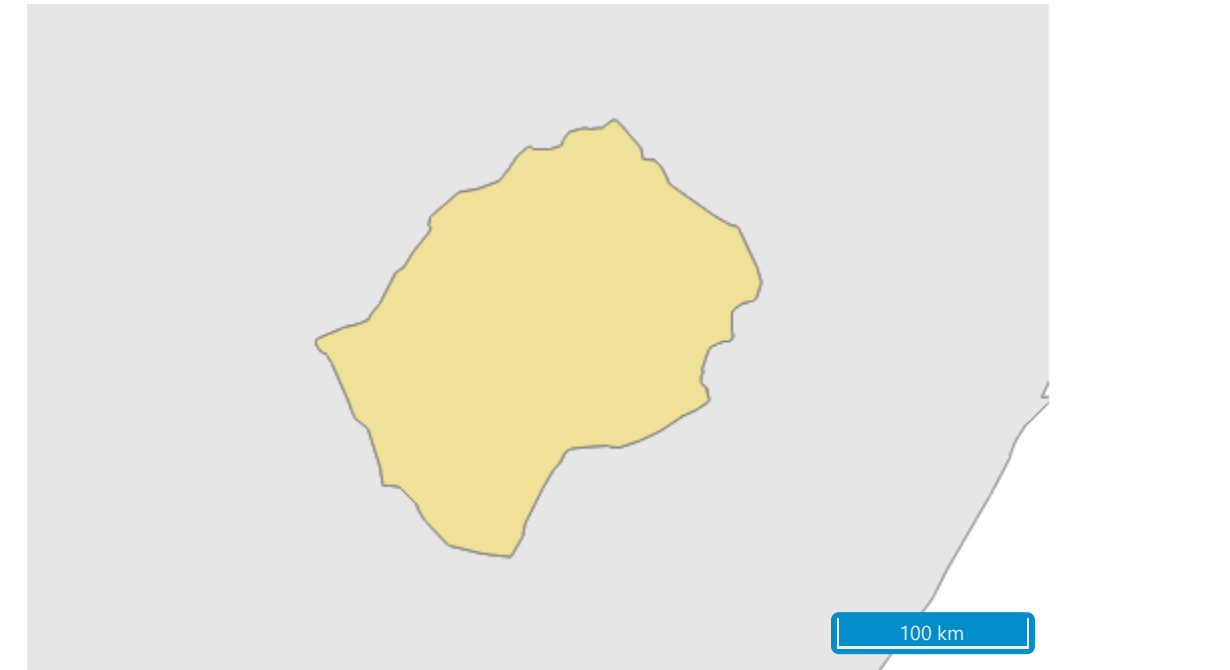


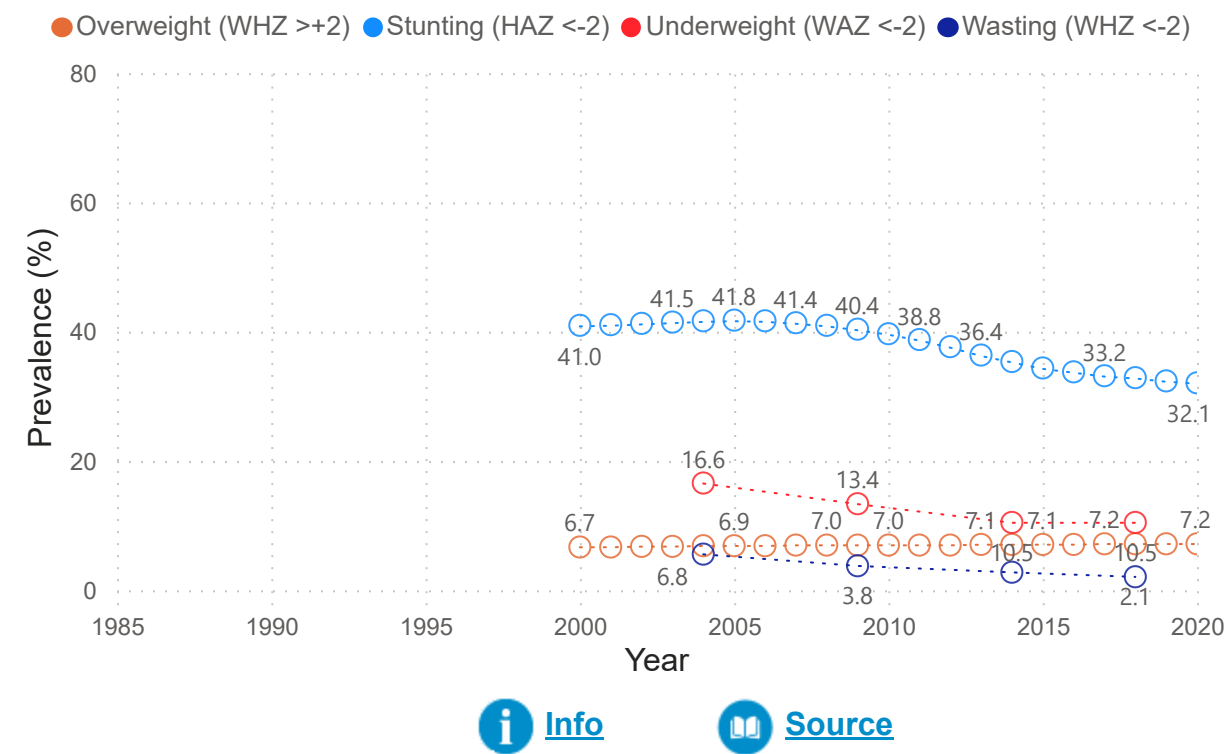


Country Profile

Lesotho

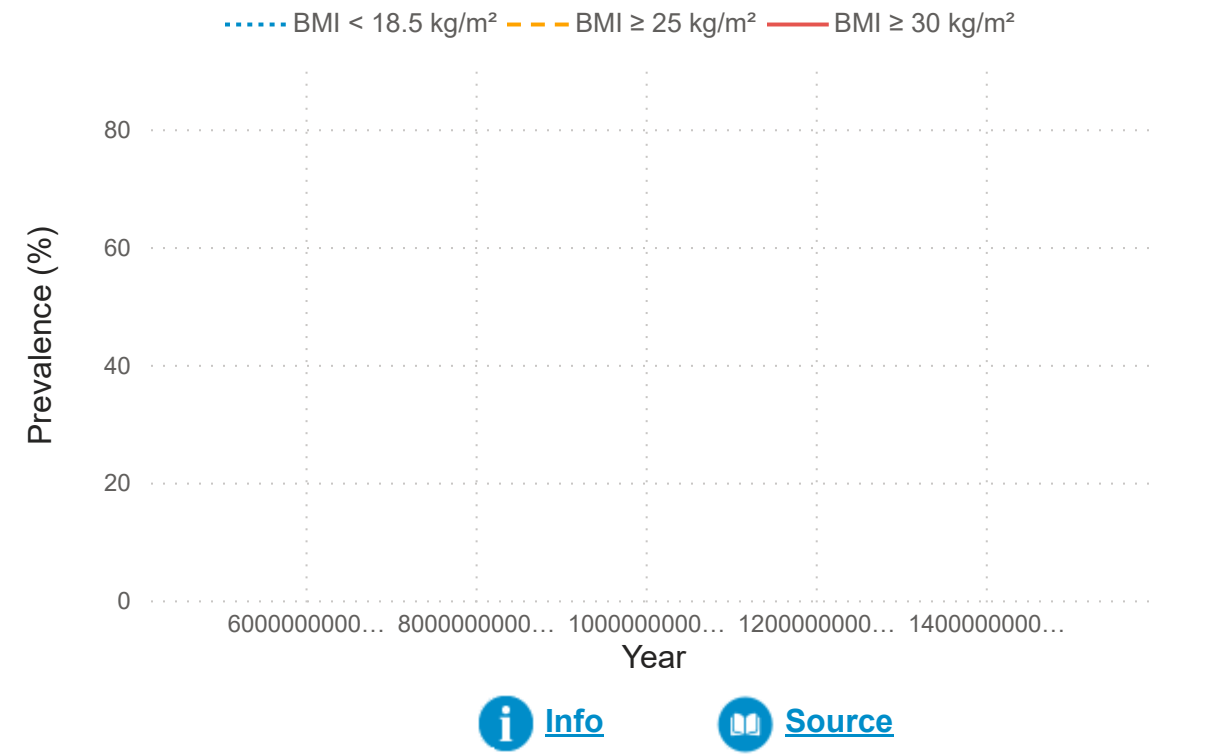
This country profile provides the most recent data contributing to a comprehensive view of the nutrition status, as well the nutrition-related health and development indicators.

Child Malnutrition



Indicator	Info	Year	Value	Source
Low birth weight, prevalence (%)	i	2015	14.6	View
Overweight (BMI-for-age >+1 SD) in school-age children and adolescents 5-19 years (%)	i	2016	15.3	View

Malnutrition in Women



Vitamin and Mineral Deficiencies

Indicator	Info	Year	Value	Source
Anaemia children <5 y (Hb<110 g/L) (%)	i	2019	51.4	View
Anaemia in non-pregnant women (Hb <120 g/L) (%)	i	2019	27.5	View
Anaemia in pregnant women (Hb <110 g/L) (%)	i	2019	33.5	View
Anaemia in women of reproductive age (%)	i	2019	27.9	View
Clinical vitamin A deficiency in women (history of night blindness during most recent pregnancy) (%)	i	2010	3.7	View
Median urinary iodine concentration in children 6-12 years (µg/L)	i		No data	
Subclinical vitamin A deficiency in preschool-age children (serum/plasma retinol <0.70 µmol/L) (%)	i		No data	

Health Services

Indicator	Info	Year	Value	Source
Any antenatal iron supplementation (%)	i	2014	76.9	View
Births attended by skilled health personnel (%)	i	2018	86.6	View
Births in baby-friendly facilities (%)	i	2014	No data	View
Children <5 years with diarrhoea receiving ORS (%)	i	2009	71.2	View
Children aged 1 year immunized against measles (%)	i	2021	90	View
Children aged 6-59 months receiving vitamin A supplements (dose 1) (%)	i	2018	No data	View
Children aged 6-59 months receiving vitamin A supplements (dose 2) (%)	i	2018	No data	View
Children with diarrhoea receiving zinc and ORS (%)	i	2018	15	View
Mothers of children 0-23 months receiving counselling, support or messages on optimal breastfeeding at least once in the last year (%)	i		No data	
Population using improved drinking-water sources (%)	i	2020	29	View
Population using improved sanitation facility (%)	i	2020	48	View

Food Security

Indicator	Info	Year	Value	Source
Households consuming adequately iodized salt (15 parts per million or more) (%)	i		No data	
Population below minimum level of dietary energy requirement (undernourishment) (%)	i	2021	34.7	View
Population below the international poverty line (%)	i	2017	27.2	View

Caring Practices

Indicator	Info	Year	Value	Source
Adolescent birth rate (per 1,000 women aged 15-19 years)	i	2017	90.8	View
Availability of national-level provision for breastfeeding counselling services in public health and/or nutrition programmes	i		No data	
Children with diarrhoea <5 y receiving oral rehydration therapy (ORT) and continued feeding (%)	i	2018	54.5	View
Continued breastfeeding at 1 year in infants 12-15 months (%)	i	2018	56.8	View
Continued breastfeeding at 2 years in infants 20-23 months (%)	i	2018	14.5	View
Early initiation of breastfeeding (%)	i	2018	56.44877	View
Introduction to solid, semisolid or soft foods in infants 6-8 months (%)	i	2018	91.4727	View
Minimum acceptable diet (MAD) in children 6-23 months (%)	i	2018	10.8	View
Minimum dietary diversity (MDD) in children 6-23 months (%)	i	2018	16.7	View

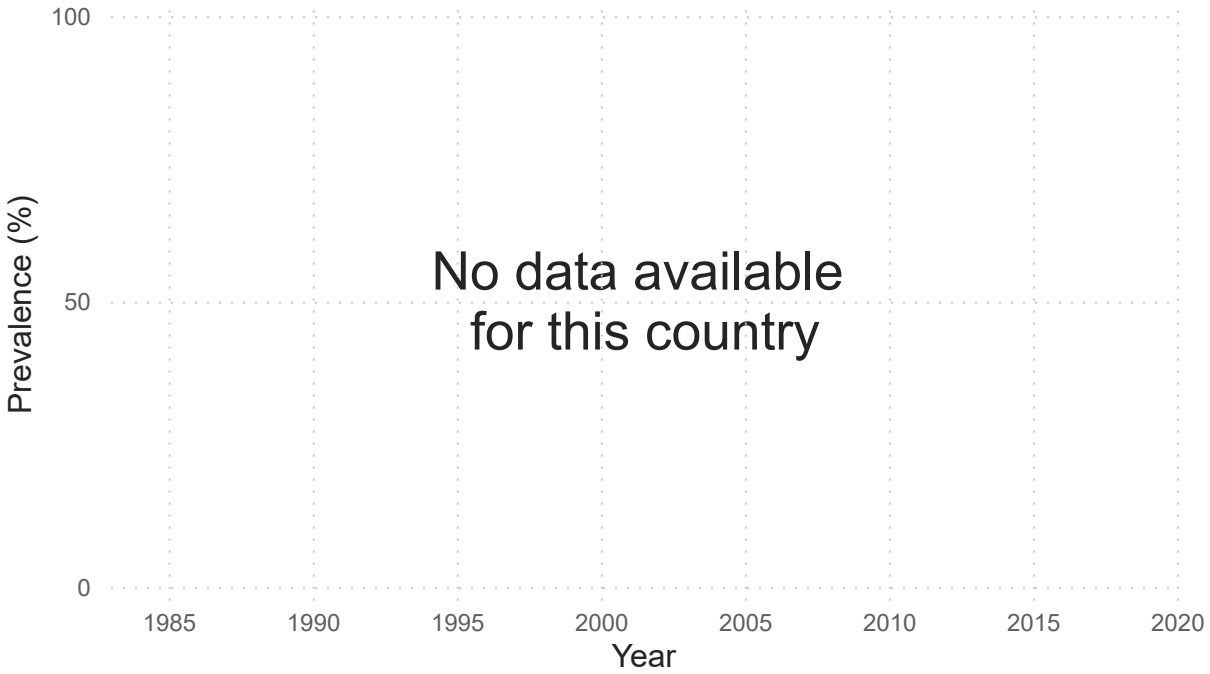
Commitment

Indicator	Info	Year	Value	Source
General government expenditure on health as % of total government expenditure (%)	i	2014	13.08	View
International Code on Marketing of Breast-milk Substitutes: Legal status of the Code	i	2022	No legal measures	View
Maternity protection: Compliance with international labour standards	i	2021	Doesn't meet	View
Nutrition component of Poverty Reduction Strategy Paper (PRSP)	i		No data	
Nutrition component of the United Nations Development Assistance Framework (UNDAF)	i		No data	
Nutrition Governance score	i	2018	-0.321885367	View
Per capita total expenditure on health (US\$)	i	2014	276.04	View
Total expenditure on health as % of gross domestic product	i	2014	10.62	View

Meta-indicators

Indicator	Info	Year	Value	Source
Averaged aggregate governance indicators	i	2020	-0.39213	View
Gender Inequality Index (GII)	i	2019	0.553	View
Gender Parity Index in primary level enrolment (ratio of girls to boys)	i	2019	No data	View
Global Hunger Index (GHI)	i	2021	27.4	View
Human development index (HDI)	i	2019	0.527	View
Seats held by women in national parliament (%)	i	2022	24.35	View

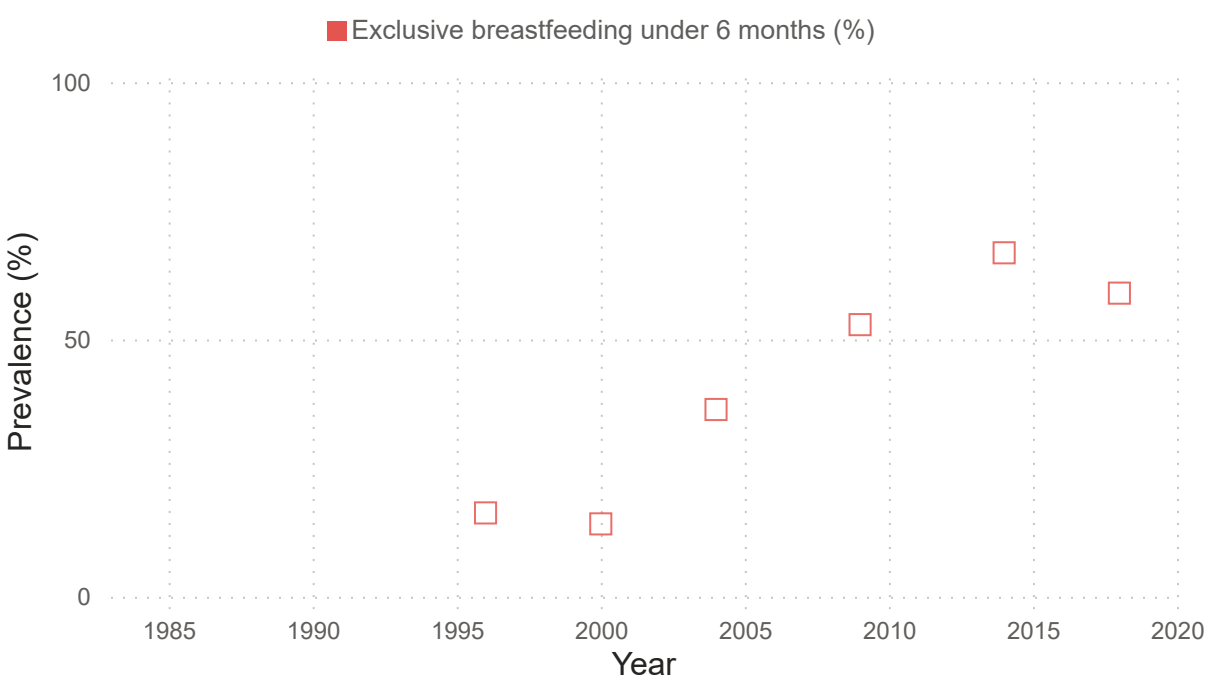
Education



[Info](#)

[Source](#)

Breastfeeding



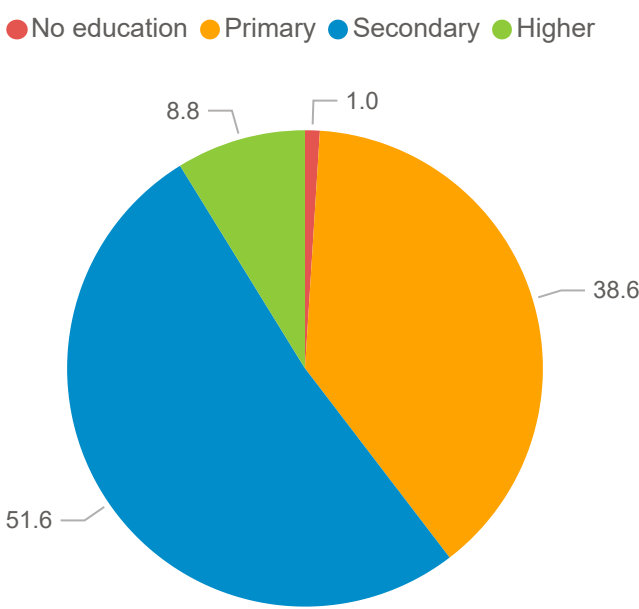
[Info](#)

[Source](#)

Capacity

Indicator	Info	Year	Value	Source
Degree training in nutrition exists	i	2017	Yes	View
GDP per capita (PPP US\$)	i	2021	2682.23553	View
GDP per capita annual growth rate (%)	i	2021	1.0	View
Low-Income Food-Deficit Country (LIFDC)	i	2021	Yes	View
Nursing and midwifery personnel density per 1,000 population	i	2003	0.591	View
Nutrition is part of medical curricula	i	2017	Yes	View
Nutrition professionals density (per 100,000 population)	i	2017	2.9	View
Official development assistance (ODA) received (net disbursements) (% of GNI)	i	2019	5.4	View

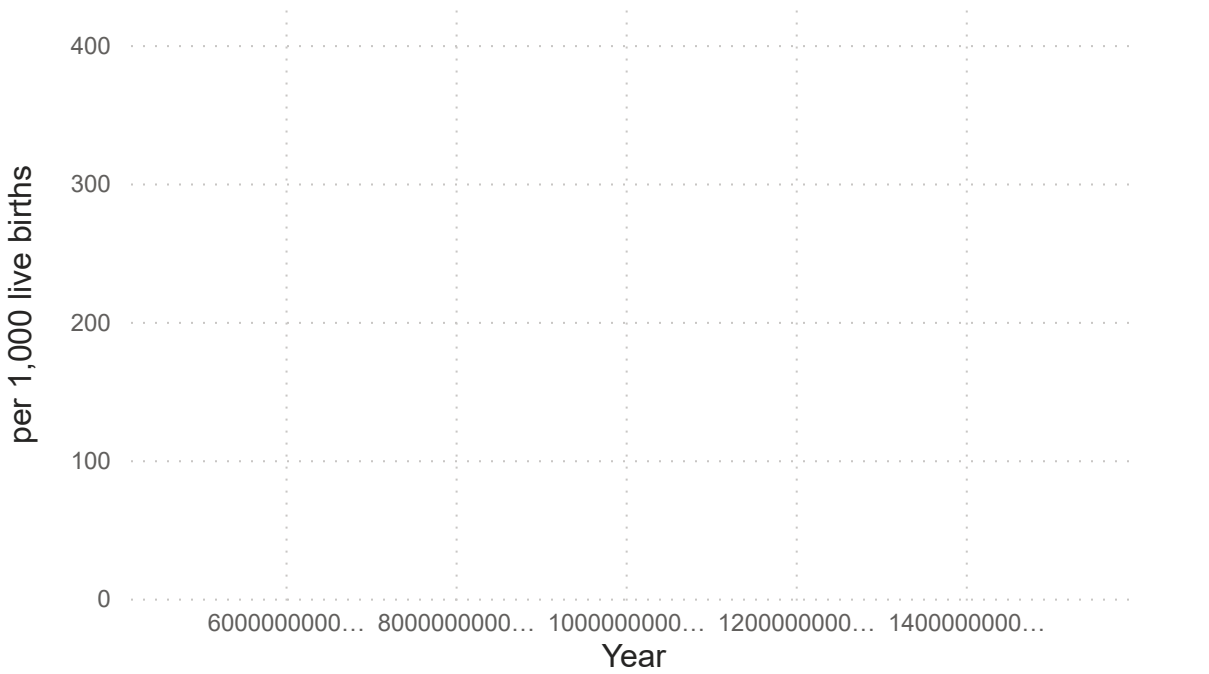
Female Education Levels 2014



[Info](#)

[Source](#)

Under 5 Mortality



[Info](#)

[Source](#)

Policies & Actions in the Global database on the Implementation of Nutrition Action (GINA)

Policy Title	Start Year	View
Lesotho Food and Nutrition Policy (LFNP) 2016-2025	2016	GINA
National Multi-Sectoral Integrated Strategic Plan for the Prevention and Control of Non-Communicable Diseases (NCDS): 2014-2020	2014	GINA
Lesotho United Nations Development Assistant Plan (LUNDAP)	2013	GINA
United Nations Development Assistance Framework for Lesotho	2013	GINA
Health Sector Strategic Plan 2012/13-2016/17	2012	GINA
National Strategic Development Plan 2012/13 – 2016/17 Growth and Development Strategic Framework	2012	GINA
National Strategic Plan on Vulnerable	2012	GINA
Poverty Reduction Strategy Paper - National Strategic Development Plan (NSDP) 2012/13-2016/17	2012	GINA
Poverty Reduction Strategy Paper	2004	GINA
Lesotho Iodization Regulation, 1999	1999	GINA
Lesotho National Plan of Action for Nutrition	1997	GINA
Labour Code	1992	GINA

Policies & Actions in the Global database on the Implementation of Nutrition Action (GINA)

Programme title and actions	Start Year	View
GNPR 2016-2017: School health and nutrition (q11) National School feeding programme - Deworming	2010	GINA
GNPR 2016-2017: School health and nutrition (q11) National School feeding programme - Food distribution/supplementation for prevention of acute malnutrition	2010	GINA
GNPR 2016-2017: School health and nutrition (q11) National School feeding programme - Home, school or community gardening	2010	GINA
GNPR 2016-2017: School health and nutrition (q11) National School feeding programme - Nutrition education included in school curriculum	2010	GINA
GNPR 2016-2017: School health and nutrition (q11) National School feeding programme - School feeding programmes	2010	GINA
GNPR 2016-2017: School health and nutrition (q11) National School feeding programme - Standards for marketing of food and non-alcoholic beverages to children in school setting	2010	GINA
GNPR 2016-2017: School health and nutrition (q11) National School feeding programme - Standards or rules for foods and beverages available in schools	2010	GINA
Infant and Young Child Nutrition Project - Infant feeding in the context of HIV	2007	GINA
GNPR 2016-2017: Nutrition and infectious disease (q41) - Counselling on nutritional support & care for people living with TB	2001	GINA
GNPR 2016-2017: Infant and young child nutrition (q10) - Complementary feeding promotion and/or counselling		GINA
GNPR 2016-2017: Infant and young child nutrition (q6) - Growth monitoring and promotion		GINA
GNPR 2016-2017: Infant and young child nutrition (q7) - Breastfeeding promotion and/or counselling		GINA
GNPR 2016-2017: Infant and young child nutrition (q8) - Baby-friendly Hospital Initiative (BFHI)		GINA
GNPR 2016-2017: Infant and young child nutrition (q9a) - Feeding of LBW infants		GINA
GNPR 2016-2017: Infant and young child nutrition (q9b) - Infant feeding in the context of HIV		GINA
GNPR 2016-2017: Infant and young child nutrition (q9c) - Infant feeding in the context of emergencies		GINA
GNPR 2016-2017: Nutrition and infectious disease (q40) - Counselling on nutritional support&care for people living with HIV		GINA
GNPR 2016-2017: Prevention and management of acute malnutrition (q37) - Food distribution/supplementation for prevention of acute malnutrition		GINA
GNPR 2016-2017: Prevention and management of acute malnutrition (q38) - Management of moderate malnutrition		GINA
GNPR 2016-2017: Prevention and management of acute malnutrition (q39) - Management of severe acute malnutrition		GINA
GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) - Food-based dietary guidelines		GINA
GNPR 2016-2017: Vitamin and mineral nutrition (q25) - Iron and folic acid supplementation		GINA
GNPR 2016-2017: Vitamin and mineral nutrition (q26) - Iron and folic acid supplementation		GINA
GNPR 2016-2017: Vitamin and mineral nutrition (q27) - Vitamin A supplementation		GINA
GNPR 2016-2017: Vitamin and mineral nutrition (q29) - Maize/corn flour fortification		GINA
GNPR 2016-2017: Vitamin and mineral nutrition (q32) - Salt iodization		GINA