







STUNTING

GROW GREAT

is a condition that arises from prolonged under-nutrition that affects a child's physical and brain development and robs them of reaching their full potential.

IMPACTS OF STUNTING

-  Stunting affects a child's brain development
-  Stunted children are less likely to finish school
-  Stunted children are more likely to live in poverty as adults
-  Stunted mothers are more likely to have stunted children
-  Stunted children are more likely to suffer from chronic diseases in adulthood
-  Stunting reduces our country's economic growth and productivity

STUNTING RATES FOR CHILDREN UNDER 5 YEARS



WHAT CAUSES STUNTING?



BEFORE PREGNANCY

- Poor nutrition in women of child-bearing age



DURING PREGNANCY

- Smoking, drugs and alcohol
- Infections
- Maternal distress
- Teenage pregnancy
- High blood pressure
- Short birth spacing



AFTER BABY IS BORN

- Maternal distress
- Introduction of solids before 6 months
- Nutrient-poor diet
- Poor gut health
- Infections



Poverty, inequality, poor access to water and sanitation, gender inequity and food insecurity can also increase the risks of stunting.

THE IMPACT OF STUNTING AFFECTS ALL SOUTH AFRICANS EVEN THOUGH IT IS COMPLETELY PREVENTABLE!



THE FIRST 1000 DAYS of a child's life is the time from conception to two years of age. It is an opportunity to lay the foundation for a child's academic success, health and general well-being. **However, it is also a vulnerable time for stunting. Mothers and babies need good nutritious food, high quality healthcare and access to clean, healthy environments so that they can Grow Great.**

WHO IS GROW GREAT? *Grow Great is a national campaign that aims to mobilise South Africa to achieve zero stunting by 2030 through inspiring the public, mobilising stakeholders, supporting parents and empowering practitioners. Grow Great believes in a future where no child is denied the opportunity to reach their full potential as a result of stunting and poor early childhood development in the first 1000 days of life.*

uMgungundlovu STUNTING SCORECARD

**GROW
GREAT**

The Grow Great Community Stunting Surveys aim to empower local communities, civil society and government leaders towards data-driven action that will reduce stunting by 2030.



452

children under 5 years were surveyed between February and May 2022

KWAZULU-NATAL

uMshwathi, uMngeni, Richmond, Msunduzi, Mpofana, Mkhambathini, Impendle



STUNTING PREVALENCE IN UMGUNGUNDLOVU



2 in 10

children under 5 suffer from stunting (19%)



<2yrs

Children under 2 years old are more likely to be stunted than children 2-5 years



2%
Acute malnutrition



1%
Wasting



3%
Underweight



12%
Obese

COMMUNITY STUNTING PROFILE

HEALTH & NUTRITION



16%
children had low birth weight (<2.5kg)



64%
children had Vitamin A on track



64%
children had deworming on track



12%
children had adequate dietary diversity (>5 food groups in the last 24 hours)



49%
children were exclusively breastfed

SOCIAL PROTECTION



94%
access to safe drinking water



23%
access to adequate sanitation



60%
eligible children under one were receiving a Child Support Grant



89%
children had birth certificates



28%
access to early learning centres



R3636
Average household income per month



Mothers' average age
29
years



Children's average age
29
months



44%
mothers completed Grade 12



5
Average persons per household



38%
heads of household employed



55% **45%**
Child sex split