

Snapshots of Nutrition in Uganda: Central 1 Subregion

These subregional snapshots have been constructed as part of the “Pathways to Better Nutrition” case study evaluations implemented by the USAID-funded SPRING project. Using key indicators and objectives named in the 2011 Uganda Nutrition Action Plan (UNAP), these snapshots present the diversity of factors affecting malnutrition in the country. One can best interpret these snapshots as a set, assessing what objectives or set of constraints are most pressing in each subregion. The contextual factors that will affect subnational implementation of national nutrition policy may vary across regions.

SUMMARY OF KEY UNAP INDICATORS FOR CENTRAL 1 SUBREGION

Indicator	Level in Central 1	UNAP National Target (2016)
Any anemia, children 6–59 months ¹	56.8%	50.0%
Any anemia, WRA ¹	23.5%	12.0%
Calorie consumption (average calories) ³	1998 calories	2500 calories
Exclusive breastfeeding, under 6 months ¹	58.8%	75.0%
Low birthweight (<2.5kg) ¹	14.4%	9.0%
Minimum acceptable diet (MAD), children under 2 yrs. ¹	4.4%	*
Overweight, children under 5 yrs. ¹	4.3%	No increase ^{**}
Overweight, non-pregnant women ¹	23.3%	No target
Stunting, children under 5 yrs. ¹	32.5%	32.0%
Underweight, children under 5 yrs. ¹	12.9%	10.0%
Underweight, non-pregnant women ¹	7.3%	8.0%
Vitamin A deficiency, children 6–59 months ²	29.1%	13.0%
Vitamin A deficiency, WRA ²	32.7%	12.0%
Wasting, children under 5 yrs. ¹	5.8%	5.0%

Sources: ¹UBOS and ICF (2011), ²UBOS and ICF (2012), ³UBOS (2006)

* UNAP provides a target for a dietary diversity index of 75, but this measure is unavailable for Uganda’s subregions.

** Overweight indicators are not given targets by UNAP; for these, the SUN/WHO target for 2025 is given.

DESCRIPTION OF CENTRAL 1 CHARACTERISTICS (IN COMPARISON TO OTHER SUBREGIONS)

Location: Rural

Households in lowest national wealth quintile*: Below Average (6%)

Households reporting conflict or raiding as an issue: Below Average (0%)

Literacy rate for women of reproductive age (WRA): Above Average (80%)

Refugee population level: Low

Notes:

*Considered a measure of poverty.

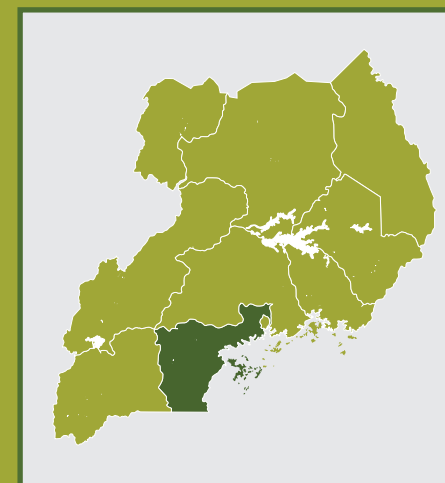
Location definitions are derived from the number of population living in the following categories: >500 persons per sq km=Urban, >300 persons per sq km=Peri-Urban, <300 persons per sq km=Rural.

Average literacy and wealth index quintiles defined from the national average of UDHS 2011 indicators.

Households reporting conflict or raiding based on national average of 1%

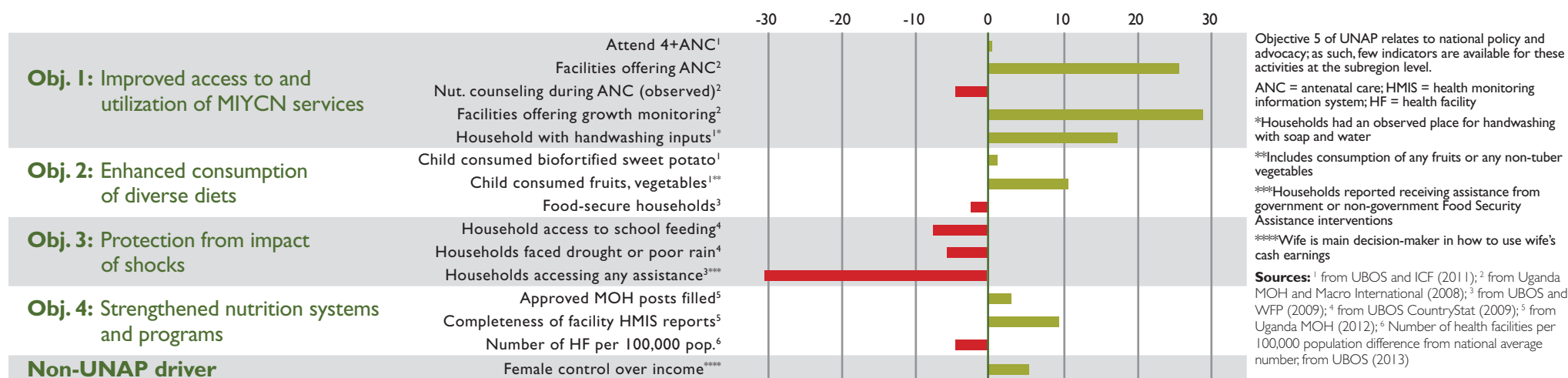
Refugee population measured by existence of: no refugee settlements=Low, one refugee settlement=Medium, more than one refugee settlement=Moderate/High

Sources: UNHCR 2013, UBOS CountrySTAT 2009, UBOS & ICF 2011, UBOS and WFP 2009.



IDENTIFIED BARRIERS AND DRIVERS OF BETTER NUTRITION, BY SELECTED UNAP OBJECTIVE AREAS

Difference from national average (percentage points), except where noted below.



PRIMARY FOODS EATEN (GREATER THAN 10% OF DIET), BY RANK AND SOURCE

Rank	Food Type	Contribution to Caloric Intake	Amount Purchased	Amount Grown	Amount as Gift
1	Matooke	31.4%	41%	54%	5%
	Cereals	24.6%			
2	Rice		94%	0%	6%
	Maize-Grain		35%	55%	10%
	Maize-Flour		81%	16%	3%
	Bread		94%	0%	5%
	Millet		77%	18%	4%
	Sorghum		100%	0%	0%
	Roots and Tubers	20.1%			
3	Sweet potatoes		29%	66%	6%
	Cassava-Fresh		26%	69%	5%
	Cassava-Flour		73%	23%	5%
	Irish potatoes		74%	22%	4%
4	Legumes and Pulses	10.7%			
	Fresh beans		27%	62%	11%
	Dry beans		46%	51%	3%
	Groundnuts		83%	13%	4%
	Peas		97%	3%	0%

Source: Ssewanyana & Kasirye (2010)

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