



NEPAL

RMNCAH Factsheet December 2020



World Health Organization
REGIONAL OFFICE FOR South-East Asia



Basic indicators

Demographic	Value	Year of data
Total population ⁶⁵	29 137 000	2020
Total under-5 population ⁶⁵	2 707 000	2020
Total adolescent population (10–19 years) ⁶⁵	6 120 000	2020
Women in reproductive age group (15–49 years) ⁶⁵	9 029 000	2020
Annual number of births ⁶¹	563 000	2019
Total fertility rate (births per woman) ⁴¹	2.0	2019
Adolescent birth rate (per 1000 women aged 15–19 years) ⁴¹	63	2019
Births registered (%) ⁴¹	77	2019

- Under-5 population **9%**
- Total adolescent population **21%**
- Women in reproductive age group **31%**
- Total fertility rate **2.0**
- Adolescent birth rate **63 per 1000** population
- Births registered **77%**

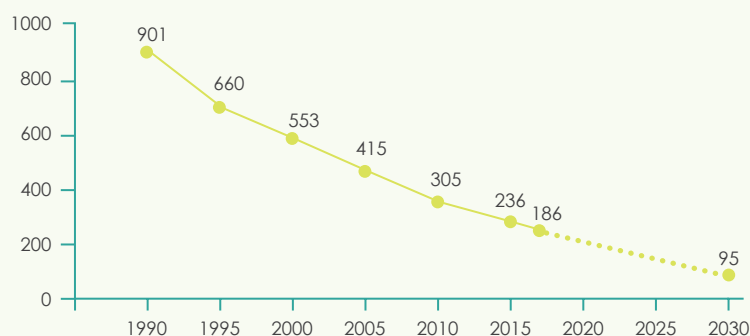
Source: ⁶⁵World Population Prospects 2020 | ⁶¹United Nations Population Division 2019 | ⁴¹Multiple Indicator Cluster Survey 2019

Country profile	Value	Year of data
GNI (PPP) per capita ⁵³	3600	2019
Percentage of population below international poverty line ¹⁹	15	2010
Percentage of population using safely managed sanitation services including a handwashing facility with soap and water ¹¹	65	2016
Improved sanitation ⁴¹	95	2019
Handwashing facility with soap and water ⁴¹	81	2019
Percentage of population using safely managed drinking water services ⁴¹	97	2019

Source: ⁵³World Bank, World Development Indicators 2019 | ¹⁹Global Health Observatory - World Health Organization 2010 | ¹¹Demographic and Health Survey 2016 | ⁴¹Multiple Indicator Cluster Survey 2019

Impact indicators

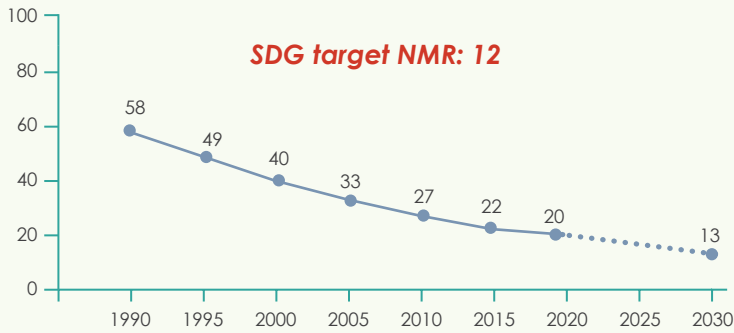
Maternal mortality ratio (per 100 000 live births)



- **66% reduction in MMR** between 2000 and 2017

Source: ⁴⁸Trends in maternal mortality 1990 to 2015: estimates by WHO, UNICEF, UNFPA, World Bank Group and the United Nations Population Division
⁵⁷Trends in maternal mortality 2000 to 2017: estimates by WHO, UNICEF, UNFPA, World Bank Group and the United Nations Population Division
7.0% annual rate of reduction between 2010 and 2017 and the assumption that all things will remain as in 2017 considered for calculating the 2030 projection number for maternal mortality ratio

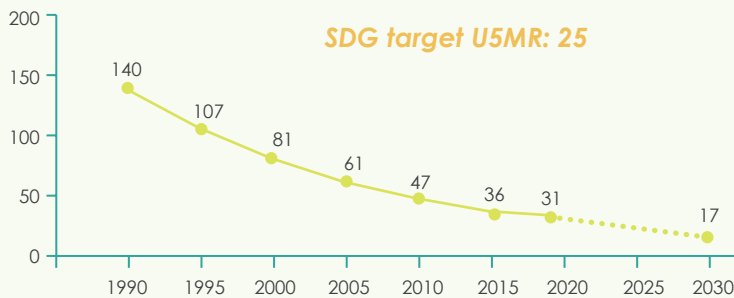
Neonatal mortality rate (per 1000 live births)



- **66% reduction in neonatal mortality rate between 1990 and 2019**

Source: UN Inter-Agency estimates: Levels and Trends in Child Mortality: Report 2020 (UN IGME 2020)
3.8% annual rate of reduction between 1990 and 2019 considered for calculating the 2030 projection number for neonatal mortality rate

Under-5 mortality rate (per 1000 live births)



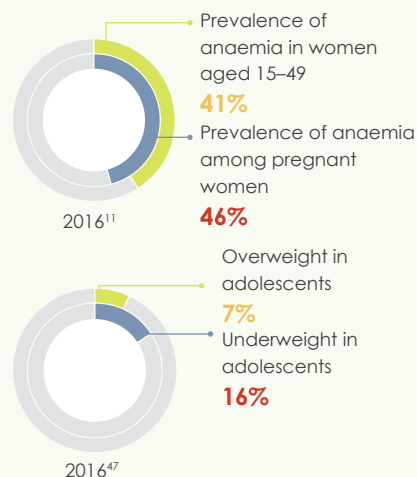
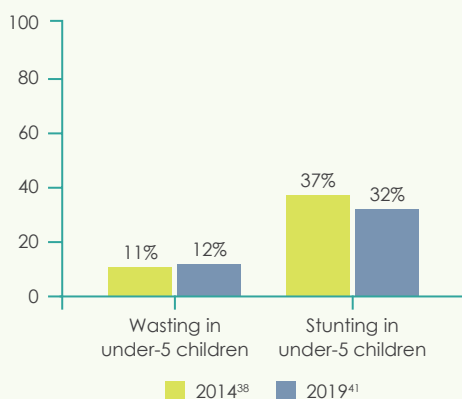
- **78% reduction in under-5 mortality rate between 1990 and 2019**

Source: UN Inter-Agency estimates: Levels and Trends in Child Mortality: Report 2020 (UN IGME 2020)
5.2% annual rate of reduction between 1990 and 2019 considered for calculating the 2030 projection number for under-5 mortality rate

- **Stillbirth rate (per 1000 births) is 17⁶⁰**
- **Adolescent mortality rate (deaths per 100 000 adolescents) is 7⁶⁰**

Source: ⁶⁰UN IGME database 2019

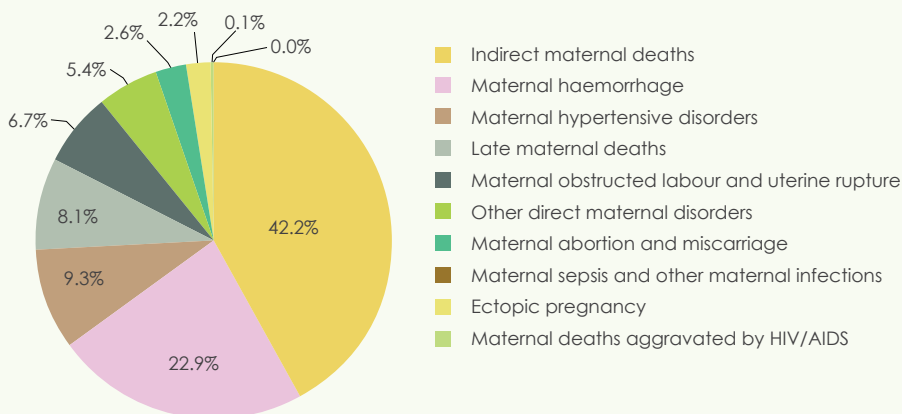
Nutrition indicators



- **Prevalence of LBW unchanged from 12% to 12% between 2011 and 2016**
- **16% reduction in stunting among under-5 children between 2014 and 2019**

Source: ³⁸Multiple Indicator Cluster Survey 2014 | ⁷Demographic and Health Survey 2011 | ⁴¹Multiple Indicator Cluster Survey 2019 | ¹¹Demographic and Health Survey 2016 | ⁴⁷The State of the World's Children Reports 2019

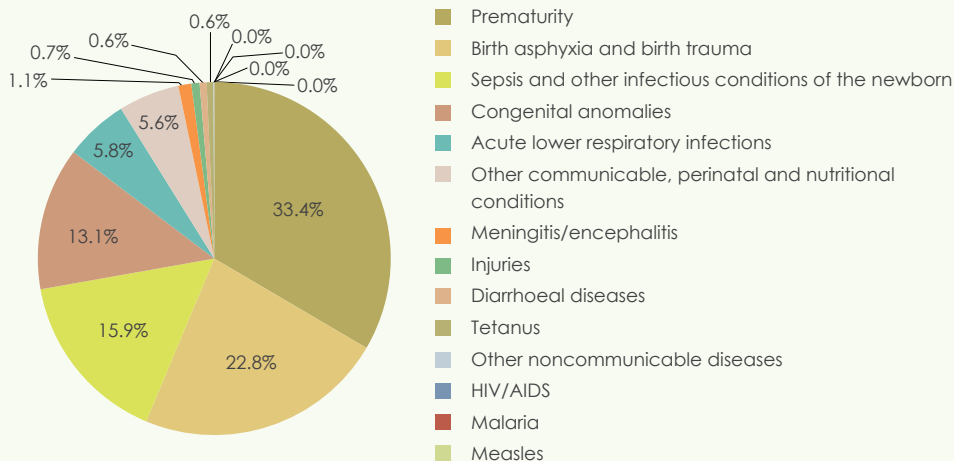
Causes of maternal deaths



- Proportion of direct maternal deaths decreased from 54% to 50% between 2015 and 2019

Source: ¹⁴Global Burden of Disease study 2019

Causes of newborn deaths

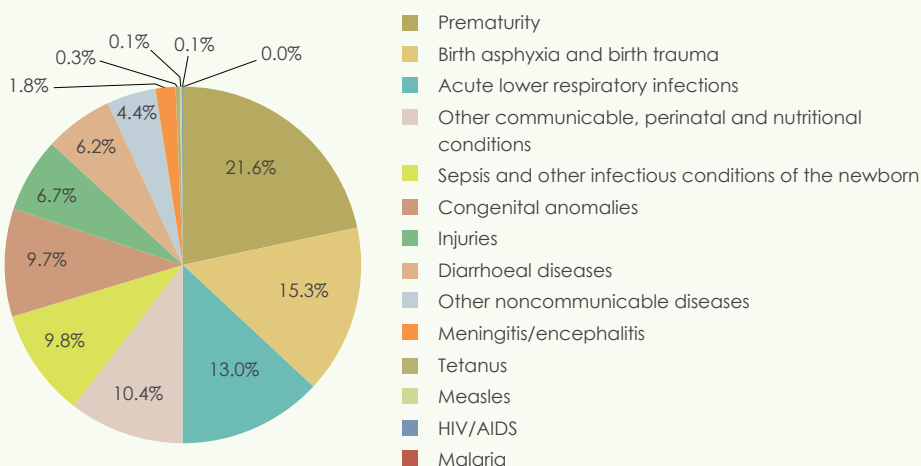


More than 11 500 newborns died in the first month of life mainly due to:

- prematurity
- birth asphyxia
- infections

Source: ²⁵Global Health Observatory - World Health Organization 2017

Causes of under-5 deaths



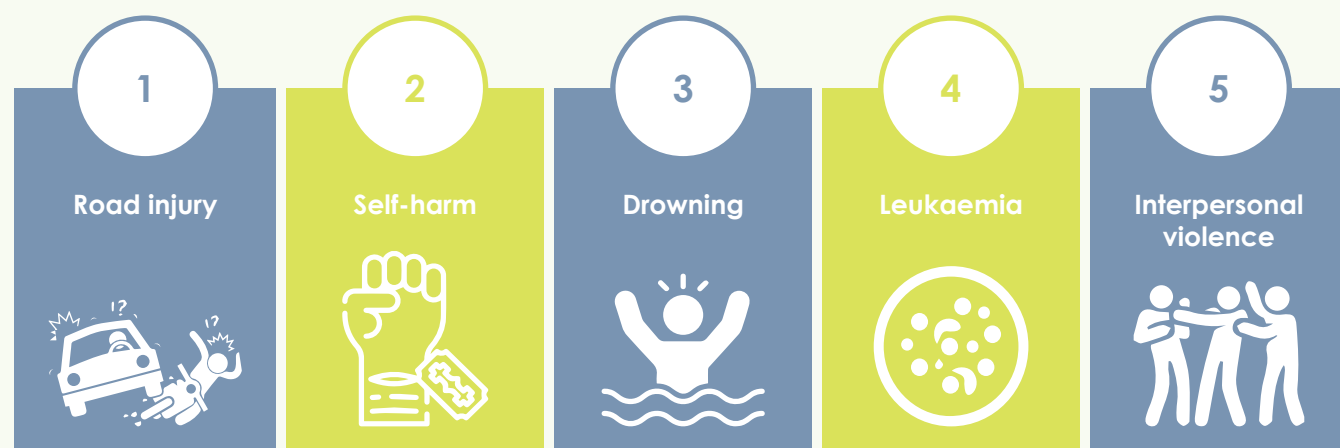
More than 19 000 under-5 children died, mainly due to:

- newborn causes
- pneumonia and diarrhoea
- injuries

Source: ²⁵Global Health Observatory - World Health Organization 2017

Causes of adolescent deaths

Top 5 causes of adolescent deaths



Source: ²⁴Global Health Observatory - World Health Organization 2016

RMNCAH policy survey

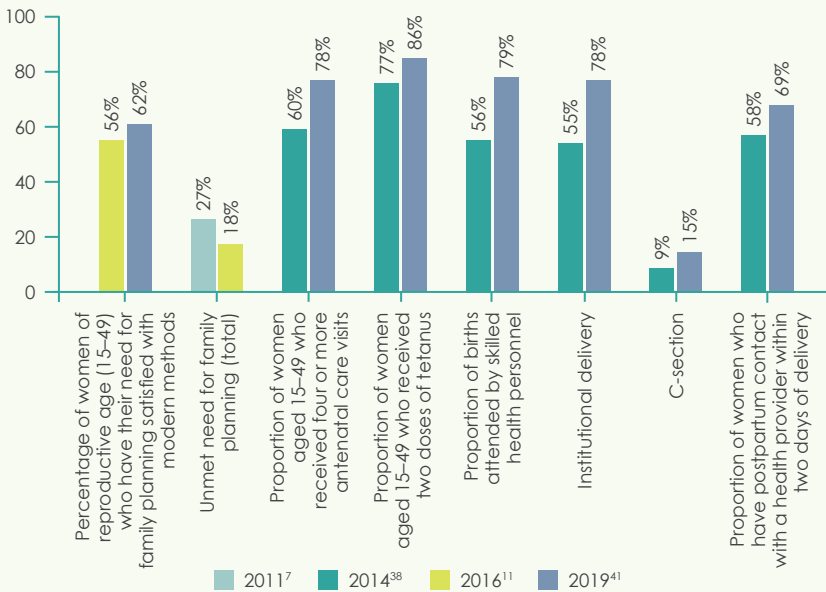
Presence of key national policy/guidelines on SRMNCAH at the national level	(Y/N)
On family planning/contraception ⁴⁵	●
On sexually transmitted infections diagnosis, treatment and counselling ⁴⁵	●
On comprehensive national cervical cancer prevention and control ⁴⁵	●
On antenatal care ⁴⁵	●
On childbirth ⁴⁵	●
On postnatal care for mothers and newborns ⁴⁵	●
On management of low birth weight and preterm newborns ⁴⁵	●
On child health and development of children ⁴⁵	●
On early childhood development ⁴⁵	●
On integrated management of childhood illness ⁴⁵	●
On management of childhood pneumonia ⁴⁵	●
On management of childhood diarrhoea ⁴⁵	●
On management of malaria with appropriate recommendations for children ⁴⁵	●
On management of acute malnutrition in children ⁴⁵	●
On adolescent (10–19 years) health issues ⁴⁵	●
Multisectoral plan of action for violence against women ⁴⁵	●
On CAC/post-abortion care ¹⁵	●

● Yes ● No

Source: ⁴⁵Reproductive, Maternal, Newborn, Child and Adolescent Health Policy Survey, 2019 | ¹⁵Global Abortion Policies Database, 2017

Coverage indicators

Sexual, reproductive and maternal health

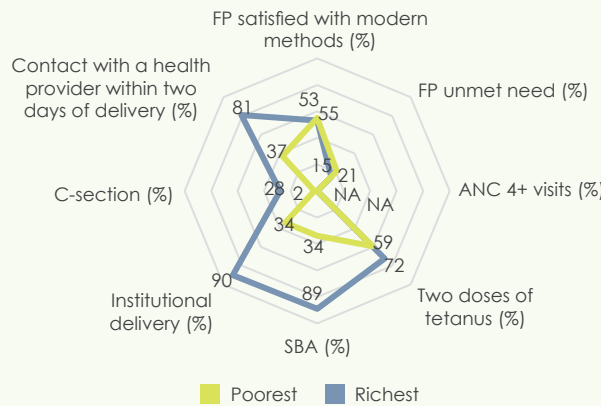


- **30% increase in 4+ ANC visits during last pregnancy between 2014 and 2019**
- **12% increase in receiving two doses of tetanus between 2014 and 2019**
- **Institutional deliveries have increased from 55% to 78% between 2014 and 2019**
- **41% increase in deliveries attended by skilled health personnel from 2014 to 2019**
- **Postpartum contact with a health provider within two days of delivery has increased from 58% to 69% between 2014 and 2019**
- **78% increase in C-section between 2014 and 2019**
- **10 to 50% women aged 30-49 were screened for cervical cancer⁶⁶**

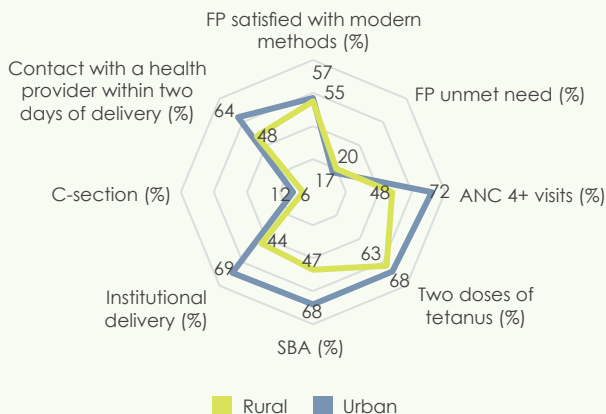
Source: ⁷Demographic and Health Survey 2011 | ³⁸Multiple Indicator Cluster Survey 2014 | ¹¹Demographic and Health Survey 2016 | ⁴¹Multiple Indicator Cluster Survey 2019 | ⁶⁶Global Health Observatory - World Health Organization 2019

Equity in coverage

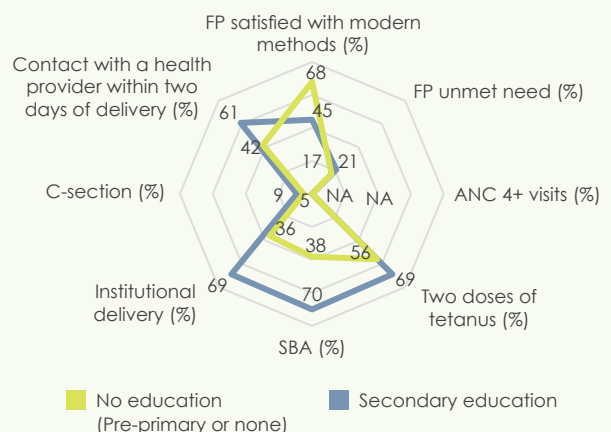
By wealth



By geography

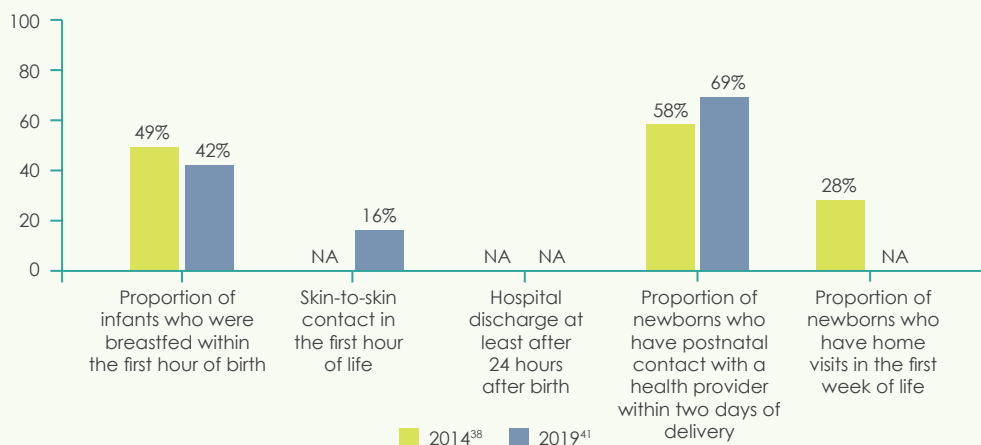


By maternal education



Source: ¹¹Demographic and Health Survey 2016

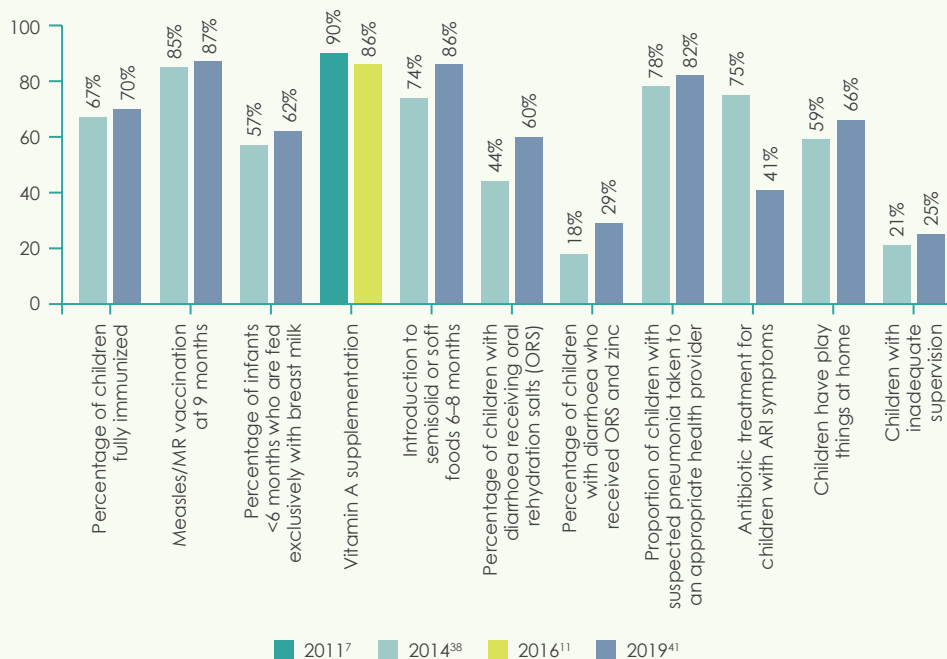
Newborn health



- **16%** got skin-to-skin contact in the first hour of life
- **20%** increase in postnatal contact with a health provider within two days of delivery between 2014 and 2019

Source: ³⁸Multiple Indicator Cluster Survey 2014 | ⁴¹Multiple Indicator Cluster Survey 2019

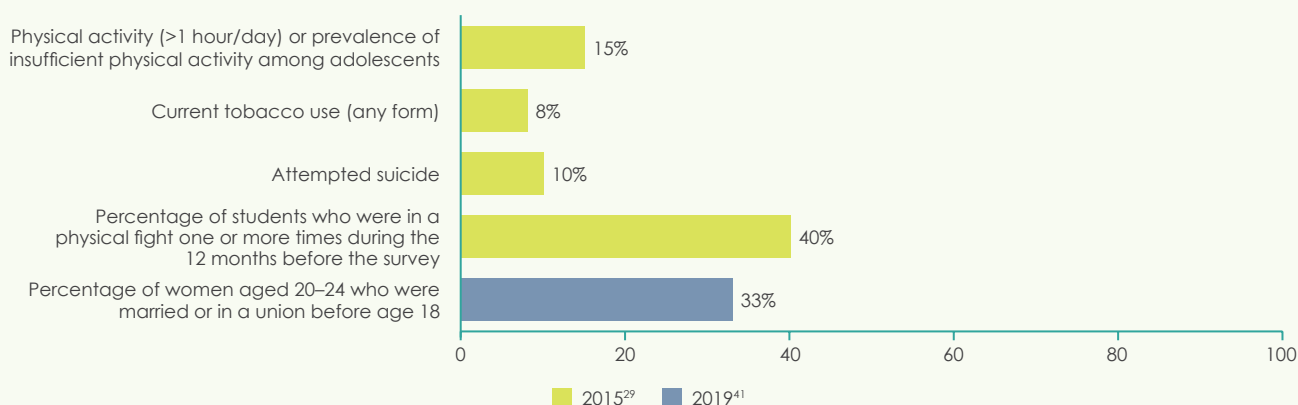
Child health and development



- **5%** increase in children getting full immunization between 2014 and 2019
- **9%** increase in exclusive breastfeeding between 2014 and 2019
- **17%** increase in introducing semisolid or soft foods between 2014 and 2019
- **35%** increase in receiving ORS between 2014 and 2019
- **59%** increase in receiving both ORS and zinc between 2014 and 2019
- **82%** pneumonia suspected children taken to appropriate health provider for treatment

Source: ⁷Demographic and Health Survey 2011 | ³⁸Multiple Indicator Cluster Survey 2014
¹¹Demographic and Health Survey 2016 | ⁴¹Multiple Indicator Cluster Survey 2019

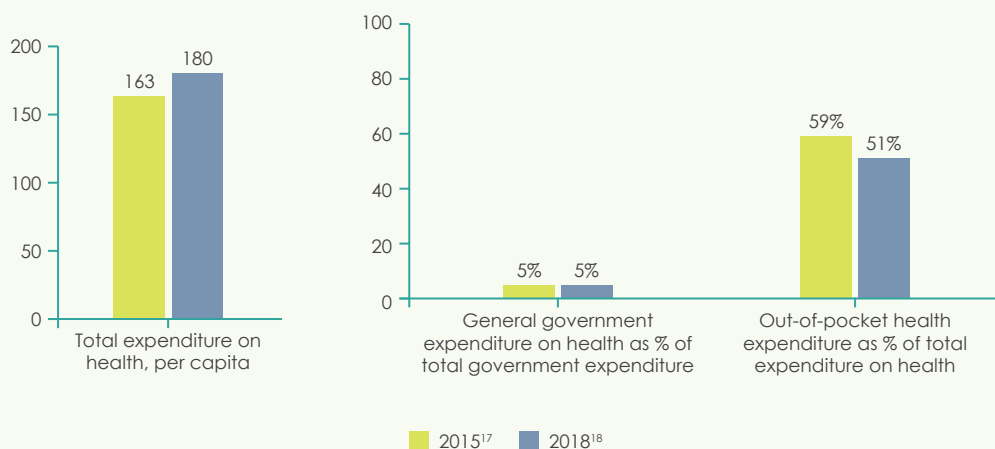
Adolescent health and development



Source: ²⁹Global School-based Student Health Survey 2015 | ⁴¹Multiple Indicator Cluster Survey 2019

Health system indicators

Health financing



- **Out-of-pocket health expenditure is decreasing**

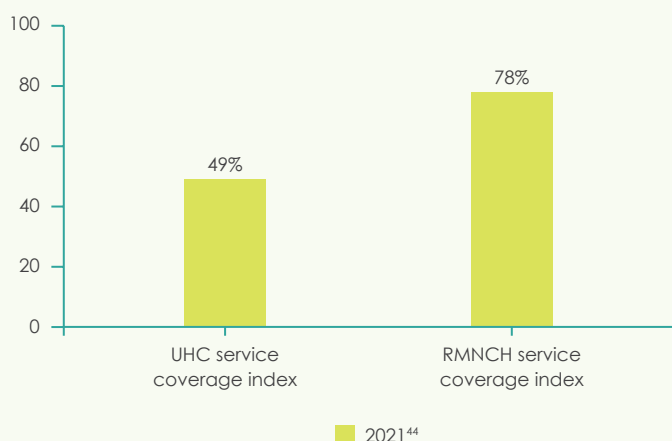
Source: ¹⁷Global Health Expenditure database 2015 | ¹⁸Global Health Expenditure database 2018

Health workforce

- **26 per 10 000 population availability of doctors, nurses, midwives versus 44.5 per 10 000 recommended in Global Strategy²²**
- **31 per 10 000 population availability of midwives and nurses versus 18 per 10 000 population in the South-East Asia Region⁶⁴**

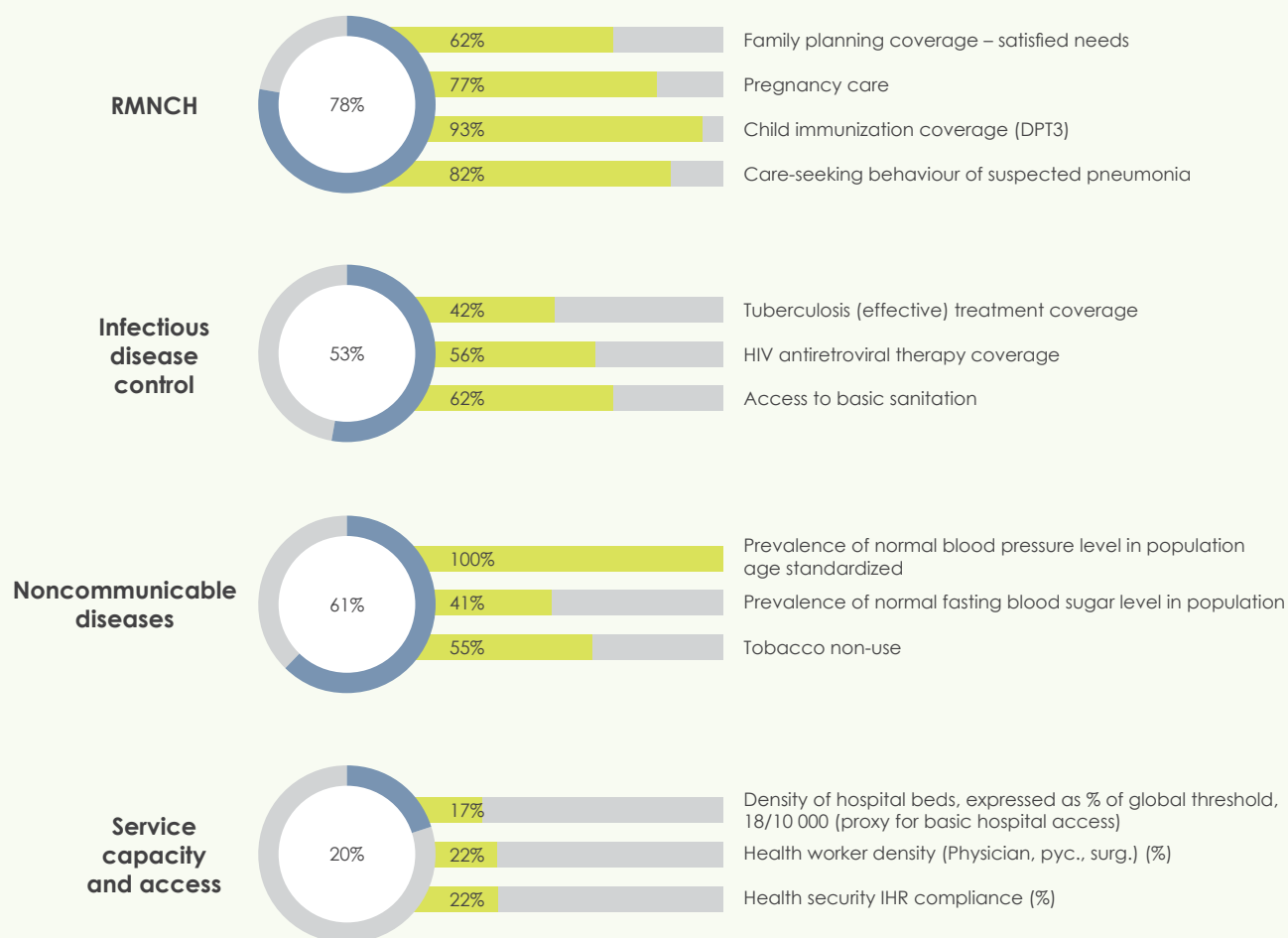
Source: ²²Global Health Observatory - World Health Organization 2014 | ⁶⁴World Health Statistics 2020

Service delivery



Source: ⁴⁴Provisional calculation (2021) based on available data in DHS/MICS 2012–2019; Step surveys & Nationally reported data

Break-up of UHC coverage index of essential health services with RMNCH sub-index



Source: ⁴⁴Provisional calculation (2021) based on available data in DHS/MICS 2012–2019; Step surveys & Nationally reported data