Nutrition Webinar

for SDGP projects

20 & 26 January 2021

The Netherlands Working Group on international Nutrition, represented by

Arine Valstar
Mieke van Reenen
Herbert Smorenburg
Marijke de Graaf

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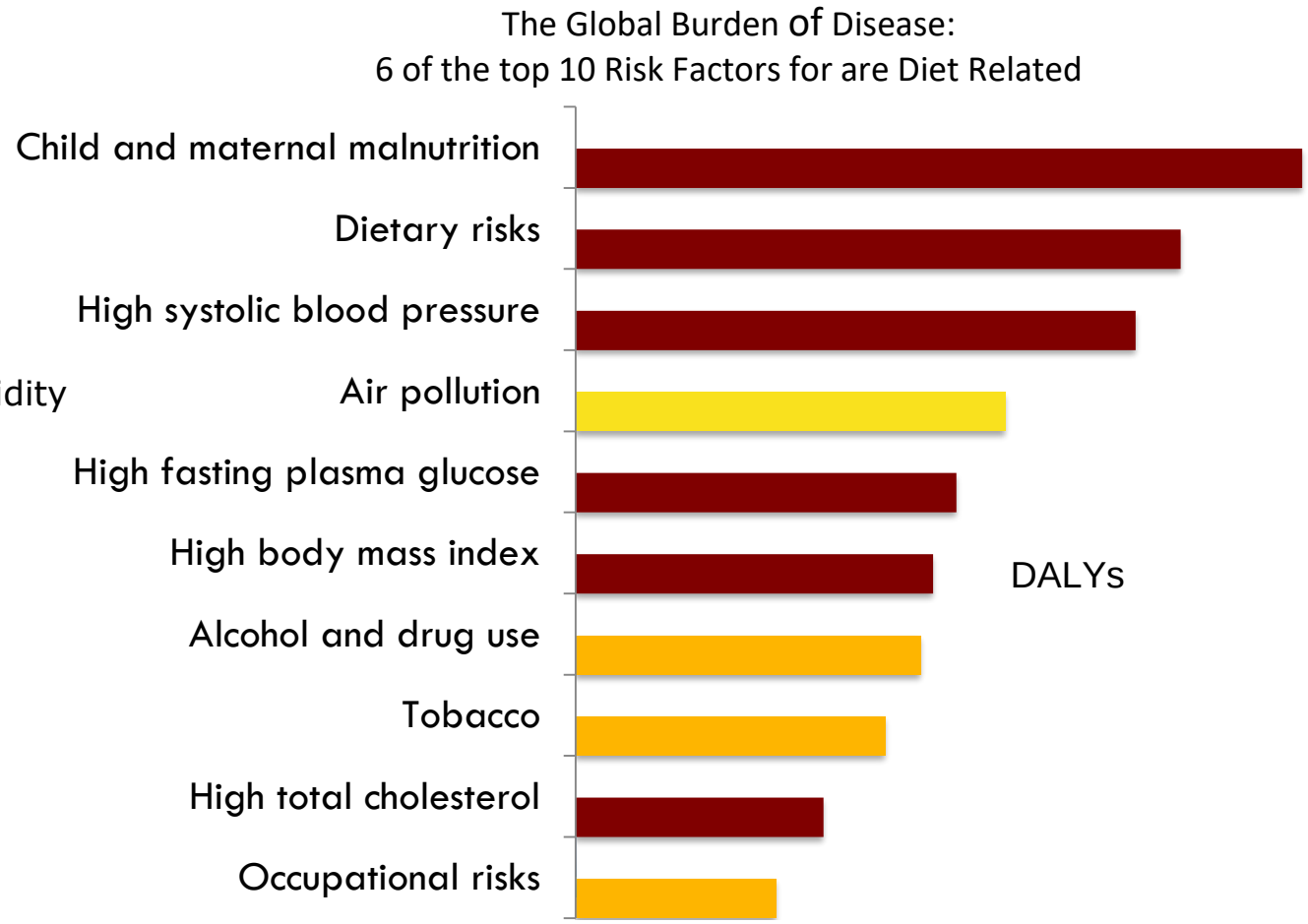
Why Nutrition?

- 1 in 3 people worldwide are malnourished
- Leading cause of poor health
  - Unhealthy diets pose a greater risk to morbidity and mortality than does unsafe sex, and alcohol, drug, and tobacco use combined.
  - 6 of the top 10 risk factors are diet related
- Enormous economic and human capital costs
- Throughout the world, people still do not have access to adequate calories or a diversity of healthy, nutrient-rich foods.



Sources: see Reference slide

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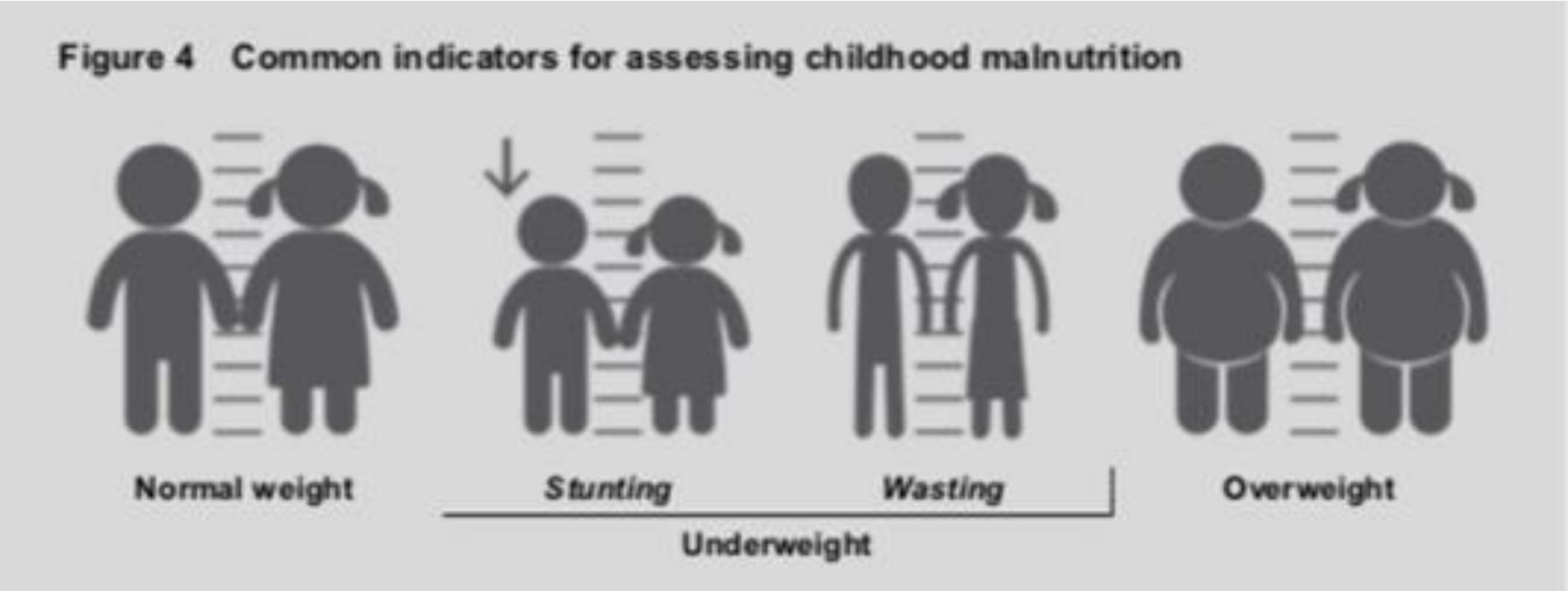
Stunting, Wasting, Overweight



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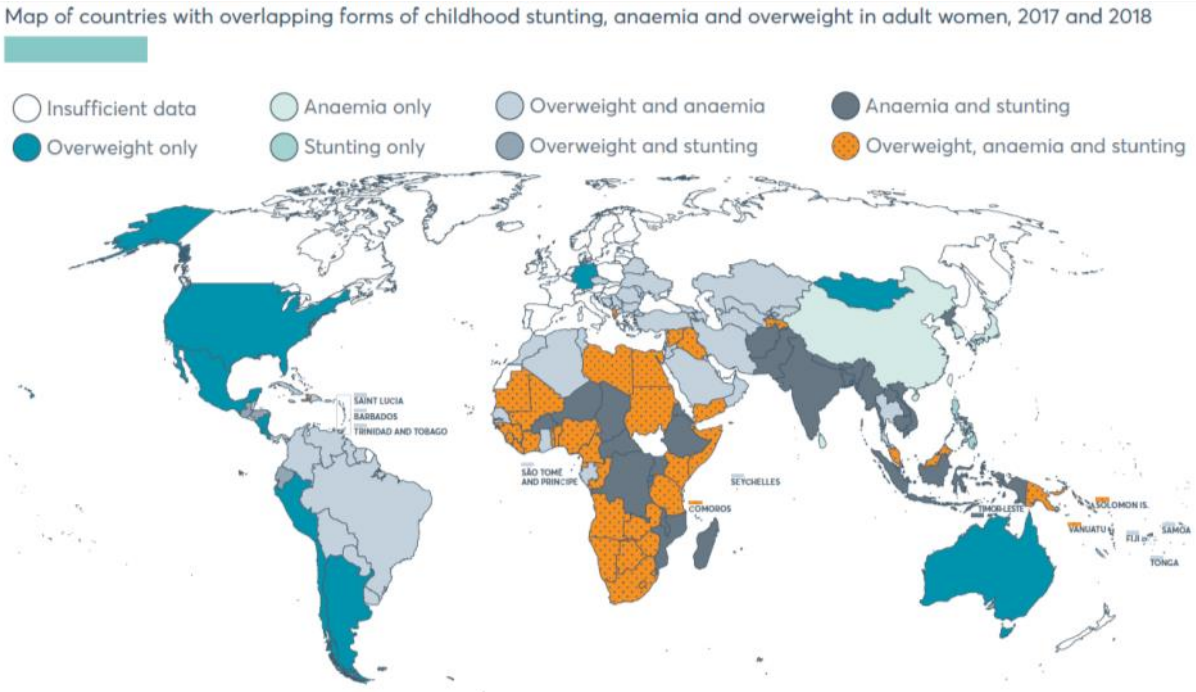
Different forms of malnutrition co-exist

- Childhood stunting
  - height for age < -2 std dev.
- Anaemia and other micronutrient deficiency related disorders
- Overweight and Obesity (risk factor for non-communicable diseases)
  - Body Mass Index > 25 kg/m2



Source: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates, NCD Risk Factor Collaboration, WHO Global Health Observatory.
Notes: Stunting in children aged under 5 years ≥20%; anaemia in women of reproductive age ≥20%; overweight (body mass index ≥25) in adult women aged ≥18 years ≥35%. Based on data for 141 countries.

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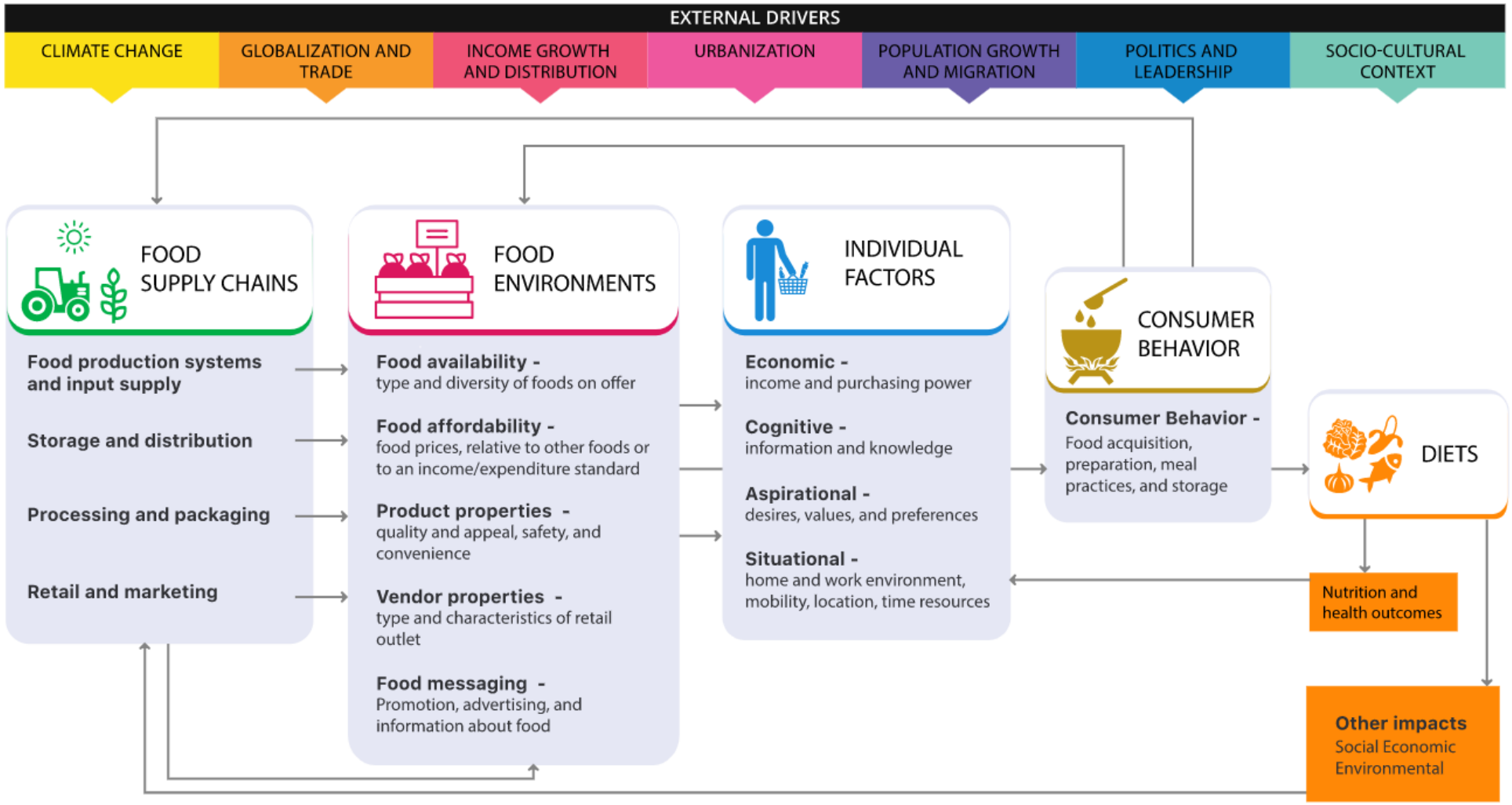
The Food Systems Dashboard



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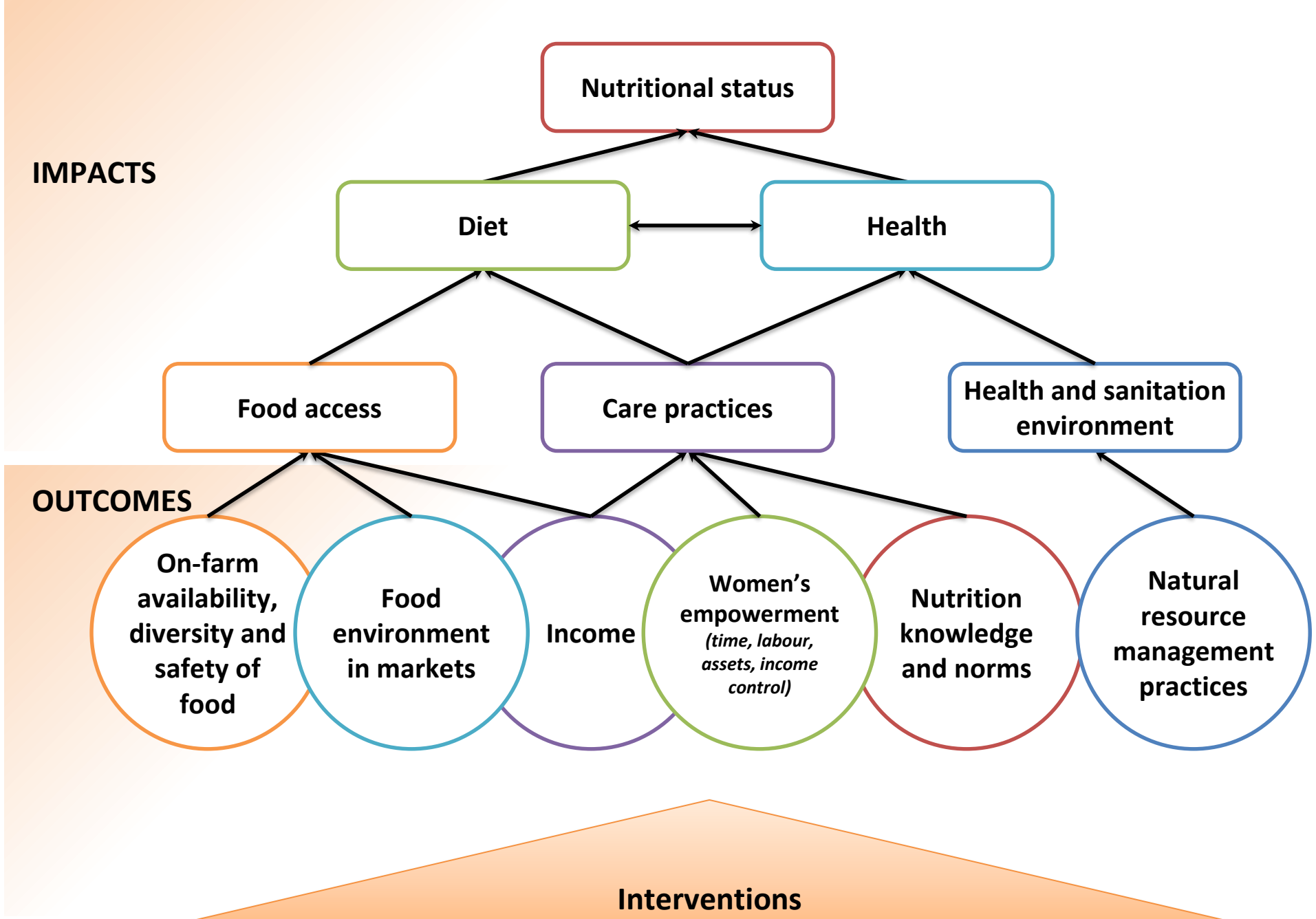
Simplified Framework for Nutrition Improvement



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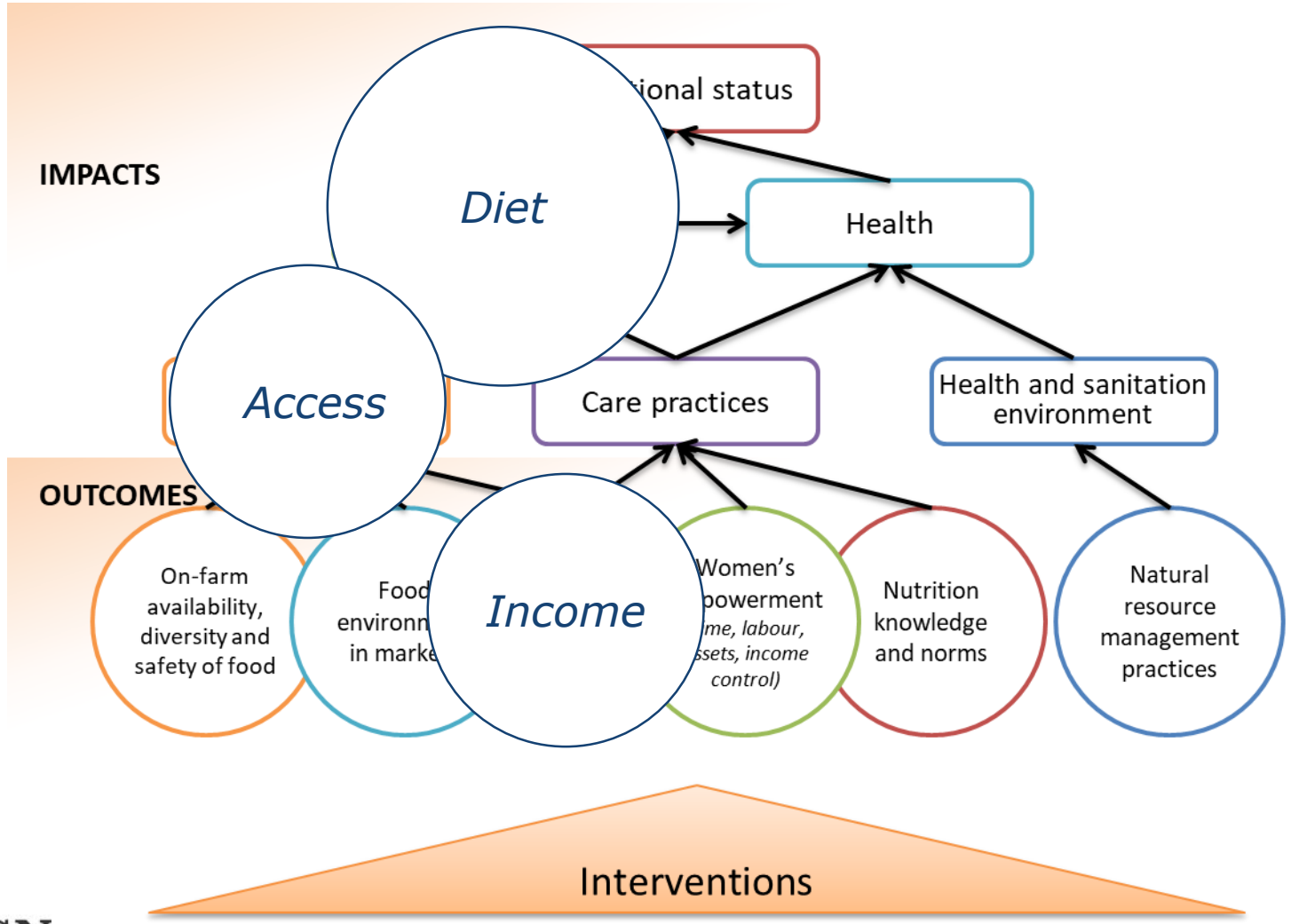
SDGP: three pathways that may lead to nutrition improvement



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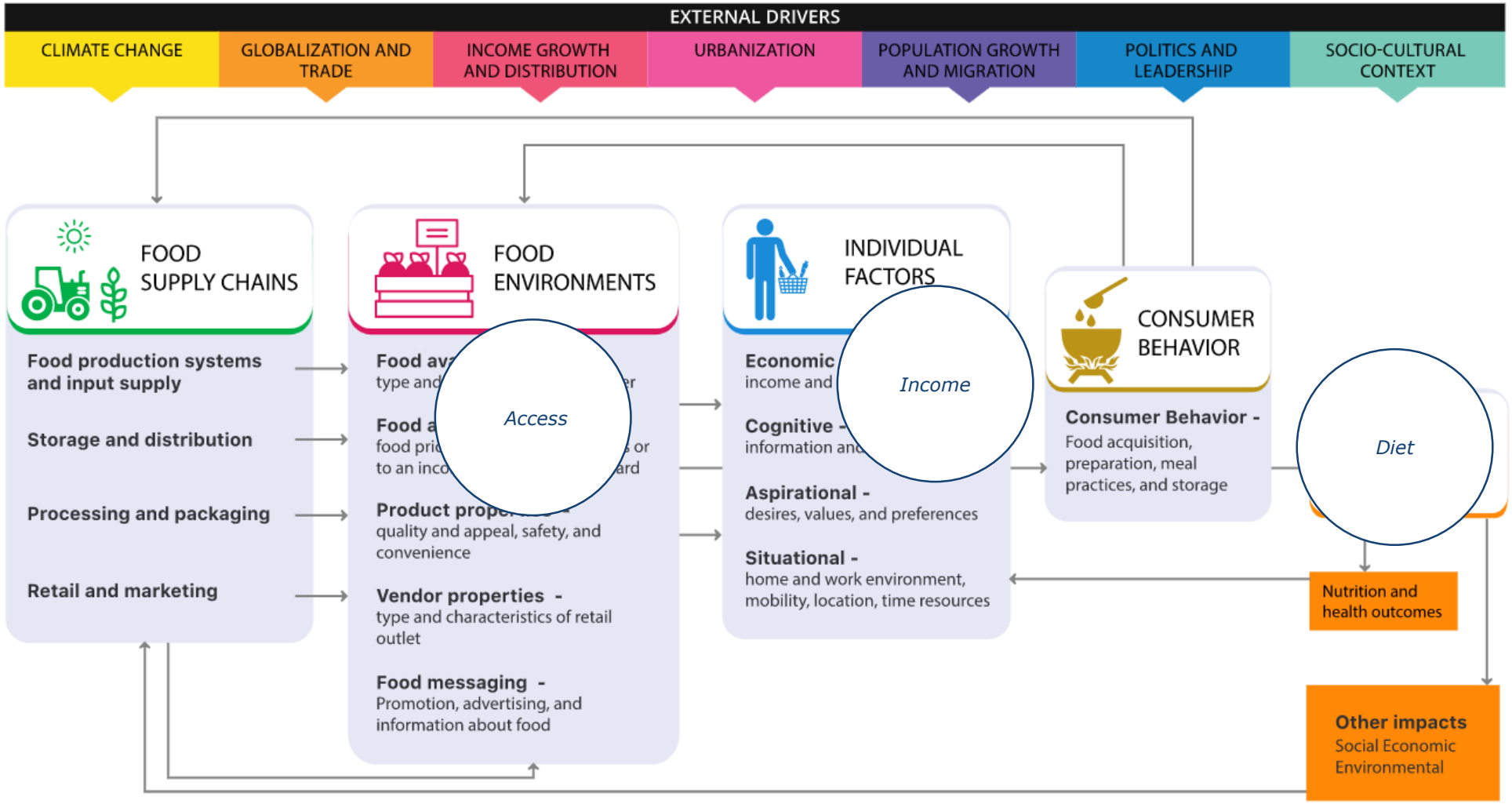

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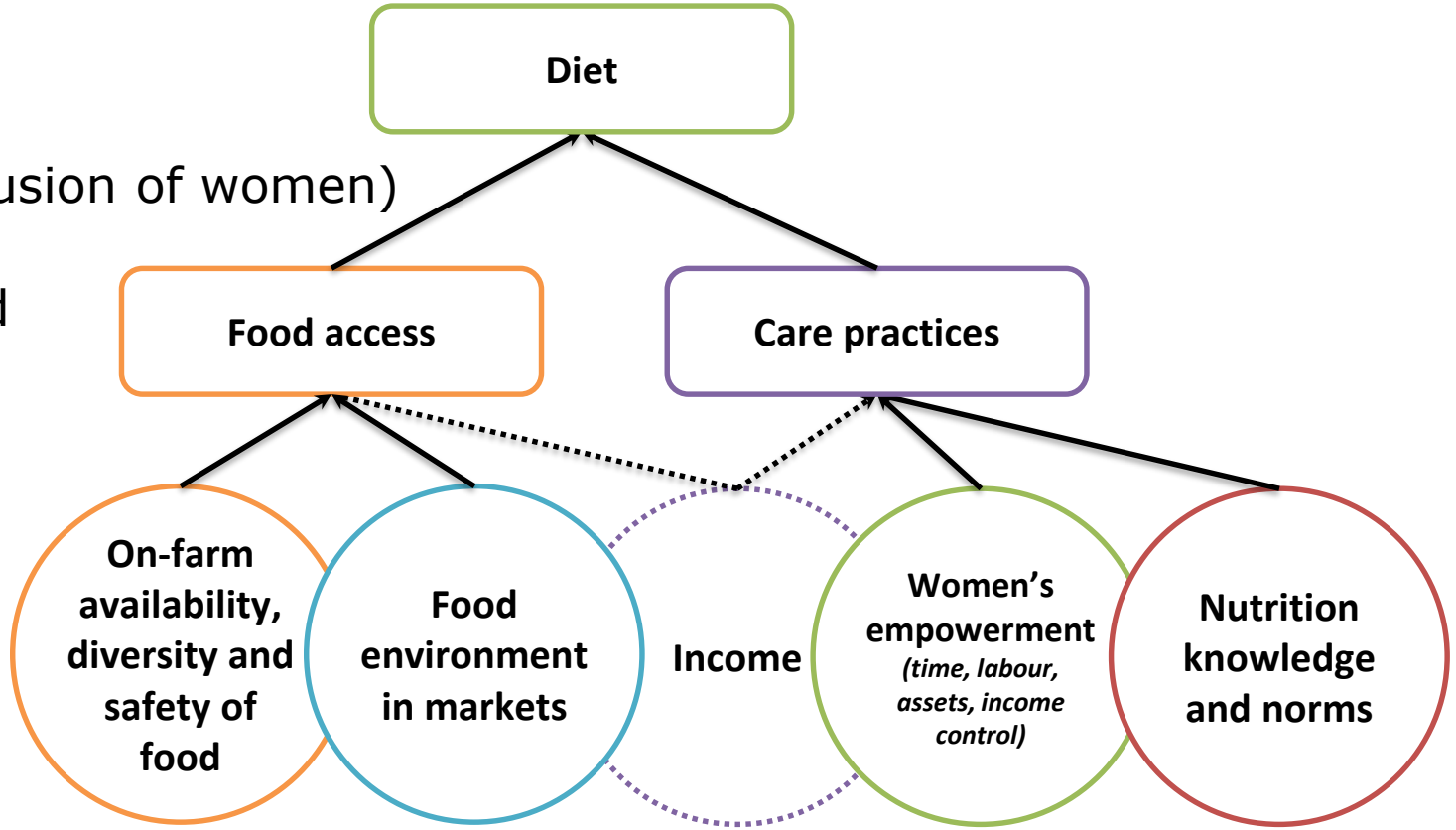
Increased Income

- Impact depends on
  - Intra-household dynamics (inclusion of women)
  - Awareness and attitudes
  - Local availability of diverse food



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Increased Income

- Impact depends on
  - Intra-household dynamics (inclusion of women)
  - Awareness and attitudes
  - Local availability of diverse food

Relevant interventions	Indicators and M&E
Women decision making at household level	Gender disaggregated data for reach interventions Elements of Women's Empowerment in Agriculture Index (modules of Pro-WEAI)
Nutrition education and Social and Behaviour Change Communication	Include nutrition and food safety-related knowledge questions in survey
Project intervention -> increased income -> increased food security?	Months of Adequate Household Food Provisioning (MAHFP)

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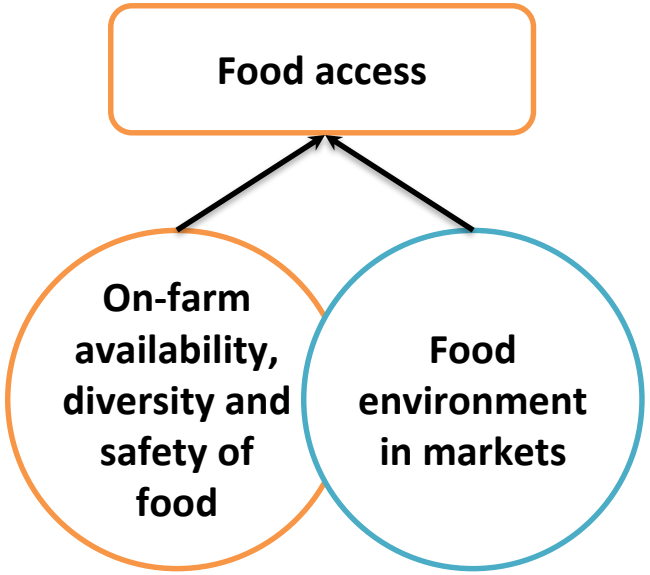
Increased Access to a specific food crop

- Impact depends on:
  - nutritional value
  - dietary gap
  - affordability and accessibility to target group throughout the year



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Increased Access to a specific food crop

- Impact depends on:
  - nutritional value
  - dietary gap
  - affordability and accessibility to target group throughout the year

Relevant interventions	Indicators and M&E
All mentioned for income +	• All mentioned for income + • Uptake of improved post-harvest and processing practices • Increased consumption of nutritious crops: Food Frequency Questionnaire only for relevant foods to target group
In case of nutrient dense crops: • Adequate post-harvest handling and processing • Promotion of own consumption	
In case of staple or non-food crops: • Alongside homestead food production	

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Improved diet

- Meaning: a diet that is safe, diverse, healthy and adequate. The diet should:
  - cover all nutritional needs: energy, proteins, micronutrients , essential fats, fibre and water
  - be suitable for the age of the targeted group

Dietary diversity: one dimension of diet quality

The ten food groups “counted” in the Minimum Dietary Diversity for Women of Reproductive Age indicator are:

1. Grains, white roots and tubers, and plantains
2. Pulses (beans, peas and lentils)
3. Nuts and seeds
4. Dairy
5. Meat, poultry and fish
6. Eggs
7. Dark green leafy vegetables
8. Other vitamin A-rich fruits and vegetables
9. Other vegetables
10. Other fruits

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Improved diet

- Meaning: a diet that is safe, diverse, healthy and adequate. The diet should:
  - cover all nutritional needs: energy, proteins, micronutrients , essential fats, fiber and water
  - be suitable for the age of the targeted group

Relevant interventions	Indicators and M&E
All mentioned for income and access +	• All mentioned for income and access + • Minimum Dietary Diversity (MDD-W) for women of reproductive age • Minimum Acceptable Diet (MAD) for 6-23 months old infants and children
Participatory appraisal of dietary habits (involve people in assessing their own food and nutrition situation and identifying the causes of food and nutrition problems according to their perceptions)	
Cooking / food processing demonstrations	
Leverage/initiate mother to mother support groups	

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Overview indicators

Outcome areas	Indicators
Income	Gender disaggregated data for reach of interventions
	Modules of Pro-WEAI – project Women Empowerment in Agriculture index
	Include nutrition and food safety-related knowledge questions in survey
	MAHFP (Months of Adequate Household Food Provisioning)
Access	Food Frequency Questionnaire only for relevant foods (e.g. promoted by the project) to target group
	Uptake of improved post-harvest and processing practices can be measured through a quantitative survey among farmers and/or farmer organizations and/or extension services.
Diet	MAD (Minimum Acceptable Diet for 6-23 months old infants and children)
	MDD-W (Minimum Dietary Diversity for Women of reproductive age)

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Example: RiceTechCambodia

- Organic rice value chain in Cambodia.
- Small-scale rice farmers will be reached
  - receiving extensive training on organic agriculture and good agricultural practices.
  - getting access to drying, storage and milling facilities
- Increases the quality of the rice products that can be sold and in this way increases the income of farmers.

Example: RiceTechCambodia

- Who has access to and decides how to spend the increased income? Women?
- Are diversified food sources locally available?
- Are they aware and willing to eat more diverse?
- Measuring MAHFP (base- & end line) provide insight in (perceived) income and food security situations.

Example: Vegetables for All Tanzania

Co-funded by:

Ministry of Foreign Affairs

Veg for All: Objectives

Increased availability of nutritious vegetables

More sustainable vegetable supply chains

Improved access to vegetables for BoP consumers

Increased consumption of vegetables by BoP consumers

Increased income for farming families

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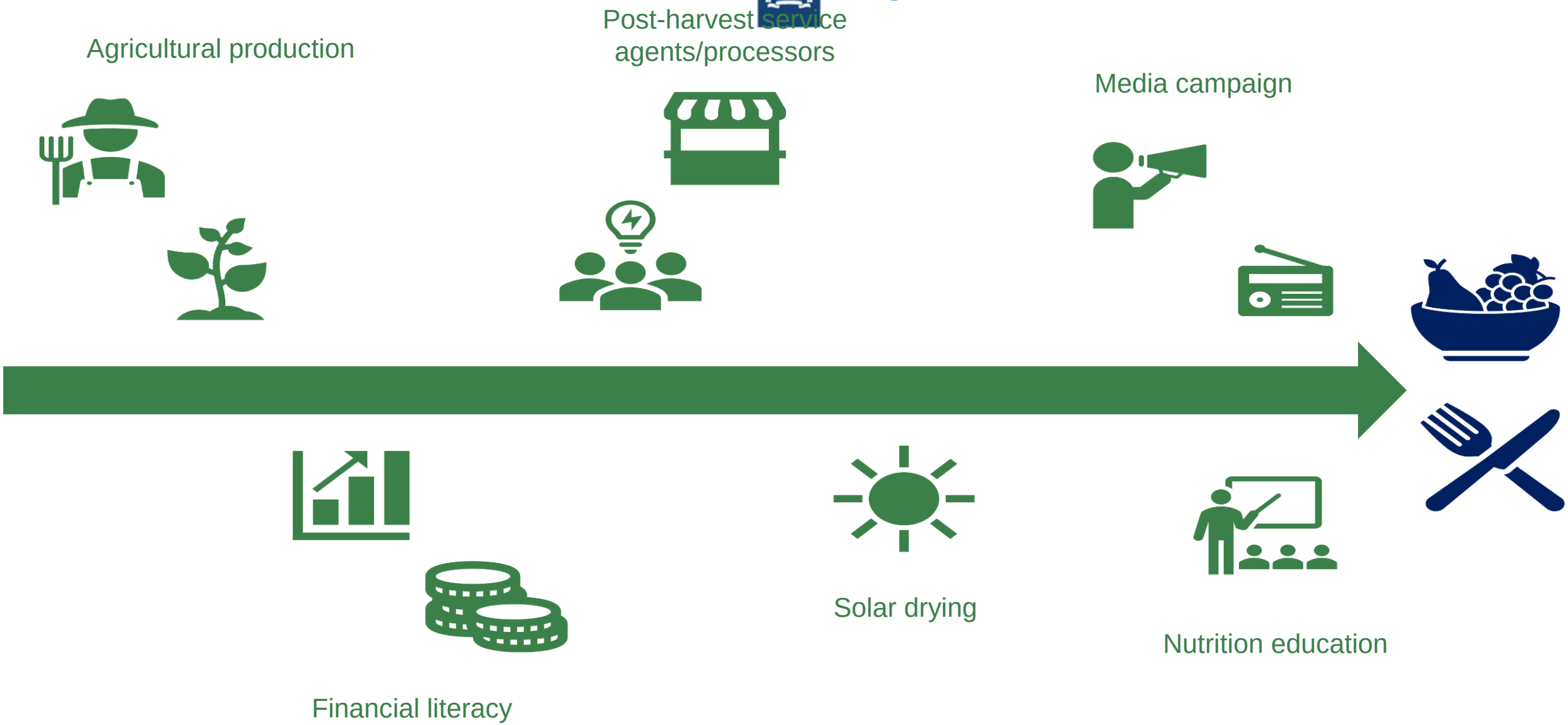
Veg for All: Interventions



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Results - Quantitative data collection

Results	Indicators	Means of Verification
50% BoP consumers in Arusha, Kilimanjaro, Tanga and Manyara **reached** with messages on importance of vegetables for healthy diets	a) % BoP consumers in target areas reached with radio messages b) % BoP consumers in target areas reached with messages via NGOs	a) Reach radio stations contracted b) NGOs attendance lists for nutrition orientation sessions
4000 small holder farmer households in Arusha, Kilimanjaro, Tanga and Manyara **aware** about importance of vegetables for healthy diets	Individual level checking nutrition knowledge (importance of vegetables for healthy diets)	Household survey among representative sample of targeted households

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Results - Quantitative data collection, cont.

Results	Indicators	Means of Verification
4000 small holder farmer households in Arusha, Kilimanjaro, Tanga and Manyara **have access to** fresh and/or dried vegetables	a) Check affordability and perceived ease of access b) Production of fresh and/or dried vegetables	a) and b) Household survey among representative sample of targeted households
4000 small holder farmer households in Arusha, Kilimanjaro, Tanga and Manyara **increase in vegetable consumed**	a) DDS among women b) Frequency of vegetable consumption	a) and b) Household survey among representative sample of targeted households

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An alternative perspective: Workforce nutrition

- Workforce nutrition programmes
  - Organised by employer
  - Part of the solution to malnutrition
  - Important for business returns and, ultimately, on GDP
  - Most suitable where employer can organise interventions at the workplace and make these accessible to the entire workforce
- Interventions
  - Healthy food at work
  - Nutrition education
  - Nutrition-focused health checks
  - Breastfeeding support

Source: GAIN, *Workforce Nutrition evidence briefs,* 2019 https://nutritionconnect.org/resource-center/workforce-nutrition-evidence-briefs

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References

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