Nutrition specific interventions and programmes
- Adolescent health and preconception nutrition
- Maternal dietary supplementation
- Micronutrient supplementation or fortification
- Breastfeeding and complementary feeding
- Dietary supplementation for children
- Dietary diversification
- Feeding behaviours and stimulation
- Treatment of severe acute malnutrition
- Disease prevention and management

Knowledge and evidence
Politics and governance
Leadership, capacity, and financial resources
Social, economic, political, and environmental context (national and global)

Building an enabling environment
- Rigorous evaluations
- Advocacy strategies
- Horizontal and vertical coordination
- Accountability, incentives regulation, legislation
- Leadership programmes
- Capacity investments

Optimum fetal and child nutrition and development
- Breastfeeding, nutrient-rich foods, and eating routine
- Feeding and caregiving practices, parenting, stimulation
- Low burden of infectious diseases

Food security, including availability, economic access, and use of food
Feeding and caregiving resources (maternal, household, and community levels)
Access to and use of health services, a safe and hygienic environment

Morbidity and mortality in childhood
Cognitive, motor, socioemotional development
School performance and learning capacity
Adult stature
Work capacity and productivity

Obesity and NCDs
**Figure 1: USAID Multi-Sectoral Nutrition Conceptual Framework**

**ADEQUATE DIETARY INTAKE**
- Sustainable household food security
  - Availability of sufficient safe and nutritious foods
  - Access to sufficient safe and nutritious foods
  - Stability and resilience
- Appropriate maternal and infant and young child feeding and care
  - Adequate time, space, and support for care
  - Appropriate education and knowledge

**LOW DISEASE BURDEN**
- Access to effective health services
  - Delivery of essential health and nutrition services
  - Access to safe water and sanitation
  - Appropriate hygiene practices
- Healthy environment

**OPTIMAL NUTRITION**

**Nutrition Enabling Environment**
- Gender equality, women’s empowerment, and girls’ education
- Country commitment and capacity, leadership, financial resources for nutrition, knowledge and evidence, health and food systems, trade/private sector
- Socio-cultural, economic, environmental, and political context

**ILLUSTRATIVE EXAMPLES**
- Agriculture Production/Income Generation for Dietary Diversity
- Food Processing
- Postharvest Storage
- Food Fortification
- Targeted Livelihood Activities
- Risk Mitigation Interventions
- Social Protection and Safety Nets
- Biofortification
- Early, Exclusive, and Continued Breastfeeding
- Appropriate Complementary Feeding
- Feeding During Illness
- Dietary Diversity for Pregnant and Lactating Women and Children
- Maternal Supplementation
- Caregiver Support and Protection
- Early Child Care and Development
- Treatment of Acute Malnutrition
- Micronutrient Supplementation or Fortification
- Nutrition Management of Diseases
- Prevention and Treatment of Infectious Diseases
- Family Planning and Reproductive Health Services
- Deworming in Children
- Nutrition Assessment and Counseling
- Safe Water Sources
- Sanitation Facilities
- Hand Washing with Soap
- Clean Family Living Environment
- Safe Food Handling
- Nutrition Advocacy
- Nutrition Resources Mobilization
- Multi-sectoral Coordination
- Human Resources for Nutrition
- Gender Sensitive Interventions
- Accountable Policies that Enable Participation and Transparency
We Know the “Where”

- 34 countries account for 90% of the global burden of malnutrition.
We Know the “What”

- Scaling up 10 nutrition-specific interventions to 90% coverage in 34 high-burden countries would reduce stunting by 20%.

Source: The Lancet, 2013
Lancet 10 Nutrition-Specific Interventions

Pre-conception
1. Pre-conception folic acid supplementation or fortification

Pregnancy
2. Maternal multiple micronutrient supplementation
3. Maternal balanced energy & protein supplementation
4. Maternal calcium supplementation

Early Infancy and Young Childhood
5. Promotion of breastfeeding
6. Appropriate complementary feeding
7. Vitamin A supplementation
8. Preventative zinc supplementation
9. Management of SAM
10. Management of MAM
Multiple Micronutrient Supplementation of Pregnant Women

• 11-13% reduction in low birthweight and SGA births
• Same effects on anemia and IDA as IFA supplementation
• Some data on effect on early childhood growth

Source: The Lancet, 2013
Maternal Calcium Supplementation

- 35% reduction in the incidence of gestational hypertension
- 55% reduction in pre-eclampsia
- 24% reduction in preterm births

Source: The Lancet, 2013
Prevalence of Stunting in Children under Age 5 by Maternal Age

Source: Fink et al, 2014

Multi-Sectoral Nutrition Strategy Global Learning and Evidence Exchange
Washington, DC
Where the Rubber Meets the Road: What do We Know about the “How”?  

- **Scaling up 10 nutrition-specific interventions to 90% coverage** in 34 high-burden countries would reduce stunting by 20%.

*Source: The Lancet, 2013*
Delivery Platforms for Nutrition-Specific Interventions

- Heath facilities
- Community platforms
- Child health days
- Fortification
- School-based services
## Nutrition-Specific Intervention Coverage

<table>
<thead>
<tr>
<th>Coverage or Practice Indicator</th>
<th>Associated Intervention</th>
<th>Countries with Data</th>
<th>Median % Coverage or Practice</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Infants &lt; 6 months who were exclusively breastfed</strong></td>
<td>Protection, promotion, support of BF</td>
<td>122</td>
<td>27%</td>
</tr>
<tr>
<td><strong>Children 6–23 months fed the minimum meal frequency</strong></td>
<td>Promotion of complementary feeding</td>
<td>82</td>
<td>57%</td>
</tr>
<tr>
<td><strong>Children 6–59 months who received two doses of vitamin A supplements</strong></td>
<td>Vitamin A supplementation</td>
<td>57</td>
<td>79%</td>
</tr>
<tr>
<td><strong>Women with a birth in last five years who received IFA during their most recent pregnancy</strong></td>
<td>Multiple MN supplementation (pregnant women)</td>
<td>57</td>
<td>78%</td>
</tr>
<tr>
<td><strong>Children 0–59 months with diarrhea who received zinc treatment</strong></td>
<td>Zinc treatment</td>
<td>39</td>
<td>2%</td>
</tr>
<tr>
<td><strong>Household consumption of adequately iodized salt</strong></td>
<td>Universal salt iodization</td>
<td>83</td>
<td>61</td>
</tr>
</tbody>
</table>

Source: GNR, 2016
Nutrition-Specific Intervention Coverage Rate by Country

Figure 5.5: Countries with the highest and lowest coverage rates of 12 interventions and practices to address maternal and child malnutrition.

10 Lancet interve
+ 2 WHO interve
2013

Multi-Sectoral Nutrition Strategy Global Learning and Evidence Exchange
Washington, DC
Progress on Meeting Targets: Exclusive Breastfeeding

Less progress. Not much data. Reversals even.

Number of countries on course to meet global (WHA) targets

- on course: 6
- off course, some progress: 32
- off course, no progress: 30
- off course, reversal: 10

Countries experiencing a reversal: Cuba, Egypt, Kyrgyzstan, Mongolia, Nepal and Turkey

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Washington, DC
Progress on Meeting Targets: Stunting Reduction

Number of countries on course to meet global (WHA) targets

<table>
<thead>
<tr>
<th>Year</th>
<th>On course</th>
<th>Off course, some progress</th>
<th>Off course, no progress</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>24</td>
<td>66</td>
<td>19</td>
</tr>
<tr>
<td>2015</td>
<td>39</td>
<td>60</td>
<td>15</td>
</tr>
</tbody>
</table>

Source: GNR, 2015

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Scale Up and Coverage (and Sustainability)

• Leadership, political will and commitment
• Capacity of systems and personnel
• Strength of civil society
• Supply chain and equipment
• Number and effectiveness of delivery points
• Quality of programs and implementation
• Uptake of services
• Resources
• Private sector will and commitment
• Monitoring and ability to make mid-course corrections
The Double Burden

Maternal Overweight and Obesity in Relation to Child Stunting By Country

Source: BMC Health, 2013
Global Environment for Nutrition

- The Lancet Maternal and Child Nutrition Series 2013
- Global Nutrition Reports
- USAID Multi-Sectoral Nutrition Strategy 2014-2025
- USG Nutrition Collaboration Plan
- Scaling Up Nutrition (SUN)
- 1,000 Days
- ICN2
- 2016-2025 UN Decade of Action on Nutrition
Key Takeaways

- Focus on proven interventions
- ...but don’t forget overweight and obesity
- Invest in research, particularly implementation studies to help unlock coverage challenges
- Invest in data collection and M&E
- Create room in implementation for “learning agendas”
- Think about exit and sustainability from the beginning
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