

# Nepal

Partnering with the government and communities, Helen Keller Intl has played a catalytic role in shaping Nepal's health and nutrition policies and programs that benefit millions of women and children. By piloting innovations at scale and strengthening local partnerships, we have helped the government advance equitable, resilient systems that reach those most at risk. We are a trusted partner in scaling up multisector nutrition programs and are currently supporting the government's efforts to transition from iron-folic acid to multiple micronutrient supplementation for pregnant women.



Number of staff: **41**  
People reached annually: **340,300**



Office opened: **1988**  
Operating budget: **\$4.1 million**

## Challenges



Nationally, about 8% of children below 5 years of age are wasted, with rates in some provinces reaching double the national average.



Over 40% of pregnant women are anemic, causing the risk of low birthweight babies.



Nearly 1 in 2 children aged 6–23 months don't eat a nutritionally adequate diet.

## Where We Work



• Lumbini

• Madhesh

## Our Solutions

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Collaborate with local governments to provide community-level malnutrition screenings and treatment, including the distribution of supercereals to children with moderate malnutrition.



Provide multiple micronutrient supplements to pregnant women to help reduce anemia and the risk of low birthweight.



Partner with mothers and caregivers to promote diverse, nutritious diets for children.



## Our Impact

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- ✓ Screened more than 171,500 children under the age of 5 for malnutrition and provided treatment to 90% of those identified as having moderate or severe malnutrition.
- ✓ Completed a study on the use and acceptance of multiple micronutrient supplements compared to standard iron-folic acid, helping Nepal improve nutrition for pregnant women.
- ✓ Counseled nearly 162,800 mothers and caregivers on nutrition best practices, including providing hands-on cooking demonstrations.

**Key Partners:** The Church of Jesus Christ of Latter-day Saints, World Diabetes Foundation, Eleanor Crook Foundation

## About Helen Keller Intl

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Guided by our founder's remarkable legacy, Helen Keller Intl works to improve the lives of people around the world by protecting vision, enhancing nutrition, and fighting disease. Working in 20 countries—across Africa, Asia, Europe, and the United States—we help families grow and eat nutritious food, stave off malnutrition, strengthen their immune systems, access life-saving medical treatments, avoid blindness, and protect their vision. Together, with a global community of supporters, we're building a world where every person can live a healthy life filled with potential.

## Contact Information

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**Pooja Pandey Rana**  
Country Director



[ppandey@hki.org](mailto:ppandey@hki.org)