health center staff: 28.8%
- Village health worker/Nutrition volunteer: 76.6%
- Women union: 18.2%

5. Type of IYCF information (%)

- About breastfeeding: 83.5%
- About complementary food: 92.4%
- Health staff: 4.6%
- Mass media: 19.6%

4. Vinh Phuc
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 14.2%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 83.8% and the rate of using Vitamin A after delivery was 47.7%.

b. Among children under 5 years of age, the prevalence of stunting was 27.9%, underweight was 16.6% and wasting was 7.3%; while the prevalence of overweight and obesity was 4.3%.

c. The rate of early initiation of breastfeeding was 73.5%, continued breastfeeding at 2 years rate was 18.9% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 69.6%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 95%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 94.1%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 55.4%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
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<td>No. of hospitals</td>
<td>16</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
<td>230</td>
<td>No. of polyclinics</td>
<td>4</td>
</tr>
<tr>
<td>No. of villages</td>
<td>2,440</td>
<td>No. of commune health centers</td>
<td>230</td>
</tr>
<tr>
<td>Population</td>
<td>1,562,697</td>
<td>No. of maternity homes</td>
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<td>No. of children &lt;5 years of age</td>
<td>127,243</td>
<td>No. of doctors</td>
<td>1,031</td>
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<td>No. of children &lt;2 years of age</td>
<td>52,297</td>
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<td>(estimated to be 41.1% of the under 5)</td>
<td></td>
<td>No. of nurses</td>
<td>1,310</td>
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<td>Percent ethnic minorities</td>
<td>12.7%</td>
<td>No. of midwives/birth attendant</td>
<td>337</td>
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<td>Poverty rate</td>
<td>16.7%</td>
<td>No. of village health workers</td>
<td>2,446</td>
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</tbody>
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---


Last update 3/7/2014
NUTRITION INFORMATION (2010 & 2013)

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Bac Giang
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

### ACCESS TO NUTRITION INFORMATION AND SERVICES

#### 1. Exposure to nutrition information (%)

- See/hear IYCF messages on mass-media last 3 months: 94.1%
- Contact with health staff during last 3 months: 55.4%

#### 4. Sources of direct contact (%)

- Communal health center staff: 35.7%
- Village health worker/Nutrition volunteer: 43.0%
- Women union: 9.3%

#### 2. Sources of information from mass-media (%)

- TV: 81.3%
- Radio/loudspeaker: 34.5%
- Newspapers/magazines: 9.4%
- Poster, flipcharts: 3.4%
- Internet: 12.2%

#### 5. Type of IYCF information (%)

- About breastfeeding:
  - Health staff: 94.1%
  - Mass media: 55.4%
- About complementary food:
  - Health staff: 4.2%
  - Mass media: 15.8%

#### 3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 78.2%
- Feed only breast milk up to 6 months: 74.9%
- Not to give child any water, liquid, honey or formula up to 6 months: 46.7%
- Continue breastfed up to 24 months: 58.8%
- Receiving iron tablet/MIAN: 77.4%
- Feeding eggs, meat, fish and other animal source food after 6 months: 77.1%
- Washing hands with soap before feeding child: 75.8%
- Counseling on child height/weight: 68.0%


4. Bac Giang
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 18.1%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 95% and the rate of using Vitamin A after delivery was 34.5%.

b. Among children under 5 years of age, the prevalence of stunting was 26.9%, underweight was 11.6% and wasting was 4.3%; while the prevalence of overweight and obesity was 2.6%.

c. The rate of early initiation of breastfeeding was 68.7%, continued breastfeeding at 2 years rate was 17.9% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 71.2%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 91.1%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 98.4%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 71.2%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
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<td>No. of hospitals</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
<td>126</td>
<td>No. of polyclinics</td>
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<td>No. of villages</td>
<td>780</td>
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<td>126</td>
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<td>Population</td>
<td>1,039,828</td>
<td>No. of maternity homes</td>
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<td>No. of children &lt;5 years of age</td>
<td>103,791</td>
<td>No. of doctors</td>
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<td>No. of children &lt;2 years of age</td>
<td>42,658</td>
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<td>(estimated to be 41.1% of the under 5)</td>
<td></td>
<td>No. of nurses</td>
<td>610</td>
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<tr>
<td>Percent ethnic minorities</td>
<td>0.3%</td>
<td>No. of midwives/birth attendant</td>
<td>322</td>
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<td>Poverty rate</td>
<td>5.9%</td>
<td>No. of village health workers</td>
<td>923</td>
</tr>
</tbody>
</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Bac Ninh
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

Age group in months

1. Exposure to nutrition information (%)

53.9% See/ hear IYCF messages on mass-media last 3 months
71.2% Contact with health staff during last 3 months

(n=1090)

2. Sources of information from mass-media (%)

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>TV</td>
<td>85.0%</td>
</tr>
<tr>
<td>Radio/loudspeaker</td>
<td>75.2%</td>
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<tr>
<td>Newspapers/magazines</td>
<td>67.6%</td>
</tr>
<tr>
<td>Poster, flipcharts</td>
<td>30.6%</td>
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<tr>
<td>Internet</td>
<td>58.2%</td>
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</table>

(n=1090)

3. Topics of nutritional counseling (%)

<table>
<thead>
<tr>
<th>Topic</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby should be breastfed immediately after birth</td>
<td>95.5%</td>
</tr>
<tr>
<td>Feed only breast milk up to 6 months</td>
<td>88.6%</td>
</tr>
<tr>
<td>Not to give child any water, liquid, honey or formula up to 6 months</td>
<td>84.7%</td>
</tr>
<tr>
<td>Continue breastfed up to 24 months</td>
<td>91.7%</td>
</tr>
<tr>
<td>Receiving iron tablet/MMN</td>
<td>78.7%</td>
</tr>
<tr>
<td>Feeding eggs, meat, fish and other animal source food after 6 months</td>
<td>91.8%</td>
</tr>
<tr>
<td>Counseling on child height/weight</td>
<td>92.3%</td>
</tr>
<tr>
<td>Washing hands with soap before preparing food</td>
<td>67.7%</td>
</tr>
</tbody>
</table>

(n=1090)

4. Sources of direct contact (%)

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communal health center staff</td>
<td>47.6%</td>
</tr>
<tr>
<td>Village health worker/ Nutrition volunteer</td>
<td>53.9%</td>
</tr>
<tr>
<td>Women union</td>
<td>26.1%</td>
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(n=1411)

5. Type of IYCF information (%)

<table>
<thead>
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<th>Topic</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>About breastfeeding</td>
<td>96.4%</td>
</tr>
<tr>
<td>About complementary food</td>
<td>97.3%</td>
</tr>
<tr>
<td>About breastfeeding</td>
<td>67.7%</td>
</tr>
<tr>
<td>About complementary food</td>
<td>67.7%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Health staff</td>
<td>0.7%</td>
</tr>
<tr>
<td>Mass media</td>
<td>5.4%</td>
</tr>
</tbody>
</table>

(n=1090)

4. Bac Ninh
Quang Ninh

Nutrition profile 2013

This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 18.7%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 47.4% and the rate of using Vitamin A after delivery was 43.2%.

b. Among children under 5 years of age, the prevalence of stunting was 26.5%, underweight was 15.1% and wasting was 7.8%; while the prevalence of overweight and obesity was 7.2%.

c. The rate of early initiation of breastfeeding was 66.2%, continued breastfeeding at 2 years rate was 15.3% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 31.8%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 85.9%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 98.3%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 77.4%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

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<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
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<td>No. of villages</td>
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<td>No. of commune health centers</td>
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<td>Population</td>
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<td>No. of maternity homes</td>
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<tr>
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<td>93,978</td>
<td>No. of doctors</td>
<td>770</td>
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<td>No. of children &lt;2 years of age</td>
<td>38,625</td>
<td>No. of assistant doctors</td>
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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
<td>11.6%</td>
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<td>Poverty rate</td>
<td>6.5%</td>
<td>No. of village health workers</td>
<td>1,509</td>
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</table>

Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

![Graph showing chronic energy deficiency prevalence of mothers by age group from 2010 to 2013.](image)


2. Vitamin A supplements: Knowledge and use among mothers (%)

![Graph showing knowledge and use of vitamin A supplements among mothers from 2010 to 2013.](image)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

![Graph showing wasting prevalence among children under 5 years by age group from 2010 to 2013.](image)

4. Malnutrition prevalence among children under 5 years (%)

![Graph showing malnutrition prevalence among children under 5 years from 2010 to 2013.](image)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

![Graph showing underweight prevalence among children under 5 years by age group from 2010 to 2013.](image)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

![Graph showing stunting prevalence among children under 5 years by age group from 2010 to 2013.](image)


2. Quang Ninh
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

4. Sources of direct contact (%)

2. Sources of information from mass-media (%)

5. Type of IYCF information (%)

3. Topics of nutritional counseling (%)


4. Quang Ninh

(n=1288)

(n=1288)

(n=1394)
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 11.9%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 74.1% and the rate of using Vitamin A after delivery was 78.1%.

b. Among children under 5 years of age, the prevalence of stunting was 36.8%, underweight was 23.9% and wasting was 4.9%; while the prevalence of overweight and obesity was 3.1%.

c. The rate of early initiation of breastfeeding was 40.6%, continued breastfeeding at 2 years rate was 25.5% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 47.8%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 89.9%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 89.5%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 86.2%

**Note:** Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

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**Basic characteristics**

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<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
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<td>No. of polyclinics</td>
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<td>Population</td>
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<td>-</td>
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<tr>
<td>No. of children &lt;5 years of age</td>
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<td>No. of doctors</td>
<td>163</td>
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<tr>
<td>No. of children &lt;2 years of age</td>
<td>19,724</td>
<td>No. of assistant doctors</td>
<td>772</td>
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<tr>
<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
<td>592</td>
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<td>Percent ethnic minorities</td>
<td>84.7%</td>
<td>No. of midwives/birth attendant</td>
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<td>Poverty rate</td>
<td>46.8%</td>
<td>No. of village health workers</td>
<td>1,017</td>
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</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

2. Lai Chau
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

Age group in months
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

2. Sources of information from mass-media (%)

3. Topics of nutritional counseling (%)

4. Sources of direct contact (%)

5. Type of IYCF information (%)


4. Lai Chau
Son La

Nutrition profile 2013

This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 12.3%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 48.6% and the rate of using Vitamin A after delivery was 38.4%.

b. Among children under 5 years of age, the prevalence of stunting was 34.7%, underweight was 22.1% and wasting was 12.4%; while the prevalence of overweight and obesity was 2.5%.

c. The rate of early initiation of breastfeeding was 74.4%, continued breastfeeding at 2 years rate was 34.9% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 48.6%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 83.8%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 97.5%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 69.3%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

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<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
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<td>No. of hospitals</td>
<td>15</td>
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<td>No. of wards, town districts, and communes</td>
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<td>No. of villages</td>
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<td>Population</td>
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<td>No. of doctors</td>
<td>571</td>
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<td>No. of children &lt;2 years of age (estimated to be 41.1% of the under 5)</td>
<td>86,471</td>
<td>No. of assistant doctors</td>
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<tr>
<td>Percent ethnic minorities</td>
<td>82.4%</td>
<td>No. of nurses</td>
<td>923</td>
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<td>Poverty rate</td>
<td>34.8%</td>
<td>No. of midwives/birth attendant</td>
<td>383</td>
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<tr>
<td></td>
<td></td>
<td>No. of village health workers</td>
<td>3,073</td>
</tr>
</tbody>
</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

2. Son La
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

1. Exposure to nutrition information (%)

![Diagram showing exposure to nutrition information from mass-media.]

- See/ hear IYCF messages on mass-media last 3 months: 97.5%
- Contact with health staff during last 3 months: 69.3%

2. Sources of information from mass-media (%)

<table>
<thead>
<tr>
<th>Source</th>
<th>Exposure</th>
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<tbody>
<tr>
<td>TV</td>
<td>78.7</td>
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<tr>
<td>Radio/ loudspeaker</td>
<td>46.2</td>
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<tr>
<td>Newspapers/ magazines</td>
<td>18.2</td>
</tr>
<tr>
<td>Poster, flipcharts</td>
<td>17.2</td>
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<tr>
<td>Internet</td>
<td>6.2</td>
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</table>

3. Topics of nutritional counseling (%)

<table>
<thead>
<tr>
<th>Topic</th>
<th>Exposure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby should be breastfed immediately after birth</td>
<td>77.3</td>
</tr>
<tr>
<td>Feed colostrum milk up to 6 months</td>
<td>80.2</td>
</tr>
<tr>
<td>Not to give child any water, liquid, honey or formula up to 6 months</td>
<td>55.7</td>
</tr>
<tr>
<td>Continue breastfed up to 24 months</td>
<td>69.6</td>
</tr>
<tr>
<td>Receiving iron tablet/MMN</td>
<td>74.5</td>
</tr>
<tr>
<td>Feeding eggs, meat, fish and other animal source food after 6 months</td>
<td>70.6</td>
</tr>
<tr>
<td>Washing hands with soap before feeding child</td>
<td>85.0</td>
</tr>
<tr>
<td>Counseling on child height-weight</td>
<td>81.5</td>
</tr>
</tbody>
</table>

4. Sources of direct contact (%)

- Communal health center staff: 49.1%
- Village health worker/ Nutrition volunteer: 38.0%
- Women union: 29.4%

5. Type of IYCF information (%)

- About breastfeeding: 97.5%
- About complementary food: 81.5%
- Mass media: 93.6%


4. Son La
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 17.6%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 92.6% and the rate of using Vitamin A after delivery was 72.4%.

b. Among children under 5 years of age, the prevalence of stunting was 26.7%, underweight was 19.5% and wasting was 5.7%; while the prevalence of overweight and obesity was 1.6%.

c. The rate of early initiation of breastfeeding was 84.4%, continued breastfeeding at 2 years rate was 33.1% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 70.3%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 88.2%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 99.9%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 88.7%.

**Note:** Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

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<table>
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<th>Indicator</th>
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<tr>
<td>No. of districts and towns</td>
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<td>No. of hospitals</td>
<td>14</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
<td>210</td>
<td>No. of polyclinics</td>
<td>22</td>
</tr>
<tr>
<td>No. of villages</td>
<td>2,024</td>
<td>No. of commune health centers</td>
<td>208</td>
</tr>
<tr>
<td>Population</td>
<td>798,734</td>
<td>No. of maternity homes</td>
<td>-</td>
</tr>
<tr>
<td>No. of children &lt;5 years of age</td>
<td>64,727</td>
<td>No. of doctors</td>
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</tr>
<tr>
<td>No. of children &lt;2 years of age</td>
<td>26,603</td>
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<tr>
<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
<td>73.6%</td>
<td>No. of midwives/birth attendant</td>
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<tr>
<td>Poverty rate</td>
<td>27.7%</td>
<td>No. of village health workers</td>
<td>2,061</td>
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</tbody>
</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

### Infant and young child feeding practices by age

<table>
<thead>
<tr>
<th>Age group in months</th>
<th>Exclusively breastfed (%)</th>
<th>Predominantly breastfed (%)</th>
<th>Breast milk &amp; complementary foods (%)</th>
<th>Breast milk &amp; plain water only (%)</th>
<th>Breast milk &amp; non-milk liquids (%)</th>
<th>Breast milk &amp; other milk/formula (%)</th>
<th>Not receiving any breast milk (%)</th>
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<tr>
<td>0-1</td>
<td>25.2</td>
<td>64.0</td>
<td>8.6</td>
<td>2.2</td>
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<td>0.2</td>
<td>2.2</td>
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<tr>
<td>2-3</td>
<td>23.6</td>
<td>68.0</td>
<td>8.4</td>
<td>0.2</td>
<td>0.2</td>
<td>0.2</td>
<td>0.2</td>
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<tr>
<td>4-5</td>
<td>21.9</td>
<td>70.2</td>
<td>7.9</td>
<td>0.2</td>
<td>0.2</td>
<td>0.2</td>
<td>0.2</td>
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<tr>
<td>6-7</td>
<td>19.6</td>
<td>72.6</td>
<td>7.9</td>
<td>0.2</td>
<td>0.2</td>
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<td>0.2</td>
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<tr>
<td>8-9</td>
<td>17.4</td>
<td>74.6</td>
<td>8.0</td>
<td>0.2</td>
<td>0.2</td>
<td>0.2</td>
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<tr>
<td>10-11</td>
<td>15.2</td>
<td>76.6</td>
<td>8.2</td>
<td>0.2</td>
<td>0.2</td>
<td>0.2</td>
<td>0.2</td>
</tr>
</tbody>
</table>

ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

2. Sources of information from mass-media (%)

3. Topics of nutritional counseling (%)

4. Sources of direct contact (%)

5. Type of IYCF information (%)


4. Hoa Binh
Dien Bien

Nutrition profile 2013

This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 7.4%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 26.7% and the rate of using Vitamin A after delivery was 41.8%.

b. Among children under 5 years of age, the prevalence of stunting was 32.2%, underweight was 19.7% and wasting was 5%; while the prevalence of overweight and obesity was 2.6%.

c. The rate of early initiation of breastfeeding was 91.9%, continued breastfeeding at 2 years rate was 18.1% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 38.3%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 85.5%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 54.9%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 45.1%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>8</td>
<td>No. of hospitals</td>
<td>12</td>
</tr>
<tr>
<td>No. of wards, town districts, and communes</td>
<td>112</td>
<td>No. of polyclinics</td>
<td>18</td>
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<tr>
<td>No. of villages</td>
<td>1,602</td>
<td>No. of commune health centers</td>
<td>112</td>
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<tr>
<td>Population</td>
<td>515,001</td>
<td>No. of maternity homes</td>
<td>-</td>
</tr>
<tr>
<td>No. of children &lt;5 years of age</td>
<td>66,386</td>
<td>No. of doctors</td>
<td>273</td>
</tr>
<tr>
<td>No. of children &lt;2 years of age</td>
<td>27,285</td>
<td>No. of assistant doctors</td>
<td>886</td>
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<td>(estimated to be 41.1% of the under 5)</td>
<td></td>
<td>No. of nurses</td>
<td>579</td>
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<tr>
<td>Percent ethnic minorities</td>
<td>81.6%</td>
<td>No. of midwives/birth attendant</td>
<td>240</td>
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<tr>
<td>Poverty rate</td>
<td>46.4%</td>
<td>No. of village health workers</td>
<td>1,383</td>
</tr>
</tbody>
</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Dien Bien
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

![Graph showing exposure to nutrition information](image)

2. Sources of information from mass-media (%)

![Graph showing sources of information from mass-media](image)

3. Topics of nutritional counseling (%)

![Graph showing topics of nutritional counseling](image)

4. Sources of direct contact (%)

![Graph showing sources of direct contact](image)

5. Type of IYCF information (%)

![Graph showing type of IYCF information](image)


4. Dien Bien
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 20.9%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 88.1% and the rate of using Vitamin A after delivery was 37.8%.

b. Among children under 5 years of age, the prevalence of stunting was 30.2%, underweight was 19.7% and wasting was 7%; while the prevalence of overweight and obesity was 2.6%.

c. The rate of early initiation of breastfeeding was 54.2%, continued breastfeeding at 2 years rate was 30.8% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 83.1%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 91.5%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 97.6%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 66.5%

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
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<td>36</td>
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<td>No. of wards, town districts, and communes</td>
<td>637</td>
<td>No. of polyclinics</td>
<td>13</td>
</tr>
<tr>
<td>No. of villages</td>
<td>6,041</td>
<td>No. of commune health centers</td>
<td>637</td>
</tr>
<tr>
<td>Population</td>
<td>3,408,347</td>
<td>No. of maternity homes</td>
<td>-</td>
</tr>
<tr>
<td>No. of children &lt;5 years of age</td>
<td>243,977</td>
<td>No. of doctors</td>
<td>1,747</td>
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<td>No. of children &lt;2 years of age</td>
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<td>No. of assistant doctors</td>
<td>2,867</td>
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<tr>
<td>(estimated to be 41.1% of the under 5)</td>
<td></td>
<td>No. of nurses</td>
<td>1,570</td>
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<tr>
<td>Percent ethnic minorities</td>
<td>17.6%</td>
<td>No. of midwives/birth attendant</td>
<td>550</td>
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<tr>
<td>Poverty rate</td>
<td>22.6%</td>
<td>No. of village health workers</td>
<td>5,897</td>
</tr>
</tbody>
</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

2. Thanh Hoa
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed


3. Thanh Hoa
1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 97.6%
- Contact with health staff during last 3 months: 66.5%

2. Sources of information from mass-media (%)

- TV: 83.3%
- Radio/ loudspeaker: 36.8%
- Newspapers/ magazines: 23.9%
- Poster, flipcharts: 4.3%
- Internet: 13.2%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 90.4%
- Feed only breast milk up to 6 months: 90.7%
- Not to give child any water, liquid, honey or formula up to 6 months: 50.9%
- Continue breastfed up to 24 months: 85.8%
- Receiving iron tablets/MMN: 89.9%
- Feeding eggs, meat, fish and other animal source food after 6 months: 87.6%
- Washing hands with soap before feeding child: 93.7%
- Counseling on child height/weight: 78.8%

4. Sources of direct contact (%)

- Communal health center staff: 47.1%
- Village health worker/ Nutrition volunteer: 52.1%
- Women union: 28.9%


4. Thanh Hoa
Nghe An

Nutrition profile 2013

This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 21.1%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 95.6% and the rate of using Vitamin A after delivery was 52.9%.

b. Among children under 5 years of age, the prevalence of stunting was 29.4%, underweight was 18.8% and wasting was 6%; while the prevalence of overweight and obesity was 2.4%.

c. The rate of early initiation of breastfeeding was 91.5%, continued breastfeeding at 2 years rate was 18.5% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 76.7%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 95.4%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 0%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 0%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
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<th>Indicator</th>
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</thead>
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<td>No. of districts and towns</td>
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<td>No. of villages</td>
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<td>No. of commune health centers</td>
<td>479</td>
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<td>Population</td>
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<td>No. of children &lt;2 years of age</td>
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<td>Poverty rate</td>
<td>22.5%</td>
<td>No. of village health workers</td>
<td>5,595</td>
</tr>
</tbody>
</table>

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

### NUTRITION DURING THE LIFE CYCLE

#### Preconception & pregnancy

- Child born in a health facility (n=382)
  - 97.9%
- Ever breastfed (n=859)
  - 99.1%
- Early initiation of breastfeeding (n=859)
  - 91.5%
- No squeezing out colostrum (n=837)
  - 77.5%

#### 0-5 months

- Predominant breastfeeding under 6 months (n=17)
  - 17.6%
- No bottle feeding (n=73)
  - 42.5%
- No prelacteal feeding in the first 3 days (n=859)
  - 43.2%

- Continued breastfeeding at 1 year (n=154)
  - 77.9%
- Minimum meal frequency (n=786)
  - 91.9%
- Minimum dietary diversity (n=786)
  - 94.8%
- Minimum acceptable diet (n=786)
  - 76.7%
- Consumption of iron-rich or iron-fortified foods (n=786)
  - 91.3%
- Vitamin A supplementation (last 6 months) (n=792)
  - 94.4%
- No bottle feeding (n=786)
  - 80.3%

- Continued breastfeeding at 2 years (n=168)
  - 18.5%

#### 6-23 months

- Child deworming (last 6 months) (n=861)
  - 42.9%
- Vitamin A supplementation (last 6 months) (n=861)
  - 96.7%
- Child 24-35 months get vitamin A (n=634)
  - 95.7%

#### 24-59 months

- Continued breastfeeding at 3 months before pregnancy
  - 42.5%
- First trimester
  - 5.7%
- Second semetre
  - 18.9%
- 3 months after delivery
  - 14.9%

### Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

**Source of information:** National Nutrition Surveillance 2010 and 2013 - National Institute of Nutrition
1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months
- Contact with health staff during last 3 months

2. Sources of information from mass-media (%)

- TV
- Radio/ loudspeaker
- Newspapers/ magazines
- Poster, flipcharts
- Internet

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth
- Feed only breast milk up to 6 months
- Not to give child any water, liquid, honey or formular up to 6 months
- Continue breastfed up to 24 months
- Receiving iron tablet/MMN
- Feeding eggs, meat, fish and other animal source food after 6 months
- Washing hands with soap before preparing food
- Counseling on child height/weight

4. Sources of direct contact (%)

- Communal health center staff
- Village health worker/ Nutrition volunteer
- Women union

5. Type of IYCF information (%)

- About breastfeeding
- About complementary food


4. Nghe An
MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 18.3%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 73.3% and the rate of using Vitamin A after delivery was 39.7%.

b. Among children under 5 years of age, the prevalence of stunting was 30.7%, underweight was 18% and wasting was 6%; while the prevalence of overweight and obesity was 2.5%.

c. The rate of early initiation of breastfeeding was 72.6%, continued breastfeeding at 2 years rate was 28.2% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 65%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 94.3%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 80.8%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 75.9%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
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<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
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<td>No. of polyclinics</td>
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<td>No. of villages</td>
<td>2,812</td>
<td>No. of commune health centers</td>
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<td>Population</td>
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</tr>
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<td>No. of doctors</td>
<td>689</td>
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<tr>
<td>No. of children &lt;2 years of age</td>
<td>32,902</td>
<td>No. of assistant doctors</td>
<td>1,155</td>
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<tr>
<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
<td>1,125</td>
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<tr>
<td>Percent ethnic minorities</td>
<td>0.2%</td>
<td>No. of midwives/birth attendant</td>
<td>466</td>
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<tr>
<td>Poverty rate</td>
<td>23.8%</td>
<td>No. of village health workers</td>
<td>2,757</td>
</tr>
</tbody>
</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Ha Tinh
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 80.8%
- Contact with health staff during last 3 months: 75.9%

2. Sources of information from mass-media (%)

- TV: 57.3%
- Radio/loudspeaker: 10.7%
- Newspapers/magazines: 5.5%
- Poster, flipcharts: 0.8%
- Internet: 5.1%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 63.9%
- Feed only breast milk up to 6 months: 67.0%
- Not to give child any water, liquid, honey or formula up to 6 months: 51.5%
- Continue breastfed up to 24 months: 53.0%
- Receiving iron tablet/MMN: 64.3%
- Feeding eggs, meat, fish and other animal source food after 6 months: 71.8%
- Washing hands with soap before feeding child: 70.6%
- Counseling on child height/weight: 64.3%

4. Sources of direct contact (%)

- Communal health center staff: 54.3%
- Village health worker/Nutrition volunteer: 41.0%
- Women union: 23.2%

5. Type of IYCF information (%)

- About breastfeeding: 80.3%
- About complementary food: 55.2%


4. Ha Tinh
Quang Binh

Nutrition profile 2013

This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 16.6%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 89.6% and the rate of using Vitamin A after delivery was 32.6%.

b. Among children under 5 years of age, the prevalence of stunting was 30.8%, underweight was 19.8% and wasting was 6.5%; while the prevalence of overweight and obesity was 2.1%.

c. The rate of early initiation of breastfeeding was 88.3%, continued breastfeeding at 2 years rate was 17.3% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 72.5%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 93.2%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 85.9%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 68.4%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
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<td>No. of hospitals</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
<td>159</td>
<td>No. of polyclinics</td>
<td>5</td>
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<tr>
<td>No. of villages</td>
<td>1,243</td>
<td>No. of commune health centers</td>
<td>159</td>
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<td>Population</td>
<td>852,376</td>
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<tr>
<td>No. of children &lt;5 years of age</td>
<td>62,771</td>
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<tr>
<td>No. of children &lt;2 years of age</td>
<td>25,799</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
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<tr>
<td>Percent ethnic minorities</td>
<td>2.4%</td>
<td>No. of midwives/birth attendant</td>
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<tr>
<td>Poverty rate</td>
<td>23.0%</td>
<td>No. of village health workers</td>
<td>1,233</td>
</tr>
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</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Quang Binh
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 85.9%
- Contact with health staff during last 3 months: 68.4%

2. Sources of information from mass-media (%)

- TV: 71.1%
- Radio/ loudspeaker: 18.4%
- Newspapers/ magazines: 14.0%
- Poster, flipcharts: 7.1%
- Internet: 8.2%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 82.3%
- Feed only breast milk up to 6 months: 81.1%
- Not to give child any water, liquid, honey or formula up to 6 months: 74.2%
- Continue breastfed up to 24 months: 80.4%
- Receiving iron tablet/MMN: 82.4%
- Feeding eggs, meat, fish and other animal source food after 6 months: 79.1%
- Washing hands with soap before preparing food: 82.2%
- Counseling on child height/weight: 52.1%

4. Sources of direct contact (%)

- Communal health center staff: 59.6%
- Village health worker/ Nutrition volunteer: 38.8%
- Women union: 22.0%

5. Type of IYCF information (%)

- About breastfeeding: 1.0%
- About complementary food: 6.0%
- About breastfeeding: 73.6%
- About complementary food: 84.1%


4. Quang Binh
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 18.4%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 94.2% and the rate of using Vitamin A after delivery was 53.9%.

b. Among children under 5 years of age, the prevalence of stunting was 29.8%, underweight was 16% and wasting was 6.6%; while the prevalence of overweight and obesity was 2.3%.

c. The rate of early initiation of breastfeeding was 75.3%, continued breastfeeding at 2 years rate was 30.9% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 94.4%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 89.9%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 93.1%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 50.9%

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
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</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
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<td>No. of hospitals</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
<td>141</td>
<td>No. of polyclinics</td>
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<td>No. of villages</td>
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<td>Population</td>
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<td>No. of children &lt;5 years of age</td>
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<td>No. of doctors</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
<td>11.6%</td>
<td>No. of midwives/birth attendant</td>
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<td>Poverty rate</td>
<td>21.7%</td>
<td>No. of village health workers</td>
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</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

2. Quang Tri
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 93.1%
- Contact with health staff during last 3 months: 50.9%

2. Sources of information from mass-media (%)

- TV: 82.2%
- Radio/loudspeaker: 28.3%
- Newspapers/magazines: 16.3%
- Poster, flipcharts: 32.7%
- Internet: 12.8%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 86.5%
- Feed only breast milk up to 6 months: 84.5%
- Not to give child any water, liquid, honey or formula up to 6 months: 70.8%
- Continue breastfed up to 24 months: 80.9%
- Receiving iron tablet/MN: 83.4%
- Feeding eggs, meat, fish and other animal source food after 6 months: 85.3%
- Washing hands with soap before feeding child: 82.4%
- Counseling on child height/weight: 83.7%

4. Sources of direct contact (%)

- Communal health center staff: 37.3%
- Village health worker/Nutrition volunteer: 36.5%
- Women union: 15.1%

5. Type of IYCF information (%)

- About breastfeeding: 82.0%
- About complementary food: 90.4%

4. Quang Tri
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 14.3%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 83.8% and the rate of using Vitamin A after delivery was 44.2%.

b. Among children under 5 years of age, the prevalence of stunting was 26.4%, underweight was 13.4% and wasting was 6%; while the prevalence of overweight and obesity was 4.4%.

c. The rate of early initiation of breastfeeding was 69.9%, continued breastfeeding at 2 years rate was 29.9% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 79.2%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 80.2%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 99.3%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 88.1%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
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<td>No. of hospitals</td>
<td>13</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
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<td>No. of polyclinics</td>
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<tr>
<td>No. of villages</td>
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<td>No. of commune health centers</td>
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<td>No. of doctors</td>
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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
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<td>Poverty rate</td>
<td>10.5%</td>
<td>No. of village health workers</td>
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Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

2. Thua Thien Hue
### NUTRITION DURING THE LIFE CYCLE

#### Infant and young child feeding practices by age

- **Not receiving any breast milk**
- **Breast milk & complementary foods**
- **Breast milk & other milk/formula**
- **Breast milk & non-milk liquids**
- **Breast milk & plain water only**
- **Exclusively breastfed**

**Source of information:** National Nutrition Surveillance 2010 and 2013 - National Institute of Nutrition

#### Preconception & pregnancy
- Child born in a health facility (n=363)
- Ever breastfed (n=637)
- Early initiation of breastfeeding (n=637)
- No squeezing out colostrum (n=621)

#### 0-5 months
- Continued breastfeeding at 1 year (n=100)
- Minimum meal frequency (n=462)
- Minimum dietary diversity (n=462)
- Minimum acceptable diet (n=462)
- Consumption of iron-rich or iron-fortified foods (n=462)
- Vitamin A supplementation (last 6 months) (n=481)
- No bottle feeding (n=462)

#### 6.23 months
- Continued breastfeeding at 2 years (n=87)
- Child deworming (last 6 months) (n=881)
- Vitamin A supplementation (last 6 months) (n=881)
- Child 24-35 months get vitamin A (n=594)

#### 24.59 months
- Iodized salt use (n=1231)
- Iron folic acid supplementation during last 6 months, Non-pregnant/lactating (n=665)

#### 3 months before pregnancy
- Continued breastfeeding at 1 year (n=100)
- Minimum meal frequency (n=462)
- Minimum dietary diversity (n=462)
- Minimum acceptable diet (n=462)
- Consumption of iron-rich or iron-fortified foods (n=462)
- Vitamin A supplementation (last 6 months) (n=481)
- No bottle feeding (n=462)

**3. Thua Thien Hue**
**ACCESS TO NUTRITION INFORMATION AND SERVICES**

1. **Exposure to nutrition information (%)**

   - See/ hear IYCF messages on mass-media last 3 months: 99.3%
   - Contact with health staff during last 3 months: 88.1%

   ![Graph](image1.png)

2. **Sources of information from mass-media (%)**

   - TV: 86.6%
   - Radio/ loudspeaker: 12.4%
   - Newspapers/ magazines: 12.5%
   - Poster, flipcharts: 9.2%
   - Internet: 12.9%

   ![Graph](image2.png)

3. **Topics of nutritional counseling (%)**

   - Baby should be breastfed immediately after birth: 88.0%
   - Feed only breast milk up to 6 months: 61.1%
   - Not to give child any water, honey or formula, up to 6 months: 22.5%
   - Continue breastfed up to 24 months: 63.8%
   - Receiving iron tablet/MMN: 84.6%
   - Feeding eggs, meat, fish and other animal source food after 6 months: 62.8%
   - Washing hands with soap before preparing food: 93.4%
   - Counseling on child height/weight: 51.4%

   ![Graph](image3.png)

4. **Sources of direct contact (%)**

   - Communal health center staff: 19.4%
   - Village health worker/Nutrition volunteer: 84.2%
   - Women union: 7.8%

   ![Graph](image4.png)

5. **Type of IYCF information (%)**

   - About breastfeeding, Health staff: 99.3%
   - About complementary food, Health staff: 88.1%
   - About breastfeeding, Mass media: 98.1%
   - About complementary food, Mass media: 84.8%

   ![Graph](image5.png)


4. Thua Thien Hue
**Da Nang**

**Nutrition profile 2013**

This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 8.8%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 94% and the rate of using Vitamin A after delivery was 49.7%.

b. Among children under 5 years of age, the prevalence of stunting was 15.7%, underweight was 5.2% and wasting was 5.5%; while the prevalence of overweight and obesity was 8.3%.

c. The rate of early initiation of breastfeeding was 25.2%, continued breastfeeding at 2 years rate was 20.9% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 43.5%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 81.6%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 84.9%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 44.8%

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

**Basic characteristics**

<table>
<thead>
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<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
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<tbody>
<tr>
<td>No. of districts and towns</td>
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<td>No. of hospitals</td>
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<td>No. of wards, town districts, and communes</td>
<td>56</td>
<td>No. of polyclinics</td>
<td>-</td>
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<tr>
<td>No. of villages</td>
<td>2,221</td>
<td>No. of commune health centers</td>
<td>56</td>
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<td>Population</td>
<td>950,272</td>
<td>No. of maternity homes</td>
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<td>No. of children &lt;5 years of age</td>
<td>77,611</td>
<td>No. of doctors</td>
<td>723</td>
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<tr>
<td>No. of children &lt;2 years of age</td>
<td>31,898</td>
<td>No. of assistant doctors</td>
<td>339</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
<td>713</td>
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<td>Percent ethnic minorities</td>
<td>0.5%</td>
<td>No. of midwives/birth attendant</td>
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<tr>
<td>Poverty rate</td>
<td>3.7%</td>
<td>No. of village health workers</td>
<td>454</td>
</tr>
</tbody>
</table>
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Da Nang
Infant and young child feeding practices by age

- **Preconception & pregnancy**
  - Child born in a health facility (n=404)
  - Mother use iron/folat supplement (n=537)
  - Ever breastfed (n=790)
  - Early initiation of breastfeeding (n=790)
  - No squeezing out colostrum (n=784)

- **0-5 months**
  - Continued breastfeeding at 1 year (n=135)
  - Minimum meal frequency (n=666)
  - Minimum dietary diversity (n=666)
  - Minimum acceptable diet (n=666)
  - Predominant breastfeeding under 6 months (n=81)

- **6-23 months**
  - Continued breastfeeding at 2 years (n=129)
  - Child deworming (last 6 months) (n=651)
  - Vitamin A supplementation (last 6 months) (n=651)
  - Child 24-35 months get vitamin A (n=509)

- **24-59 months**
  - Consumption of iron-rich or iron-fortified foods (n=666)
  - Vitamin A supplementation (last 6 months) (n=666)
  - No bottle feeding (n=666)

- **3 months before pregnancy to 3 months after delivery**
  - Minimum meal frequency (n=666)
  - Minimum dietary diversity (n=666)
  - Minimum acceptable diet (n=666)
  - Consumption of iron-rich or iron-fortified foods (n=666)
  - Vitamin A supplementation (last 6 months) (n=686)
  - No bottle feeding (n=666)

### 1. Exposure to nutrition information (%)

![Bar chart showing exposure to nutrition information from mass-media.](chart1.png)

<table>
<thead>
<tr>
<th>Source of Information</th>
<th>Exposure (%)</th>
</tr>
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<tbody>
<tr>
<td>TV</td>
<td>84.9</td>
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<tr>
<td>Radio/loudspeaker</td>
<td>57.6</td>
</tr>
<tr>
<td>Newspapers/magazines</td>
<td>44.8</td>
</tr>
<tr>
<td>Poster, flipcharts</td>
<td>11.3</td>
</tr>
<tr>
<td>Internet</td>
<td>2.4</td>
</tr>
</tbody>
</table>

*(n=1288)*

### 2. Sources of information from mass-media (%)

![Bar chart showing sources of information from mass-media.](chart2.png)

<table>
<thead>
<tr>
<th>Source of Information</th>
<th>Source of Information Percentage</th>
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</thead>
<tbody>
<tr>
<td>TV</td>
<td>6.9</td>
</tr>
<tr>
<td>Radio/loudspeaker</td>
<td>5.2</td>
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<tr>
<td>Newspapers/magazines</td>
<td>60.2</td>
</tr>
<tr>
<td>Poster, flipcharts</td>
<td>60.2</td>
</tr>
<tr>
<td>Internet</td>
<td>11.3</td>
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</tbody>
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*(n=1288)*

### 3. Topics of nutritional counseling (%)

![Bar chart showing topics of nutritional counseling.](chart3.png)

<table>
<thead>
<tr>
<th>Topic</th>
<th>Counseling Percentage</th>
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<tbody>
<tr>
<td>Baby should be breastfed immediately after birth</td>
<td>79.6</td>
</tr>
<tr>
<td>Feed only breast milk up to 6 months</td>
<td>73.4</td>
</tr>
<tr>
<td>Not to give child any water, liquid or formula up to 6 months</td>
<td>66.8</td>
</tr>
<tr>
<td>Continue breastfed up to 24 months</td>
<td>69.4</td>
</tr>
<tr>
<td>Receiving iron tablet/MMN</td>
<td>64.4</td>
</tr>
<tr>
<td>Feeding eggs, meat, fish and other animal source food after 6 months</td>
<td>48.0</td>
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<tr>
<td>Washing hands with soap before feeding child</td>
<td>83.5</td>
</tr>
<tr>
<td>Counseling on child height/weight</td>
<td>45.4</td>
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*(n=1288)*

### 4. Sources of direct contact (%)

![Bar chart showing sources of direct contact.](chart4.png)

<table>
<thead>
<tr>
<th>Source of Direct Contact</th>
<th>Direct Contact Percentage</th>
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</thead>
<tbody>
<tr>
<td>Communal health center staff</td>
<td>33.8</td>
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<tr>
<td>Village health worker/Nutrition volunteer</td>
<td>26.3</td>
</tr>
<tr>
<td>Women union</td>
<td>9.9</td>
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</table>

*(n=1299)*

### 5. Type of IYCF information (%)

![Bar chart showing type of IYCF information.](chart5.png)

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<th>Health Staff</th>
<th>Mass Media</th>
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<tbody>
<tr>
<td>About breastfeeding</td>
<td>60.2</td>
</tr>
<tr>
<td>About complementary food</td>
<td>85.2</td>
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</table>

*(n=1288)*

---

4. Da Nang
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 17.7%. The rate of using iron pills in the 3 months before or during pregnancy among pregnant mother with under 2 years child was 87.5% and the rate of using Vitamin A after delivery was 5.5%.

b. Among children under 5 years of age, the prevalence of stunting was 28.6%, underweight was 14.8% and wasting was 5.8%; while the prevalence of overweight and obesity was 3.2%.

c. The rate of early initiation of breastfeeding was 57.9%, continued breastfeeding at 2 years rate was 24.5% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 70%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 73.4%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 83.5%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 56.6%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
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<th>Indicator</th>
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</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>16</td>
<td>No. of hospitals</td>
<td>24</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
<td>241</td>
<td>No. of polyclinics</td>
<td>9</td>
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<td>No. of villages</td>
<td>1,723</td>
<td>No. of commune health centers</td>
<td>241</td>
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<tr>
<td>Population</td>
<td>1,426,551</td>
<td>No. of maternity homes</td>
<td>-</td>
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<td>No. of children &lt;5 years of age</td>
<td>111,955</td>
<td>No. of doctors</td>
<td>670</td>
</tr>
<tr>
<td>No. of children &lt;2 years of age (estimated to be 41.1% of the under 5)</td>
<td>46,014</td>
<td>No. of assistant doctors</td>
<td>1,034</td>
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<td>Percent ethnic minorities</td>
<td>8.1%</td>
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<td>Poverty rate</td>
<td>21.7%</td>
<td>No. of midwives/birth attendant</td>
<td>496</td>
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Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Quang Nam
**NUTRITION DURING THE LIFE CYCLE**

### Infant and young child feeding practices by age

- **Not receiving any breast milk**
- **Breast milk & complementary foods**
- **Breast milk & other milk/formula**
- **Breast milk & non-milk liquids**
- **Breast milk & plain water only**
- **Exclusively breastfed**


---

1. **Quang Nam**
1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 83.5%
- Contact with health staff during last 3 months: 56.6%

2. Sources of information from mass-media (%)

- TV: 42.4%
- Radio/ loudspeaker: 11.1%
- Newspapers/ magazines: 4.6%
- Poster, flipcharts: 1.8%
- Internet: 8.0%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 81.1%
- Feed only breast milk up to 6 months: 77.4%
- Not to give child any water, liquid, honey or formula up to 6 months: 75.9%
- Continue breastfed up to 24 months: 76.1%
- Receiving iron tablet/MMN: 77.6%
- Feeding eggs, meat, fish and other animal source food after 6 months: 82.1%
- Washing hands with soap before preparing food: 82.0%
- Counseling on child height/weight: 63.1%

4. Sources of direct contact (%)

- Communal health center staff: 39.0%
- Village health worker/Nutrition volunteer: 26.7%
- Women union: 15.4%

5. Type of IYCF information (%)

- About breastfeeding: 83.0%
- About complementary food: 46.9%

4. Quang Nam
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 15.6%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 93.5% and the rate of using Vitamin A after delivery was 67.7%.

b. Among children under 5 years of age, the prevalence of stunting was 25.5%, underweight was 15.9% and wasting was 5.7%; while the prevalence of overweight and obesity is 3.6%.

c. The rate of early initiation of breastfeeding was 39.3%, continued breastfeeding at 2 years rate was 30.3% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 75%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 93.1%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 91.9%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 77%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics ¹

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<tr>
<th>Indicator</th>
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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
<td>13.3%</td>
<td>No. of midwives/birth attendant</td>
<td>568</td>
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<tr>
<td>Poverty rate</td>
<td>20.8%</td>
<td>No. of village health workers</td>
<td>1,127</td>
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Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

![Bar chart showing chronic energy deficiency prevalence of mothers by age group.]


2. Vitamin A supplements: Knowledge and use among mothers (%)

![Bar chart showing vitamin A supplements knowledge and use among mothers.]


3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

![Bar chart showing wasting prevalence among children under 5 years by age group.]


4. Malnutrition prevalence among children under 5 years (%)

![Bar chart showing malnutrition prevalence among children under 5 years.]


5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

![Bar chart showing underweight prevalence among children under 5 years by age group.]


6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

![Bar chart showing stunting prevalence among children under 5 years by age group.]


2. Quang Ngai


2. Quang Ngai
**Infant and young child feeding practices by age**

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

**Source of information:** National Nutrition Surveillance 2010 and 2013 - National Institute of Nutrition

3. Quang Ngai
1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 91.9%
- Community health center staff during last 3 months: 77.0%

2. Sources of information from mass-media (%)

- TV: 65.2%
- Radio/loudspeaker: 10.1%
- Newspapers/magazines: 1.7%
- Poster, flipcharts: 1.5%
- Internet: 5.7%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 78.6%
- Feed only breast milk up to 6 months: 74.2%
- Not to give child any water, liquid, honey or formula up to 6 months: 14.9%
- Continue breastfed up to 24 months: 69.6%
- Receiving iron tablet/MMN: 62.5%
- Feeding eggs, meat, fish and other animal source food after 6 months: 76.3%
- Washing hands with soap before preparing food: 68.0%
- Counseling on child height/weight: 67.2%

4. Sources of direct contact (%)

- Communal health center staff: 23.9%
- Village health worker/Nutrition volunteer: 59.3%
- Women union: 1.3%

5. Type of IYCF information (%)

- About breastfeeding: 65.2%
- About complementary food: 63.1%
- Health staff: 4.3%
- Mass media: 82.4%
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 7.8%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 98.3% and the rate of using Vitamin A after delivery was 94.5%.

b. Among children under 5 years of age, the prevalence of stunting was 25.6%, underweight was 15.8% and wasting was 5.7%; while the prevalence of overweight and obesity was 3.8%.

c. The rate of early initiation of breastfeeding was 73.3%, continued breastfeeding at 2 years rate was 20.3% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 91.6%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 95.7%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 99.5%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 95.2%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

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<th>Indicator</th>
<th>Value</th>
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<td>No. of villages</td>
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<td>Population</td>
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<td>No. of doctors</td>
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<tr>
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<td>Percent ethnic minorities</td>
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<td>Poverty rate</td>
<td>15.2%</td>
<td>No. of village health workers</td>
<td>1,542</td>
</tr>
</tbody>
</table>

1. Chronic energy deficiency prevalence of mothers by age group (%)

![Graph showing chronic energy deficiency prevalence of mothers by age group.]

2. Vitamin A supplements: Knowledge and use among mothers (%)

![Graph showing Vitamin A supplements knowledge and use among mothers.]

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

![Graph showing wasting prevalence among children under 5 years by age group.]

4. Malnutrition prevalence among children under 5 years (%)

![Graph showing malnutrition prevalence among children under 5 years.]

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

![Graph showing underweight prevalence among children under 5 years by age group.]

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

![Graph showing stunting prevalence among children under 5 years by age group.]


2. Binh Dinh
1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 99.5%
- Contact with health staff during last 3 months: 95.2%

2. Sources of information from mass-media (%)

- TV: 90.6%
- Radio/loudspeaker: 46.0%
- Newspapers/magazines: 20.4%
- Poster, flipcharts: 59.9%
- Internet: 14.7%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 74.9%
- Feed only breast milk up to 6 months: 76.6%
- Not to give child any water, liquids, honey or formula up to 6 months: 59.8%
- Continue breastfed up to 24 months: 88.8%
- Receiving iron tablet/MMN: 87.3%
- Feeding eggs, meat, fish and other animal source food after 6 months: 90.3%
- Wash hands with soap before preparing child feeding: 94.3%
- Counseling on child height/weight: 92.4%

4. Sources of direct contact (%)

- Communal health center staff: 94.9%
- Village health worker/Nutrition volunteer: 60.8%
- Women union: 9.1%

5. Type of IYCF information (%)

- About breastfeeding: 99.5%
- About complementary food: 95.2%
- Health staff: 8.2%
- Mass media: 31.2%


4. Binh Dinh
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 10.6%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 80.8% and the rate of using Vitamin A after delivery was 43.8%.

b. Among children under 5 years of age, the prevalence of stunting was 29.3%, underweight was 16.6% and wasting was 6.3%; while the prevalence of overweight and obesity was 4.7%.

c. The rate of early initiation of breastfeeding was 35.5%, continued breastfeeding at 2 years rate was 10.1% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 54.2%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 68%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 98.8%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 92.3%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

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<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
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</thead>
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<tr>
<td>Poverty rate</td>
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<td>No. of village health workers</td>
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</table>

NUTRITION INFORMATION (2010 & 2013)

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

2. Phu Yen
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

2. Sources of information from mass-media (%)

3. Topics of nutritional counseling (%)

4. Sources of direct contact (%)

5. Type of IYCF information (%)


4. Phu Yen
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 10.2%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 84.9% and the rate of using Vitamin A after delivery was 31.7%.

b. Among children under 5 years of age, the prevalence of stunting was 24%, underweight was 12.7% and wasting was 5.7%; while the prevalence of overweight and obesity was 7.6%.

c. The rate of early initiation of breastfeeding was 54.5%, continued breastfeeding at 2 years rate was 16.3% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 46.7%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 80%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 92.5%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 26.6%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

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<td>No. of nurses</td>
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<tr>
<td>Percent ethnic minorities</td>
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<td>Poverty rate</td>
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Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Khanh Hoa
NUTRITION DURING THE LIFE CYCLE

Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed


3. Khanh Hoa
1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 92.5%
- Contact with health staff during last 3 months: 26.6%


2. Sources of information from mass-media (%)

- TV: 82.9%
- Radio/loudspeaker: 31.9%
- Newspapers/magazines: 23.0%
- Poster, flipcharts: 4.6%
- Internet: 13.4%

(n=1184)

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 79.9%
- Feed only breast milk up to 6 months: 83.4%
- Not to give child any water, liquid, honey or formula up to 6 months: 59.5%
- Continue breastfed up to 24 months: 75.9%
- Receiving iron tablet/MMN: 82.4%
- Feeding eggs, meat, fish and other animal source food after 6 months: 84.8%
- Washing hands with soap before feeding child: 85.0%
- Counseling on child height/weight: 71.2%

(n=1184)

4. Sources of direct contact (%)

- Communal health center staff: 24.3%
- Village health worker/Nutrition volunteer: 6.2%
- Women union: 6.5%


5. Type of IYCF information (%)

- About breastfeeding: 83.9%
- About complementary food: 90.2%
- Health staff: 92.5%
- Mass media: 20.2%


4. Khanh Hoa
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 9.6%. The rate of using iron pills in the 3 months before or during pregnancy among mothers with under 2 years child was 74% and the rate of using Vitamin A after delivery was 61.9%.

b. Among children under 5 years of age, the prevalence of stunting was 40.8%, underweight was 26.1% and wasting was 6.8%; while the prevalence of overweight and obesity was 2.4%.

c. The rate of early initiation of breastfeeding was 76.6%, continued breastfeeding at 2 years rate was 62.5% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 66.1%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 95.7%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 99.9%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 99.8%.

**Note:** Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

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### Basic characteristics

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<td>No. of wards, town districts, and communes</td>
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<tr>
<td>No. of villages</td>
<td>863</td>
<td>No. of commune health centers</td>
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<td>Population</td>
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<td>No. of doctors</td>
<td>156</td>
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<td>No. of children &lt;2 years of age</td>
<td>22,527</td>
<td>No. of assistant doctors</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
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<td>Poverty rate</td>
<td>28.9%</td>
<td>No. of village health workers</td>
<td>870</td>
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</tbody>
</table>

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Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Kon Turn
Infant and young child feeding practices by age
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 99.9%
- Contact with health staff during last 3 months: 99.8%

2. Sources of information from mass-media (%)

- TV: 91.2%
- Radio/ loudspeaker: 49.6%
- Newspapers/ magazines: 15.6%
- Poster, flipcharts: 5.2%
- Internet: 8.3%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 99.7%
- Feed only breast milk up to 6 months: 98.7%
- Not to give child any water, liquid, honey or formula up to 6 months: 95.7%
- Continue breastfed up to 24 months: 93.4%
- Receiving iron tablet/MMN: 93.0%
- Feeding eggs, meat, fish and other animal source food after 6 months: 94.0%
- Washing hands with soap before preparing food: 95.0%
- Counseling on child height/weight: 69.5%

4. Sources of direct contact (%)

- Communal health center staff: 70.3%
- Village health worker/ Nutrition volunteer: 95.0%
- Women union: 15.3%

5. Type of IYCF information (%)

- About breastfeeding: 99.9%
- About complementary food: 99.8%
- See/ hear IYCF messages on mass-media last 3 months: 99.8%
- Contact with health staff during last 3 months: 99.8%


4. Kon Tum
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 13.4%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 62.1% and the rate of using Vitamin A after delivery was 66.2%.

b. Among children under 5 years of age, the prevalence of stunting was 35.5%, underweight was 24.8% and wasting was 7.1%; while the prevalence of overweight and obesity was 3.3%.

c. The rate of early initiation of breastfeeding was 72.7%, continued breastfeeding at 2 years rate was 74% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 33.4%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 78.1%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 63.4%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 62.1%

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
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</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>16</td>
<td>No. of hospitals</td>
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<td>No. of wards, town districts, and communes</td>
<td>222</td>
<td>No. of polyclinics</td>
<td>10</td>
</tr>
<tr>
<td>No. of villages</td>
<td>2,047</td>
<td>No. of commune health centers</td>
<td>222</td>
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<tr>
<td>Population</td>
<td>1,315,940</td>
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<td>-</td>
</tr>
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<td>No. of children &lt;5 years of age</td>
<td>132,460</td>
<td>No. of doctors</td>
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<td>No. of children &lt;2 years of age</td>
<td>54,441</td>
<td>No. of assistant doctors</td>
<td>616</td>
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<tr>
<td>(estimated to be 41.1% of the under 5)</td>
<td></td>
<td>No. of nurses</td>
<td>1,047</td>
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<tr>
<td>Percent ethnic minorities</td>
<td>44.0%</td>
<td>No. of midwives/birth attendant</td>
<td>478</td>
</tr>
<tr>
<td>Poverty rate</td>
<td>24.5%</td>
<td>No. of village health workers</td>
<td>1,848</td>
</tr>
</tbody>
</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Gia Lai
NUTRITION DURING THE LIFE CYCLE

Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

1. Exposure to nutrition information (%)

![Bar chart showing percentage of exposure to nutrition information from mass-media last 3 months and contact with health staff during last 3 months.](image)

2. Sources of information from mass-media (%)

![Bar chart showing percentage of exposure to nutrition information from different sources.](image)

3. Topics of nutritional counseling (%)

![Bar chart showing percentage of topics discussed during nutritional counseling.](image)

4. Sources of direct contact (%)

![Bar chart showing percentage of sources of direct contact.](image)

5. Type of IYCF information (%)

![Bar chart showing percentage of type of IYCF information.](image)

This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 15.3%. The rate of using iron pills in the 3 months before or during pregnancy among mother with under 2 years child was 74.4% and the rate of using Vitamin A after delivery was 35.8%.

b. Among children under 5 years of age, the prevalence of stunting was 33.8%, underweight was 23.4% and wasting was 6%; while the prevalence of overweight and obesity was 2.1%.

c. The rate of early initiation of breastfeeding was 57.9%, continued breastfeeding at 2 years rate was 33.9% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 44%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 85.7%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 54.1%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 79.4%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics ¹

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>14</td>
<td>No. of hospitals</td>
<td>21</td>
</tr>
<tr>
<td>No. of wards, town districts, and communes</td>
<td>184</td>
<td>No. of polyclinics</td>
<td>1</td>
</tr>
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<td>No. of villages</td>
<td>2,413</td>
<td>No. of commune health centers</td>
<td>184</td>
</tr>
<tr>
<td>Population</td>
<td>1,768,333</td>
<td>No. of maternity homes</td>
<td>-</td>
</tr>
<tr>
<td>No. of children &lt;5 years of age</td>
<td>153,032</td>
<td>No. of doctors</td>
<td>954</td>
</tr>
<tr>
<td>No. of children &lt;2 years of age</td>
<td>62,896</td>
<td>No. of assistant doctors</td>
<td>639</td>
</tr>
<tr>
<td>(estimated to be 41.1% of the under 5)</td>
<td></td>
<td>No. of nurses</td>
<td>1,408</td>
</tr>
<tr>
<td>Percent ethnic minorities</td>
<td>33.0%</td>
<td>No. of midwives/birth attendant</td>
<td>442</td>
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<tr>
<td>Poverty rate</td>
<td>19.6%</td>
<td>No. of village health workers</td>
<td>2,394</td>
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</table>


Last update 3/7/2014
NUTRITION INFORMATION (2010 & 2013)

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

2. Dac Lac
NUTRITION DURING THE LIFE CYCLE

### Preconception & pregnancy

- **Iron and folate supplementation**: 99.9% of women used iron/folate supplements during the last 6 months, non-pregnant/lactating (n=997).

### 0-5 months

- **Child born in a health facility**: 99.9% (n=305).
- **Ever breastfed**: 6.2% (n=669).
  - **Predominant breastfeeding under 6 months**: 23.3% (n=43).
  - **No prelacteal feeding in the first 3 days**: 193% (n=672).

### 6-23 months

- **Minimum meal frequency**: 88.9 (n=672).
- **Minimum dietary diversity**: 97.9 (n=672).
- **Minimum acceptable diet**: 57.9 (n=672).

### 24-59 months

- **Continued breastfeeding at 2 years**: 33.9% (n=109).
- **Child deworming (last 6 months)**: 79.1% (n=832).
- **Vitamin A supplementation (last 6 months)**: 91.9% (n=832).
- **Child 24-35 months get vitamin A**: 92.0% (n=675).

### Infant and young child feeding practices by age

- **Exclusively breastfed**: 23.3% (n=672).
- **Breast milk & complementary foods**: 90.6% (n=672).
- **Breast milk & other milk/formula**: 57.1% (n=672).
- **Breast milk & plain water only**: 69.4% (n=669).

### Source of information:
1. Exposure to nutrition information (%)

<table>
<thead>
<tr>
<th>Source of information</th>
<th>Exposure to nutrition information (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>See/ hear IYCF messages on mass-media last 3 months</td>
<td>54.1</td>
</tr>
<tr>
<td>Contact with health staff during last 3 months</td>
<td>79.4</td>
</tr>
</tbody>
</table>

(n=1315)

2. Sources of information from mass-media (%)

<table>
<thead>
<tr>
<th>Source of information</th>
<th>Sources of information from mass-media (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>TV</td>
<td>32.5</td>
</tr>
<tr>
<td>Radio/loudspeaker</td>
<td>5.5</td>
</tr>
<tr>
<td>Newspapers/magazines</td>
<td>2.7</td>
</tr>
<tr>
<td>Poster, flipcharts</td>
<td>0.0</td>
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<tr>
<td>Internet</td>
<td>5.2</td>
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</table>

(n=1315)

3. Topics of nutritional counseling (%)

<table>
<thead>
<tr>
<th>Topics of nutritional counseling</th>
<th>Topics of nutritional counseling (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby should be breastfed immediately after birth</td>
<td>62.0</td>
</tr>
<tr>
<td>Feed only breast milk up to 6 months</td>
<td>61.8</td>
</tr>
<tr>
<td>Not to give child any water, liquid, honey or formula up to 6 months</td>
<td>47.9</td>
</tr>
<tr>
<td>Continue breastfed up to 24 months</td>
<td>59.5</td>
</tr>
<tr>
<td>Receiving iron tablets/MMN</td>
<td>44.8</td>
</tr>
<tr>
<td>Feeding eggs, meat, fish and other animal source food after 6 months</td>
<td>58.3</td>
</tr>
<tr>
<td>Washing hands with soap before feeding child</td>
<td>58.3</td>
</tr>
<tr>
<td>Counseling on child height/weight</td>
<td>54.8</td>
</tr>
</tbody>
</table>

(n=1315)

4. Sources of direct contact (%)

<table>
<thead>
<tr>
<th>Sources of direct contact</th>
<th>Sources of direct contact (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communal health center staff</td>
<td>41.9</td>
</tr>
<tr>
<td>Village health worker/Nutrition volunteer</td>
<td>66.4</td>
</tr>
<tr>
<td>Women union</td>
<td>42.5</td>
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</table>

(n=1315)

5. Type of IYCF information (%)

<table>
<thead>
<tr>
<th>Type of IYCF information</th>
<th>Type of IYCF information (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>About breastfeeding</td>
<td>1.1</td>
</tr>
<tr>
<td>About complementary food</td>
<td>3.0</td>
</tr>
<tr>
<td>About breastfeeding</td>
<td>32.3</td>
</tr>
<tr>
<td>About complementary food</td>
<td>61.7</td>
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</tbody>
</table>

(n=1315)


4. Dac Lac
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 13.4%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 82.1% and the rate of using Vitamin A after delivery was 37%.

b. Among children under 5 years of age, the prevalence of stunting was 34.2%, underweight was 23.6% and wasting was 7.9%; while the prevalence of overweight and obesity was 1.4%.

c. The rate of early initiation of breastfeeding was 61.2%, continued breastfeeding at 2 years rate was 30.1% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 60%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 95%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 95.7%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 83.4%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
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<th>Value</th>
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</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
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<td>No. of hospitals</td>
<td>8</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
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<td>No. of polyclinics</td>
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<tr>
<td>No. of villages</td>
<td>772</td>
<td>No. of commune health centers</td>
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<tr>
<td>Population</td>
<td>525,693</td>
<td>No. of maternity homes</td>
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<td>No. of children &lt;5 years of age</td>
<td>54,792</td>
<td>No. of doctors</td>
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<td>No. of children &lt;2 years of age</td>
<td>22,520</td>
<td>No. of assistant doctors</td>
<td>331</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
<td>322</td>
</tr>
<tr>
<td>Percent ethnic minorities</td>
<td>32.1%</td>
<td>No. of midwives/birth attendant</td>
<td>146</td>
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<tr>
<td>Poverty rate</td>
<td>26.5%</td>
<td>No. of village health workers</td>
<td>775</td>
</tr>
</tbody>
</table>

1. Chronic energy deficiency prevalence of mothers by age group (%)

![Graph showing chronic energy deficiency prevalence of mothers by age group](image)


2. Vitamin A supplements: Knowledge and use among mothers (%)

![Graph showing vitamin A supplements knowledge and use among mothers](image)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

![Graph showing wasting prevalence among children under 5 years by age group](image)

4. Malnutrition prevalence among children under 5 years (%)

![Graph showing malnutrition prevalence among children under 5 years](image)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

![Graph showing underweight prevalence among children under 5 years by age group](image)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

![Graph showing stunting prevalence among children under 5 years by age group](image)

NUTRITION DURING THE LIFE CYCLE

3. Dac Nong


Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

Age group in months
0-1  2-3  4-5  6-7  8-9  10-11
1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 95.7%
- Contact with health staff during last 3 months: 83.4%

2. Sources of information from mass-media (%)

- TV: 78.2%
- Radio/ loudspeaker: 1.8%
- Newspapers/magazines: 8.6%
- Poster, flipcharts: 11.5%
- Internet: 11.0%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 91.1%
- Feed only breast milk up to 6 months: 89.9%
- Not to give child any water, liquid, honey or formula up to 6 months: 65.9%
- Continue breastfed up to 24 months: 85.1%
- Receiving iron tablet/MMN: 82.0%
- Feeding eggs, meat, fish and other animal source food after 6 months: 90.9%
- Washing hands with soap before preparing food: 90.1%
- Counseling on child height/weight: 62.2%

4. Sources of direct contact (%)

- Communal health center staff: 38.8%
- Village health worker/Nutrition volunteer: 77.6%
- Women union: 4.3%

5. Type of IYCF information (%)

- About breastfeeding: 1.1%
- About complementary food: 2.2%
- About breastfeeding: 95.7%
- About complementary food: 83.4%


4. Dac Nong
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 9.8%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 94.1% and the rate of using Vitamin A after delivery was 48%.

b. Among children under 5 years of age, the prevalence of stunting was 6.7%, underweight was 4.1% and wasting was 2.7%; while the prevalence of overweight and obesity was 11.5%.

c. The rate of early initiation of breastfeeding was 21.9%, continued breastfeeding at 2 years rate was 21.6% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 81.1%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 74.3%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 95.2%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 20.2%

*Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.*

### Basic characteristics

<table>
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<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>24</td>
<td>No. of hospitals</td>
<td>56</td>
</tr>
<tr>
<td>No. of wards, town districts, and communes</td>
<td>322</td>
<td>No. of polyclinics</td>
<td>3</td>
</tr>
<tr>
<td>No. of villages</td>
<td>19,313</td>
<td>No. of commune health centers</td>
<td>322</td>
</tr>
<tr>
<td>Population</td>
<td>7,549,341</td>
<td>No. of maternity homes</td>
<td>-</td>
</tr>
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<td>No. of children &lt;5 years of age</td>
<td>492,275</td>
<td>No. of doctors</td>
<td>6,073</td>
</tr>
<tr>
<td>No. of children &lt;2 years of age</td>
<td>202,325</td>
<td>No. of assistant doctors</td>
<td>1,875</td>
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<tr>
<td>(estimated to be 41.1% of the under 5)</td>
<td></td>
<td>No. of nurses</td>
<td>10,474</td>
</tr>
<tr>
<td>Percent ethnic minorities</td>
<td>6.5%</td>
<td>No. of midwives/birth attendant</td>
<td>2,345</td>
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<tr>
<td>Poverty rate</td>
<td>0.1%</td>
<td>No. of village health workers</td>
<td>8,635</td>
</tr>
</tbody>
</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Ho Chi Minh City
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ Hear IYCF messages on mass-media last 3 months: 95.2%
- Contact with health staff during last 3 months: 20.2%

4. Sources of direct contact (%)

- Communal health center staff: 15.6%
- Village health worker/Nutrition volunteer: 6.9%
- Women union: 8.2%

2. Sources of information from mass-media (%)

- TV: 70.0%
- Radio/loudspeaker: 24.9%
- Newspapers/magazines: 42.3%
- Poster, flipcharts: 13.8%
- Internet: 20.7%

5. Type of IYCF information (%)

- About breastfeeding: 7.1%
- About complementary food: 15.7%
- Health staff: 77.0%
- Mass media: 91.5%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 81.3%
- Feed only breast milk up to 6 months: 83.2%
- Not to give child any water, liquid, honey or formula up to 6 months: 41.5%
- Continue breastfed up to 24 months: 55.3%
- Receiving iron tablet/MMN: 86.0%
- Feeding eggs, meat, fish and other animal source food after 6 months: 73.4%
- Washing hands with soap before feeding child: 85.6%
- Counseling on child height/weight: 70.5%

4. Ho Chi Minh city
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 10.9%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 79.8% and the rate of using Vitamin A after delivery was 48.1%.

b. Among children under 5 years of age, the prevalence of stunting was 24%, underweight was 13.1% and wasting was 5.4%; while the prevalence of overweight and obesity was 4.6%.

c. The rate of early initiation of breastfeeding was 59.5%, continued breastfeeding at 2 years rate was 36.3% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 66.1%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 87.7%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 97.6%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 55.3%.

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>10</td>
<td>No. of hospitals</td>
<td>14</td>
</tr>
<tr>
<td>No. of wards, town districts, and communes</td>
<td>148</td>
<td>No. of polyclinics</td>
<td>22</td>
</tr>
<tr>
<td>No. of villages</td>
<td>1,276</td>
<td>No. of commune health centers</td>
<td>148</td>
</tr>
<tr>
<td>Population</td>
<td>1,216,526</td>
<td>No. of maternity homes</td>
<td>1</td>
</tr>
<tr>
<td>No. of children &lt;5 years of age</td>
<td>106,678</td>
<td>No. of doctors</td>
<td>546</td>
</tr>
<tr>
<td>No. of children &lt;2 years of age</td>
<td>43,845</td>
<td>No. of assistant doctors</td>
<td>581</td>
</tr>
<tr>
<td>(estimated to be 41.1% of the under 5)</td>
<td></td>
<td>No. of nurses</td>
<td>891</td>
</tr>
<tr>
<td>Percent ethnic minorities</td>
<td>24.1%</td>
<td>No. of midwives/birth attendant</td>
<td>465</td>
</tr>
<tr>
<td>Poverty rate</td>
<td>11.8%</td>
<td>No. of village health workers</td>
<td>1,128</td>
</tr>
</tbody>
</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

![Chart showing chronic energy deficiency prevalence of mothers by age group (%).](chart1)


2. Vitamin A supplements: Knowledge and use among mothers (%)

![Chart showing knowledge and use of vitamin A supplements.](chart2)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

![Chart showing wasting prevalence (WHZ<-2Z) among children under 5 years.](chart3)

4. Malnutrition prevalence among children under 5 years (%)

![Chart showing malnutrition prevalence among children under 5 years.](chart4)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

![Chart showing underweight prevalence (WAZ<-2Z) among children under 5 years.](chart5)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

![Chart showing stunting prevalence (HAZ<-2Z) among children under 5 years.](chart6)

### NUTRITION DURING THE LIFE CYCLE

#### Mother use iron/folat supplement (n=721)

<table>
<thead>
<tr>
<th>Time Period</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 months before pregnancy</td>
<td>36.3%</td>
</tr>
<tr>
<td>First trimester</td>
<td>43.1%</td>
</tr>
<tr>
<td>Second semester</td>
<td>97.5%</td>
</tr>
<tr>
<td>3 months after delivery</td>
<td>70.6%</td>
</tr>
</tbody>
</table>

#### Iodized salt use (n=1515)

- 3 months before pregnancy: 78.9%
- First trimester: 82.9%
- Second semester: 82.0%
- 3 months after delivery: 66.1%

#### Iron folic acid supplementation during last 6 months, Non-pregnant/ lactating (n=827)

<table>
<thead>
<tr>
<th>Time Period</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 months before pregnancy</td>
<td>36.3%</td>
</tr>
<tr>
<td>First trimester</td>
<td>43.1%</td>
</tr>
<tr>
<td>Second semester</td>
<td>97.5%</td>
</tr>
<tr>
<td>3 months after delivery</td>
<td>70.6%</td>
</tr>
</tbody>
</table>

#### Continued breastfeeding at 2 years (n=102)

- 3 months before pregnancy: 99.8%
- First trimester: 99.2%
- Second semester: 59.5%
- 3 months after delivery: 84.6%

#### Continued breastfeeding at 1 year (n=123)

- Predominant breastfeeding under 6 months: 93.1%
- No bottle feeding: 33.3%
- No prelacteal feeding in the first 3 days (n=763): 77.8%
- No bottle feeding (n=185): 49.8%

#### Continued breastfeeding at 1 year (n=123)

- Child born in a health facility (n=422): 93.1%
- Ever breastfed (n=763): 99.2%
- Early initiation of breastfeeding (n=763): 59.5%
- No squeezing out colostrum (n=745): 84.6%

#### Minimum meal frequency (n=578)

- 3 months before pregnancy: 30.2%
- First trimester: 64.4%
- Second semester: 13.3%
- 3 months after delivery: 28.2%

#### Minimum dietary diversity (n=578)

- 3 months before pregnancy: 30.2%
- First trimester: 64.4%
- Second semester: 13.3%
- 3 months after delivery: 28.2%

#### Minimum acceptable diet (n=578)

- 3 months before pregnancy: 30.2%
- First trimester: 64.4%
- Second semester: 13.3%
- 3 months after delivery: 28.2%

#### Consumption of iron-rich or iron-fortified foods (n=578)

- 3 months before pregnancy: 30.2%
- First trimester: 64.4%
- Second semester: 13.3%
- 3 months after delivery: 28.2%

#### Vitamin A supplementation last 6 months (n=578)

- 3 months before pregnancy: 30.2%
- First trimester: 64.4%
- Second semester: 13.3%
- 3 months after delivery: 28.2%

#### No bottle feeding (n=578)

- 3 months before pregnancy: 30.2%
- First trimester: 64.4%
- Second semester: 13.3%
- 3 months after delivery: 28.2%

#### Vitamin A supplementation last 6 months (n=578)

- 3 months before pregnancy: 30.2%
- First trimester: 64.4%
- Second semester: 13.3%
- 3 months after delivery: 28.2%

#### No bottle feeding (n=578)

- 3 months before pregnancy: 30.2%
- First trimester: 64.4%
- Second semester: 13.3%
- 3 months after delivery: 28.2%

#### Child born in a health facility (n=422)

- Ever breastfed (n=763): 99.2%
- Early initiation of breastfeeding (n=763): 59.5%
- No squeezing out colostrum (n=745): 84.6%

#### Minimum meal frequency (n=578)

- 3 months before pregnancy: 30.2%
- First trimester: 64.4%
- Second semester: 13.3%
- 3 months after delivery: 28.2%

#### Minimum dietary diversity (n=578)

- 3 months before pregnancy: 30.2%
- First trimester: 64.4%
- Second semester: 13.3%
- 3 months after delivery: 28.2%

#### Minimum acceptable diet (n=578)

- 3 months before pregnancy: 30.2%
- First trimester: 64.4%
- Second semester: 13.3%
- 3 months after delivery: 28.2%

#### Continued breastfeeding at 1 year (n=123)

- Predominant breastfeeding under 6 months: 93.1%
- No bottle feeding (n=185): 49.8%

#### No prelacteal feeding in the first 3 days (n=763)

- No prelacteal feeding in the first 3 days: 77.8%

#### No bottle feeding (n=185)

- No bottle feeding: 49.8%

#### Child born in a health facility (n=422)

- Child born in a health facility: 99.8%
- Ever breastfed: 99.2%
- Early initiation of breastfeeding: 59.5%
- No squeezing out colostrum: 84.6%

#### Infant and young child feeding practices by age

- **Not receiving any breast milk**
- **Breast milk & complementary foods**
- **Breast milk & other milk/formula**
- **Breast milk & non-milk liquids**
- **Breast milk & plain water only**
- **Exclusively breastfed**


3. Lam Dong
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

2. Sources of information from mass-media (%)

3. Topics of nutritional counseling (%)

4. Sources of direct contact (%)

5. Type of IYCF information (%)

4. Lam Dong
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 15.5%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 79.2% and the rate of using Vitamin A after delivery was 35.1%.

b. Among children under 5 years of age, the prevalence of stunting was 27.5%, underweight was 20% and wasting was 6.1%; while the prevalence of overweight and obesity was 2.9%.

c. The rate of early initiation of breastfeeding was 59.3%, continued breastfeeding at 2 years rate was 33.3% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 81.1%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 90%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 76.7%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 33.8%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
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<tr>
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<td>No. of assistant doctors</td>
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<td>Percent ethnic minorities</td>
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<td>No. of midwives/birth attendant</td>
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<td>Poverty rate</td>
<td>17.7%</td>
<td>No. of village health workers</td>
<td>385</td>
</tr>
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</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Ninh Thuan
Infant and young child feeding practices by age

- **Not receiving any breast milk**
- **Breast milk & complementary foods**
- **Breast milk & other milk/formula**
- **Breast milk & non-milk liquids**
- **Breast milk & plain water only**
- **Exclusively breastfed**

**Source of information:** National Nutrition Surveillance 2010 and 2013 - National Institute of Nutrition
1. Exposure to nutrition information (%)  

- See/ hear IYCF messages on mass-media last 3 months: 76.7% (n=1275)  
- Contact with health staff during last 3 months: 33.8% (n=1275)

2. Sources of information from mass-media (%)  

- TV: 38.7%  
- Radio/ loudspeaker: 19.5%  
- Newspapers/ magazines: 4.9%  
- Poster, flipcharts: 2.6%  
- Internet: 3.1% (n=1275)

3. Topics of nutritional counseling (%)  

- Baby should be breastfed immediately after birth: 72.9%  
- Feed only breast milk up to 6 months: 74.0%  
- Not to give child any water, liquid, honey or formula up to 6 months: 72.3%  
- Continue breastfed up to 24 months: 71.5% (n=1275)  
- Receiving iron tablet/MI/IN: 70.0%  
- Feeding eggs, meat, fish and other animal source food after 6 months: 70.5%  
- Washing hands with soap before preparing food: 74.2%  
- Counseling on child height/weight: 60.7%  

4. Sources of direct contact (%)  

- Communal health center staff: 24.8% (n=1373)  
- Village health worker/Nutrition volunteer: 12.7%  
- Women union: 0.9%  

5. Type of IYCF information (%)  

- About breastfeeding: 0.4%  
- About complementary food: 3.1%  
- About breastfeeding: 50.5%  
- About complementary food: 74.7% (n=1275)  


4. Ninh Thuan
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 12.8%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 82.2% and the rate of using Vitamin A after delivery was 50.9%.

b. Among children under 5 years of age, the prevalence of stunting was 29.1%, underweight was 16.7% and wasting was 7.9%; while the prevalence of overweight and obesity was 6%.

c. The rate of early initiation of breastfeeding was 58.1%, continued breastfeeding at 2 years rate was 17.6% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 62.3%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 88.5%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 83%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 74%.

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

**Basic characteristics**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
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</thead>
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<td>No. of districts and towns</td>
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<td>No. of hospitals</td>
<td>9</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
<td>111</td>
<td>No. of polyclinics</td>
<td>8</td>
</tr>
<tr>
<td>No. of villages</td>
<td>1,028</td>
<td>No. of commune health centers</td>
<td>110</td>
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<tr>
<td>Population</td>
<td>907,308</td>
<td>No. of maternity homes</td>
<td>-</td>
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<td>No. of children &lt;5 years of age</td>
<td>79,896</td>
<td>No. of doctors</td>
<td>413</td>
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<tr>
<td>No. of children &lt;2 years of age</td>
<td>32,837</td>
<td>No. of assistant doctors</td>
<td>480</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
<td>19.7%</td>
<td>No. of midwives/birth attendant</td>
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<td>Poverty rate</td>
<td>9.1%</td>
<td>No. of village health workers</td>
<td>1,036</td>
</tr>
</tbody>
</table>

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 83.0%
- Contact with health staff during last 3 months: 74.0%

4. Sources of direct contact (%)

- Communal health center staff: 17.9%
- Village health worker/ Nutrition volunteer: 66.9%
- Women union: 2.4%

2. Sources of information from mass-media (%)

- TV: 67.8%
- Radio/loudspeaker: 21.9%
- Newspapers/magazines: 9.2%
- Poster, flipcharts: 4.7%
- Internet: 5.0%

5. Type of IYCF information (%)

- About breastfeeding by health staff: 10.3%
- About complementary food by health staff: 6.9%
- About breastfeeding by mass media: 66.4%
- About complementary food by mass media: 69.9%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 61.4%
- Feed only breast milk up to 6 months: 62.3%
- Not to give child any water, liquid, honey or formula up to 6 months: 28.1%
- Continue breastfed up to 24 months: 37.9%
- Receiving iron tablet/IMN: 43.6%
- Feeding eggs, meat, fish and other animal source food after 6 months: 39.6%
- Washing hands with soap before preparing food: 64.0%
- Counseling on child height/weight: 26.4%


4. Binh Phuoc
MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 16.3%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 80.6% and the rate of using Vitamin A after delivery was 47.4%.

b. Among children under 5 years of age, the prevalence of stunting was 24.6%, underweight was 14.3% and wasting was 5.6%; while the prevalence of overweight and obesity was 6.3%.

c. The rate of early initiation of breastfeeding was 62.6%, continued breastfeeding at 2 years rate was 14.4% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 35%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 82.6%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 91.7%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 41.7%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
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</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>9</td>
<td>No. of hospitals</td>
<td>12</td>
</tr>
<tr>
<td>No. of wards, town districts, and communes</td>
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<td>No. of polyclinics</td>
<td>4</td>
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<tr>
<td>No. of villages</td>
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<td>No. of commune health centers</td>
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<tr>
<td>Population</td>
<td>1,081,403</td>
<td>No. of maternity homes</td>
<td>-</td>
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<tr>
<td>No. of children &lt;5 years of age</td>
<td>81,592</td>
<td>No. of doctors</td>
<td>438</td>
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<tr>
<td>No. of children &lt;2 years of age</td>
<td>33,534</td>
<td>No. of assistant doctors</td>
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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
<td>1.5%</td>
<td>No. of midwives/birth attendant</td>
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<tr>
<td>Poverty rate</td>
<td>5.5%</td>
<td>No. of village health workers</td>
<td>520</td>
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Last update 3/7/2014
NUTRITION INFORMATION (2010 & 2013)

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Tay Ninh
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

2. Sources of information from mass-media (%)

3. Topics of nutritional counseling (%)

4. Sources of direct contact (%)

5. Type of IYCF information (%)


4. Tay Ninh
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 13%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 90.6% and the rate of using Vitamin A after delivery was 28.8%.

b. Among children under 5 years of age, the prevalence of stunting was 22.5%, underweight was 9.7% and wasting was 5.7%; while the prevalence of overweight and obesity was 8.6%.

c. The rate of early initiation of breastfeeding was 34.4%, continued breastfeeding at 2 years rate was 16.2% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 63.5%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 78.6%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 72.8%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 43.7%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

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<th>Indicator</th>
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<tr>
<td>No. of districts and towns</td>
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<td>No. of wards, town districts, and communes</td>
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<td>No. of polyclinics</td>
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<td>No. of villages</td>
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</tr>
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<td>Population</td>
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<td>-</td>
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<td>0.2%</td>
<td>No. of village health workers</td>
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</table>

1. Chronic energy deficiency prevalence of mothers by age group (%)

[Graph showing prevalence by age group for 2010 and 2013.]

2. Vitamin A supplements: Knowledge and use among mothers (%)

[Graph showing knowledge and use of vitamin A by age group for 2010 and 2013.]

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

[Graph showing wasting prevalence by age group for 2010 and 2013.]

4. Malnutrition prevalence among children under 5 years (%)

[Graph showing prevalence by age group for 2010 and 2013.]

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

[Graph showing prevalence by age group for 2010 and 2013.]

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

[Graph showing prevalence by age group for 2010 and 2013.]


2. Binh Duong
NUTRITION DURING THE LIFE CYCLE

Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed


3. Binh Duong
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 72.8%
- Contact with health staff during last 3 months: 43.7%

2. Sources of information from mass-media (%)

- TV: 40.5%
- Radio/ loudspeaker: 8.0%
- Newspapers/ magazines: 18.2%
- Poster, flipcharts: 5.1%
- Internet: 4.2%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 66.5%
- Feed only breast milk up to 6 months: 64.3%
- Not to give child any water, liquid, honey or formula up to 6 months: 54.7%
- Continue breastfed up to 24 months: 52.3%
- Receiving iron tablets/MN: 59.5%
- Feeding eggs, meat, fish and other animal source food after 6 months: 55.9%
- Washing hands with soap before preparing food: 62.6%
- Counseling on child height/weight: 48.9%

4. Sources of direct contact (%)

- Communal health center staff: 26.9%
- Village health worker/ Nutrition volunteer: 15.5%
- Women union: 6.2%

5. Type of IYCF information (%)

- About breastfeeding: 68.0%
- About complementary food: 41.4%

4. Binh Duong
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 17%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 84.4% and the rate of using Vitamin A after delivery was 56.5%.

b. Among children under 5 years of age, the prevalence of stunting was 26.7%, underweight was 10.4% and wasting was 5.4%; while the prevalence of overweight and obesity was 7.2%.

c. The rate of early initiation of breastfeeding was 36.9%, continued breastfeeding at 2 years rate was 23.1% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 62.1%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 85.7%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 95.8%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 60.2%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

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<th>Indicator</th>
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<tr>
<td>No. of districts and towns</td>
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<td>No. of wards, town districts, and communes</td>
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<td>Percent ethnic minorities</td>
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<td>Poverty rate</td>
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</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Dong Nai
### Infant and young child feeding practices by age

- **Not receiving any breast milk**
- **Breast milk & complementary foods**
- **Breast milk & other milk/formula**
- **Breast milk & non-milk liquids**
- **Breast milk & plain water only**
- **Exclusively breastfed**

### Data from National Nutrition Surveillance 2010 and 2013 - National Institute of Nutrition

#### NUTRITION DURING THE LIFE CYCLE

- **24.59 months**
- **6-23 months**
- **0-5 months**
- **Preconception & pregnancy**

**ACCESS TO NUTRITION INFORMATION AND SERVICES**

1. **Exposure to nutrition information (%)**

   ![Bar chart showing see/heard IYCF messages on mass-media and contact with health staff during last 3 months.]

   - **See/heard IYCF messages on mass-media last 3 months**: 95.8%
   - **Contact with health staff during last 3 months**: 60.2%

   *(n=1325)*

2. **Sources of information from mass-media (%)**

   ![Bar chart showing different sources of information.]

   - **TV**: 75.3%
   - **Radio/loudspeaker**: 33.4%
   - **Newspapers/magazines**: 26.2%
   - **Poster, flipcharts**: 11.8%
   - **Internet**: 10.3%

   *(n=1325)*

3. **Topics of nutritional counseling (%)**

   ![Bar chart showing different counseling topics.]

   - **Baby should be breastfed immediately after birth**: 86.8%
   - **Feed only breast milk up to 6 months**: 83.8%
   - **Not to give child any water, liquid, honey or formula up to 6 months**: 60.1%
   - **Continue breastfed up to 24 months**: 72.2%
   - **Receiving iron tablets/MMN**: 83.3%
   - **Feeding eggs, meat, fish and other animal source food after 6 months**: 82.3%
   - **Washing hands with soap before preparing food**: 90.0%
   - **Counseling on child height/weight**: 81.7%

   *(n=1325)*

4. **Sources of direct contact (%)**

   ![Bar chart showing different sources of direct contact.]

   - **Communal health center staff**: 44.5%
   - **Village health worker/Nutrition volunteer**: 33.7%
   - **Women union**: 11.7%

   *(n=1345)*

5. **Type of IYCF information (%)**

   ![Bar chart showing different types of IYCF information.]

   - **Health staff**:
     - **About breastfeeding**: 79.9%
     - **About complementary food**: 93.7%
   - **Mass media**:
     - **About breastfeeding**: 3.2%
     - **About complementary food**: 11.8%

   *(n=1325)*


4. Dong Nai
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 15.5%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 97.6% and the rate of using Vitamin A after delivery was 85.3%.

b. Among children under 5 years of age, the prevalence of stunting was 29.4%, underweight was 16.3% and wasting was 8.8%; while the prevalence of overweight and obesity was 3.7%.

c. The rate of early initiation of breastfeeding was 68%, continued breastfeeding at 2 years rate was 20.9% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 84.5%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 92.3%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 99.9%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 99.3%

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics ¹

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<td>No. of districts and towns</td>
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<td>Population</td>
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<td>Percent ethnic minorities</td>
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<td>Poverty rate</td>
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</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Binh Thuan
Infant and young child feeding practices by age

- **Not receiving any breast milk**
- **Breast milk & complementary foods**
- **Breast milk & other milk/formula**
- **Breast milk & non-milk liquids**
- **Breast milk & plain water only**
- **Exclusively breastfed**

---

**Source of information:** National Nutrition Surveillance 2010 and 2013 - National Institute of Nutrition

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**3. Binh Thuan**
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

2. Sources of information from mass-media (%)

3. Topics of nutritional counseling (%)

4. Sources of direct contact (%)

5. Type of IYCF information (%)


4. Binh Thuan
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 16.4%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 91.9% and the rate of using Vitamin A after delivery was 27.4%.

b. Among children under 5 years of age, the prevalence of stunting was 21.6%, underweight was 8.5% and wasting was 5.9%; while the prevalence of overweight and obesity was 6.9%.

c. The rate of early initiation of breastfeeding was 39.6%, continued breastfeeding at 2 years rate was 19.4% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 62.5%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 87.6%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 63.4%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 15%.

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

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<td>Population</td>
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<td>No. of doctors</td>
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<td>No. of children &lt;2 years of age</td>
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<td>No. of assistant doctors</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
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<td>Poverty rate</td>
<td>4.8%</td>
<td>No. of village health workers</td>
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Last update 3/7/2014
NUTRITION INFORMATION (2010 & 2013)

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

2. Ba Ria Vung Tau
**Infant and young child feeding practices by age**

- **Not receiving any breast milk**
- **Breast milk & complementary foods**
- **Breast milk & other milk/formula**
- **Breast milk & plain water only**
- **Exclusively breastfed**

---

**Source of information:** National Nutrition Surveillance 2010 and 2013 - National Institute of Nutrition
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 63.4%
- Contact with health staff during last 3 months: 15.0%

2. Sources of information from mass-media (%)

- TV: 52.0%
- Radio/ loudspeaker: 8.9%
- Newspapers/ magazines: 9.3%
- Poster, flipcharts: 1.3%
- Internet: 13.4%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 56.8%
- Feed only breast milk up to 6 months: 48.3%
- Not to give child any water, liquid, honey or formula up to 6 months: 36.3%
- Continue breastfed up to 24 months: 34.9%
- Receiving iron tablet/ MMN: 56.3%
- Feeding eggs, meat, fish and other animal source food after 6 months: 46.4%
- Washing hands with soap before preparing food: 57.6%
- Counseling on child height/weight: 38.8%

4. Sources of direct contact (%)

- Communal health center staff: 10.7%
- Village health worker/ Nutrition volunteer: 4.4%
- Women union: 3.2%

5. Type of IYCF information (%)

- Health staff
  - About breastfeeding: 56.6%
  - About complementary food: 59.4%

- Mass media
  - About breastfeeding: 7.3%
  - About complementary food: 3.0%
Long An

Nutrition profile 2013

This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 12.7%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 97% and the rate of using Vitamin A after delivery was 79.8%.

b. Among children under 5 years of age, the prevalence of stunting was 20.8%, underweight was 10.1% and wasting was 5.9%; while the prevalence of overweight and obesity was 6.7%.

c. The rate of early initiation of breastfeeding was 62.8%, continued breastfeeding at 2 years rate was 14.8% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 80.7%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 90.9%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 98.2%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 93.4%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

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<td>Percent ethnic minorities</td>
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<td>Poverty rate</td>
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Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

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<th>Age Group</th>
<th>2010 (n=1279)</th>
<th>2013 (n=1347)</th>
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<td>15-24 years</td>
<td>35.3</td>
<td>20.3</td>
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<tr>
<td>25-34 years</td>
<td>20.3</td>
<td>12.1</td>
</tr>
<tr>
<td>35-49 years</td>
<td>14.8</td>
<td>6.7</td>
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<tr>
<td>50+ years</td>
<td>19.9</td>
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2. Vitamin A supplements: Knowledge and use among mothers (%)

<table>
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<th>2010 (n=1218)</th>
<th>2013 (n=1378)</th>
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<td>Knew/ heard about vitamin A capsule</td>
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<td>73.3</td>
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<tr>
<td>Took vitamin A after delivery</td>
<td>79.6</td>
<td>79.8</td>
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3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010 (n=1517)</th>
<th>2013 (n=1540)</th>
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<tbody>
<tr>
<td>Underweight</td>
<td>14.4</td>
<td>10.1</td>
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<tr>
<td>Stunting</td>
<td>24.5</td>
<td>20.8</td>
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<tr>
<td>Wasting</td>
<td>6.6</td>
<td>5.9</td>
</tr>
<tr>
<td>Overweight/ obese</td>
<td>4.4</td>
<td>6.7</td>
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4. Malnutrition prevalence among children under 5 years (%)

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<td>0-5</td>
<td>3.6</td>
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<td>6-11</td>
<td>8.4</td>
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<td>12-17</td>
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<td>18-23</td>
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<td>6.6</td>
</tr>
<tr>
<td>24-29</td>
<td>12.6</td>
<td>13.9</td>
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5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

<table>
<thead>
<tr>
<th>Months</th>
<th>2010 (n=1518)</th>
<th>2013 (n=1539)</th>
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<tbody>
<tr>
<td>0-5</td>
<td>8.7</td>
<td>9.4</td>
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<td>6-11</td>
<td>14.4</td>
<td>15.3</td>
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<td>12-17</td>
<td>14.3</td>
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<td>24-29</td>
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<td>9.4</td>
</tr>
<tr>
<td>30-35</td>
<td>16.0</td>
<td>12.5</td>
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6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

<table>
<thead>
<tr>
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<td>11.3</td>
<td>11.4</td>
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<td>24-29</td>
<td>4.1</td>
<td>9.4</td>
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<td>30-35</td>
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<td>12.5</td>
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### NUTRITION DURING THE LIFE CYCLE

#### 2.7

<table>
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<th>Stage</th>
<th>Description</th>
<th>Percentage</th>
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<td>3 months before pregnancy</td>
<td>3 months after delivery</td>
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</tr>
<tr>
<td>Child born in a health facility</td>
<td>No bottle feeding</td>
<td>43.1</td>
</tr>
<tr>
<td>Ever breastfed</td>
<td>No prelacteal feeding in the first 3 days</td>
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<tr>
<td>Early initiation of breastfeeding</td>
<td>Predominant breastfeeding under 6 months</td>
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#### 91.4

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<td>3 months after delivery</td>
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<tr>
<td>Child born in a health facility</td>
<td>No bottle feeding</td>
<td>43.1</td>
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<td>Ever breastfed</td>
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<tr>
<td>Early initiation of breastfeeding</td>
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#### 60.0

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<tr>
<td>Child born in a health facility</td>
<td>No bottle feeding</td>
<td>43.1</td>
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<tr>
<td>Ever breastfed</td>
<td>No prelacteal feeding in the first 3 days</td>
<td>41.9</td>
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<tr>
<td>Early initiation of breastfeeding</td>
<td>Predominant breastfeeding under 6 months</td>
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#### 0%

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<td>3 months before pregnancy</td>
<td>3 months after delivery</td>
<td>58.0</td>
</tr>
<tr>
<td>Child born in a health facility</td>
<td>No bottle feeding</td>
<td>43.1</td>
</tr>
<tr>
<td>Ever breastfed</td>
<td>No prelacteal feeding in the first 3 days</td>
<td>41.9</td>
</tr>
<tr>
<td>Early initiation of breastfeeding</td>
<td>Predominant breastfeeding under 6 months</td>
<td>40.3</td>
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</tbody>
</table>

#### Infants and young child feeding practices by age

<table>
<thead>
<tr>
<th>Age Group in Months</th>
<th>Description</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>0-1</td>
<td>Not receiving any breast milk</td>
<td>100.0</td>
</tr>
<tr>
<td>2-3</td>
<td>Breast milk &amp; complementary foods</td>
<td>97.5</td>
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<td>4-5</td>
<td>Breast milk &amp; other milk/formula</td>
<td>88.0</td>
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<td>6-7</td>
<td>Breast milk &amp; non-milk liquids</td>
<td>80.7</td>
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<td>8-9</td>
<td>Breast milk &amp; plain water only</td>
<td>91.2</td>
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<tr>
<td>10-11</td>
<td>Exclusively breastfed</td>
<td>93.6</td>
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#### Mother use iron/folate supplement

<table>
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<th>Stage</th>
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<td>3 months before pregnancy</td>
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<td>Child born in a health facility</td>
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<td>Ever breastfed</td>
<td>No prelacteal feeding in the first 3 days</td>
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</tr>
<tr>
<td>Early initiation of breastfeeding</td>
<td>Predominant breastfeeding under 6 months</td>
<td>40.3</td>
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</table>

ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 98.2%
- Contact with health staff during last 3 months: 93.4%

2. Sources of information from mass-media (%)

- TV: 65.9%
- Radio/loudspeaker: 35.0%
- Newspapers/magazines: 15.3%
- Poster, flipcharts: 6.1%
- Internet: 4.6%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 81.1%
- Feed only breast milk up to 6 months: 84.7%
- Not to give child any water, liquid, honey or formula up to 6 months: 75.1%
- Continue breastfed up to 24 months: 74.6%
- Receiving iron tablet/MMN: 83.0%
- Feeding eggs, meat, fish and other animal source food after 6 months: 84.3%
- Washing hands with soap before preparing food: 87.9%
- Counseling on child height/weight: 87.6%

4. Sources of direct contact (%)

- Communal health center staff: 72.2%
- Village health worker/Nutrition volunteer: 76.7%
- Women union: 11.3%

5. Type of IYCF information (%)

- About breastfeeding: 4.0% (Health staff) vs. 5.2% (Mass media)
- About complementary food: 76.3% (Health staff) vs. 94.2% (Mass media)


4. Long An
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 14.4%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 96.1% and the rate of using Vitamin A after delivery was 37.7%.

b. Among children under 5 years of age, the prevalence of stunting was 26.6%, underweight was 15% and wasting was 7.5%; while the prevalence of overweight and obesity was 3.8%.

c. The rate of early initiation of breastfeeding was 55.2%, continued breastfeeding at 2 years rate was 6.6% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 51.5%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 85.1%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 64.4%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 49.3%

*Note*: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
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<td>No. of hospitals</td>
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<td>No. of wards, town districts, and communes</td>
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<td>No. of polyclinics</td>
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<td>Poverty rate</td>
<td>12.9%</td>
<td>No. of village health workers</td>
<td>1,415</td>
</tr>
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---


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

2. Dong Thap
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

Access to Nutrition Information and Services

1. Exposure to Nutrition Information (%)

- See/ hear IYCF messages on mass-media last 3 months: 64.4%
- Contact with health staff during last 3 months: 49.3%

2. Sources of Information from Mass-Media (%)

- TV: 36.0%
- Radio/ loudspeaker: 16.2%
- Newspapers/ magazines: 0.8%
- Poster, flipcharts: 1.9%
- Internet: 0.8%

3. Topics of Nutritional Counseling (%)

- Baby should be breastfed immediately after birth: 47.5%
- Feed only breast milk up to 6 months: 44.8%
- Not to give child any water, liquid, honey or formula up to 6 months: 43.5%
- Continue breastfed up to 24 months: 42.9%
- Receiving iron tablet/MN: 30.7%
- Feeding eggs, meat, fish and other animal source food after 6 months: 47.5%
- Washing hands with soap before feeding child: 65.1%
- Counseling on child height/weight: 32.9%

4. Sources of Direct Contact (%)

- Communal health center staff: 36.6%
- Village health worker/Nutrition volunteer: 25.9%
- Women union: 1.9%

5. Type of IYCF Information (%)

- About breastfeeding: 64.4%
- About complementary food: 69.6%
- About breastfeeding (Health staff): 6.9%
- About complementary food (Health staff): 4.8%
- About breastfeeding (Mass media): 39.7
- About complementary food (Mass media): 69.6


4. Dong Thap
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 11.5%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 84.9% and the rate of using Vitamin A after delivery was 45.4%.

b. Among children under 5 years of age, the prevalence of stunting was 24.9%, underweight was 14.3% and wasting was 6.6%; while the prevalence of overweight and obesity was 3.5%.

c. The rate of early initiation of breastfeeding was 54%, continued breastfeeding at 2 years rate was 17% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 50.8%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 88.4%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 74.2%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 46.3%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
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<tr>
<td>No. of districts and towns</td>
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<td>No. of hospitals</td>
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<td>No. of wards, town districts, and communes</td>
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<td>No. of polyclinics</td>
<td>11</td>
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<tr>
<td>No. of villages</td>
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<td>No. of commune health centers</td>
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<tr>
<td>Population</td>
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<td>No. of maternity homes</td>
<td>-</td>
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<tr>
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<td>No. of doctors</td>
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<td>No. of children &lt;2 years of age</td>
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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
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<td>Poverty rate</td>
<td>8.5%</td>
<td>No. of village health workers</td>
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</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

### 1. Exposure to nutrition information (%)

- **See/ hear IYCF messages on mass-media last 3 months**: 74.2%
- **Contact with health staff during last 3 months**: 46.3%

### 2. Sources of information from mass-media (%)

- **TV**: 42.3%
- **Radio/loudspeaker**: 25.2%
- **Newspapers/magazines**: 6.9%
- **Poster, flipcharts**: 6.1%
- **Internet**: 1.8%

### 3. Topics of nutritional counseling (%)

- **Baby should be breastfed immediately after birth**: 83.6%
- **Feed only breast milk up to 6 months**: 76.5%
- **Not to give child any water, liquid, honey or formula up to 6 months**: 65.8%
- **Continue breastfed up to 24 months**: 67.8%
- **Receiving iron tablet/MMN**: 77.2%
- **Feeding eggs, meat, fish and other animal source food after 6 months**: 70.7%
- **Washing hands with soap before preparing child feeding food**: 82.7%
- **Counseling on child height/weight**: 65.4%

### 4. Sources of direct contact (%)

- **Communal health center staff**: 33.9%
- **Village health worker/Nutrition volunteer**: 30.3%
- **Women union**: 11.2%

### 5. Type of IYCF information (%)

- **About breastfeeding**: 4.0%
- **About complementary food**: 10.8%
- **Health staff**: 53.8%
- **Mass media**: 85.8%
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 14.9%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 96.4% and the rate of using Vitamin A after delivery was 36.5%.

b. Among children under 5 years of age, the prevalence of stunting was 25.4%, underweight was 12.5% and wasting was 7.9%; while the prevalence of overweight and obesity was 4.9%.

c. The rate of early initiation of breastfeeding was 35.8%, continued breastfeeding at 2 years rate was 10.4% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 69.3%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 83.3%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 95.3%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 62.1%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
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<td>No. of polyclinics</td>
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<tr>
<td>No. of commune health centers</td>
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<tr>
<td>No. of maternity homes</td>
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<td>No. of doctors</td>
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<td>No. of midwives/birth attendant</td>
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<td>No. of village health workers</td>
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Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

2. Tien Giang
NUTRITION DURING THE LIFE CYCLE

Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed


3. Tien Giang
1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 95.3%
- Contact with health staff during last 3 months: 62.1%

2. Sources of information from mass-media (%)

- TV: 47.4%
- Radio/ loudspeaker: 26.7%
- Newspapers/ magazines: 11.3%
- Poster, flipcharts: 8.2%
- Internet: 2.1%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 84.6%
- Feed only breast milk up to 6 months: 90.4%
- Not to give child any water, liquid, honey or formula up to 6 months: 80.4%
- Continue breastfed up to 24 months: 73.6%
- Receiving iron tablet/MMN: 88.3%
- Feeding eggs, meat, fish and other animal source food after 6 months: 66.7%
- Washing hands with soap before preparing food/feeding child: 83.3%
- Counseling on child height/weight: 59.4%

4. Sources of direct contact (%)

- Communal health center staff: 61.0%
- Village health worker/ Nutrition volunteer: 8.5%
- Women union: 2.7%

5. Type of IYCF information (%)

- About breastfeeding: 3.7%
- About complementary food: 4.2%
- About breastfeeding: 52.4%
- About complementary food: 86.9%


4. Tien Giang
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 11.8%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 97.9% and the rate of using Vitamin A after delivery was 46.3%.

b. Among children under 5 years of age, the prevalence of stunting was 24.4%, underweight was 15.3% and wasting was 5.6%; while the prevalence of overweight and obesity was 5.2%.

c. The rate of early initiation of breastfeeding was 60.4%, continued breastfeeding at 2 years rate was 9.5% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 77.2%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 86.8%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 77%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 76.7%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

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<th>Indicator</th>
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<td>Poverty rate</td>
<td>9.2%</td>
<td>No. of village health workers</td>
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</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Vinh Long
NUTRITION DURING THE LIFE CYCLE

- **Preconception & pregnancy**
  - Infants under 12 months, Non-pregnant/ lactating
  - Mother use iron/folat supplement (n=382)

- **0-5 months**
  - Child born in a health facility (n=374)
  - Ever breastfed (n=634)
  - Early initiation of breastfeeding (n=634)
  - No squeezing out colostrum (n=621)

- **6-23 months**
  - Continued breastfeeding at 1 year (n=86)
  - Minimum meal frequency (n=448)
  - Minimum dietary diversity (n=448)
  - Minimum acceptable diet (n=448)
  - Consumption of iron-rich or iron-fortified foods (n=448)
  - Vitamin A supplementation (last 6 months) (n=458)

- **24-59 months**
  - Continued breastfeeding at 2 years (n=84)
  - Child deworming (last 6 months) (n=884)
  - Vitamin A supplementation (last 6 months) (n=884)
  - Child 24-35 months get vitamin A (n=749)

- **Infant and young child feeding practices by age**

ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

2. Sources of information from mass-media (%)

3. Topics of nutritional counseling (%)

4. Sources of direct contact (%)

5. Type of IYCF information (%)


4. Vinh Long
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 15.2%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 98% and the rate of using Vitamin A after delivery was 32.6%.

b. Among children under 5 years of age, the prevalence of stunting was 23.1%, underweight was 12.6% and wasting was 6.2%; while the prevalence of overweight and obesity was 7.2%.

c. The rate of early initiation of breastfeeding was 31.8%, continued breastfeeding at 2 years rate was 18.1% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 58.4%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 86.5%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 72.8%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 65.8%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics 1

<table>
<thead>
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<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
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<td>No. of districts and towns</td>
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<td>No. of wards, town districts, and communes</td>
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<td>No. of polyclinics</td>
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<td>No. of villages</td>
<td>996</td>
<td>No. of commune health centers</td>
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<td>Population</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
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<tr>
<td>Poverty rate</td>
<td>14.1%</td>
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</tbody>
</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Ben Tre
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 72.8%
- Contact with health staff during last 3 months: 65.8%

2. Sources of information from mass-media (%)

- TV: 28.9%
- Radio/loudspeaker: 3.3%
- Newspapers/magazines: 1.6%
- Poster, flipcharts: 2.2%
- Internet: 2.0%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 32.2%
- Feed only breast milk up to 6 months: 33.3%
- Not to give child any water, liquid or formula up to 6 months: 20.2%
- Continue breastfed up to 24 months: 40.0%
- Receiving iron tablet/MMN: 29.3%
- Feeding eggs, meat, fish and other animal source food after 6 months: 58.6%
- Washing hands with soap before feeding child: 51.2%
- Counseling on child height/weight: 63.4%

4. Sources of direct contact (%)

- Communal health center staff: 48.9%
- Village health worker/Nutrition volunteer: 21.1%
- Women union: 0.6%

5. Type of IYCF information (%)

- About breastfeeding: 10.6%
- About complementary food: 3.0%
- Health staff: 28.3%
- Mass media: 63.3%

4. Ben Tre
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 19.2%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 76.5% and the rate of using Vitamin A after delivery was 61%.

b. Among children under 5 years of age, the prevalence of stunting was 22.8%, underweight was 14.3% and wasting was 6.7%; while the prevalence of overweight and obesity was 3.4%.

c. The rate of early initiation of breastfeeding was 60.7%, continued breastfeeding at 2 years rate was 6% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 53%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 85.2%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 85.9%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 53.2%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
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<tr>
<td>No. of districts and towns</td>
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<td>No. of doctors</td>
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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
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<td>Poverty rate</td>
<td>8.1%</td>
<td>No. of village health workers</td>
<td>845</td>
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</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Kien Giang
NUTRITION DURING THE LIFE CYCLE

Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 85.9%
- Contact with health staff during last 3 months: 53.2%

2. Sources of information from mass-media (%)

- TV: 39.1%
- Radio/loudspeaker: 3.7%
- Newspapers/magazines: 5.0%
- Poster, flipcharts: 10.5%
- Internet: 2.9%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 60.3%
- Feed only breast milk up to 6 months: 56.2%
- Not to give child any water, liquid, honey or formula up to 6 months: 50.0%
- Continue breastfed up to 24 months: 55.6%
- Receiving iron tablet/MMN: 36.8%
- Feeding eggs, meat, fish and other animal source food after 6 months: 69.5%
- Washing hands with soap before feeding child: 62.9%
- Counseling on child height/weight: 57.8%

4. Sources of direct contact (%)

- Communal health center staff: 45.0%
- Village health worker/Nutrition volunteer: 26.6%
- Women union: 16.7%

5. Type of IYCF information (%)

- About breastfeeding: 9.1%
- About complementary food: 7.0%
- Health staff: 43.8%
- Mass media: 76.6%


4. Kien Giang
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 14.6%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 88.8% and the rate of using Vitamin A after delivery was 37.4%.

b. Among children under 5 years of age, the prevalence of stunting was 22.7%, underweight was 11.7% and wasting was 6.5%; while the prevalence of overweight and obesity was 6.4%.

c. The rate of early initiation of breastfeeding was 30.9%, continued breastfeeding at 2 years rate was 10.4% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 45.9%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 65.2%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 79.8%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 49.9%

**Note:** Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
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<td>17</td>
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<td>No. of wards, town districts, and communes</td>
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<td>No. of polyclinics</td>
<td>1</td>
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<td>No. of villages</td>
<td>971</td>
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<td>Population</td>
<td>1,203,325</td>
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<td>No. of doctors</td>
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<td>No. of nurses</td>
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<td>Percent ethnic minorities</td>
<td>3.0%</td>
<td>No. of midwives/birth attendant</td>
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<tr>
<td>Poverty rate</td>
<td>6.6%</td>
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<td>589</td>
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Last update 3/7/2014
NUTRITION INFORMATION (2010 & 2013)

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Can Tho
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

1. Exposure to nutrition information (%)  

<table>
<thead>
<tr>
<th>Source of information</th>
<th>(% of respondents)</th>
</tr>
</thead>
<tbody>
<tr>
<td>TV</td>
<td>61.0</td>
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<tr>
<td>Radio/loudspeaker</td>
<td>18.8</td>
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<tr>
<td>Newspapers/magazines</td>
<td>7.9</td>
</tr>
<tr>
<td>Poster, flipcharts</td>
<td>5.6</td>
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<td>Internet</td>
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(n=1242)

2. Sources of information from mass-media (%)  

<table>
<thead>
<tr>
<th>Source of information</th>
<th>(% of respondents)</th>
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</thead>
<tbody>
<tr>
<td>Baby should be breastfed immediately after birth</td>
<td>64.1</td>
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<tr>
<td>Feed only breast milk up to 6 months</td>
<td>72.0</td>
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<tr>
<td>Not to give child any water, liquid or formula up to 6 months</td>
<td>60.1</td>
</tr>
<tr>
<td>Continue breastfed up to 24 months</td>
<td>52.5</td>
</tr>
<tr>
<td>Receiving iron tablets/MMN</td>
<td>67.1</td>
</tr>
<tr>
<td>Feeding eggs, meat, fish and other animal source food after 6 months</td>
<td>54.7</td>
</tr>
<tr>
<td>Washing hands with soap before feeding child</td>
<td>72.4</td>
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<td>Counseling on child height/weight</td>
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(n=1242)

3. Topics of nutritional counseling (%)  

<table>
<thead>
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<th>Topic of counseling</th>
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</thead>
<tbody>
<tr>
<td>About breastfeeding</td>
<td>8.0</td>
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<tr>
<td>About complementary food</td>
<td>7.1</td>
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<tr>
<td>Health staff</td>
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<td>Mass media</td>
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(n=1242)

4. Sources of direct contact (%)  

<table>
<thead>
<tr>
<th>Source of contact</th>
<th>(% of respondents)</th>
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</thead>
<tbody>
<tr>
<td>Communal health center staff</td>
<td>35.2</td>
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<tr>
<td>Village health worker/Nutrition volunteer</td>
<td>21.8</td>
</tr>
<tr>
<td>Women union</td>
<td>8.1</td>
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(n=1382)


4. Can Tho
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 15.3%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 89.6% and the rate of using Vitamin A after delivery was 32.6%.

b. Among children under 5 years of age, the prevalence of stunting was 24.9%, underweight was 15.9% and wasting was 8.2%; while the prevalence of overweight and obesity was 4.1%.

c. The rate of early initiation of breastfeeding was 50.7%, continued breastfeeding at 2 years rate was 7.5% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 31.5%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 88.5%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 82.5%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 61%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics 1

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<th>Indicator</th>
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</thead>
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<td>No. of districts and towns</td>
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<td>No. of villages</td>
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<td>No. of doctors</td>
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<tr>
<td>No. of children &lt;2 years of age</td>
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<td>No. of assistant doctors</td>
<td>634</td>
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<td>(estimated to be 41.1% of the under 5)</td>
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<td>No. of nurses</td>
<td>592</td>
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<tr>
<td>Percent ethnic minorities</td>
<td>32.4%</td>
<td>No. of midwives/birth attendant</td>
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<td>Poverty rate</td>
<td>21.1%</td>
<td>No. of village health workers</td>
<td>797</td>
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</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

2. Tra Vinh

NUTRITION INFORMATION (2010 & 2013)
Infant and young child feeding practices by age

- **0-1 months**:
  - Not receiving any breast milk: 100%
  - Breast milk: 98.9%
  - Breast milk & complementary foods: 94.9%
  - Breast milk & other milk/formula: 50.7%
  - Breast milk & non-milk liquids: 76.2%
  - Breast milk & plain water only: 31.2%
  - Exclusively breastfed: 0%

- **2-3 months**:
  - Not receiving any breast milk: 95.0%
  - Breast milk: 93.3%
  - Breast milk & complementary foods: 49.5%
  - Breast milk & other milk/formula: 60.9%
  - Breast milk & non-milk liquids: 31.5%
  - Breast milk & plain water only: 75.2%
  - Exclusively breastfed: 0%

- **4-5 months**:
  - Not receiving any breast milk: 90.2%
  - Breast milk: 92.7%
  - Breast milk & complementary foods: 59.6%
  - Breast milk & other milk/formula: 60.9%
  - Breast milk & non-milk liquids: 31.5%
  - Breast milk & plain water only: 75.2%
  - Exclusively breastfed: 0%

- **6-7 months**:
  - Not receiving any breast milk: 84.5%
  - Breast milk: 87.1%
  - Breast milk & complementary foods: 60.0%
  - Breast milk & other milk/formula: 60.9%
  - Breast milk & non-milk liquids: 31.5%
  - Breast milk & plain water only: 75.2%
  - Exclusively breastfed: 0%

- **8-9 months**:
  - Not receiving any breast milk: 78.8%
  - Breast milk: 80.5%
  - Breast milk & complementary foods: 50.7%
  - Breast milk & other milk/formula: 60.9%
  - Breast milk & non-milk liquids: 31.5%
  - Breast milk & plain water only: 75.2%
  - Exclusively breastfed: 0%

- **10-11 months**:
  - Not receiving any breast milk: 73.1%
  - Breast milk: 74.8%
  - Breast milk & complementary foods: 40.0%
  - Breast milk & other milk/formula: 60.9%
  - Breast milk & non-milk liquids: 31.5%
  - Breast milk & plain water only: 75.2%
  - Exclusively breastfed: 0%
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 82.5%
- Contact with health staff during last 3 months: 61.0%

2. Sources of information from mass-media (%)

- TV: 42.4%
- Radio/loudspeaker: 3.3%
- Newspapers/magazines: 0.8%
- Poster, flipcharts: 3.0%
- Internet: 1.3%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 47.4%
- Feed only breast milk up to 6 months: 34.7%
- Not to give child any water, liquid, honey or formula up to 6 months: 30.4%
- Continue breastfed up to 24 months: 56.2%
- Receiving iron tablet/MMN: 67.1%
- Feeding eggs, meat, fish and other animal source food after 6 months: 60.5%
- Washing hands with soap before feeding child: 69.8%
- Counseling on child height/weight: 43.3%

4. Sources of direct contact (%)

- Communal health center staff: 31.3%
- Village health worker/Nutrition volunteer: 26.1%
- Women union: 1.8%

5. Type of IYCF information (%)

- About breastfeeding: Health staff 15.5%, Mass media 78.8%
- About complementary food: Health staff 15.2%, Mass media 36.1%


4. Tra Vinh
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 15.4%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 88.5% and the rate of using Vitamin A after delivery was 54.5%.

b. Among children under 5 years of age, the prevalence of stunting was 26.7%, underweight was 15% and wasting was 6.4%; while the prevalence of overweight and obesity was 3%.

c. The rate of early initiation of breastfeeding was 51.4%, continued breastfeeding at 2 years rate was 13% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 52.6%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 92.1%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 85.3%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 47.9%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
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<td>No. of hospitals</td>
<td>11</td>
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<tr>
<td>No. of wards, town districts, and communes</td>
<td>109</td>
<td>No. of polyclinics</td>
<td>3</td>
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<td>No. of villages</td>
<td>809</td>
<td>No. of commune health centers</td>
<td>109</td>
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<td>Population</td>
<td>1,306,458</td>
<td>No. of maternity homes</td>
<td>-</td>
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<tr>
<td>No. of children &lt;5 years of age</td>
<td>96,116</td>
<td>No. of doctors</td>
<td>490</td>
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<tr>
<td>No. of children &lt;2 years of age (estimated to</td>
<td>39,504</td>
<td>No. of assistant doctors</td>
<td>755</td>
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<td>be 41.1% of the under 5)</td>
<td></td>
<td>No. of nurses</td>
<td>768</td>
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<tr>
<td>Percent ethnic minorities</td>
<td>35.8%</td>
<td>No. of midwives/birth attendant</td>
<td>363</td>
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<tr>
<td>Poverty rate</td>
<td>20.5%</td>
<td>No. of village health workers</td>
<td>802</td>
</tr>
</tbody>
</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Soc Trang
**Nutrition during the Life Cycle**

**3. Soc Trang**


### Infant and young child feeding practices by age

**Infant and young child feeding practices by age**

- **Not receiving any breast milk**
- **Breast milk & complementary foods**
- **Breast milk & other milk/formula**
- **Breast milk & non-milk liquids**
- **Breast milk & plain water only**
- **Exclusively breastfed**


273
1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 85.3%
- Contact with health staff during last 3 months: 47.9%

2. Sources of information from mass-media (%)

- TV: 67.0%
- Radio/ loudspeaker: 6.8%
- Newspapers/ magazines: 2.3%
- Poster, flipcharts: 1.3%
- Internet: 0.5%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 66.7%
- Feed only breast milk up to 6 months: 81.3%
- Not to give child any water, liquid, honey or formula up to 6 months: 79.7%
- Continue breastfed up to 24 months: 67.9%
- Receiving iron tablet/MMN: 69.1%
- Feeding eggs, meat, fish and other animal source food after 6 months: 64.6%
- Washing hands with soap before feeding child: 65.3%
- Counseling on child height/weight: 56.8%

4. Sources of direct contact (%)

- Communal health center staff: 39.7%
- Village health worker/ Nutrition volunteer: 19.8%
- Women union: 3.2%

5. Type of IYCF information (%)

- About breastfeeding: 66.8%
- About complementary food: 70.8%


4. Soc Trang
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 21.6%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 91.9% and the rate of using Vitamin A after delivery was 99.3%.

b. Among children under 5 years of age, the prevalence of stunting was 25.7%, underweight was 14.9% and wasting was 7%; while the prevalence of overweight and obesity was 4.8%.

c. The rate of early initiation of breastfeeding was 70.8%, continued breastfeeding at 2 years rate was 15.2% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 72.7%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 91.6%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 99.7%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 99.7%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>6</td>
<td>No. of hospitals</td>
<td>7</td>
</tr>
<tr>
<td>No. of wards, town districts, and communes</td>
<td>64</td>
<td>No. of polyclinics</td>
<td>2</td>
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<tr>
<td>No. of villages</td>
<td>518</td>
<td>No. of commune health centers</td>
<td>64</td>
</tr>
<tr>
<td>Population</td>
<td>875,984</td>
<td>No. of maternity homes</td>
<td>-</td>
</tr>
<tr>
<td>No. of children &lt;5 years of age</td>
<td>54,967</td>
<td>No. of doctors</td>
<td>433</td>
</tr>
<tr>
<td>No. of children &lt;2 years of age</td>
<td>22,591</td>
<td>No. of assistant doctors</td>
<td>747</td>
</tr>
<tr>
<td>(estimated to be 41.1% of the under 5)</td>
<td></td>
<td>No. of nurses</td>
<td>401</td>
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<tr>
<td>Percent ethnic minorities</td>
<td>10.6%</td>
<td>No. of midwives/birth attendant</td>
<td>255</td>
</tr>
<tr>
<td>Poverty rate</td>
<td>12.9%</td>
<td>No. of village health workers</td>
<td>1,032</td>
</tr>
</tbody>
</table>


Last update 3/7/2014
1. Chronic energy deficiency prevalence of mothers by age group (%)

![Graph showing chronic energy deficiency prevalence of mothers by age group (2010 vs 2013)]


2. Vitamin A supplements: Knowledge and use among mothers (%)

![Graph showing knowledge and use of vitamin A among mothers (2010 vs 2013)]

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

![Graph showing wasting prevalence among children under 5 years by age group (2010 vs 2013)]

4. Malnutrition prevalence among children under 5 years (%)

![Graph showing malnutrition prevalence among children under 5 years (2010 vs 2013)]

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

![Graph showing underweight prevalence among children under 5 years by age group (2010 vs 2013)]

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

![Graph showing stunting prevalence among children under 5 years by age group (2010 vs 2013)]

Infant and young child feeding practices by age


3. Bac Lieu
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 99.7%
- Contact with health staff during last 3 months: 99.7%

2. Sources of information from mass-media (%)

- TV: 0.6%
- Radio/ loudspeaker: 1.9%
- Newspapers/ magazines: 0.2%
- Poster, flipcharts: 0.1%
- Internet: 0.0%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 98.2%
- Feed only breast milk up to 6 months: 95.4%
- Not to give child any water, liquid, honey or formulated up to 6 months: 87.5%
- Continue breastfed up to 24 months: 95.3%
- Receiving iron tablet/MN: 61.8%
- Feeding eggs, meat, fish and other animal source food after 6 months: 99.3%
- Washing hands with soap before preparing food: 99.3%
- Counseling on child weight: 94.9%

4. Sources of direct contact (%)

- Communal health center staff: 99.2%
- Village health worker/ Nutrition volunteer: 99.7%
- Women union: 3.7%

5. Type of IYCF information (%)

- About breastfeeding: 99.7%
- About complementary food: 0.1%

4. Bac Lieu
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 14.4%. The rate of using iron pills in the 3 months before or during pregnancy among mother with under 2 years child was 92.2% and the rate of using Vitamin A after delivery was 61.3%.

b. Among children under 5 years of age, the prevalence of stunting was 25%, underweight was 13.9% and wasting was 8.4%; while the prevalence of overweight and obesity was 5%.

c. The rate of early initiation of breastfeeding was 70.9%, continued breastfeeding at 2 years rate was 1.8% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 80.6%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 84.8%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 85.5%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 80.6%

*Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.*

### Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>8</td>
<td>No. of hospitals</td>
<td>12</td>
</tr>
<tr>
<td>No. of wards, town districts, and communes</td>
<td>101</td>
<td>No. of polyclinics</td>
<td>7</td>
</tr>
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<td>No. of villages</td>
<td>868</td>
<td>No. of commune health centers</td>
<td>94</td>
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<tr>
<td>Population</td>
<td>1,215,694</td>
<td>No. of maternity homes</td>
<td>94</td>
</tr>
<tr>
<td>No. of children &lt;5 years of age</td>
<td>83,449</td>
<td>No. of doctors</td>
<td>717</td>
</tr>
<tr>
<td>No. of children &lt;2 years of age</td>
<td>34,298</td>
<td>No. of assistant doctors</td>
<td>1,109</td>
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<td>(estimated to be 41.1% of the under 5)</td>
<td>279</td>
<td>No. of nurses</td>
<td>92</td>
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<td>Percent ethnic minorities</td>
<td>3.2%</td>
<td>No. of midwives/birth attendant</td>
<td>409</td>
</tr>
<tr>
<td>Poverty rate</td>
<td>10.9%</td>
<td>No. of village health workers</td>
<td>1,062</td>
</tr>
</tbody>
</table>

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed

ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

<table>
<thead>
<tr>
<th>Source of information</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>See/ hear IYCF messages on mass-media last 3 months</td>
<td>85.5%</td>
</tr>
<tr>
<td>Contact with health staff during last 3 months</td>
<td>80.6%</td>
</tr>
</tbody>
</table>

2. Sources of information from mass-media (%)

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>TV</td>
<td>30.0%</td>
</tr>
<tr>
<td>Radio/ loudspeaker</td>
<td>32.0%</td>
</tr>
<tr>
<td>Newspapers/ magazines</td>
<td>9.5%</td>
</tr>
<tr>
<td>Poster, flipcharts</td>
<td>13.3%</td>
</tr>
<tr>
<td>Internet</td>
<td>5.8%</td>
</tr>
</tbody>
</table>

3. Topics of nutritional counseling (%)

<table>
<thead>
<tr>
<th>Topic</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby should be breastfed immediately after birth</td>
<td>74.2%</td>
</tr>
<tr>
<td>Feed only breast milk up to 6 months</td>
<td>70.3%</td>
</tr>
<tr>
<td>Not to give child any water, liquid, honey or formula up to 6 months</td>
<td>53.5%</td>
</tr>
<tr>
<td>Continue breastfed up to 24 months</td>
<td>63.4%</td>
</tr>
<tr>
<td>Receiving iron tablet/MMN</td>
<td>64.7%</td>
</tr>
<tr>
<td>Feeding eggs, meat, fish and other animal source food after 6 months</td>
<td>56.0%</td>
</tr>
<tr>
<td>Washing hands with soap before preparing food</td>
<td>75.9%</td>
</tr>
<tr>
<td>Counseling on child height/weight</td>
<td>39.1%</td>
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4. Sources of direct contact (%)

<table>
<thead>
<tr>
<th>Source of contact</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communal health center staff</td>
<td>26.9%</td>
</tr>
<tr>
<td>Village health worker/ Nutrition volunteer</td>
<td>66.9%</td>
</tr>
<tr>
<td>Women union</td>
<td>5.5%</td>
</tr>
</tbody>
</table>

5. Type of IYCF information (%)

<table>
<thead>
<tr>
<th>Information type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>About breastfeeding</td>
<td>85.5%</td>
</tr>
<tr>
<td>About complementary food</td>
<td>81.3%</td>
</tr>
</tbody>
</table>


4. Ca Mau
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 16.3%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 69.1% and the rate of using Vitamin A after delivery was 21.8%.

b. Among children under 5 years of age, the prevalence of stunting was 27%, underweight was 15.3% and wasting was 6.1%; while the prevalence of overweight and obesity was 4.9%.

c. The rate of early initiation of breastfeeding was 47.3%, continued breastfeeding at 2 years rate was 15.1% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 47.6%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 81.4%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 88.1%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 67%.

*Note*: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>6</td>
<td>No. of hospitals</td>
<td>8</td>
</tr>
<tr>
<td>No. of wards, town districts, and communes</td>
<td>73</td>
<td>No. of polyclinics</td>
<td>8</td>
</tr>
<tr>
<td>No. of villages</td>
<td>524</td>
<td>No. of commune health centers</td>
<td>70</td>
</tr>
<tr>
<td>Population</td>
<td>759,333</td>
<td>No. of maternity homes</td>
<td>-</td>
</tr>
<tr>
<td>No. of children &lt;5 years of age</td>
<td>59,821</td>
<td>No. of doctors</td>
<td>321</td>
</tr>
<tr>
<td>No. of children &lt;2 years of age</td>
<td>24,586</td>
<td>No. of assistant doctors</td>
<td>644</td>
</tr>
<tr>
<td>(estimated to be 41.1% of the under 5)</td>
<td></td>
<td>No. of nurses</td>
<td>434</td>
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<tr>
<td>Percent ethnic minorities</td>
<td>3.7%</td>
<td>No. of midwives/birth attendant</td>
<td>207</td>
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<tr>
<td>Poverty rate</td>
<td>16.5%</td>
<td>No. of village health workers</td>
<td>421</td>
</tr>
</tbody>
</table>

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Hau Giang
### NUTRITION DURING THE LIFE CYCLE


#### Infant and young child feeding practices by age

- **Not receiving any breast milk**
- **Breast milk & complementary foods**
- **Breast milk & other milk/formula**
- **Breast milk & non-milk liquids**
- **Breast milk & plain water only**
- **Exclusively breastfed**

<table>
<thead>
<tr>
<th>Age group in months</th>
<th>0-1</th>
<th>2-3</th>
<th>4-5</th>
<th>6-7</th>
<th>8-9</th>
<th>10-11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage</td>
<td>100</td>
<td>80</td>
<td>60</td>
<td>40</td>
<td>20</td>
<td>0</td>
</tr>
</tbody>
</table>

**Preconception & pregnancy**

- **Infant and young child feeding practices by age**

**Not receiving any breast milk**

- **Breast milk & complementary foods**

**Breast milk & other milk/formula**

- **Breast milk & non-milk liquids**

**Breast milk & plain water only**

- **Exclusively breastfed**

<table>
<thead>
<tr>
<th>Age group (months)</th>
<th>0-1</th>
<th>2-3</th>
<th>4-5</th>
<th>6-7</th>
<th>8-9</th>
<th>10-11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage</td>
<td>100</td>
<td>80</td>
<td>60</td>
<td>40</td>
<td>20</td>
<td>0</td>
</tr>
</tbody>
</table>

**Infant and young child feeding practices by age**

- **Not receiving any breast milk**
- **Breast milk & complementary foods**
- **Breast milk & other milk/formula**
- **Breast milk & non-milk liquids**
- **Breast milk & plain water only**
- **Exclusively breastfed**

<table>
<thead>
<tr>
<th>Age group in months</th>
<th>0-1</th>
<th>2-3</th>
<th>4-5</th>
<th>6-7</th>
<th>8-9</th>
<th>10-11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage</td>
<td>100</td>
<td>80</td>
<td>60</td>
<td>40</td>
<td>20</td>
<td>0</td>
</tr>
</tbody>
</table>

ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 88.1%
- Contact with health staff during last 3 months: 67.0%

2. Sources of information from mass-media (%)

- TV: 64.8%
- Radio/ loudspeaker: 10.7%
- Newspapers/ magazines: 5.9%
- Poster, flipcharts: 4.6%
- Internet: 1.6%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 81.8%
- Feed only breast milk up to 6 months: 71.6%
- Not to give child any water, liquid, honey or formula up to 6 months: 66.3%
- Continue breastfed up to 24 months: 63.0%
- Receiving iron tablet/MMN: 55.6%
- Feeding eggs, meat, fish and other animal source food after 6 months: 67.1%
- Washing hands with soap before preparing food: 69.2%
- Counseling on childhood overweight: 52.7%

4. Sources of direct contact (%)

- Communal health center staff: 20.2%
- Village health worker/ Nutrition volunteer: 54.8%
- Women union: 6.1%

5. Type of IYCF information (%)

- About breastfeeding: 88.1%
- About complementary food: 15.1%


4. Hau Giang
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 17.5%. The rate of using iron pills in the 3 months before or during pregnancy among mothers with under 2 years child was 83% and the rate of using Vitamin A after delivery was 44.8%.

b. Among children under 5 years of age, the prevalence of stunting was 0%, underweight was 0% and wasting was 0%; while the prevalence of overweight and obesity was 3.4%.

c. The rate of early initiation of breastfeeding was 38.9%, continued breastfeeding at 2 years rate was 22.4% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 82.2%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 90%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 93.7%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 31.6%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td></td>
</tr>
<tr>
<td>No. of hospitals</td>
<td></td>
</tr>
<tr>
<td>No. of wards, town districts, and communes</td>
<td></td>
</tr>
<tr>
<td>No. of villages</td>
<td></td>
</tr>
<tr>
<td>No. of commune health centers</td>
<td></td>
</tr>
<tr>
<td>Population</td>
<td></td>
</tr>
<tr>
<td>No. of maternity homes</td>
<td></td>
</tr>
<tr>
<td>No. of children &lt;5 years of age</td>
<td></td>
</tr>
<tr>
<td>No. of children &lt;2 years of age</td>
<td></td>
</tr>
<tr>
<td>No. of doctors</td>
<td></td>
</tr>
<tr>
<td>No. of assistant doctors</td>
<td></td>
</tr>
<tr>
<td>Percent ethnic minorities</td>
<td>0.0%</td>
</tr>
<tr>
<td>No. of nurses</td>
<td></td>
</tr>
<tr>
<td>No. of midwives/birth attendants</td>
<td></td>
</tr>
<tr>
<td>Poverty rate</td>
<td>0.0%</td>
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<tr>
<td>No. of village health workers</td>
<td></td>
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</tbody>
</table>


Last update 3/7/2014
NUTRITION INFORMATION (2011 & 2013)

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Ha Noi - Urban
Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed


3. Ha Noi - Urban
**ACCESS TO NUTRITION INFORMATION AND SERVICES**

1. **Exposure to nutrition information (%)**
   - See/ hear IYCF messages on mass-media last 3 months: 93.7%
   - Contact with health staff during last 3 months: 31.6%

2. **Sources of information from mass-media (%)**
   - TV: 76.1%
   - Radio/ loudspeaker: 35.5%
   - Newspapers/ magazines: 27.6%
   - Poster, flipcharts: 18.6%
   - Internet: 22.8%

3. **Topics of nutritional counseling (%)**
   - Baby should be breastfed immediately after birth: 81.5%
   - Feed only breast milk up to 6 months: 84.0%
   - Not to give child any water, liquid, honey or formula up to 6 months: 54.5%
   - Continue breastfed up to 24 months: 77.0%
   - Receiving iron tablet/MMN: 81.9%
   - Feeding eggs, meat, fish and other animal source food after 6 months: 82.7%
   - Washing hands with soap before preparing food: 85.0%
   - Counseling on child height/ weight: 67.7%

4. **Sources of direct contact (%)**
   - Communal health center staff: 25.2%
   - Village health worker/ Nutrition volunteer: 13.5%
   - Women union: 4.8%

5. **Type of IYCF information (%)**
   - About breastfeeding: 4.8%
   - About complementary food: 7.8%
   - About breastfeeding: 3.0%
   - About complementary food: 85.8%
   - Health staff: 93.1%
   - Mass media: 88.8%

4. Ha Noi - Urban
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

MAIN RESULTS

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI < 18.5 kg/m²) was 8.9%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 78.4% and the rate of using Vitamin A after delivery was 50.7%.

b. Among children under 5 years of age, the prevalence of stunting was 0%, underweight was 0% and wasting was 0%; while the prevalence of overweight and obesity was 7.5%.

c. The rate of early initiation of breastfeeding was 28.5%, continued breastfeeding at 2 years rate was 24.7% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 80.3%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 88.3%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 93.6%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 30.5%.

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td></td>
</tr>
<tr>
<td>No. of wards, town districts, and communes</td>
<td></td>
</tr>
<tr>
<td>No. of villages</td>
<td></td>
</tr>
<tr>
<td>No. of commune health centers</td>
<td></td>
</tr>
<tr>
<td>Population</td>
<td></td>
</tr>
<tr>
<td>No. of maternity homes</td>
<td></td>
</tr>
<tr>
<td>No. of children &lt;5 years of age</td>
<td></td>
</tr>
<tr>
<td>No. of children &lt;2 years of age</td>
<td></td>
</tr>
<tr>
<td>No. of doctors</td>
<td></td>
</tr>
<tr>
<td>No. of assistant doctors</td>
<td></td>
</tr>
<tr>
<td>Percent ethnic minorities</td>
<td>0.0%</td>
</tr>
<tr>
<td>Poverty rate</td>
<td>0.0%</td>
</tr>
<tr>
<td>No. of midwives/birth attendants</td>
<td></td>
</tr>
<tr>
<td>No. of village health workers</td>
<td></td>
</tr>
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</table>

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Ha Noi - Rural
### Infant and young child feeding practices by age

- **Not receiving any breast milk**
- **Breast milk & complementary foods**
- **Breast milk & other milk/formula**
- **Breast milk & non-milk liquids**
- **Breast milk & plain water only**
- **Exclusively breastfed**

### Preconception & pregnancy

- **Child born in a health facility** (n=373)
- **Ever breastfed** (n=681)
- **Early initiation of breastfeeding** (n=681)
- **No squeezing out colostrum** (n=666)

### 0-5 months

- **Predominant breastfeeding under 6 months** (n=138)
- **No bottle feeding** (n=188)
- **No prelacteal feeding in the first 3 days** (n=681)

### 6-23 months

- **Continued breastfeeding at 1 year** (n=112)
- **Minimum meal frequency** (n=493)
- **Minimum dietary diversity** (n=493)
- **Minimum acceptable diet** (n=493)
- **Consumption of iron-rich or iron-fortified foods** (n=493)
- **Vitamin A supplementation last 6 months** (n=501)
- **No bottle feeding** (n=493)

### 24-59 months

- **Continued breastfeeding at 2 years** (n=97)
- **Child deworming (last 6 months)** (n=915)
- **Vitamin A supplementation last 6 months** (n=915)
- **Child 24-35 months get vitamin A** (n=810)

### Source of information:
1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 93.6%
- Contact with health staff during last 3 months: 30.5%

2. Sources of information from mass-media (%)

- TV: 74.1%
- Radio/ loudspeaker: 34.2%
- Newspapers/ magazines: 41.1%
- Poster, flipcharts: 18.2%
- Internet: 54.8%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 77.4%
- Feed only breast milk up to 6 months: 81.5%
- Not to give child any water, liquid, honey or formula up to 6 months: 56.8%
- Continue breastfed up to 24 months: 73.6%
- Receiving iron table/ MMN: 77.7%
- Feeding eggs, meat, fish and other animal source food after 6 months: 81.0%
- Washing hands with soap before feeding child: 79.8%
- Counseling on child height/ weight: 74.4%

4. Sources of direct contact (%)

- Communal health center staff: 25.3%
- Village health worker/ Nutrition volunteer: 10.6%
- Women union: 5.8%

5. Type of IYCF information (%)

- About breastfeeding: 85.2%
- About complementary food: 91.2%
- Health staff: 2.0%
- Mass media: 5.2%


4. Ha Noi - Rural
Main Results

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 10.6%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 95.6% and the rate of using Vitamin A after delivery was 44.1%.

b. Among children under 5 years of age, the prevalence of stunting was 0%, underweight was 0% and wasting was 0%; while the prevalence of overweight and obesity was 8.6%.

c. The rate of early initiation of breastfeeding was 24.6%, continued breastfeeding at 2 years rate was 18.5% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 85%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 75.5%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 93.8%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 21.1%

Note: Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.
1. Chronic energy deficiency prevalence of mothers by age group (%)

![Graph showing prevalence of chronic energy deficiency by age group.]

2. Vitamin A supplements: Knowledge and use among mothers (%)

![Graph showing knowledge and use of vitamin A supplements.]

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

![Graph showing prevalence of wasting by age group.]

4. Malnutrition prevalence among children under 5 years (%)

![Graph showing malnutrition prevalence by age group.]

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

![Graph showing underweight prevalence by age group.]

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

![Graph showing stunting prevalence by age group.]


2. Ho Chi Minh city - Urban
NUTRITION DURING THE LIFE CYCLE

Infant and young child feeding practices by age

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 93.8%
- Contact with health staff during last 3 months: 21.1%

2. Sources of information from mass-media (%)

- TV: 67.7%
- Radio/ loudspeaker: 28.1%
- Newspapers/magazines: 32.3%
- Poster, flipcharts: 10.5%
- Internet: 11.9%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 79.1%
- Feed only breast milk up to 6 months: 81.2%
- Not to give child any water, liquid, honey or formula up to 6 months: 39.1%
- Continue breastfed up to 24 months: 54.3%
- Receiving iron tablet/MMN: 87.0%
- Feeding eggs, meat, fish and other animal source food after 6 months: 73.2%
- Washing hands with soap before preparing food: 85.8%
- Counseling on child height/weight: 67.2%

4. Sources of direct contact (%)

- Communal health center staff: 15.0%
- Village health worker/Nutrition volunteer: 8.3%
- Women union: 11.9%

5. Type of IYCF information (%)

- About breastfeeding: 69.6%
- About complementary food: 89.8%


4. Ho Chi Minh city - Urban
This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency (BMI<18.5 kg/m²) was 9.6%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 93.7% and the rate of using Vitamin A after delivery was 48.9%.

b. Among children under 5 years of age, the prevalence of stunting was 0%, underweight was 0% and wasting was 0%; while the prevalence of overweight and obesity was 12.1%.

c. The rate of early initiation of breastfeeding was 21.3%, continued breastfeeding at 2 years rate was 22.2% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 80.3%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 74.1%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 95.5%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 20%.

*Note:* Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

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Last update 3/7/2014

299
1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)

NUTRITION DURING THE LIFE CYCLE

Infant and young child feeding practices by age

- Not receiving any breast milk
- Breast milk & complementary foods
- Breast milk & other milk/formula
- Breast milk & non-milk liquids
- Breast milk & plain water only
- Exclusively breastfed


3. Ho Chi Minh city - Rural
ACCESS TO NUTRITION INFORMATION AND SERVICES

1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months: 95.5%
- Contact with health staff during last 3 months: 20.0%

2. Sources of information from mass-media (%)

- TV: 70.5%
- Radio/ loudspeaker: 24.2%
- Newspapers/ magazines: 44.5%
- Poster, flipcharts: 14.5%
- Internet: 22.6%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 81.8%
- Feed only breast milk up to 6 months: 83.6%
- Not to give child any water, liquid, honey or formula up to 6 months: 42.0%
- Continue breastfed up to 24 months: 55.5%
- Receiving iron tablets/MMN: 85.8%
- Feeding eggs, meat, fish and other animal source food after 6 months: 73.5%
- Washing hands with soap before feeding child: 85.6%
- Counseling on child height/weight: 71.2%

4. Sources of direct contact (%)

- Communal health center staff: 15.8%
- Village health worker/ Nutrition volunteer: 6.6%
- Women union: 7.4%

5. Type of IYCF information (%)

- About breastfeeding: 95.5%
- About complementary food: 78.6%

4. Ho Chi Minh city - Rural
### I. Identification

<table>
<thead>
<tr>
<th>1.1 Interviewer’s name:</th>
<th>1.4 Province/city:</th>
</tr>
</thead>
<tbody>
<tr>
<td>……………………….</td>
<td>……………………...</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1.2 District:</th>
<th>1.5 Commune:</th>
</tr>
</thead>
<tbody>
<tr>
<td>………………….</td>
<td>………………...</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1.3 Date of interview:</th>
<th>1.6 Vill./hamlet:</th>
</tr>
</thead>
<tbody>
<tr>
<td>…/…/2013</td>
<td>……………………….</td>
</tr>
</tbody>
</table>

Interviewer’s comment: ………………………

<table>
<thead>
<tr>
<th>1.7 Code:</th>
</tr>
</thead>
<tbody>
<tr>
<td>…………..</td>
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</tbody>
</table>

### II. Mother's Information

<table>
<thead>
<tr>
<th>2.1 Mother's name:</th>
<th>2.2 YOB:</th>
</tr>
</thead>
<tbody>
<tr>
<td>…………………………………………</td>
<td>19 ___ ___</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2.3 Education level:</th>
<th>2.4 Total number of children:</th>
</tr>
</thead>
<tbody>
<tr>
<td>No education 00</td>
<td>00</td>
</tr>
<tr>
<td>Grade completed _</td>
<td>Grad./Post 22</td>
</tr>
<tr>
<td>Don't know 77</td>
<td>77</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2.5 Main occupation:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Farmer 1</td>
</tr>
<tr>
<td>Salary 2</td>
</tr>
<tr>
<td>Housewife 4</td>
</tr>
<tr>
<td>Other 9</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2.6 Currently pregnant:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes 1</td>
</tr>
<tr>
<td>No 2</td>
</tr>
<tr>
<td>DK 7</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2.7 Who is the respondent:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mother 1</td>
</tr>
<tr>
<td>Father 2</td>
</tr>
<tr>
<td>Grandparent 3</td>
</tr>
<tr>
<td>Other 9</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2.8 Ethnic Group code:</th>
</tr>
</thead>
<tbody>
<tr>
<td>……………………...</td>
</tr>
</tbody>
</table>

### III. Anthropometrics

<table>
<thead>
<tr>
<th>3.1 Name (of mother and children)</th>
</tr>
</thead>
<tbody>
<tr>
<td>…………………………………………</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3.2 Gender:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boy 1</td>
</tr>
<tr>
<td>Girl 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3.3 DOB: Gregory calendar:</th>
</tr>
</thead>
<tbody>
<tr>
<td>G___/<em><strong>/</strong></em></td>
</tr>
<tr>
<td>G___/<em><strong>/</strong></em></td>
</tr>
<tr>
<td>G___/<em><strong>/</strong></em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3.4 Weight (kg):</th>
</tr>
</thead>
<tbody>
<tr>
<td>__ __ __ __ kg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3.5 Height/Length (Standing/Lying down):</th>
</tr>
</thead>
<tbody>
<tr>
<td>d __ __ __ __ cm</td>
</tr>
<tr>
<td>n __ __ __ __ cm</td>
</tr>
<tr>
<td>n __ __ __ __ cm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3.6 Observation and check:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edema 1</td>
</tr>
</tbody>
</table>

### IV. Children birth information and micronutrient supplementation

<table>
<thead>
<tr>
<th>4.1 Where was (NAME) born?:</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHC 1</td>
</tr>
<tr>
<td>Hospital 2</td>
</tr>
<tr>
<td>Home, other 3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4.2 Was (NAME) delivered vaginally or through C-Section?:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vaginal 1</td>
</tr>
<tr>
<td>Caesarean 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4.3 What is (NAME’s) birth weight? (8=No weighted 9=DK, don’t remember):</th>
</tr>
</thead>
<tbody>
<tr>
<td>__ __ __ __ g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4.4 Did (NAME) have any of the following... within the last 6 months:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Get vitamin A from CHC when child was malnurished/diarrhoea/measles/ fever/ cough?</td>
</tr>
<tr>
<td>2) Consume Vitamin A in Micronutrient day?</td>
</tr>
<tr>
<td>3) Consume Vitamin A from other source?</td>
</tr>
<tr>
<td>No 0</td>
</tr>
<tr>
<td>Yes, sick 1</td>
</tr>
<tr>
<td>Yes, other 3</td>
</tr>
<tr>
<td>Yes, Vit. A day 2</td>
</tr>
<tr>
<td>Don’t know 7</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4.7 Did (NAME) get dewormed within the last 6 months?:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes 1</td>
</tr>
<tr>
<td>No 2</td>
</tr>
<tr>
<td>Don’t know 7</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4.8 Do (NAME) have night blindness symptoms within the last 6 months? (Explain night blindness if respondent doesn’t know):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes 1</td>
</tr>
<tr>
<td>No 2</td>
</tr>
<tr>
<td>Don’t know 7</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4.9 Who told you about Micronutrient Day/Vitamin A day? (Multiple choices):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Don’t know, not informed 0</td>
</tr>
<tr>
<td>Health staff 1</td>
</tr>
<tr>
<td>Neighbor 4</td>
</tr>
<tr>
<td>Invitation letter 2</td>
</tr>
<tr>
<td>TV, radio 5</td>
</tr>
<tr>
<td>Relative 3</td>
</tr>
<tr>
<td>Other 9</td>
</tr>
</tbody>
</table>
| 5.1 | Did you take Vit.A like this after delivery of the youngest child? (Show sample) | Yes 1  
No 2  
Don’t know 7 |
| 5.2 | Did you get dewormed during the last 6 months? | Yes 1  
No 2  
Don’t know 7 |
| 5.3 | When do you usually wash your hands with soap? (Multiple choice possible) | Before cooking 1  
Before feeding the infant 2  
After using the toilet 3  
Others 9 |
| 5.4 | Do you ever have a night blindness symptom during the last pregnancy? (Explain if mother doesn’t know the term night) | Yes 1  
No 2  
Don’t know 7 |
| 5.5 | Did you consume iron or iron-folate tablets in the last 6 months? IF YES, how many months did you consume? | Yes 1  
No 2  
DK 7 |
| 5.6 | Did you consume iron or iron-folate tablets at any time from three months prior to pregnancy to three months after delivery of the youngest child? | Yes 1  
No 2  
Don’t know 7 |
| 5.7 | If YES, when did you consume the iron or iron folate tablets during your last pregnancy?  
If YES, how many months of each period did you consume at least 20 days?. Else fill "0"  
(Ask for each three-month time period) | Period  
Number of month  
Before  
3 mon. before preg. 1  
During  
1st trimester of preg. 2  
2nd trimester of preg. 3  
3rd trimester. of preg. 4  
After  
3 mo. after delivery 5 |
| 5.8 | Did you buy or take them free? (Multiple choices) | Buying 1  
Free 2  
Gift/other 3 |

### Ask for youngest child (Name............)

<table>
<thead>
<tr>
<th>Options</th>
</tr>
</thead>
</table>
| Diarrhoea 1  
Fever 2  
Cough 3  
Runny, stuffy nose 4  
Shortness of breath 5  |

| 6.1 | Did (NAME) have any of the following symptoms during the last two weeks?  
(Multiple choice possible)  
(Read out each option, one by one) | Yes 1  
No 2  
Don’t know 7 |
| 6.2 | Did (NAME) ever breastfed?  
Include feeding breast milk by spoon, cup or bottle or from another mother | Yes 1  
No 2  
Don’t know 7 |
| 6.3 | From yesterday morning to this morning was (NAME) breastfed yesterday? | Yes 1  
No 2  
Don’t know 7 |
| 6.4 | From yesterday morning to this morning, did (NAME) drink anything from a bottle with a nipple? | Yes 1  
No 2  
Don’t know /Don’t remember 7 |

### CHECK

| Interviewer identifies youngest child under 24 months of age by checking date of birth with today  
If ≥ 24 months, skip to question 9.1,  
If < 24 months continue. |
|---------------------------|---------------------------|
| Today: ____/____/____ | ≥ 24 months 1  
< 24 months 2 |
<p>| Birth date: <strong><strong>/</strong></strong>/____ |</p>
<table>
<thead>
<tr>
<th>Question related to youngest child under 2yr (Name…………..)</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>7.1</strong> How long after birth was (NAME) breastfed for the first time (or put the child to the breast)?</td>
<td>Within 1 hour 1</td>
</tr>
<tr>
<td>If less than 1 hour, circle 1</td>
<td>Number of hours 2</td>
</tr>
<tr>
<td>If less than 24 hours, circle 2 and record hours</td>
<td>Number of days 3</td>
</tr>
<tr>
<td>Otherwise, circle 3 and record days</td>
<td></td>
</tr>
</tbody>
</table>

| **7.2** What was (NAME) given to drink during the first three days after birth? | |
| (Multiple choice possible) | Plain Water 1 ☐ |
| (Ask one by one option, if not given any thing, circle "Nothing other than breast milk") | Sugar or glucose water 2 ☐ |
| | Honey 3 ☐ |
| | Infant Formula 4 ☐ |
| | Other milk (not breast milk) 5 ☐ |
| | Fruit Juice 6 ☐ |
| | Tea/Infusions/herbal 7 ☐ |
| | Sugar - Salt - Water Solution/ORS or syrup 8 ☐ |
| | Other 9 ☐ |
| | Nothing other than breast milk 0 |

| **7.3** Did you squeeze out any colostrum before putting (NAME) to the breast? | |
| | Yes 1 |
| | No 2 |
| | No breast milk 7 |

| **7.4** Are you still breastfeeding (NAME)? | |
| | Yes 1 |
| | No 2 |

| **7.5** How many times did you breastfeed yesterday from the time you woke up to the time you went to bed? | Number of daylight feeding: ___ ___ times |
| (Including feeding expressed breast milk. If answer is not numeric, probe for approximate number) | |

| **7.6** How many times did you breastfeed last night from the time you went to sleep until you woke up? | Number of nighttime feeding: ___ ___ times |
| (Including feeding expressed breast milk. If answer is not numeric, probe for approximate number) | |

| **7.7** When (NAME) is breastfeeding, do you give a little from each breast or empty one breast first before moving to second one? | A little from each breast 1 |
| | Empty one breast before switching to the other 2 |
| | Don’t know 7 |

| **8.1** Could you describe what (NAME) was fed yesterday? | Yes 1 |
| | No 2 |

| **8.2** Next I would like to ask you about some liquids that (NAME) may have had from the time (NAME) woke up yesterday morning to the time (NAME) woke up this morning. Did (NAME) have any (ITEM FROM LIST)?: | Food name |
| (Read the list of liquids starting with ‘plain water’) | Coding categories |
| | Yes/times | No | DK |

| **Drinks** | **A** Plain water or boiled water | A………………. | 1 | 0 | 7 |
| | **B** Infant Formula powder milk (Frisolac, Similac, Mama colostrum…) | B………………. | ___ Times | 0 | 77 |
| | **C** Fresh animal milk, package milk, tinned, powdered (Vinamilk, Dutch lady) | C………………. | ___ Times | 0 | 77 |
| | **D** Fruit juice, coconut milk or herbal drink | D………………. | 1 | 0 | 7 |
| | **E** Clear broth (rice, bones, meat) | E………………. | 1 | 0 | 7 |
| | **F** Liquid yogurt | F………………. | ___ Times | 0 | 77 |
| | **G** Vitamins or minerals syrup (iron, zinc), ORS | G………………. | 1 | 0 | 7 |
| | **H** Any other liquid? (tea, coffee, coke, sprite…) | H………………. | 1 | 0 | 7 |
**Guide to ask**

| A | Rice, rice porridge, rice gruel, rice noodles or other foods from rice | Yes | No | DK |
| B | Noodles (instant or green bean noodle), bread, dumplings, or other foods made from grains other than rice | 1 | 0 | 7 |
| C | Pumpkins, carrots, jackfruit or sweet potatoes that are yellow or orange inside | 1 | 0 | 7 |
| D | White potatoes, white yams, cassava, or any other tubers | 1 | 0 | 7 |
| E | Any dark green leafy vegetables (morning glory, spinach, jute) | 1 | 0 | 7 |
| F | Ripe mangoes, papaya, water melon, tomatoes, tangerine, persimmons or other fruits that are yellow, orange or red inside | 1 | 0 | 7 |
| G | Any other fruits or vegetables (not mentioned above) | 1 | 0 | 7 |
| H | Heart, liver, kidney or other organ meats | 1 | 0 | 7 |
| I | Any meat, such as beef, pork, chicken, duck, lamb, or goat | 1 | 0 | 7 |
| J | Eggs (chicken, ducks, geese, or quail) | 1 | 0 | 7 |
| K | Fresh or dried fish, shellfish (shrimp, crab), or seafood (eel, squid, etc) | 1 | 0 | 7 |
| L | Tofu, soy milk or any foods made from beans, peas, lentils, nuts (peanuts), or seeds (sesame) | 1 | 0 | 7 |
| M | Yogurt, cheese, condensed milk, flan/pudding or other solid/semi-solid milk products | 1 | 0 | 7 |
| N | Any oil, fats, or butter, or foods made with any of these | 1 | 0 | 7 |
| O | Any sugary foods such as chocolates, sweets, candies, pastries, cakes, or biscuit | 1 | 0 | 7 |
| P | Fish Sauce and other condiments | 1 | 0 | 7 |
| Q | Grubs, grasshopper, snails, other insects | 1 | 0 | 7 |

**Other foods** (that respondent mentioned but are not in the list above)

Check categories A–R and fill in the answers. If all options are 'NO': → Skip to question 9.1

**Number of meals**

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.4 How many times did (NAME) eat solid, semi-solid, or soft foods other than liquids yesterday during the day or at night?</td>
<td>____ ____ times</td>
</tr>
<tr>
<td>8.5 How many times did (NAME) eat snack yesterday during the day or at night (snacks: fruit, cracker)? <em>(Small snacks and small feeds such as one or two bites of mother’s or sibling’s food should not be counted)</em></td>
<td>____ ____ times</td>
</tr>
<tr>
<td>Questions</td>
<td>Options</td>
</tr>
<tr>
<td>----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------</td>
</tr>
<tr>
<td>9.1 Did you <strong>ever meet</strong> with the following health staff within <strong>last month</strong>? <em>(Multiple possible answer)</em> <em>(Ask one by one)</em> <em>(If concurrently, circle the higher position)</em></td>
<td><strong>VHW/ Nutrition volunteer</strong> 1 <strong>Women union</strong> 2 <strong>CHC staff</strong> 3 <strong>Health staff in hospital center</strong> 4 <strong>Private health sectors</strong> 5 <strong>Don't know</strong> 7 <strong>No one</strong> 0</td>
</tr>
<tr>
<td>9.2 During last 3 months did you <strong>hear, see or have you been counseled on</strong> any of the following….? <em>(Multiple choices)</em> <em>(Ask one by one)</em></td>
<td><strong>Source of information (multiple choices)</strong></td>
</tr>
<tr>
<td>A. Infants should be breastfed <strong>immediately</strong> after birth</td>
<td>NO</td>
</tr>
<tr>
<td>B. Nurse more leads to more breast milk</td>
<td>0</td>
</tr>
<tr>
<td>C. Infants should be <strong>exclusively breastfed</strong> up to 6 months</td>
<td>0</td>
</tr>
<tr>
<td>D. Other than breastmilk, infants under 6 months <strong>should not be given any water</strong></td>
<td>0</td>
</tr>
<tr>
<td>E. <strong>Continue to BF</strong> up to 24 months, or beyond</td>
<td>0</td>
</tr>
<tr>
<td>F. <strong>Ban on advertising</strong> of breastmilk substitutes for children under 2 years</td>
<td>0</td>
</tr>
<tr>
<td>G. Feed infants meat, fish, eggs and other <strong>animal source</strong> food</td>
<td>0</td>
</tr>
<tr>
<td>H. Feed infants <strong>green leafy vegetables</strong> (spinach, jute, watercress, morning-glory)</td>
<td>0</td>
</tr>
<tr>
<td>I. Wash hands with <strong>soap</strong> before preparing food and before feeding the child</td>
<td>0</td>
</tr>
<tr>
<td>J. <strong>Child's growth</strong> (height and weight)</td>
<td>0</td>
</tr>
<tr>
<td>K. Women should consume <strong>iron tablets</strong> before and during <strong>pregnancy</strong> to prevent anemia</td>
<td>0</td>
</tr>
<tr>
<td>L. <strong>Extend</strong> <strong>paid maternity leave</strong> from 4 to 6 months</td>
<td>0</td>
</tr>
<tr>
<td>M. Using <strong>iodized salt</strong> in the meals</td>
<td>0</td>
</tr>
<tr>
<td>9.3 <strong>Does your family use iodized</strong> salt or soup powder for <strong>cooking</strong> or <strong>flavoring</strong>?</td>
<td><strong>Yes</strong> 1 <strong>No</strong> 2 <strong>Don't know</strong> 3</td>
</tr>
</tbody>
</table>

Thank you very much for your participation!