**Sao Tome and Principe**

### DEMOGRAPHICS

<table>
<thead>
<tr>
<th>Measure</th>
<th>Value</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total population (000)</td>
<td>160</td>
<td>2008</td>
</tr>
<tr>
<td>Total under-five population (000)</td>
<td>23</td>
<td>2008</td>
</tr>
<tr>
<td>Total number of births</td>
<td>5</td>
<td>2008</td>
</tr>
<tr>
<td>Under-five mortality rate (per 1,000 live births)</td>
<td>98</td>
<td>2008</td>
</tr>
<tr>
<td>Total number of under-five deaths (000)</td>
<td>0</td>
<td>2008</td>
</tr>
<tr>
<td>Infant mortality rate (per 1,000 live births)</td>
<td>64</td>
<td>2008</td>
</tr>
<tr>
<td>Neonatal mortality rate (per 1,000 live births)</td>
<td>38</td>
<td>2004</td>
</tr>
<tr>
<td>HIV prevalence rate (15-49 years, %)</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Population below international poverty line of US$1.25 per day (%)</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

### NUTRITIONAL STATUS

**Burden of undernutrition (2008)**

- **Stunted (under-fives, 000):** 7
- **Underweight (under-fives, 000):** 2
- **Share of developing world stunting burden (%):** 0.0
- **Wasted (under-fives, 000):** 2
- **Severely wasted (under-fives, 000):** 1
- **Stunting country rank:** 127

**Current nutritional status**

- **Percentage of children < 5 years old suffering from:**
  - Stunting: 29%
  - Underweight: 7%
  - Wasting: 8%

**Stunting trends**

- **Percentage of children < 5 years old stunted NCHS reference population:**
  - 1986: 26%
  - 2000: 29%
  - 2006: 23%

**Underweight trends**

- **Percentage of children < 5 years old underweight, NCHS reference population:**
  - 1986: 17%
  - 2000: 12%
  - 2006: 9%

### INFANT AND YOUNG CHILD FEEDING

**Infant feeding practices, by age**

- **Exclusive breastfeeding:**
  - 2000: 56%
  - 2006: 60%
  - 2008-09 pDHS: 51%
To increase children’s chances of survival, improve development and prevent stunting, nutrition interventions need to be delivered during the mother’s pregnancy and the first two years of the child’s life.

**Vitamin A supplementation**

Percentage of children 6-59 months old receiving two doses of vitamin A during calendar year

- 2000 MICS
- 2006 MICS

**Iodized salt consumption trends**

Percentage of households consuming adequately iodized salt

- 3,000 newborns are unprotected against IDD (2008)

**Anaemia**

Prevalence of anaemia among selected populations

- Male
- Female
- Ratio of male to female
- Urban
- Rural
- Ratio of urban to rural
- Poorest
- Second
- Middle
- Fourth
- Richest
- Ratio of richest to poorest

**Maternal nutrition/health**

**Water and sanitation**

**Disparities in nutrition**

**Source:** UNICEF 2009

**Source:** WHO/UNICEF JMP, 2010

**Source:** pDHS 2008-09

**Source:** MICS 2006

**Source:** MICS 2008

**Source:** MICS 2008

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**Male Female Ratio of male to female Urban Rural Ratio of urban to rural Poorest Second Middle Fourth Richest Ratio of richest to poorest Source**

- Starting prevalence (WHO Child Growth Standards, %)
  - Male
  - Female
  - 29
  - 30
  - 1.0

- Underweight prevalence (WHO Child Growth Standards, %)
  - Male
  - Female
  - 16
  - 11
  - 1.5

- Wasting prevalence (WHO Child Growth Standards, %)
  - Male
  - Female
  - 11
  - 10
  - 1.1

- Infants not weighed at birth (%)
  - Male
  - Female
  - -

- Early initiation of breastfeeding (%)
  - Male
  - Female
  - -

- Women with low BMI (< 18.5 kg/m², %)
  - Male
  - Female
  - -

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**Source:** pDHS 2008-09

**Source:** MICS 2006

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**Source:** UNICEF 2009

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