STORIES OF CHANGE IN NUTRITION

Quantitative findings: Change in nutrition outcomes and determinants

NAZ Nutrition Symposium
Lusaka, May 2016
Stories of Change in Nutrition

• Documenting learning from key countries

• Undertaken in six countries
  • Bangladesh, Nepal, India, Senegal, Zambia and Ethiopia

• Quantitative work on drivers of nutrition change
  • using DHS datasets and other data sources

• Qualitative work on policy processes and community experiences
  • using interviews, focus groups, network mapping, and document reviews

• Zambia brief is available; other papers will be available soon
Changes in nutrition outcomes in women and children in Zambia over time
Change in Height-for-age Z-scores

Shifts in the distribution of HAZs, from 2002 to 2014

Shifts in HAZs, by child’s age, from 2002 to 2014
Key underlying determinants

Changes in key variables for children 0-59 and 0-24 months
Potential determinants of change

Relationship between HAZ scores and continuous variables from DHS data
Drivers of change in stunting

Estimated contributions of selected factors to changes in HAZ, by subsample
Changing diets

Availability of calories from different food groups in Zambia over time

1971: Cereals 71%, Starchy Roots 7%, Pulses 2%, Vegetables and fruits 2%, Meat and fish 5%, Eggs 0%, Milk 2%, Sugar & Sweeteners 7%, Fats and oils 4%

1991: Cereals 67%, Starchy Roots 13%, Pulses 1%, Vegetables and fruits 2%, Meat and fish 4%, Eggs 0%, Milk 1%, Sugar & Sweeteners 8%, Fats and oils 4%

2011: Cereals 63%, Starchy Roots 17%, Pulses 1%, Vegetables and fruits 2%, Mea and fish 4%, Eggs 0%, Milk 1%, Sugar & Sweeteners 5%, Fats and oils 7%
Income, poverty and inequality

Economic indicators for Zambia over time
Conclusion

• A growing economy, but not for all
• Nutrition transition has arrived
• Improving service coverage… with international funding
• Decreasing stunting, sustained over time
• Driven by reductions in malaria and open defecation
• Much remains unexplained due to lack of data
• Communities are experiencing these changes
Thank you!
Community perceptions

“Malnutrition is still in our homes; children have potbellies, big heads and low birth weight”

“Pregnant women's diets are better because they are more diverse: long ago pregnant mothers use to eat the same type of food like wild okra but unlike nowadays where pregnant mothers eat all kinds of food.”

“Men paid for us, therefore we have no power.”
“|I have the power because it’s my job to feed them...|
Food production indicators for Zambia over time

- Maize yields (x10,000 tonnes)
- Undernourishment (%)
- Calories available from non-staples (%)