

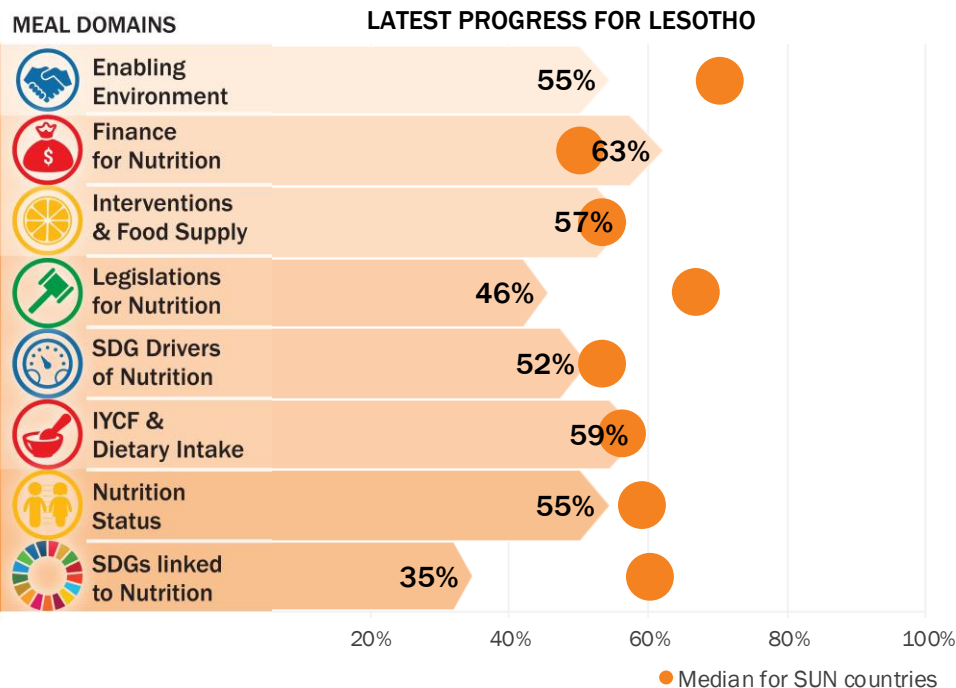
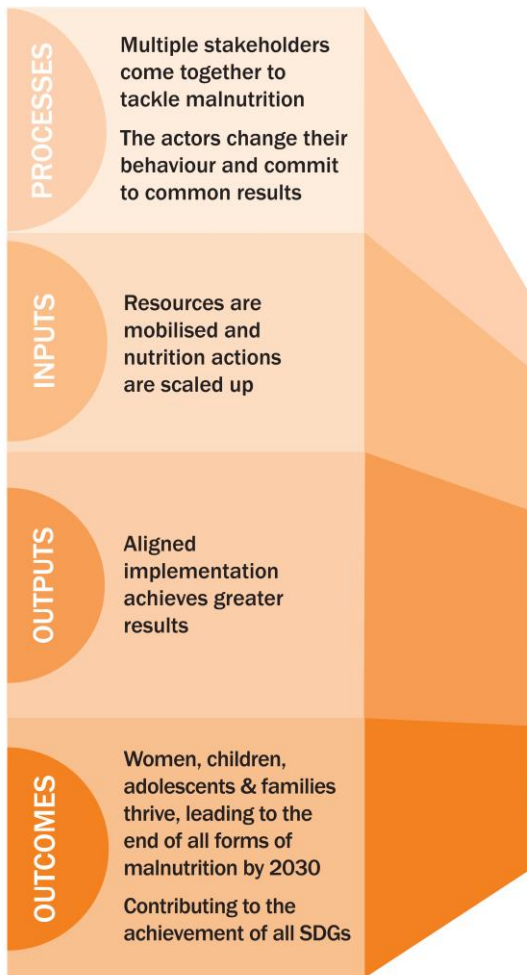


# Lesotho

The Scaling Up Nutrition (SUN) Movement Monitoring, Evaluation, Accountability and Learning (MEAL) System was developed for the SUN Strategy 2016-2020. It identifies a wide range of desired results and associated indicators of progress across eight domains in which the SUN Movement seeks to catalyze change and deliver nutrition impact. These results correspond to the steps in the SUN Movement Theory of Change.

The Country Dashboard provides an overview of progress using a set of indicators aligned with globally agreed frameworks for nutrition and the SDG Framework. It is designed to support SUN Movement stakeholders at all levels to assess performance and inform strategic decisions towards ending all forms of malnutrition.

## SUN MOVEMENT THEORY OF CHANGE



## Lesotho

Joined the SUN Movement in 2014

**Population** 2,233,000  
(UNPD 2017)

**Income class** Lower middle income  
(World Bank 2019)

**Humanitarian risk class** Medium  
(INFORM 2019)

Data for Lesotho are available for 73/85 (86%) MEAL indicators, with most covering the timeframe 2014-2018. Based on the data, Lesotho is progressing with moderate performance in finance for nutrition, interventions and food supply, and uptake of infant feeding and dietary intake behaviours. However, more could be done for the enabling environment (especially the multi-stakeholder platform), enacting legislation (specifically the BMS Code, restrictions on marketing of food and beverages to children and fortification of staple foods), and improving food security as well as child feeding and dietary intake behaviours, in order to reduce the high prevalence of the double burden of malnutrition among children and overweight/obesity, diabetes and hypertension among women.



## Enabling Environment

As stakeholders from different sectors come together to build an enabling environment for improving nutrition, it results in a multi-stakeholder platform, functioning networks of nutrition actors, progress in the SUN Movement processes, integration of nutrition in development plans and improved nutrition information systems.

INDICATOR	SCORE	DATA SOURCE	SUN MEDIAN
<i>Bringing people together</i>			
1.1 Existence of a Multi-Stakeholder Platform (MSP)	No	JAA 2019	Yes
1.2 Number of networks (UN, business, donor, civil society)	2	JAA 2019	3
A) UN Network Functionality Index (out of 6)	6	UNN 2019	6
B) SUN Business Network Functionality Index (out of 5)	3	SBN 2019	1
C) SUN Civil Society Network Functionality Index (out of 6)	No data		5
1.3 Mobilization of High-level Advocates for Nutrition (# of types)	No data		2
<i>Changing behaviours and committing to common results</i>			
1.4 SUN Movement Processes Total Score	52%	JAA 2019	68%
Process 1) Bringing people together into a shared space for action	50%	JAA 2019	75%
Process 2) Ensuring a coherent policy and legal framework	63%	JAA 2019	73%
Process 3) Aligning actions around common results	64%	JAA 2019	69%
Process 4) Financing tracking and resource mobilisation	32%	JAA 2019	60%
1.5 WHA Targets included in National Nutrition Plans (out of 6)	6	FNS 2018-2022	4
1.6 NCD Targets included in National Nutrition Plans (out of 4)	0	FNS 2018-2022	0
1.7 Information Systems for Nutrition Index (score out of 9)	4.7	SMS 2019	6
1.8 Integration of Undernutrition in National Development Policies, rank	26 of 57	2013-2017	31
1.9 Integration of Overnutrition in National Development Policies, rank	18 of 41	2013-2017	31



## Finance for Nutrition

As multiple stakeholders mobilize resources, the results include increased spending for evidence-based high-impact nutrition actions from both national and external funding sources.

INDICATOR	SCORE	DATA SOURCE	SUN MEDIAN
2.1 National Budget Spending for Nutrition			
A) Budget Analysis Completeness (out of 4 key elements)	4	SMS 2014	3
B) Budget spending per child U5 for nutrition-specific interventions	\$4.00	SMS 2014	\$1.13
C) Percentage budgeted for nutrition-specific spending	4.6%	SMS 2014	1.3%
2.2 Donor Funding for Nutrition			
A) Donor spending on nutrition-specific interventions per stunted child U5	\$6.35	R4D 2015-2017	\$9.02
B) Donor spending on nutrition-specific interventions per child U5	\$2.12	R4D 2015-2017	\$3.16
2.3 Agriculture Orientation Index	0.52	FAO 2009	0.19



## Interventions and Food Supply

As multiple stakeholders mobilize resources and align their actions, the results include increased coverage of nutrition actions, increased diversity and quality of food supply, and equitable geographic distribution of nationally agreed core actions and implementation capacity for nutrition.

INDICATOR	SCORE	DATA SOURCE	SUN MEDIAN
3.1 Baby-Friendly Hospital Initiative–certified Health Facilities	0%	WHO 2017	3%
3.2 Severe Acute Malnutrition Treatment (children 6-59 mos)	100%	UNICEF 2017	36%
3.3 Vitamin A Supplementation (children 6-59 mos)	18%	UNICEF 2017	62%
3.4 Antenatal Iron Supplementation (90+ tablets)	51%	DHS 2014	33%
3.5 Nutrition Professionals Density (per 100,000 population)	2.9	WHO 2016-2017	0.8
3.6 Iodized Salt Availability	85%	UNICEF 2014	80%
3.7 ORS and Zinc Treatment for Diarrhea (children 0–5 yrs)	No data		8%
3.8 Deworming Treatment (children 12–59 mos)	22%	UNICEF 2014	42%
3.9 Insecticide Treated Net Use (children 0–5 yrs)	N/A		48%
3.10 Vaccination Coverage (DTP3 in 1 yr olds)	93%	WHO 2018	84%
3.11 Family Planning Needs Met (modern method)	76%	UNPD 2014	50%
3.12 Non-staple Foods Availability (% of calories)	21%	FAO 2012	39%
3.13 Fruits & Vegetables Availability (grams per capita)	128	FAO 2013	281
3.14 Fortification Status of Food Vehicles	Improve salt, build others	GAIN 2016	N/A
3.15 Social Protection Programme Coverage	6%	World Bank 2010	13%
3.16 Government ministries involved in nutrition actions at national level	9	UNN-REACH 2018	9
3.17 Stakeholders involved in nutrition actions at subnational level (average number across 10 districts mapped)	8	UNN-REACH 2018	8
3.18 High-impact nutrition-specific actions coverage at subnational level (average across 10 districts for 8 nutrition actions)	68%	UNN-REACH 2018	76%



## Enacted Legislations for Nutrition













Results achieved through better alignment include progress in the implementation and monitoring of legislations for nutrition.

INDICATOR	SCORE	DATA SOURCE	SUN MEDIAN
4.1 International Code of Marketing of Breastmilk Substitutes (level of implementation)	None	WHO 2018	Many
4.2 Maternity Protection Legislation	Partial	ILO 2013	Partial
4.3 Right to Food Legislation (level of constitutional recognition)	Weak	FAO 2017	Moderate
4.4 Restrictions on Marketing of Food/Beverages to Children	Not achieved	WHO 2017	Not achieved
4.5 Mandatory Food Fortification Legislation	Salt	GFDx 2019	2 food vehicles
4.6 Fortification Standards	Salt	GFDx 2019	2 food vehicles



## SDG Drivers of Nutrition




Results achieved through aligned implementation also include changes in key drivers of nutrition, which are embedded in relevant sectors such as health, WASH, food systems, education, social protection and gender.

	INDICATOR		SCORE	DATA SOURCE	SUN MEDIAN
5.1	Diarrhoea in children U5		15%	DHS 2014	17%
5.2	Access to a basic drinking water service		69%	JMP 2017	69%
5.3	Access to a basic sanitation service		43%	JMP 2017	39%
5.4	Malaria incidence (per 1000 population)		No data		61
5.5	Measles cases reported (children U5)		6	WHO 2018	282
5.6	Adolescent fertility (per 1000 women 15–19 years)		94	UNPD 2014	87
5.7	New HIV infections (per 1000 uninfected population)		7.80	UNAIDS 2018	0.26
5.8	Tuberculosis incidence (per 100,000 population)		665	WHO 2017	176
5.9	Undernourishment prevalence		13%	FAO 2017	17%
5.10	Moderate/severe food insecurity prevalence (adults)		78%	FAO 2017	54%
5.11	Early marriage (before age 18)		17%	UNICEF 2014	30%
5.12	Female secondary school enrollment (% gross)		65%	UNESCO 2017	51%
5.13	Violent discipline among children 2–14 years		No data		82%
5.14	Growth in household income (shared prosperity premium)		No data		0.6%
5.15	Urban population living in slums		51%	UN-HABITAT 2014	54%



## IYCF and Dietary Intake












Aligned implementation achieves results including improved infant and young child feeding practices, as well as improved dietary intake among various population groups.

	INDICATOR		SCORE	DATA SOURCE	SUN MEDIAN
6.1	Exclusive breastfeeding (infants 0–5 mos)		67%	UNICEF 2014	47%
6.2	Early initiation of breastfeeding		65%	UNICEF 2014	55%
6.3	Minimum Acceptable Diet (children 6–23 mos)		11%	UNICEF 2014	13%
6.4	Minimum Diet Diversity (children 6–23 mos)		17%	UNICEF 2014	23%
6.5	Fruit and vegetable intake (g/day in adults)		68	GBD 2016	134
6.6	Sodium intake (g/day in adults)		3.1	GBD 2016	2.7
6.7	Iodine intake status (median urinary iodine concentration, µg/l)		215	IGN 2002	171
6.8	Population consumption of fortified food		No data		N/A



## Nutrition Status





The outcome of scaling up nutrition-specific and nutrition-sensitive actions is better nutrition for all – children, adolescents, women and men. Countries show progress towards achieving national nutrition targets, including WHA global nutrition and NCD diet-related targets.

	INDICATOR		SCORE	DATA SOURCE	SUN MEDIAN
7.1	Stunting (children U5)		33%	JME 2014	31%
7.2	Low birthweight		15%	UNICEF 2015	14%
7.3	Overweight (children U5)		7.5%	JME 2014	3.7%
7.4	Wasting (children U5)		3%	JME 2014	7%
7.5	Anaemia among pregnant women		33%	WHO 2016	44%
7.6	Anaemia among non-pregnant women		27%	WHO 2016	37%
7.7	Low BMI (adult women)		4%	NCD-RisC 2016	9%
7.8	Overweight and obesity (adult women)		55%	NCD-RisC 2016	37%
7.9	Overweight and obesity (adolescent girls 10-19 years)		24%	NCD-RisC 2016	15%
7.10	Diabetes (adult women)		9.9%	NCD-RisC 2014	7.5%
7.11	Hypertension (adult women)		31%	NCD-RisC 2015	28%



## SDGs linked to Nutrition

Better nutrition contributes to the achievement of SDGs, including reduced mortality, increased cognitive ability and school attainment, increased economic productivity and reduced extreme poverty.

	INDICATOR		SCORE	DATA SOURCE	SUN MEDIAN
8.1	Population below the poverty line		60%	World Bank 2010	28%
8.2	U5 Mortality Rate (per 1000 live births)		81	UNICEF 2018	54
8.3	NCD Mortality Rate (per 100,000 population)		772	WHO 2016	664
8.4	Early child development status (36–59 mos)		No data		63%
8.5	Annual GDP growth per capita		1.5%	World Bank 2018	4.3%

## Colour Classification Legends

**TABLE 1 ENABLING ENVIRONMENT**

	Green	Blue	Yellow	Red
1.1	Yes	Interim		No
1.2	3-4	2	1	0
1.2 a-c	5-6	3-4	1-2	0
1.3	All 3	2	1	None
1.4 all	≥70%	55-69%	40-54%	<40%
1.5	5-6	3-4	1-2	None
1.6	3	2	1	None
1.7	7.5-9.0	6.0-7.4	4.5-5.9	0-4.4
1.8	Top 15	16-30	31-45	46-56
1.9	Top 15	16-30	31-39	40

**TABLE 2 FINANCE FOR NUTRITION**

	Green	Blue	Yellow	Red
2.1a	All 4	3 of 4	2 of 4	1 of 4
2.1b	≥\$8	\$5-7	\$1-4	<\$1
2.1c	>10%	5-10%	1-4%	<1%
2.2a	≥\$15	\$7.5-14	\$3.5-7.4	<\$3.50
2.2b	≥\$5	\$2.5-4.9	\$1-2.49	<\$1
2.3	≥1	0.5-0.9	0.2-0.5	0-0.1

**TABLE 3 INTERVENTIONS & FOOD SUPPLY**

	Green	Blue	Yellow	Red
3.1	≥60%	30-59%	5-29%	0-4%
3.2	≥75%	40-74%	10-39%	<10%
3.3	≥90%	80-89%	60-79%	<60%
3.4	≥50%	30-49%	15-29%	<15%
3.5	≥2.0	0.8-1.9	0.2-0.7	<0.2
3.6	≥90%	75-89%	50-74%	<50%
3.7	≥20%	10-19%	5-9%	<5%
3.8	≥60%	40-59%	25-39%	<25%
3.9	≥55%	40-54%	20-39%	<20%
3.10	≥90%	80-89%	50-79%	<50%
3.11	≥65%	50-64%	35-49%	<35%
3.12	≥50%	40-50%	30-39%	<30%
3.13	≥400 g	250-399	100-249	<100%
3.14	Sustain 2+	Sustain 1	Improve	All build
3.15	≥60%	40-59%	15-39%	<15%
3.16	TBD			
3.17	TBD			
3.18	TBD			

**TABLE 4 ENACTED LEGISLATIONS FOR NUTRITION**

	Green	Blue	Yellow	Red
4.1	Full	Many	Few	None
4.2	Yes	Partial		Not achieved
4.3	Strong	Moderate	Weak	None
4.4	Fully achieved			Not achieved
4.5	≥1 staple food + salt + oil	≥1 staple food + salt/oil	≥1 food vehicle	None
4.6	3+ foods	2 foods	1 food	None

**TABLE 5 SDG DRIVERS OF NUTRITION**

	Green	Blue	Yellow	Red
5.1	0-11%	12-17%	18-24%	≥25%
5.2	≥85%	70-84%	55-69%	<55%
5.3	≥60%	35-59%	20-34%	<20%
5.4	<10	10-99	100-249	≥250
5.5	<10	10-99	100-999	≥1000
5.6	<44	44-99	100-149	≥150
5.7	<.25	0.25-0.49	0.50-1.9	≥2.0
5.8	<100	100-199	200-349	≥350
5.9	<10%	10-19%	20-29%	≥30%
5.10	<30%	30-49%	50-59%	≥60%
5.11	<20%	20-29%	30-39%	≥40%
5.12	≥65%	50-64%	30-49%	<30%
5.13	<75%	75-79%	80-84%	≥85%
5.14	≥1		<1%	<0
5.15	<40%	40-54%	55-69%	≥70%

**TABLE 6 IYCF AND DIETARY INTAKE**

	Green	Blue	Yellow	Red
6.1	≥50%	35-49%	15-34%	<15%
6.2	≥65%	50-64%	25-49%	<25%
6.3	≥40%	20-39%	10-19%	<10%
6.4	≥50%	25-49%	15-24%	<15%
6.5	≥400	200-399	100-199	<100 g
6.6	0-1.9	2.0-29	3.0-3.9	≥4.0 g
6.7	200-299	100-199	≥300	0-99 µg/L
6.8	≥70%	50-69%	10-49%	<10%

**TABLE 7 NUTRITION STATUS**

	Green	Blue	Yellow	Red
7.1	<20%	20-29%	30-39%	≥40%
7.2	<10%	10-14%	15-19%	≥20%
7.3	<4%	4-6%	7-9%	≥10%
7.4	<5%	5-9%	10-14%	≥15%
7.5	<20%	20-29%	30-39%	≥40%
7.6	<20%	20-29%	30-39%	≥40%
7.7	<5%	5-9%	10-14%	≥15%
7.8	<30%	30-34%	35-39%	≥40%
7.9	<10%	10-14%	15-19%	≥20%
7.10	<6.0%	6.0-7.4%	7.5-8.9%	≥9%
7.11	<20%	20-24%	25-29%	≥30%

**TABLE 8 SDGS LINKED TO NUTRITION**

	Green	Blue	Yellow	Red
8.1	<15%	15-34%	35-49%	≥50%
8.2	0-39	40-69	70-99	≥100
8.3	0-600	601-700	701-800	≥801
8.4	≥75%	65-74%	60-64%	<60%
8.5	≥7%	3.5-6.9%	0-3.4%	<0%

Note: The classification is based on performance relative to other SUN countries except when established cut-offs are available. The "green" colour indicates "good" performance, intervention coverage or nutrition status in relative terms. It does not represent that this target has been fully met.

A detailed description of the MEAL Framework of Results and Lists of Indicators, including definitions and data sources, is available at <http://bit.ly/sunmeal>

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