**Universal health coverage: At the centre of the health goal**

The goal of universal health coverage (UHC) is that all people and communities receive the health care they need, without suffering financial hardship. Monitoring UHC requires measuring health service coverage and financial protection (SDG target 3.8).

**HEALTH SERVICES COVERAGE**

The summary measure of essential health services coverage, service coverage index of 16 indicators in four main areas: (1) reproductive, maternal, newborn and child health; (2) infectious diseases; (3) noncommunicable diseases; (4) service capacity, access and health security.

**FINANCIAL PROTECTION**

Financial protection is measured through two indicators: (1) impoverishment, and (2) catastrophic health expenditure.

**Out-of-pocket expenditure**

In most cases, high percentage of out-of-pocket expenditure out of the total health expenditure is associated with low financial protection.

**Public spending on health**

is determined by the capacity of the government to raise revenues and the level of priority it attaches to the health sector.

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**2019 Health SDG Profile: Nepal**

<table>
<thead>
<tr>
<th>Population (000s)</th>
<th>28 609</th>
</tr>
</thead>
<tbody>
<tr>
<td>Urban population</td>
<td>20.2%</td>
</tr>
<tr>
<td>Poverty (ppp &lt; $1.90 a day)</td>
<td>15.0%</td>
</tr>
<tr>
<td>GDP per capita (Current US$)</td>
<td>1025.8</td>
</tr>
<tr>
<td>Current health expenditure as share of GDP</td>
<td>6.3%</td>
</tr>
</tbody>
</table>

**Monitoring the health SDG goal: Indicators of overall progress**

Life expectancy at birth

- Male: 68.8
- Female: 71.6

Life expectancy measures how long people will live and is an indication of overall mortality of a country's population. Lost healthy life expectancy (HALE) represents equivalent year(s) of full health lost through years lived with morbidity and disability. Although females live longer, lost HALE is longer as well, on average 1.2 years or 14.5% more than males.

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**Reproductive, maternal, newborn and child health**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Coverage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family planning coverage</td>
<td>56</td>
</tr>
<tr>
<td>Pregnancy and delivery care</td>
<td>64</td>
</tr>
<tr>
<td>Child immunization coverage (DTP3)</td>
<td>80</td>
</tr>
<tr>
<td>Care seeking behaviour suspected pneumonia</td>
<td>85</td>
</tr>
</tbody>
</table>

**Infectious diseases**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Coverage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuberculosis (effective) treatment Coverage</td>
<td>64</td>
</tr>
<tr>
<td>HIV antiretroviral therapy coverage</td>
<td>49</td>
</tr>
<tr>
<td>Insecticide-treated bednets/IRS coverage for malaria prevention</td>
<td>100</td>
</tr>
<tr>
<td>Access to basic sanitation (%)</td>
<td>46</td>
</tr>
</tbody>
</table>

**Noncommunicable diseases**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Coverage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevalence of normal fasting glucose level</td>
<td>83</td>
</tr>
<tr>
<td>Prevalence of normal blood pressure</td>
<td>70</td>
</tr>
<tr>
<td>Cervical cancer screening</td>
<td>69</td>
</tr>
</tbody>
</table>

**Service capacity, access and health security**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Coverage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Density of hospital beds, expressed as % of global threshold, 18/10 000</td>
<td>17</td>
</tr>
<tr>
<td>Health worker density, expressed as % of global threshold, 44.5/10 000</td>
<td>76</td>
</tr>
<tr>
<td>Access to essential medicines</td>
<td>72</td>
</tr>
<tr>
<td>Health security: IHR compliance</td>
<td>23</td>
</tr>
</tbody>
</table>

**UHC services coverage index of essential health services**

To provide a summary measure of coverage, an index of national service coverage is computed by averaging service coverage values across the 16 tracer indicators. The UHC coverage index ranges from 0% to 100%, with 100% implying full coverage across a range of services.
Equity status and trends: Variation by income, geographical location and education*

*There are many dimensions of equity, including but not limited to examples based on income, geographical location, and education presented here but also age, sex, race, and others. SDG 17.18 emphasizes the need for disaggregated data to facilitate better measurement of inequalities.

Health service delivery

NCD risk factors

SDG 3: Health targets
### Communicable diseases (SDG target 3.3)

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Year</th>
<th>Nepal</th>
<th>Regional estimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of people requiring interventions against neglected tropical diseases²⁸</td>
<td>2016</td>
<td>16,062,081</td>
<td>73,300,000</td>
</tr>
<tr>
<td>Hepatitis B surface antigen prevalence among children under 5 years²⁸ (%)</td>
<td>2015</td>
<td>0.31</td>
<td>0.26</td>
</tr>
</tbody>
</table>

### Noncommunicable diseases and injuries

<table>
<thead>
<tr>
<th>Indicators</th>
<th>SDG Target</th>
<th>Year</th>
<th>Nepal</th>
<th>Regional estimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Probability of dying from any of CVD,cancer, diabetes,CRD between age 30 and age 70²⁹ (%)</td>
<td>3.4.1</td>
<td>2016</td>
<td>21.8</td>
<td>23.1</td>
</tr>
<tr>
<td>Suicide mortality rate²⁸ (per 100 000 population)</td>
<td>3.4.2</td>
<td>2016</td>
<td>8.8</td>
<td>13.2</td>
</tr>
<tr>
<td>Total alcohol per capita (age 15+ years) consumption²⁸</td>
<td>3.5.2</td>
<td>2016</td>
<td>2.0</td>
<td>4.5</td>
</tr>
<tr>
<td>Road traffic mortality rate²⁸ (per 100 000 population)</td>
<td>3.6.1</td>
<td>2016</td>
<td>15.9</td>
<td>20.7</td>
</tr>
</tbody>
</table>

### Sexual and reproductive health

- Proportion of married or in-union women of reproductive age who have their need for family planning satisfied with modern methods²⁹: 3.7.1 | 2016 | 56.1 | 71.4 |
- Adolescent birth rate²⁹ (per 1000 women aged 15 to 19 years): 3.7.2 | 2016 | 88 | 33.0 |

### Mortality due to environmental pollution

- Age-standardized mortality rate attributed to household and ambient air pollution²² (per 100 000 population): 3.9.1 | 2016 | 193.8 | 165.8 |
- Mortality rate attributed to exposure to unsafe WASH services²² (per 100 000 population): 3.9.2 | 2016 | 19.8 | 15.4 |
- Mortality rate attributed to unintentional poisoning²² (per 100 000 population): 3.9.3 | 2016 | 0.4 | 1.8 |

### Tobacco use

- Prevalence of tobacco use among 15-64 years old²²- Female: 3.a.1 | 2013 | 14.1 | - |
- Prevalence of tobacco use among 15-64 years old²²- Male: 3.a.1 | 2013 | 48.1 | - |

### Essential medicines and vaccines

- DTP3 immunization coverage among 1-year-olds: 3.b.1 | 2017 | 90 | 88 |
- MCV2 immunization coverage by the nationally recommended age²⁸: 3.b.1 | 2017 | 59 | 77 |
- PCV3 immunization coverage among 1-year olds²⁸: 3.b.1 | 2017 | 80 | 12 |
- Total net official development assistance to medical research and basic health per capita²⁸ (constant 2014 US$): 3.b.2 | 2017 | 2.09 | 0.6 |
- Proportion of health facilities that have a core set of relevant essential medicines available and affordable on a sustainable basis: 3.b.3 | 2016 | - | - |

### Health workforce

- Health worker density²⁴ (per 10 000 population): 3.c.1 | 2017 | 33.5 | - |

### National and global health risks

- International Health Regulations Core Capacity Index²⁴: 3.d.1 | 2018 | 23 | 56 |

**Note:** A dash (-) implies relevant data are not available

### General government health expenditure

<table>
<thead>
<tr>
<th>Indicators</th>
<th>SDG target</th>
<th>Year</th>
<th>Nepal</th>
<th>Regional estimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domestic general government health expenditure as percentage of general government expenditure* (%)</td>
<td>1.a</td>
<td>2016</td>
<td>5.3</td>
<td>6.7</td>
</tr>
</tbody>
</table>

#### Child nutrition

- Children under 5 years who are stunted⁶: 2.2.1 | 2016 | 35.8 | 33 |
- Children under 5 years who are wasted⁶: 2.2.2 | 2016 | 9.7 | 15.2 |
- Children under 5 years who are overweight⁶: 2.2.3 | 2016 | 1.2 | 3.4 |

#### Intimate Partner Violence

- Proportion of ever-partnered women and girls aged 15 yrs and older subjected to physical, sexual or psychological violence by a current or former intimate partner in previous 12 months²⁹: 5.2 | 2009-2017 | 11 | - |

#### Drinking water services and sanitation

- Proportion of population using safely managed drinking-water services²⁵ (%) | 6.1 | 2015 | 27 | - |
- Proportion of population using safely managed sanitation services (%) | 6.2 | 2015 | - | - |
- Amount of water- and sanitation-related official development assistance that is part of a government-coordinated spending plan (constant 2016 US$ millions) | 6.3 | 2017 | 172.21 | 1484.41 |

#### Clean household energy

- Proportion of population with primary reliance on clean fuels²⁵ (%) | 7.1 | 2017 | 29 | 45 |

#### Ambient air pollution

- Annual mean concentrations of fine particulate matter (PM2.5) in urban areas²³ (µg/m³) | 11.6.2 | 2016 | 94.3 | 57.3 |

#### Homicide and conflicts

- Mortality rate due to homicide²⁶ (per 100 000 population) | 16.1.1 | 2016 | 3.3 | 4.1 |

#### Birth registration

- Birth registration coverage⁶ | 16.9.1 | 2016 | 56.2 | - |

#### Cause-of-death data

- Completeness of cause-of-death data (%) | 17.19.2 | 2007 | - | 10 |

*Note: A dash (-) implies relevant data are not available*

### References

26. Country reported