STUNTING

Definition

Chronic malnutrition is reflected in the growth retardation of children, which is defined as stunting. The index used to identify stunting in children over two years of age is the index of height-for-age that is less than 2 SD of the WHO growth standards for children. (1).

Importance

Chronic malnutrition is one of the most significant factors impeding human development. It has both short- and long-term adverse effects on individuals and societies. The identification, measurement, and understanding of this indicator are essential for reducing its prevalence (1).

Data sources

The National Health and Nutrition Surveys (ENSANUT) was used.

In 1986, Mexico established the National Health Survey System with the aim of generating evidence to support planning and evaluation in the health sector through these surveys.

ENSANUT collects information on the frequency, distribution and trends in relevant health and nutrition indicators, as well as their social determinants.

To estimate the anemia, we used ENSANUT 2006, ENSANUT 2012 and ENSANUT 2018. These surveys have probabilistic sample and by clusters with representativeness national, regional, state and by strata urban and rural.

Indicator estimation

The prevalence of wasting was estimated separately for children aged 2 to 4 years. These estimates were calculated at national, state, and regional levels, across urban and rural strata, and taking into account sex and socioeconomic level.

References

1. World Health Organization. (2014). Global nutrition targets 2025: stunting policy brief. World Health Organization. https://apps.who.int/iris/handle/10665/149019.

Results

Prevalence of stunting in the years 1988, 1999, 2006, 2012, 2016 and 2018

	Prevalence (%)					
	1988	**1999**	**2006**	**2012**	**2016**	**2018**
Nacional	23.0	17.8	15.8	13.8	10.2	10.3
Region						
North	11.6	7.1	8.6	9.1	12.1	5.8
Center & Mexico City	19.2	14.1	14.1	11.9	7.4	10.4
South	34.1	29.2	22.5	19.4	13.4	13.8
Sex						
Men	22.3	18.3	16.3	15.3	10.7	10.3
Women	23.7	17.4	15.3	12.3	9.7	10.4