This report is a part of the Vietnam Nutrition Surveillance System. Data collection is performed usually in the months from June to September annually, using cluster sampling and conducted by the Provincial Preventive Medical Center(s) under technical guidance from the National Institute of Nutrition.

**MAIN RESULTS**

a. The prevalence of women aged from 15 to 49 years with chronic energy deficiency was 24.2%. The rate of using iron pills in the 3 months before or during pregnant among mother with under 2 years child was 26.3% and the rate of using Vitamin A after delivery was 96.3%.

b. Among children under 5 years of age, the prevalence of stunting was 26.8%, underweight was 18.9% and wasting was 10.4%; while the prevalence of overweight and obesity was 2.8%.

c. The rate of early initiation of breastfeeding was 83.2%, continued breastfeeding at 2 years rate was 0% while the proportion of children under 6 months old using bottle and nipple remained quite high. The proportion of children aged from 6 to 23 months receiving a minimum acceptable diet was 31.1%. The proportion of children aged from 6 to 35 months receiving vitamin A supplementation was 0.1%.

d. The proportion of mothers exposed to breastfeeding or complementary feeding information in the last 3 months was 65.8%; main sources of information were mass media channels, especially TV. The proportion of mothers who met a health worker in the last 3 months was 95.6%

**Note:** Because IYCF indicators have just been integrated into the nutrition surveillance system since 2010, additional time would be needed to improve the data collection.

### Basic characteristics

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Indicator</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of districts and towns</td>
<td>10</td>
<td>No. of hospitals</td>
<td>14</td>
</tr>
<tr>
<td>No. of wards, town districts, and commun</td>
<td>226</td>
<td>No. of polyclinics</td>
<td>21</td>
</tr>
<tr>
<td>No. of villages</td>
<td>2,340</td>
<td>No. of commune health center</td>
<td>226</td>
</tr>
<tr>
<td>Population</td>
<td>737,226</td>
<td>No. of maternity homes</td>
<td>-</td>
</tr>
<tr>
<td>No. of children &lt;5 years of age</td>
<td>55,524</td>
<td>No. of doctors</td>
<td>592</td>
</tr>
<tr>
<td>No. of children &lt;2 years of age</td>
<td>22,820</td>
<td>No. of assistant doctors</td>
<td>709</td>
</tr>
<tr>
<td><em>(estimated to be 41.1% of the under 5)</em></td>
<td></td>
<td>No. of nurses</td>
<td>765</td>
</tr>
<tr>
<td>Percent ethnic minorities</td>
<td>83.0%</td>
<td>No. of midwives/birth attendan</td>
<td>363</td>
</tr>
<tr>
<td>Poverty rate</td>
<td>25.0%</td>
<td>No. of village health workers</td>
<td>2,246</td>
</tr>
</tbody>
</table>

1. Chronic energy deficiency prevalence of mothers by age group (%)

2. Vitamin A supplements: Knowledge and use among mothers (%)

3. Wasting prevalence (WHZ<-2Z) among children under 5 years by age group (%)

4. Malnutrition prevalence among children under 5 years (%)

5. Underweight prevalence (WAZ<-2Z) among children under 5 years by age group (%)

6. Stunting prevalence (HAZ<-2Z) among children under 5 years by age group (%)


2. Lang Son
**Infant and young child feeding practices by age**

- **0-1 months**
  - Predominant breastfeeding under 6 months (n=47)
  - No bottle feeding (n=164)
  - No prelacteal feeding in the first days (n=299)

- **2-3 months**
  - Predominant breastfeeding under 6 months (n=47)
  - No bottle feeding (n=164)
  - No prelacteal feeding in the first days (n=299)

- **4-5 months**
  - Predominant breastfeeding under 6 months (n=47)
  - No bottle feeding (n=164)
  - No prelacteal feeding in the first days (n=299)

- **6-7 months**
  - Predominant breastfeeding under 6 months (n=47)
  - No bottle feeding (n=164)
  - No prelacteal feeding in the first days (n=299)

- **8-9 months**
  - Predominant breastfeeding under 6 months (n=47)
  - No bottle feeding (n=164)
  - No prelacteal feeding in the first days (n=299)

- **10-11 months**
  - Predominant breastfeeding under 6 months (n=47)
  - No bottle feeding (n=164)
  - No prelacteal feeding in the first days (n=299)

**Source of information:** National Nutrition Surveillance 2014 - National Institute of Nutrition
1. Exposure to nutrition information (%)

- See/ hear IYCF messages on mass-media last 3 months (n=601): 65.1%
- Contact with health staff during last 3 months (n=479): 95.6%

4. Sources of direct contact (%)

- Communal health center staff (n=479): 80.2%
- Village health worker/Nutrition volunteer (n=479): 82.9%
- Women union (n=479): 8.8%

2. Sources of information from mass-media (%)

- TV: 65.1%
- Radio/ loudspeaker: 4.0%
- Newspapers/magazines: 3.4%
- Poster, flipcharts: 0.8%
- Internet: 8.1%

5. Type of IYCF information (%)

- About breastfeeding: 52.4%
- About complementary food: 45.9%
- About breastfeeding: 45.8%
- About complementary food: 60.1%

3. Topics of nutritional counseling (%)

- Baby should be breastfed immediately after birth: 44.5%
- Feed only breast milk up to 6 months: 37.4%
- Not to give child any water, liquid, honey or formula up to 6 months: 42.2%
- Continuing breastfed up to 24 months: 60.3%
- Receiving iron tablet/MMN: 71.0%
- Feeding eggs, meat, fish and other animal source food after 6 months: 58.6%
- Washing hands with soap before preparing food for feeding child: 73.8%


4. Lang Son