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

![Bar chart showing exclusive breastfeeding by age](chart)

**Complementary foods**

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

**Children’s Micronutrient Intake**

Percent of children 6-23 months

- Consumed foods rich in vitamin A in last 24 hours: 52%
- Consumed foods rich in iron in past 24 hours: 43%

Percent of children 6-59 months

- Given vitamin A supplement in last 6 months: 77%
- Given iron supplements in last 7 days: 20%

**Salt Iodization in Households**

Percent of households with tested salt

Adequate iodine: 39%

No iodine: 16%

Inadequate iodine: 45%

**Duration of Breastfeeding**

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

- Any breastfeeding: 18.9 months
- Exclusive breastfeeding: 1.5 months
- Predominant breastfeeding: 5.4 months

**Children’s Nutritional Status**

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

- Stunted
  - Moderate: 16%
  - Severe: 10%
  - Total: 26%
- Wasted
  - Total: 10%
- Underweight
  - Total: 12%
- Overweight
  - Total: 6%

**Children’s Stunting**

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

- Severe
  - Total: 6%
- Moderate
  - Total: 26%
- Moderate
  - Total: 19%

**Trends in Children’s Nutritional Status**

Percent of children under age 5

- 2005 MICS
- 2012 TjDHS

- Stunted
  - 2005 MICS: 27%
  - 2012 TjDHS: 21%
- Wasted
  - 2005 MICS: 7%
  - 2012 TjDHS: 9%
- Underweight
  - 2005 MICS: 17%
  - 2012 TjDHS: 16%
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