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ICN2
Second International
Conference on Nutrition



19-21 November
2014
ROME, ITALY

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Addressing malnutrition through nutrition-enhancing agriculture and food-based approaches

Science Forum 2013
Nutrition and health outcomes: targets for agricultural research
Bonn, Germany
23-25 September 2013

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Outline

- Nutrition situation worldwide
- FAO's mandate and comparative advantage in nutrition
- Zero Hunger Challenge
- Role of agriculture for improving nutrition
 - “Food and Nutrition Security”
 - Nutrition-enhancing agriculture and food -based approaches
 - Narrowing the “nutrition gap”
 - Investment options for improving dietary diversity
- Lessons learned and best practices from projects and their dissemination
- Improving food and nutrition security – FAO's policy and operational responses
- Next steps

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Nutrition situation worldwide

- 868 million people **undernourished** in 2010 - *FAO estimates (SOFI,2012)*
- Close to 7 million children **die before their 5th birthday** every year - *WHO estimates, 2011*
- 160 million children are **stunted** due to chronic malnutrition – *SOFA, 2013*
- 99 million children are **underweight** – *WHO estimates, 2011*
- Around 2 billion people affected by **micronutrient deficiencies** – *SOFA, 2013*
- 43 million children under 5 are **overweight and obese** – *WHO estimates, 2010*
- 500 million adults affected by **obesity** – *SOFA, 2013*

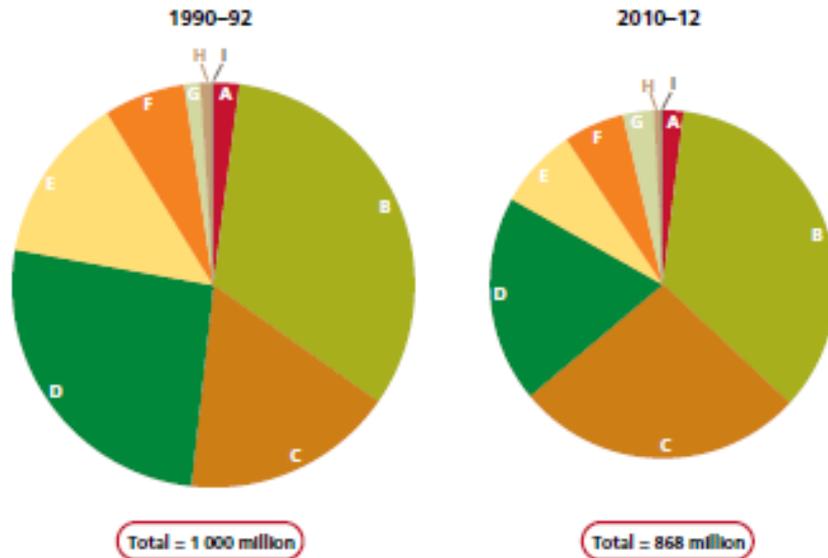
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Numbers of undernourished by region 1990-92 and 2010-12

The distribution of hunger in the world is changing...



	Number of undernourished (millions)	
	1990-92	2010-12
A Developed regions	20	16
B Southern Asia	327	304
C Sub-Saharan Africa	170	234
D Eastern Asia	261	167
E South-Eastern Asia	134	65
F Latin America and the Caribbean	65	49
G Western Asia and Northern Africa	13	25
H Caucasus and Central Asia	9	6
I Oceania	1	1

Note: The areas of the pie charts are proportional to the total number of undernourished in each period. All figures are rounded.
Source: FAO.

FAO's mandate and comparative advantage in nutrition

“... to raise levels of nutrition, improve agricultural productivity, better the lives of rural populations and contribute to the growth of the world economy”

- Looks at nutrition from the perspective of food and agriculture – as the sustainable solution to hunger and malnutrition
- Ensures that agricultural development has a people focus that leads to the improved access to and availability and consumption of food for better nutrition

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Nutrition and the MDGs

Nutrition makes an important contribution to each MDG

MDG 1 - “Eradicate extreme poverty and hunger”, **1.C.** “Halve, between 1990 and 2015, the proportion of people who suffer from hunger” **IS THE PRIMARY GLOBAL ISSUE OF CONCERN FOR FAO**

Progress in the achievement of MDG1 crucial for the achievement of each of the other MDGs but also...

Progress in achieving the other MDGs will contribute to improving MDG1



The UN Secretary-General's Zero Hunger Challenge

Zero Hunger Challenge

100%

access to
adequate
food all
year round

Zero

stunted
children
under 2
years

All

food
systems
are
sustainable

100%

growth in
smallholder
productivity
and income

Zero

loss or
waste
of
food

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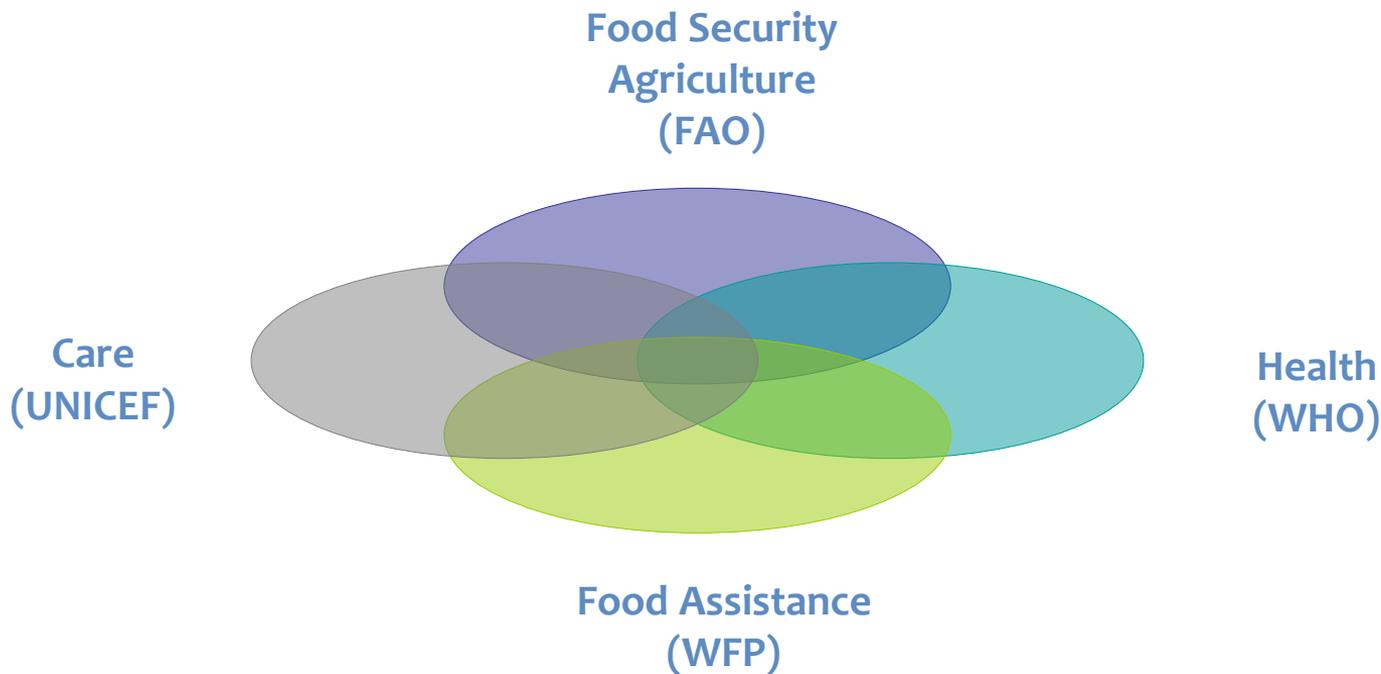
Role of agriculture for improving nutrition

Agriculture has 3 purposes:

- producing food for direct consumption
- generating income and supporting livelihoods
- safeguarding the natural resource base

High level of dependency of many of the worlds poor and nutritionally vulnerable on agriculture – this sector offers the greatest potential for achieving sustained improvements in the nutritional status of the rural poor

The inter-sectoral nature of nutrition and UN Agencies' roles



Source: B. Thompson, L. Amoroso & J. Meerman, 2009

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“Food and Nutrition Security”

Embed nutrition into food security – “*food and nutrition security*”

because:

- “food security” and “nutrition security” are not the same thing
- adding nutrition emphasises nutrition is the ultimate goal
- ensures nutrition is not lost or forgotten by food economists
- not just calories but also food quality and dietary diversity
- considers both under and over nutrition
- unless we improve nutrition security, ending hunger and raising levels of nutrition will not be automatic

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Nutrition-enhancing agriculture and food-based approaches (1)

- FAO advocates for *nutrition-enhancing* agriculture and food-based approaches as the sustainable strategy for improving the nutritional status of populations
- Multiple social, economic and health benefits
- Year-round access to and availability and consumption of nutritionally adequate amounts and varieties of foods

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Nutrition-enhancing agriculture and food-based approaches (2)

Consumption is key → importance of a nutritionally adequate diet

Not only energy, protein and fats but also micronutrients (vitamins, minerals and other trace elements) necessary for normal growth and development

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Narrowing the “nutrition gap”

the gap between what foods are available and what foods are needed for a healthy diet

- Poor diets low in quantity, quality and variety lead to hunger and undernutrition

Increase production of staple foods – Yes but at the same time...

- Ensure production, local availability and access of the right mix of foods (dietary diversity) in all seasons
- Provide nutrition education and dietary counselling to build knowledge and skills to optimise children’s diets
- Collaborate with social protection programmes to reach the poorest

Investment options for improving dietary diversity

- Reduce post-harvest losses via improved handling, preservation, storage, preparation and processing techniques
- Promote production of animal sourced foods for improving diets and nutrition
- Select crops based on nutritional content in addition to yields and market value
- Diversify production of vegetables and fruits with micro-nutrient rich varieties
- R&D programmes to breed plants and livestock that enhance nutritional quality
- Increase availability and access to fertilizers and other inputs
- Train extension staff and households in basic nutrition and food preparation skills to ensure that food security is translated into nutrition security
- Invest in sustainable forests and pasture management

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Key recommendations for improving nutrition through agriculture

1. Incorporate explicit nutrition objectives and indicators into the design of programmes and investments, and track and mitigate potential harms
2. Assess the context at the local level, to design appropriate activities to address the types and causes of malnutrition
3. Target the vulnerable and improve equity through participation, access to resources, and decent employment
4. Collaborate and coordinate with other sectors (health, environment, social protection, labor, water and sanitation, education, energy) and programmes
5. Maintain or improve the natural resource base (water, soil, air, climate, biodiversity)
6. Empower women
7. Facilitate production diversification, and increase production of nutrient-dense crops and small-scale livestock
8. Improve processing, storage and preservation
9. Expand markets and market access for vulnerable groups, particularly for marketing nutritious foods
10. Incorporate nutrition promotion and education around food and sustainable food systems

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Mainstreaming Nutrition in Agriculture Investment Plans: the experience of CAADP

- NEPAD and partners are implementing the “CAADP Nutrition Capacity Development Initiative”
- Sub-regional workshops: West Africa – Nov 2011; East & Central Africa – Feb 2013; Southern Africa – Sept 2013
- Multi-disciplinary teams led by CAADP Focal Points and composed of government, civil society and private sector review agriculture investment plans using “key recommendations for improving nutrition through agriculture”
- Recommendations and roadmap for integrating nutrition into Invest Plans developed
 - ✓ diversifying food production
 - ✓ integrating nutrition education in extension
 - ✓ biofortification
 - ✓ using nutrition indicators for monitoring
- Process has built ownership of nutrition amongst agriculture stakeholders & facilitated inter-sectoral dialogue as sector roles become clearer
- BUT: Challenges in implementing recommendations → Need to strengthen political support and capacity development efforts

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Lessons from the MDG Fund (1)

- The MDG fund (initially Spain-UN) was set up in 2007 to help countries achieve the MDGs.
- All projects involved more than one UN agency as well as several ministries.
- 8 Programme Areas – No.1 “Children, Food Security and Nutrition” – 24 projects
 - Project duration: 3 years (2010-2012)
 - Total funding 134.5 M US\$
- Stakeholders faced many challenges in truly working across sectors in order to improve food and nutrition security.
- There was limited awareness regarding agriculture-nutrition linkages and too little effort to identify structural local causes of malnutrition.



Lessons from the MDG Fund (2)

Value added through technical input from FAO:

Introduced sustainable food-based solutions to reduce malnutrition (food production, crop diversification, sustainable diets and nutrition education); broadened the multi-causal analysis of malnutrition to include other sectors (education, gender, food security, livelihoods) and enhanced the human rights approach through working on community empowerment.

UN JPs work best:

- ▶ When you have good leadership from both the UN and national/local governments
- ▶ When a broad range of stakeholders are included (sub-national actors, civil society and final “beneficiaries”)
- ▶ When inter-sectoral policies and coordination structures exist (both from the government as well as inter-institutional, e.g. REACH)

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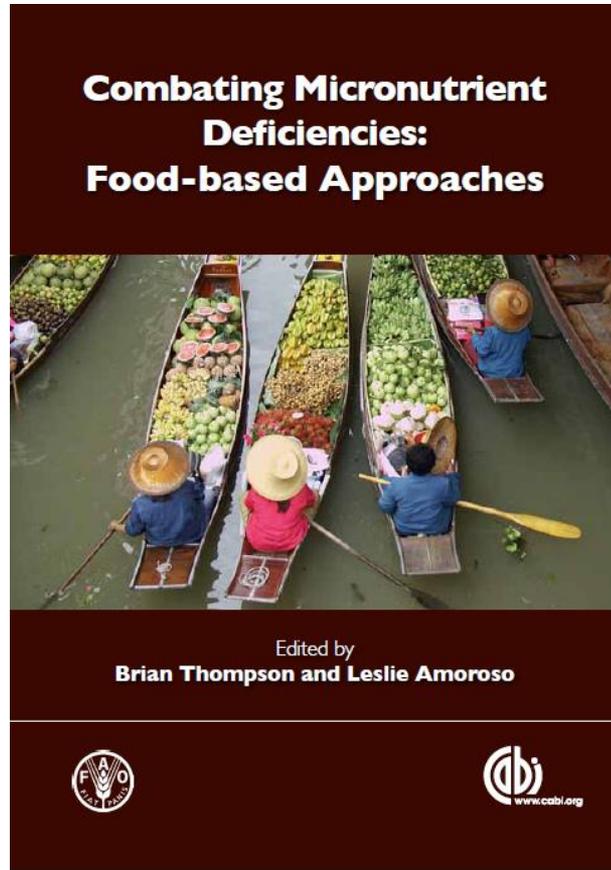
Lessons from Malawi

Agriculture Programmes	Agriculture Activities
✓ FFS	Production diverse & integrated plants & animals in: <ul style="list-style-type: none">✓ Gardens✓ Orchards✓ Fields✓ Forests
✓ JFFLS	
✓ Schools	
✓ Health	
✓ Homes	Post Harvest processing & storage
	Home Processing, Preservation, Preparation

Following the 'SUN' care group model:

- Cascade training: 3000 caregivers trained on how to:
 - optimally use local seasonal foods to improve meals
 - improve hygiene & sanitation
- Nutrition education + crop and dietary diversification + good hygiene practices improves nutrition security
- Factors for success: implementing partners/inter-sector coordination/ lessons learnt communicated effectively

Disseminating best practices and lessons (1)



Combating Micronutrient Deficiencies: Food-Based Approaches

Brian Thompson and Leslie Amoroso (Eds.)
co-published FAO-CAB International
2011 / Hardback / 432 Pages

COMPENDIUM OF 19 PAPERS
100 AUTHORS

Book and booklet available on the web at:

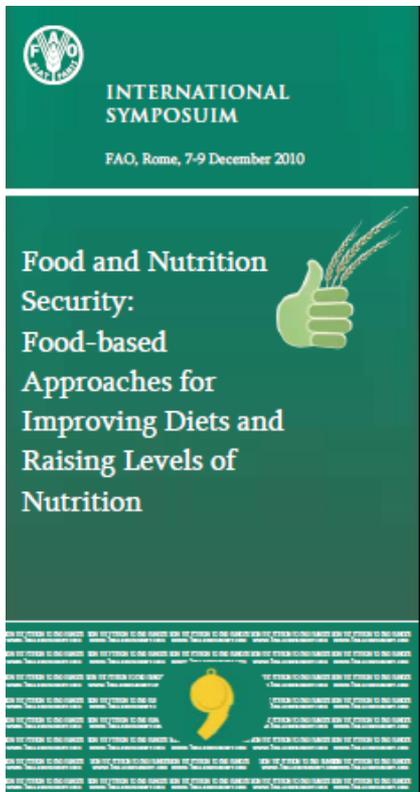
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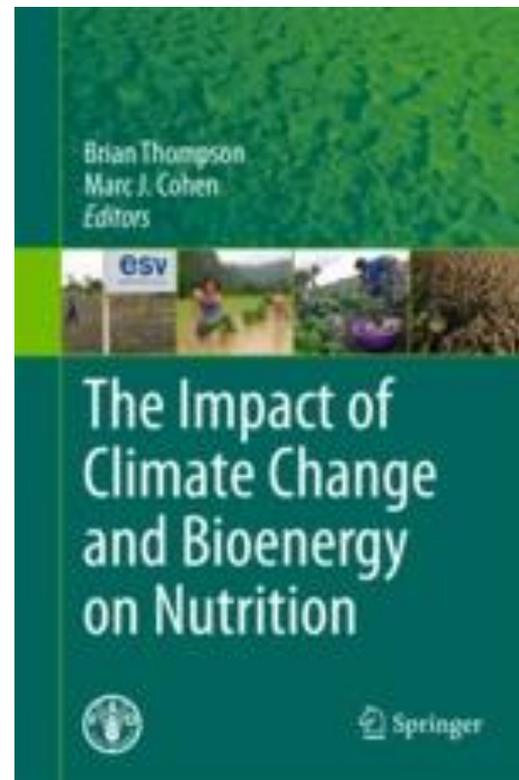
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Disseminating best practices and lessons (2)



Sustainable nutrition security
Restoring the bridge between agriculture and health



The proceedings of the Symposium are in press

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Improving food and nutrition security: FAO policy response

- Technical assistance in refining/developing nutrition policies, strategies, plans of action
- Promoting nutrition-enhancing agriculture policies and programmes
- Mainstreaming nutrition in government development plans and programmes
- Capacity building in nutrition, and technical assistance to national and sub-national programme actors

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Improving food and nutrition security: FAO operational response

- Conduct baseline surveys and nutritional impact assessments of agriculture interventions
- Promote small-scale/home-based food processing and preservation techniques
- Promote/improve water harvesting and irrigation systems
- Develop small-scale agro-enterprises and link small-holder farmers to markets
- Nutrition education to:
 - increase consumption of adequate and diverse diets
 - improved family feeding practices and complementary feeding for young children based on locally available foods, and if not available, produce them
 - disseminate nutrition messages through agriculture extension services and farmers field schools

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Next steps

- Raise food and nutrition security higher up the political agenda (ICN2)
- Create an enabling environment and increase investments in smallholder agriculture
- Recognize the vital role of women in agriculture and rural development
- Promote nutrition education and consumer awareness
- Improve the information base and monitoring and accountability mechanisms
- Identify joint outputs of mutual interest with potential partners

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Thank You!

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