







# 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.*

# WEST RAND STUNTING SCORECARD

**GROW GREAT**

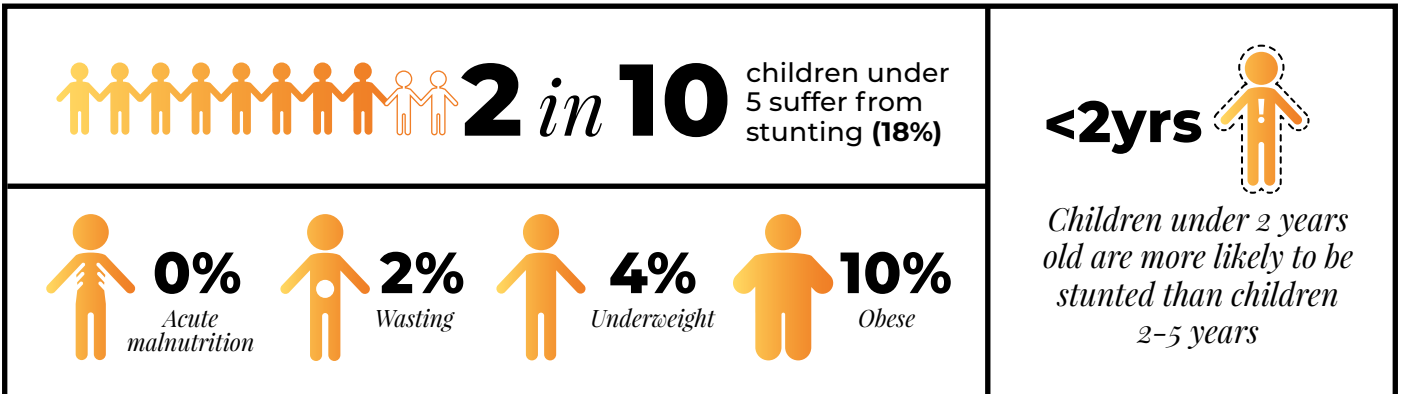
*The Grow Great Community Stunting Surveys aim to empower local communities, civil society and government leaders towards data-driven action that will reduce stunting by 2030.*

**483** children under 5 years were surveyed between February and May 2022

**GAUTENG**  
Merafong City,  
Mogale City,  
Rand West City

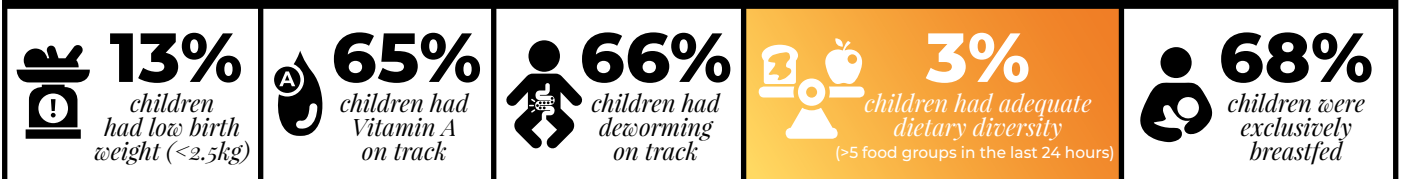


## STUNTING PREVALENCE IN WEST RAND



## COMMUNITY STUNTING PROFILE

### HEALTH & NUTRITION



### SOCIAL PROTECTION

