

National Integrated Micronutrient and Anthropometric Survey of the Kyrgyz Republic 2021

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INTRODUCTION

The National Integrated Micronutrient and Anthropometric Survey (NIMAS) 2021 was designed as a national cross-sectional survey with nine geographical strata. The primary sampling units from the 2018 Multiple Indicator Cluster Survey served as the sampling frame for

the survey. A two-stage sampling procedure helped to randomly select 3,452 households and, subsequently, children, adolescent girls, and women. Households were surveyed in all regions, with anthropometrical data collection and analysis and blood samples analysis.

METHODS

Supported by UNICEF, the World Health Organization, Food and Agriculture Organization, World Food Program, U.S. Department of Agriculture, USAID, Mercy Corps, USAID Advancing Nutrition and coordinated by the Ministry of Health of the Kyrgyz Republic (MoH), the survey collected up-to-date and reliable information on the current micronutrient and nutrition status of several target groups in the Kyrgyz Republic. Its objectives included—

- the relative importance of selected likely causes of anaemia infant and young child feeding practices
- estimation of the consumption and proportion of (adequately) fortified foods.

The target population groups included 6–59-month-old children, 5–9-year-old children, 10–18-year-old adolescent girls, non-pregnant women of reproductive aged 15–49 years, and pregnant women.

- assessment of the nutritional and micronutrient status of subgroups of the Kyrgyz population

RESULTS

Household-level data indicates food security as a notable problem in the Kyrgyz Republic that is mainly driven by poverty.

The survey found—

- 7 percent of 6–59-month-old children are stunted
- **Anaemia and iron deficiency** is common in women and 6–59-month-old children.
 - 47 percent of young children, 29 percent of schoolchildren, 47.5 percent of adolescent girls, and 55.9 percent of non-pregnant women suffer from iron deficiency.
 - 49.3 percent pregnant women are suffering from anemia.

- **Vitamin A deficiency:** 15 percent of young children and 16 percent of schoolchildren are affected.
- **Vitamin D deficiency:** 5 percent of 6–59-month-old children, 9 percent of adolescent girls, and 15 percent of non-pregnant women are affected.
- **Folate deficiency:** 80+ percent of adolescent girls and non-pregnant women are affected.
- Only 2 percent of households consume adequately **fortified flour**.
- Adequate **iodine status** in all population groups.



CONCLUSION

The NIMAS recommendations can contribute to policy development and decision-making in food security and healthcare. The NIMAS advocacy strategy developed by MoH and development partners are aimed at—

- stimulating lobbying of key NIMAS findings among strategic stakeholders (policy-

makers, nongovernmental organizations [NGOs])

- enhancing NGO role in monitoring of NIMAS data and recommendations usage
- raising awareness of private sector of the NIMAS recommendations.

The NIMAS is a national cross-sectional survey aimed to assess the nutritional and micronutrient status of specific subgroups of the Kyrgyz population. Insight from the NIMAS lets policy makers develop programs and policies to improve food security and malnutrition.

