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# Building progress on nutrition - in times of change - through actions across systems

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# Why invest in improving nutrition?

Human Rights



Alive and  
thriving



Undernutrition  
underpins 45% of  
child deaths  
globally,

Intergenerational  
equity



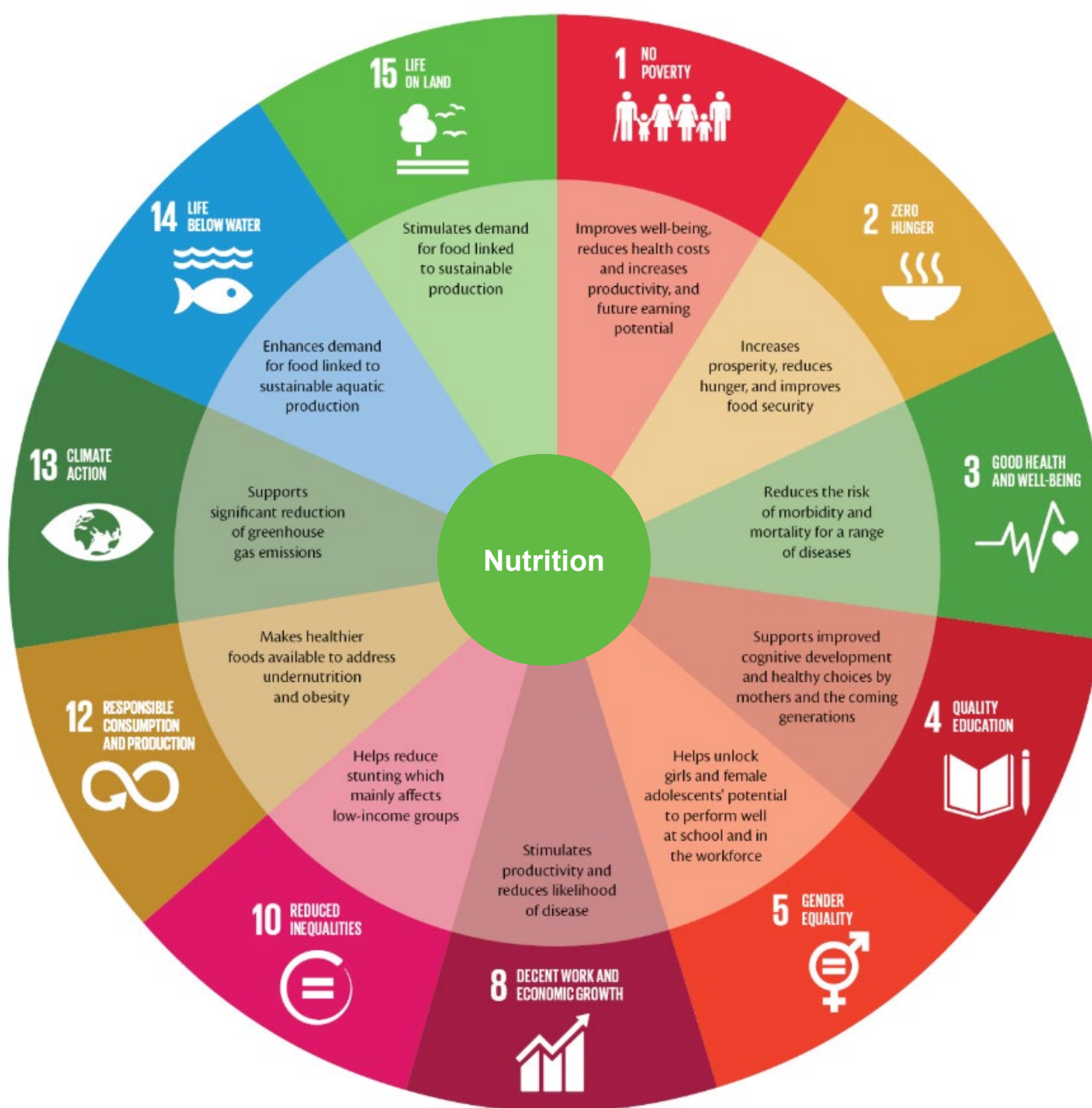
Economic  
Benefits





*“Nutrition is both a maker and a marker of development.”*

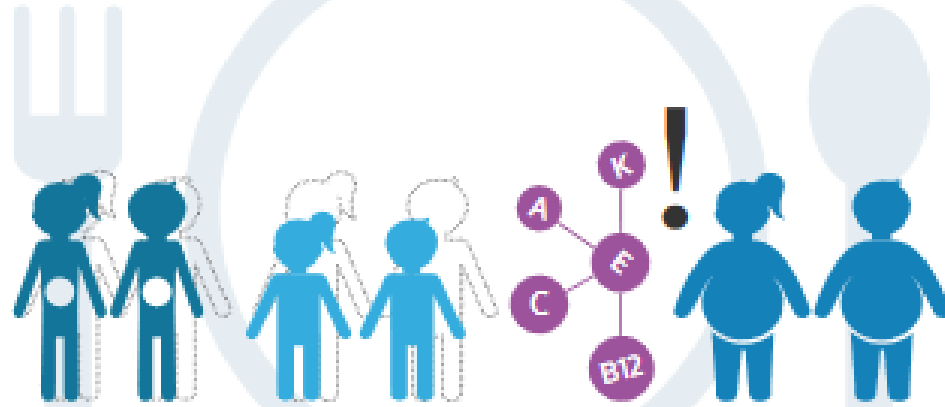
*- Ban Ki-moon  
United Nations 8th  
Secretary General*



# Malnutrition takes many forms

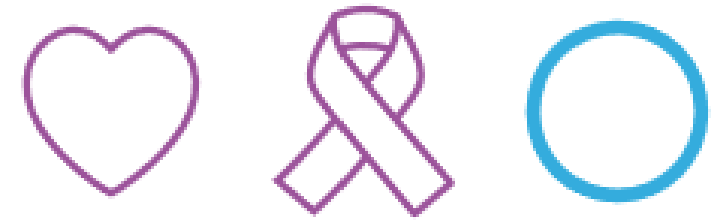


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Undernutrition (wasting, stunting & micronutrient deficiencies) along with overweight and obesity

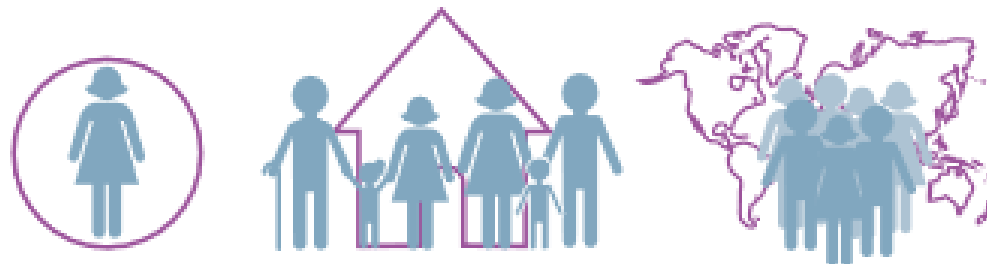
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and diet-related noncommunicable diseases

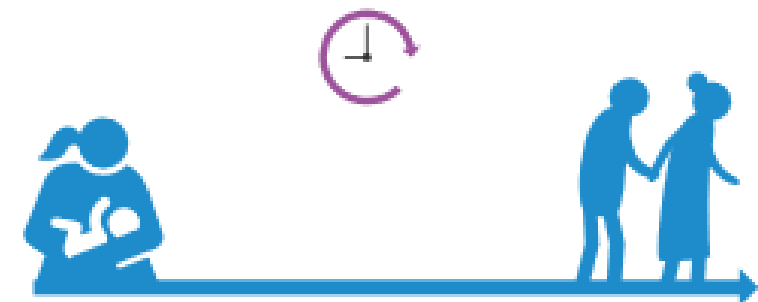
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within individuals, households and populations



4

throughout life



# Nutrition, diets, and health are deeply intertwined: Food systems, social protection and health systems must come together to deliver impact

**2.0 Billion**

People are affected by micronutrient deficiencies.

**2.2 Billion**

People are overweight or obese (40% of all men & women).

*Poor quality diets are the **primary contributor to all forms of malnutrition** and the **leading cause of disease** worldwide.*

**148 Million**

Children < 5 are stunted.

**1.2 Billion**

People have increased blood pressure.

**48 Million**

Children < 5 are wasted.

**0.5 Billion**

People have diabetes.

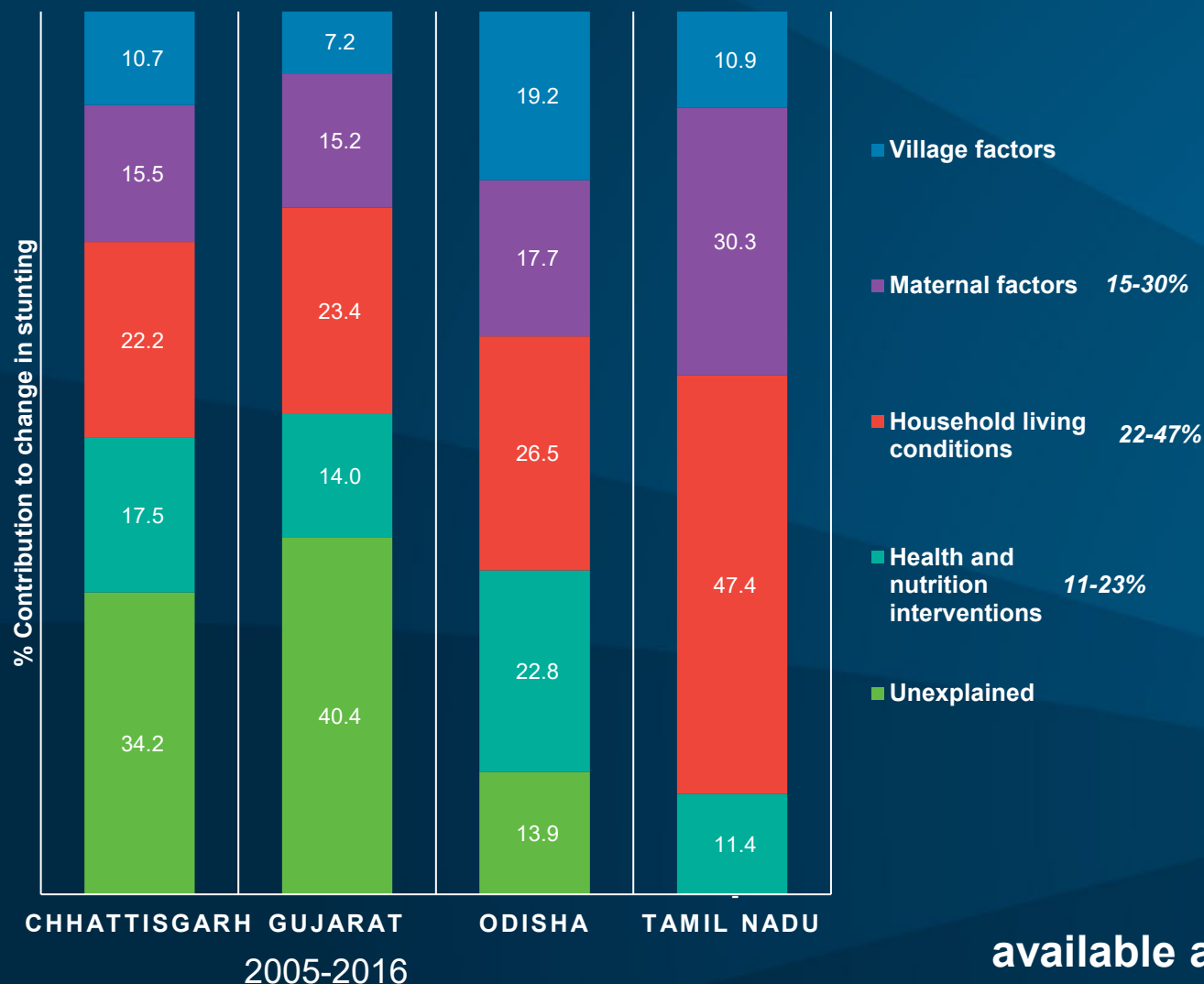
**2.8 Billion people**  
cannot afford a healthy diet

**1 in 5**



Lives could be saved each year by improving diets

# Not all gloom and doom: Robust decline in stunting around the world and at subnational level in India associated with changes in multiple factors



- Multiple determinants across sectors contributed to changes in stunting
- Drivers of change in improving programs targeting key determinants
  - Vision
  - Enabling environment
  - Operational clarity
  - Catalysts & champions

Additional large-scale successes  
available at [www.ifpri.org](http://www.ifpri.org) and Exemplars in Global Health





# What does it take to deliver more impact on nutrition?

- Reach the appropriate target population for each nutrition action, including the first 1000 days of life
- Embed high impact nutrition interventions and actions across systems
- Reduce “missed opportunities” within systems
- Engage client populations to create demand
- Address underlying social determinants and quality of diets

# Looking across systems: direct and indirect actions to support better nutrition outcomes

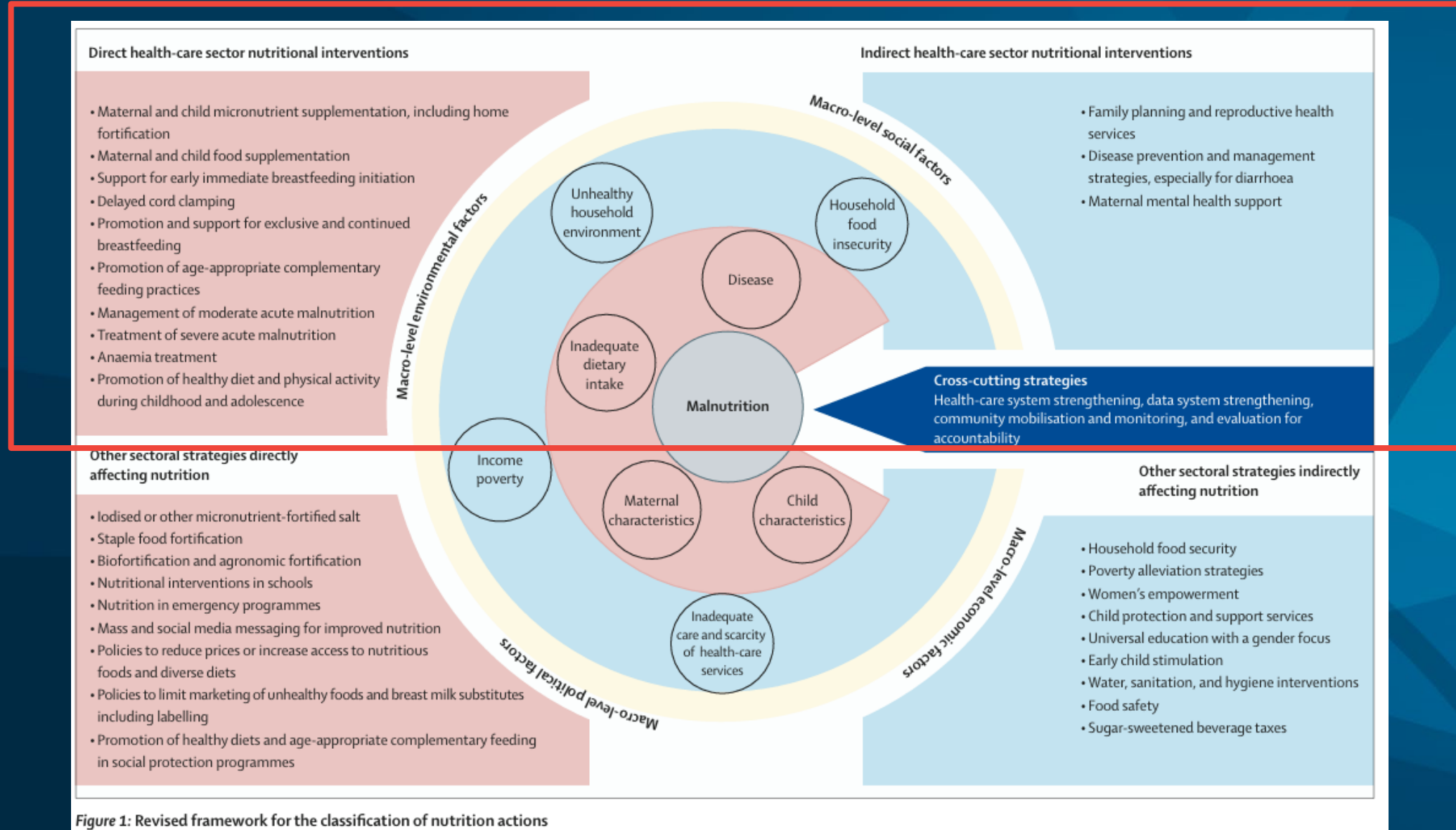


Figure 1: Revised framework for the classification of nutrition actions



# Missed opportunities to address nutrition via health systems globally

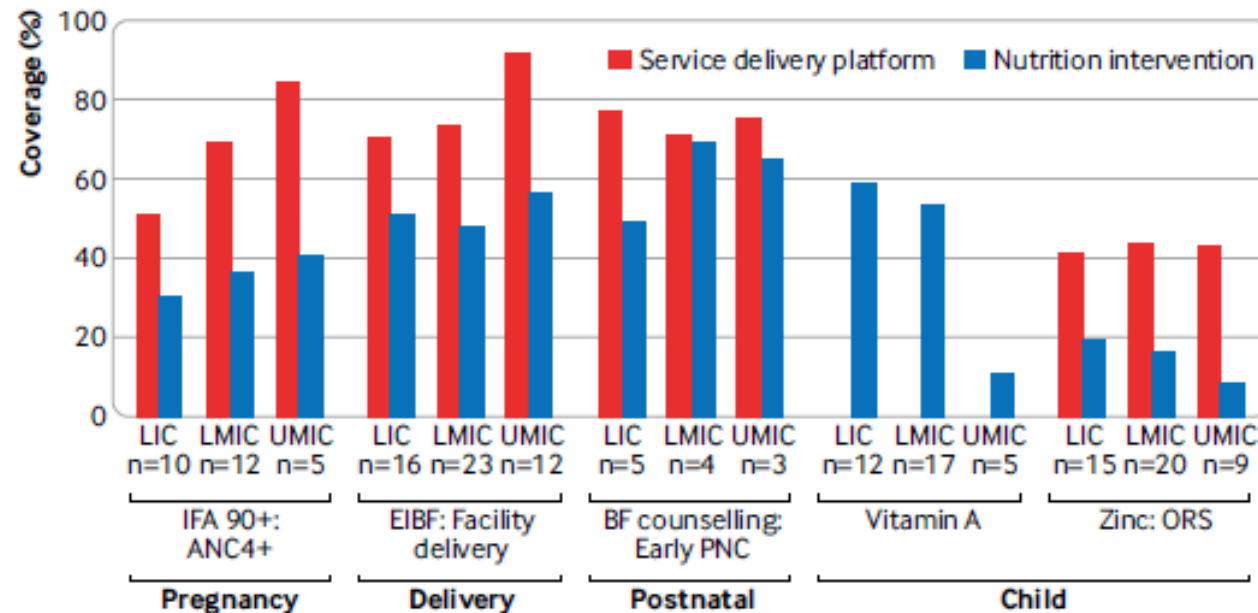


Fig 1 | Pooled estimates of coverage of nutrition interventions and their respective health service delivery platforms by World Bank income group among countries with nationally representative Demographic and Health or Multiple Indicator Cluster household surveys between 2013 and 2018. ANC=antenatal care; BF=breastfeeding; EIBF=early initiation of breastfeeding; IFA=iron folic acid; LIC=low income countries, LMIC=lower middle income countries; n=number of countries contributing to the pooled estimate; ORS=oral rehydration solution; PNC=postnatal care; UMIC=upper middle income countries



# Examples of health systems actions for nutrition

## Pregnancy (ANC)

- Counseling
- Weight gain monitoring
- Anemia monitoring
- Micronutrients (IFA, MMS, calcium)

## Preventive child health

- Counseling and support for infant feeding
- Micronutrients
- Screening for malnutrition
- Referrals to malnutrition treatment

## Curative child health

- Screening for malnutrition
- Delivery of malnutrition treatment
- Counseling
- Follow-up

Across all adult contacts, screening for NCDs, dietary counseling

# Poor diets underpin many health outcomes: Solving this will require food systems actions across entry points

## 1 Desirability

Food choices are driven by a complex interplay of a person's cognition, environment, and behavior. Thus, even when diverse, healthy foods are available, accessible, and affordable, people often do not choose healthy diets.

## 2 Affordability

Low income + high costs of safe and diverse foods (especially fruits, vegetables, and animal-source foods) make healthy diets unaffordable for at least 2 billion people worldwide.

## 3 Accessibility

Consumers are often not close enough to safe sources of diverse, healthy, and affordable foods for intake to be convenient or possible on a regular basis.

## 4 Availability

Insufficient year-round availability of diverse fruits and vegetables means high costs and hard-to-find sources.

**Policy and Governance**



# Actions in multiple sectors and systems converge on the same geographies and same individuals, changing over time: *Research, policies and actions must account for this*



**No single intervention, approach, or policy can accomplish the change we need.**

To achieve better development outcomes, context-relevant actions must be **people-focused, interlinked across systems, and supported by good governance and financing** to address evolving challenges and meet emerging opportunities.

- Nutrition-friendly health systems entry points
- Nutrition-friendly food systems entry points
- Nutrition-friendly social protection program entry points

All photos by Shawn Sebastian, for IFPRI, in Dindori, Madhya Pradesh, 2018