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Malnutrition



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When and why is malnutrition a problem?

IGNITE TRAINING



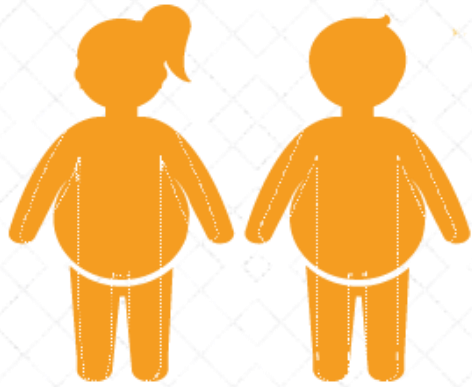
Image shows a smiling father sharing a green apple with his young daughter. Image source: AdobeStock

Malnutrition - condition that develops when the body is deprived of vitamins, minerals and other nutrients it needs to maintain healthy tissues and organ function.

Group discussion

Why is malnutrition a problem?

MALNUTRITION AFFECTS ALL REGIONS WORLDWIDE



42 MILLION
children under the age of
5 years are overweight or obese

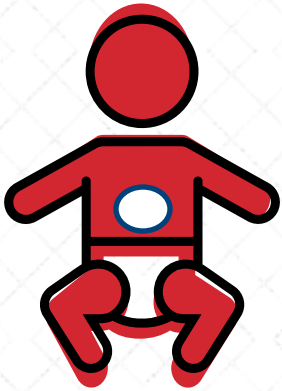


156 MILLION
children are stunted
(too short for age)



50 MILLION
children are wasted
(too thin for height)

Malnutrition statistics in Burkina Faso:



8.1%
of children
under 5 are
wasted



26.1%
of children
under 5 are
stunted



2.4%
of children
under 5 are
overweight



14.4%
of the population
is undernourished

Malnutrition statistics in Ethiopia:



7.2%
of children
under 5 are
wasted

Source: FAOSTAT



36.3%
of children
under 5 are
stunted

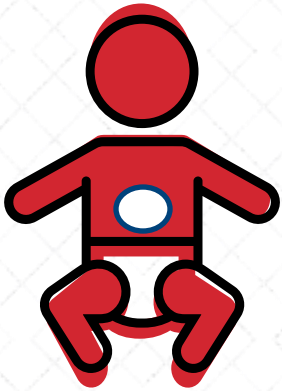


2.6%
of children
under 5 are
overweight



16.2%
of the population
is undernourished

Malnutrition statistics in **Nigeria**:



6.8%

of children
under 5 are
wasted

Source: FAOSTAT



35.7%

of children
under 5 are
stunted



2.6%

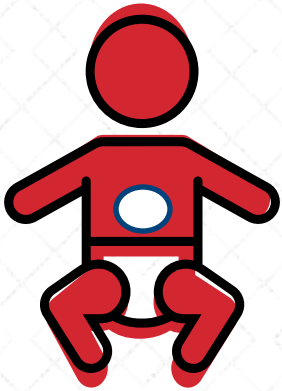
of children
under 5 are
overweight



14.6%

of the population
is undernourished

Malnutrition statistics in Tanzania:



3.5%

of children
under 5 are
wasted

Source: FAOSTAT



32.8%

of children
under 5 are
stunted



5.3%

of children
under 5 are
overweight

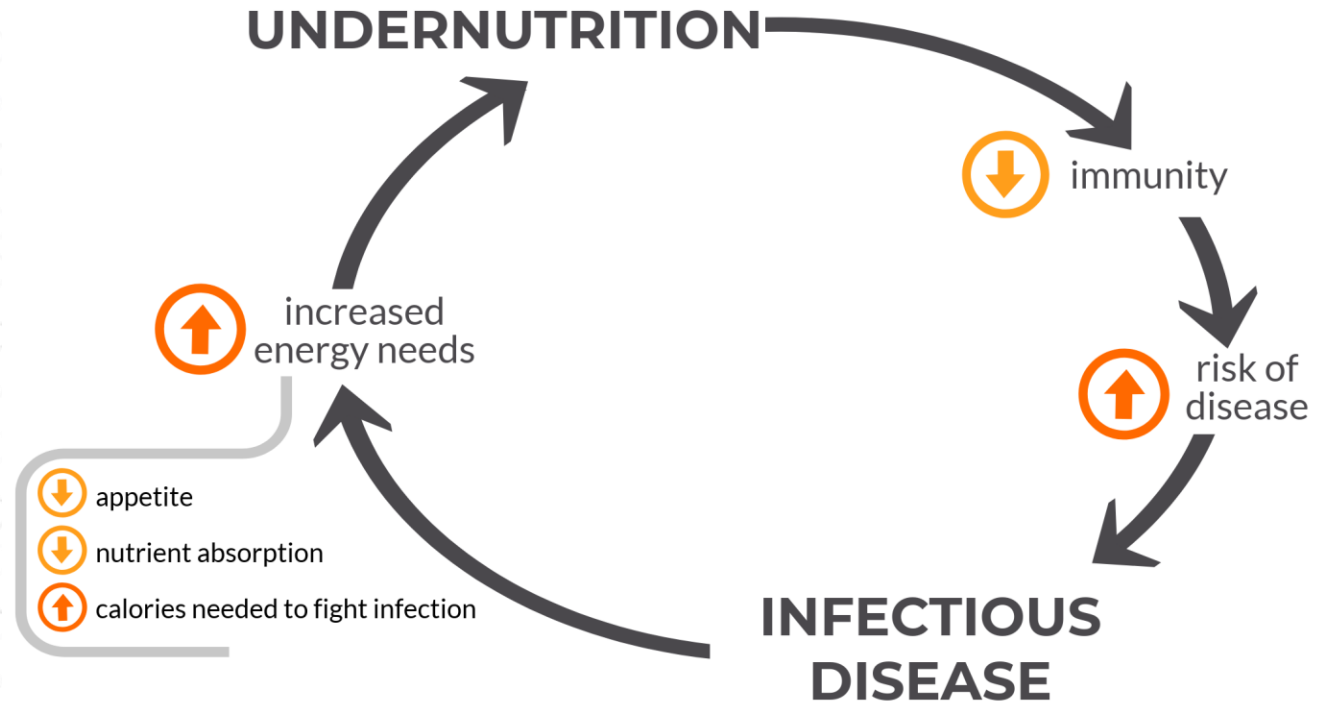


25.1%

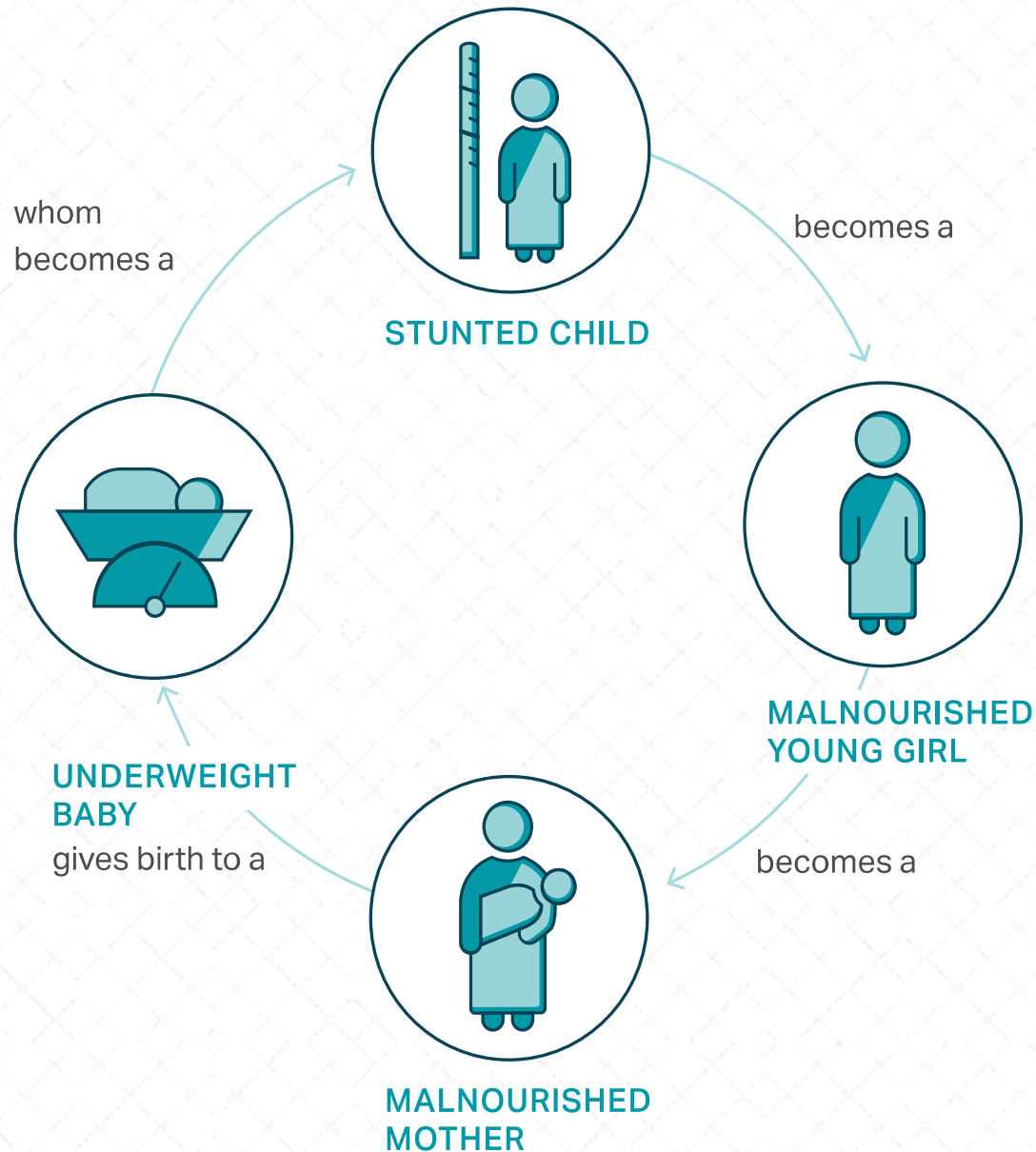
of the population
is undernourished

Malnutrition
means **more**
illness and **less**
energy.

Untreated it
often leads to a
vicious cycle of
disease.



Inter-generational cycle of malnutrition



Malnutrition is particularly harmful to mothers and young children.

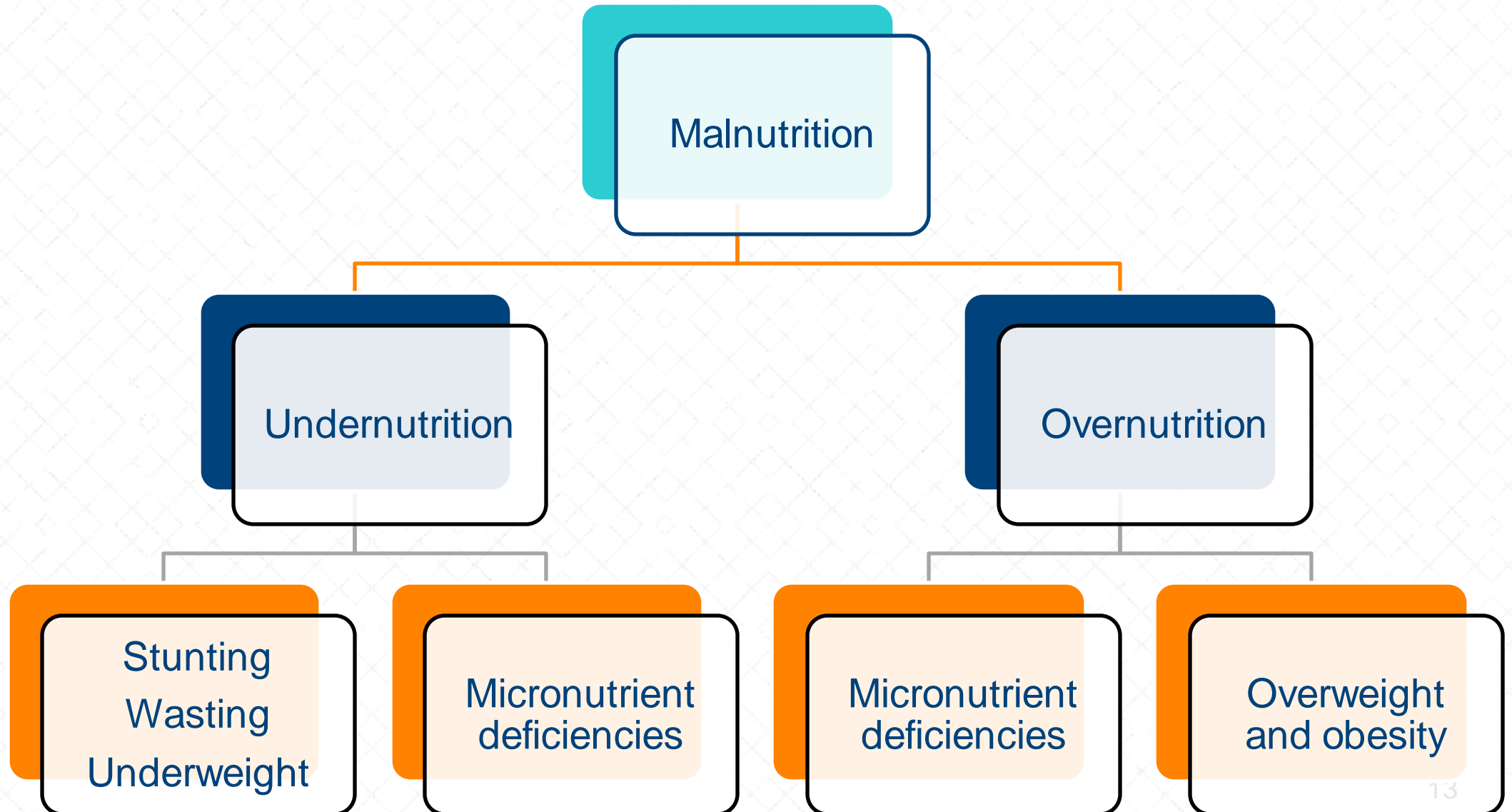
When *untreated*, malnutrition has lifelong and even **multi-generational effects**.

THINK

What long-term
challenges or
generational effects
have you seen in your
work?



Types of malnutrition



Undernutrition comes from *not consuming* enough food, or *illness* that inhibits the absorption of nutrients.

Overnutrition comes from
consuming too much food.

Overnutrition is also unhealthy and
contributes to *disease.*

Both undernutrition and overnutrition can involve nutrient deficiencies.

Micronutrient malnutrition is sometimes called '*hidden hunger.*'



Deficiencies of public health interest

- Iron
- Vitamin A
- Iodine deficiency

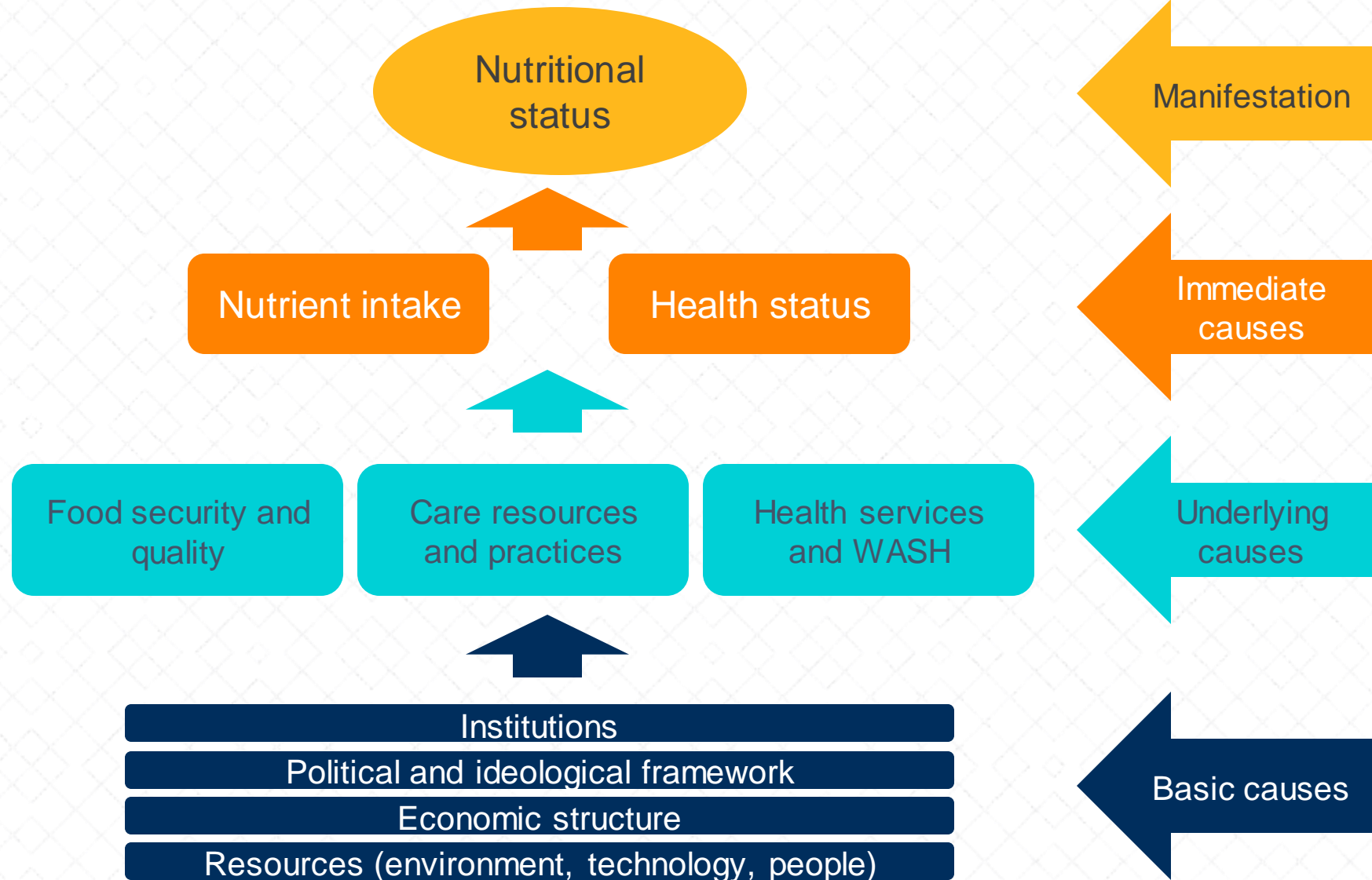
THINK

What micronutrient rich foods do people in your region eat?

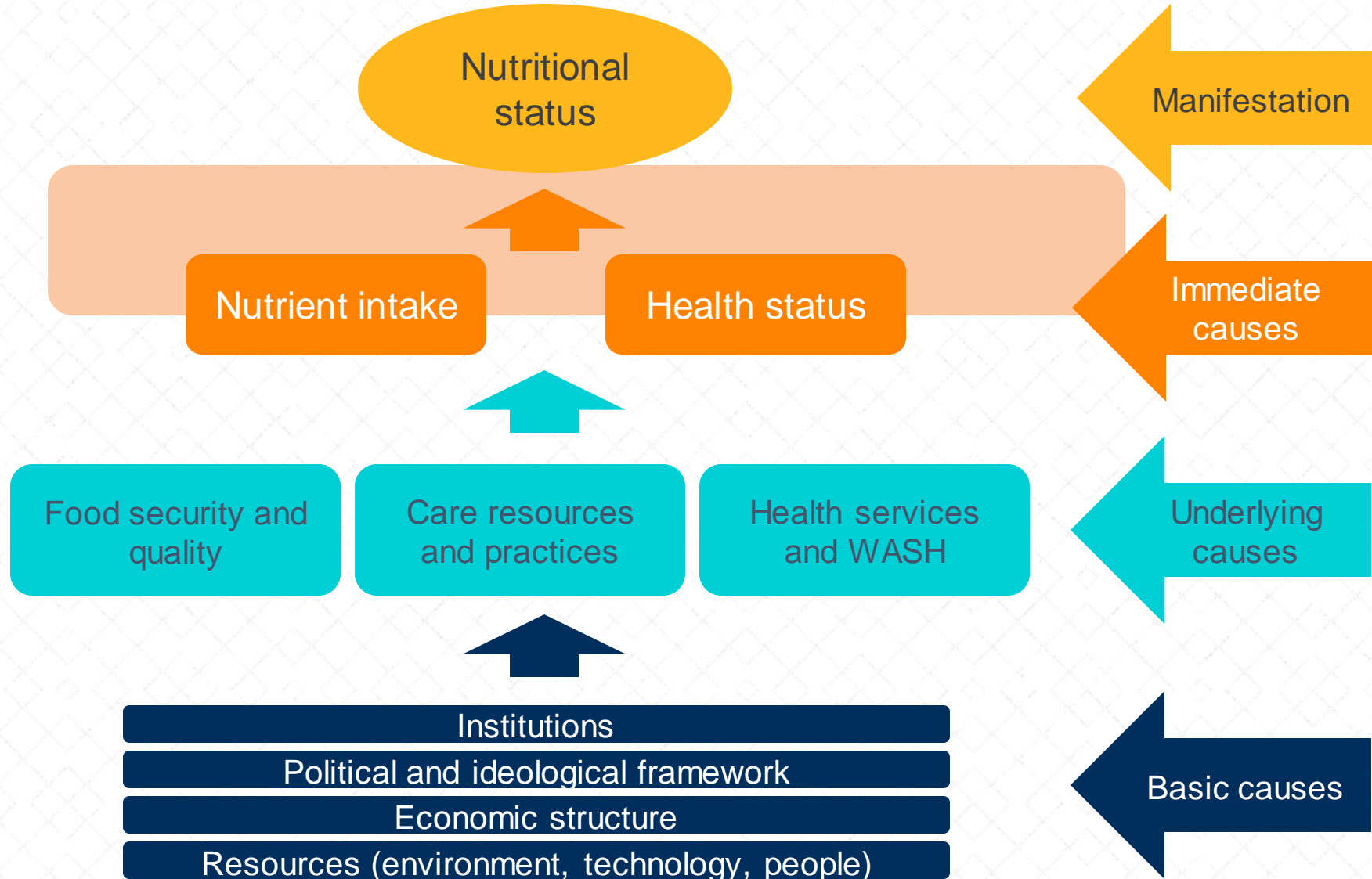
What micronutrients are missing from the regionally available foods?



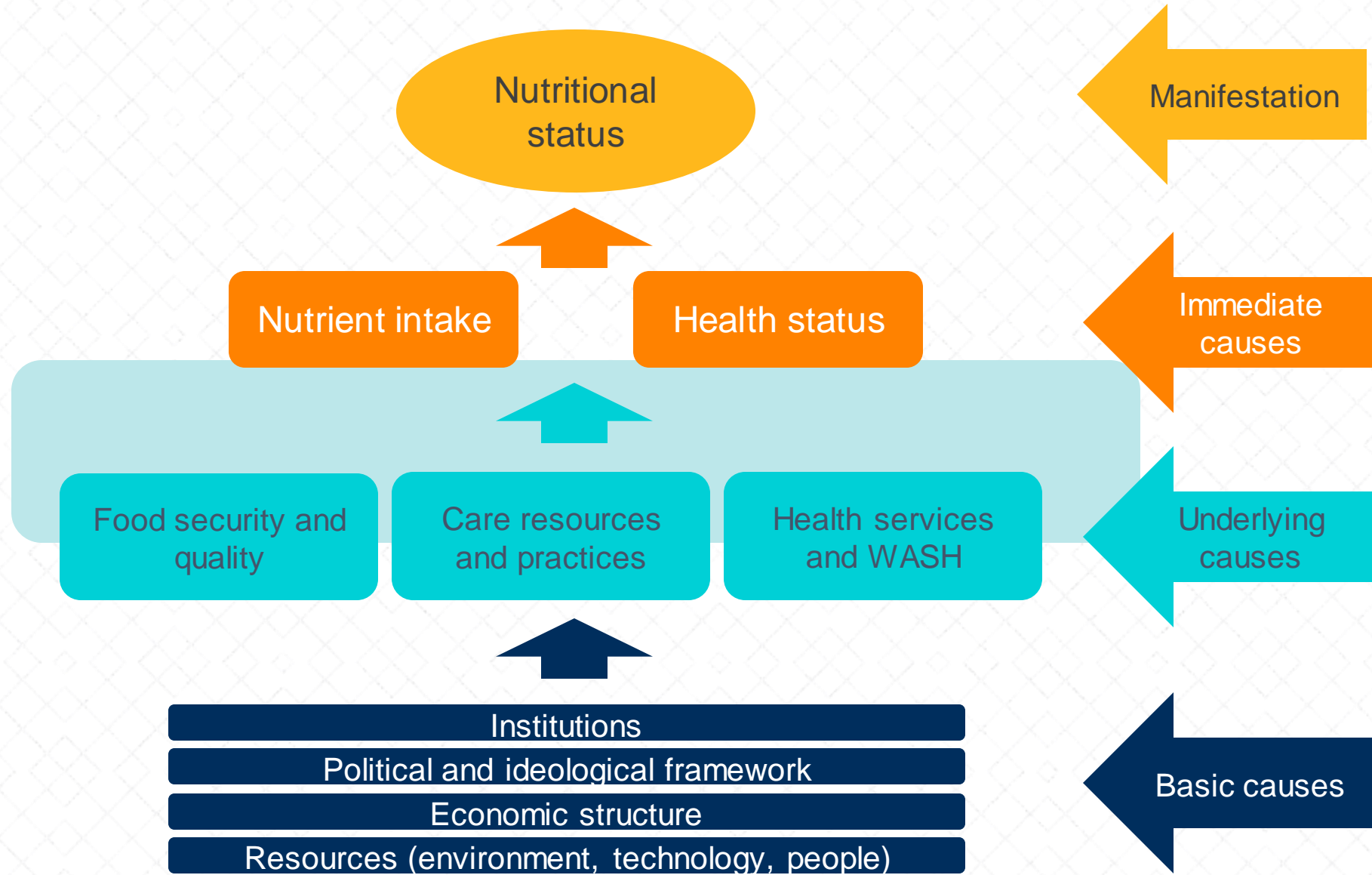
Causes of malnutrition



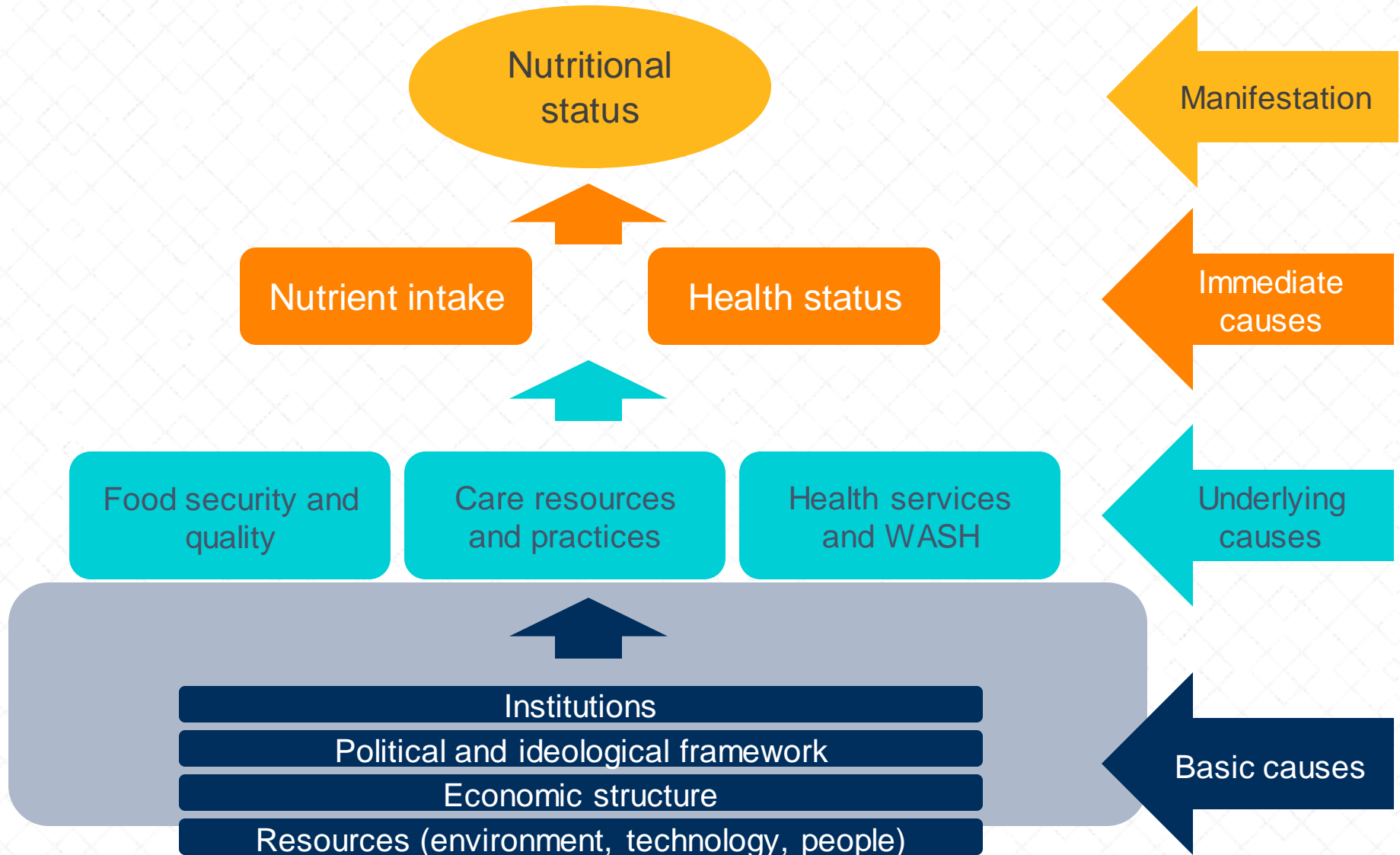
Immediate causes of malnutrition



Underlying causes of malnutrition



Systemic (basic) causes of malnutrition



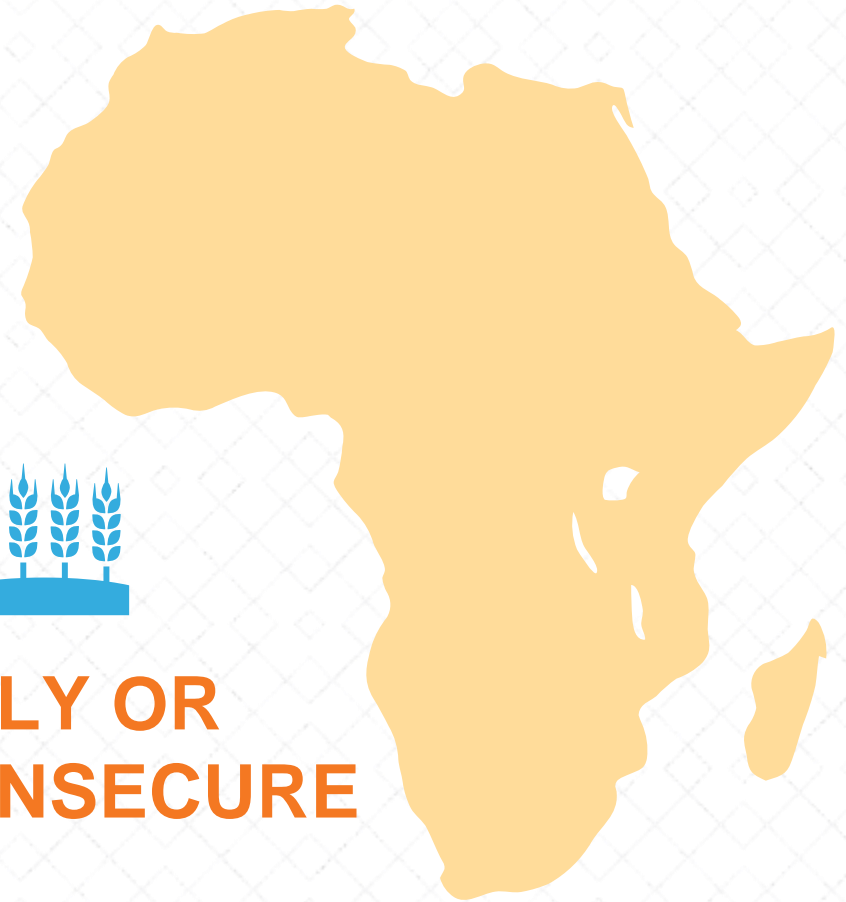
Food Security & Insecurity

Food security exists when **all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life**

Food insecurity exists when people do not have adequate physical, social or economic access to food

Country statistics

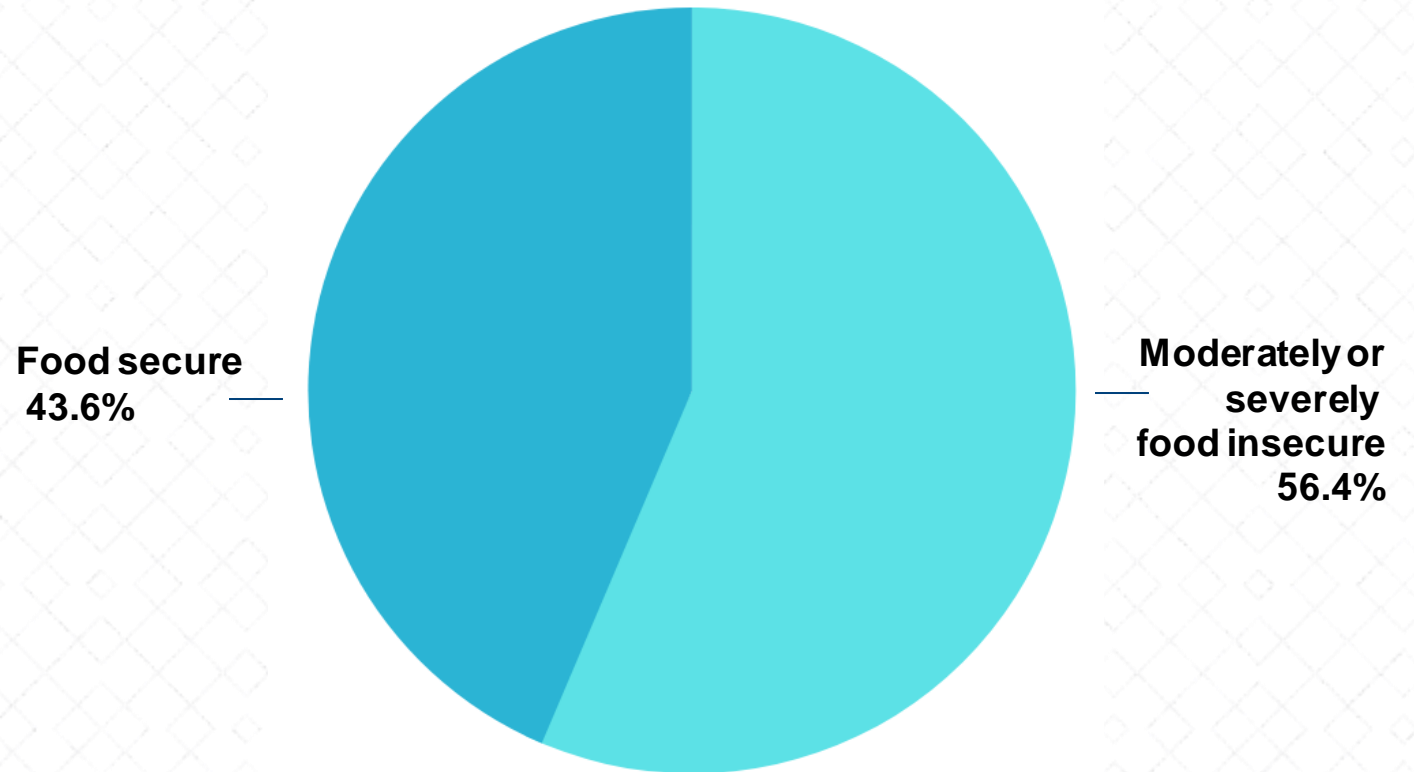
IN TANZANIA,
32.7 MILLION 
INDIVIDUALS
WERE **MODERATELY OR
SEVERELY FOOD INSECURE**
IN 2019



32.7 MILLION INDIVIDUALS ARE MODERATELY OR SEVERELY FOOD INSECURE

Prevalence of food insecurity in Tanzania 2019

Tanzania
at a glance:



Source: FAOSTAT

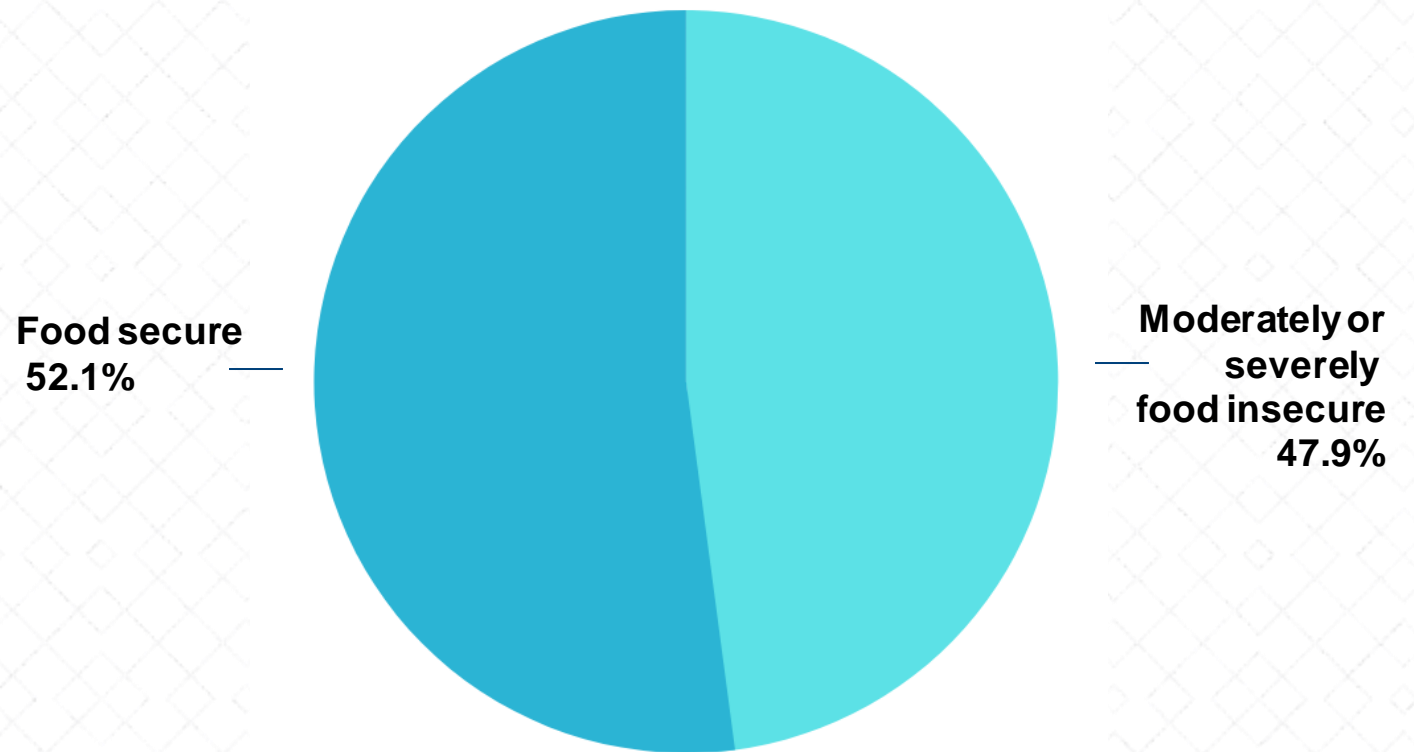
IN BURKINA FASO,
9.7 MILLION 
INDIVIDUALS
WERE **MODERATELY OR
SEVERELY FOOD INSECURE**
IN 2019



Burkina Faso at a glance:

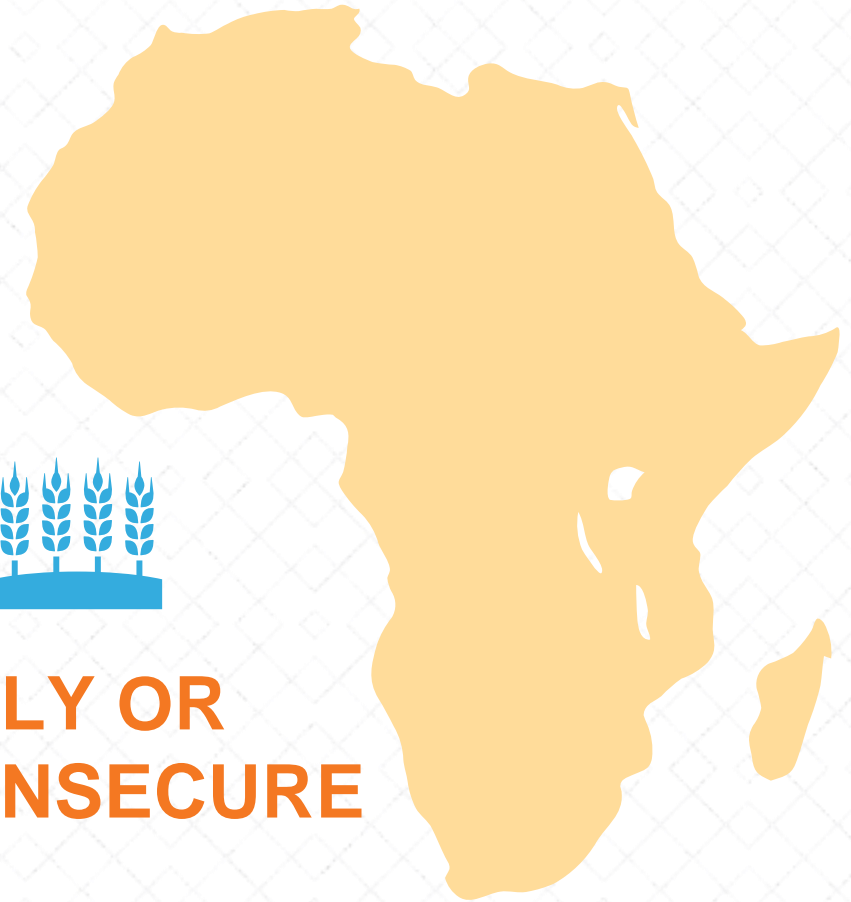
9.7 MILLION INDIVIDUALS ARE MODERATELY OR SEVERELY FOOD INSECURE

Prevalence of food insecurity in Burkina Faso 2019



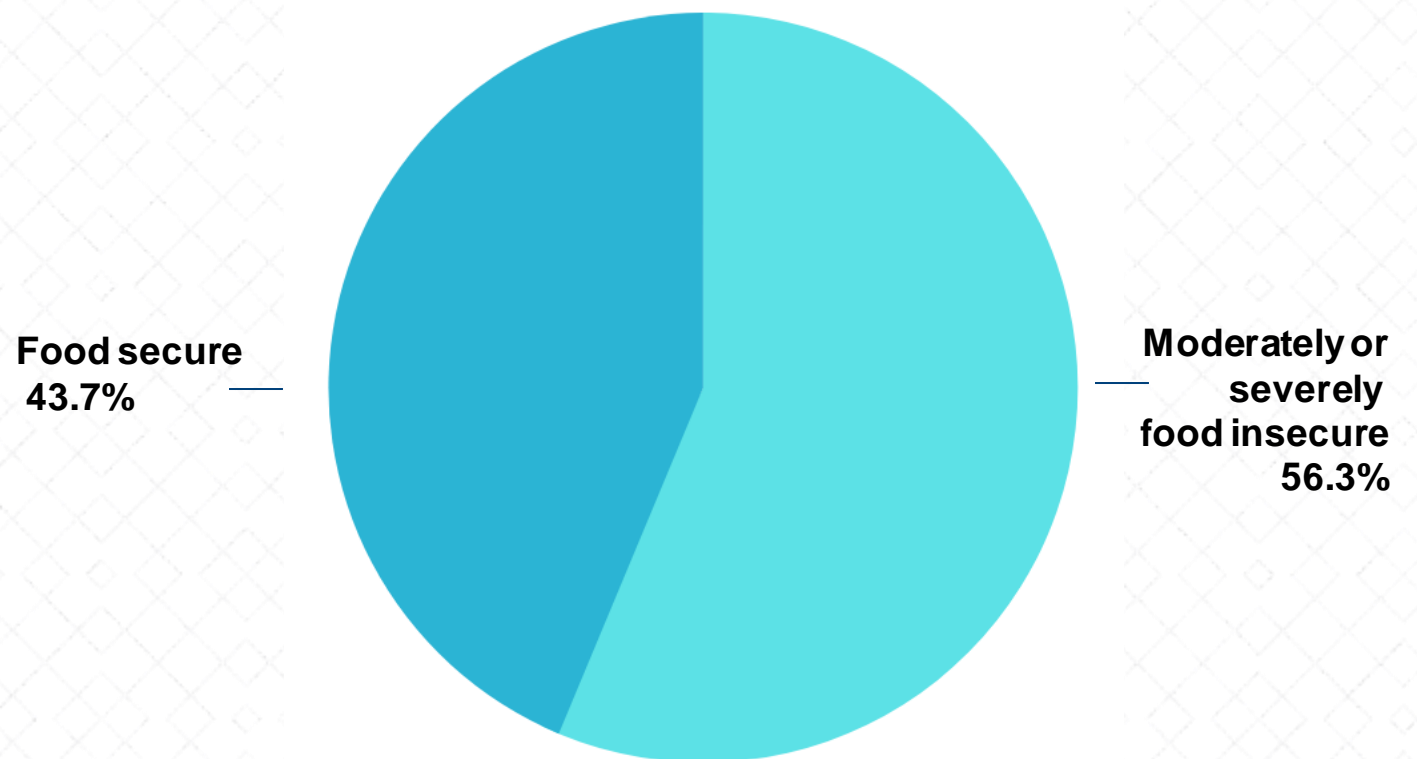
Source: FAOSTAT

IN ETHIOPIA,
62.3 MILLION
INDIVIDUALS
WERE **MODERATELY OR
SEVERELY FOOD INSECURE**
IN 2019



63.2 MILLION INDIVIDUALS ARE MODERATELY OR SEVERELY FOOD INSECURE

Prevalence of food insecurity in Ethiopia 2019

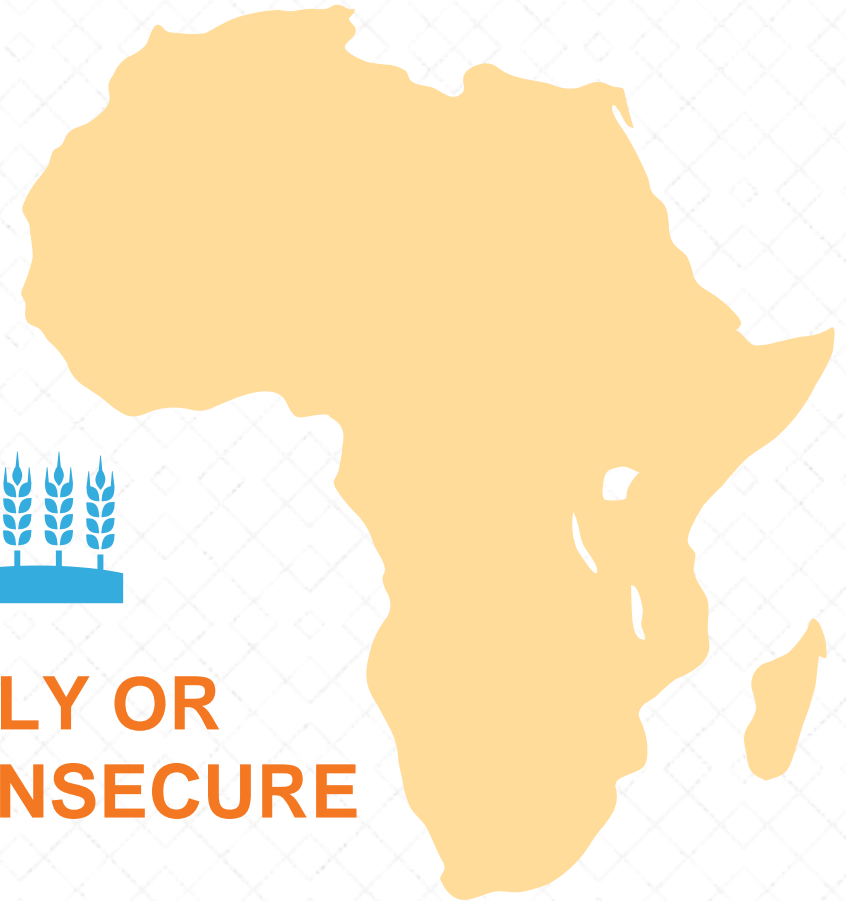


Source: FAOSTAT

Ethiopia at
a glance:

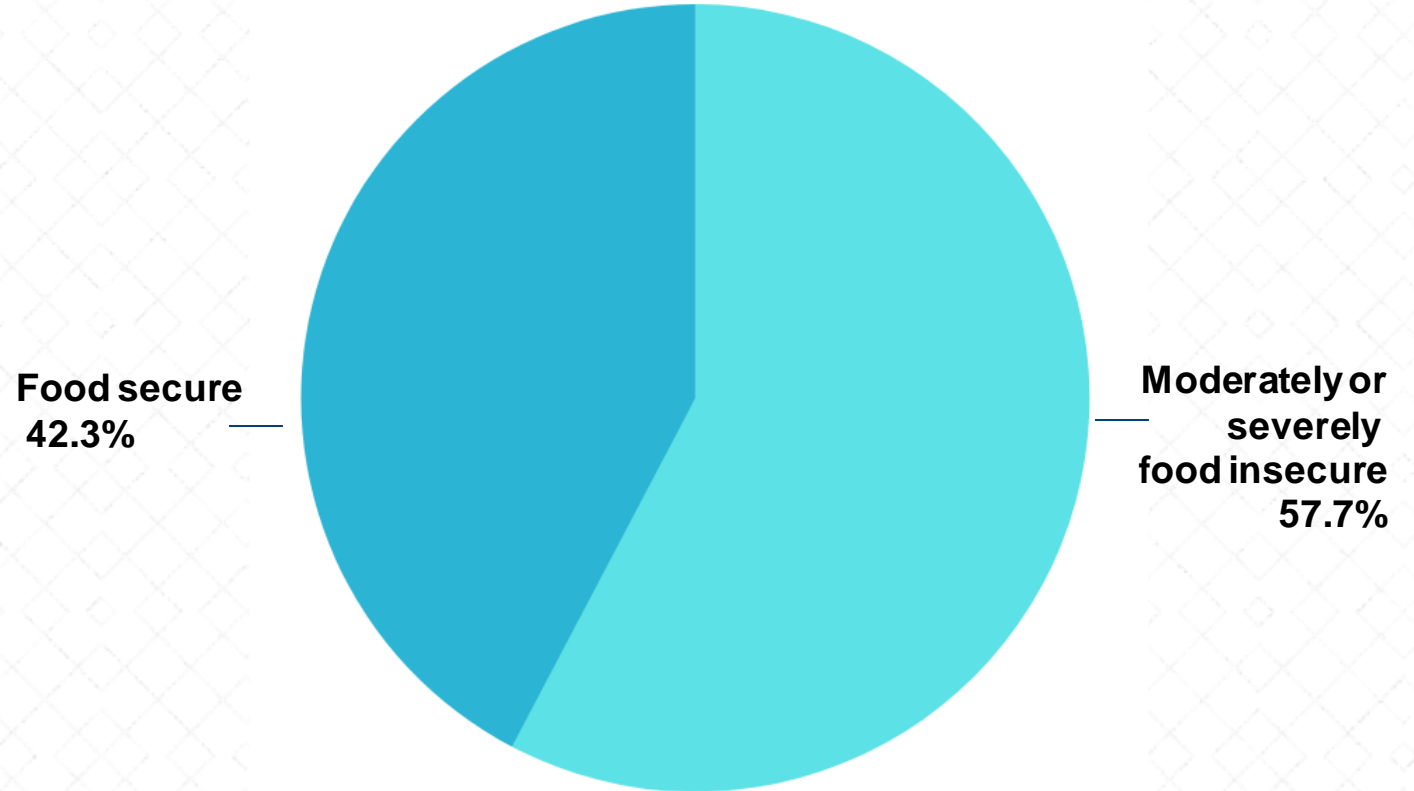
Do we want to add a title or
comment here?

IN NIGERIA,
116 MILLION 
INDIVIDUALS
WERE **MODERATELY OR
SEVERELY FOOD INSECURE**
IN 2019



116 MILLION INDIVIDUALS ARE MODERATELY OR SEVERELY FOOD INSECURE

Prevalence of food insecurity in Nigeria 2019



**Nigeria at
a glance:**

THINK

How does
agriculture
contribute to food
security in
communities?



how agriculture contributes to food security in communities

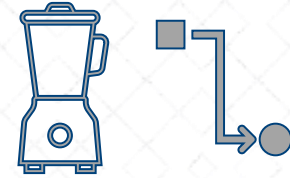
Production



Food trade / marketing



Food Processing



Food Retailing



Consumer Demand



Enabling Environment



THINK

What nutrition-related programs, activities, or interventions can you think of?





Example

PRODUCTION

- Select the box below that reflects the focus of your work in agriculture/livestock production:

Agro-Input Supply and
Service Delivery

Farm/ Household Training
on Agriculture

Producer/Farmer
Organization Development

Value Chain Selection



Agro-Input Supply and Service Delivery

- Select an activity that the project is undertaking:

Increasing Equitable
Access to Inputs/Services

Capacity Development of Input/Service
Delivery Actors



Increasing Equitable Access to Inputs/Services

Increasing Equitable Access to
Inputs/Services

Capacity Development of
Input/Service Delivery Actors

Potential Nutrition Intervention	Food Environment Domains Affected
<u>Increase access to seeds of nutrient-rich and biofortified crops so that nutrient-rich foods can be produced</u>	Availability, Women's empowerment
<u>Increase access to safe storage containers and bags to decrease the risk of spoilage of production</u>	Availability, accessibility, Women's empowerment
<u>Increase access to inputs that will increase yield of nutrient-rich commodities</u>	Availability, accessibility, Women's empowerment

Gender Integration

Ensuring women have equitable access to inputs/ technology will support closing gender gaps in productivity and boost overall agricultural and nutrition outcomes.



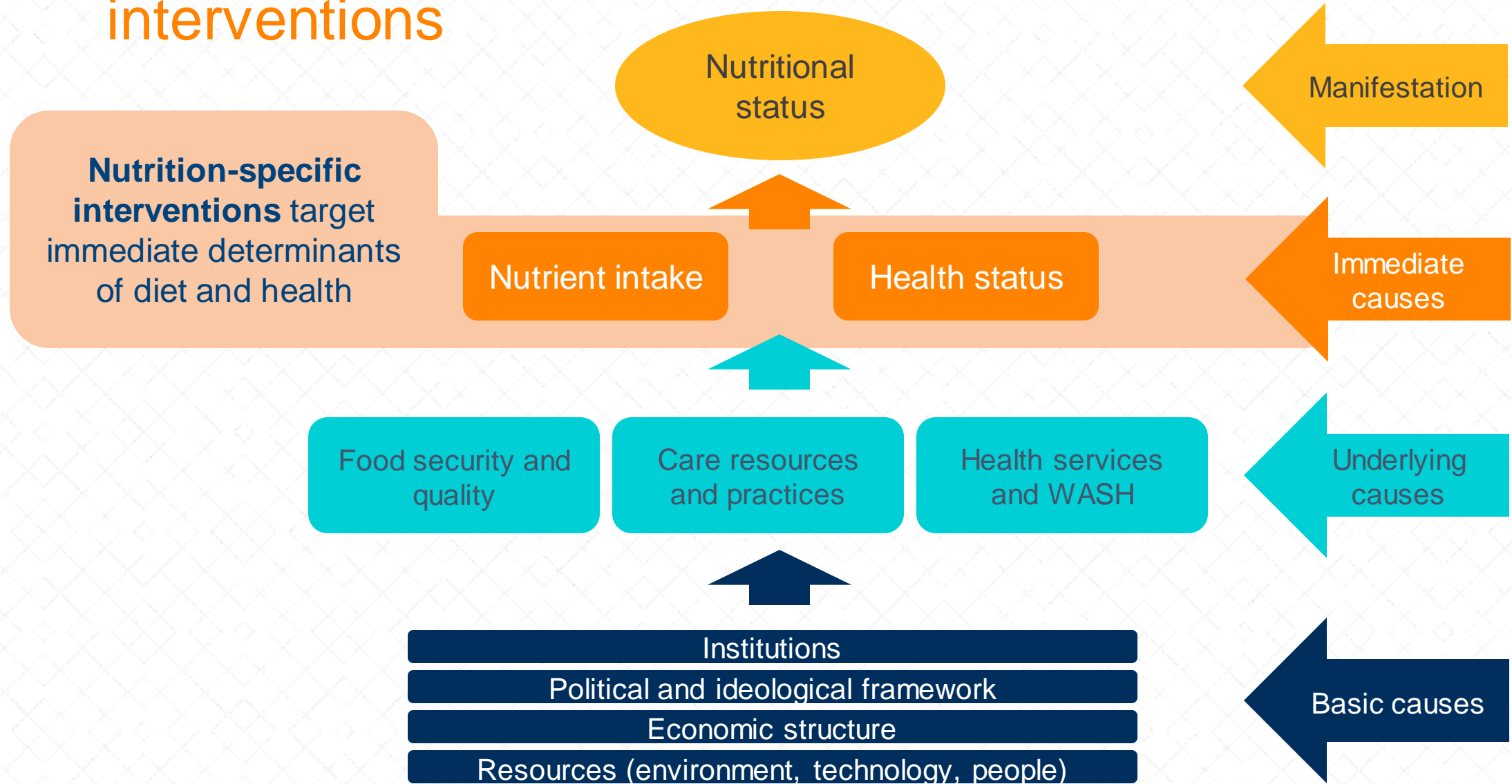
NUTRITION INTERVENTIONS

There are two main types of
programmatically interventions

Nutrition-specific

Nutrition-sensitive

Nutrition-specific interventions



Nutrition-specific

Address the *immediate* causes of malnutrition

Food provision

Supplements

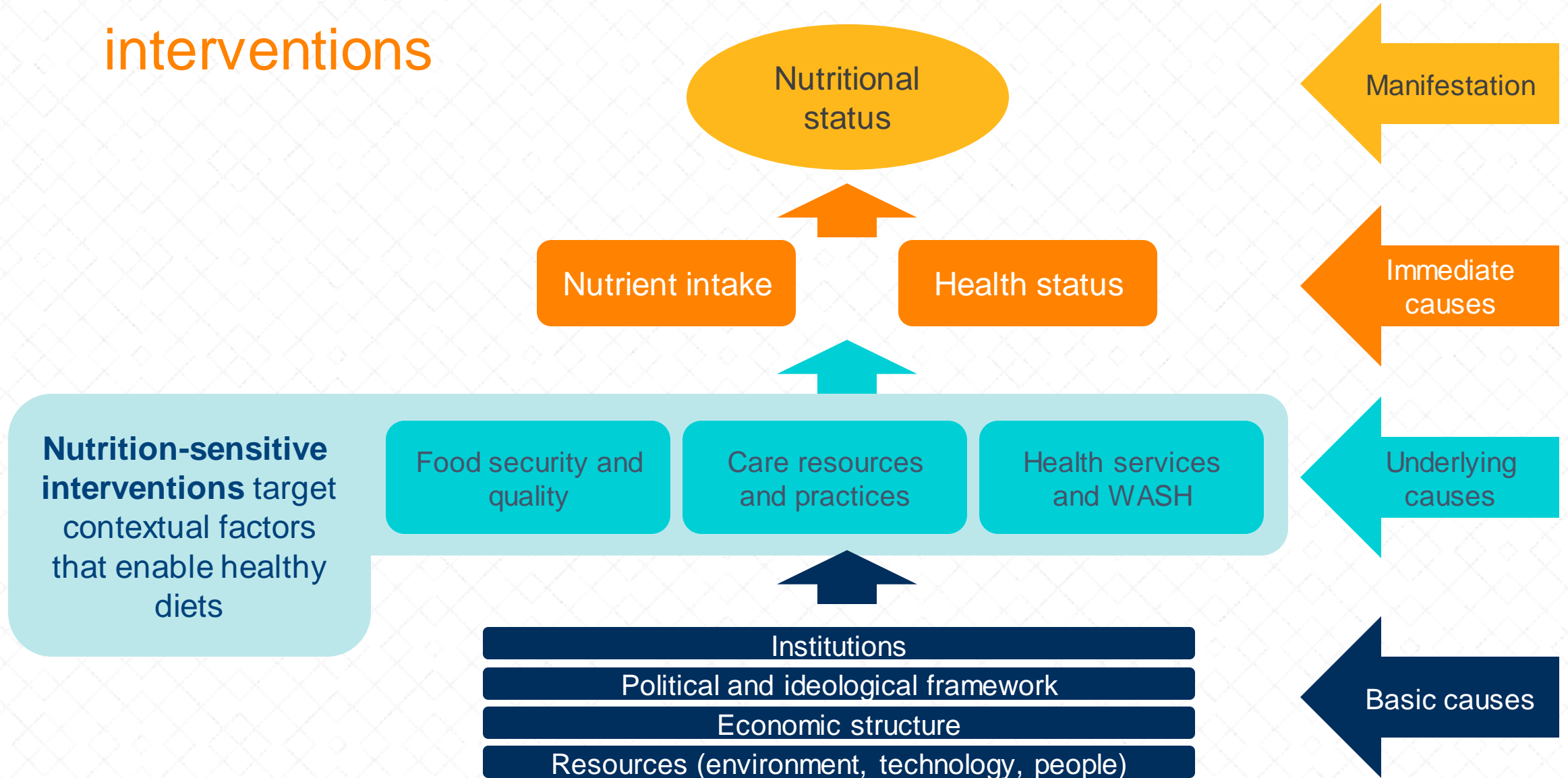
Healthcare

Breastfeeding support

Scaling up nutrition-specific interventions still leaves a gap

A 2013 study showed that even if we can scale up these nutrition-specific interventions to cover 90 percent of people at-risk for malnutrition, **it would only address about 20 percent of chronic malnutrition.**

Nutrition-sensitive interventions



Nutrition-sensitive

Address the *underlying* causes of malnutrition

WASH

Education

Healthcare

Agriculture

THINK

Does the agriculture in the areas you work support local people in having sufficient quantity and nutrients in their food?



You play a key role in making
agriculture nutrition sensitive.

LET'S REVIEW

- Malnutrition
- Causes of malnutrition
- Food security and insecurity
- Nutrition interventions



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Thank you!