



# Why should we care about nutrition?

Nutrition-Sensitive  
Design Workshop  
*March 31, 2015*





# Agenda

1. Basic overview
2. Designing nutrition-sensitive interventions
3. Group activity

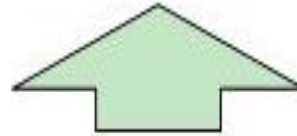




# One Answer:

The *new* LIFT Strategy includes nutrition!

**Purpose** Increase the incomes and **nutrition** status of poor rural people in Myanmar by focusing on interventions that increase income, food availability, utilization and stability of access to food.



**Outcomes**

1. Increased incomes of rural households.

2. Increased climate change resilience of rural households and communities.

3. Improved nutrition of rural women, men and children.

4. Improved policies and increased public expenditure for pro-poor rural development.

## But, more importantly:

More than **one in three children** in Myanmar is malnourished.

**Myanmar is #18** on the list of countries in the world with the **highest number of malnourished children.**



Malnutrition accounts for **45% of all child deaths** globally. (Lancet 2013)

Child malnutrition **reduces future income by at least 20%.**





## LIFT Strategy

*Food poverty and malnutrition rates are high.*

- Over 35% of children are **stunted***
- Poor households spend over 70% of their income on food*
- One-third of rural households borrow at some point during the year in order to buy food.*

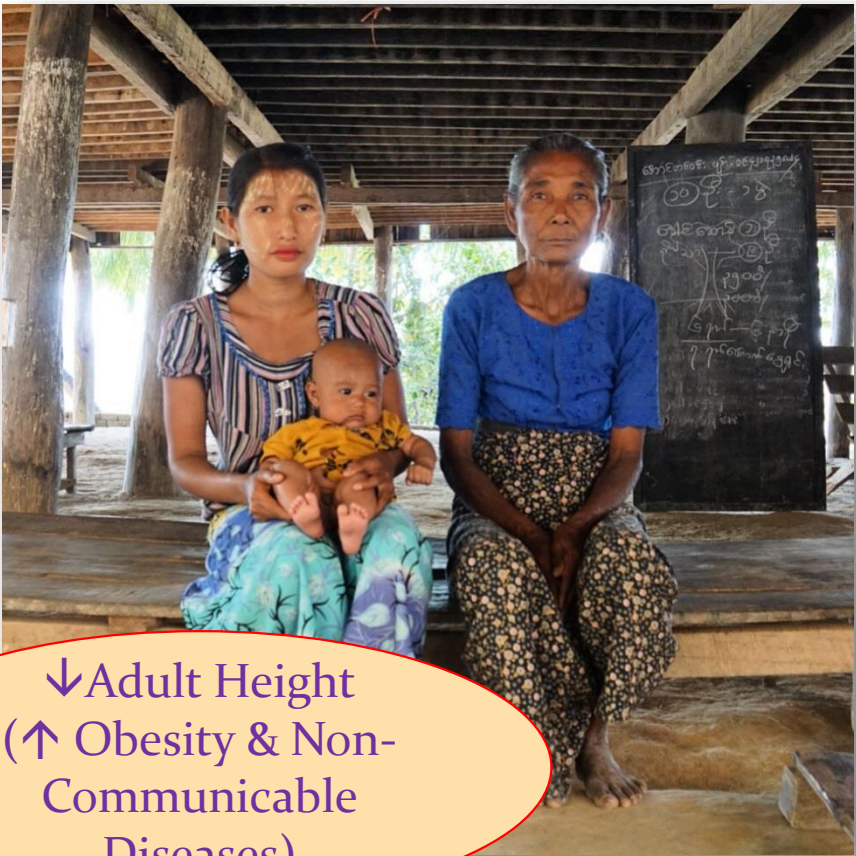
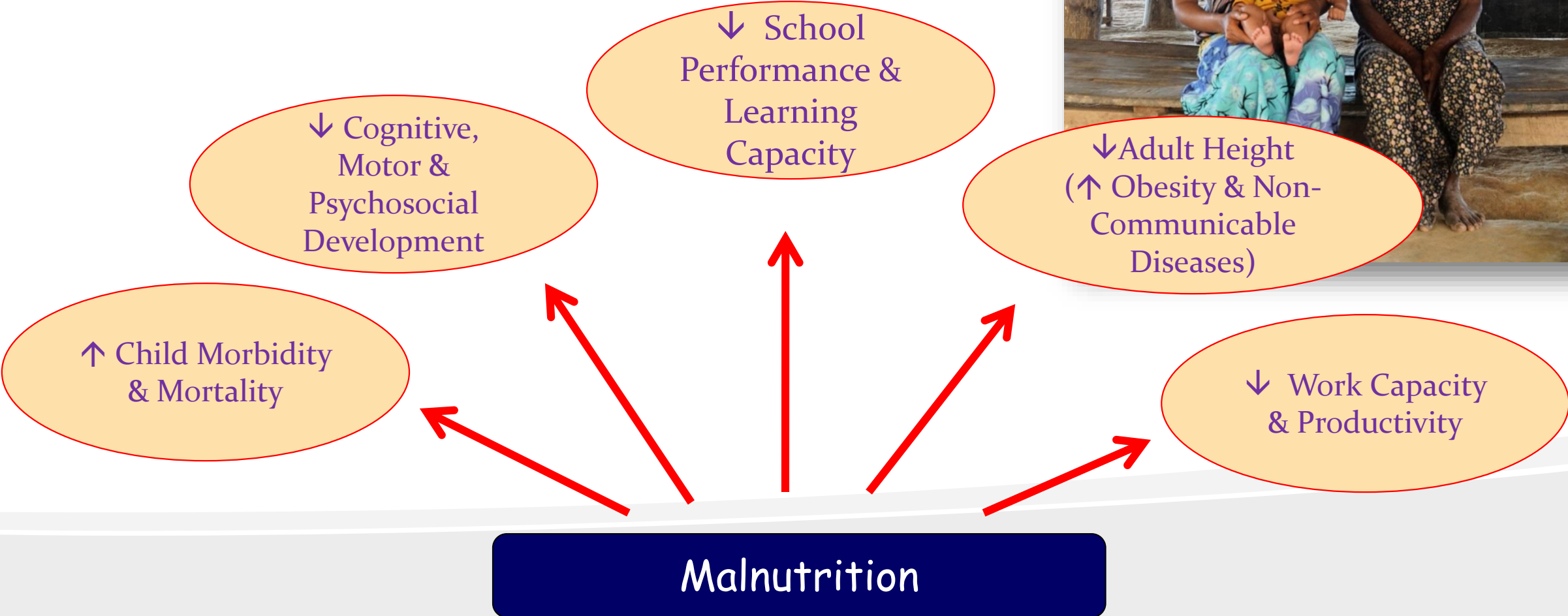


*This severely constrains their capacity to invest in productive livelihoods now and impacts on their future economic opportunities*

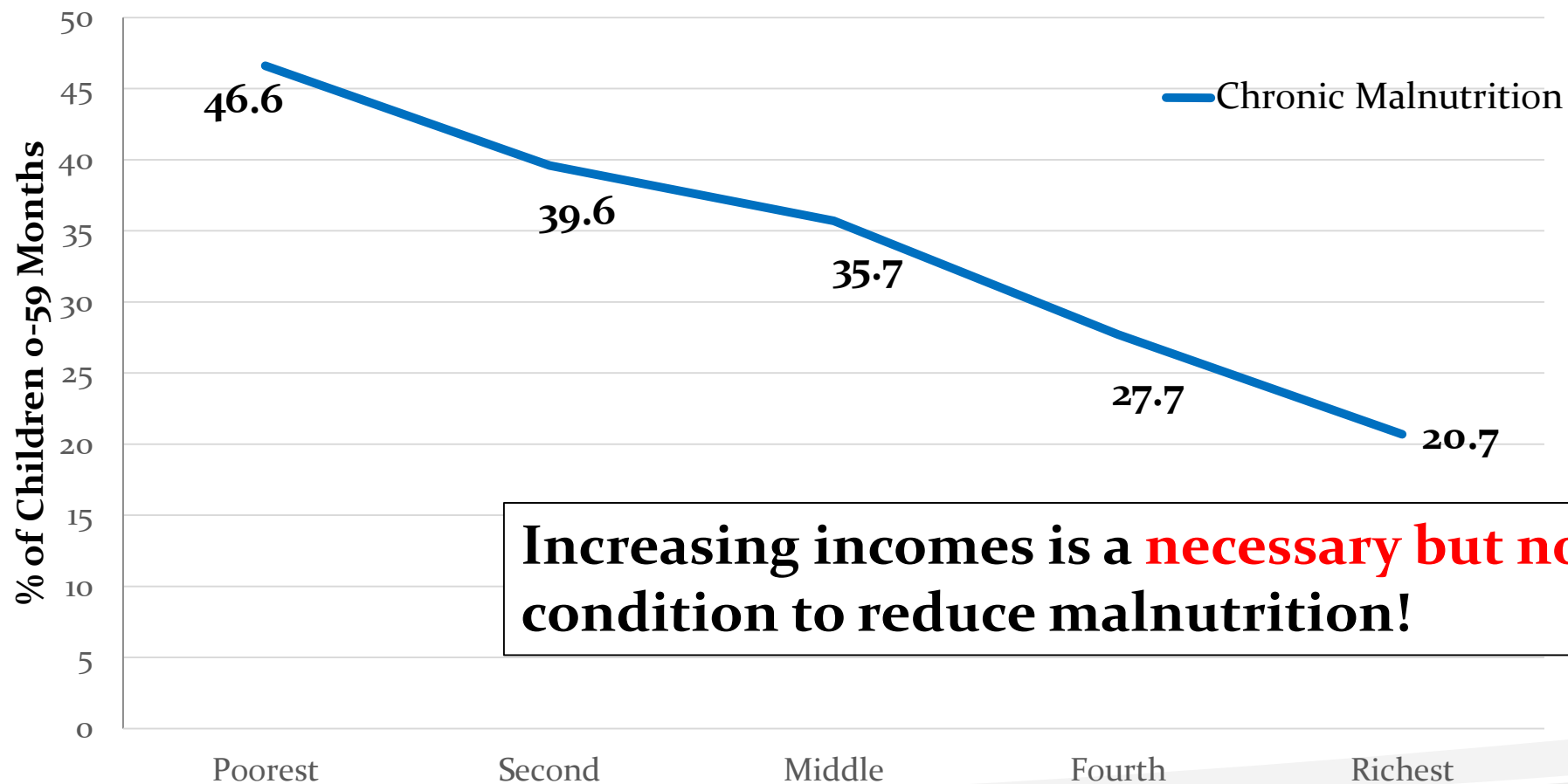
# Power of Nutrition



# Consequences of Malnutrition



# Child Malnutrition In Myanmar, by Wealth Quintile



Data source: MICS 2009-2010







# Nutrition-Specific vs. Nutrition-Sensitive





## Nutrition-Specific

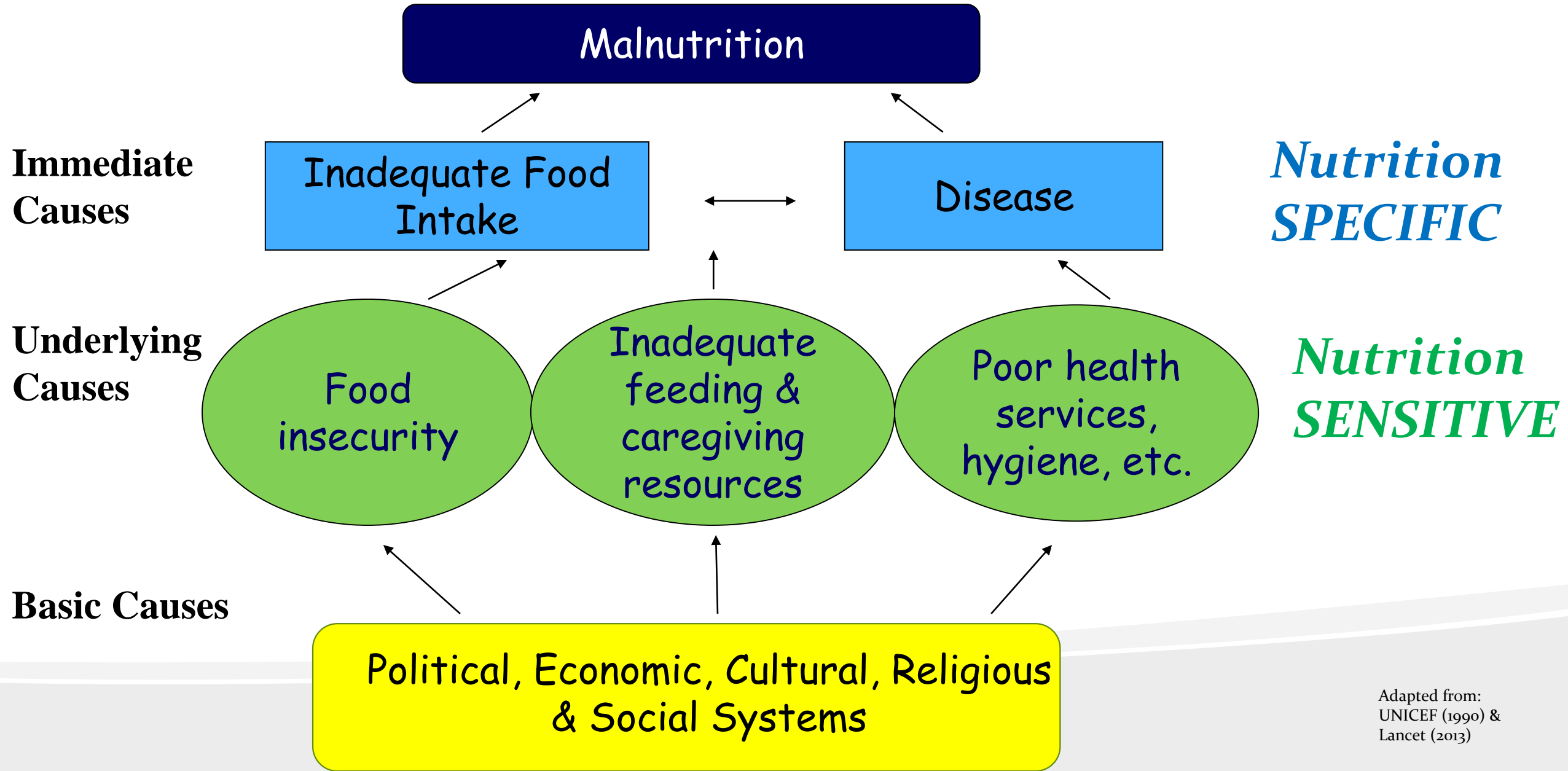
vs.

## Nutrition-Sensitive

- Interventions that address the immediate (direct) causes of malnutrition (e.g. disease, food intake)
- Examples:
  - Vitamin A supplementation
  - Treatment of severe acute malnutrition

- Interventions that address the underlying (indirect) causes of malnutrition (e.g. food security, access to services)
- Examples:
  - Project that increases production of nutritious food
  - Project that improves incomes of pregnant women

# Causes of Malnutrition





**Are all food security projects automatically  
nutrition-sensitive?**





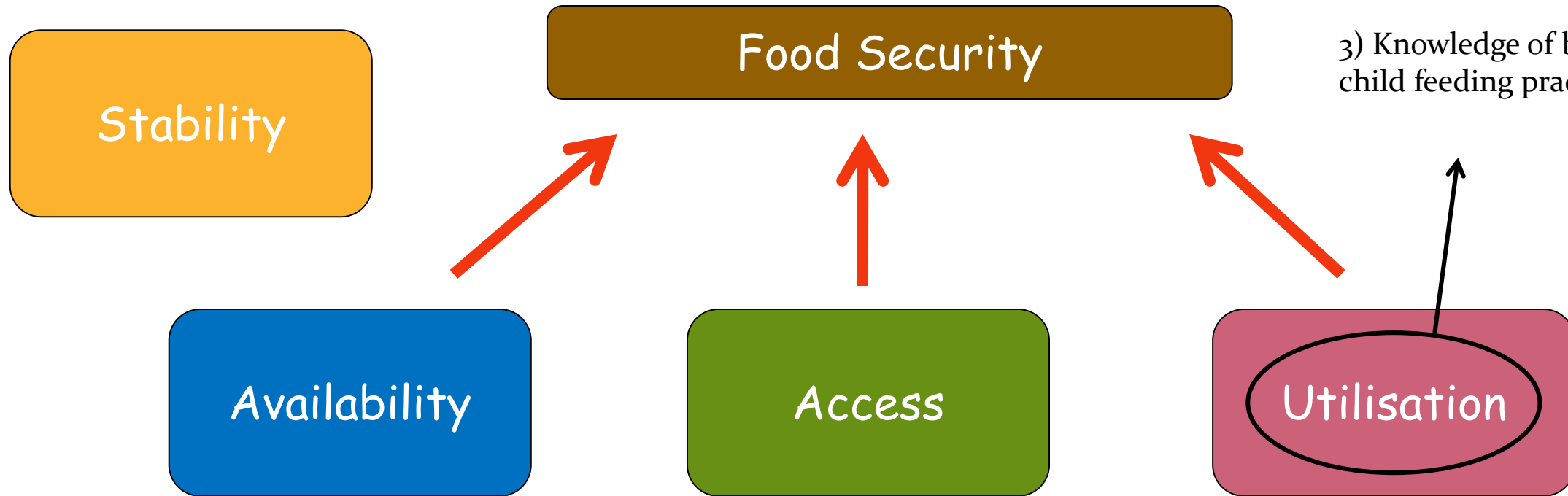
NO...

Not all food security projects  
are automatically nutrition-  
sensitive!

Currently, most LIFT projects  
only address 2 pillars of food  
security...



# 3 Pillars of Food Security



- 1) Foods storage, processing, & preparation/hygiene
- 2) Intra-household distribution
- 3) Knowledge of best dietary & child feeding practices

*Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy lifestyle. --FAO (2002)*

# In the Delta townships...

## *Malnutrition*

- **27%** of children are **chronically malnourished**
- **9.3%** of children are **acutely malnourished**

## *Diet & Intra-Household Food Allocation*

- Only **43%** of children 6-23 month receive **minimum dietary diversity**
- **One in 5** children are **exclusively breastfed** (21%)





# “Nutrition-Sensitive”...

## Does NOT mean:

- That all IPs need to have nutrition components in their projects
- That we can expect dramatic improvements in nutrition without nutrition-specific interventions

## Does mean:

- That we should try to maximize the nutrition impact of our projects
- That we should try to avoid any negative consequences our project could have on nutrition



**All projects can be nutrition-sensitive!**





Questions?

