This presentation is part of the

Agriculture and Nutrition Global Learning and Evidence Exchange (N-GLEE)

held in Kampala, Uganda from December 10-12, 2012.

For additional presentations and related event materials, visit: [http://spring-nutrition.org/nglee-africa](http://spring-nutrition.org/nglee-africa)
Nutrition 101 and Common Agriculture Activities

Objectives of the session:

a. Participants will learn about the different ways undernutrition is measured and what this tells us about the local food and nutrition security context.

b. Become familiar with the ESSENTIAL NUTRITION ACTIONS and why these are high impact activities.

c. Discuss in small groups how agriculture activities can contribute to fill gaps in nutrition for vulnerable members of the household.
Key Anthropometric Measurements

- **Wasting** – low weight for height
- **Stunting** – too short for age
- **Underweight** – low weight for age
Wasting

Rapid weight loss as a result of recent (short-term) food deficiency

Screening: Mid-Upper Arm Circumference (MUAC)

Credit: WFP
Stunting: “The Least Understood, Most Under-appreciated Development Issue in the World” – Tony Lake, Executive Director, UNICEF

results from chronic undernutrition, which retards linear growth

Credit: Vilma Q. Tyler, UNICEF-CEE/CIS
Unapparent undernutrition

Credit: Vilma Q. Tyler, UNICEF-CEE/CIS
Growth faltering begins at about six months of age

Progress Made

Child Stunting Reduction from 1990-2011

- World: 40
- Asia: 48
- Central and Eastern Europe: 27
- Latin America/Caribbean: 27
- Middle East/North Africa: 31
- Sub-Saharan Africa: 42

World: 26
Asia: 27
Central and Eastern Europe: 12
Latin America/Caribbean: 12
Middle East/North Africa: 20
Sub-Saharan Africa: 36
Today... consensus exists on ‘what’ nutrition actions make a difference...

The Lancet Series on Maternal and Child Undernutrition

2008
The “window of opportunity” is from conception to two years

✓ nutrition of girls & women especially pregnant and lactating

✓ infant & young children, especially 0-23 months
“promotes targeted action and investment….when better nutrition can have a life-changing impact on a child’s future and help break the cycle of poverty.”

“undernutrition leads to:
• physical stunting
• mental impairment
• higher susceptibility to disease
• increased risk of mortality
• poorer performance in school, and
• lower future incomes.”
Scaling Up Nutrition (SUN) Framework for Action

Recommendations for 13 Direct High-impact Cost-Effective Nutrition Interventions:

1-3: Good infant and young child feeding practices

4-9: Increasing intake of vitamins and minerals/de-worming

10-11: Micronutrients through food fortification (iodized salt, iron fortification of staple foods)

12-13: Therapeutic feeding for malnourished children
The Essential Nutrition Actions

Control of Vitamin A deficiency

Iron/Folic acid and Control of Anemia

Control of Iodine Deficiency Disorders

Diverse diet high in micronutrients

Nutritional Care of the sick & Malnourished child
USDA: Choose My Plate
KNOW YOUR BASIC FOOD GROUPS FOR A BALANCED AND VARIED DIET

One nutrition advisor’s perspective 😊

ENERGY = Staple Food

PROTECTION: Fruits and Vegetables

GROWTH: Protein

ENERGY?

Fats? Yes! Sugars? No?
Common gaps in the diet

- FATS & OILS (energy dense foods)
- PROTEIN
- IRON
- VITAMIN A
PREGNANCY

BIRTH TO AGE TWO
Pathway 1: Own production → food consumption

Agriculture – own production – household calories (macronutrients) and micronutrients – individual intake – nutrition outcome
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Pathway 5: Women’s time use → child care capacity

Agriculture – female employment – caring capacity & practices – nutrition outcomes
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Pathway 6: Women’s workload → maternal energy use

Agriculture – female employment – energy expenditure – female adult Body Mass Index
1. Stunting is critical constraint to national development and can be prevented through optimal maternal and child nutrition.

2. The seven Essential Nutrition Actions are:
   - Optimal maternal nutrition
   - Optimal breastfeeding
   - Optimal complementary feeding
   - Micronutrients: Vitamin A; iron/folic acid (anemia); iodized salt
   - Treatment of the sick and malnourished child

3. Common gaps for a balanced diet are:
   - Fats & oils for energy dense foods
   - Protein
   - Iron and vitamin A

4. Women’s use of time and workload are important factors for maternal and child nutrition.