

Nutrition: Results from the 2012 TjDHS

The 2012 Tajikistan Demographic and Health Survey (TjDHS) provides up-to-date information on the population and health situation in Tajikistan. The 2012 TjDHS is the first national demographic and health survey conducted in the country.

The 2012 TjDHS included questions on maternal and child nutrition, including breastfeeding and complementary feeding, micronutrient intake, testing of household salt for iodization, and weighing and measuring of children and women to assess nutritional status.

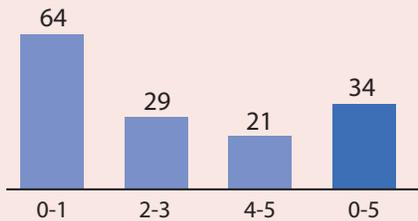
Breastfeeding

98% of Tajik children are *ever breastfed*.

Only 34% of Tajik children are *exclusively breastfed* until 6 months of age, as recommended.

Exclusive Breastfeeding by Age

Percentage of children 0-6 months who are exclusively breastfed



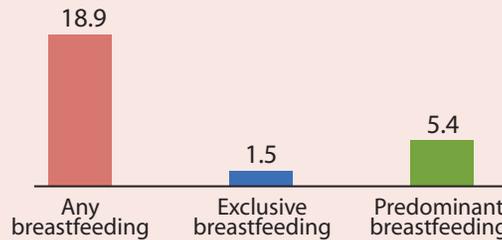
Complementary foods

Only 46% of Tajik children age 6-9 months are receiving *complementary foods*, as recommended.



Duration of Breastfeeding

Median duration of breastfeeding in months among children born in the 3 years before the survey



Children's Micronutrient Intake

Percent of children 6-23 months

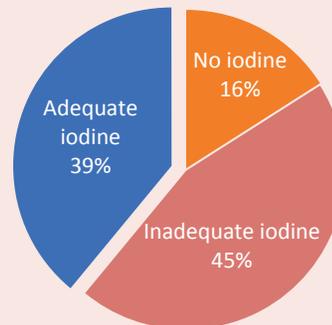


Percent of children 6-59 months



Salt Iodization in Households

Percent of households with tested salt



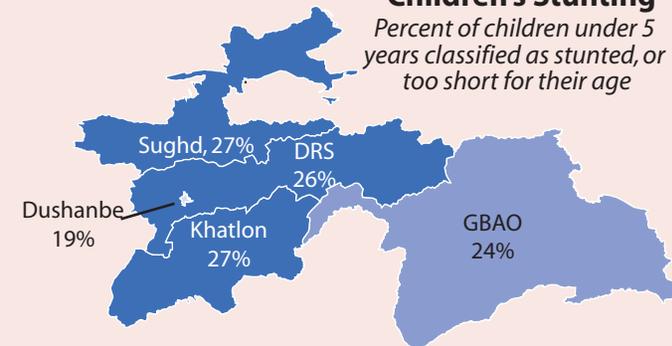
Children's Nutritional Status

Percent of children under age 5, based on WHO Child Growth Standards



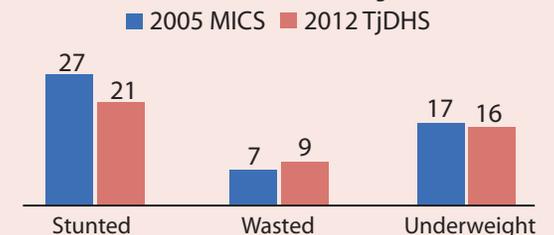
Children's Stunting

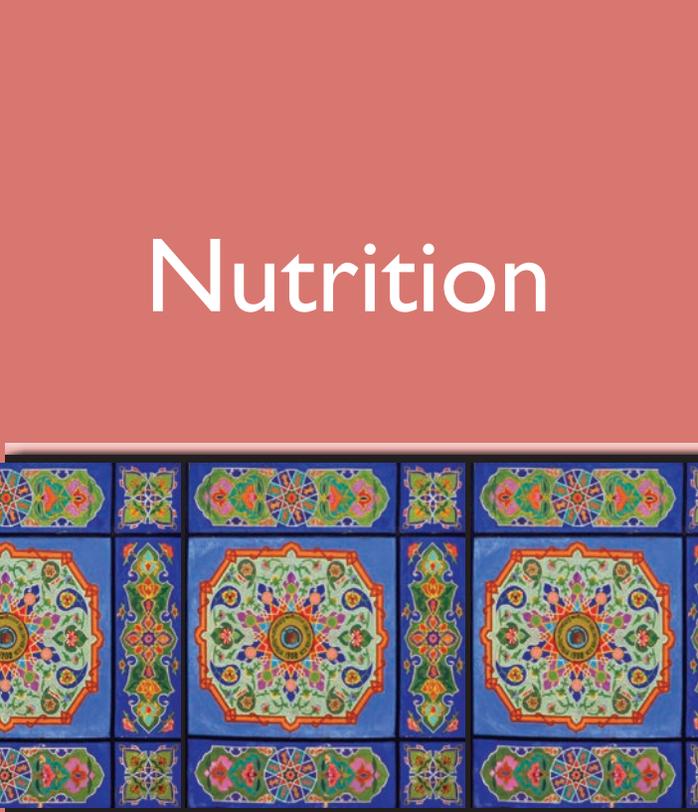
Percent of children under 5 years classified as stunted, or too short for their age



Trends in Children's Nutritional Status

Percent of children under age 5





Nutrition

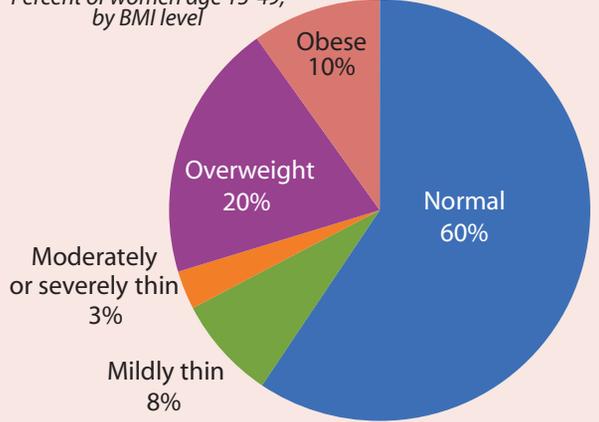


2012 Tajikistan Demographic and Health Survey



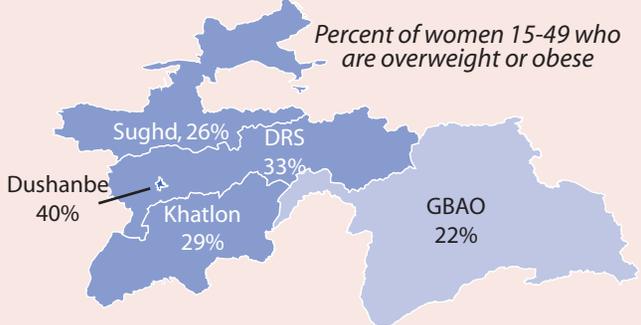
Women's Nutritional Status

Percent of women age 15-49, by BMI level



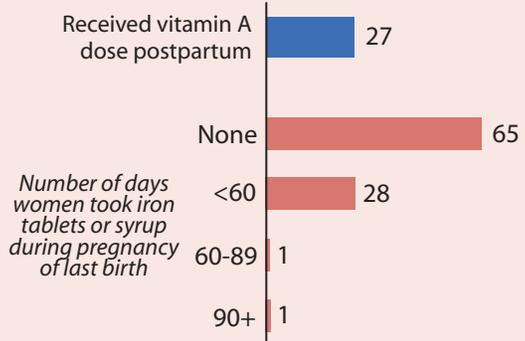
Overnutrition in Women

Percent of women 15-49 who are overweight or obese



Women's Micronutrient Intake

Percent of women 15-49 with a child born in the last 5 years



For additional information on the results of the 2012 Tajikistan Demographic and Health Survey, please contact:

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The 2012 Tajikistan Demographic and Health Survey (TJDHS) was conducted by the Statistical Agency under the President of the Republic of Tajikistan (SA) and the Ministry of Health (MOH) of the Republic of Tajikistan from July 2012 through September 2012. ICF International provided technical assistance for the survey through the USAID-funded MEASURE DHS program. Funding for the TJDHS was received from USAID/Tajikistan, the United Nations Population Fund (UNFPA)/Tajikistan.

