SNAPSHOTS OF NUTRITION IN UGANDA

These subregional snapshots have been constructed as part of the “Pathways to Better Nutrition” case study evaluations implemented by the USAID-funded SPRING project. Using key indicators and objectives named in the 2011 Uganda Nutrition Action Plan (UNAP), these snapshots present the diversity of factors affecting malnutrition in the country. One can best interpret these snapshots as a set, assessing what objectives or set of constraints are most pressing in each subregion. The contextual factors that will affect subnational implementation of national nutrition policy may vary across regions.
ABOUT SPRING
The Strengthening Partnerships, Results, and Innovations in Nutrition Globally (SPRING) project is a five-year USAID-funded Cooperative Agreement to strengthen global and country efforts to scale up high-impact nutrition practices and policies and improve maternal and child nutrition outcomes. The project is managed by JSI Research & Training Institute, Inc., with partners Helen Keller International, The Manoff Group, Save the Children, and the International Food Policy Research Institute. SPRING provides state-of-the-art technical support and focuses on the prevention of stunting and maternal and child anemia in the first 1,000 days.

RECOMMENDED CITATION

ACKNOWLEDGMENTS
SPRING would like to thank USAID for their continued support and input. The authors would also like to thank the larger “Pathways to Better Nutrition” Case Study Team, the SPRING Uganda Country team, and the Office of the Prime Minister in Uganda for their comments on this work.
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<th>PAGE</th>
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<tr>
<td>EAST CENTRAL SUBREGION</td>
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<td>KAMPALA SUBREGION</td>
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<td>NORTH SUBREGION</td>
<td>18</td>
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<tr>
<td>SOUTHWEST SUBREGION</td>
<td>20</td>
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<td>22</td>
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<tr>
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<tr>
<td>ANNEX I: SELECTION OF INDICATORS IN UGANDA SUBREGION SNAPSHOTS</td>
<td>26</td>
</tr>
</tbody>
</table>
These snapshots are intended to present the diversity of factors affecting malnutrition in the country based upon the dimensions outlined by the Ugandan Nutrition Action Plan (UNAP). Best read alongside other evidence from SPRING’s ‘Pathways to Better Nutrition’ (PBN) Case Study Series, the snapshots can be used in the following ways:

- By nutrition program planners in Uganda to help inform what weaknesses are, and are not, modifiable in their subregion; what new interventions to plan and advocate for in next year’s workplan; and what aspects of current interventions may need revision in order to meet the 2016 UNAP targets.

- By nutrition policy makers in Uganda at the national and local level to prioritize plans and funding for activities tailored to improve the indicators furthest from the national average or UNAP targets.

- By nutrition monitoring and evaluation officers both in Uganda and elsewhere to use as a data point to work from in planning their evaluation of the effectiveness of the UNAP from 2011 onward.

In addition to the subregion snapshots, SPRING is endeavoring to complete snapshots for Lira and Kisoro, the two districts where other PBN data collection is occurring. Once complete, SPRING can share templates and guidance on how others can create these snapshots for their district’s planning purposes.
Snapshots of Nutrition in Uganda: Central 1 Subregion

## SUMMARY OF KEY UNAP INDICATORS FOR CENTRAL 1 SUBREGION

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Level in Central 1</th>
<th>UNAP National Target (2016)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any anemia, children 6–59 months.</td>
<td>56.8%</td>
<td>50.0%</td>
</tr>
<tr>
<td>Any anemia, WRA</td>
<td>23.5%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Calorie consumption (average calories)</td>
<td>1998 calories</td>
<td>2500 calories</td>
</tr>
<tr>
<td>Exclusive breastfeeding, under 6 months</td>
<td>58.8%</td>
<td>75.0%</td>
</tr>
<tr>
<td>Low birthweight (&lt;2.5kg)</td>
<td>14.4%</td>
<td>9.0%</td>
</tr>
<tr>
<td>Minimum acceptable diet (MAD), children under 2 yrs.</td>
<td>4.4%</td>
<td>*</td>
</tr>
<tr>
<td>Overweight, children under 5 yrs.</td>
<td>4.3%</td>
<td>No increase**</td>
</tr>
<tr>
<td>Overweight, non-pregnant women</td>
<td>23.3%</td>
<td>No target</td>
</tr>
<tr>
<td>Stunting, children under 5 yrs.</td>
<td>32.5%</td>
<td>32.0%</td>
</tr>
<tr>
<td>Underweight, children under 5 yrs.</td>
<td>12.9%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Underweight, non-pregnant women</td>
<td>7.3%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, children 6-59 months</td>
<td>29.1%</td>
<td>13.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, WRA</td>
<td>32.7%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Wasting, children under 5 yrs.</td>
<td>5.8%</td>
<td>5.0%</td>
</tr>
</tbody>
</table>

**Sources:**
* UNAP provides a target for a dietary diversity index of 75, but this measure is unavailable for Uganda’s subregions.
** Overweight indicators are not given targets by UNAP; for these the SUN/WHO target for 2025 is given.

## DESCRIPTION OF CENTRAL 1 CHARACTERISTICS (IN COMPARISON TO OTHER SUBREGIONS)

### Location: Rural

#### Households in lowest national wealth quintile*:
Below Average (6%)

#### Households reporting conflict or raiding as an issue:
Below Average (0%)

#### Literacy rate for women of reproductive age (WRA):
Above Average (80%)

#### Refugee population level:
Low

**Notes:**
* Considered a measure of poverty.

Location definitions are derived from the number of population living in the following categories: >500 persons per sq km=Urban, >300 persons per sq km=Pari-Urban, <300 persons per sq km=Rural.
Average literacy and wealth index quintiles defined from the national average of UDHS 2011 indicators.
Households reporting conflict or raiding based on national average of 1%
Refugee population measured by existence of: no refugee settlements=Low, one refugee settlement=Medium, more than one refugee settlement=Moderate/High

**Sources:**
### PRIMARY FOODS EATEN (GREATER THAN 10% OF DIET), BY RANK AND SOURCE

<table>
<thead>
<tr>
<th>Rank</th>
<th>Food Type</th>
<th>Contribution to Caloric Intake</th>
<th>Amount Purchased</th>
<th>Amount Grown</th>
<th>Amount as Gift</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Matooke</td>
<td>31.4%</td>
<td>41%</td>
<td>54%</td>
<td>5%</td>
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<tr>
<td>2</td>
<td>Cereals</td>
<td>24.6%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rice</td>
<td></td>
<td>94%</td>
<td>0%</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Maize-Grain</td>
<td></td>
<td>35%</td>
<td>55%</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Maize-Flour</td>
<td></td>
<td>81%</td>
<td>16%</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Bread</td>
<td></td>
<td>94%</td>
<td>0%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Millet</td>
<td></td>
<td>77%</td>
<td>18%</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Sorghum</td>
<td></td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>3</td>
<td>Roots and Tubers</td>
<td>20.1%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sweet potatoes</td>
<td></td>
<td>29%</td>
<td>66%</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Cassava-Fresh</td>
<td></td>
<td>26%</td>
<td>69%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Cassava-Flour</td>
<td></td>
<td>73%</td>
<td>23%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Irish potatoes</td>
<td></td>
<td>74%</td>
<td>22%</td>
<td>4%</td>
</tr>
<tr>
<td>4</td>
<td>Legumes and Pulses</td>
<td>10.7%</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td>Fresh beans</td>
<td></td>
<td>27%</td>
<td>62%</td>
<td>11%</td>
</tr>
<tr>
<td></td>
<td>Dry beans</td>
<td></td>
<td>46%</td>
<td>51%</td>
<td>3%</td>
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<tr>
<td></td>
<td>Groundnuts</td>
<td></td>
<td>83%</td>
<td>13%</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Peas</td>
<td></td>
<td>97%</td>
<td>3%</td>
<td>0%</td>
</tr>
</tbody>
</table>

Source: Ssewanyana & Kasirye (2010)
SUMMARY OF KEY UNAP INDICATORS FOR CENTRAL 2 SUBREGION

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Level in Central 2</th>
<th>UNAP National Target (2016)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any anemia, children 6–59 months</td>
<td>54.2%</td>
<td>50.0%</td>
</tr>
<tr>
<td>Any anemia, WRA</td>
<td>30.9%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Calorie consumption (average calories)</td>
<td>1850 calories</td>
<td>2500 calories</td>
</tr>
<tr>
<td>Exclusive breastfeeding, under 6 months</td>
<td>71.8%</td>
<td>75.0%</td>
</tr>
<tr>
<td>Low birthweight (&lt;2.5kg)</td>
<td>12.5%</td>
<td>9.0%</td>
</tr>
<tr>
<td>Minimum acceptable diet (MAD), children under 2 yrs</td>
<td>8.2%</td>
<td>*</td>
</tr>
<tr>
<td>Overweight, children under 5 yrs</td>
<td>4.8%</td>
<td>No increase **</td>
</tr>
<tr>
<td>Overweight, non-pregnant women</td>
<td>20.4%</td>
<td>No target</td>
</tr>
<tr>
<td>Stunting, children under 5 yrs</td>
<td>36.1%</td>
<td>32.0%</td>
</tr>
<tr>
<td>Underweight, children under 5 yrs</td>
<td>11.4%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Underweight, non-pregnant women</td>
<td>8.2%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, children 6-59 months</td>
<td>21.7%</td>
<td>13.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, WRA</td>
<td>29.8%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Wasting, children under 5 yrs</td>
<td>5.3%</td>
<td>5.0%</td>
</tr>
</tbody>
</table>


* UNAP provides a target for a dietary diversity index of 75, but this measure is unavailable for Uganda’s subregions.
** Overweight indicators are not given targets by UNAP; for these, the SUN/WHO target for 2025 is given.

DESCRIPTION OF CENTRAL 2 CHARACTERISTICS (IN COMPARISON TO OTHER SUBREGIONS)

Location: Rural

Households in lowest national wealth quintile*: Below Average (8%)

Households reporting conflict or raiding as an issue: Below Average (0%)

Literacy rate for women of reproductive age (WRA): Above Average (75%)

Refugee population level: Low

Notes:
* Considered a measure of poverty.

Location definitions are derived from the number of population living in the following categories: >500 persons per sq km=Urban, >300 persons per sq km=Peri-Urban, <300 persons per sq km=Rural.

Average literacy and wealth index quintiles defined from the national average of UDHS 2011 indicators.

Households reporting conflict or raiding based on national average of 1%

Refugee population measured by existence of: no refugee settlements=Low, one refugee settlement=Medium, more than one refugee settlement=Moderate/High

IDENTIFIED BARRIERS AND DRIVERS OF BETTER NUTRITION, BY SELECTED UNAP OBJECTIVE AREAS

Difference from national average (percentage points), except where noted below.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Food Type</th>
<th>Contribution to Caloric Intake</th>
<th>Amount Purchased</th>
<th>Amount Grown</th>
<th>Amount as Gift</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Roots and T ubers</td>
<td>30.3%</td>
<td>21%</td>
<td>74%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Sweet potatoes</td>
<td></td>
<td>25%</td>
<td>70%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Cassava-Fresh</td>
<td></td>
<td>57%</td>
<td>42%</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Irish potatoes</td>
<td></td>
<td>60%</td>
<td>32%</td>
<td>8%</td>
</tr>
<tr>
<td>2</td>
<td>Cereals</td>
<td>23.9%</td>
<td>94%</td>
<td>2%</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Rice</td>
<td></td>
<td>19%</td>
<td>71%</td>
<td>10%</td>
</tr>
<tr>
<td></td>
<td>Maize-Grain</td>
<td></td>
<td>76%</td>
<td>21%</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Bread</td>
<td></td>
<td>95%</td>
<td>1%</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Millet</td>
<td></td>
<td>65%</td>
<td>30%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Sorghum</td>
<td></td>
<td>36%</td>
<td>52%</td>
<td>12%</td>
</tr>
<tr>
<td>3</td>
<td>Matooke</td>
<td>19.7%</td>
<td>36%</td>
<td>57%</td>
<td>7%</td>
</tr>
<tr>
<td>4</td>
<td>Legumes and Pulses</td>
<td>12.5%</td>
<td>22%</td>
<td>70%</td>
<td>9%</td>
</tr>
<tr>
<td></td>
<td>Fresh beans</td>
<td></td>
<td>44%</td>
<td>53%</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Dry beans</td>
<td></td>
<td>80%</td>
<td>17%</td>
<td>3%</td>
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<tr>
<td></td>
<td>Groundnuts</td>
<td></td>
<td>87%</td>
<td>13%</td>
<td>0%</td>
</tr>
</tbody>
</table>

Sources:
- Ssewanyana & Kasirye (2010)

PRIMARY FOODS EATEN (GREATER THAN 10% OF DIET), BY RANK AND SOURCE
SUMMARY OF KEY UNAP INDICATORS FOR EAST CENTRAL SUBREGION

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Level in East Central</th>
<th>UNAP National Target (2016)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any anemia, children 6–59 months</td>
<td>67.5%</td>
<td>50.0%</td>
</tr>
<tr>
<td>Any anemia, women of reproductive age</td>
<td>29.9%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Calorie consumption (average calories)</td>
<td>1756 calories</td>
<td>2500 calories</td>
</tr>
<tr>
<td>Exclusive breastfeeding, under 6 months</td>
<td>56.1%</td>
<td>75.0%</td>
</tr>
<tr>
<td>Low birthweight (&lt;2.5kg)</td>
<td>11.9%</td>
<td>9.0%</td>
</tr>
<tr>
<td>Minimum acceptable diet (MAD), children under 2 yrs.</td>
<td>0.9%</td>
<td>*</td>
</tr>
<tr>
<td>Overweight, children under 5 yrs.</td>
<td>2.1%</td>
<td>No increase**</td>
</tr>
<tr>
<td>Overweight, non-pregnant women</td>
<td>15.7%</td>
<td>No target</td>
</tr>
<tr>
<td>Stunting, children under 5 yrs.</td>
<td>33.5%</td>
<td>32.0%</td>
</tr>
<tr>
<td>Underweight, children under 5 yrs.</td>
<td>16.7%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Underweight, non-pregnant women</td>
<td>11.9%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, children 6–59 months</td>
<td>39.7%</td>
<td>13.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, WRA</td>
<td>40.9%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Wasting, children under 5 yrs.</td>
<td>5.0%</td>
<td>5.0%</td>
</tr>
</tbody>
</table>


**UNAP provides a target for a dietary diversity index of 75, but this measure is unavailable for Uganda’s subregions.
**Overweight indicators are not given targets by UNAP; for these, the SUN/WHO target for 2015 is given.

DESCRIPTION OF EAST CENTRAL CHARACTERISTICS (IN COMPARISON TO OTHER SUBREGIONS)

Location: Peri-Urban with Urban Center

Households in lowest national wealth quintile*: Below Average (12%)

Households reporting conflict or raiding as an issue: Below Average (0.8%)

Literacy rate for women of reproductive age (WRA): Average (58%)

Refugee population level: Low

Notes:
*Considered a measure of poverty.

Location definitions are derived from the number of population living in the following categories: >500 persons per sq km=Urban, >300 persons per sq km=Peri-Urban, <300 persons per sq km=Rural.

Average literacy and wealth index quintiles defined from the national average of UDHS 2011 indicators.

Households reporting conflict or raiding based on national average of 1%

Refugee population measured by existence of no refugee settlements=Low, one refugee settlement=Medium, more than one refugee settlement=High

IDENTIFIED BARRIERS AND DRIVERS OF BETTER NUTRITION, BY SELECTED UNAP OBJECTIVE AREAS

Difference from national average (percentage points), except where noted below.

<table>
<thead>
<tr>
<th>Obj. 1: Improved access to and utilization of MIYCN services</th>
<th>Attend 4+ANC(^1)</th>
<th>Facilities offering ANC(^2)</th>
<th>Nut. counseling during ANC (observed)(^2)</th>
<th>Facilities offering growth monitoring(^3)</th>
<th>Household with handwashing inputs(^4)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obj. 2: Enhanced consumption of diverse diets</td>
<td>Child consumed biofortified sweet potato(^1)</td>
<td>Child consumed fruits, vegetables(^*)**</td>
<td>Food-secure households(^5)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obj. 3: Protection from impact of shocks</td>
<td>Household access to school feeding(^6)</td>
<td>Households faced drought or poor rain(^*)</td>
<td>Households accessing any assistance(^*)**</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obj. 4: Strengthened nutrition systems and programs</td>
<td>Approved MOH posts filled(^6)</td>
<td>Completeness of facility HMIS reports(^6)</td>
<td>Number of HF per 100,000 pop.(^6)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-UNAP driver</td>
<td>Female control over income(^*)**</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Primary foods eaten (greater than 10% of diet), by rank and source

<table>
<thead>
<tr>
<th>Rank</th>
<th>Food Type</th>
<th>Contribution to Caloric Intake</th>
<th>Amount Purchased</th>
<th>Amount Grown</th>
<th>Amount as Gift</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Roots and Tubers</td>
<td>43%</td>
<td>21%</td>
<td>74%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Sweet potatoes</td>
<td></td>
<td>25%</td>
<td>70%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Cassava-Fresh</td>
<td>57%</td>
<td>42%</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cassava-Flour</td>
<td>60%</td>
<td>32%</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Cereals</td>
<td>32.1%</td>
<td>94%</td>
<td>2%</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Rice</td>
<td>94%</td>
<td>2%</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maize-Grain</td>
<td>19%</td>
<td>71%</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maize-Flour</td>
<td>76%</td>
<td>21%</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bread</td>
<td>95%</td>
<td>1%</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Millet</td>
<td>65%</td>
<td>30%</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sorghum</td>
<td>36%</td>
<td>52%</td>
<td>12%</td>
<td></td>
</tr>
</tbody>
</table>

Source: Ssewanyana & Kasirye (2010)

Sources:

- Source: Ssewanyana & Kasirye (2010)
### Snapshots of Nutrition in Uganda: Eastern Subregion

#### SUMMARY OF KEY UNAP INDICATORS FOR EASTERN SUBREGION

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Level in Eastern</th>
<th>UNAP National Target (2016)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any anemia, children 6–59 months¹</td>
<td>54.6%</td>
<td>50.0%</td>
</tr>
<tr>
<td>Any anemia, WRA¹</td>
<td>27.9%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Calorie consumption (average calories)³</td>
<td>1880 calories</td>
<td>2500 calories</td>
</tr>
<tr>
<td>Exclusive breastfeeding, under 6 months¹</td>
<td>62.6%</td>
<td>75.0%</td>
</tr>
<tr>
<td>Low birthweight (&lt;2.5 kg)¹</td>
<td>6.8%</td>
<td>9.0%</td>
</tr>
<tr>
<td>Minimum acceptable diet (MAD), children under 2 yrs.¹</td>
<td>8.3%</td>
<td>*</td>
</tr>
<tr>
<td>Overweight, children under 5 yrs.¹</td>
<td>2.5%</td>
<td>No increase**</td>
</tr>
<tr>
<td>Overweight, non-pregnant women¹</td>
<td>9.2%</td>
<td>No target</td>
</tr>
<tr>
<td>Stunting, children under 5 yrs.¹</td>
<td>25.3%</td>
<td>32.0%</td>
</tr>
<tr>
<td>Underweight, children under 5 yrs.¹</td>
<td>10.0%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Underweight, non-pregnant women¹</td>
<td>20.0%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, children 6–59 months²</td>
<td>42.4%</td>
<td>13.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, WRA²</td>
<td>51.2%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Wasting, children under 5 yrs.¹</td>
<td>4.8%</td>
<td>5.0%</td>
</tr>
</tbody>
</table>

Sources: ¹UBOS and ICF (2011), ²UBOS and ICF (2012), ³UBOS (2006)

*UNAP provides a target for a dietary diversity index of 75, but this measure is unavailable for Uganda’s subregions.

**Overweight indicators are not given targets by UNAP; for these, the SUN/WHO target for 2025 is given instead.

#### DESCRIPTION OF EASTERN CHARACTERISTICS (IN COMPARISON TO OTHER SUBREGIONS)

**Location:** Rural

- **Households in lowest national wealth quintile:** Above Average (33%)
- **Households reporting conflict or raiding as an issue:** Average (0.4%)
- **Literacy rate for women of reproductive age (WRA):** Below Average (49%)
- **Refugee population level:** Low

**Notes:**
- Considered a measure of poverty.
- Location definitions are derived from the number of population living in the following categories: >500 persons per sq km=Urban, >300 persons per sq km=Peri-Urban, <300 persons per sq km=Rural
- Average literacy and wealth index quintiles defined from the national average of UDHS 2011 indicators.
- Households reporting conflict or raiding based on national average of 1%
- Refugee population measured by existence of no refugee settlements=Low, one refugee settlement=Medium, more than one refugee settlement=High

## IDENTIFIED BARRIERS AND DRIVERS OF BETTER NUTRITION, BY SELECTED UNAP OBJECTIVE AREAS

Difference from national average (percentage points), except where noted below.

<table>
<thead>
<tr>
<th>Objective</th>
<th>Description</th>
<th>Indicator</th>
<th>Observed</th>
<th>National Average</th>
<th>Difference</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obj. 1: Improved access to and utilization of MIYCN services</td>
<td>Attend 4+ANC</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Objective 5 of UNAP relates to national policy and advocacy; as such, few indicators are available for these activities at the subregion level.</td>
</tr>
<tr>
<td></td>
<td>Facilities offering ANC</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nut. counseling during ANC (observed)</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Facilities offering growth monitoring</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Household with handwashing inputs</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Obj. 2: Enhanced consumption of diverse diets</td>
<td>Child consumed biofortified sweet potato</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Includes consumption of any fruits or any non-tuber vegetables</td>
</tr>
<tr>
<td></td>
<td>Child consumed fruits, vegetables</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Food-secure households</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Obj. 3: Protection from impact of shocks</td>
<td>Household access to school feeding</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Households faced drought or poor rain</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Households accessing any assistance</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Obj. 4: Strengthened nutrition systems and programs</td>
<td>Approved MOH posts filled</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Completeness of facility HMIS reports</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Number of HF per 100,000 pop.</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Non-UNAP driver</td>
<td>Female control over income</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
</tbody>
</table>

### PRIMARY FOODS EATEN (GREATER THAN 10% OF DIET), BY RANK AND SOURCE

<table>
<thead>
<tr>
<th>Rank</th>
<th>Food Type</th>
<th>Contribution to Caloric Intake</th>
<th>Amount Purchased</th>
<th>Amount Grown</th>
<th>Amount as Gift</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Cereals</td>
<td>35.3%</td>
<td>85%</td>
<td>9%</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Rice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maize-Grain</td>
<td>13%</td>
<td>13%</td>
<td>75%</td>
<td>11%</td>
</tr>
<tr>
<td></td>
<td>Maize-Flour</td>
<td>54%</td>
<td>54%</td>
<td>42%</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Bread</td>
<td>97%</td>
<td>97%</td>
<td>0%</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Millet</td>
<td>21%</td>
<td>21%</td>
<td>71%</td>
<td>8%</td>
</tr>
<tr>
<td></td>
<td>Sorghum</td>
<td>36%</td>
<td>36%</td>
<td>60%</td>
<td>4%</td>
</tr>
<tr>
<td>2</td>
<td>Roots and Tubers</td>
<td>32.4%</td>
<td>20%</td>
<td>73%</td>
<td>7%</td>
</tr>
<tr>
<td></td>
<td>Sweet potatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cassava-Fresh</td>
<td>24%</td>
<td>24%</td>
<td>62%</td>
<td>14%</td>
</tr>
<tr>
<td></td>
<td>Cassava-Flour</td>
<td>39%</td>
<td>39%</td>
<td>58%</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Irish potatoes</td>
<td>91%</td>
<td>91%</td>
<td>9%</td>
<td>0%</td>
</tr>
<tr>
<td>3</td>
<td>Matooke</td>
<td>14.5%</td>
<td>28%</td>
<td>67%</td>
<td>5%</td>
</tr>
<tr>
<td>4</td>
<td>Legumes and Pulses</td>
<td>10.2%</td>
<td>24%</td>
<td>70%</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Fresh beans</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dry beans</td>
<td>49%</td>
<td>49%</td>
<td>49%</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Groundnuts</td>
<td>62%</td>
<td>62%</td>
<td>32%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Peas</td>
<td>50%</td>
<td>50%</td>
<td>45%</td>
<td>6%</td>
</tr>
</tbody>
</table>

Source: Ssewanyana & Kasirye (2010)
### Snapshots of Nutrition in Uganda: Kampala Subregion

#### SUMMARY OF KEY UNAP INDICATORS FOR KAMPALA SUBREGION

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Level in Kampala</th>
<th>UNAP National Target (2016)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any anemia, children 6-59 months¹</td>
<td>39.8%</td>
<td>50.0%</td>
</tr>
<tr>
<td>Any anemia, WRA¹</td>
<td>19.6%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Calorie consumption (average calories)²</td>
<td>1645 calories</td>
<td>2500 calories</td>
</tr>
<tr>
<td>Exclusive breastfeeding, under 6 months¹</td>
<td>43.6%</td>
<td>75.0%</td>
</tr>
<tr>
<td>Low birthweight (&lt;2.5kg)¹</td>
<td>10.5%</td>
<td>9.0%</td>
</tr>
<tr>
<td>Minimum acceptable diet (MAD), children under 2 yrs.¹</td>
<td>15.6%</td>
<td>*</td>
</tr>
<tr>
<td>Overweight, children under 5 yrs.¹</td>
<td>3.5%</td>
<td>No increase**</td>
</tr>
<tr>
<td>Overweight, non-pregnant women¹</td>
<td>40.4%</td>
<td>No target</td>
</tr>
<tr>
<td>Stunting, children under 5 yrs.¹</td>
<td>13.5%</td>
<td>32.0%</td>
</tr>
<tr>
<td>Underweight, children under 5 yrs.¹</td>
<td>5.7%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Underweight, non-pregnant women¹</td>
<td>7.7%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, children 6-59 months²</td>
<td>27.9%</td>
<td>13.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, WRA²</td>
<td>29.7%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Wasting, children under 5 yrs.¹</td>
<td>4.4%</td>
<td>5.0%</td>
</tr>
</tbody>
</table>


* UNAP provides a target for a dietary diversity index of 75, but this measure is unavailable for Uganda’s subregions.

** Overweight indicators are not given targets by UNAP; for these, the SUN/WHO target for 2025 is given.

#### DESCRIPTION OF KAMPALA CHARACTERISTICS (IN COMPARISON TO OTHER SUBREGIONS)

**Location:** Urban

- **Households in lowest national wealth quintile**: Below Average (0%)

- **Households reporting conflict or raiding as an issue**: n/a

- **Literacy rate for women of reproductive age (WRA)**: Above Average (91%)

- **Refugee population level**: Low

**Notes:**
- Considered a measure of poverty.
- Location definitions are derived from the number of population living in the following categories: >500 persons per sq km=Urban, >300 persons per sq km=Peri-Urban, <300 persons per sq km=Rural.
- Average literacy and wealth index quintiles defined from the national average of UDHS 2011 indicators.
- Households reporting conflict or raiding based on national average of 1%
- Refugee population measured by existence of: no refugee settlements=Low, one refugee settlement=Medium, more than one refugee settlement=Moderate/High.

### PRIMARY FOODS EATEN (GREATER THAN 10% OF DIET), BY RANK AND SOURCE

<table>
<thead>
<tr>
<th>Rank</th>
<th>Food Type</th>
<th>Contribution to Caloric Intake</th>
<th>Amount Purchased</th>
<th>Amount Grown</th>
<th>Amount as Gift</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Cereals</td>
<td>29.9%</td>
<td>99%</td>
<td>1%</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Rice</td>
<td></td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Maize-Grain</td>
<td></td>
<td>98%</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td></td>
<td>Bread</td>
<td></td>
<td>99%</td>
<td>0%</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Millet</td>
<td></td>
<td>82%</td>
<td>4%</td>
<td>14%</td>
</tr>
<tr>
<td></td>
<td>Sorghum</td>
<td></td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>2</td>
<td>Matooke</td>
<td>20.3%</td>
<td>95%</td>
<td>1%</td>
<td>4%</td>
</tr>
<tr>
<td>3</td>
<td>Roots and Tubers</td>
<td>13.7%</td>
<td>93%</td>
<td>4%</td>
<td>2%</td>
</tr>
<tr>
<td></td>
<td>Sweet potatoes</td>
<td></td>
<td>86%</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Cassava-Fresh</td>
<td></td>
<td>81%</td>
<td>0%</td>
<td>19%</td>
</tr>
<tr>
<td></td>
<td>Cassava-Flour</td>
<td></td>
<td>98%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>4</td>
<td>Sugar</td>
<td>13.5%</td>
<td>99%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>5</td>
<td>Legumes and Pulses</td>
<td>12.2%</td>
<td>84%</td>
<td>6%</td>
<td>10%</td>
</tr>
<tr>
<td></td>
<td>Fresh beans</td>
<td></td>
<td>99%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Dry beans</td>
<td></td>
<td>99%</td>
<td>1%</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Groundnuts</td>
<td></td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Peas</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sources:

Source: Ssewanyana & Kasirye (2010)
### Snapshots of Nutrition in Uganda: Karamoja Subregion

#### SUMMARY OF KEY UNAP INDICATORS FOR KARAMOJA SUBREGION

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Level in Karamoja</th>
<th>UNAP National Target (2016)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any anemia, children 6-59 months</td>
<td>69.5%</td>
<td>50.0%</td>
</tr>
<tr>
<td>Any anemia, WRA</td>
<td>43.3%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Calorie consumption (average calories)</td>
<td>1470 calories</td>
<td>2500 calories</td>
</tr>
<tr>
<td>Exclusive breastfeeding, under 6 months</td>
<td>82.2%</td>
<td>75.0%</td>
</tr>
<tr>
<td>Low birthweight (&lt;2.5kg)</td>
<td>9.8%</td>
<td>9.0%</td>
</tr>
<tr>
<td>Minimum acceptable diet (MAD), children under 2 yrs.</td>
<td>2.2%</td>
<td>*</td>
</tr>
<tr>
<td>Overweight, children under 5 yrs.</td>
<td>0.1%</td>
<td>No increase**</td>
</tr>
<tr>
<td>Overweight, non-pregnant women</td>
<td>1.0%</td>
<td>No target</td>
</tr>
<tr>
<td>Stunting, children under 5 yrs.</td>
<td>45.0%</td>
<td>32.0%</td>
</tr>
<tr>
<td>Underweight, children under 5 yrs.</td>
<td>31.9%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Underweight, non-pregnant women</td>
<td>32.8%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, children 6-59 months</td>
<td>22.1%</td>
<td>13.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, WRA</td>
<td>15.6%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Wasting, children under 5 yrs.</td>
<td>7.1%</td>
<td>5.0%</td>
</tr>
</tbody>
</table>


* UNAP provides a target for a dietary diversity index of 75, but this measure is unavailable for Uganda’s subregions.

** Overweight indicators are not given targets by UNAP; for these, the SUN/WHO target for 2025 is given.

### DESCRIPTION OF KARAMOJA CHARACTERISTICS (IN COMPARISON TO OTHER SUBREGIONS)

#### Location: Rural

- Households in lowest national wealth quintile*: Above Average (79%)
- Households reporting conflict or raiding as an issue: Above Average (13%)
- Literacy rate for women of reproductive age (WRA): Below Average (23%)
- Refugee population level: Low

Notes:
- * Considered a measure of poverty.
- Location definitions are derived from the number of population living in the following categories: >500 persons per sq km=Urban, >300 persons per sq km=Peri-Urban, <300 persons per sq km=Rural.
- Average literacy and wealth index quintiles defined from the national average of UDHS 2011 indicators.
- Households reporting conflict or raiding based on national average of 1%
- Refugee population measured by existence of no refugee settlements=Low, one refugee settlement=Medium, more than one refugee settlement=High

### IDENTIFIED BARRIERS AND DRIVERS OF BETTER NUTRITION, BY SELECTED UNAP OBJECTIVE AREAS

Difference from national average (percentage points), except where noted below.

<table>
<thead>
<tr>
<th>Objective</th>
<th>Description</th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obj. 1: Improved access to and utilization of MIYCN services</td>
<td>Attend 4+ANC</td>
<td>-10</td>
<td>-10</td>
<td>-10</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Facilities offering ANC</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>Nut. counseling during ANC (observed)</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>Facilities offering growth monitoring</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>Household with handwashing inputs</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Obj. 2: Enhanced consumption of diverse diets</td>
<td>Child consumed biofortified sweet potato</td>
<td>-30</td>
<td>-30</td>
<td>-30</td>
<td>-30</td>
<td>-30</td>
<td>-30</td>
<td>-30</td>
</tr>
<tr>
<td></td>
<td>Child consumed fruits, vegetables</td>
<td>-20</td>
<td>-20</td>
<td>-20</td>
<td>-20</td>
<td>-20</td>
<td>-20</td>
<td>-20</td>
</tr>
<tr>
<td></td>
<td>Food-secure households</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Obj. 3: Protection from impact of shocks</td>
<td>Household access to school feeding</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>Households faced drought or poor rain</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>Households accessing any assistance</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Obj. 4: Strengthened nutrition systems and programs</td>
<td>Approved MOH posts filled</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>Completeness of facility HMIS reports</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>Number of HF per 100,000 pop.</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Non-UNAP driver</td>
<td>Female control over income</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

**Objective 5 of UNAP relates to national policy and advocacy; as such, few indicators are available for these activities at the subregion level.**

ANC = antenatal care; HMIS = health monitoring information system; HF = health facility

*Households had an observed place for handwashing with soap and water

**Includes consumption of any fruits or any non-tuber vegetables

***Households reported receiving assistance from government or nongovernmental food security assistance interventions

****Wife is main decision-maker in how to use wife’s cash earnings

---

### Sources:


SUMMARY OF KEY UNAP INDICATORS FOR NORTH SUBREGION

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Level in North</th>
<th>UNAP National Target (2016)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any anemia, children 6–59 months(^1)</td>
<td>34.0%</td>
<td>50.0%</td>
</tr>
<tr>
<td>Any anemia, WRA(^1)</td>
<td>13.1%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Calorie consumption (average calories)(^3)</td>
<td>1470 calories</td>
<td>2500 calories</td>
</tr>
<tr>
<td>Exclusive breastfeeding, under 6 months(^1)</td>
<td>72.0%</td>
<td>75.0%</td>
</tr>
<tr>
<td>Low birthweight (&lt;2.5kg)(^1)</td>
<td>11.4%</td>
<td>9.0%</td>
</tr>
<tr>
<td>Minimum acceptable diet (MAD), children under 2 yrs.(^1)</td>
<td>2.7%</td>
<td>#</td>
</tr>
<tr>
<td>Overweight, children under 5 yrs.(^1)</td>
<td>4.1%</td>
<td>No increase(^*)</td>
</tr>
<tr>
<td>Overweight, non-pregnant women(^1)</td>
<td>7.2%</td>
<td>No target</td>
</tr>
<tr>
<td>Stunting, children under 5 yrs.(^1)</td>
<td>24.7%</td>
<td>32.0%</td>
</tr>
<tr>
<td>Underweight, children under 5 yrs.(^1)</td>
<td>12.3%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Underweight, non-pregnant women(^1)</td>
<td>16.3%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, children 6–59 months(^2)</td>
<td>29.3%</td>
<td>13.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, WRA(^2)</td>
<td>27.4%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Wasting, children under 5 yrs.(^1)</td>
<td>3.4%</td>
<td>5.0%</td>
</tr>
</tbody>
</table>


* UNAP provides a target for a dietary diversity index of 75, but this measure is unavailable for Uganda’s subregions.

** Overweight indicators are not given targets by UNAP; for these, the SUN/WHO target for 2025 is given.
### IDENTIFIED BARRIERS AND DRIVERS OF BETTER NUTRITION, BY SELECTED UNAP OBJECTIVE AREAS

Difference from national average (percentage points), except where noted below.

<table>
<thead>
<tr>
<th>Objective</th>
<th>Description</th>
<th>Comparison</th>
<th>Amount Purchased</th>
<th>Amount Grown</th>
<th>Amount as Gift</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Obj. 1:</strong> Improved access to and utilization of MIYCN services</td>
<td>Attend 4+ANC</td>
<td>10</td>
<td>86%</td>
<td>7%</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Facilities offering ANC</td>
<td>-10</td>
<td>34%</td>
<td>32%</td>
<td>34%</td>
</tr>
<tr>
<td></td>
<td>Nut. counseling during ANC (observed)</td>
<td>0</td>
<td>37%</td>
<td>17%</td>
<td>46%</td>
</tr>
<tr>
<td></td>
<td>Facilities offering growth monitoring</td>
<td>10</td>
<td>96%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Household with handwashing inputs</td>
<td>20</td>
<td>32%</td>
<td>57%</td>
<td>11%</td>
</tr>
<tr>
<td><strong>Obj. 2:</strong> Enhanced consumption of diverse diets</td>
<td>Child consumed biofortified sweet potato</td>
<td>20</td>
<td>41%</td>
<td>27%</td>
<td>31%</td>
</tr>
<tr>
<td></td>
<td>Child consumed fruits, vegetables</td>
<td>30</td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Food-secure households</td>
<td>40</td>
<td>15%</td>
<td>70%</td>
<td>15%</td>
</tr>
<tr>
<td><strong>Obj. 3:</strong> Protection from impact of shocks</td>
<td>Household access to school feeding</td>
<td>50</td>
<td>45.4%</td>
<td>45.4%</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Households faced drought or poor rain</td>
<td>-10</td>
<td>34%</td>
<td>33%</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Households accessing any assistance</td>
<td>0</td>
<td>72%</td>
<td>57%</td>
<td>11%</td>
</tr>
<tr>
<td><strong>Obj. 4:</strong> Strengthened nutrition systems and programs</td>
<td>Approved MOH posts filled</td>
<td>20</td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Completeness of facility HMIS reports</td>
<td>30</td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Number of HF per 100,000 pop.</td>
<td>40</td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Non-UNAP driver</strong></td>
<td>Female control over income</td>
<td>-20</td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>

Sources:

**PRINCIPAL FOODS EATEN (GREATER THAN 10% OF DIET), BY RANK AND SOURCE**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Food Type</th>
<th>Contribution to Caloric Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Cereals</td>
<td>45.4%</td>
</tr>
<tr>
<td></td>
<td>Rice</td>
<td>86%</td>
</tr>
<tr>
<td></td>
<td>Maize-Grain</td>
<td>34%</td>
</tr>
<tr>
<td></td>
<td>Maize-Flour</td>
<td>37%</td>
</tr>
<tr>
<td></td>
<td>Bread</td>
<td>96%</td>
</tr>
<tr>
<td></td>
<td>Millet</td>
<td>32%</td>
</tr>
<tr>
<td></td>
<td>Sorghum</td>
<td>41%</td>
</tr>
<tr>
<td>2</td>
<td>Roots and Tubers</td>
<td>28.5%</td>
</tr>
<tr>
<td></td>
<td>Sweet potatoes</td>
<td>32%</td>
</tr>
<tr>
<td></td>
<td>Cassava-Fresh</td>
<td>41%</td>
</tr>
<tr>
<td></td>
<td>Cassava-Flour</td>
<td>63%</td>
</tr>
<tr>
<td></td>
<td>Irish potatoes</td>
<td>100%</td>
</tr>
<tr>
<td>3</td>
<td>Legumes and Pulses</td>
<td>20.2%</td>
</tr>
<tr>
<td></td>
<td>Fresh beans</td>
<td>15%</td>
</tr>
<tr>
<td></td>
<td>Dry beans</td>
<td>50%</td>
</tr>
<tr>
<td></td>
<td>Groundnuts</td>
<td>63%</td>
</tr>
<tr>
<td></td>
<td>Peas</td>
<td>28%</td>
</tr>
</tbody>
</table>

Source: Ssewanyana & Kasirye (2010)
Snapshots of Nutrition in Uganda: Southwest Subregion

SUMMARY OF KEY UNAP INDICATORS FOR SOUTHWEST SUBREGION

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Level in Southwest</th>
<th>UNAP National Target (2016)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any anemia, children 6–59 months¹</td>
<td>24.6%</td>
<td>50.0%</td>
</tr>
<tr>
<td>Any anemia, WRA¹</td>
<td>11.4%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Calorie consumption (average calories)³</td>
<td>2599 calories</td>
<td>2500 calories</td>
</tr>
<tr>
<td>Exclusive breastfeeding, under 6 months¹</td>
<td>51.9%</td>
<td>75.0%</td>
</tr>
<tr>
<td>Low birthweight (&lt;2.5kg)¹</td>
<td>7.9%</td>
<td>9.0%</td>
</tr>
<tr>
<td>Minimum acceptable diet (MAD), children under 2 yrs.¹</td>
<td>4.7%</td>
<td></td>
</tr>
<tr>
<td>Overweight, children under 5 yrs.¹</td>
<td>5.8%</td>
<td>No increase**</td>
</tr>
<tr>
<td>Overweight, non-pregnant women¹</td>
<td>23.0%</td>
<td>No target</td>
</tr>
<tr>
<td>Stunting, children under 5 yrs.¹</td>
<td>41.7%</td>
<td>32.0%</td>
</tr>
<tr>
<td>Underweight, children under 5 yrs.¹</td>
<td>5.1%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Underweight, non-pregnant women¹</td>
<td>4.8%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, children 6–59 months²</td>
<td>35.4%</td>
<td>13.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, WRA²</td>
<td>38.0%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Wasting, children under 5 yrs.¹</td>
<td>4.0%</td>
<td>5.0%</td>
</tr>
</tbody>
</table>

Sources: ¹UBOS and ICF (2011), ²UBOS and ICF (2012), ³UBOS (2006)
* UNAP provides a target for a dietary diversity index of 75, but this measure is unavailable for Uganda’s subregions.
** Overweight indicators are not given targets by UNAP; for these, the SUN/WHO target for 2025 is given.

DESCRIPTION OF SOUTHWEST CHARACTERISTICS (IN COMPARISON TO OTHER SUBREGIONS)

Location: Rural with Peri-Urban Center

Households in lowest national wealth quintile:* Below Average (6%)

Households reporting conflict or raiding as an issue: Average (0.6%)

Literacy rate for women of reproductive age (WRA): Above Average (76%)

Refugee population level: Moderate/High

Notes:
* Considered a measure of poverty.

Location definitions are derived from the number of population living in the following categories: >500 persons per sq km=Urban, >300 persons per sq km=Peri-Urban, <300 persons per sq km=Rural.

Average literacy and wealth index quintiles defined from the national average of UDHS 2011 indicators.

Households reporting conflict or raiding based on national average of 1%

Refugee population measured by existence of: no refugee settlements=Low, one refugee settlement=Medium, more than one refugee settlement=Moderate/High

**IDENTIFIED BARRIERS AND DRIVERS OF BETTER NUTRITION, BY SELECTED UNAP OBJECTIVE AREAS**

Difference from national average (percentage points), except where noted below.

<table>
<thead>
<tr>
<th>Objective</th>
<th>Category</th>
<th>Metric</th>
<th>Difference from National Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obj. 1: Improved access to and utilization of MIYCN services</td>
<td>Facilities offering ANC</td>
<td>FACILITIES OFFERING ANC</td>
<td>-20</td>
</tr>
<tr>
<td></td>
<td>Facilities offering growth monitoring</td>
<td>FACILITIES OFFERING GROWTH MONITORING</td>
<td>-15</td>
</tr>
<tr>
<td></td>
<td>Nut. counseling during ANC (observed)</td>
<td>NUT. COUNSELING DURING ANC (OBSERVED)</td>
<td>-10</td>
</tr>
<tr>
<td></td>
<td>Household with handwashing inputs</td>
<td>HOUSEHOLD WITH HANDWASHING INPUTS</td>
<td>-5</td>
</tr>
<tr>
<td>Obj. 2: Enhanced consumption of diverse diets</td>
<td>Child consumed biofortified sweet potato</td>
<td>CHILD CONSUMED BIOFORFITED SWEET POTATO</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Child consumed fruits, vegetables</td>
<td>CHILD CONSUMED FRUITS, VEGETABLES</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Food-secure households</td>
<td>FOOD-SECURE HOUSEHOLDS</td>
<td>10</td>
</tr>
<tr>
<td>Obj. 3: Protection from impact of shocks</td>
<td>Household access to school feeding</td>
<td>HOUSEHOLD ACCESS TO SCHOOL FEEDING</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>Households faced drought or poor rain</td>
<td>HOUSEHOLD FACED DROUGHT OR POOR RAIN</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Households accessing any assistance</td>
<td>HOUSEHOLD ACCESSING ANY ASSISTANCE</td>
<td>5</td>
</tr>
<tr>
<td>Obj. 4: Strengthened nutrition systems and programs</td>
<td>Approved MOH posts filled</td>
<td>APPROVED MOH POSTS FILLED</td>
<td>-20</td>
</tr>
<tr>
<td></td>
<td>Completeness of facility HMIS reports</td>
<td>COMPLETENESS OF FACILITY HMIS REPORTS</td>
<td>-15</td>
</tr>
<tr>
<td></td>
<td>Number of HF per 100,000 pop.</td>
<td>NUMBER OF HF PER 100,000 POP.</td>
<td>-10</td>
</tr>
<tr>
<td>Non-UNAP driver</td>
<td>Female control over income</td>
<td>FEMALE CONTROL OVER INCOME</td>
<td>-5</td>
</tr>
</tbody>
</table>

**PRIMARY FOODS EATEN (GREATER THAN 10% OF DIET), BY RANK AND SOURCE**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Food Type</th>
<th>Contribution to Caloric Intake</th>
<th>Amount Purchased</th>
<th>Amount Grown</th>
<th>Amount as Gift</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Matooke</td>
<td>49.1%</td>
<td>21%</td>
<td>73%</td>
<td>6%</td>
</tr>
<tr>
<td>2</td>
<td>Cereals</td>
<td>17.7%</td>
<td>85%</td>
<td>10%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Rice</td>
<td>25%</td>
<td>71%</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maize-Grain</td>
<td>81%</td>
<td>17%</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maize-Flour</td>
<td>95%</td>
<td>1%</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bread</td>
<td>26%</td>
<td>69%</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Millet</td>
<td>30%</td>
<td>65%</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sorghum</td>
<td>14.6%</td>
<td>18%</td>
<td>76%</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Sweet potatoes</td>
<td>18%</td>
<td>79%</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cassava-Fresh</td>
<td>45%</td>
<td>55%</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Irish potatoes</td>
<td>25%</td>
<td>72%</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Irish potatoes</td>
<td>13.1%</td>
<td>11%</td>
<td>85%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Dry beans</td>
<td>32%</td>
<td>65%</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Groundnuts</td>
<td>58%</td>
<td>38%</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Peas</td>
<td>38%</td>
<td>57%</td>
<td>5%</td>
<td></td>
</tr>
</tbody>
</table>

Source: Ssewanyana & Kasirye (2010)
### Snapshots of Nutrition in Uganda: West Nile Subregion

#### SUMMARY OF KEY UNAP INDICATORS FOR WEST NILE SUBREGION

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Level in West Nile</th>
<th>UNAP National Target (2016)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any anemia, children 6–59 months</td>
<td>64.4%</td>
<td>50.0%</td>
</tr>
<tr>
<td>Any anemia, WRA</td>
<td>32.3%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Calorie consumption (average calories)</td>
<td>1778 calories</td>
<td>2500 calories</td>
</tr>
<tr>
<td>Exclusive breastfeeding, under 6 months</td>
<td>65.1%</td>
<td>75.0%</td>
</tr>
<tr>
<td>Low birthweight (&lt;2.5kg)</td>
<td>10.6%</td>
<td>9.0%</td>
</tr>
<tr>
<td>Minimum acceptable diet (MAD), children under 2 yrs.</td>
<td>4.5%</td>
<td>*</td>
</tr>
<tr>
<td>Overweight, children under 5 yrs.</td>
<td>2.2%</td>
<td>No target **</td>
</tr>
<tr>
<td>Overweight, non-pregnant women</td>
<td>4.5%</td>
<td>No target **</td>
</tr>
<tr>
<td>Stunting, children under 5 yrs.</td>
<td>37.8%</td>
<td>32.0%</td>
</tr>
<tr>
<td>Underweight, children under 5 yrs.</td>
<td>17.9%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Underweight, non-pregnant women</td>
<td>20.9%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, children 6–59 months</td>
<td>28.8%</td>
<td>13.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, WRA</td>
<td>35.9%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Wasting, children under 5 yrs.</td>
<td>6.2%</td>
<td>5.0%</td>
</tr>
</tbody>
</table>


* UNAP provides a target for a dietary diversity index of 75, but this measure is unavailable for Uganda’s subregions.
** Overweight indicators are not given targets by UNAP; for these, the SUN/WHO target for 2015 is given.

---

### DESCRIPTION OF WEST NILE CHARACTERISTICS (IN COMPARISON TO OTHER SUBREGIONS)

#### Location: Rural

- **Households in lowest national wealth quintile:** Above Average (41%)
- **Households reporting conflict or raiding as an issue:** Average (1%)
- **Literacy rate for women of reproductive age (WRA):** Below Average (45%)
- **Refugee population level:** Moderate/High

#### Notes:
- Considered a measure of poverty.
- Location definitions are derived from the number of population living in the following categories: >500 persons per sq km=Urban, >300 persons per sq km=Peri-Urban, <300 persons per sq km=Rural.
- Average literacy and wealth index quintiles defined from the national average of UDHS 2011 indicators.
- Households reporting conflict or raiding based on national average of 1%
- Refugee population measured by existence of: no refugee settlements=Low, one refugee settlement=Medium, more than one refugee settlement=Moderate/High.

IDENTIFIED BARRIERS AND DRIVERS OF BETTER NUTRITION, BY SELECTED UNAP OBJECTIVE AREAS

Difference from national average (percentage points), except where noted below.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Food Type</th>
<th>Contribution to Caloric Intake</th>
<th>Amount Purchased</th>
<th>Amount Grown</th>
<th>Amount as Gift</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Roots and T ubers</td>
<td>60.6%</td>
<td>44%</td>
<td>49%</td>
<td>8%</td>
</tr>
<tr>
<td></td>
<td>Sweet potatoes</td>
<td></td>
<td>56%</td>
<td>40%</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Cassava-Fresh</td>
<td></td>
<td>47%</td>
<td>49%</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Cassava-Flour</td>
<td></td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>2</td>
<td>Legumes and Pulses</td>
<td>18.6%</td>
<td>37%</td>
<td>63%</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Fresh beans</td>
<td></td>
<td>73%</td>
<td>25%</td>
<td>2%</td>
</tr>
<tr>
<td></td>
<td>Dry beans</td>
<td></td>
<td>61%</td>
<td>36%</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Groundnuts</td>
<td></td>
<td>47%</td>
<td>50%</td>
<td>3%</td>
</tr>
<tr>
<td>3</td>
<td>Cereals</td>
<td>15%</td>
<td>80%</td>
<td>14%</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Rice</td>
<td></td>
<td>47%</td>
<td>41%</td>
<td>10%</td>
</tr>
<tr>
<td></td>
<td>Maize-Grain</td>
<td></td>
<td>73%</td>
<td>22%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Maize-Flour</td>
<td></td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Bread</td>
<td></td>
<td>38%</td>
<td>60%</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Millet</td>
<td></td>
<td>53%</td>
<td>46%</td>
<td>1%</td>
</tr>
</tbody>
</table>

Source: Ssewanyana & Kasirye (2010)
Snapshots of Nutrition in Uganda: Western Subregion

**SUMMARY OF KEY UNAP INDICATORS FOR WESTERN SUBREGION**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Level in Western</th>
<th>UNAP National Target (2016)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any anemia, children 6–59 months. (^1)</td>
<td>38.6%</td>
<td>50.0%</td>
</tr>
<tr>
<td>Any anemia, WRA (^1)</td>
<td>17.3%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Calorie consumption (average calories) (^3)</td>
<td>2261 calories</td>
<td>2500 calories</td>
</tr>
<tr>
<td>Exclusive breastfeeding, under 6 months (^1)</td>
<td>68.5%</td>
<td>75.0%</td>
</tr>
<tr>
<td>Low birthweight (&lt;2.5kg) (^1)</td>
<td>8.3%</td>
<td>9.0%</td>
</tr>
<tr>
<td>Minimum acceptable diet (MAD), children under 2 yrs. (^1)</td>
<td>5.9%</td>
<td>*</td>
</tr>
<tr>
<td>Overweight, children under 5 yrs. (^1)</td>
<td>3.2%</td>
<td>No increase**</td>
</tr>
<tr>
<td>Overweight, non-pregnant women (^1)</td>
<td>22.9%</td>
<td>No target</td>
</tr>
<tr>
<td>Stunting, children under 5 yrs. (^1)</td>
<td>43.9%</td>
<td>32.0%</td>
</tr>
<tr>
<td>Underweight, children under 5 yrs. (^1)</td>
<td>15.5%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Underweight, non-pregnant women (^1)</td>
<td>7.8%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, children 6–59 months (^1)</td>
<td>30.4%</td>
<td>13.0%</td>
</tr>
<tr>
<td>Vitamin A deficiency, WRA (^2)</td>
<td>27.8%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Wasting, children under 5 yrs. (^1)</td>
<td>2.7%</td>
<td>5.0%</td>
</tr>
</tbody>
</table>

Sources: \(^1\) UBOS and ICF (2011), \(^2\) UBOS and ICF (2012), \(^3\) UBOS (2006)

* UNAP provides a target for a dietary diversity index of 75, but this measure is unavailable for Uganda’s subregions.

**DESCRIPTION OF WESTERN CHARACTERISTICS (IN COMPARISON TO OTHER SUBREGIONS)**

**Location:** Rural

- **Households in lowest national wealth quintile**: Below Average (14%)
- **Households reporting conflict or raiding as an issue**: Average (1.2%)
- **Literacy rate for women of reproductive age (WRA)**: Average (63%)
- **Refugee population level**: Moderate/High

Notes:
- *Considered a measure of poverty.
- Location definitions are derived from the number of population living in the following categories: >500 persons per sq km = Urban, >300 persons per sq km = Peri-Urban, <300 persons per sq km = Rural.
- Average literacy and wealth index quintiles defined from the national average of UDHS 2011 indicators.
- Households reporting conflict or raiding based on national average of 1%
- Refugee population measured by existence of no refugee settlements=Low, one refugee settlement=Medium, more than one refugee settlement=Moderate/High

IDENTIFIED BARRIERS AND DRIVERS OF BETTER NUTRITION, BY SELECTED UNAP OBJECTIVE AREAS

Difference from national average (percentage points), except where noted below.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Food Type</th>
<th>Contribution to Caloric Intake</th>
<th>Amount Purchased</th>
<th>Amount Grown</th>
<th>Amount as Gift</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Roots and Tubers</td>
<td>30.1%</td>
<td>22%</td>
<td>72%</td>
<td>7%</td>
</tr>
<tr>
<td></td>
<td>Sweet potatoes</td>
<td></td>
<td>19%</td>
<td>76%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Cassava-Fresh</td>
<td></td>
<td>41%</td>
<td>57%</td>
<td>2%</td>
</tr>
<tr>
<td></td>
<td>Cassava-Flour</td>
<td></td>
<td>28%</td>
<td>62%</td>
<td>10%</td>
</tr>
<tr>
<td>2</td>
<td>Matooke</td>
<td>27.6%</td>
<td>29%</td>
<td>65%</td>
<td>7%</td>
</tr>
<tr>
<td>3</td>
<td>Legumes and Pulses</td>
<td>18.3%</td>
<td>28%</td>
<td>64%</td>
<td>8%</td>
</tr>
<tr>
<td></td>
<td>Fresh beans</td>
<td></td>
<td>38%</td>
<td>59%</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Dry beans</td>
<td></td>
<td>57%</td>
<td>39%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Groundnuts</td>
<td></td>
<td>23%</td>
<td>76%</td>
<td>1%</td>
</tr>
<tr>
<td>4</td>
<td>Cereals</td>
<td>16%</td>
<td>93%</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Rice</td>
<td></td>
<td>15%</td>
<td>69%</td>
<td>13%</td>
</tr>
<tr>
<td></td>
<td>Maize-Grain</td>
<td></td>
<td>54%</td>
<td>41%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Maize-Flour</td>
<td></td>
<td>97%</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Bread</td>
<td></td>
<td>45%</td>
<td>51%</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Millet</td>
<td></td>
<td>21%</td>
<td>76%</td>
<td>3%</td>
</tr>
</tbody>
</table>

Source: Ssewanyana & Kasirye (2010)

PRIMARY FOODS EATEN (GREATER THAN 10% OF DIET), BY RANK AND SOURCE

<table>
<thead>
<tr>
<th>Objective</th>
<th>Indicator</th>
<th>Objective Number</th>
<th>Difference from National Average (Percentage Points)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obj. 1:</td>
<td>Improved access to and utilization of MIYCN services</td>
<td>-20</td>
<td>-15</td>
</tr>
<tr>
<td></td>
<td>Facilities offering ANC</td>
<td>-10</td>
<td>-5</td>
</tr>
<tr>
<td></td>
<td>Facilities offering growth monitoring</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Household with handwashing inputs</td>
<td>10</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>30</td>
<td></td>
</tr>
</tbody>
</table>

Source: Ssewanyana & Kasirye (2010)

Objective 5 of UNAP relates to national policy and advocacy, as such, few indicators are available for these activities at the subregion level.

ANC = antenatal care; HMIS = health monitoring information system; HF = health facility

*Households had an observed place for handwashing with soap and water

**Includes consumption of any fruits or any non-tuber vegetables

***Households reported receiving assistance from government or nongovernmental Food Security Assistance interventions

****Wife is main decision-maker in how to use wife’s cash earnings

Sources: 1 from UBOS and ICF (2011); 2 from Uganda MOH and Macro International (2008); 3 from UBOS and WFP (2009); 4 from UBOS CountryStat (2009); 5 from Uganda MOH (2012); 6 Number of health facilities per 100,000 population difference from national average number from UBOS (2013)

Source: Ssewanyana & Kasirye (2010)
ANNEX I: Selection of Indicators in Uganda Subregion Snapshots

This document provides an explanation of what indicators are included in the SPRING “Pathways to Better Nutrition” (PBN) country subregional snapshots. It also provides the methodology for attachment of indicators to the activities named in the national nutrition plans. While this Annex discusses Uganda specifically, the same methods were used for the snapshots in both case study countries (See SPRING’s website for further details on the Nepal PBN Case Study).

Description of Characteristics

The first set of indicators in the snapshots was chosen to give a very brief insight into the variation of context across sub-regions. In consultation with experts, review of situation analyses, and review of the CIA country profiles for Uganda, SPRING found facets of variation that cannot be easily modified but can affect nutritional status and programming. The following facets appeared to be important:

- Urbanicity
- Poverty level
- Literacy
- Refugee population
- Recent conflict (household reported conflict or raiding as an issue)

Other factors that were considered included religious or ethnic populations; significant differentials in geography; occurrence of natural disasters; and political affiliations.

Summary of Key Plan Indicators

The snapshots next provide a summary table of the key indicators for Uganda, taken directly from the target indicators given in the Uganda Nutrition Action Plan (UNAP). See the UNAP for the details on these indicators. The one exception is the inclusion of overweight. This has become a consideration in some of the subregions, and SPRING considered it useful to include alongside other anthropometric indicators.

Generally speaking, the key indicators in this summary table correspond to higher level results in the illustrative results framework in Figure 1 (at end of this document), which SPRING developed to show logical pathways to the key indicators affecting nutrition status in Uganda (and in Nepal, see the Nepal-specific case study work for further details). The indicators in this first summary table line up temporally with “late” outputs and beyond in the framework. Late outputs include behavioral results; “early” outcomes are non-anthropometric conditions that directly affect “late” outcomes, which in turn consist of anthropometric prevalence.

1 The degree to which a geographical unit is urban – [http://www.urbanicity.us/Urbanicity.html](http://www.urbanicity.us/Urbanicity.html)

2 Final impacts are on mortality and long-term morbidity, however none of the analyzed national plans address these, and as such they are not included in the snapshots.
Selected Barriers and Drivers of Better Nutrition, by Selected UNAP Objective Areas

SPRING has provided a set of indicators to represent the objective areas in the UNAP. These indicators link to specific activities named in the plan to overcome barriers and drive improvement in nutrition, but they were not specifically given by the UNAP. SPRING has defined a methodology for selection that is meant to provide a representative selection of indicators.

Given the correspondence of the UNAP key indicators to late outputs and outcomes in the results framework in Figure 1, SPRING considered activities up to and including “early” outputs for inclusion as “drivers or barriers”, as they precede, and can potentially affect, the key indicators.

Using this framework as a starting point, SPRING examined the detailed implementation matrix in each plan to attach indicators to the listed interventions, as one would for a performance monitoring plan (PMP). The team checked the main compendiums for nutrition and nutrition-sensitive indicators to find measurable indicators that could be attached.1 Some of these sources are:

- WHO infant and young child feeding indicator compendium
- CORE Group essential nutrition actions trilogy
- Measure DHS reproductive health compendium
- USAID review of health systems strengthening measures
- USAID feed the future indicator list
- JMP water and sanitation measures
- UNDP gender-sensitive service delivery indicator guide
- DHS guide to statistics

From the final set of standardized indicators, one to four indicators per objective were chosen to represent the barriers and drivers in each subregion. Selected indicators were chosen to provide a diversity of information from both the supply and demand side, and from the individual, household and system level. The final set of indicators was also evaluated by the following criteria:

1. Representativeness of activity for objective theme
2. Global relevance
3. Availability of indicator in existing data collection mechanisms (surveys, HIS, etc.)
4. Variation across subregions

Where possible, SPRING ensured data availability did not have undue influence over the other criteria. For some, an indicator was disqualified because it was not linked to an activity that is useful to report below national level, for instance most of the activities in UNAP objective area 5.

To get a sense of what barriers and drivers transcended country context, SPRING also conducted a crosswalk of the Uganda implementation plan with the other PBN country, Nepal, for similar action areas. Indicators for activities that overlapped were prioritized for inclusion in the snapshots.

Primary Foods Eaten Table

The final table in the snapshot describes the type and source of foods most eaten in each subregion. These data cannot be evaluated as other drivers and barriers would, against the national average. However, this information is still useful for the planning of nutrition interventions in Objective 2 related to local foods, access to markets, and/or agricultural production.

Figure 1 on the following page gives a general overview of SPRING’s arrangement of some of the key activities proposed over the course of a results framework.

---

1 Every attempt was also made to standardize use of indicators for similar activities across the two countries, Uganda and Nepal.
### Figure 1. Illustrative Results Framework of Nutrition Plan Activities, Outputs, Outcomes, and Impacts

<table>
<thead>
<tr>
<th>Inputs</th>
<th>Process</th>
<th>Early Intermediate Outputs</th>
<th>Late Intermediate Outputs</th>
<th>Early Outcomes</th>
<th>Late Outcomes</th>
<th>Impacts</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Increasing Coverage of:</td>
<td>Increasing Behaviors of:</td>
<td>Decreased Prev. of:</td>
<td>Decreased Prev. of:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Improve political advocacy for nutrition</td>
<td>Financing Mechanisms, Hiring/Training/Retention Strategies, Community Engagement, Changes to Supply Chain, Changes to other Service Infrastructure, Changes to nutrition &amp; food security surveillance systems</td>
<td>IFA tablets/ANC</td>
<td>IFA compliance</td>
<td>Maternal anemia</td>
<td>Stunting/low birthweight</td>
<td></td>
</tr>
<tr>
<td>Strengthen commodity delivery/infrastructure &amp; human resources</td>
<td></td>
<td>Counseling</td>
<td>Exclusive/appropriate breastfeeding</td>
<td></td>
<td>Stunting/underweight</td>
<td></td>
</tr>
<tr>
<td>Improve coordination &amp; implementation of policies</td>
<td></td>
<td></td>
<td></td>
<td>Maternal/child anemia</td>
<td>Stunting/underweight/low birthweight</td>
<td></td>
</tr>
<tr>
<td>Strengthen IS and research in nutrition innovation</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$/Funding</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strengthen community involvement</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Improve government &amp; private sector coverage of nutrition services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutrition (Specific) Interventions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutrition (Sensitive) Interventions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zinc</td>
<td></td>
<td>Appropriate treatment of diarrhea</td>
<td></td>
<td>Diarrhea</td>
<td>Stunting/underweight</td>
<td></td>
</tr>
<tr>
<td>Handwashing commodities (soap, tippy tap, latrines)</td>
<td></td>
<td>Use of handwashing commodities</td>
<td></td>
<td>Diarrhea</td>
<td>Stunting/underweight</td>
<td></td>
</tr>
<tr>
<td>Deworming commodities</td>
<td></td>
<td>Appropriate treatment with dewormer</td>
<td></td>
<td>Diarrhea</td>
<td>Stunting/underweight</td>
<td></td>
</tr>
<tr>
<td>Inputs for and knowledge of biofortification</td>
<td></td>
<td>Consumption of biofortified foods</td>
<td></td>
<td>Maternal/child anemia, micronutrient deficiencies</td>
<td>Stunting/underweight/low birthweight</td>
<td></td>
</tr>
<tr>
<td>Food-secure households</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food production</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food storage</td>
<td></td>
<td>Diet diversity</td>
<td></td>
<td>Wasting/micronutrient deficiencies</td>
<td>Stunting/underweight/low birthweight</td>
<td></td>
</tr>
</tbody>
</table>

**Country Context: Sociodemographics, Epidemiology/nutritional status at baseline, cultural norms, and existing systems**

**Child Mortality / Nutrition-related Morbidity**