



Fill the nutrient Gap

Zambia

SUMMARY REPORT



World Food
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This summary and further information can be found electronically at:
wfp.org/fillthenutrientgap



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Photos: WFP/Sophie Smeulders, WFP/Paul Mboshya, WFP/Archives

LIST OF ACRONYMS

CotD	Cost of the Diet
FNG	Fill the Nutrient Gap
FSP	Food Security Pack
IFA	Iron/folic acid
IYCF	Infant and Young Child Feeding
MCDP II	First 1,000 Most Critical Days Programme
MEB	Minimum Expenditure Basket
NFNC	National Food and Nutrition Commission
SBC	Social and behaviour change communication
ZMW	Zambian Kwacha



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Introduction to Fill the Nutrient Gap (FNG)

The effects of malnutrition are globally recognized as being devastating and far-reaching. Malnutrition in Zambia takes many forms and is widespread. Despite concerted efforts it remains a major public health concern. Micronutrient deficiencies are common among children and pregnant and breastfeeding women. Anaemia has remained high at 41 percent of pregnant women, 28 percent of breastfeeding women and 58 percent of children under five. Overweight and obesity rose from 13 percent in 2002 to 23 percent in 2014, suggesting that the triple burden of malnutrition – the co-existence of chronic malnutrition, micronutrient deficiencies and overnutrition – is becoming an increasing concern. There are glimmers of hope: between 1992 and 2018 the national prevalence of stunting fell to 35 percent, though with significant disparities between provinces, ranging from 46 percent in Northern Province to 29 percent in Western Province.

In the past decade the government of Zambia has made progress in integrating nutrition objectives into multisectoral policy¹ and different government ministries have begun including nutrition as an objective in their respective policies. It is imperative that national stakeholders and champions now have access to evidence, data, and advocacy tools for the further advancement and integration of nutrition so that past gains are not lost and nutrition remains a national priority.

FNG in Zambia: Purpose

The overarching objective of the Fill the Nutrient Gap (FNG) analysis was to bring stakeholders together to identify and prioritize context-specific policies and programmes across different sectors aimed at improving nutrition among target groups across the lifecycle. The FNG process was initiated to support the objectives set forth by the First 1,000 Most Critical Days Programme (MCDP II), a multisectoral initiative coordinated by the National Food and Nutrition Commission (NFNC). The aim of the analysis was to identify and analyse entry points for interventions within the scope of ongoing MCDP II programmes and Zambian government policy, and to support expansion or implementation of those programmes with evidence-based advocacy messages.

Building consensus for improved nutrition

Nutrition is a crucial pillar in the development of a healthy, productive nation. Good nutrition enhances physical and cognitive development, prevents disease, and increases the potential of the workforce and society. Improving diets, especially of children and women, brings immediate and long-term health, education and economic benefits. The 2013 Lancet series on maternal and child undernutrition identified a variety of nutrition interventions that have proven effective. Successfully improving nutrition outcomes depends on interventions being tailored to the local context.

¹The Seventh National Development Plan (7NDP) identifies nutrition as a critical factor for social and economic development; the National Food and Nutrition Strategic Plan (NFNSP) focuses on multisectoral action to reduce stunting by 25% in target districts by 2022. (From the Proposal to Support Implementation of the First 1000 Most Critical Days Programme (MCDP II))

FNG is an analytical process comprised of a secondary literature review in combination with Cost of the Diet (CotD) linear optimization to understand the availability, cost and affordability of a nutritious diet. This process – applying the CotD findings to contextual analysis and intervention modelling - is dedicated to identifying and prioritizing the scaling up of proven interventions that are most likely to be effective in a given setting.

This report presents findings from the analysis and a discussion of its process, methodology and limitations. It highlights the recommendations and priorities for advocacy messages identified by stakeholders. By identifying and contextualizing new findings, the FNG analysis contributes towards building consensus around a vision and a path forward for sustainable improved nutrition in Zambia.

FILL THE NUTRIENT GAP: SITUATION ASSESSMENT FOR MULTISECTORAL DECISION MAKING ON THE PREVENTION OF MALNUTRITION

The two direct causes of malnutrition are inadequate nutrient intake and disease. The FNG assessment focuses on gaps in nutrient intake to inform national policies and actions that can be taken across food, social protection, and health systems to improve nutrition, with a focus on the most vulnerable populations. The FNG considers whether nutritious foods are available, accessible, and affordable in a specific context, and identifies the barriers that lead to gaps in nutrient intake. The analysis focuses on the extent to which vulnerable people have choices in the foods they consume and how those choices are made. The FNG process identifies and models the impacts of context-appropriate interventions on nutrition across food, health, education, and social protection systems. The results are used to identify entry points across systems, to refine programmes, and to make recommendations to policymakers.

The assessment comprises two components:

1. A country-specific review of secondary data and information on factors that reflect or affect dietary intake. This includes malnutrition trends over time, characteristics of the food system and food environment, and population behaviour related to food and feeding.
2. An assessment of the extent to which economic barriers prevent adequate nutrient intake. This uses the Cost of the Diet (CotD) linear programming software developed by Save the Children (UK), and includes modelling of the economic impact of possible interventions to increase nutrient intake and fill nutrient gaps.

Preventing malnutrition, including through improved access to nutritious foods, cannot be achieved by one sector alone. FNG is designed to inform multisectoral decision making and therefore engages stakeholders from all sectors including food, health, agriculture, education, and social protection systems.

It is the stakeholders who define the scope and focus of the assessment. They contribute data and sources of information for identification of context-specific barriers and entry points and develop a shared understanding of the issues and possible solutions. They then identify appropriate nutrition-specific and nutrition-sensitive interventions that can be implemented by different sectors using their existing delivery platforms. These could be social safety nets, food processing and markets, antenatal care, school feeding programmes, etc.

The FNG methodology has been developed by WFP with technical support from partners including the University of California Davis, the International Food Policy Research Institute (IFPRI, Washington DC), Epicentre (Paris), Harvard University (Boston), Mahidol University (Bangkok), Save the Children (UK), and UNICEF.

Between 2016 and early 2021, FNG analyses were completed in 32 countries and, at the time of writing in March 2021, were ongoing in 12 countries with more in the pipeline.

For more information on the concept and the method of the analysis, see Bose I, Baldi G, Kiess L, de Pee S, The 'Fill the Nutrient Gap' Analysis: An approach to strengthen nutrition situation analysis and decision-making toward multisectoral policies and systems change. *Matern Child Nutr* 2019; DOI: 10.1111/mcn.12793.

FNG Zambia: Process and Scope of the Analysis

The FNG process in Zambia was led by the NFNC with WFP providing technical assistance. FNG analysis was informed by guidance and input from secondary data sources, CoTD modelling, and the development of recommendations by several stakeholders (see full report for list).

The process started in October 2020 with meetings between WFP and the NFNC, government, NGOs, UN agencies and other development partners. To define the focus, stakeholders established consensus

on the analysis and identified ongoing and potential interventions for modelling during the inception workshop in November 2020. The FNG team then conducted preliminary analysis and validated findings with stakeholders in the first half of March 2021. Revisions to the analysis with intervention modelling were completed and final results presented at a dissemination workshop at the end of March 2021. During this workshop, stakeholders developed recommendations based on FNG main findings (Figure 1).

Figure 1: Food systems for diets and nutrition and health outcomes framework. (Adapted from HLPE 2016).

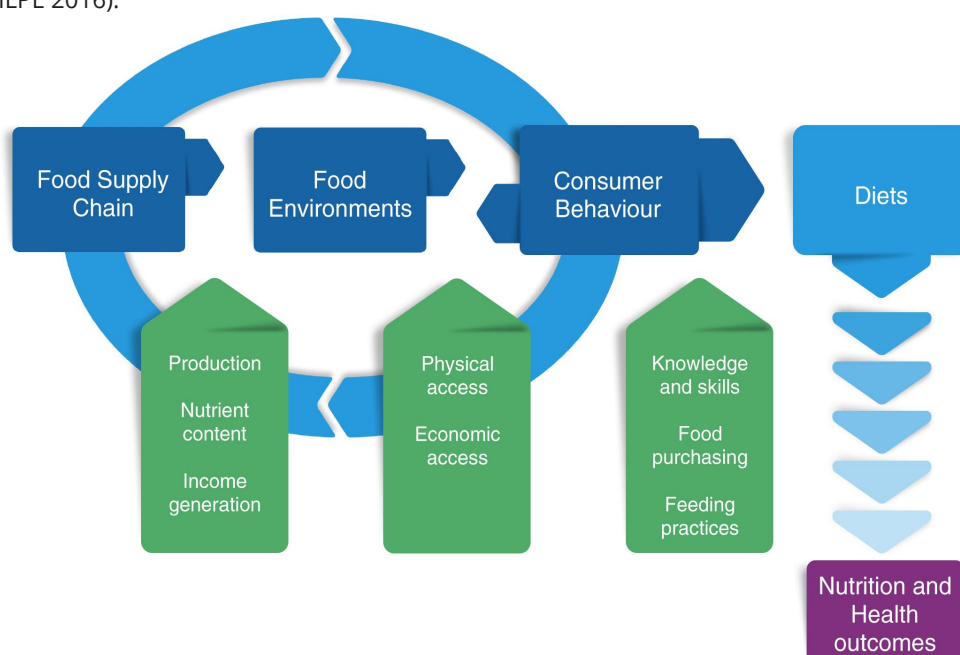


Figure 2: FNG analytical framework.

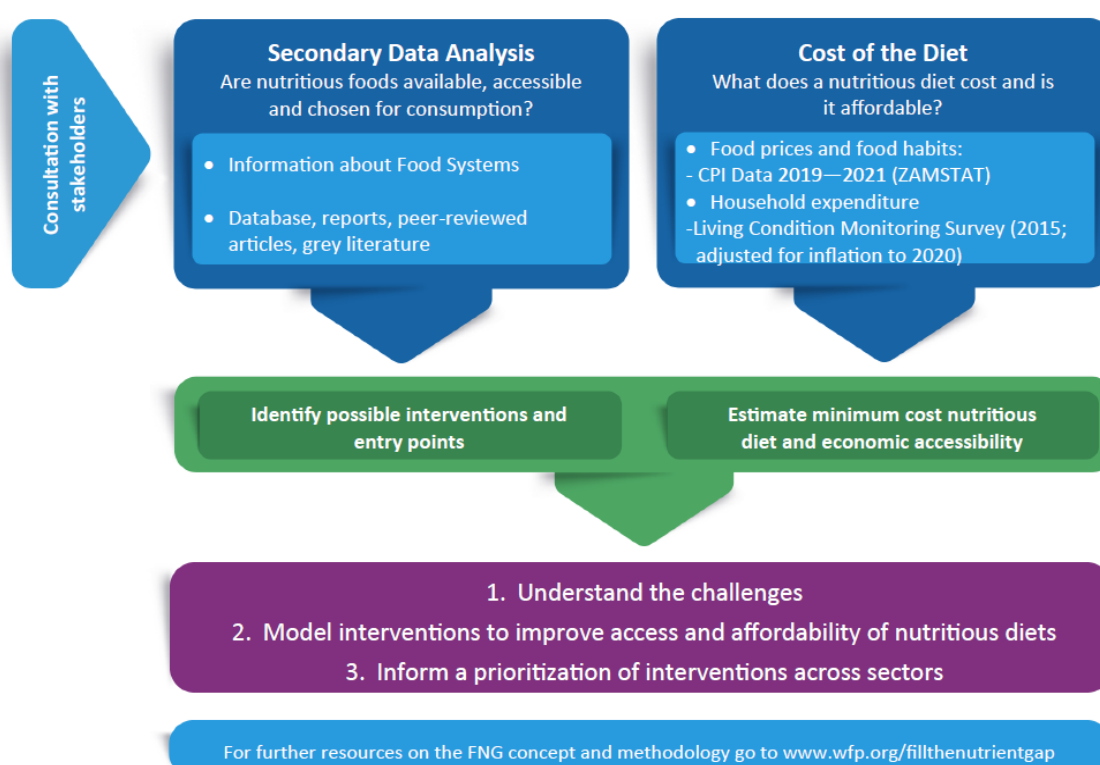


Figure 3: Entry points and interventions modelled to estimate reduction in cost of a nutritious diet.

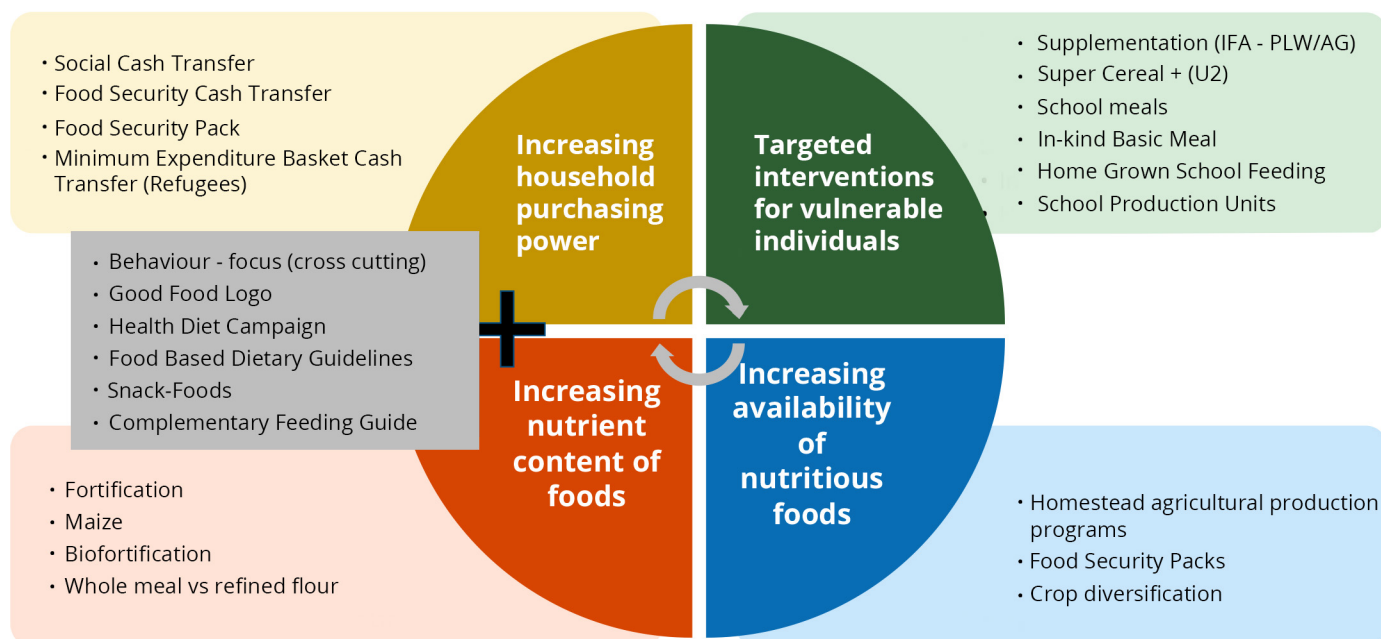


Figure 4: The three levels of diet quality
(Adapted from SOFI 2020).



Methodology

The FNG analysis is composed of a secondary

Secondary Data Analysis

FNG secondary data analysis identifies barriers

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_1096

