



# Connecting the dots around food systems and nutrition: Evidence to policy and action

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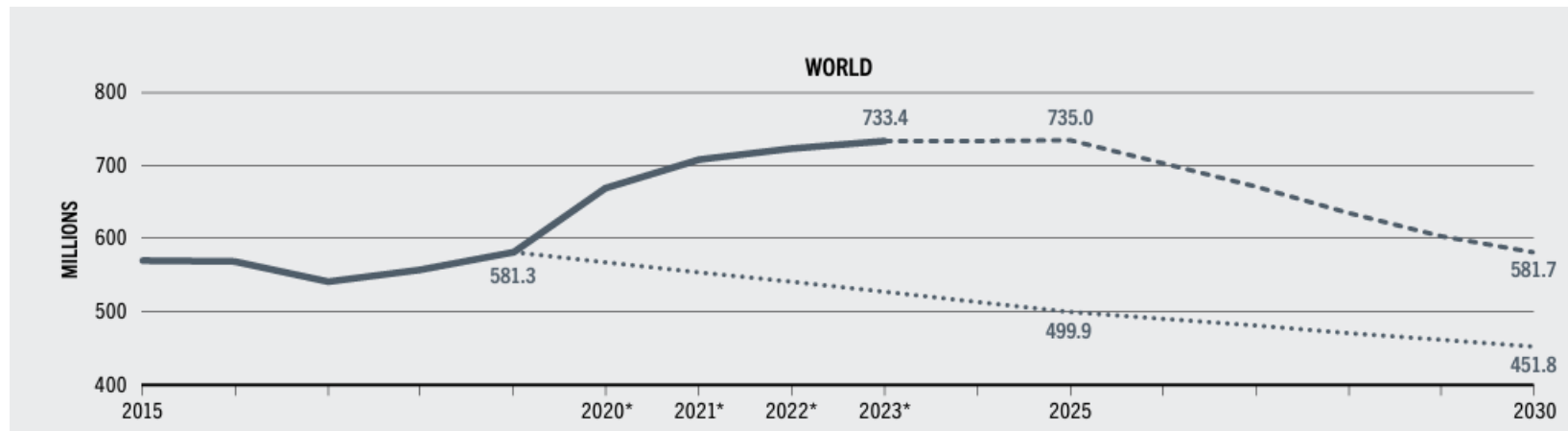
# Food Security and Nutrition

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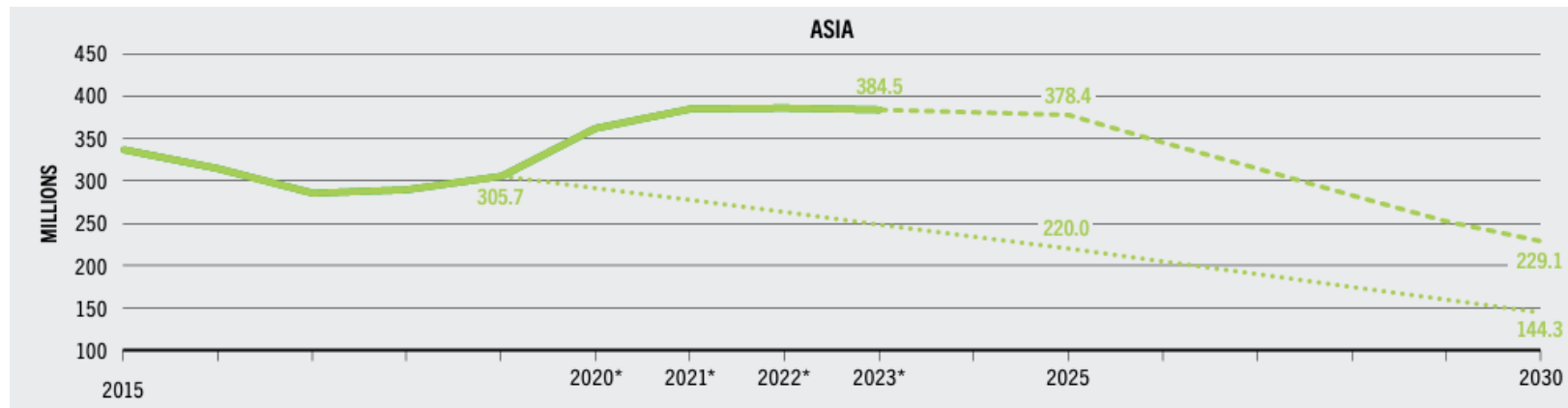
- World is off track to achieve Sustainable Development Goal 2 of 'Zero Hunger'
- Consistent access, availability, and affordability of foods remains a challenge
- Over one-third of people in the world - 2.8 billion - could not afford a healthy diet in 2022
- Considerable inequities exist based on region and gender
- Asia is home to over half - 385 million - of all those facing hunger in the world

The background of the slide is a dense field of 3D house models. Most are rendered in a light gray color, while one house in the center is highlighted in a vibrant red. The houses are scattered across the frame, creating a sense of a residential area. The text is overlaid on this background in a clean, white, sans-serif font.

The situation is further complicated by  
the impact of climate change,  
pandemic, conflict, migration and cost  
of living



--- Current prospects      ..... Projections before COVID-19 pandemic






# Prevalence of Undernourishment

# Direct and indirect impacts of climate change on food security and nutrition

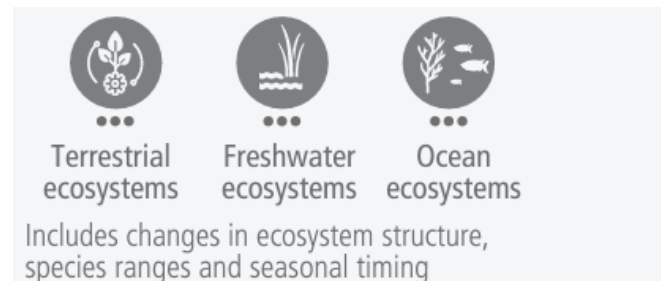
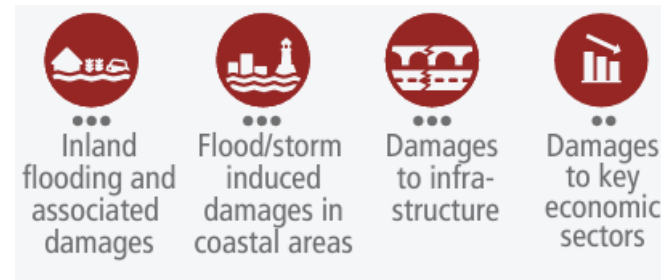
## Key

Observed increase in climate impacts to human systems and ecosystems assessed at **global level**

-  Adverse impacts
-  Adverse and positive impacts
-  Climate-driven changes observed, no global assessment of impact direction

Confidence in attribution to climate change

- High or very high confidence
- Medium confidence
- Low confidence



- Water availability and food production
- Health and wellbeing
- Cities, settlements and infrastructure
- Biodiversity and ecosystems

By 2050, close to

**160 mn**

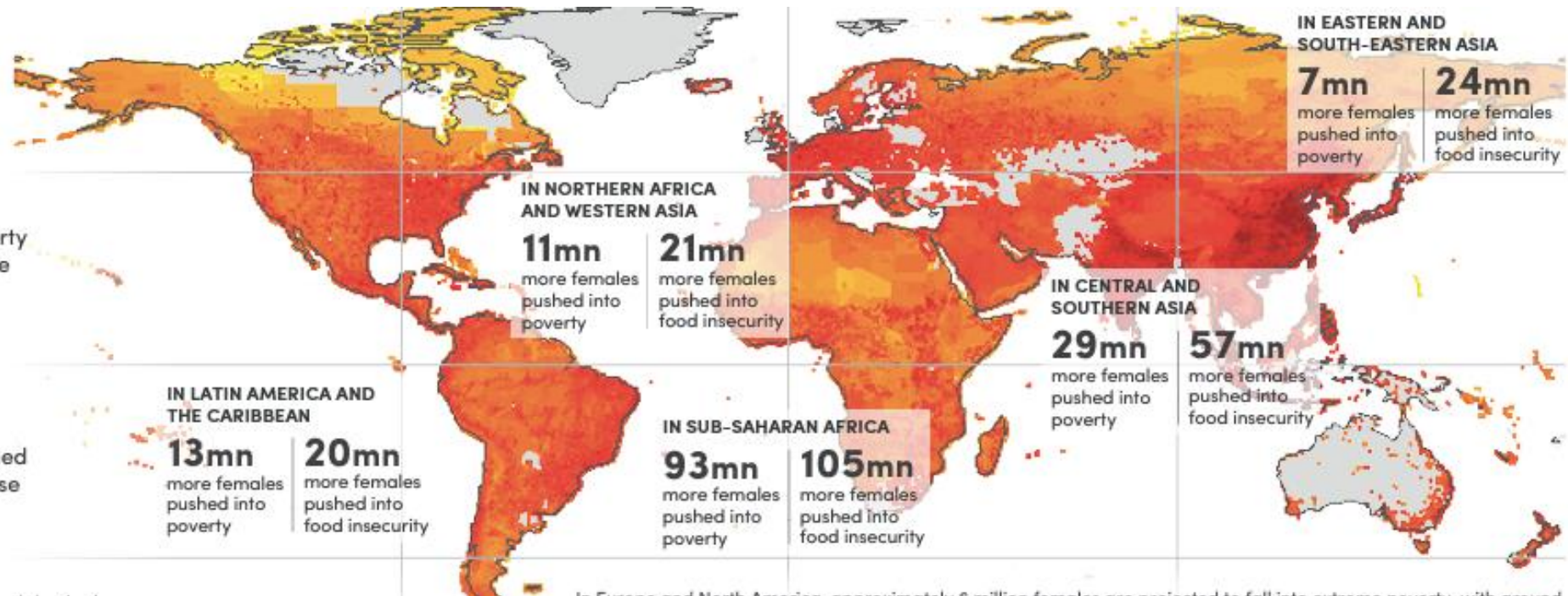
more females will be pushed into extreme poverty because of climate change

and

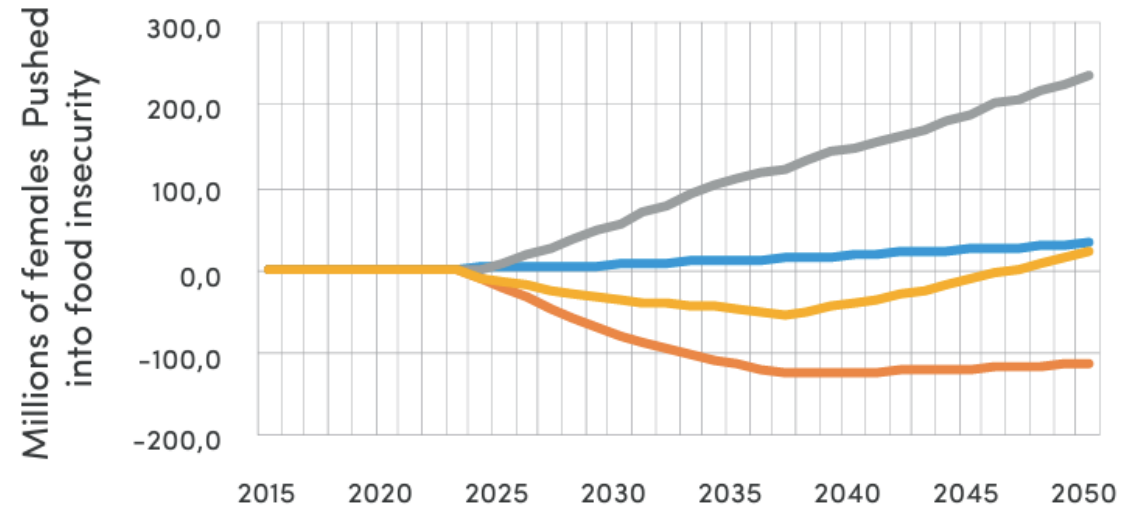
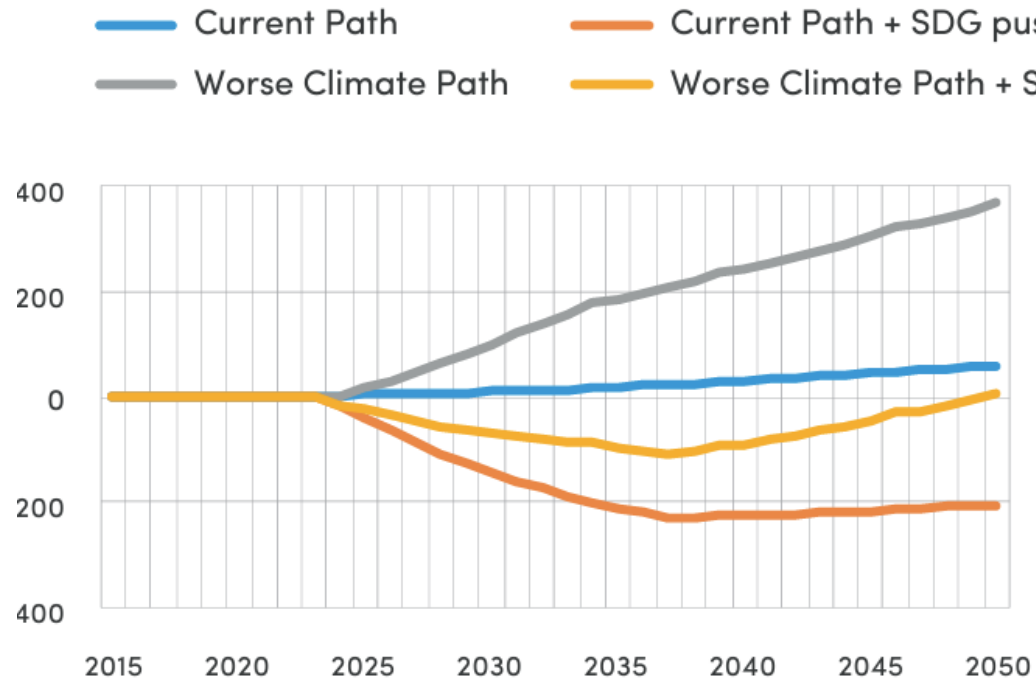
close to

**240 mn**

more females will be pushed into food insecurity because of climate change



Projected impacts of climate change on poverty and food insecurity among women and girls, worst-case scenario, 2050 (millions)



Climate attributable impacts on food insecurity

The nutrition landscape in South Asia  
remains dismal...



# Progress towards global nutrition targets in South Asian countries

SOURCE:

<https://globalnutritionreport.org/resources/nutrition-profiles/asia/southern-asia/>



## Low birth weight

5 Some progress  
4 No data



## Childhood wasting

3 Some progress  
4 No progress or worsening  
2 No data



## Anaemia

9 No progress or worsening



## Childhood stunting

3 On course  
5 Some progress  
1 No progress or worsening



## Childhood overweight

7 On course  
2 Off course

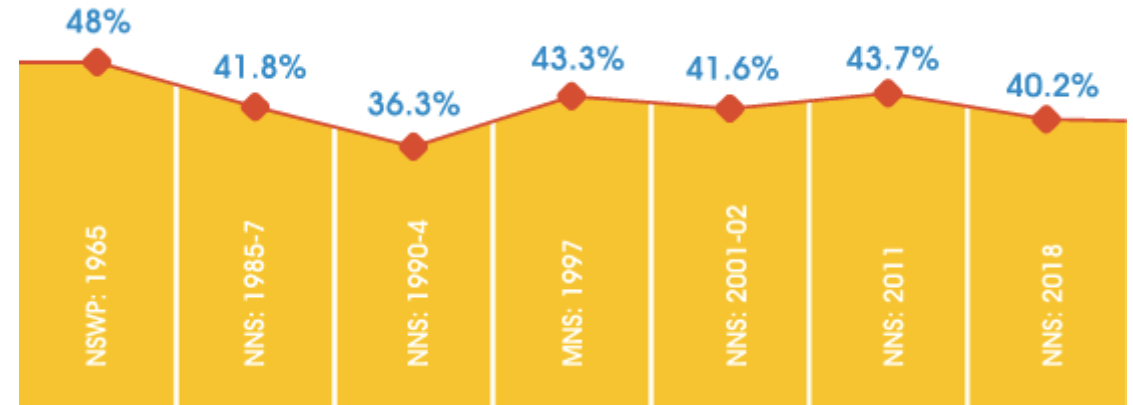


## Exclusive breastfeeding

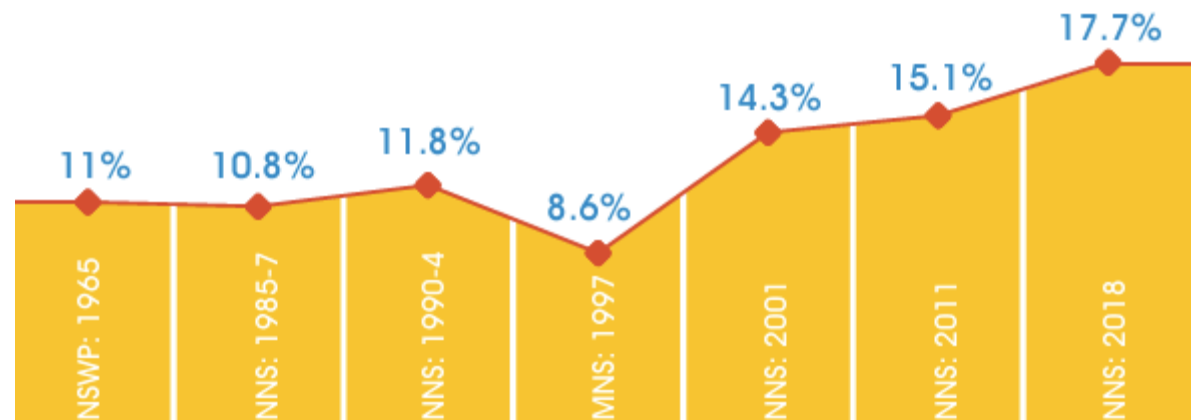
5 On course  
2 Some progress  
1 No progress or worsening  
1 No data

# Pakistan – an example

- Trends of stunting



- Trends of wasting



The connection  
between food  
systems, myriad of  
contextual factors  
and interventions  
translating into  
implementation  
and improved  
nutrition seem to  
be lacking



# Nutrition strategies and financing in South Asian countries

## National nutrition policies

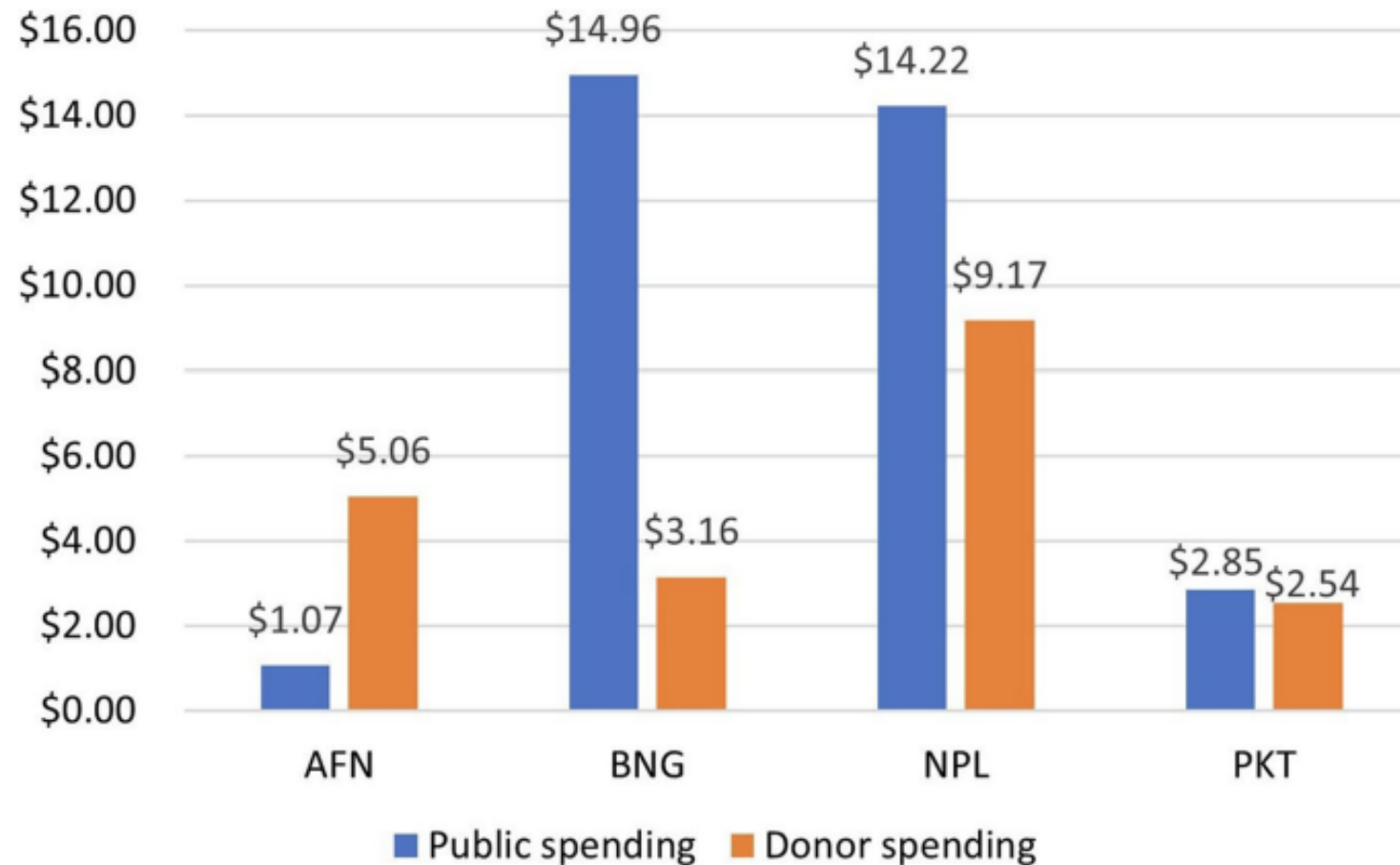
Implemented national food and NCD policies

Food-based dietary guidelines	Legislation for mandatory salt iodisation	Sugar-sweetened beverage tax	Policy to reduce salt/sodium consumption	Policy to limit saturated fatty acid intake
6/9	6/9	4/9	3/9	1/9
Policy to eliminate industrially produced trans fatty acids	Policy to reduce the impact of marketing of foods and beverages high in saturated fats, trans fatty acids, free sugars, or salt on children	Operational policy, strategy, or action plan to reduce unhealthy diet related to non-communicable diseases	Operational, multisectoral policy, strategy or action plan for non-communicable diseases	Operational policy, strategy or action plan for diabetes
1/9	3/9	8/9	7/9	7/9

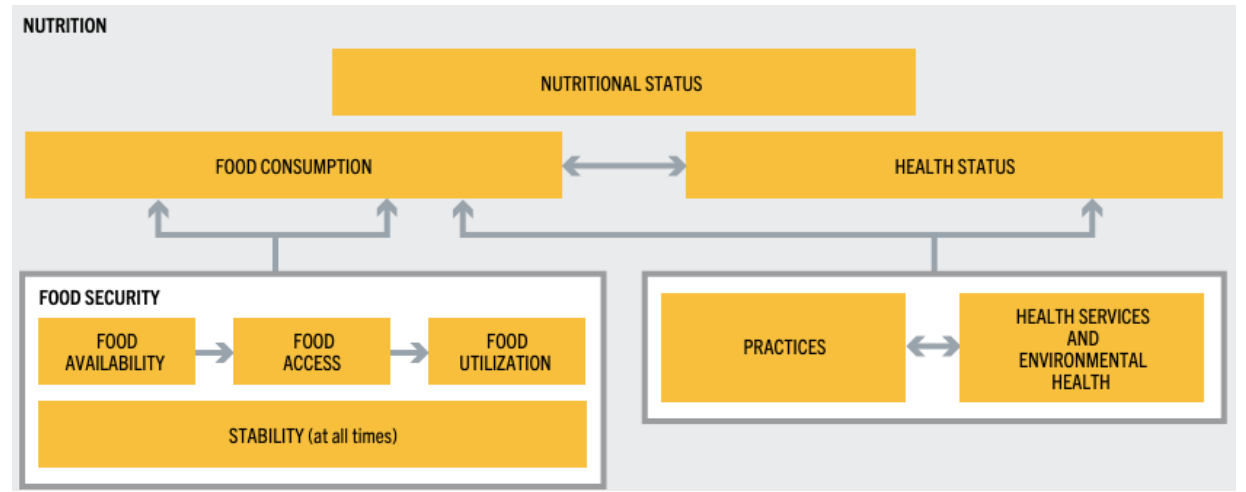
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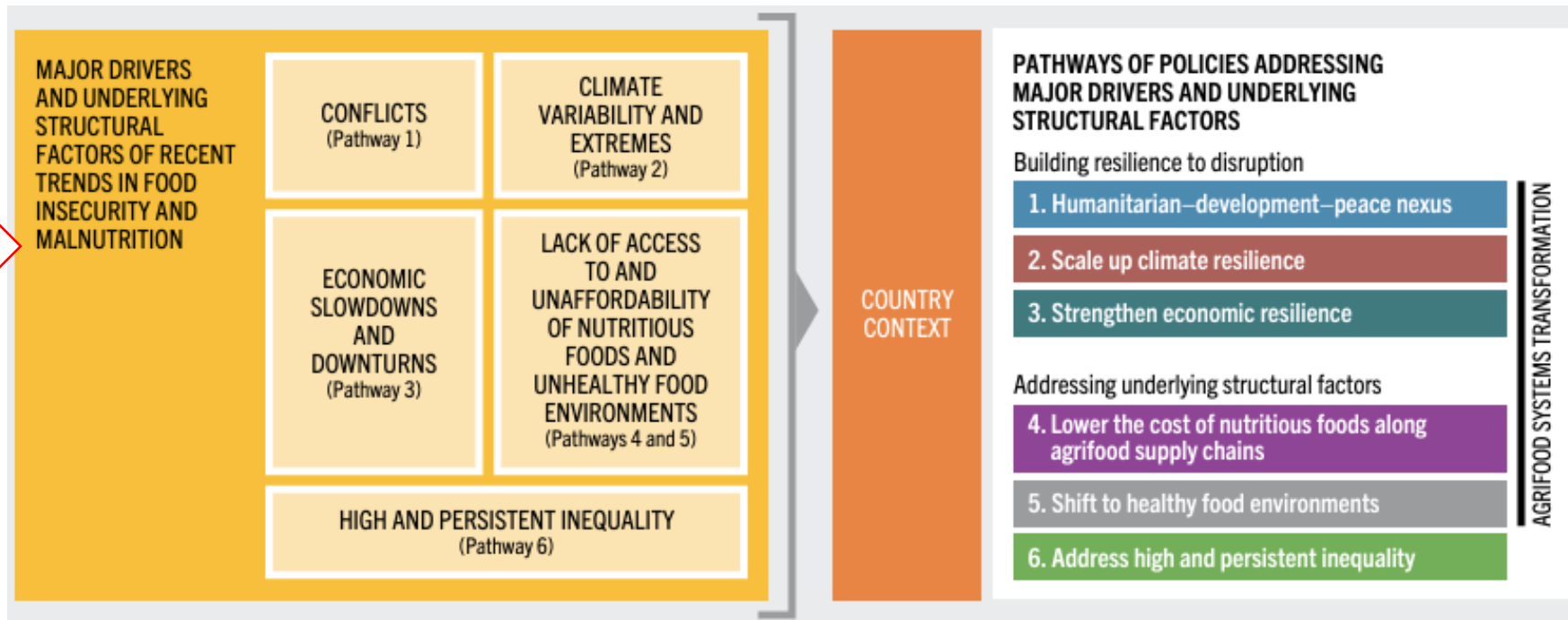
# Per child spending on Nutrition-specific interventions, for children under five



Basic Nutrition Framework



Extended Framework



# Probable Action Areas

- Food systems for healthy diets
- Universal coverage of essential nutrition actions
- Social protection and nutrition education
- Trade and investment for improved nutrition
- Safe and supportive environments for nutrition

What works...  
What needs to be done...





## Direct health-care sector nutritional interventions

- Maternal and child micronutrient supplementation, including home fortification
- Maternal and child food supplementation
- Support for early immediate breastfeeding initiation
- Delayed cord clamping
- Promotion and support for exclusive and continued breastfeeding
- Promotion of age-appropriate complementary feeding practices
- Management of moderate acute malnutrition
- Treatment of severe acute malnutrition
- Anaemia treatment
- Promotion of healthy diet and physical activity during childhood and adolescence

## Other sectoral strategies directly affecting nutrition

- Iodised or other micronutrient-fortified salt
- Staple food fortification
- Biofortification and agronomic fortification
- Nutritional interventions in schools
- Nutrition in emergency programmes
- Mass and social media messaging for improved nutrition
- Policies to reduce prices or increase access to nutritious foods and diverse diets
- Policies to limit marketing of unhealthy foods and breast milk substitutes including labelling
- Promotion of healthy diets and age-appropriate complementary feeding in social protection programmes

## Indirect health-care sector nutritional interventions

- Family planning and reproductive health services
- Disease prevention and management strategies, especially for diarrhoea
- Maternal mental health support

## Other sectoral strategies indirectly affecting nutrition

- Household food security
- Poverty alleviation strategies
- Women's empowerment
- Child protection and support services
- Universal education with a gender focus
- Early child stimulation
- Water, sanitation, and hygiene interventions
- Food safety
- Sugar-sweetened beverage taxes

Macro-level environmental factors

Macro-level social factors

Macro-level economic factors

Macro-level political factors

Unhealthy household environment

Household food insecurity

Disease

Inadequate dietary intake

Malnutrition

Income poverty

Maternal characteristics

Child characteristics

Inadequate care and scarcity of health-care services

### Cross-cutting strategies

Health-care system strengthening, data system strengthening, community mobilisation and monitoring, and evaluation for accountability

**EVIDENCE BASED INTERVENTIONS**

# Area 1: Sustainable, resilient food systems for healthy diets

- Food systems for nutrition
- Food loss and food waste prevention and reduction for nutrition
- Enhancing resilient food supply in crisis-prone areas
- Saturated fat, sugars, salt and trans-fat reduction
- Water management for nutrition
- Food safety for nutrition
- Antimicrobial resistance for nutrition

## Area 2: Aligned health systems providing universal coverage of essential nutrition actions

- Strong and resilient health systems
- Reduction of stunting and wasting among children under five years of age
- Health service policies and programmes to improve nutrition
- Interventions related to health services to improve nutrition

# Area 3: Social protection and nutrition education



- Nutrition education and information for behavioural change
- Social protection for nutrition
- Income generation and decent rural employment



## Area 4: Trade and investment for improved nutrition

- Sustainable investments for nutrition
- International trade for nutrition

# Area 5: Safe and supportive environments for nutrition at all ages

- Influencing the food environment for healthy diets
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- Protect, promote and support breastfeeding

- Childhood overweight and obesity

- Anaemia in women of reproductive age

- Sanitation and hygiene

# Area 6: Strengthened governance and accountability for nutrition

- Governance and coordination mechanisms for food security and nutrition
- Policies and programmes related to nutrition
- Multisectoral information systems related to food and nutrition

Let's all strive towards Zero Hunger

