



NUS and Nutrition Workshop

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In partnership with:

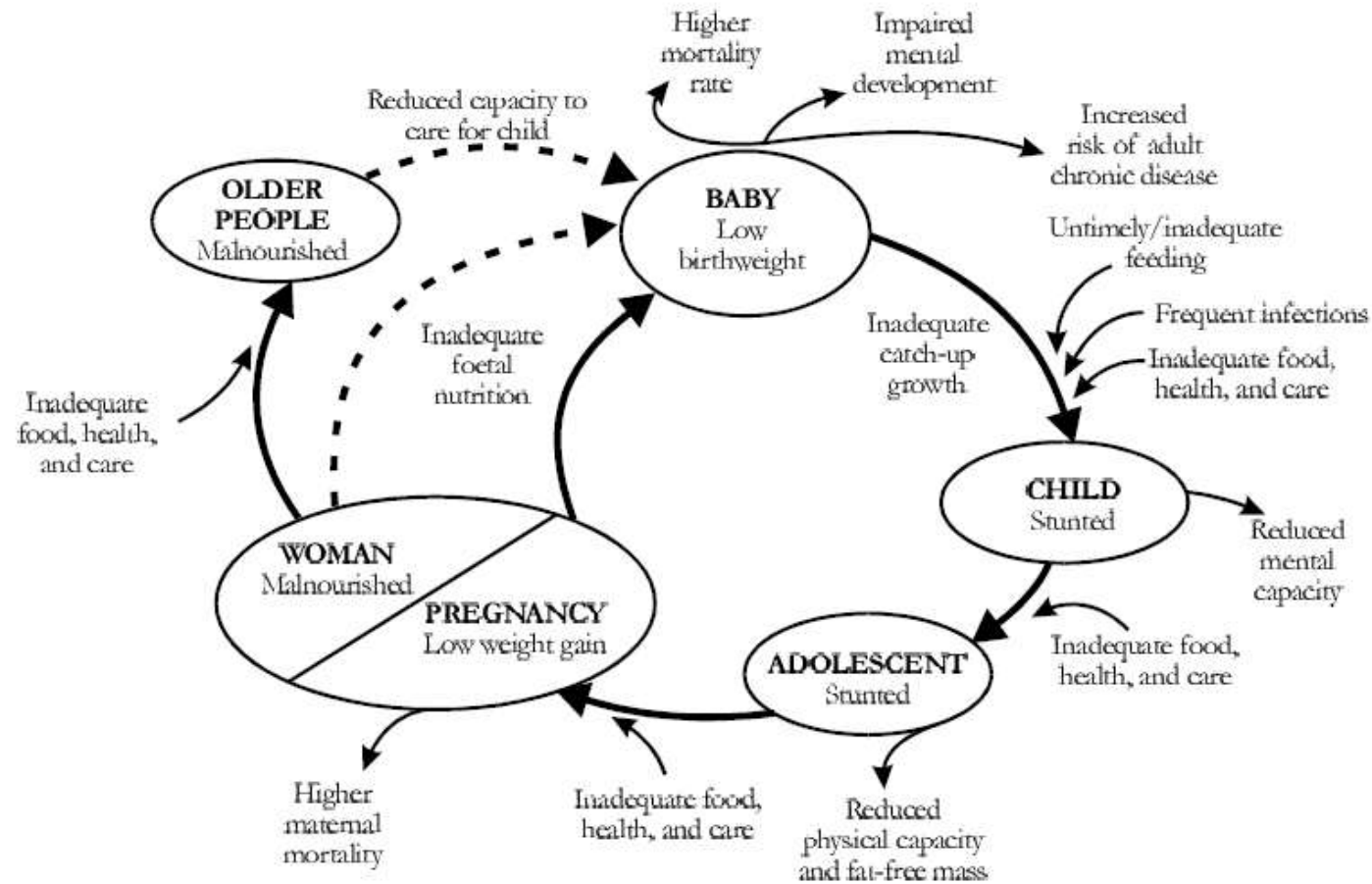


What are the MAIN global nutrition problems?

- Low birth weight (related to poor maternal nutritional status)
- Poor child growth/growth faltering (begins at around 6 months and continues to worsen until about 24 months, then stabilizes or improves)
- Micronutrient deficiencies (worst in young children and women)
- Obesity (men and women, urban environments)
- Diet related chronic disease (adults, elderly)

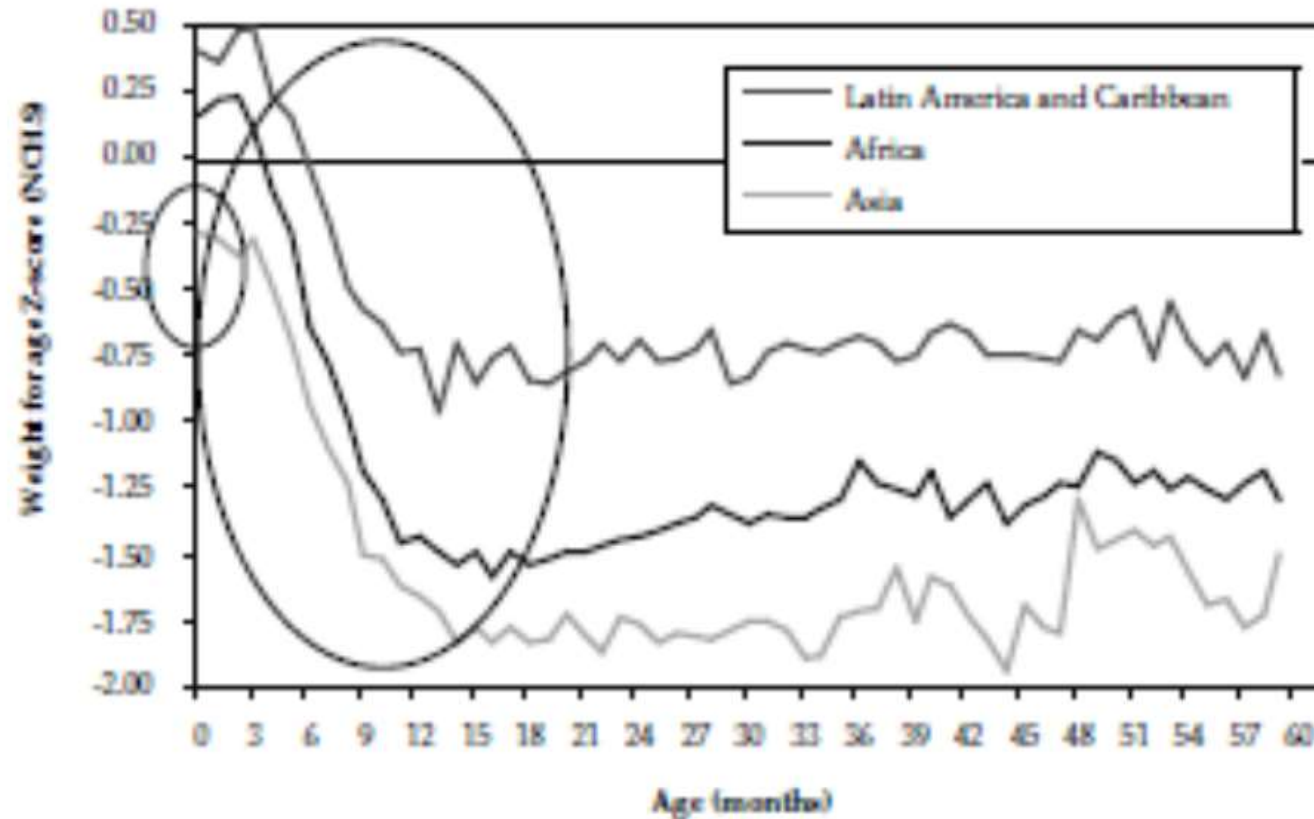
Who is nutrition important for? Lifecycle Approach

FIGURE 1.1 : Nutrition throughout the life cycle



Source: Prepared by Nina Seres for the ACC/SCN-appointed Commission on the Nutrition Challenges of the 21st Century.

Nutrition often focuses on women and young children: critical window(1000 days)



Source: Shrimpton and others (2001).

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WHY is nutrition important?

Malnourished children are:

- More susceptible to infection
- Malnutrition is a contributing factor to 50% of infant/child death
- Malnourished children have more difficulty learning in school
- In adulthood they earn lower wages

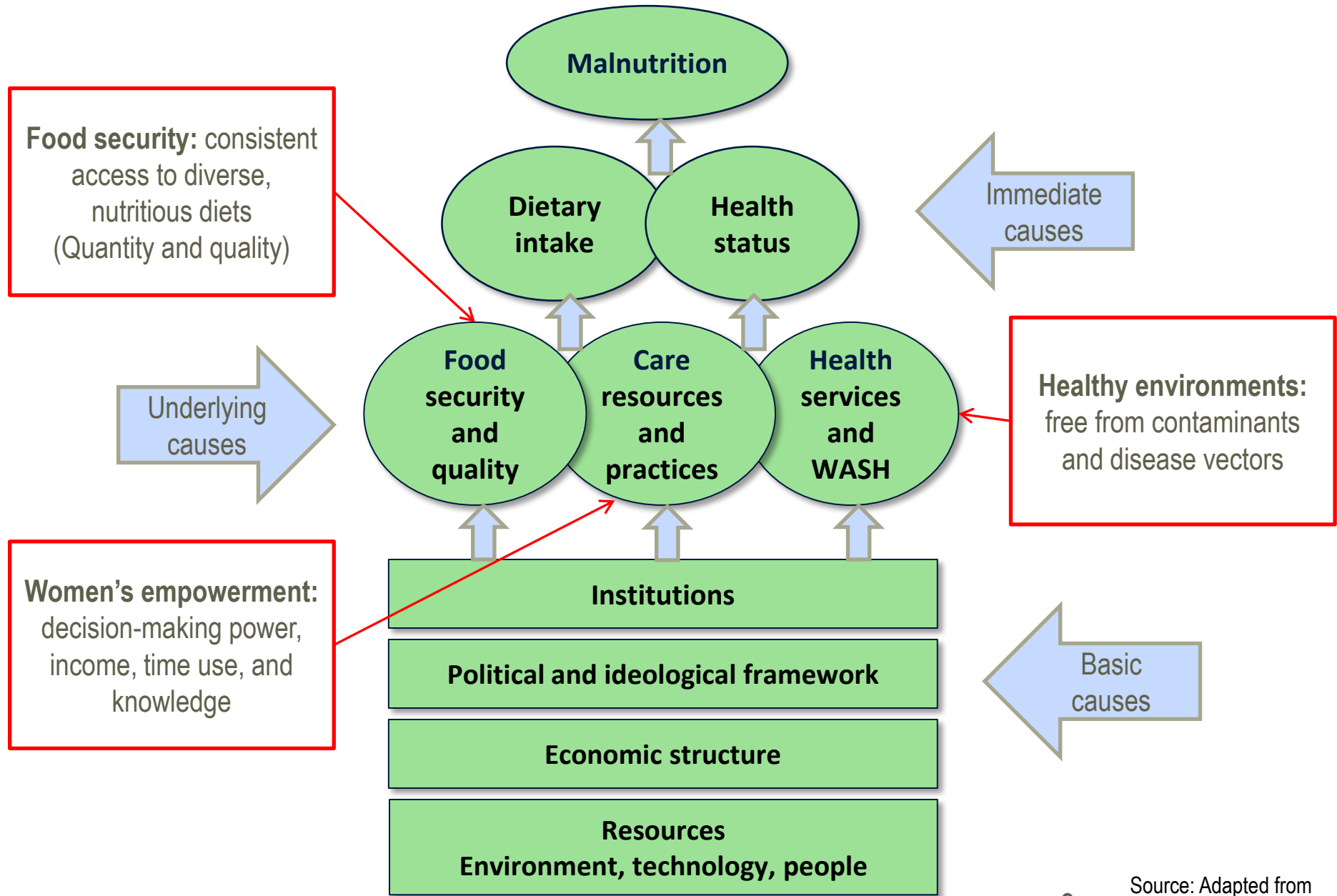
“The human and economic costs of all forms of malnutrition are substantial. The economic benefit- cost ratios of investing in interventions to reduce child stunting are highly competitive with other public investments.”

Global Nutrition report, 2014

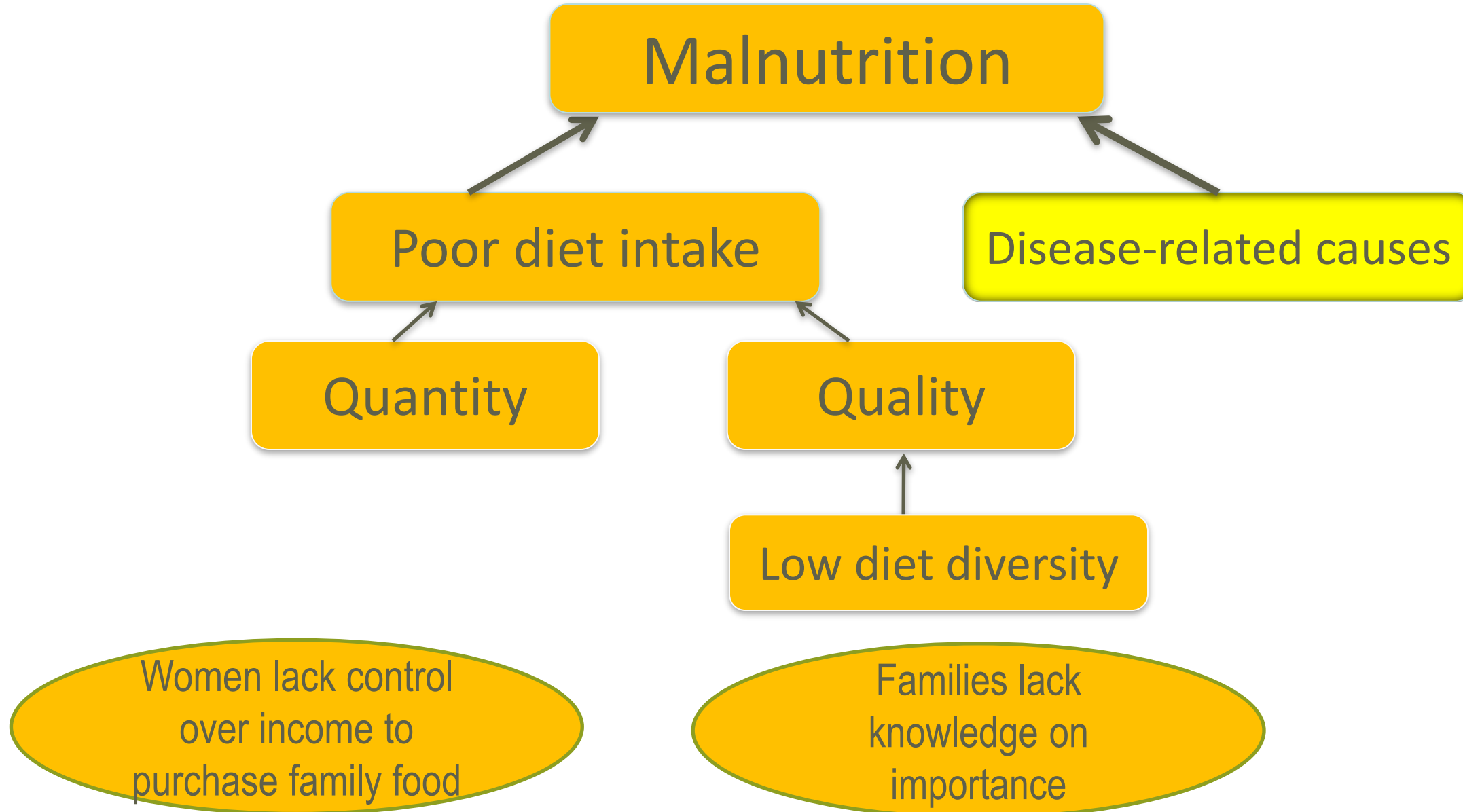
‘Food and Nutrition Security’

“Food and nutrition security exists when all people at all times have physical, social and economic access to food, which is consumed in sufficient quantity **and quality** to meet their dietary needs and food preferences, and is **supported by an environment of adequate sanitation, health services and care**, allowing for a healthy and active life.”

United Nations Standing Committee on Nutrition (UNSCN, 2013)



Food-related causes of Malnutrition



Some statistics on the target countries

Guatemala

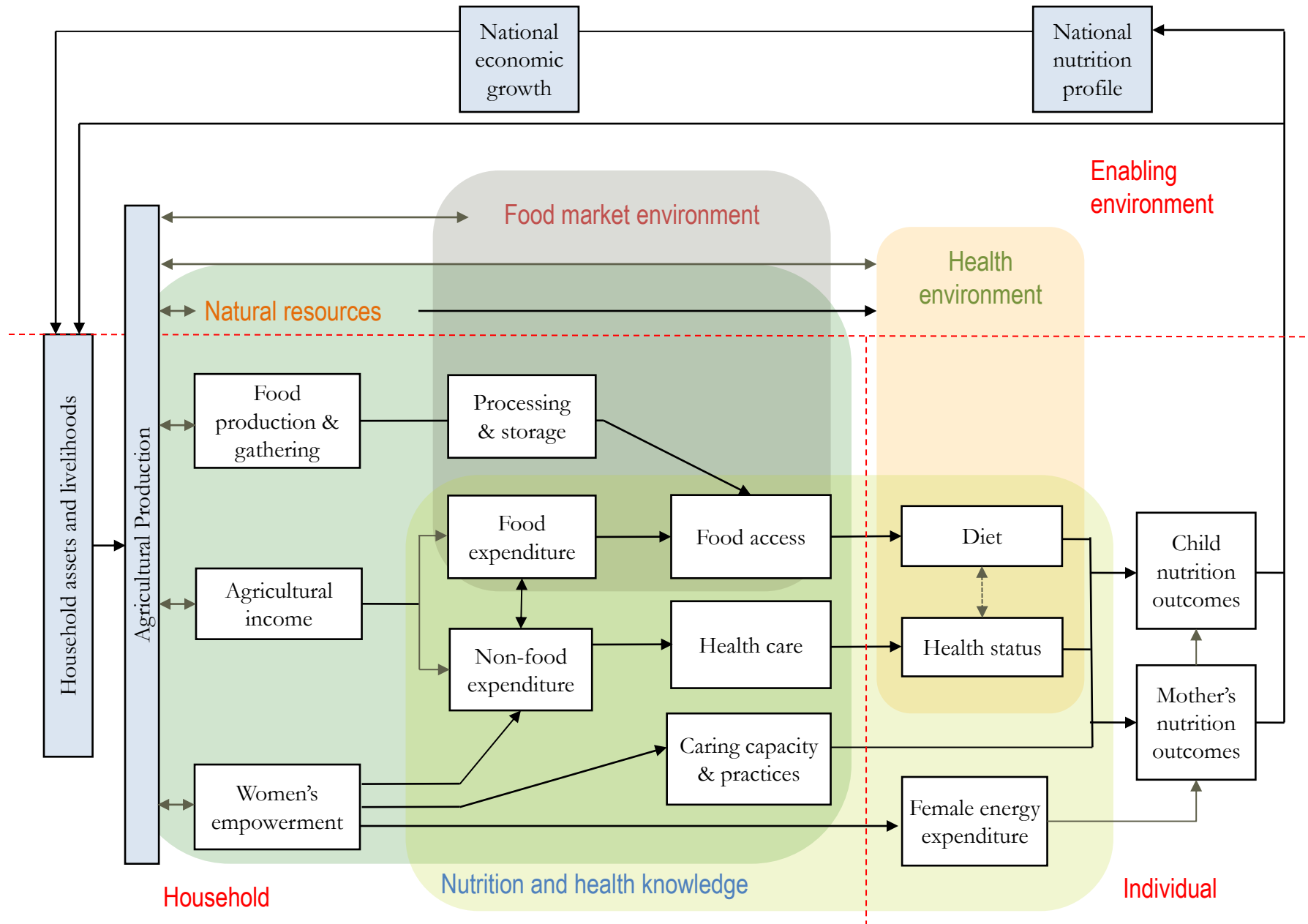
- Stunting 50%
- Diet Diversity
- Min. Meal freq.
- Min Acc diet
- Anemia WRA 23%

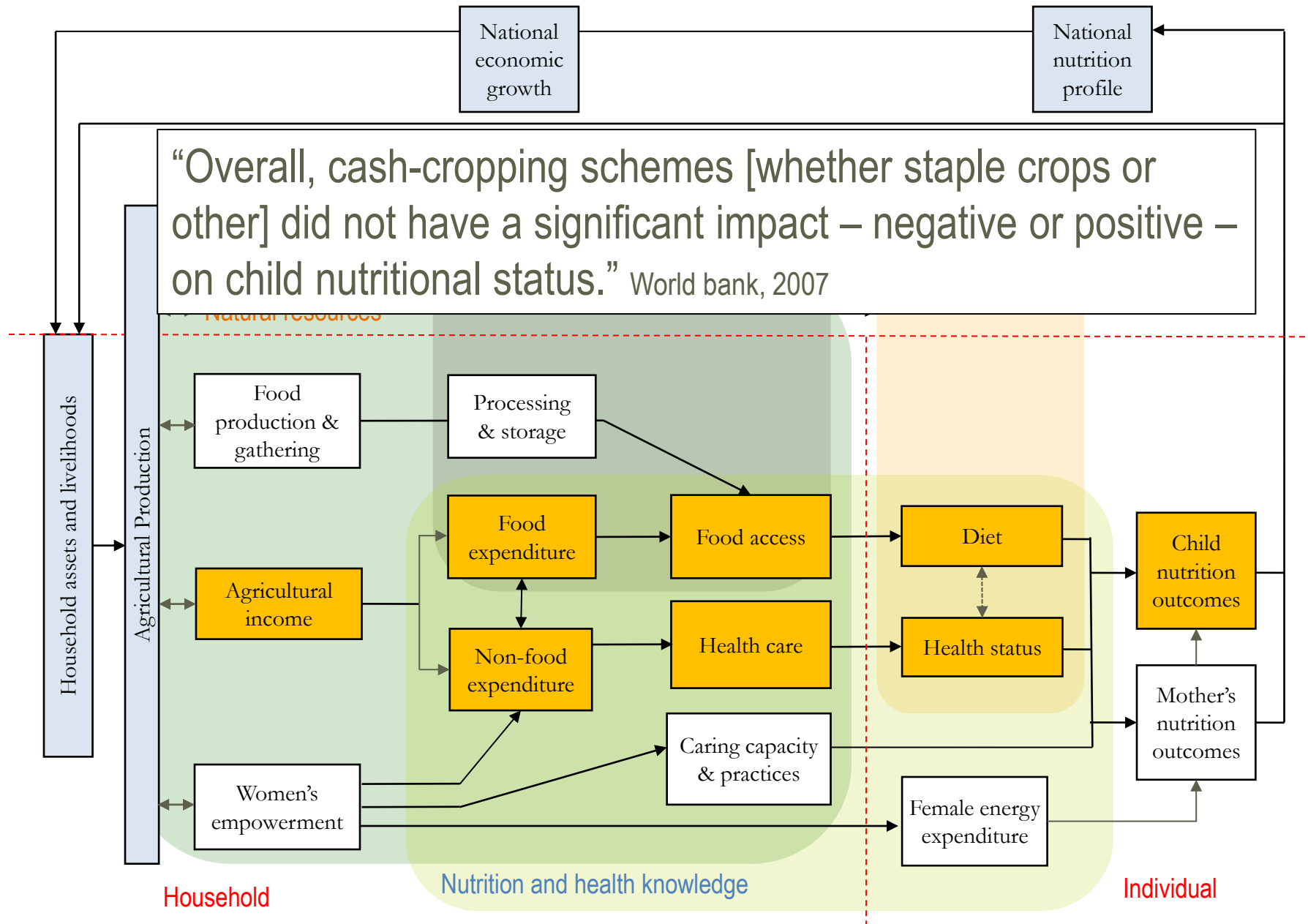
India

- Stunting 48%
- Min.Diet Div. 12%
- Min. Meal freq. 44%
- Min Acc diet 7%

Mali

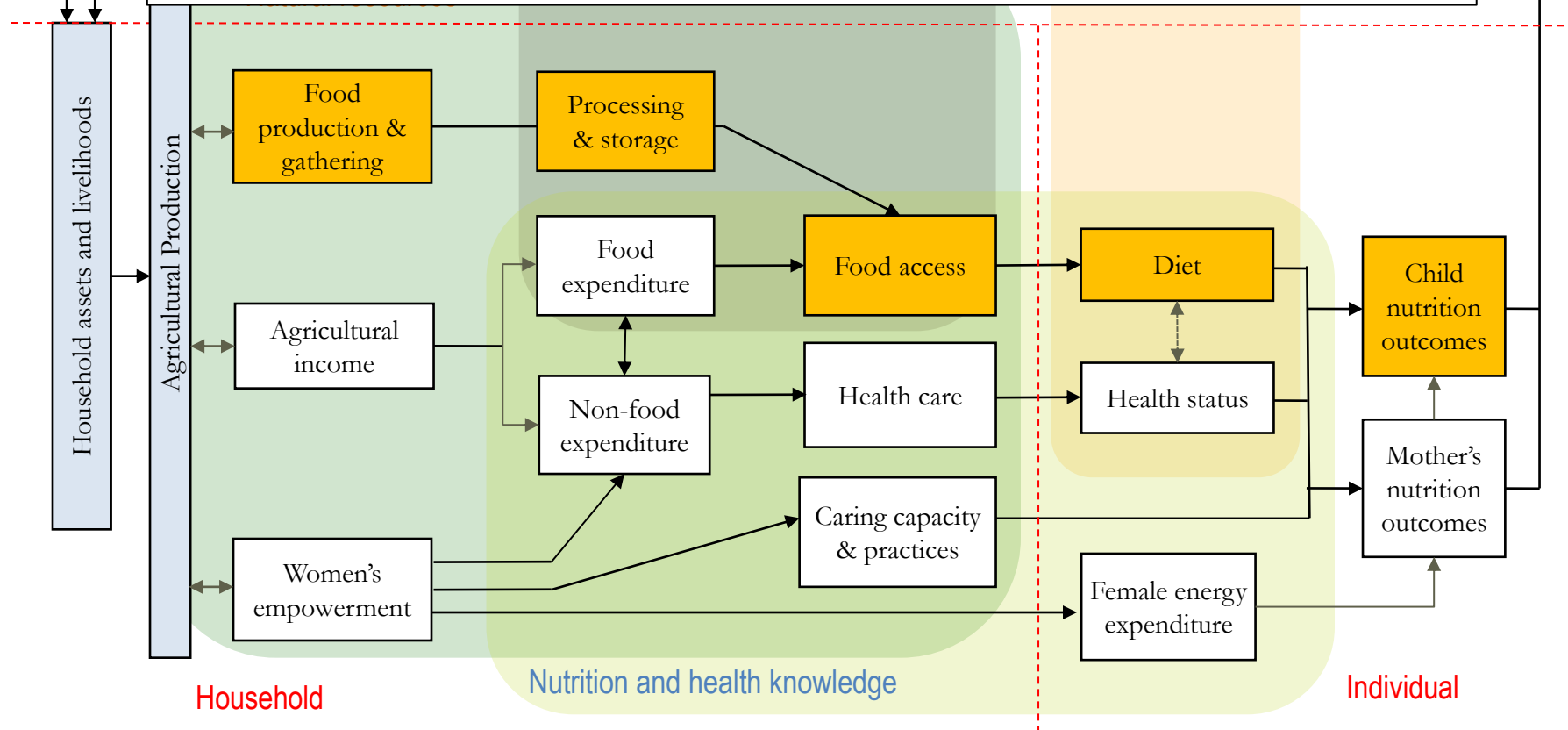
- Stunting 39%
- Min.Diet Div. 16%
- Min. Meal freq. 25%
- Min Acc diet 7%





“With very few exceptions, home garden programs increased the consumption of fruit and vegetables; aquaculture and small fisheries interventions increased the consumption of fish; and dairy development projects increased the consumption of milk.”

Masset et al, 2012



Overall Messages: Pathways to Nutrition

OLD: Assumptions about nutrition impact have been challenged

Increasing production of calories

Increasing overall household incomes as a singular priority

Agriculture as an engine of overall economic growth; trickle-down effect on nutrition minimal

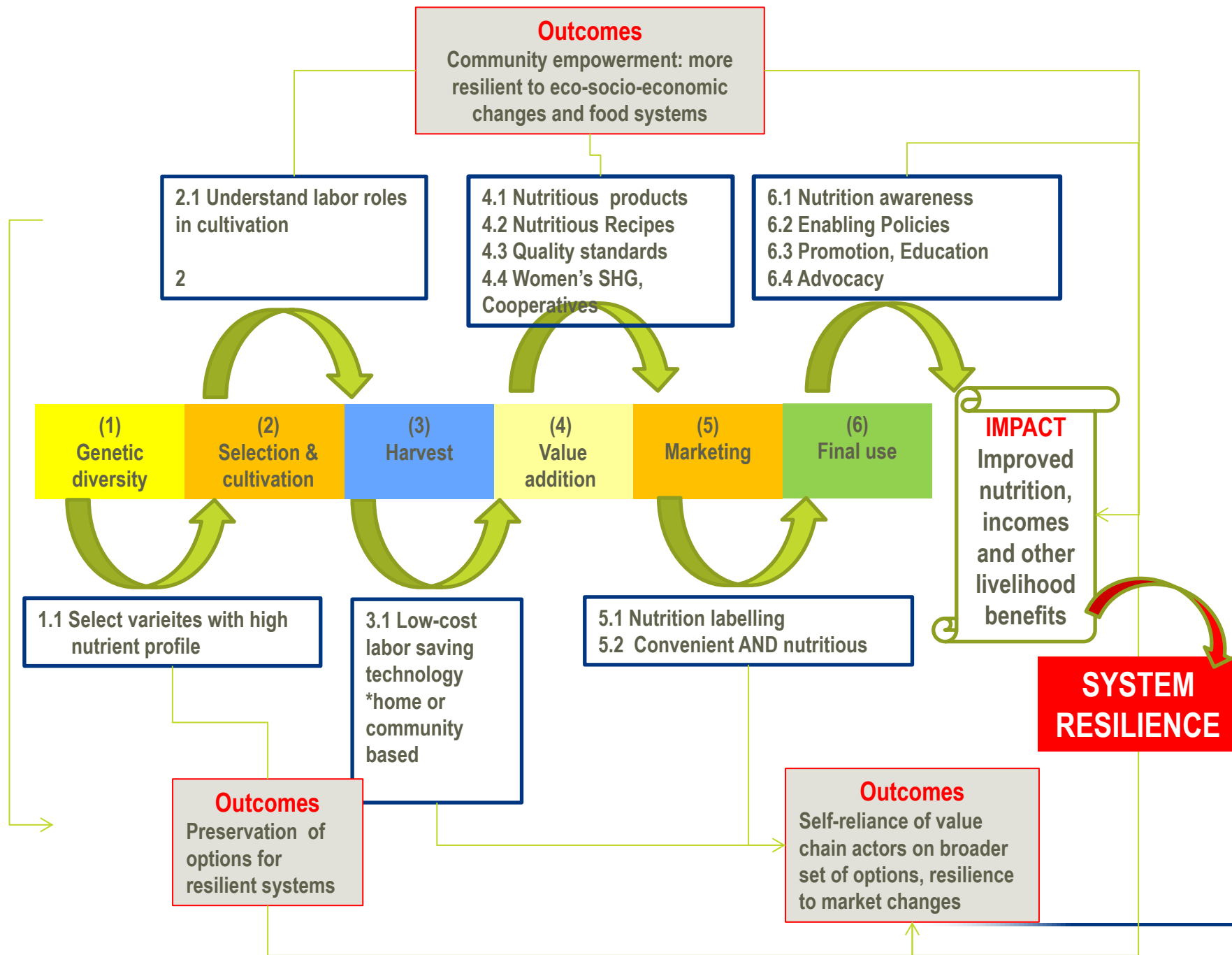
NEW: These need more attention if we are going to reach nutrition

Increasing production of diverse, nutrient-dense foods

Increasing women's incomes...

...and avoiding harm due to additional time demands or energy expenditure of women

Incorporating nutrition education for enhanced nutrition impact from food production and income



Way Forward with Nutrition activities

- Seasonal food availability calendars (food list by season)
- Identify consumption needs
- Recipe collection, documentation and development for more diversity
- Nutrition Education component often uses cooking together as an entry point
- Advocacy (schools, food fairs, cooking competitions, celebrity chefs)
- Value chain specific entry points (eg. processing, nutrition labelling)

Value chain entry points

➤ Processing

- Women's training (eg. processing techniques in Mali)
- Machinery for millet in India

➤ New recipes (combinations of nutrient dense ingredients)

- Fonio with maffe hako
- Millet porridge with lentil powder and amaranth
- Rice with Chaya +pumpkin + x,y, z? ?
- Recipe competitions

➤ New products

- What are the new products that could potentially improve nutrition (for children/adolescents/pregnancy)
- How to make products NUTRITION-SENSITIVE (add nutrients –DO NOT ADD too much sugar/salt)

➤ Nutrition labelling

➤ Nutrition Education

➤ Advocacy for consumers

Other Entry points

- Diversify production of other NUS
- Nutrition education messages
- School curriculum for educational development

How to choose entry points for your projects

Review diagnosis of gaps: Which foods could be promoted to fill a gap in current intakes? (Either a seasonal FS gap OR food group gap?)

What is the pattern of seasonal food availability and how can we define interventions to improve seasonal food shortages?

Are there large food group gaps?

Are there particularly vulnerable villages/population groups to target?

What can be done to reduce women's workload and "drudgery" ?

Think about actions along the impact pathway or value chain pathway that the project might work on:

Which pathway(s) from agriculture to nutrition have a possibility to improve dietary diversity in your area (production for consumption, income for consumption, women's empowerment)?

What value chain specific aspects could be considered?

Which food processing techniques can we employ in our value chains that could – preserve nutrients? Save women's time? Any HH or community level ideas?

State the nutrition objective for your project

Set a target to achieve by 2018/19

Resources

(<https://www.spring-nutrition.org/publications/series/improving-nutrition-through-agriculture-technical-brief-series>)

The screenshot shows a web browser window displaying the Spring Nutrition website. The address bar shows the URL: <https://www.spring-nutrition.org/publications/series/improving-nutrition-through-agriculture-technical-brief-series>. The page features a navigation menu with links for Home, About Us, Events, Countries, Library, and Technical Areas. A search bar is located in the top right corner. The main content area is titled "Improving Nutrition through Agriculture Technical Brief Series" and includes a sub-header "Home > Library > Publications > Series". The text describes a series of briefs developed by SPRING, illustrating evidence-based pathways and principles for strengthening agriculture and nutrition linkages under the "Feed the Future" initiative. It mentions that the briefs explore different routes between agriculture and nutrition, such as food production, income generation, and women's empowerment. Below the text, there is a section titled "SERIES CONTENT" with four thumbnail images and their corresponding titles: 1. "Understanding and Applying Primary Pathways and Principles" (Photo: Maria Elgort/WFP/World Bank), 2. "Understanding the Food Production Pathway" (Photo: Stephen Baer/WFP/World Bank), 3. "Understanding the Agricultural Income Pathway" (Photo: Charlotte Kesi/WFP/World Bank), and 4. "Understanding the Women's Empowerment Pathway" (Photo: Marcus Kester/WFP/World Bank). The footer contains a "HOME" link and a list of other resources: "Subscribe | FAQs | Contact Us | Careers | Procurement | Privacy Policy | Disclaimer | Sitemap | Download Adobe Acrobat". The browser's zoom level is set to 100%.



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