INGENAES Nutrition Activities in Zambia

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Stakeholder Workshop
Metrics for Nutrition, Gender
Lusaka, Zambia
Message harmonization activity

- MoA and INGENAES convened stakeholders to share nutrition promotion experience
- Households receive messages from multiple sources; some are inconsistent, others accurate but confusing
- National Food Based Dietary Guidelines (FBDG) could help harmonize messaging
Message harmonization activity, cont’d

- INGENAES representative posted at MoA
- Supporting next steps from message harmonization workshop:
  - develop, field test nutrition-sensitive training and supports for camp extension officers
- With MoA staff, attended Technical Consultation on FBDG
Introduction Food Based Dietary Guidelines (FBDGs)

• Definition of guideline (WHO, 2012; Naude, 2016):

✓ recommendations intended to assist providers and recipients of health care and other stakeholders to make informed decisions

✓ provide information about what policy-makers, health-care providers or the public should do

✓ Statements by which to determine a course of action
Outline of presentation

- Brief overview of FBDGs
- How FBDGs can shape various policies
- FBDGs in Zambia (why we need them)
- Role FBDGs could play in Agricultural Extension Services (AES)
- How INGENAES will support FBDGs development
Brief overview of FBDGs

• Part of FAO / WHO strategy to promote appropriate diets through recommendations of optimal dietary patterns and healthy lifestyles
• A Public Health Measure to Promote Healthy Diet and Guide Healthier Food Supplies to Address the Double Burden of Malnutrition (WHO-2015)
• Need to adopt modern methods of nutrition communication, evidence based, consumer centred
• FBDGs are a template for public health nutrition policy
• FBDGs inform food system solutions for better health
• FBDGs are inextricably linked to the food system – have multi-sectoral applications
FBDGs are an integral part of the food system.
FBDGs around the world

- Documented process for more than 100 countries

- **Europe:** Czech Republic, Denmark, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, the Netherlands, Slovenia, Spain, and United Kingdom. European Union developed Diet

- **The Americas:** Canada, Mexico, the USA and Venezuela first to publish. Argentina, Barbados, Brazil, Chile, Colombia, the Commonwealth of Bahamas, Costa Rica, Cuba, El Salvador, Guatemala, Guyana, Honduras, Panama and Uruguay

- **Asia:** China, Indonesia, India, Japan, Malaysia, Nepal, New Zealand, Philippines, Singapore and Thailand

- **Africa:** Namibia, Nigeria and South Africa

- **Middle East:** Iran, Lebanon and Egypt
Systematic process to develop FBDGs

Monitor/Evaluate

Disseminate and train

Multisectoral committee

Political committee and leadership

Analyze Nutrition Situation in the country

Set up nutrition/health objectives

Develop a communication Education Strategy

Develop and test messages & Food guides
Target population for FBDGs

• General adult population
• Infant and young children feeding
• School age children
• Pregnant and lactating women
• Elderly population
• Specific dietary preference groups (e.g. vegetarians)
• Patients (e.g. diabetes, cardiovascular diseases)
How FBDGs can shape various policies

• Some policies and programs related to FBDGs in Zambia:
  ✓ National Agriculture policy (NAP)
  ✓ Social protection policy: Food and Nutrition Security: FISP
  ✓ School health and nutrition policy
  ✓ Farmer Input Support Programme (FISP)/Extension policy
  ✓ Health Policy

• National food policy National/ Food and Nutrition Strategic plan

• 1st 1000 Most Critical Days Programme (1000 MCDP)

• Maternal, Adolescent, Infant and Young Child Nutrition (MAIYCN)
FBDGs and National Agriculture Policy (NAP)

• Agric policy influences quality, quantity and range of crops, livestock and fisheries farmers produce (FAO, 2014).
• In 2012 49% of agriculture budget expenditure was maize centric –FISP 30.6% and FRA 18.4% (IAPRI, 2012)
• FBDGs would add advocacy to further review of FISP and FRA’s role to promote diversified production for nutritionally adequate diet
• FBDGs would provide a forum for professionals in agric, nutrition and health and other stakeholders to discuss areas of interest and synergies
FBDGs in Zambia (why we need them)

• Zambia has all the forms of malnutrition: undernutrition, micronutrient deficiencies and over nutrition – double burden:
  ✓ Undernutrition
    ✓ Anthropometrically defined;
    ✓ and micronutrient malnutrition
    ✓ NCDs resulting from low consumption of nutritional adequate healthy diet
  ✓ Overweight and obesity
  ✓ Non communicable diseases

• Change in diet from traditional to energy dense, fatty and sugar: increasing per capita income though no national data (Harris, 2016; IAPRI, 2016)
% of Households consumption of selected products previous 24 hours

Role FBDGs could play in Agricultural Extension Services (AES)

• Given predominance of maize in Zambia due to maize centric policies, production and consumption there is a strong need to promote FBDGs
• In the absence of FBDGs, AE officers may not know what to recommend.
• FBDGs form the basis for policy, but can also guide MoA in harmonised nutrition sensitive AES
• FBDGs could help AES promote crop and livestock diversity and purchasing power
How INGENAES will support FBDGs development

• Provide technical assistance to the MoA in the development and use of FBDGs:
  – Country situational analysis
  – Technical assistance in mobilization of steering committee
SOME OF THE MANY FOODS THAT ARE AVAILABLE IN ZAMBIA
Thank You!