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Nutrition

Nutritional status

There are three indicators on nutritional status: weight for age (underweight), height for age (stunting) and weight for height (wasting). They are calculated using as reference population the WHO Child Growth Standards.

- **Underweight prevalence** refers to the percentage of children under five whose weight is more than two standard deviations below the median of the reference population. These children are moderately or severely underweight.

- **Stunting prevalence** is the percentage of children under five whose height is more than two standard deviations below the median of the reference population. These children are moderately or severely stunted.

- **Wasting prevalence** is the percentage of children under five whose weight for height is more than two standard deviations below the median of the reference population. These children are moderately or severely wasted.

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight prevalence</td>
<td>22.6</td>
<td>18.7</td>
<td>24.2</td>
</tr>
<tr>
<td>Stunting prevalence</td>
<td>35.1</td>
<td>27.2</td>
<td>38.4</td>
</tr>
<tr>
<td>Wasting prevalence</td>
<td>7.9</td>
<td>7.6</td>
<td>8.1</td>
</tr>
</tbody>
</table>
Nutritional status by Wealth Index Quintiles

Nutritional status by State and Division
Exclusive breastfeeding rate

This is the percentage of children aged 0-5 months who received only breast milk (and, if applicable, vitamins, mineral supplements or medicine) in the 24 hours prior to interview. The estimate is based on the mother or primary caregiver’s report of the child’s consumption of foods and fluids.

<table>
<thead>
<tr>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>23.6</td>
<td>20.8</td>
<td>24.8</td>
</tr>
</tbody>
</table>
Children’s vitamin A supplementation in last 6 months

This is the percentage of children aged 6-59 months who received at least one high-dose vitamin A supplement in the six months prior to interview.

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>55.9</td>
<td>51.2</td>
<td>57.9</td>
</tr>
</tbody>
</table>
Low birth weight

This is the percentage of births in the two years prior to interview weighing less than 2,500 grams. The estimate is based on:

- If the infant was weighed at birth:
  - the child’s weight at birth as recorded from a health card
  - the mother’s recall of the weight

- If the child was not weighed at birth:
  - the mother’s assessment of the child’s size at birth (i.e. very small, smaller than average, average, larger than average, or very large).

The mother’s assessment of the child’s size at birth is included because many infants are not weighed at birth.

Only ever-married women were asked questions about childbirth, so the estimate is based only on infants born to women who were or had ever been married at the time of interview.

<table>
<thead>
<tr>
<th></th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>8.2</td>
<td>8.8</td>
</tr>
</tbody>
</table>

![Low Birth Weight map]
Low birth weight by Wealth Index Quintiles

Low birth weight by State and Division
Child Health

Use of oral rehydration therapy (ORT)

This is the percentage of children aged 0-59 months with diarrhoea in the previous two weeks who received oral rehydration salts and/or an appropriate household solution.

<table>
<thead>
<tr>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>66.3</td>
<td>77.1</td>
<td>61.8</td>
</tr>
</tbody>
</table>

Use of Oral Rehydration Therapy
Use of oral rehydration therapy by Wealth Index Quintiles

- Richest
- Fourth
- Middle
- Second
- Poorest
**Received ORT or increased fluids, and continued feeding**

This is the percentage of children aged 0-59 months with diarrhoea in the previous two weeks who

- received ORT (oral rehydration salts or an appropriate household solution) or received more fluids
- and continued eating somewhat less, the same or more food

<table>
<thead>
<tr>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>50.3</td>
<td>57.3</td>
<td>47.4</td>
</tr>
</tbody>
</table>
Received ORT or increased fluids, and continued feeding by Wealth Index Quintiles

- Richest
- Fourth
- Middle
- Second
- Poorest
Care seeking for suspected pneumonia

This is the percentage of children aged 0-59 months with suspected pneumonia in the previous two weeks who were taken to an appropriate health provider

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>69.3</td>
<td>74.4</td>
<td>67.3</td>
</tr>
</tbody>
</table>

Care seeking for suspected pneumonia by Wealth Index Quintiles

---

Richest

Fourth

Middle

Second

Poorest
Antibiotic treatment of suspected pneumonia

This is the percentage of children aged 0-59 months with suspected pneumonia in the previous two weeks who were treated with antibiotics.

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>34.2</td>
<td>34.8</td>
<td>34.0</td>
<td></td>
</tr>
</tbody>
</table>

Antibiotic treatment of suspected pneumonia by Wealth Index Quintiles
Environment

Use of improved water sources

This is the percentage of the population using any of the following types of water supply: piped water (into dwelling, yard or plot), public tap/standpipe, tube well/borehole, protected well, protected spring, or rainwater collection. Bottled water is considered as an improved water source only if the household uses an improved water source for other purposes, such as hand washing and cooking.

<table>
<thead>
<tr>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>82.3</td>
<td>93.2</td>
<td>77.6</td>
</tr>
</tbody>
</table>
Use of improved drinking water sources by Wealth Index Quintiles

- Richest
- Fourth
- Middle
- Second
- Poorest

Use of improved drinking water sources by State and Division

- Kachin
- Kayah
- Kayin
- Chin
- Mon
- Rakhine
- Shan (North)
- Shan (East)
- Ayeyarwaddy
- Bago (East)
- Bago (West)
- Magwe
- Mandalay
- Sagin
- Tanintharyi
- Yangon
**Water treatment**

This is the percentage of the population treating their water with any of the following methods: boiling, adding bleach or chlorine, using a water filter, or using solar disinfection.

<table>
<thead>
<tr>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>34.5</td>
<td>39.0</td>
<td>32.6</td>
</tr>
</tbody>
</table>
Water treatment by Wealth Index Quintiles

- Richest
- Fourth
- Middle
- Second
- Poorest

Water treatment by State and Division
Access to improved sanitation facilities

This is the percentage of the population who live in households with improved sanitation facilities. Improved sanitation facilities are:

- Piped sewer system
- Septic tank/pit
- Ventilated improved pit latrine
- Pit latrine with slab
- Composting toilet

<table>
<thead>
<tr>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>84.6</td>
<td>94.4</td>
<td>80.4</td>
</tr>
</tbody>
</table>
Access to improved sanitation facilities by Wealth Index Quintiles

- Richest
- Fourth
- Middle
- Second
- Poorest

Access to improved sanitation facilities by State and Division
Reproductive Health

Contraceptive prevalence

This is the percentage of ever-married women who currently utilise (or whose partner is using) any method of contraception, both modern and traditional methods.

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>46.0</td>
<td>51.3</td>
<td>43.7</td>
</tr>
</tbody>
</table>

Contraceptive Prevalence
Contraceptive prevalence by Wealth Index Quintiles

- Richest
- Fourth
- Middle
- Second
- Poorest

Contraceptive prevalence by State and Division
Antenatal care

This is the percentage of ever-married women with a birth in the previous two years who received antenatal care at least once from a skilled provider. Skilled providers are medical doctors, midwives or Lady Health Visitors/ nurses.

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>83.1</td>
<td>95.0</td>
<td>78.4</td>
</tr>
</tbody>
</table>
Content of antenatal care

This is the percentage of ever-married women with a birth in the previous two years who received any of the following services as part of antenatal care:

- Blood pressure measured
- Urine specimen taken
- Weight measured

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood pressure measured</td>
<td>80.1</td>
<td>94.3</td>
<td>74.4</td>
</tr>
<tr>
<td>Urine specimen taken</td>
<td>56.9</td>
<td>84.5</td>
<td>45.8</td>
</tr>
<tr>
<td>Weight measured</td>
<td>63.6</td>
<td>88.9</td>
<td>53.4</td>
</tr>
</tbody>
</table>

Content of antenatal care by Wealth Index Quintiles

![Bar chart showing the content of antenatal care by Wealth Index Quintiles]
Content of antenatal care by State and Division

- Blood pressure measured
- Urine specimen taken
- Weight measured
Skilled attendant at delivery

This is the percentage of ever-married women with a birth in the previous two years whose delivery was attended by a skilled birth attendant. Skilled attendants are medical doctors, midwives or Lady Health Visitors/ nurses.

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>70.6</td>
<td>89.6</td>
<td>63.0</td>
<td></td>
</tr>
</tbody>
</table>
Skilled attendant at delivery by Wealth Index Quintiles

- Richest
- Fourth
- Middle
- Second
- Poorest

Skilled attendant at delivery by State and Division

- Kachin
- Kayah
- Kayin
- Chin
- Mon
- Rakhine
- Shan (North)
- Shan (East)
- Shan (South)
- Ayeyarwaddy
- Bago (East)
- Bago (West)
- Magwe
- Mandalay
- Sagaing
- Tanintharyi
- Yangon
Institutional deliveries

This is the percentage of ever-married women with a birth in the previous two years who gave birth in a health facility, either government or private.

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>36.2</td>
<td>65.2</td>
<td>24.5</td>
</tr>
</tbody>
</table>
Institutional deliveries by Wealth Index Quintiles

Institutional deliveries by State and Division
Child Development

There are two indicators on child development, measuring adults’ engagement with children under five in activities that promote learning and mental development. These activities are:

- Reading books or looking at picture books with the child
- Telling stories to the child
- Singing songs with the child
- Taking the child outside the home, compound, yard or enclosure
- Playing with the child
- Spending time with the child
- Naming, counting, and/or drawing people, animals and things

Support for learning is the percentage of children under five with whom an adult member of the household had engaged in four or more activities to promote learning in the three days prior to interview.

Father’s support for learning is the percentage of children under five whose father had engaged in one or more of the above activities in the three days prior to interview.

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>Household members engaged in four or more activities</td>
<td>57.9</td>
<td>71.2</td>
<td>52.4</td>
</tr>
<tr>
<td>Father engaged in one or more activities</td>
<td>44.0</td>
<td>48.5</td>
<td>42.1</td>
</tr>
</tbody>
</table>
Support for learning by Wealth Index Quintiles

- Richest
- Fourth
- Middle
- Second
- Poorest

Support for learning by State and Division

- Household members engaged in four or more activities
- Father engaged in one or more activities
Education

Pre-school attendance

This is the percentage of children aged 36-59 months who are attending an organised early childhood education programme.

<table>
<thead>
<tr>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>22.9</td>
<td>39.1</td>
<td>15.9</td>
</tr>
</tbody>
</table>
Pre-school attendance by Wealth Index Quintiles

- Richest
- Fourth
- Middle
- Second
- Poorest

Pre-school attendance by State and Division

- Kachin
- Kayah
- Kayin
- Chin
- Mon
- Rakhine
- Shan (North)
- Shan (East)
- Shan (South)
- Ayeeyawaddy
- Bago (East)
- Bago (West)
- Magwe
- Mandalay
- Sagaing
- Thayetmyo
- Yangon
Net intake rate in primary education

This is the percentage of children aged five years who have entered grade one of primary school.

<table>
<thead>
<tr>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>74.4</td>
<td>77.4</td>
<td>73.3</td>
</tr>
</tbody>
</table>
**Net intake rate in primary education by Wealth Index Quintiles**

- Richest
- Fourth
- Middle
- Second
- Poorest

**Net intake rate in primary education by State and Division**

- Kachin
- Kayah
- Kayin
- Chin
- Mon
- Rakhine
- Shan (North)
- Shan (East)
- Shan (South)
- Ayeyarwaddy
- Bago (East)
- Bago (West)
- Magwe
- Mandalay
- Sagaing
- Tanintharyi
- Yangon
Primary school net attendance rate

This is the percentage of children of primary school age, which is five to nine years, who are attending primary or secondary school.

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>89.8</td>
<td>93.0</td>
<td>88.6</td>
</tr>
<tr>
<td>Female</td>
<td>90.6</td>
<td>92.9</td>
<td>89.8</td>
</tr>
<tr>
<td>Total</td>
<td>90.2</td>
<td>93.0</td>
<td>89.2</td>
</tr>
</tbody>
</table>
Primary school net attendance rate by Wealth Index Quintiles

Primary school net attendance rate by State and Division
Net primary completion rate

This is the percentage of children aged nine years who are in the last grade of primary school.

<table>
<thead>
<tr>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>54.2</td>
<td>66.6</td>
<td>49.6</td>
</tr>
</tbody>
</table>

Net Primary Completion Rate
Secondary school net attendance rate

This is the percentage of children of secondary school age, which is 10-15 years, who are attending secondary school or higher.

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>58.0</td>
<td>75.0</td>
<td>51.9</td>
</tr>
<tr>
<td>Female</td>
<td>58.6</td>
<td>77.0</td>
<td>52.0</td>
</tr>
<tr>
<td>Total</td>
<td>58.3</td>
<td>76.0</td>
<td>52.0</td>
</tr>
</tbody>
</table>
Net secondary school attendance rate by Wealth Index Quintiles

- Richest
- Fourth
- Middle
- Second
- Poorest

Net secondary school attendance rate by State and Division

- Kachin
- Kayah
- Kayin
- Chin
- Mon
- Shan (North)
- Shan (East)
- Shan (South)
- Ayeyarwaddy
- Bago (East)
- Bago (West)
- Magwe
- Mandalay
- Sagaing
- Tanintharyi
- Yangon

Legend:
- Male
- Female
- Total
Young female literacy

This is the percentage of young women aged 15-24 years who have secondary or higher education, or were able in a reading test to read a short, simple statement about everyday life.

<table>
<thead>
<tr>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>87.8</td>
<td>94.9</td>
<td>84.9</td>
</tr>
</tbody>
</table>
Child Protection

Birth registration

This is the percentage of children under five who have a birth certificate or whose birth is reported by the mother or caregiver to be registered with the authorities.

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>72.4</td>
<td>93.5</td>
<td>63.5</td>
</tr>
</tbody>
</table>
Birth registration by Wealth Index Quintiles

- Richest
- Fourth
- Middle
- Second
- Poorest

Birth registration by State and Division

- Kachin
- Kayah
- Karen
- Chin
- Mon
- Rakhine
- Shan (North)
- Shan (East)
- Shan (South)
- Ayeyawaddy
- Bago (East)
- Bago (West)
- Magwe
- Mandalay
- Sagaing
- Tanintharyi
- Yangon
Young women aged 15-19 currently married

This is the percentage of young women aged 15-19 who are currently married.

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-19</td>
<td>7.4</td>
<td>5.1</td>
<td>8.4</td>
</tr>
</tbody>
</table>
Young women aged 15-19 currently married by Wealth Index Quintiles

- Richest
- Fourth
- Middle
- Second
- Poorest

Young women aged 15-19 currently married by State and Division

- Kachin
- Kayah
- Kayin
- Chin
- Mon
- Rakhae
- Shan (North)
- Shan (East)
- Shan (South)
- Ayeyarwaddy
- Bago (East)
- Bago (West)
- Magwe
- Mandalay
- Sagaing
- Tanintharyi
- Yangon
Children not living with a biological parent

This is the percentage of children aged 0-17 years who are not living with a biological parent. The estimate includes both children whose parents have died and children whose parents are alive.

<table>
<thead>
<tr>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.4</td>
<td>6.6</td>
<td>5.0</td>
</tr>
</tbody>
</table>

Children Not Living With A Biological Parent

[Map showing distribution of children not living with a biological parent by region, with a legend indicating different percentage ranges.]
Children not living with a biological parent by Wealth Index Quintiles

Poorest

Second

Middle

Fourth

Richest

Children not living with a biological parent by State and Division

Kachin Kayah Kayin Chin Mon Monhne Shan (North) Shan (East) Shan (South) Ayeyawaddy Bago (East) Bago (West) Magwe Mandalay Sagaing Tanintharyai Yangon
Prevalence of orphans

This is the percentage of children aged 0-17 years, one or both of whose parents have died.

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.6</td>
<td>7.2</td>
<td>6.4</td>
<td></td>
</tr>
</tbody>
</table>

Prevalence of Orphans
HIV/AIDS Knowledge and Attitudes

Comprehensive knowledge of HIV transmission

This is the percentage of women aged 15-49 years who are able to identify two methods of prevention of HIV/AIDS transmission and reject three common misconceptions.

<table>
<thead>
<tr>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>30.1</td>
<td>41.2</td>
<td>25.0</td>
</tr>
</tbody>
</table>
Knowledge of mother-to-child transmission of HIV

This is the percentage of women aged 15-49 who know that HIV can be transmitted from mother to child:

- During pregnancy
- During delivery
- Through breastfeeding

<table>
<thead>
<tr>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>65.0</td>
<td>64.5</td>
<td>65.2</td>
</tr>
</tbody>
</table>

Knowledge of Mother-to-Child Transmission of HIV
Knowledge of mother-to-child transmission of HIV by Wealth Index Quintiles

Knowledge of mother-to-child transmission of HIV by State and Division
Attitude towards people with HIV/AIDS

This is the proportion of women aged 15-49 who do not agree with any of the discriminatory statements:

- Would not care for a family member who was sick with AIDS
- If a family member had HIV would want to keep it a secret
- Believe that a female teacher with HIV should not be allowed to work
- Would not buy food from a person with HIV/AIDS

<table>
<thead>
<tr>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>34.9</td>
<td>46.3</td>
<td>29.5</td>
</tr>
</tbody>
</table>
Attitude to people with HIV/AIDS by Wealth Index Quintiles

- Richest
- Fourth
- Middle
- Second
- Poorest

Attitude to people with HIV/AIDS by Wealth Index Quintiles

- Kayah
- Kayin
- Chin
- Mon
- Rakhine
- Shan (North)
- Shan (East)
- Shan (South)
- Ayeyarwaddy
- Bago (East)
- Bago (West)
- Magwe
- Mandalay
- Sagaing
- Tanintharyi
- Yangon
**Women who know where to be tested for HIV and women who have been tested for HIV**

**Women who know where to be tested for HIV** is the percentage of women aged 15-49 years who know of a place where they can be tested for HIV.

**Women who have been tested for HIV** is the percentage of women aged 15-49 years who have been tested for HIV.

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women who know of a place to be tested for HIV</td>
<td>70.6</td>
<td>82.1</td>
<td>65.3</td>
</tr>
<tr>
<td>Women who have been tested for HIV</td>
<td>17.6</td>
<td>33.0</td>
<td>10.5</td>
</tr>
</tbody>
</table>

**Women who know where to be tested for HIV**

![Map showing women who know where to be tested for HIV across different regions in Myanmar.](image)
Women who know of a place to be tested for HIV and women who have been tested by Wealth Index Quintiles

- Richest: Have been tested (84), Know a place to get tested (50.7)
- Fourth: Have been tested (78.3), Know a place to get tested (33)
- Middle: Have been tested (71.5), Know a place to get tested (22.1)
- Second: Have been tested (65.6), Know a place to get tested (13.9)
- Poorest: Have been tested (5.9), Know a place to get tested (10.6)

Women who know of a place to be tested for HIV and women who have been tested by State and Division

- States and divisions with the highest Know a place to get tested and Have been tested rates:
  - Kachin, Kayah, Karen, Chin
  - Mon, Rakhine, Shan (North), Shan (East), Shan (South), Ayeyarwaddy
  - Bago (East), Bago (West), Magway
  - Mandalay, Sagaing, Tanintharyi, Yangon
Myanmar
Multiple Indicator Cluster Survey
2009-2010