FEED THE FUTURE
The U.S. Government's Global Hunger & Food Security Initiative

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SPRING
Strengthening Partnerships, Results and Innovations in Nutrition Globally

Concurrent Sessions 2.6 Summary
March 6, 2013

2.6 A Addressing Micronutrient Deficiencies through Food and Agriculture Systems

- Biofortification is done by Harvest Plus in many countries including several in LAC
- Why do biofortification? For one, families can grow their own nutrients for the crops that they are accustomed to and we can get to the hard to reach areas
- Some efforts, such as those in Brazil and Panama, are being supported by local governments
- Why is stunting so high in Guatemala? If nutrition was simple, we would probably know the answer. Perhaps the issues are related to poor absorption of Fe and Zn and lack of diverse diet, but we need to look at the problem differently
- Micronutrients in breast milk are determined by the mother's diet for some micronutrients (Vit Bs, Vitamin C, Iodine, etc.)
- We need to look beyond international recommendations and better understand the context
- A study was done in the Dominican Republic looking at micronutrient levels across wealth and age groups in children and women. It showed that children did not need folic acid under the age of three and did not need iron after the age of four. However, nutrition experts will claim that Iron/Folate is needed from 0 to 5 in all contexts. This is not the case if you understand the context and know the inadequacy
- Depending on the population, micronutrient deficiency levels and requirements for additional intake, you can determine where mass fortification vs. targeted fortification vs. supplements are needed. There is not an across the board recipe
- The principles and concepts are universal but the solutions are local

2.6 B Nutrition Sensitive Value Chains

- Value chains have the potential to be developed to improve nutrition outcomes while also providing solutions to development challenges in other sectors, not least, in agriculture
- A nutrition sensitive value chain will maximize the potential for added nutritional value along the chain, by maximizing, conserving, or adding nutrients at key points
- The ultimate goal is to make more nutritious foods available to the poor and increase the demand for and access to nutritious foods among the poor
- Value chain approaches provide a framework for leveraging agriculture for improved nutrition by improving availability, access, intake of nutritious foods and creating demand
- Presented first tool: Nutritious Agriculture by Design: A Tool for Program Planning
  - Applications:
    - Prompt redesign of existing agriculture projects for nutritional impact
    - Enhance specifications for new projects
  - Users:
    - Project/program designers and implementers
- Presented second tool: Nutritious Agriculture by Design: A Tool for Private Sector Engagement used to:
  - Identify specific market opportunities for locally producing and distributing nutrient-dense foods to people with nutritional deficiencies

    - Identify value chain challenges that need to be overcome in order to make these opportunities feasible
    - Structure of the second tool:
        - Part 1 – Defining products and routes to potential nutritional outcomes
        - Part 2 – Assessment of value chain challenges:
        - Part 3 – Business case
        - Part 4 – Overall assessment
- Example given for Orange Flesh Sweet Potato used to make "Golden Bread" in Mozambique – final results shows what actions are required and where to target efforts. For Orange Flesh Sweet Potato in Mozambique, a key area identified in the value chain was processing – Private Sector and Public Sector actions were found as a result of the process

2.6 C Targeting for Effective Nutritional Outcomes – the First 1000 Days

- Stunting is a critical constraint to national development and to individual development. However, it can be prevented through optimal maternal and child nutrition during the first 1,000 days of life
- There is an additional association between being stunted and being overweight later in life (LANCET and INCAPs longitudinal study)
- The presentation discussed the seven Essential Nutrition Actions. They 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
- Common gaps in the diet are:
    - Sufficient staple foods all year
    - Protein
    - Iron and vitamin A
    - Fats & oils for energy dense foods
- Women's use of time, women's workload, and women's control of income are important factors for maternal and child nutrition