



Policy Notes: Better Nutrition For More Resilient Lives



LIFT's policy goal: better nutrition in only 1,000 days

LIFT encourages increased public spending to make a reduction in stunting - by a fixed target, measured yearly - into a Myanmar Sustainable Development Goal.

What is stunting

Stunting is when people are very short in height. Stunting results from inadequate nutrition and repeated bouts of infection during the first 1,000 days of a child's life, from pregnancy through to their second birthday. In Myanmar, an average of 35 per cent of children under five are stunted, and in some areas of the country, over 50 per cent of children are stunted.

Why stunting matters

Good nutrition is a basic building block of human capital, contributing significantly to economic development. Stunting has long term effects on children and adults, including diminished cognitive and physical capacity, reduced productive capacity and poor health. It leads to significant economic and educational losses not only for the individual, but for the population.

Children who get the right nutrition in their first 1,000 days:

are **10x**
more

likely to overcome the most life-threatening childhood diseases



will complete an average of

five more grades of school



go on to earn

21% more in wages as adults



are more likely as adults to have

healthier families



Proven and cost-efficient interventions

The best way to ensure good nutrition - and stop stunting - is to prevent it during the first 1,000 days of a child's life from conception to his/her second birthday.



LIFT is funding 1,000 days maternal and child cash transfer projects to the sum of USD 14.5 million



Supporting Myanmar's nutrition agenda

Myanmar is committed to nutrition, having joined the Scaling Up Nutrition (SUN) Movement and the UN's Zero Hunger Challenge in 2014. Government budget for 1,000 days maternal and child cash transfer is allocated in the draft Myanmar National Plan of Action for Food and Nutrition

LIFT action on nutrition

LIFT projects promote the importance of good nutrition. In 2016, based on early results on a pilot project in its Tat Lan programme in Rakhine State, LIFT is rolling out innovative maternal and child cash transfers in its new Delta and Dry Zone programmes, providing:

- Cash transfers to pregnant women and breastfeeding women with children under two years to support good nutrition in the first 1,000 days
- Nutrition and hygiene education to encourage using cash transfers for improved nutrition
- Improved sanitation to prevent disease

All three components are critical to reduce stunting in the first 1,000 days.

Quick and visible results - measuring change

Change can happen in a short period of time. Improved nutrition of women, men, and children is a LIFT strategy outcome, and the framework for measuring stunting is in place. LIFT, UNICEF, 3MDG, and Save the Children all monitor stunting in children.

Spreading the message about good nutrition

'The Importance of Good Nutrition in a Child's First 1,000 Days' video by LIFT, the LEARN consortium*, and the Ministry of Health's National Nutrition Centre is being widely broadcast on television and radio.

*LIFT funds a dedicated project, the Leveraging Actions to Reduce Malnutrition (LEARN) that advises LIFT partners on how to integrate nutrition in their projects.

About LIFT

The Livelihoods and Food Security Trust Fund (LIFT) is a multi-donor trust fund set up in 2010 to improve the food security, livelihoods, nutrition, and prospects of rural poor people in Myanmar. LIFT is working towards the country's inclusive economic growth through programmes in food security, better nutrition, resilience to help people cope with shocks and setbacks, and providing an evidence base for the development of pro-poor policies.

To date, LIFT has reached over 3.6 million people, or around ten per cent of the country's rural population.



Livelihoods and Food Security Trust Fund



LIFT is managed by UNOPS

From the private sector, the Mitsubishi Corporation is a donor.

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