

# Nepal

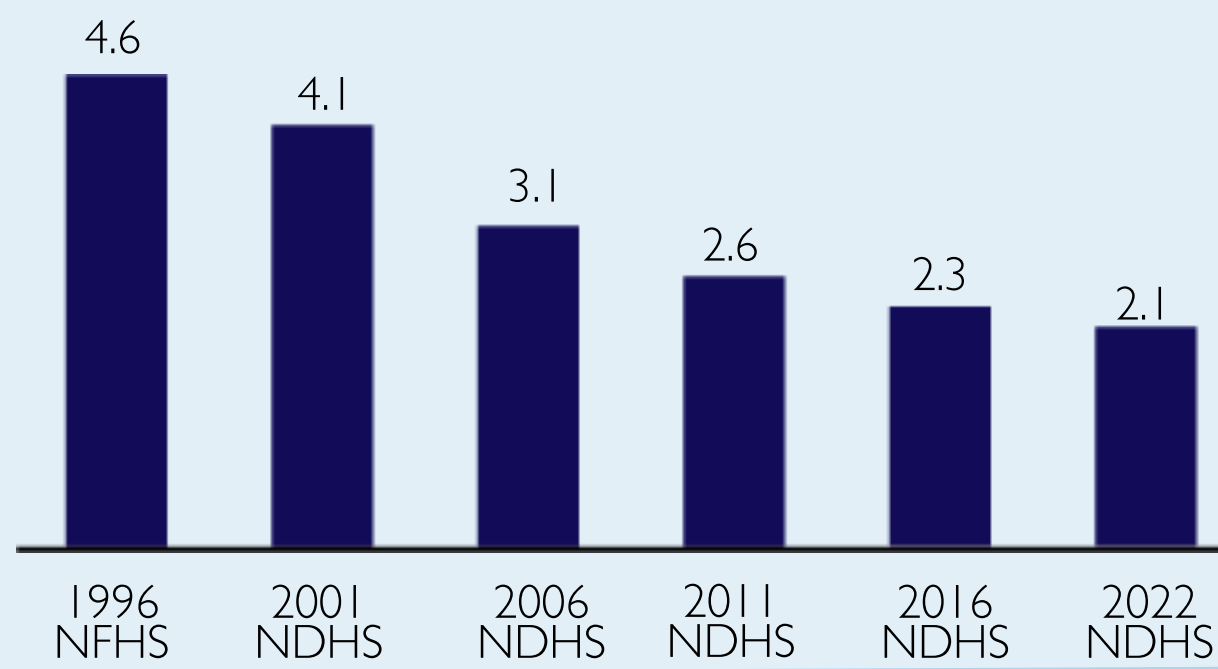
## 2022 Demographic and Health Survey



### Fertility

**Total fertility rate trends**  
Births per woman for the three-year period before the survey

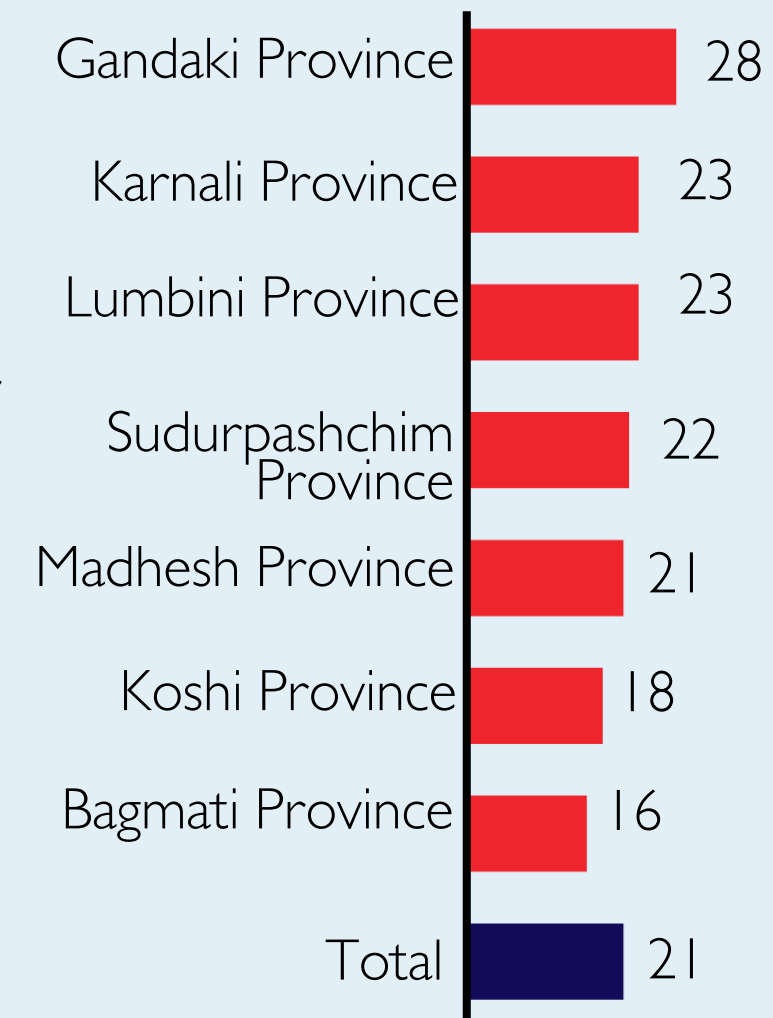
Women in Nepal have an average of **2.1** children.



### Family Planning

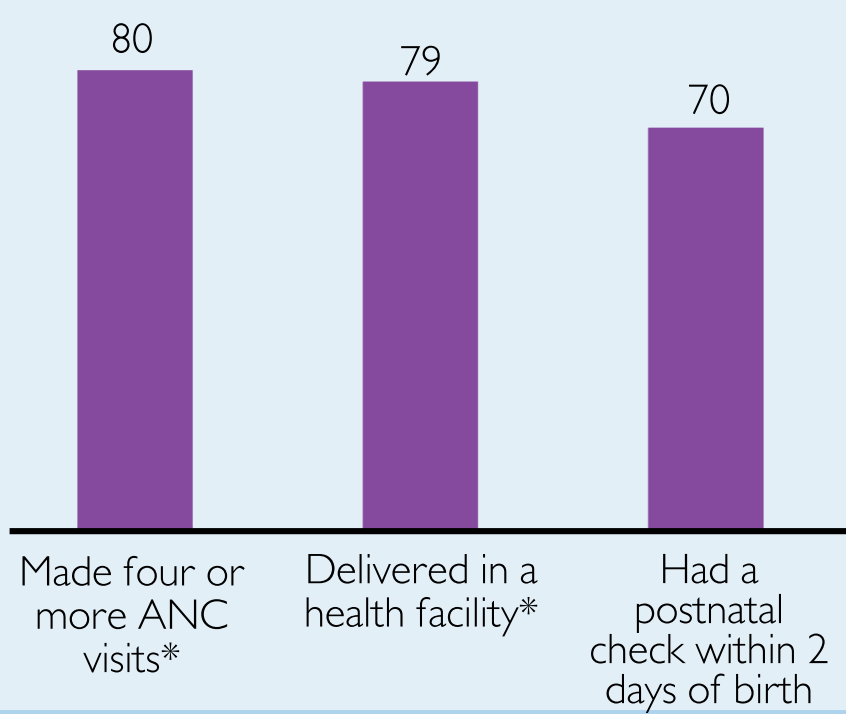
**Unmet need for family planning**  
Percentage of married women with unmet need for family planning, by province

**21%** of married Nepali women have unmet need for family planning.



### Maternal Health

Percentage of women age 15-49 with a live birth and/or still birth in the 2 years before the survey who:



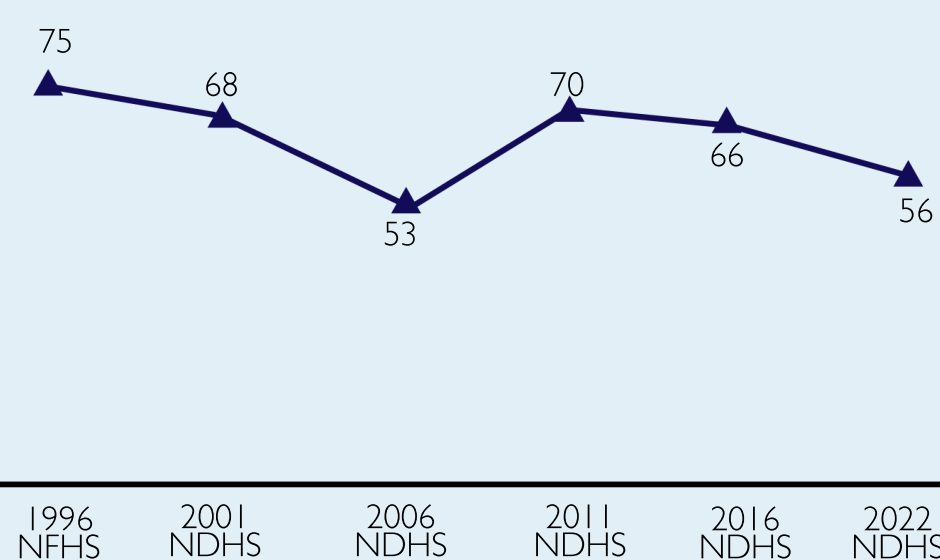
**73%** of women received their first ANC visit during the first trimester of pregnancy.

\* Live births and/or stillbirths

### Breastfeeding

Exclusive breastfeeding has fluctuated over time, and it has been steadily declining since 2011.

**Trends in infant feeding practices**  
Percent of children age 0-5 months living with their mother and exclusively breastfed

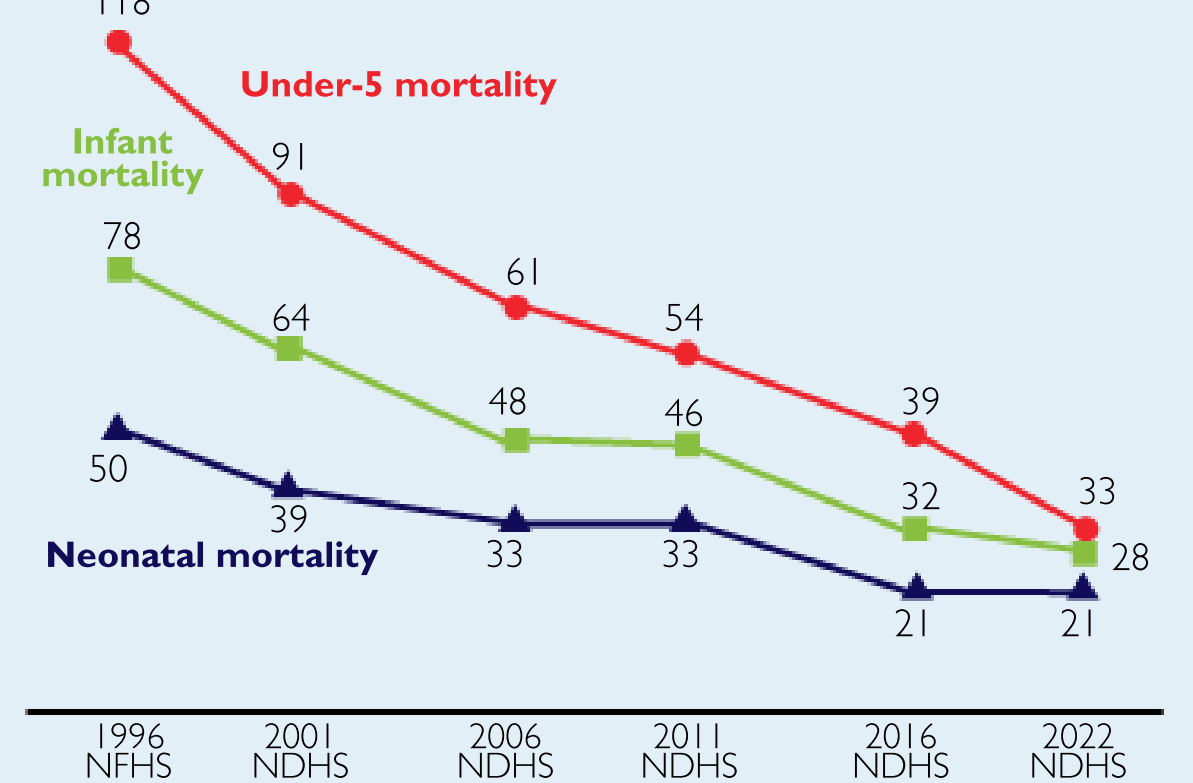


### Child Mortality

Children's mortality rates have dramatically declined between 1996 and 2022.

Currently, **1 in 30** children in Nepal does not survive their 5th birthday.

**Trends in childhood mortality**  
Deaths per 1,000 live births for the 5-year period before the survey

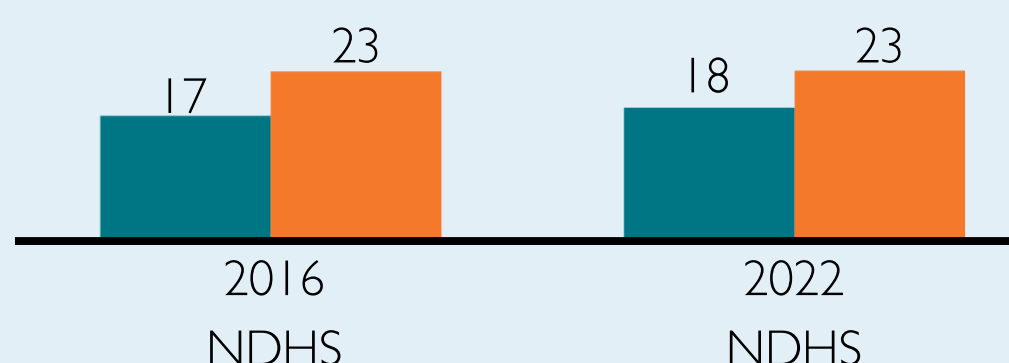


### Hypertension

**Trends in the prevalence of hypertension**

Percentage of women and men 15 and older with hypertension

■ Women ■ Men

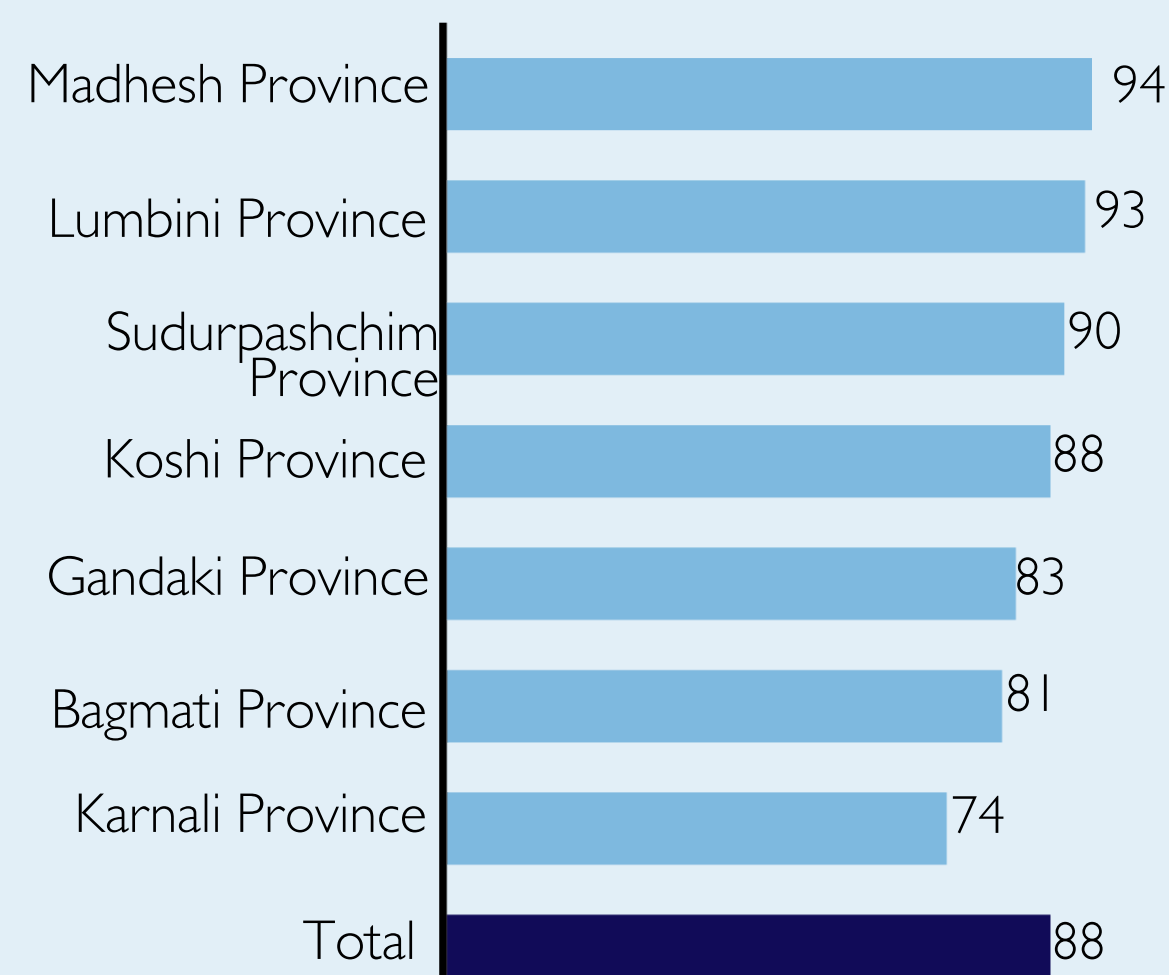


Note: Hypertension = SBP > 140 mmHg or DBP > 90 mmHg or taking antihypertensive medication.

### Water Availability

**Availability of sufficient drinking water**

Percentage of the population with sufficient quantities of drinking water, by province



### Children's Nutritional Status

The prevalence of stunting and underweight among children under age 5 have notably decreased between 1996 and 2022.

**Trends in children's nutritional status**

Percent of children under five, based on 2006 WHO Child Growth Standards

