Markets for Good Nutrition
Session Overview

- **Nutrition Overview**
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- **Markets for Good Nutrition**
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  - Bob de Wolfe, Chief of Party, SPRING
  - Pape Sene, former Chief of Party and Chief Technical Advisor, USAID Yaajeende

- Table Exercise and Discussion

- Summary and Wrap Up
Targets

• Contribute to the reduction of child stunting by 20% wherever we work

• In GH, FTF and Food for Peace intervention areas, reduce the number of stunted children by 2 million over five years

• In humanitarian crises, maintain Global Acute Malnutrition below 15%
Nutrition-specific and Nutrition-sensitive

• **Nutrition-specific interventions:**
  – address the immediate determinants of malnutrition.

  **AND**

• **Nutrition-sensitive interventions:**
  – address the underlying and systemic causes of malnutrition.
USAID’s Multi-Sectoral Nutrition Framework

**Figure 1: USAID Multi-Sectoral Nutrition Conceptual Framework**

Adapted from UNICEF; 2013 and Black et al., 2013

**Optimal Nutrition**

- **Adequate Dietary Intake**
  - Sustainable household food security
  - Access to sufficient and nutritious foods
  - Stability and resilience
  - Adequate time, space, and support for care
  - Appropriate education and knowledge

- **Low Disease Burden**
  - Access to effective health services
  - Healthy environment
  - Delivery of essential health and nutrition services
  - Access to safe water and sanitation
  - Appropriate hygiene practices

**Nutrition Enabling Environment**

- Gender equality, women’s empowerment, and girls education
- Country commitment and capacity, leadership, financial resources for nutrition, knowledge and evidence, health and food systems, trade/private sector
- Social, cultural, economic, environmental, and political context

**Illustrative Examples**

- Agriculture Production/Income Generation
- Food Processing
- Postharvest Storage
- Food Fortification
- Targeted Livelihood Activities
- Risk Mitigation Interventions
- Social Protection and Safety Nets
- Biofortification
- Early, Exclusive, and Continued Breastfeeding
- Appropriate Complementary Feeding
- Feeding During Illness
- Dietary Diversity for Pregnant and Lactating Women and Children
- Maternal Supplementation
- Caregiver Support and Protection
- Early Child Care and Development
- Treatment of Acute Malnutrition
- Micronutrient Supplementation or Fortification
- Nutrition Management of Diseases
- Prevention and Treatment of Infectious Diseases
- Family Planning and Reproductive Health Services
- Deworming in Children
- Nutrition Assessment and Counseling

- Safe Water Sources
- Sanitation Facilities
- Hand Washing with Soap
- Clean Family Living Environment
- Safe Food Handling

- Nutrition Advocacy
- Nutrition Resource Mobilization
- Multi-sectoral Coordination
- Human Resources for Nutrition
- Gender Sensitive Interventions
- Accountable Policies that Enable Participation and Transparency
USG GFSS Results Framework

**Goal:** Sustainably reduce global hunger, malnutrition, and poverty

**Objective 1:** Inclusive and sustainable agricultural-led economic growth
- IR 1: Strengthened inclusive agriculture systems that are productive and profitable
- IR 2: Strengthened and expanded access to markets and trade
- IR 3: Increased employment and entrepreneurship
- IR 4: Increased sustainable productivity, particularly through climate-smart approaches

**Objective 2:** Strengthened resilience among people and systems
- IR 5: Improved proactive risk reduction, mitigation, and management
- IR 6: Improved adaptation to and recovery from shocks and stresses

**Objective 3:** A well-nourished population, especially among women and children
- IR 7: Increased consumption of nutritious and safe diets
- IR 8: Increased use of direct nutrition interventions and services
- IR 9: More hygienic household and community environments

**Cross-Cutting Intermediate Results (IR)**
- CC IR 1: Strengthened global commitment to investing in food security
- CC IR 2: Improved climate risk, land, marine, and other natural resource management
- CC IR 3: Increased gender equality and female empowerment
- CC IR 4: Increased youth empowerment and livelihoods
- CC IR 5: More effective governance, policy, and institutions
- CC IR 6: Improved human, organizational, and system performance

**Complementary Results**
- Economic growth in complementary sectors
- Healthy ecosystems and biodiversity
- Stable, democratic societies that respect human rights and the rule of law
- A reduced burden of disease
- Well-educated populations
Questions?

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Why nutrition?

• Child mortality – 45% of deaths
• Reduced human potential
• Lost economic productivity
• This is a global problem – and it’s getting worse
Markets for Good Nutrition

• What are the ways that agriculture can impact nutrition, either positively or negatively?

• What role does the food system play in a healthy diet and why is this important?

• What are the elements of a “nutrition-sensitive” market system?
Improved nutrition drives economic growth

Better nutrition

Investment = $1

Return = $16

Economic development

Sources:
Changing trends in nutrition

- West Africa accounts for half of the stunting increase in Africa between 2000 and 2015.

- In Africa, the number of children who are overweight or obese has nearly doubled since 1990.

Diet is the leading risk factor for disease

Source: Global Burden of Disease Study 2013 Collaborators (2015), Figure 5
Note: The graph shows global disability-adjusted life years (DALYs) attributed to level 2 risk factors in 2013 for both sexes combined.
Malnutrition has multiple causes

**Nutrition**

**Immediate Causes**
- Nutrient Intake
- Health Status

**Underlying Causes**
- Food Security
- Care Resources and Practices
- Health Services and WASH

**Basic Causes**
- Institutions
- Political and Ideological Framework
- Economic Structure
- Resources: Environment, Technology, People

Adapted from UNICEF, 1990.
How does agriculture affect nutrition?

**Food production**
- Increased food availability
- Greater diversity and quality
- Lower food costs

**Farm income invested in...**
- Diverse diet and nutrient-rich foods
- Health, WASH, and Education services and products

**Gender in agriculture**
- Maximizing women’s control of income
- Managing demand of women’s time and energy
Agriculture to Nutrition Pathways

Key components of the enabling environment:
- Food market environment
- Natural resources environment
- Health, water, and sanitation
- Nutrition/health knowledge and norms
What does a healthy diet look like?

- Sufficient food available **all year round**
- Diversity of foods and food groups
- Plenty of fruits, vegetables, pulses, nuts…
- Animal source foods at recommended levels
- Moderate consumption of “ultra-processed” foods
- Clean and safe
- Doesn’t deplete natural resources
- Frequent and responsive breastfeeding
Diets don’t necessarily improve with income

Source: Compiled by the authors, based on data in Tschirley et al. (2015)
Consumer price trends 1990-2010
(UK, Mexico, Brazil, South Korea & China)

fruits and vegetables
highly-processed foods

Note: CH: China; KR: Republic of Korea; BR: Brazil; MX: Mexico; UK: United Kingdom
Source: Overseas Development Institute, Figure A, Wiggins and Keats (2015)
Meeting the “5 a day” fruit and vegetable recommendation would cost low income households in Bangladesh, India, Pakistan and Zimbabwe 52% of their household income

Source: Miller et al. Lancet August 2016, cited by Lawrence Haddad
Examples from the field

Themes

• Making nutritious foods more accessible and available

• Income and nutrition

• Gender and nutrition
Examples from the field

SPRING
Strengthening Partnerships, Results, and Innovations in Nutrition Globally
Making nutritious foods accessible & affordable

Grow your own at home ..........

........ and sell the surplus.
Making nutritious foods accessible & affordable

Raise your own at home ......

....... and sell the surplus.
Making nutritious foods accessible & affordable

Creating a network of Community-based Service Providers (CBSP) in Cereal Producer Organizations

• SPRING oriented CBSPs who are:
  • designated by Cereal Producer Organizations
  • known to, and trusted by Cereal Producer Organizations
  • located near the cereal producers
• Linked CBSP with suppliers of agricultural inputs who were screened for quality, reliability, fair pricing and reputation
• CBSP are supplying seeds, cuttings, veterinary products, handwashing stations, sanitation/hygiene products, fertilizers, advice, etc.
• System is now on auto-pilot and functioning well.
Gender, income, and nutrition

Mechanized Cereal Transformation Units that can:

- Greatly reduce the workload of women
- Reduce energy/calorie consumption for women
- Generate income for women's groups who own and operate – more money available for child diet, health, and education, and increased autonomy in the household
- Make high-quality composed flours for weaning foods available locally and cheaply
Gender and nutrition

- Women's use of income for food and non-food expenditures
- Ability of women to care for themselves and their families
- Women's energy expenditure
- Tackling gender norms is possible
Gender and nutrition

Gender Champions (Men and Women)

Promoting:
• Sharing the women’s workload
  • Household hygiene
  • Childcare
  • Water transport
  • Fire wood gathering
• Sharing childcare responsibility
• Equal voices in family decisions
• Increasing women’s access to land
• Encouraging/facilitating women’s income generation
Examples from the field

Nutrition-Led Agriculture Project for Food Security in Senegal
Making nutritious foods accessible & affordable

Through Home Production and Markets

- Vegetables & Fruit
- More Nutritious Cereals: QPM, Biofortified Millet, Pro vitamin A Maize
- Orange Flesh Sweet Potatoes
- Wild Foods
- Biofortified beans
- Locally “fortified” products
- Animal sources of protein
- Village markets, luuma, regional exchanges
Making nutritious foods accessible & affordable

Local Private Sector

- CBSPs and CultiVert Franchise = 8 firms from national private sector
  - 72 franchisees, 30% women
- Local food processors (units and individuals)
- Emerging producers (livestock, horticulture)
- Producer Organizations
Income and nutrition

Asset Building
- Land access
- BDL
- Land titling
- Loan + title
- Livestock
  - Goat & sheep
  - Poultry
- Financial access
- Knowledge
  - Technical
  - Managerial
Gender and nutrition

Community Engagement in Food Security: Children’s Food Reserves

- Women and men working together to mobilize community resources and achieve Childhood Nutrition Outcomes
Gender and nutrition

Women's space and voice in Nutrition-Led Agriculture Local Institutions

- Debbo Galle Groups
- CBSPs
- Citizen Working Groups
Food system and its influence on diets

Enabling environment: demographics, policy, cultural and social norms
Market systems approaches for nutrition

• Increase staple crops' contribution to nutrition (biofortified varieties, year-round availability, food safety, women's labor…)
• Move beyond staple crops
• Local private sector service provision (seed, inputs, veterinary services…)
• Food labeling/advertising
• Fortification
• Processing and trade for healthy foods
• Integration of nutrition education
• Promote use of income for health, nutrition, WASH
• Increase women’s income
• Strengthen resilience of households and markets
• Support policies and guidelines that improve access and affordability of nutritious foods
Your turn…

How can we harness agriculture and food systems to more effectively promote optimal nutrition, reducing undernutrition and discouraging overnutrition simultaneously?

Activity Instructions:
1. Select a Facilitator, Timekeeper, and Recorder.
2. By yourself, take a few minutes to review the discussion guide. Jot down your ideas.
3. With your table group, take turns sharing your ideas, brainstorming, and discussing.
4. Recorder: please note interesting ideas your group comes up with on the “Group Notes” sheet.
5. At the end of the activity, hand in your “Group Notes” sheet to one of the GLEE organizers.

20 Minutes
Market systems that work for nutrition

“We need to nourish, not just feed, 9 billion people by 2030”

• Start with the nutrition and diet that you want to achieve, and *work back* to change food systems so that they are ‘fit for purpose’.

• Don’t overlook the impact of market systems on gender and incomes/expenditures

• Enabling environment is as important as program activities