DEMOGRAPHICS

Total population (000) 40,668 (2008)
Total under-five population (000) 5,200 (2008)
Total number of births (000) 1,991 (2008)
Under-five mortality rate (per 1,000 live births) 67 (2008)
Total number of under-five deaths (000) 67 (2008)
Infant mortality rate (per 1,000 live births) 48 (2008)
Neonatal mortality rate (per 1,000 live births) 17 (2004)
HIV prevalence rate (15-49 years, %) 18.1 (2007)
Population below international poverty line of US$1.25 per day (%) 26 (2008)

Under-five mortality rate
Deaths per 1,000 live births
Source: IGME 2009

Causes of under-five deaths, 2004

Globally, more than one third of child deaths are attributable to undernutrition

Under-five mortality rate
Deaths per 1,000 live births
Source: WHO 2008

SOUTH AFRICA

NUTRITIONAL STATUS

Burden of undernutrition (2008)
NCHS reference population

Stunted (under-fives, 000): 1,425
Underweight (under-fives, 000): 598
Share of developing world stunting burden (%): 0.7
Wasted (under-fives, 000): 270
Stunting country rank: 24
Severely wasted (under-fives, 000): 94

Current nutritional status
Percentage of children < 5 years old suffering from:

- Stunting
- Underweight
- Wasting

Source: DHS 2003

Stunting trends
Percentage of children < 5 years old stunted
NCHS reference population

Underweight trends
Percentage of children < 5 years old underweight, NCHS reference population

INFANT AND YOUNG CHILD FEEDING

Infant feeding practices, by age

Source: DHS 2003

Exclusive breastfeeding
Percentage of infants < 6 months old exclusively breastfed

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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.

**ESSENTIAL NUTRITION INTERVENTIONS DURING THE LIFE CYCLE**

### Pregnancy
- **Use of iron-folic acid supplements**: 11%
- **Household consumption of adequately iodized salt**: 62%

### Birth
- **International Code of Marketing of Breastmilk Substitutes**: Partial
- **Full coverage of vitamin A supplementation**: 39%

### 0-5 months
- **Early initiation of breastfeeding (within 1 hour of birth)**: 61%
- **Exclusive breastfeeding (<6 months)**: 0%

### 6-23 months
- **Timely introduction of complementary foods (with continued breastfeeding)**: 49%
- **Continued breastfeeding at two years**: 31%

### 24-59 months
- **National guidelines for management of severe acute malnutrition incorporating the community-based approach**: No
- **Policy on community treatment of pneumonia with antibiotics**: -

**MATERNAL NUTRITION/HEALTH**

Maternal mortality ratio, adjusted (per 100,000 live births) 400 (2005)
Maternal mortality ratio, reported (per 100,000 live births) 170 (2003)
Total number of maternal deaths 4,300 (2005)
Lifetime risk of maternal deaths (1 in : ) 110 (2005)
Women with low BMI (< 18.5 kg/m², %) 7 (2003)
Anemia, non-pregnant woman (< 120 g/l, %) 26 (2008)
Antenatal care (at least one visit, %) 92 (2003)
Antenatal care (at least four visits, %) 56 (2003)
Skilled attendant at birth (%) 91 (2003)
Low birthweight (< 2.500 grams, %) 15 (1998)
Primary school net enrolment or attendance ratio (% female, % male) 88, 86 (2005)
Gender parity index (primary school net enrolment or attendance ratio) 1 (2003)

**WATER AND SANITATION**

**Drinking water coverage**
- **Percentage of population by type of drinking water source, 2008**
  - Piped into dwelling, plot or yard: 67%
  - Other improved source: 32%
  - Unimproved source: 10%

**Sanitation coverage**
- **Percentage of population by type of sanitation facility, 2008**
  - Improved facility: 77%
  - Unimproved facility: 23%

**DISPARITIES IN NUTRITION**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Gender</th>
<th>Residence</th>
<th>Wealth quintile</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Male</td>
<td>Female</td>
<td>Urban</td>
</tr>
<tr>
<td>Stunting prevalence (WHO Child Growth Standards, %)</td>
<td>36</td>
<td>30</td>
<td>1.2</td>
</tr>
<tr>
<td>Underweight prevalence (WHO Child Growth Standards, %)</td>
<td>10</td>
<td>8</td>
<td>1.3</td>
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<tr>
<td>Wasting prevalence (WHO Child Growth Standards, %)</td>
<td>7</td>
<td>6</td>
<td>1.2</td>
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<tr>
<td>Infants not weighed at birth (%)</td>
<td>-</td>
<td>-</td>
<td>-</td>
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<tr>
<td>Early initiation of breastfeeding (%)</td>
<td>62</td>
<td>61</td>
<td>1.0</td>
</tr>
<tr>
<td>Women with low BMI (&lt; 18.5 kg/m², %)</td>
<td>-</td>
<td>7</td>
<td>-</td>
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</tbody>
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