The 2011 Nepal Demographic and Health Survey (NDHS) provides up-to-date information on the population and health situation in Nepal. The 2011 NDHS is the fourth national Demographic and Health Survey conducted in the country. Repeated surveys allow for an analysis of trends over time. The survey is based on a nationally representative sample. It provides estimates at the national, ecological zone, developmental region, and in some cases, subregional levels.

### Number interviewed and Response rate

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
<th>Response Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Households</td>
<td>10,826</td>
<td>99%</td>
</tr>
<tr>
<td>Women 15-49</td>
<td>12,674</td>
<td>98%</td>
</tr>
<tr>
<td>Men 15-49</td>
<td>4,121</td>
<td>95%</td>
</tr>
</tbody>
</table>

### Trends in Fertility

Births per woman for the 3 years before the survey

<table>
<thead>
<tr>
<th>Year</th>
<th>1996 NFHS</th>
<th>2001 NDHS</th>
<th>2006 NDHS</th>
<th>2011 NDHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Births per woman</td>
<td>4.6</td>
<td>4.1</td>
<td>3.1</td>
<td>2.6</td>
</tr>
</tbody>
</table>

### Trends in Use of Family Planning

Percent of married women currently using a method of family planning

<table>
<thead>
<tr>
<th>Method</th>
<th>Any modern method</th>
<th>Female sterilization</th>
<th>Male sterilization</th>
<th>Any traditional method</th>
</tr>
</thead>
<tbody>
<tr>
<td>1996 NFHS</td>
<td>35%</td>
<td>18%</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>2001 NDHS</td>
<td>44%</td>
<td>15%</td>
<td>6%</td>
<td>4%</td>
</tr>
<tr>
<td>2006 NDHS</td>
<td>43%</td>
<td>18%</td>
<td>8%</td>
<td>7%</td>
</tr>
<tr>
<td>2011 NDHS</td>
<td>26%</td>
<td>15%</td>
<td>6%</td>
<td>4%</td>
</tr>
</tbody>
</table>

* Includes users of vaginal methods

### Trends in Household Electricity

Percent of households with electricity

<table>
<thead>
<tr>
<th>Year</th>
<th>1996 NFHS</th>
<th>2001 NDHS</th>
<th>2006 NDHS</th>
<th>2011 NDHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent</td>
<td>18%</td>
<td>25%</td>
<td>51%</td>
<td>76%</td>
</tr>
</tbody>
</table>

### Trends in Education

Percent of women and men age 15-49 who have completed secondary school or beyond

<table>
<thead>
<tr>
<th>Year</th>
<th>1996 NFHS</th>
<th>2001 NDHS</th>
<th>2006 NDHS</th>
<th>2011 NDHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>4%</td>
<td>9%</td>
<td>13%</td>
<td>20%</td>
</tr>
<tr>
<td>Men</td>
<td>13%</td>
<td>20%</td>
<td>32%</td>
<td>33%</td>
</tr>
</tbody>
</table>

* Men age 15-59

### Trends in Maternal Health Care

Percent of women 15-49 with a live birth in the 5 years* before the survey

<table>
<thead>
<tr>
<th>Year</th>
<th>1996 NFHS</th>
<th>2001 NDHS</th>
<th>2006 NDHS</th>
<th>2011 NDHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Received ANC from a skilled provider</td>
<td>24%</td>
<td>28%</td>
<td>58%</td>
<td>36%</td>
</tr>
<tr>
<td>Delivered with assistance from a skilled provider</td>
<td>9%</td>
<td>11%</td>
<td>19%</td>
<td>36%</td>
</tr>
</tbody>
</table>

* 1996 figures based on the 3 years before the survey

### Trends in Childhood Mortality

Deaths per 1,000 live births

<table>
<thead>
<tr>
<th>Year</th>
<th>1996 NFHS</th>
<th>2001 NDHS</th>
<th>2006 NDHS</th>
<th>2011 NDHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant mortality</td>
<td>79%</td>
<td>64%</td>
<td>48%</td>
<td>46%</td>
</tr>
<tr>
<td>Under-five mortality</td>
<td>118%</td>
<td>91%</td>
<td>61%</td>
<td>54%</td>
</tr>
</tbody>
</table>

### Trends in Vaccination Coverage

Percent of children age 12-23 months who have received all basic vaccinations (BCG, measles, and 3 doses each of DPT and polio)

<table>
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<tr>
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<th>2006 NDHS</th>
<th>2011 NDHS</th>
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</thead>
<tbody>
<tr>
<td>Percent</td>
<td>43%</td>
<td>66%</td>
<td>83%</td>
<td>87%</td>
</tr>
</tbody>
</table>

### Trends in Fertility

Births per woman for the 3 years before the survey

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<tr>
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For additional information on the results of the 2011 Nepal Demographic and Health Survey, please contact:

**In Nepal:**
Population Division, Ministry of Health and Population, Ramshahpath, Kathmandu, Nepal
Telephone: (977-1) 4262987
Website: www.mohp.gov.np

**or**
New ERA Ltd.
P.O. Box 722, Kathmandu, Nepal
Telephone: (977-1) 4413603
Website: www.newera.com.np

**In USA:**
MEASURE DHS, ICF International
11785 Beltsville Drive
Calverton, MD 20705 USA
Telephone: 301-572-0200
Fax: 301-572-0999
Website: www.measuredhs.com

The 2011 Nepal Demographic and Health Survey (NDHS) was implemented by New ERA under the aegis of the Ministry of Health and Population. ICF International provided technical assistance for the survey through the USAID-funded MEASURE DHS program. Funding for the NDHS was received from USAID/Nepal.
### Fertility

<table>
<thead>
<tr>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
<th>Mountain</th>
<th>Hill</th>
<th>Terai</th>
<th>Eastern</th>
<th>Central</th>
<th>Western</th>
<th>Mid-western</th>
<th>Far-western</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total fertility rate</td>
<td>2.6</td>
<td>1.6</td>
<td>2.8</td>
<td>3.4</td>
<td>2.6</td>
<td>2.5</td>
<td>2.5</td>
<td>2.5</td>
<td>3.2</td>
<td>2.8</td>
</tr>
<tr>
<td>Women age 15–19 who are mothers or now pregnant (%)</td>
<td>17</td>
<td>9</td>
<td>18</td>
<td>17</td>
<td>16</td>
<td>18</td>
<td>16</td>
<td>17</td>
<td>20</td>
<td>15</td>
</tr>
<tr>
<td>Median age at first marriage for women age 25–49 (years)</td>
<td>17.5</td>
<td>18.5</td>
<td>17.4</td>
<td>17.4</td>
<td>18.0</td>
<td>17.2</td>
<td>18.7</td>
<td>17.0</td>
<td>17.7</td>
<td>17.1</td>
</tr>
<tr>
<td>Median age at first intercourse for women age 25–49 (years)</td>
<td>17.7</td>
<td>18.6</td>
<td>17.5</td>
<td>17.5</td>
<td>18.2</td>
<td>17.3</td>
<td>18.9</td>
<td>17.2</td>
<td>17.8</td>
<td>17.3</td>
</tr>
<tr>
<td>Median age at first birth for women age 25–49 (years)</td>
<td>20.2</td>
<td>20.7</td>
<td>20.1</td>
<td>20.4</td>
<td>20.6</td>
<td>19.9</td>
<td>21.1</td>
<td>20.0</td>
<td>20.1</td>
<td>19.7</td>
</tr>
<tr>
<td>Married women (age 15–49) wanting no more children (%)</td>
<td>73</td>
<td>73</td>
<td>73</td>
<td>75</td>
<td>76</td>
<td>70</td>
<td>70</td>
<td>73</td>
<td>76</td>
<td>72</td>
</tr>
<tr>
<td>Mean ideal number of children for women 15–49</td>
<td>2.1</td>
<td>1.9</td>
<td>2.2</td>
<td>2.2</td>
<td>2.0</td>
<td>2.2</td>
<td>2.1</td>
<td>2.2</td>
<td>2.2</td>
<td>2.2</td>
</tr>
</tbody>
</table>

### Family Planning

- Current use of any modern method (currently married women 15–49) (%)  
  - Total: 43  
  - Urban: 50  
  - Rural: 42

- Currently married women with an unmet need for family planning (%)  
  - Total: 27  
  - Urban: 20  
  - Rural: 28

### Maternal and Child Health

#### Maternity care (women who gave birth in past 5 years)

- Received antenatal care from a skilled provider (%)  
  - Total: 58  
  - Urban: 88  
  - Rural: 55

- Births assisted by a skilled provider (%)  
  - Total: 36  
  - Urban: 73  
  - Rural: 32

- Births delivered in a health facility (%)  
  - Total: 35  
  - Urban: 71  
  - Rural: 32

#### Child vaccination

- Children 12–23 months fully vaccinated (%)  
  - Total: 87  
  - Urban: 90  
  - Rural: 87

### Nutrition

- Children <5 years who are stunted (moderate or severe) (%)  
  - Total: 41  
  - Urban: 27  
  - Rural: 42

- Children <5 years who are wasted (moderate/severe) (%)  
  - Total: 11  
  - Urban: 8  
  - Rural: 11

- Children <5 years who are underweight (moderate/severe) (%)  
  - Total: 29  
  - Urban: 17  
  - Rural: 30

- Median duration of any breastfeeding (months)  
  - Total: 33.6  
  - Urban: 31.1  
  - Rural: 33.9

- Median duration of exclusive breastfeeding (months)  
  - Total: 4.2  
  - Urban: 3.4  
  - Rural: 4.3

- Prevalence of anemia in children 6-59 months (%)  
  - Total: 87  
  - Urban: 90  
  - Rural: 87

- Prevalence of anemia in women age 15-49 (%)  
  - Total: 35  
  - Urban: 28  
  - Rural: 36

### Childhood Mortality

- Number of deaths per 1,000 births:  
  - Infant mortality (between birth and first birthday)  
    - Total: 46  
    - Urban: 38  
    - Rural: 55

- Under-five mortality (between birth and fifth birthday)  
  - Total: 54  
  - Urban: 45  
  - Rural: 64

### HIV and AIDS-related Knowledge and Behavior

- Has heard of AIDS (%) (women/men)  
  - Total: 86/97  
  - Urban: 95/99  
  - Rural: 85/96

- Knows ways to reduce the risk of getting HIV:  
  - Using condoms (%) (women/men)  
    - Total: 74/89  
    - Urban: 85/90  
    - Rural: 73/89

- Limiting sex to one uninfected partner (%) (women/men)  
  - Total: 79/89  
  - Urban: 88/91  
  - Rural: 77/89

- Knows breast feeding and breastfeeding AND the risk of MTCT can be reduced by mother taking special drugs during pregnancy (%) (women/men)  
  - Total: 27/29  
  - Urban: 25/21  
  - Rural: 27/31

- Ever been tested for HIV and received results (%) (women/men)  
  - Total: 5/14  
  - Urban: 8/17  
  - Rural: 5/14

### Women's Experience of Violence

- Ever experienced physical violence since age 15 (women 15–49) (%)  
  - Total: 22  
  - Urban: 19  
  - Rural: 22

- Ever experienced physical or sexual violence committed by a husband/partner (ever-married women 15–49) (%)  
  - Total: 28  
  - Urban: 25  
  - Rural: 29

### Education of Respondents

- Respondents with secondary education and above (%) (women 15-49/men 15-49)  
  - Total: 18/32  
  - Urban: 38/52  
  - Rural: 15/28

- Literacy (%) (women/men)  
  - Total: 67/87  
  - Urban: 83/95  
  - Rural: 64/85