



# Achieving a nutrition revolution for Africa: the road to healthier diets and optimal nutrition

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UNIVERSITY & RESEARCH



# ATOR report synthesis process

**Objective:** Synthesis of evidence on where the continent is in addressing malnutrition to promote a nutrition revolution and benchmark for future monitoring of progress

## **Process followed**

1. 2016: Invited authors based on work relevant to nutrition in Africa
2. Evidence synthesis on different, relevant topics and blind peer review
3. Findings published in the ATOR 2015
4. Presented as theme of the ReSAKSS Conference, October 2016

**ReSAKSS**

Regional Strategic Analysis and Knowledge Support System  
Facilitated by IFPRI

Annual Trends and Outlook Report | **2015**

# ACHIEVING A NUTRITION REVOLUTION FOR AFRICA:

## The Road to Healthier Diets and Optimal Nutrition

Edited by  
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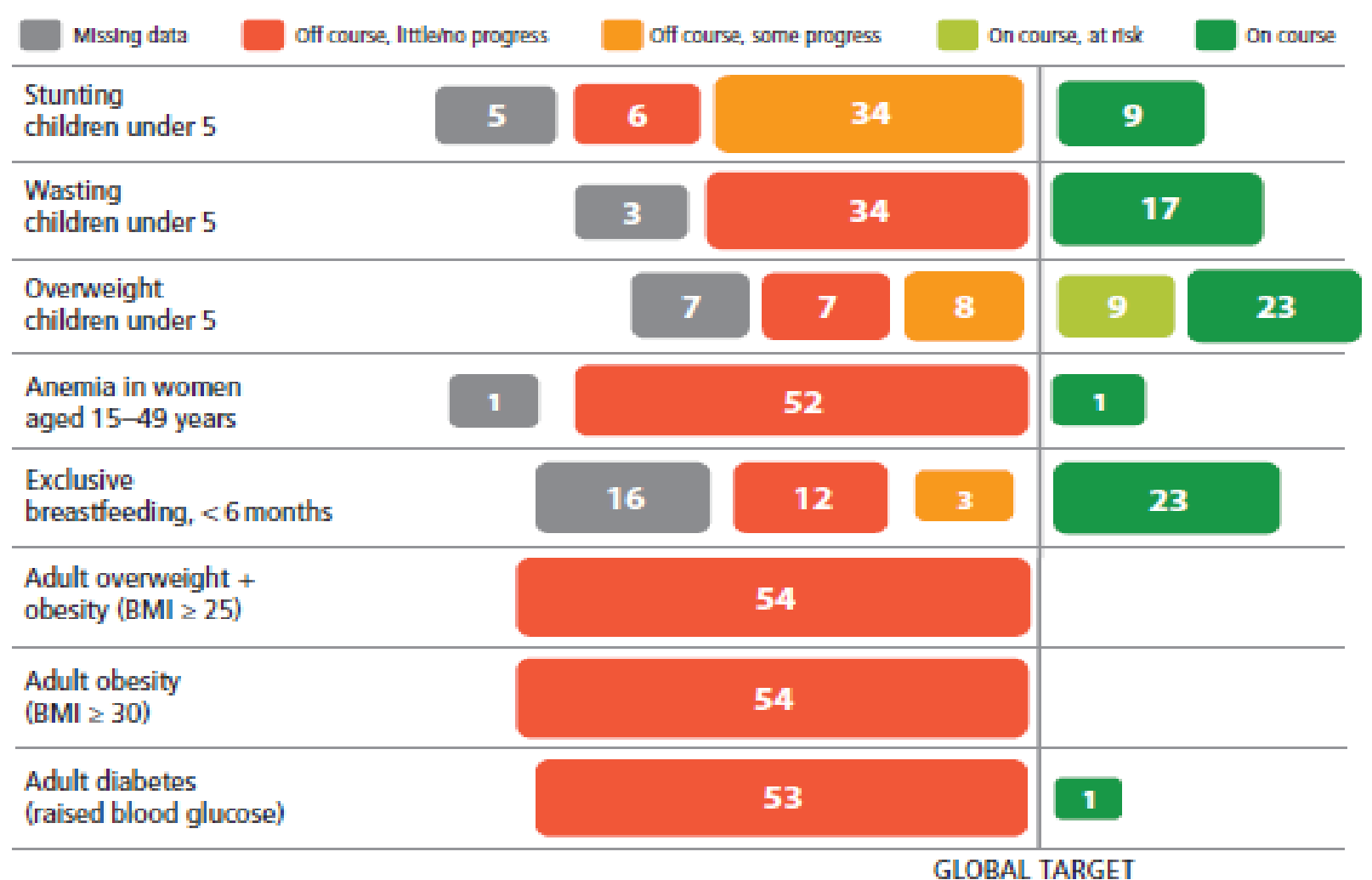
The current situation paints a picture where millions are affected but there is slow progress that can be leveraged.

# Malnutrition affects millions in Africa

The number affected difficult to estimate; multiple forms of malnutrition per person

- 58 million children too short for age (stunted)
- 14 million children weight too little for height (wasted)
- 10 million children overweight.
- 164 million children and women are anemic.
- 220 million people calorie deficient....HUNGRY
- 8 % of adults over 20 years are obese; numbers rising in all 54 African countries
- Many facing multiple manifestations

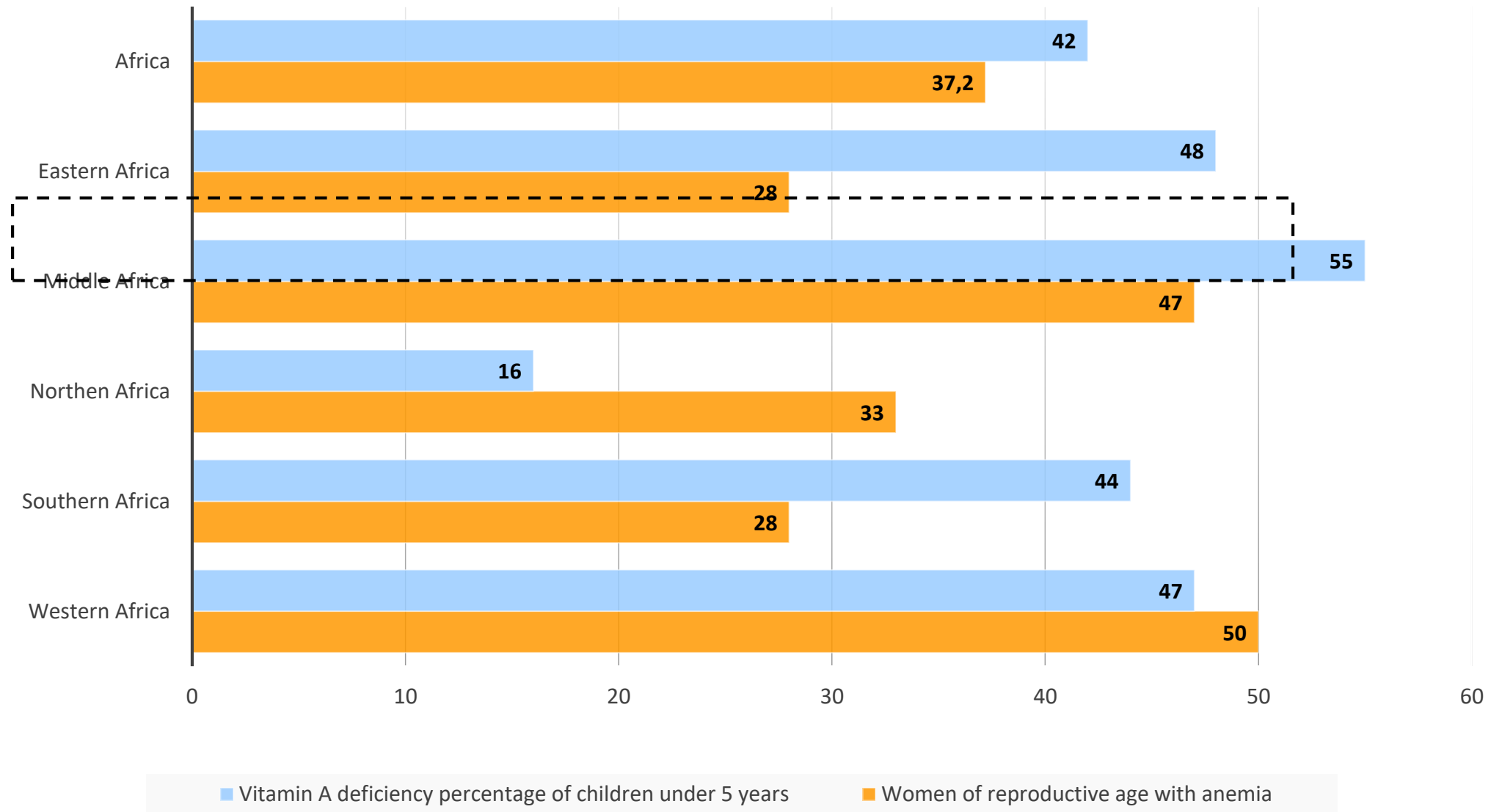
**FIGURE 3.3—NUMBER OF AFRICAN COUNTRIES AT VARIOUS STAGES OF PROGRESS AGAINST GLOBAL TARGETS ON NUTRITION**



Source: IFPRI (2016); data on stunting, wasting, and overweight based on Joint Malnutrition Estimates of UNICEF, WHO, and World Bank (2015); data on exclusive breastfeeding from UNICEF (2016); data on anemia in women of reproductive age from Stevens et al. (2013).

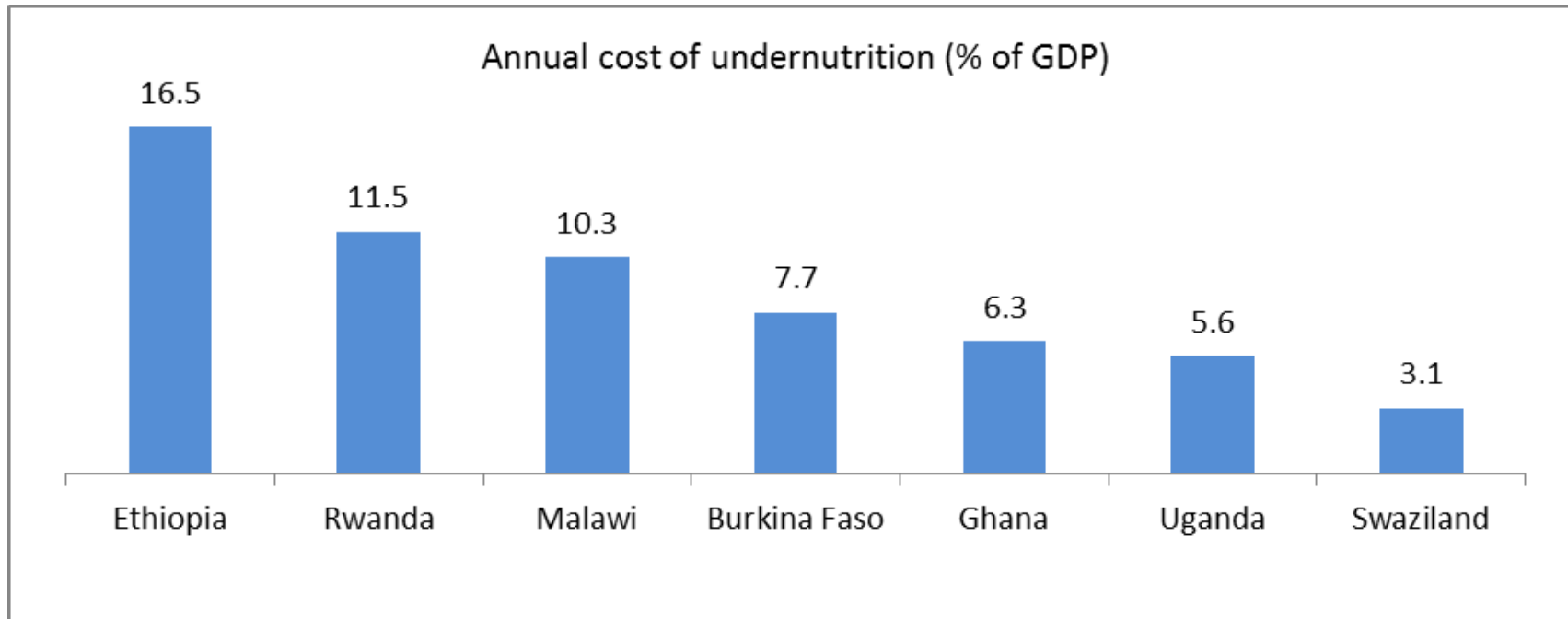
Note: Analysis includes 54 African countries, listed according to the United Nations' naming and regional classification. The *Global Nutrition Report 2016* (IFPRI 2016) provides data for all 54 African countries on levels and rates of progress for these indicators.

# Child vitamin A deficiency, and women's anemia (%) (2014)



Adapted : <http://www.globalnutritionreport.org> (2016) sourced from UNICEF/WHO/WB 2015; UNICEF 2015

# Cost of Undernutrition in GDP Currency



Source: African Union Commission et al. (2014).



# Dive into country level perspective

**Example using four countries with different background scenarios**

South Africa

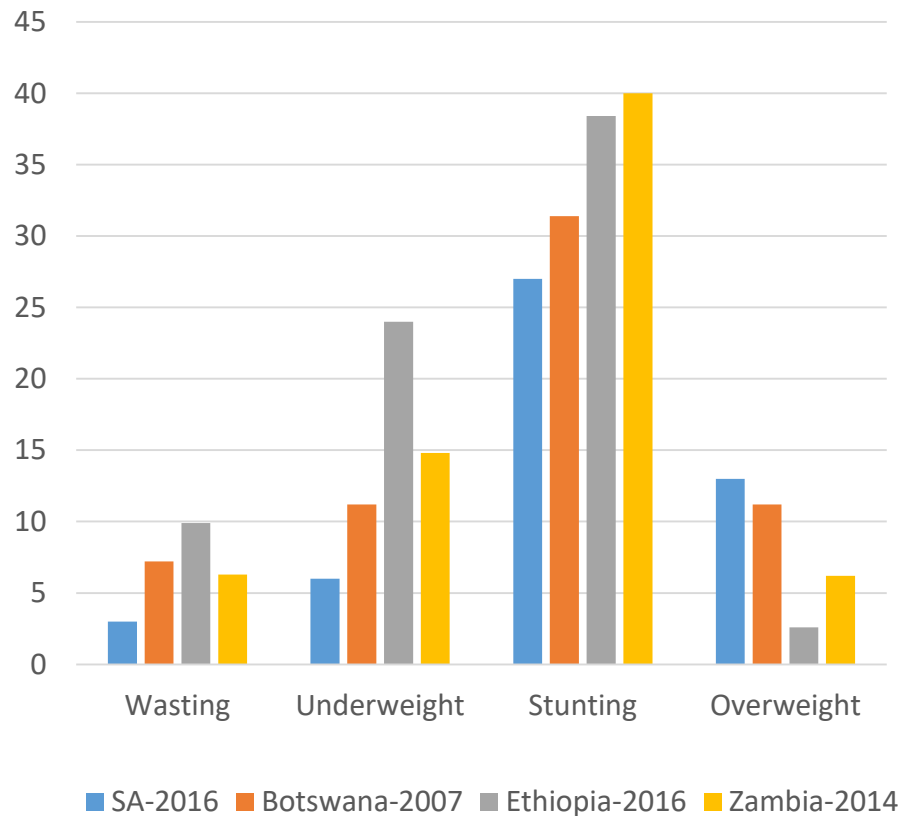
Botswana

Ethiopia

Zambia

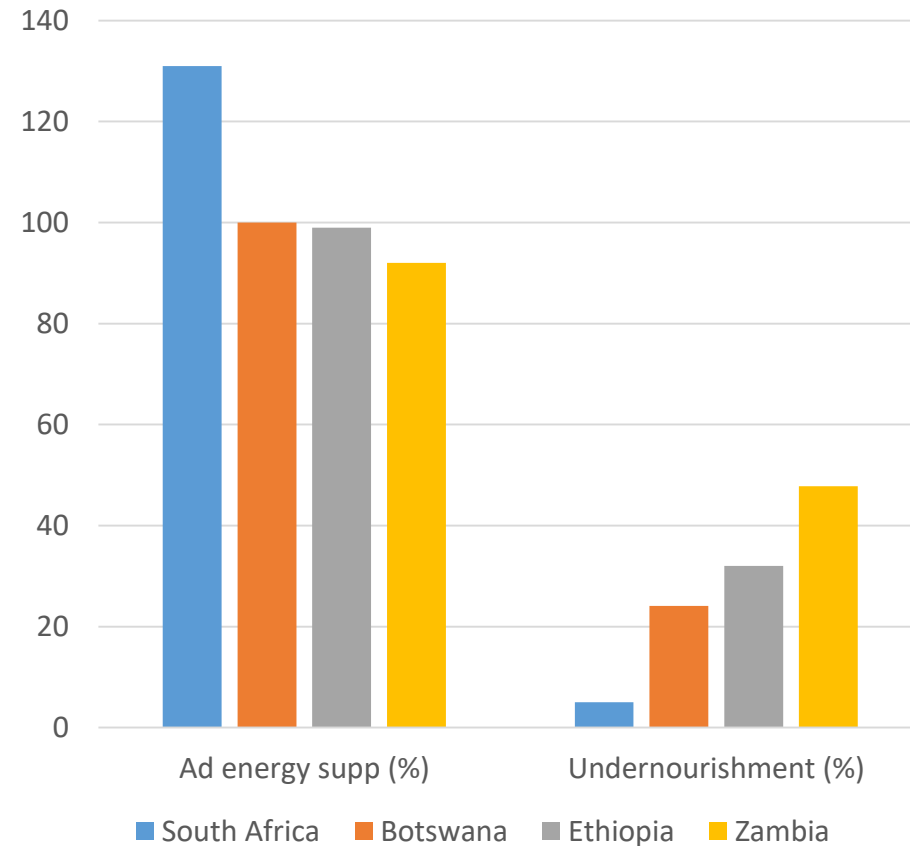
# Nutrition & Food Security Indicators

## Under 5 nutrition indicators



Adopted: UNICEF, 2017; and countries DHS

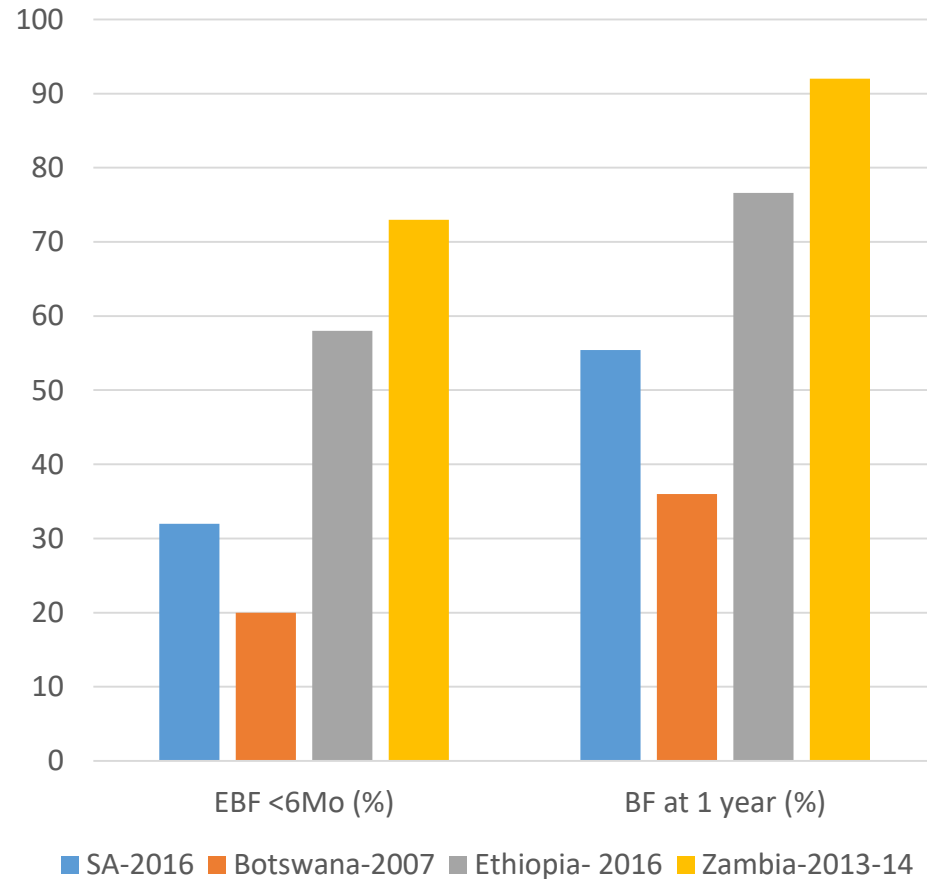
## Food security indicators



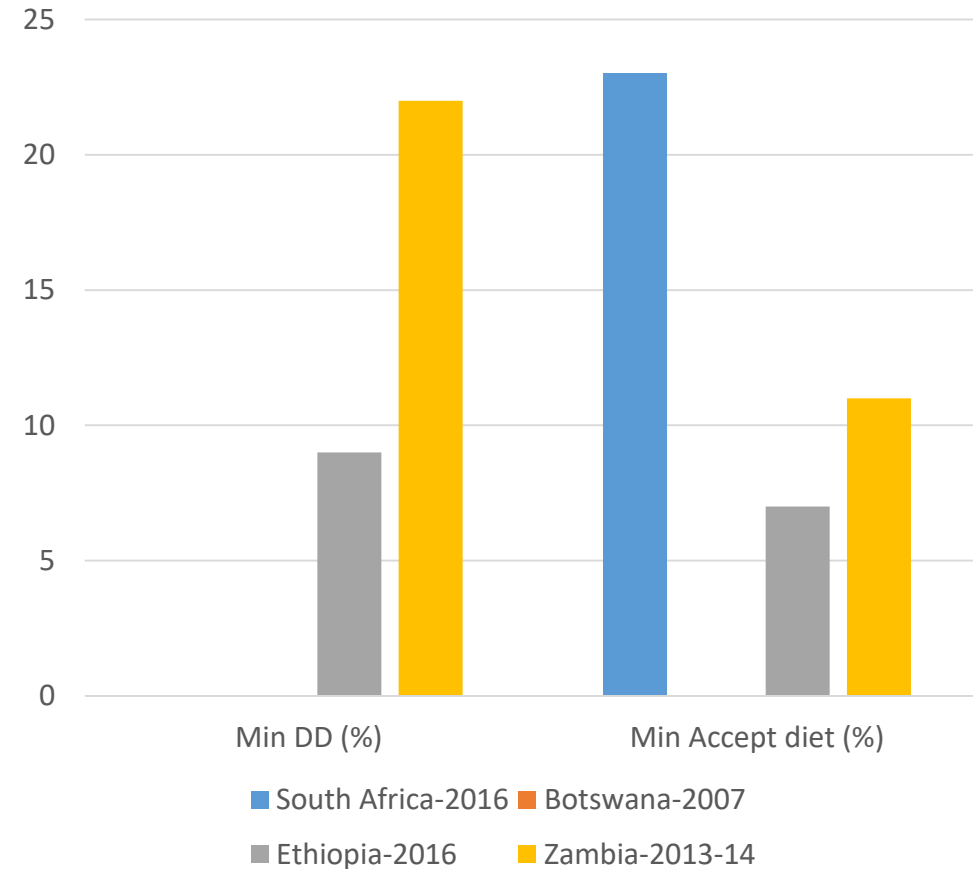
Adopted: FAOSTATS, 2017

# Infant and young child feeding practices

## Breast feeding practices



## Complementary diet quality 6-23 Mo



Adopted: UNICEF, 2017; and country DHS

## Key messages related to nutrition and food systems (1)

1. There is an improving policy environment for nutrition
2. Africa has multiple burdens of malnutrition
3. There is a mismatch between production improvements and nutrition and health outcomes
4. Undernourishment has significantly improved **but** reductions in undernutrition and micronutrient deficiencies have not kept pace
5. We cannot afford the cost of inaction

## Key messages related to nutrition and food systems (2)

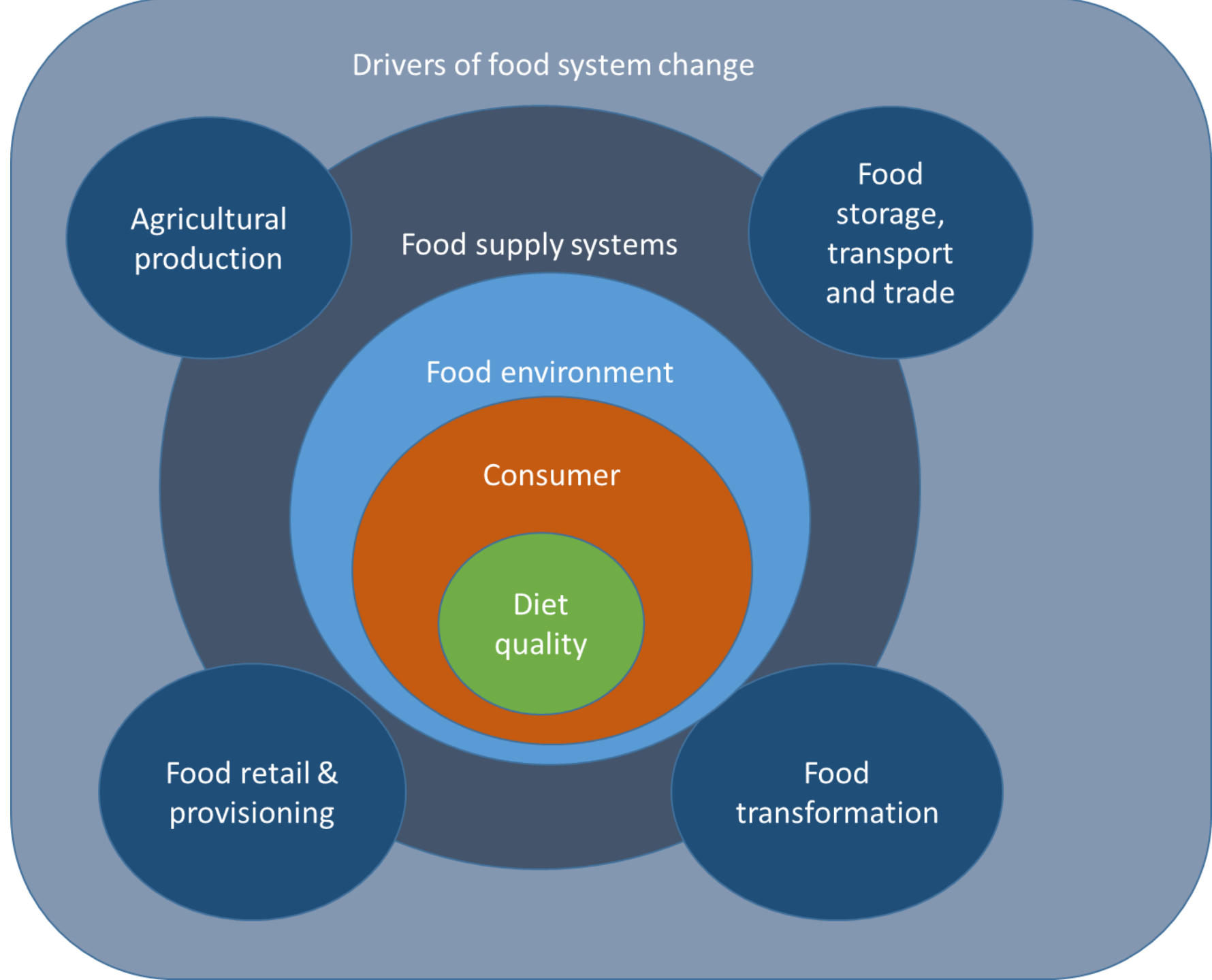
5. What ever we do must ensure long term environmental sustainability
6. More effort needed linking agriculture to more diverse diets
7. Recent developments on biofortified foods suggest that more is possible
8. CAADP may be a factor in improvements observed
9. A food systems approach is highly recommended
10. Capacity and nutrition leadership gaps must be addressed to accelerate progress

We have opportunities to leverage to  
promote a nutrition revolution

# There is an enabling **national** and **African Union** policy and strategic environment

- CAADP: Maputo Declaration (2003); CAADP Framework for Africa's Food Security (CAADP-FAFS)
- Malabo Declarations (2014); ARNS 2015-2025; Agenda 2063
- Mainstreaming Nutrition in NAIPs: 2011-2013; next generation upgrade; Regions on board
- Nutrition indicators in the CAADP Results Framework (2015)
- Mutual accountability mechanisms through CAADP at regional and continental levels
- SUN movement: National Nutrition Policies and Strategies → → District level
- Development & adoption of common results framework by some countries
- Home grown school feeding; social protection of increasing consideration
- 44 countries implementing CAADP; 38 implementing SUN

# Food systems challenges and opportunities for Africa





# Key messages on challenges with CAADP (44) and SUN (38)

- CAADP focus on few target commodities not helpful
- Focus on productivity at the expense of diversification
- Politics of staple food production
- SUN: challenges of operationalizing policies and strategies
- Ineffective coordination and collaborative engagement
- Inadequate financial commitments
- Evidence-Informed Decision Making
- Quality of academic engagement and related resource limitations
- Capacity and leadership is critical and needs adequate attention

# Expectations from Africa's agriculture's for nutrition security and livelihoods to promote a nutrition revolution

- Provide sustainable and affordable access to more diverse diets through the life cycle for both the urban and rural poor.
- Support and provide improved livelihoods to complement access to improved diet diversity for the rural and urban poor

# Promoting a nutrition revolution: **some key asks**

1. CAADP/SUN and other programmes address elements of the food system but coherence is needed for supportive food systems.
2. A deliberate food systems approach for CAADP that takes into account SUN and other programmes is needed to accelerate progress.
3. We must ensure that progress on reducing undernutrition is not accompanied by a pendulum swing in the direction of overnutrition and environmental degradation.
4. Those working with agriculture and food systems must take the given needs serious consideration.
5. I challenge you to find ways of supporting a holistic food systems approach in your work to make a nutrition revolution possible.

Thank you

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