

LIVES OF CHILDREN AND WOMEN IN THE MID- AND FAR WESTERN REGIONS OF NEPAL

Nepal Multiple Indicator Cluster Survey (NMICS) 2010



Government of Nepal, Central Bureau of Statistics/United Nations Children's Fund
(UNICEF) Nepal ©, May 2012

Published by: **Government of Nepal**
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<http://www.unicef.org/nepal/5476.htm>



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FOREWORD

Multiple Indicator Cluster Survey (MICS) is becoming the reliable data source for many countries to monitor and evaluate the status of women and children around the world. It is also a tool for developing new policies and strategies related to children and women. I am proud to introduce this child-friendly version of the MICS 2010. This book will provide key information on the status of health, sanitation and behavioral activities in the Mid- and Far Western Regions of Nepal. It will inform young readers about the knowledge and skills that will improve their situation.

This book entitled 'Lives of Children and Women in the Mid- and Far Western Regions of Nepal' covers topics such as Water for Health, Hygiene and Sanitation, Harmful Practices among Girls, Protecting against HIV and AIDS, Marriage and Pregnancy, Care of the New-born, Caring for Children, Healthy Lives for Children, Child Protection, Violence against Children and Building a Better Future.

This child friendly report is based on Nepal Multiple Indicator Cluster Survey 2010 which was carried out by CBS in collaboration with UNICEF Nepal in 2010. The Central Bureau of Statistics is grateful to UNICEF Nepal Country Office for initiating Global MICS4 in Nepal, which has led to this child-friendly book. I would like to take this opportunity to acknowledge the teams involved in preparing this informative, entertaining and educational book within a very short period of time. I hope that this child friendly report enables children to easily access important information the surveys produce.

Uttam Narayan Malla
Director General
Central Bureau of Statistics

TO YOUNG READERS

Dear Children,

The book you are holding in your hands is very special. This child-friendly version of the Multiple Indicator Cluster Survey (MICS) was developed with you in mind. MICS is a large survey conducted every few years in countries across the world with UNICEF support. It allows governments, including the Government of Nepal, to check whether they are achieving their targets on children for the Millennium Development Goals (MDGs) and other international commitments such as the Convention on the Rights of the Child.

I am delighted to share some of the findings of the Nepal MICS with boys and girls in Mid- and Far Western Regions where this survey took place. I hope this book will help you to better understand the situation of children and women in your villages and districts. I am certain that it will help you to know how to make society more equal and more child-friendly. I am also sure that it will guide you on how to ensure the rights of children as described in the Convention on the Rights of the Child.

We in UNICEF Nepal Country Office are grateful to the Central Bureau of Statistics for conducting the MICS survey. We are also grateful to various children, adults and technical teams for developing this child-friendly book just for you.

I wish you every success in your efforts to promote children's rights in Nepal!



Hanna Singer

Country Representative

UNICEF Nepal

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ABOUT THIS BOOK

The title of this booklet is *Lives of Children and Women in the Mid- and Far Western Regions of Nepal, 2010*. This booklet is based on a survey carried out by the Central Bureau of Statistics in 2010 with technical and financial support from UNICEF Nepal. The survey is called the Nepal Multiple Indicator Cluster Survey. This booklet describes the lives of the people living in the Mid- and Far Western Regions of Nepal and what they should do to improve their lives for the future.

This book covers the following topics:

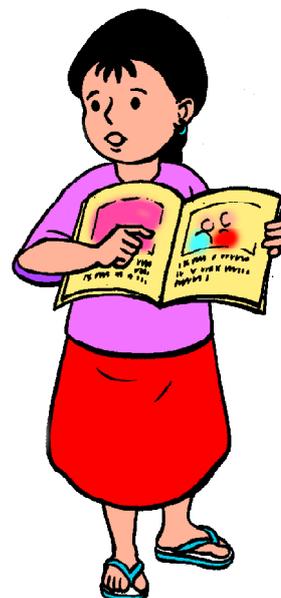
- Water for Health
- Hygiene and Sanitation
- Protecting against HIV and AIDS
- Marriage and Pregnancy
- Caring for Newborns
- Caring for Children
- Healthy Lives for Children
- Child Protection
- Violence against Children
- Harmful Practices among Girls and Women
- Building a Better Future



The survey covered about 6,000 households. A total of 7,372 women of child-bearing age (15–49 years) and 3,574 mothers or other carers of children under the age of five years were interviewed. The respondents' answers describe their lives in the Mid- and Far Western Regions. The annex at the end of this booklet presents responses for certain indicators disaggregated by six subregions.

WHO IS THIS BOOK FOR

The findings of this survey are important for all people. However, this booklet has been developed particularly for children aged 10–19 and for use in school. Nevertheless, other groups and adults may also find it interesting and useful.



Nepal Multiple Indicator Cluster Survey Study Area, 2010 Mid- and Far Western Regions of Nepal



- Domain**
- 1: Far-Western Mountain: Bajhura, Bajhang, Darchula
 - 2: Mid-Western Mountain (Karnali): Dolpa, Jumla, Kalikot, Mugu, Humla
 - 3: Far-Western Hill: Achham, Doti, Dadeldhura, Baitadi
 - 4: Mid-Western Hill: Pyuthan, Rolpa, Rukum, Salyan, Surkhet, Dailekh, Jajarkot
 - 5: Far-Western Terai: Kailali, Kanchanpur
 - 6: Mid-Western Terai: Dang, Banke, Bardiya
- Eco Zones**
- Mountain
 - Hill
 - Terai

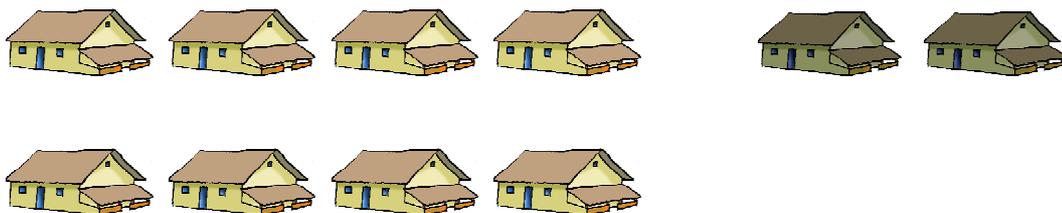
Notes: The boundaries and the names shown and designations used on these maps do not imply official endorsement or acceptance by the United Nations.

Safe drinking water

Use of purified water and keeping it free from germs can protect us from diarrhoea, typhoid and other water-borne diseases. The water that we drink should come from a safe source and be treated. Containers for carrying and storing water should be kept clean both inside and outside, and should always be covered. Water can be treated by boiling, filtering, chlorinating or through the Solar Disinfection (SODIS) method.

**Survey findings**

- Eight out of 10 households collect drinking water from safe sources.

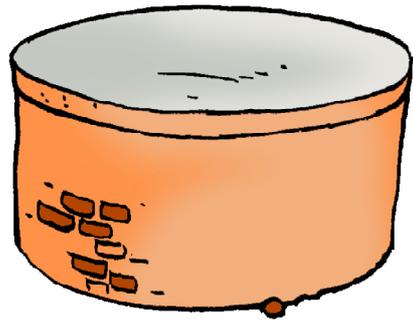


- Less than one out of 10 households treats water for drinking.

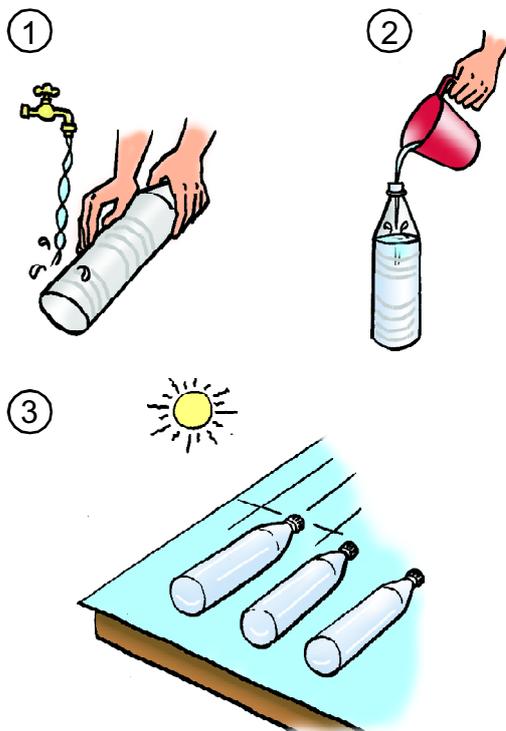
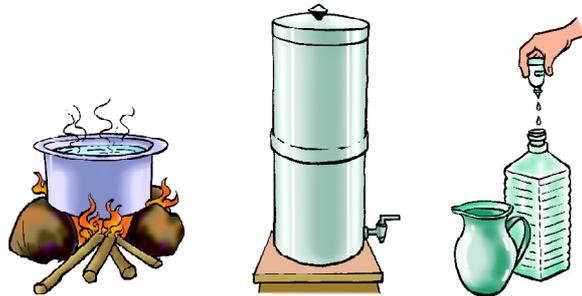


What I can do

- Keep wells and springs covered to protect water.



- Use home-based water treatment methods (mentioned on the previous page) to purify water and always drink purified water.



- Apply the SODIS method of disinfecting water (by placing it in PET bottles in direct sunlight throughout the day) and also spread the word about it.

- Keep drinking water safe by storing it in clean and covered containers or vessels.

- Spread the word about the importance of using treated drinking water among your family and community.



HYGIENE AND SANITATION

Washing hands with soap and water and using a clean toilet

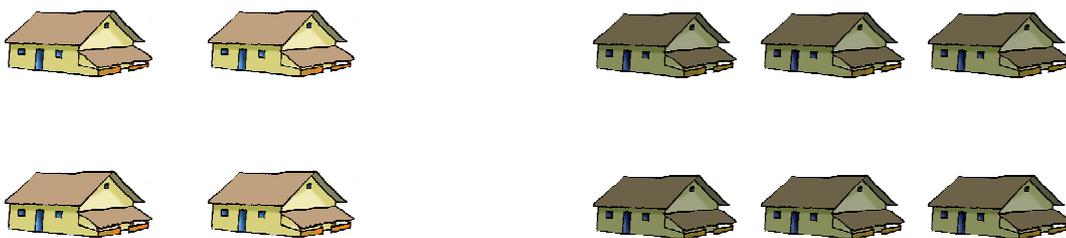
Good hygiene can prevent the spread of diseases such as diarrhoea and pneumonia.

We can easily protect ourselves from diarrhoea and other diseases by regularly washing our hands with soap and water, by defecating and urinating only in the toilet, and by using only treated drinking water.



Survey findings

- Four out of 10 households use clean and properly made toilets.



- Five out of 10 households keep water and soap ready for washing hands.



What I can do

- Always use a clean toilet for defecation and urination.



- Wash your hands properly with soap and water after any contact with faeces, before touching food, before having a meal, and before feeding children.

- Tell your parents that they must wash their hands before breastfeeding.



- Encourage parents and teachers to build toilets at home and in school.

PROTECTING AGAINST HIV AND AIDS

HIV and AIDS

Although HIV can be prevented and treated, it cannot be cured. HIV can be transmitted through unprotected sexual contact, by HIV-infected mothers to their newborns, and through the use of HIV-contaminated blood, syringes or other medical instruments.

We can protect ourselves from HIV and AIDS:

- ▶ by delaying the age of first sexual contact;
- ▶ by having just one sexual partner who is uninfected and faithful; and
- ▶ by using a condom correctly and for every sexual encounter.
- ▶ by taking HIV tested blood and blood products only.
- ▶ by using only new syringe and other sharp skin piercing objects.

Basic facts about HIV

- ▶ Sharing food with an HIV-infected person does not transmit HIV.
- ▶ A person who looks healthy could also be infected with HIV.
- ▶ Mosquito bites do not transmit HIV.

Survey findings

- ▶ Only one out of 10 women in the Mountains has comprehensive knowledge of HIV and AIDS.



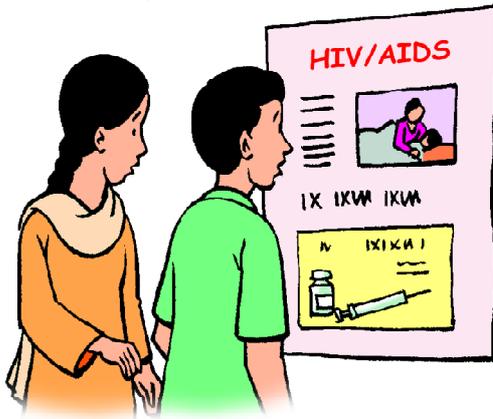
- ▶ Three out of 10 girls aged 15–24 years have comprehensive knowledge of HIV transmission.



- ▶ Only one out of 10 women from poor households has comprehensive knowledge of HIV and AIDS.



What I can do



- Learn how to protect yourself against HIV infection.

- Talk with family and friends about how HIV is passed on and how they can protect themselves against it.



- Spread the word that the government provides free treatment for people infected with HIV to help them live a healthy life.
- Go for an HIV test at an HIV testing and counselling centre.
- Do not stigmatize and discriminate against people infected with HIV.

MARRIAGE AND PREGNANCY

Child-bearing age

Giving birth before the age of 18 years or after the age of 35 years can have health risks for both mother and baby. Childbirth is more likely to be complicated and dangerous if the woman is too young. This is why girls should not get married before the age of 18 years.

For healthy pregnancy and delivery, every pregnant woman should have at least four antenatal check-ups during her pregnancy. The baby should be delivered at a health facility and the mother should be attended by a skilled birth attendant such as a doctor, nurse or trained midwife. The Government of Nepal provides each mother who gives birth in a health facility with an allowance for transportation expenses. This is NRs 1,500 for woman in the Mountains, NRs 1,000 for those in the Hills, and NRs 500 for those in the Terai. In addition, other free services are offered by health facilities to mothers and newborns.

Survey findings

- Six out of 10 girls are married before the age of 18 years.



- Three out of 10 women are attended by a skilled birth attendant during delivery.



- Three out of 10 women give birth at a health facility.

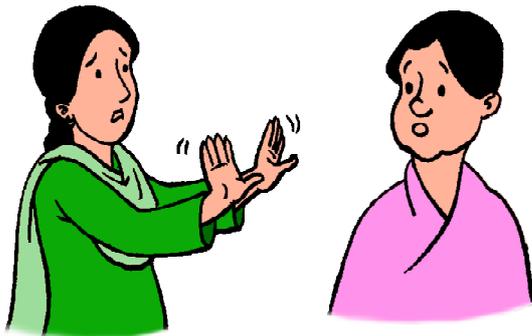


- Four out of 10 women go for antenatal check-ups at least four times.



What I can do

- Make parents aware that Nepal's law prohibits marriage before the age of 20 years.



- Do not marry before the age of 20 years, and also encourage others not to do so.

- Encourage every pregnant woman in your family to deliver at a health facility or to be attended by a skilled birth attendant.



- Advise pregnant women to have at least four antenatal check-ups during pregnancy.



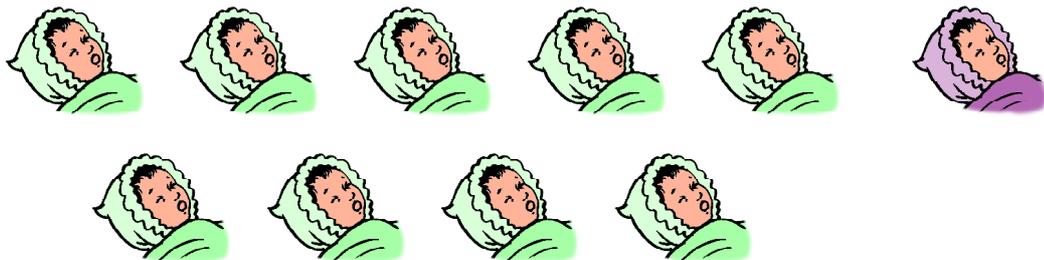
- Advise pregnant women to eat an extra nutritious meal every day in addition to their regular meals, and have plenty of lentil soup and a glass of milk each day. Including *ghee* (clarified butter), oil, butter, spinach, lentils, vegetables, milk and milk products, egg, liver, fish, mutton and citrus fruits in the diet of a pregnant woman helps to make it more nutritious. Women should also take an iron pill every day from the 91st day of pregnancy until six weeks after delivery.

Essential care of the newborns

A healthy mother, a safe birth, essential care of and attention to the newborn, a loving family and a clean environment at home all greatly contribute to the health and survival of newborns. Newborns should be first bathed only 24 hours after birth to protect them from cold. Newborns should be checked by a health practitioner on the first, third, seventh and forty-second day after birth.

**Survey findings**

- Nine out of 10 babies born at home are cleaned and kept dry.



- Four out of 10 babies born at home are first bathed 24 hours after birth.



What I can do

- Encourage parents to wipe their newborn clean with a soft, dry cloth and keep him or her warm, and to start breastfeeding within one hour of birth.



- Make people aware that newborns should be first bathed only 24 hours after birth.

- Advise community members to take newborns to a health facility if they show dangerous symptoms such as fever, chest in-drawing, rapid breathing, inability to suck milk, lethargy (extreme sleepiness) or fainting.



Breastfeeding

Breastmilk is the safest and most complete food for infants during the first six months of life. Breastfeeding newborns within one hour of birth provides them with colostrum (the yellowish first milk), which increases their immunity to disease. Infants should be breastfed only (also known as exclusive breastfeeding) until they are six months of age. Children aged six months to two years should be fed nutritious foods (*jaulo, khicdi, lito, haluwa*) as well as breastmilk.



Survey findings

- Six out of 10 babies are exclusively breastfed for the first six months of life.



- Three out of 10 children are breastfed within one hour of birth.



HEALTHY LIVES FOR CHILDREN

Immunization against diseases

Immunization protects against several serious diseases. A child who is not immunized is much more likely to fall sick, to become permanently disabled or undernourished, and even to die. As the first year of life is critical for the newborn, every child should complete the recommended course of immunizations by the time given in the table below (also known as the prescribed period). The vaccinations shown below are available free at health facilities.

Immunization chart

Age	Immunization	Prevention against
At birth to within 1 year	BCG	Tuberculosis
6 weeks; 10 Weeks; 14 Weeks;	DPT–Hep B–Hib B	Diphtheria, tetanus, pertussis, hepatitis B and pneumonia caused by pneumococci bacteria
6 weeks; 10 Weeks; 14 Weeks;	Polio	Polio
9 months (within 1 year)	Measles	Measles
12–23 months (only in districts affected by Japanese encephalitis)	Japanese encephalitis	Japanese encephalitis

Survey findings

- Six out of 10 children aged 12-23 months are fully immunised against childhood disease.



What I can do

- Explain the benefits of immunization and the prescribed periods to new parents.



- Ensure that children in your family who are under one year of age are fully immunized.



- Spread the word about the importance of immunization in your community.



Birth registration

Every child's birth must be registered. Registering a child's birth helps to ensure his or her right to nationality, education, health care, and other legal and social services. Birth registration is also a vital step in protection from abuse and exploitation. Birth registration is free and can be done easily at VDC and ward offices.



Why birth registration is important

- It gives every child the right to an identity.
- It provides the basis for receiving citizenship.
- It is a legal way to prove your age.
- It makes it easier to get other facilities offered by the state.

Survey findings

- Four out of 10 children are birth registered.



- Three out of 10 children in the Hills are birth registered.



What I can do

- ▶ Ask your parents if your own birth and those of your siblings are registered, and make them aware of its importance.



- ▶ Go to your VDC or ward office to register your own birth and those of other children in your family.



- ▶ Spread the message about the importance of birth registration amongst your friends and community.



VIOLENCE AGAINST CHILDREN

Juvenile discipline

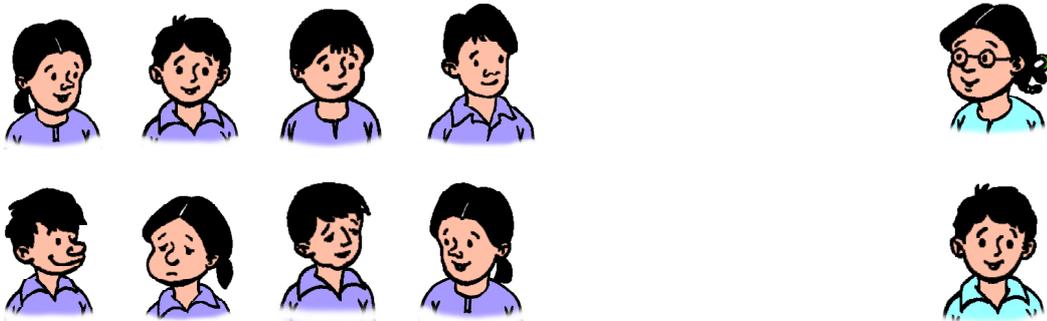
Children must be protected from all forms of violence, abuse and exploitation.

Juvenile discipline encompasses physical torture, abuse, sexual violence, trafficking and harmful traditional practices such as *chhaupadi* and child marriage.

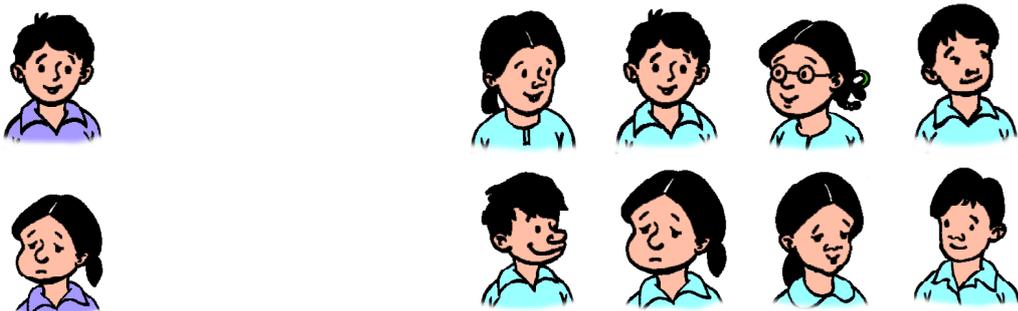


Survey findings

- Eight out of 10 children aged 2–14 years are punished by their elders.



- Two out of 10 children aged 2–14 years have received harsh corporal punishment from their elders.



What I can do

- Report any incident of violence against yourself to parents, guardians or teachers without hiding anything.



- Openly discuss with friends and siblings the corporal punishment, abuse and harmful practices at school or at home.

- Take part in campaigns to eliminate corporal punishment and violence towards children.



HARMFUL PRACTICES AMONG GIRLS AND WOMEN

Menstruation and *chhaupadi*

Women in Nepal are considered 'impure' or 'unclean' during their menstrual periods. This is a serious form of discrimination, and is against the human rights of women and adolescent girls. It can also have negative impacts on their health and education.

Many religious and cultural practices associated with it are only superstitions and can be harmful. For example, the custom, known as the *chhaupadi*, of keeping women and adolescent girls in an animal shed or *chhaughar* outside the home for five days during menstruation is a form of cultural and social taboo that can be extremely harmful for women and adolescent girls.

Menstruation is a natural phenomenon. Nevertheless, hygiene is very important, and clean, soft cloths or sanitary napkins should be used by women and adolescent girls during their menstruation.



Survey findings

- Two out of 10 women and adolescent girls live in a separate house (*chhaupadi*) during their menstrual periods.



- Three out of 10 women and adolescent girls in the Far Western Mountains and Hills eat different food during their menstrual periods.



- One out of 10 women and adolescent girls in the Mountains and Hills do not go to school or work during their menstrual periods.



What I can do

- Educate all members of the family about menstruation.



- Go to school during menstruation and also encourage friends to go to school during menstruation.

- Encourage family members and the community not to discriminate against girls and women during their menstrual periods.



- Discuss the eradication of neagative practices associated with menstruation in your community and take part in campaign to raise awareness.

- Encourage women and adolescent girls to eat nutritious food during their menstrual periods, and advise family members to give nutritious food to menstruating women and adolescent girls.

Early learning and development

Education plays a key role in our overall development. Timely enrolment in school is critical for child development. In Nepal, basic education (up to Grade 8) is free in community schools, and basic education has been made compulsory. Similarly, free textbooks are provided up to Grade 10. Scholarships are also provided up to Grade 10 for all Dalits, girls and differently-abled children.



Survey findings

- Seven out of 10 women aged 15–24 years are literate.



- Seven out of 10 children of primary-school age are attending primary school.



- Seven out of 10 children of secondary-school age in urban areas are attending secondary school.



- Five out of 10 children of secondary-school age in rural areas are attending secondary school.



What I can do

- Try to encourage all out-of-school friends to enrol in school. Also, advise children enrolled in school not to drop out.



- Help to ensure all children in your village attend school at the level appropriate to their age.
- Spread the message about the importance of education and its benefits.



Annex: List of Indicators by Subregion *

Indicators	Subregion						
	Total	Mid Western Mountains (%)	Mid Western Hills (%)	Mid Western Terai (%)	Far Western Mountains (%)	Far Western Hills (%)	Far Western Terai (%)
Water for Health							
Use of improved drinking water source	83	82	77	85	70	74	99
Hygiene and Sanitation							
Use of Improved sanitation facilities	36	46	35	36	22	41	34
Soap and water available at place for handwashing	51	27	37	69	41	32	73
Availability of soap in the household	88	66	87	91	77	87	95
HIV and AIDS							
Comprehensive knowledge about HIV prevention among young people (15-24 years)	34	23	39	34	19	24	41
Marriage and Pregnancy							
Marriage before the age of 15 years	16	19	16	18	20	15	12
Young women aged 15-19 years currently married/in union	26	35	27	25	32	27	23
Contraceptive prevalence	52	44	53	57	34	34	65
Skilled attendance at delivery	29	12	27	41	9	22	41
Institutional delivery	30	13	25	44	12	22	44
Antenatal care visits	40	21	32	45	32	41	59

Care of Newborn									
Newborn wrapped in a separate cloth	88	78	98	88	78	83	90		
Newborn first bathed after 24 hours	36	29	23	33	31	69			
Harmful Practices among Girls	19	52	8	4	47	15			
Stay in separate, specific house (chhaupadi) during menstrual period									
Caring of Children									
Exclusive breastfeeding	64	49	65	71	55	54	72		
Children who were breastfed within one hour of birth	28	45	24	14	45	28	33		
Child protection									
Birth registration	42	76	27	52	38	33	50		
Violence against children									
Child discipline	83	81	85	83	81	85	80		
Building a Better Future									
Primary school net attendance ratio (adjusted)	74	70	72	72	73	84	72		
Secondary school net attendance ratio (adjusted)	56	43	56	57	50	53	60		
Gender Parity Index (primary school)	0.98	0.96	0.94	1.09	0.99	0.94	1		
Gender Parity Index (secondary school)	0.90	0.68	0.88	1.05	0.75	0.84	0.94		

***Subregions:**

Mid-Western Mountains: Dolpa, Jumla, Kalikot, Mugu, Humla

Mid-Western Hills: Pyuthan, Rolpa, Rukum, Salyan, Surkhet, Dailekh, Jajarkot

Mid-Western Terai: Dang, Banke, Bardiya

Far Western Mountains: Bajura, Bajhang, Darchula

Far Western Hills: Achham, Doti, Dadeidhura, Baitadi

Far Western Terai: Kailali, Kanchanpur

