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December
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Budapest

SUSTAINABLE FOOD SYSTEMS FOR HEALTHY DIETS IN EUROPE AND CENTRAL ASIA

UNITED NATIONS DECADE OF
ACTION ON NUTRITION
2019-2025



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ADVANTAGES OF NUTRITION-SENSITIVE SOCIAL PROTECTION

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Rationale for linking nutrition and social protection

- **Lancet Series** on Maternal and Child Undernutrition 2013:
 - ‘...progress in nutrition will require, large-scale **nutrition-sensitive programmes...**’;
 - **Social Protection** – one of the key nutrition-sensitive sectors.
- **The Second International Conference on Nutrition (ICN2):**
 - Countries **affirmed** that ‘...coordinated action needs to be supported through policies, programmes and initiatives, including **social protection**, to address multiple burdens of malnutrition and to promote sustainable food systems’ [*Rome Declaration on Nutrition, ICN2, 2014*];
 - **Recommendations 22 and 23** on social protection, [*Framework for Action, ICN2, 2014*].

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Rationale for linking nutrition and social protection

- Social protection can address **underlying causes of malnutrition**:
 - **adequate food** (dietary intake);
 - **health** (services and status); and
 - **care** (adequate maternal and child-care practices).
- **Through**:
 - Increasing **food consumption** and **dietary diversity**;
 - Minimizing **negative coping mechanisms**;
 - Enhancing households’ **productive capacities**;
 - Increasing access to **health and nutrition services** (complementary services).

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Select Evidence (1/2)

- **Increase in quantity of food consumed:**
 - [Latin America, Malawi] cash transfers increased expenditure on food and in [Bolivia, Kenya and South Africa] increased consumption through own production;
 - [Bangladesh, Ethiopia] integrated programmes increase food consumption due to the contribution of agricultural production.
- **Minimize negative coping strategies:**
 - [Lesotho, Zambia] cash transfers reduced the probability of household members eating fewer meals;
 - [Bangladesh, Ethiopia] public works programmes show smoothing of food consumption through weather related shocks.

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Select Evidence (2/2)

- **Increase in empowerment of women:**
 - [Latin America] cash transfers show positive impact on women's empowerment and control over resources.
- **Increase in dietary diversity:**
 - [Zambia, Kenya and Lesotho] cash transfers increased number of food items consumed as well as shift away from staple foods.
- **Decrease barriers to health and nutrition services:**
 - [Colombia, Honduras, Malawi, Kenya] cash transfers increase access to and spending on health and nutrition services.
- **Impact on anthropometric indicators:**
 - Remains mixed and ambiguous.

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Nutrition-Sensitive Social Protection: *FAO's Engagement*

- Country lessons from [Tajikistan, Armenia and Kyrgyzstan] in **linking social protection interventions with nutrition and agriculture ('Cash+')**, design and evaluation of social protection and nutrition interventions.
- Support countries in Central Asia [Albania, Moldova, Ukraine, Tajikistan, Armenia] on **School Food and Nutrition**.
- Generate **knowledge and evidence** for informed policy making and programming [*'From Protection to Production Project', Inter-Agency Social Protection Assessment Tool (ISPA), and State of Food Agriculture 2015*].
- Promote **South-South collaboration and partnership** for nutrition-sensitive social protection [*Global Forum on Nutrition-Sensitive Social Protection, Moscow, Russia*].

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Key Messages

- There is **no one size fits all** and context matters.
- **Positive impacts** of social protection programmes on food security and nutrition are **not automatic**. Proper design and implementation of the programmes is critical.
- **Social protection is not a panacea**. It needs to be linked to the broader agricultural and rural development agenda to ensure that all its roles are realized.

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Recommendations:

- Include **explicit nutrition objectives** and **indicators**.
- Target **nutritionally vulnerable** groups.
- Provide **predictable** and **regular transfers** of adequate value, duration and timing.
- **Empower women** to break inter-generational cycle of malnutrition.
- **Ensure responsiveness** of social protection interventions.
- Integrate **nutrition education** and **promotion**.
- Promote strategies that enable household to **diversify diets** and **livelihoods**.
- **Integrate intervention across sectors**, such as health, education, WASH and agriculture.

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Thank you.

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