

# MULTI-SECTORAL INVOLVEMENT IN NUTRITION WITH FOCUS ON REALIZATION OF THE SUSTAINABLE DEVELOPMENT GOALS

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7<sup>th</sup> August, 2018

# Why 1000 days?

- The 1,000 days between a woman's pregnancy and her child's 2<sup>nd</sup> birthday offer a unique window of opportunity to shape healthier and more prosperous futures.
- The right nutrition during this 1,000 day window can have a profound impact on a child's ability to grow, learn, and rise out of poverty. It can also shape a society's long-term health, stability and prosperity.
- Adequate nutrition during the first 1,000 days of life means less wasting and stunting, as well as less illness and death. It also lowers the risk of NCDs such as cardiovascular disease and diabetes later in life.

# Evidence on the importance of maternal infant young child and adolescent nutrition

- Lancet series on child survival(2003)
- Lancet series on child development(2007)
- Lancet series on child and maternal under-nutrition(2008)
- Lancet series on maternal and child under-nutrition (2013)
- Studies on impact of early initiation of breastfeeding in **reducing neonatal mortality**
- Studies of effect of nutrition interventions during early childhood on **economic productivity in adults**

*\*Source: Jones et al, 2003; Engle et al, 2007; Black et al, 2008; Hoddinott et al, 2008; Edmond et al, 2006; Mullany et al, 2008*

# Key messages from the evidence

- a. Importance of nutrition and IYCF for **child survival, growth and development**
- b. Negative impact of nutritional deficiencies is particularly prominent during the period of infancy and the first two years of life: ***critical window of opportunity***
- c. Ensuring optimal IYCF with integrated comprehensive programs has a crucial role for child survival, growth and development

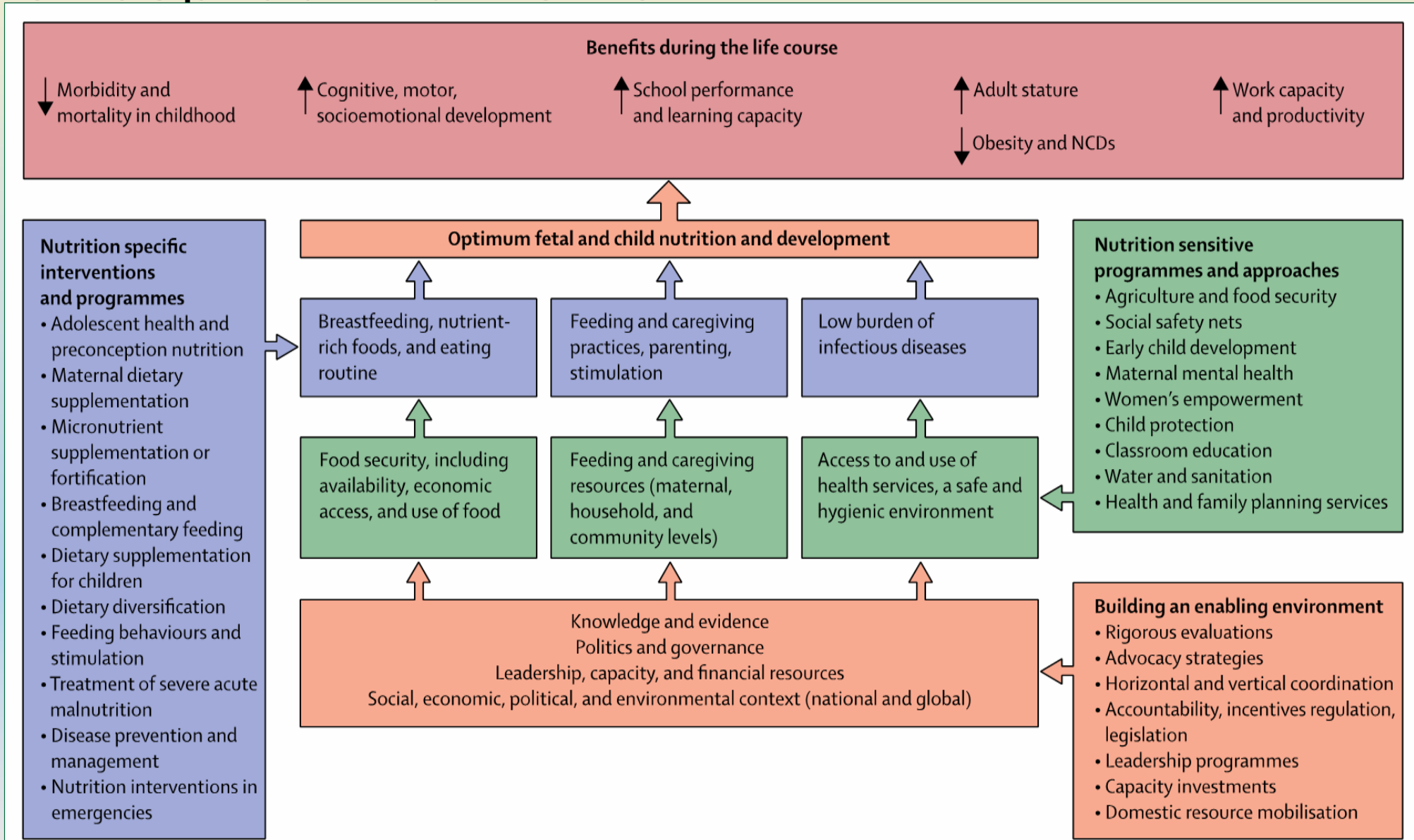


# Effects of stunting on child development

- Consistently significant associations exist between stunting by age 2 or 3 and **later cognitive deficits**( e.g lower IQ), school achievement and drop out
- Longitudinal studies show more problems with conduct, poorer attention and poorer social relationships at school age
- **Reduction of stunting is one of the main strategies to achieve optimal child development worldwide** (other strategies include : adequate stimulation, prevent Iodine deficiency, prevent Iron deficiency anaemia)

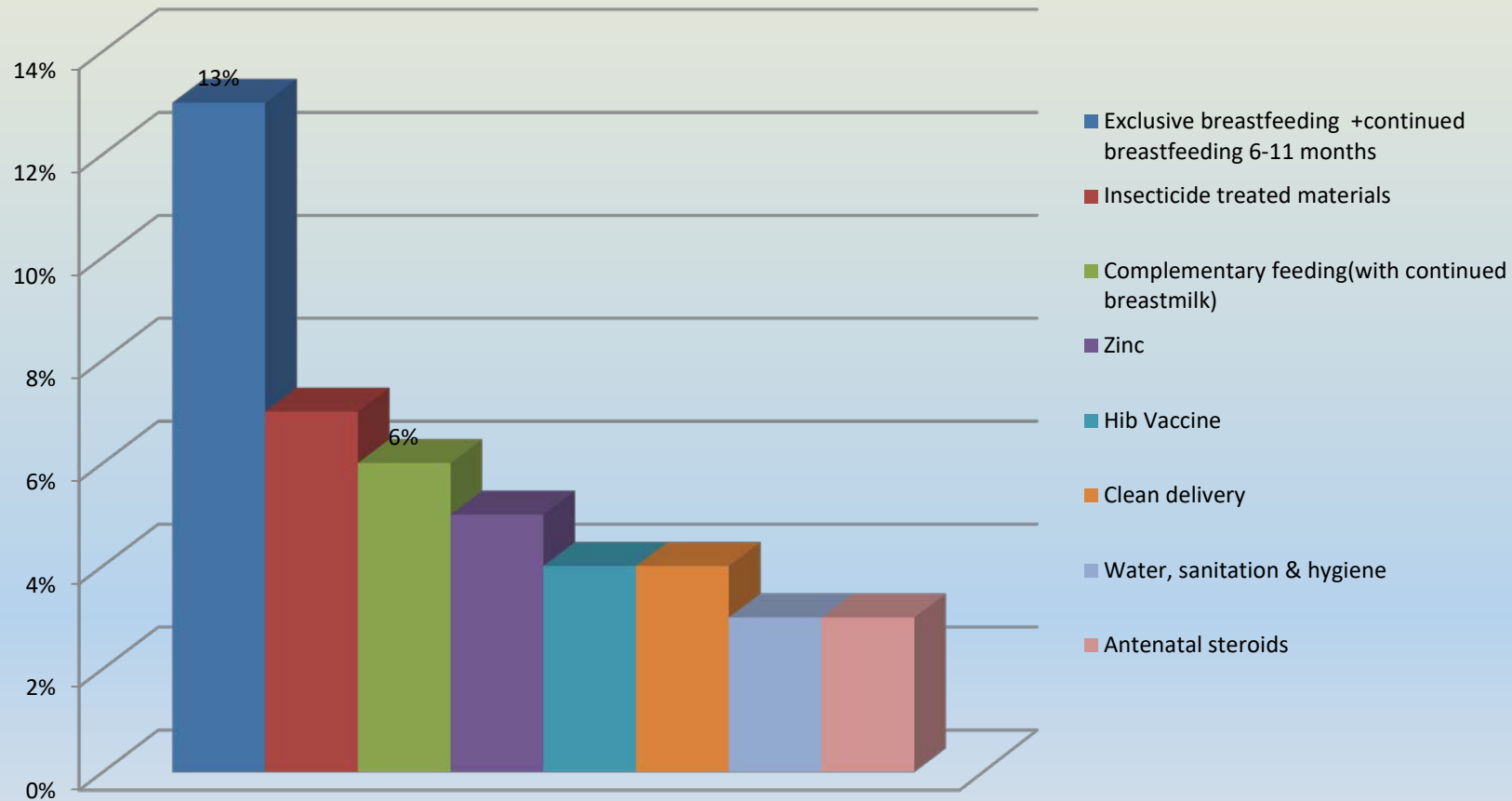
Source: Lancet child development series, 2007

# Conceptual framework: Source: The Lancet Series on Maternal and Child Undernutrition - 2013



# Percent of total under-five deaths prevented by intervention :

Source: Lancet child survival series 2003



# Nutrition from the lens of SDGs



- To avoid working in silos
- Greater push for multi-sectoral and multi-stakeholder involvement



## Global nutrition report 2017(Nourishing the SDGs); endorsements

*“Africa’s economic progress is being undermined by hunger, malnutrition and stunting, which cost at least US\$25 billion annually in sub-Saharan Africa, and leave a lasting legacy of loss, pain and ruined potential. Stunted children today lead to stunted economies tomorrow. The Global Nutrition Report helps us all to maintain focus on and deal with this wholly preventable African tragedy”* [Akinwumi Adesina, President, African Development Bank](#)

*“The Global Nutrition Report 2017 argues on behalf of more than half of the world’s population. With more than a third of people living on this planet overweight and obese, over a staggering billion and a half suffering from anaemia and other micronutrient deficiencies, and around 200 million children stunted or wasted, this report is a strong call to action. For sustainable impact, it will be essential for us to take a more holistic view and strive for better nutrition across the entire life course. Political will, partnerships, building on existing policies and developing evidence to inform action are the building blocks. To do this, we must break down siloed ways of working and embrace a multisectoral and multi-stakeholder approach”* [Sania Nishtar, Founder and President, Heartfile Pakistan](#)

# How nutrition links to the SDGs

Source: Development Initiatives, 2017. Global Nutrition Report 2017: Nourishing the SDGs. Bristol; Development initiatives •

## **SUSTAINABLE FOOD PRODUCTION (2, 13,14 &15)**

Agricultural yields will decrease as temperatures rise by more than 3°C. More carbon dioxide will mean less protein, iron, zinc and other micronutrient content in major crops consumed by much of the world

### **The link**

More sustainable diets could make a significant difference to climate change, biodiversity and our waters. Food production uses 70% of the world's freshwater supply, agriculture produces 20% of all greenhouse gas emissions, and livestock uses 70% of agricultural land.

# How nutrition links to the SDGs

SOURCE: Development Initiatives, 2017. Global Nutrition Report 2017: Nourishing the SDGs. Bristol; Development initiatives •

## **SYSTEMS INFRASTRUCTURE (6,7,8,9, 11 & 12)**

Infrastructure like roads, sanitation and electricity is needed to deliver food, water and energy more equitably. This includes cities: the world's urban population will reach 66% by 2050, yet deprived areas are underserved, while infrastructure has made it easier to deliver foods that increase the risk of obesity.

## **The link**

Improved nutrition supports 'grey matter infrastructure': healthy people with the knowledge, ability and energy to drive economic development and build the future. Good nutrition gives people more labour and mental capacity, offering a \$16 return for every \$1 invested.

# How nutrition links to the SDGs

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## **HEALTH SYSTEMS (3)**

A well-functioning health system is vital to deliver preventative interventions at scale, to prevent and treat undernutrition, particularly in young children and mothers, and to tackle diet-related NCDs and obesity.

## **The link**

Undernutrition leads to 45% of all under-5 deaths. Improved nutrition reduces sickness and lowers death rates, and so reduces the burden on health systems.

# How nutrition links to the SDGs

Source: Development Initiatives, 2017. Global Nutrition Report 2017: Nourishing the SDGs. Bristol; Development initiatives •

## **EQUITY AND INCLUSION (1,4,5, 8& 10)**

Education is associated with improved nutritional outcomes. Mothers who have had quality secondary school education are likely to have significantly better nourished children. Nutrition is linked to GDP growth: a 10% rise in income translates into a 7.4% fall in wasting.

## **The link**

Well-nourished children are 33% more likely to escape poverty. Improved nutrition means better outcomes in education, employment and female empowerment, as well as reduced poverty and inequality.

# How nutrition links to the SDGs

Source: Development Initiatives, 2017. Global Nutrition Report 2017: Nourishing the SDGs. Bristol; Development initiatives •

## **PEACE AND STABILITY (16)**

The proportion of undernourished people living in countries in conflict and protracted crisis is almost three times higher than that in other developing countries. Malnutrition will not end without peace and stability.

## **The link**

Investing in food security and the fair distribution of natural resources is critical for both nutrition resilience and reduced fragility

# How nutrition links to the SDGs

Source: Development Initiatives, 2017. Global Nutrition Report 2017: Nourishing the SDGs. Bristol; Development initiatives •

## **Partnerships for the goals (17)**

Strengthening implementation across the goals through partnerships, capacity, data, accountability, financing and coherence will be key to ending malnutrition in all its forms.

## **The link**

Improving coherence on nutrition, from commitments to **policy** and **implementation**, will help build an enabling environment for all SDGs.

# Summary

- Importance of maternal infant young child adolescent nutrition
- Tackling the root causes of malnutrition requires that we tackle the causes at individual, household and community through provision of nutrition specific & nutrition sensitive interventions in tandem with an enabling environment
- The link between nutrition and the SDGs cannot be overemphasized.



# Questions?

