PAKISTAN
Child Stunting and Overweight
Key figures and trends

MAY 2025

STUNTING

Progress towards World Health Assembly (WHA) Global Nutrition **stunting target.**

- Prevalence of stunting among children under five years fell between 2012 and 2022 but remains *very high*.
- Rates in Pakistan remain above the UN regional average for Southern Asia.
- Despite progress, Pakistan remains off-track from the WHA target for child stunting, with a **gap of 6.8** between projection and target.

WHA Global Nutrition Stunting Target 2012-2025

Achieve a **40%** reduction in the number of children under-5 who are stunted

Figure 1: Under-five stunting prevalence, Pakistan, 2005-2022 and projected to 2025
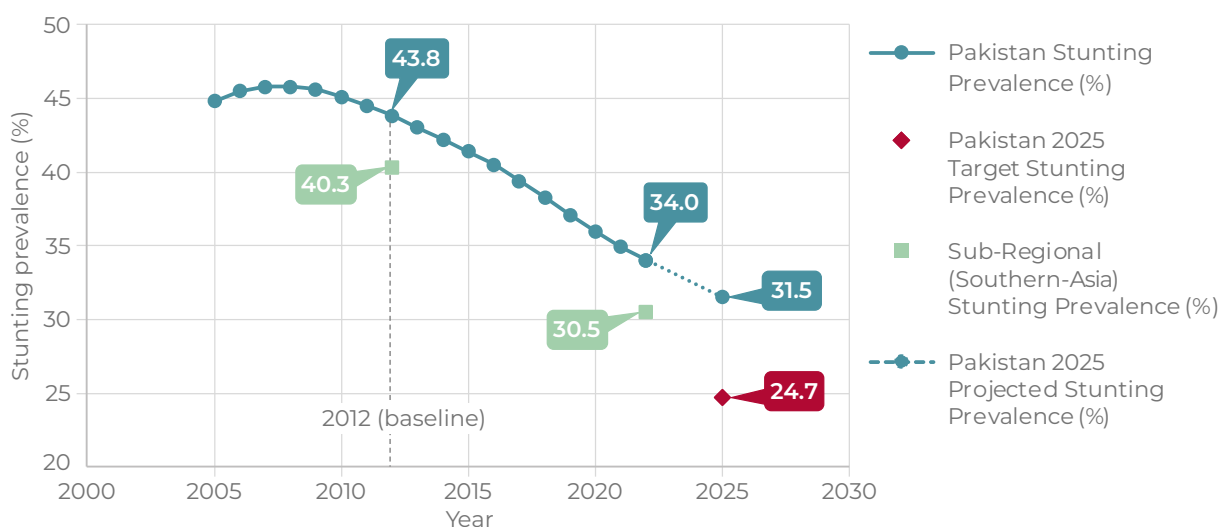
Table 1: Under-five (U5) Stunting Data Profile, Pakistan

Key Indicator	Value
Baseline Prevalence 2012 (%)	43.8
Baseline U5 Population 2012 (millions)	30.2
Baseline Stunting Burden 2012 (millions)	13.2
Current Prevalence 2022 (%)	34.0
Current U5 Population 2022 (millions)	31.5
U5 Population Growth Rate 2012-2022 (%)	4.5
Current AARR* (2012-2022)	2.6
Projected Prevalence 2025 (%)	31.5
Target Stunting Burden 2025 (millions)	7.9
Projected U5 Population 2025 (millions)	32.1
Target Prevalence 2025 (%)	24.7
Required AARR (2012-25)	4.4
Classification of Country's Progress	Off track – some progress

*AARR = Average Annual Rate of Reduction

OVERWEIGHT

Progress towards World Health Assembly (WHA) Global Nutrition **overweight target.**

- Prevalence of overweight among children under five years old fell between 2012 and 2022, remaining at a *low* level.

- Rates in Pakistan have gone from above to slightly below the UN regional average for Southern Asia.

- Pakistan is on-track to meet the WHA target for child overweight, and to decrease from *low* to *very low* levels, with projected 2025 rate **2.3 below** target.

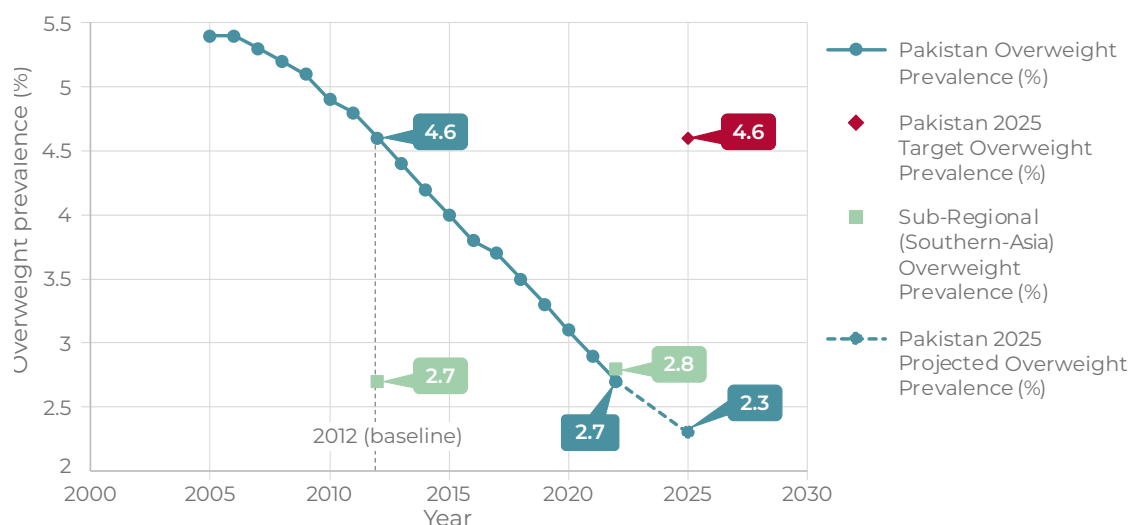**Figure 2:** Under-five overweight prevalence, Pakistan, 2005-2022 and projected to 2025

Table 2: Under-five (U5) Overweight Data Profile, Pakistan

Key Indicator	Value
Baseline Prevalence 2012 (%)	4.6
Current Prevalence 2022 (%)	2.7
Current AARR* (2012-2022)	5.1
Projected Prevalence 2025 (%)	2.3
Target Prevalence 2025 (%)	4.6
Required AARR (2012-25)	0.0
Classification of Progress	On track

*AARR = Average Annual Rate of Reduction

Data sources: Joint Malnutrition Estimates for stunting and overweight prevalences. Population from United Nations World Population Prospects. Classifications of progress are aligned with UNICEF methodology and determined by current AARR thresholds.

For more detail please see: Aggarwal, A, and Mishra NR. Progress on Selected World Health Assembly Nutrition Targets in Twelve Countries. Global Alliance for Improved Nutrition (GAIN). Working Paper #52. Geneva, Switzerland, 2025. DOI: https://doi.org/10.36072/wp.52

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