

Methodological framework for the development of Ethiopian FBDGs

2:00

Review topics

- Top diseases and relation with diet
- Dietary gap analysis
- Availability, accessibility and seasonality of foods
- Consumer preference
- Effective behavioral change communication

Dietary guidelines

Development of technical recommendations dietary patterns and food in relation to health

Dietary reference values

Recommended daily intake of nutrients

Translate into reference diet with the aid of computer modelling
Clear recommendations for different target groups that corresponds to the dietary pattern

Required data

- **Cost of foods** - prices of the foods
- **Consumer behaviour** - food preference, cultural and behavioural information
- **Food composition table** - composition of nutrient content in food
- **Consumption data**
- **Portion size** - Information on consumption unit portion sizes of foods

Consultations

- **Advisors** - external expert on nutrition, health, sustainability and behavior, health professionals and consumers

Criteria for consolidations - Foods inside and outside the food guide

Conditions - for healthy and sustainable diets

Food-Based Dietary Guidelines, Food Guide and Recommendations for Consumer



Solar Revolution for Water & Food Systems Sustainability

2:00

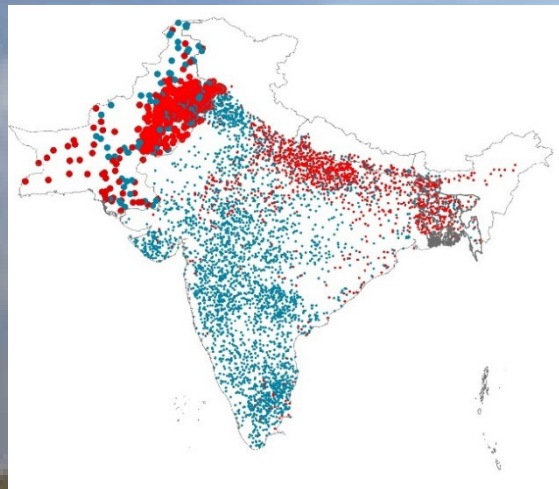


Table 1: Trends in Household Income of 6 SPICE Members *

Net Income (₹) from:	2015-16	2016-17
Crops	5,28,670	4,97,792
Sale of solar pump irrigation	1,33,550	1,53,850
Sale of surplus solar energy	6,523	3,64,534
Net household income/year	6,68,743	10,16,176

* Diesel pump irrigation sales by SPICE members ended in rabi 2015

Nutrition-sensitive agriculture and food systems intervention in Vietnam

Nutrition Situation: Double Burden

24.3% stunting (2016)

15.5% overweight/obesity

Anemia: 27.8% children; 25.5% women; Zinc: 64.9%; vitamin A

Salt, refined sugars, alcohol, food safety...

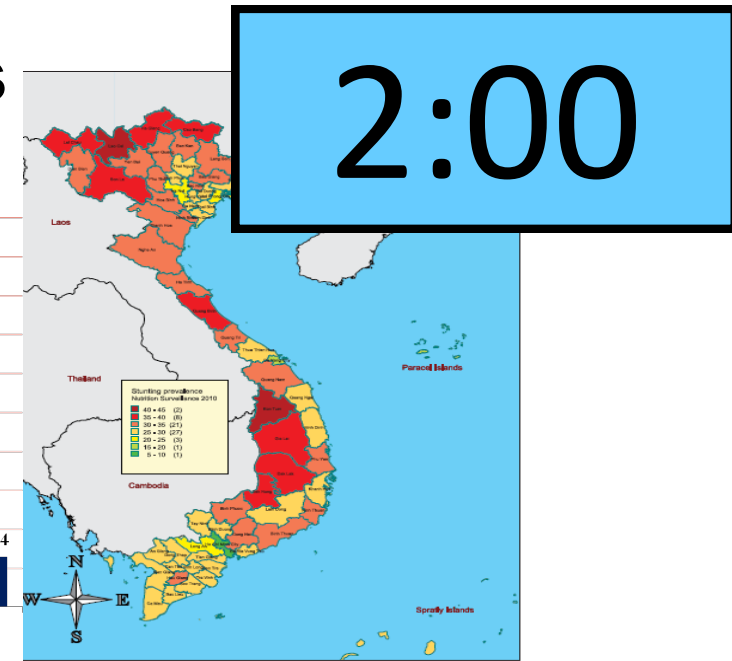
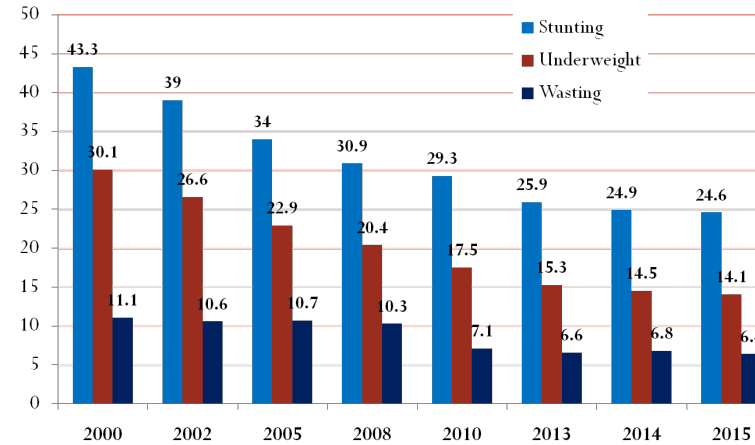


Figure 4.14. Map of the prevalence of stunting by province, Viet Nam 2010. Seven categories of prevalence of stunting (height-for-age < -2 Z-scores) in children under 5 years old mapped by 64 provinces of Viet Nam, GNS 2009 - 2010

1. Increasing the diversification and sustainable production; nutrition-sensitive livestock and fisheries; Biodiversity for food and nutrition; Biofortification (rice rich vit A, E); urban and peri-urban.
2. Improving the nutrition-sensitive post-harvest handling, storage and processing (cold chain); Food fortification (Decree 09: iodine –salt; vitamin A-oil; wheat flour-zinc.);
3. Food marketing and advertising practices; Food price policies for promoting healthy diets (Food based Dietary Guidelines for all ages; limitation using salt, sugars); Food labeling (Food Law)
4. Nutrition education and behaviour change communication (proper nutrition guidelines for whole country); income generation for nutrition (marketing online); school food and nutrition; nutrition-sensitive humanitarian food assistance (task force nutrition emergencies).
5. Women's empowerment and gender equality (HKI, Save children in mountainous areas) ; Food loss and waste: prevention, reduction and management ; Food quality, safety and hygiene (IFRI: livestock, fisheries...); nutrition-sensitive value chains (A4NH projects)

**Together action
(MSPs) for the
food system for
healthy diet**



A Farming Systems Approach to Address Undernutrition

R V Bhavani

2:00

- **Components:** Crops, Animal Husbandry, Nutrition Garden, Processing, Markets, Nutrition Awareness
- **Contextual Relevance:** Population dependent on agriculture and allied activities; majority – small and marginal farmers with <2 hectares land; prevalence of malnutrition – high levels of undernutrition and micronutrient deficiency
- **Evidence:** Farming System for Nutrition Study under LANSAs in India (2013-18) – Thrust on promotion of nutrient dense crops; nutrition garden of fruits and vegetables, poultry and fishery as supporting interventions; nutrition awareness
 - Baseline (2014): Cereal dominated diets and less frequency of food intake;
 - Endline (2017): Increased quantity and frequency of food intake and dietary diversity (Increased production diversity and availability – leading to sourcing from home production; better understanding of benefits of consuming nutritious foods and better consumption)
- **Village level processing units** to promote local level enterprise, processing and consumption
- **The Market Connect** – Higher income + better awareness leading to judicious purchase from the market
- **Location specific models** across different agro-ecological regions tailored to available resources and food preferences
- Subsistence versus Commercial farming systems
- Trade-off between work on-farm and care work; stages of life cycle; need for social protection measures
- Need to address larger issues of soil health, inputs (availability of biofortified seeds of food crops), market price support for nutrient dense crops to encourage production
- Buy-in at community level; Policy level support



2:00