Nutrition Situation & Capacity in Malawi

CAADP Nutrition Capacity Development Workshop
9-13 September, BOTSWANA.

Government of Malawi
Malawi Presentation Outline

1. Nutrition Situation

2. Key Nutrition Interventions

3. Enabling Factors: Commitment, Coordination, Monitoring

4. Nutrition Capacity Development in Malawi

5. Challenges in addressing malnutrition

6. Way forward
## Nutrition Situation in Malawi

<table>
<thead>
<tr>
<th>Stunted</th>
<th>Underweight</th>
<th>Wasted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Too short for age</td>
<td>Too thin for age</td>
<td>Too thin for height</td>
</tr>
<tr>
<td>55.8% in 1992</td>
<td>24.4% in 1992</td>
<td>6.6% in 1992</td>
</tr>
<tr>
<td>47.8% in 2010</td>
<td>13.8% in 2010</td>
<td>4.1% in 2010</td>
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**National Nutrition Strategy 2007 – 2012**
Micronutrients in Children under 5 (Micronutrient surveys 2001-2009)

Progress seen in 3 of the 31 micronutrients measured:
Anaemia (all causes), Iron Deficiency, Vitamin A & Iodine
Estimated Losses: 2006-2015

$ 446 million

- Anemia: 168 millions
- Stunting: 207 millions
- Mental Impairment: 71 millions

Lost Productivity ($ million)
Key interventions

Malawi is promoting
Healthy Eating & Living:

1. **Healthy Diverse Diets for parents / family**
   - High focus on Pregnant and Lactating Women
   - Eating for Health & Productivity
   - Food Security: Agricultural Diversification to have all Food Groups Available, Accessible, Utilized

2. **Improving Infant & Young Child Feeding**
   - Exclusive breastfeeding (0 – 6 months)
   - Complementary feeding (6 – 24 months)

3. **Improved Water, Hygiene & Sanitation**

   **Treatment / Supplements:**

4. **Supplements:** Vitamin A, Iron, Folate
5. **Zinc supplementation for diarrhoea**
6. **Salt iodisation**
7. **Bio-fortification of staples**
8. **Deworming**
9. **Treating Malnutrition**
2011 SUN National Nutrition Education & Communication Strategy

- Common strategy for reducing stunting
- Budgeted plans for rolling out in the district.
2011 SUN harmonised IEC & advocacy materials

Key Messages for 1000 Special Days

Malnutrition Stunts Our National Development

Members of Parliament

The Media in Malawi

Teachers of Malawi

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Interventions to reduce stunting

1000 SPECIAL DAYS

- Eat a balanced, diversified and varied nutritious diets and meals to which iodised Salts has been added
- Consume meals and diets from all the 6 food groups
- Eat nutritious snacks in-between meals
- Take Iron Folate supplements
- Partners ensure that your loved ones rests, eat a balanced diet and take Iron Folate supplements
- Breast feed exclusively
- Continue Breast feeding when the child is sick
- Introduce nutritious complementary diets and meals
- Nutritious Complementary meals and diets should be of the right quality and quantity made with foods from the 6 food groups
- Continue Breast feeding
- Feed the baby meals with iodised Salt
- Provide Vitamin A supplements
- Continue Breast feeding and nutritious complementary diets and meals even when the child is sick
- Hand washing and hygiene during food preparation is essential
- Gradually Increase nutritious Complementary meals and diets made with foods from the 6 food groups
- Continue Breast feeding
- Feed the baby meals with iodised Salt
- Provide Vitamin A supplements and deworming tablets
- Continue Breast feeding and nutritious complementary diets and meals even when the child is sick
- Hand washing and hygiene during food preparation is essential

270 DAYS
Pregnancy
0 - 6 months

+730 DAYS
6 - 12 months

1000 DAYS

Prevent and treat malaria, diarrhoea and pneumonia
Enabling factors

1. Highest level Political Will, Commitment, Leadership

2. 2004, OPC - Nutrition

3. Conducive Policy & Partner Environment
   - MDGs, MGDS, NNPSP
   - Integration within 10 government Sectors:
     Agriculture, Health, Education, Gender/Social Welfare,
   - Multi-stakeholder:
     Government- Private – Donor – Civil Society

4. Data improvements in progress:
   - MICS, MDHS, MVAC, FEWSNET
   - Sectors: INFSSS
# Nutrition Structure

## Office of the President and Cabinet - Nutrition & HIV

National Nutrition Committee * SUN Taskforce * Development Partners

<table>
<thead>
<tr>
<th>Ministry 10 sectors</th>
<th>Coordinating Structure</th>
<th>Agriculture</th>
<th>Health</th>
<th>Gender, Children &amp; Social Welfare</th>
<th>Education</th>
</tr>
</thead>
</table>
| National            | • Working Groups  
                      • SUN Core Team  
                      • Extension Nutrition  
                      • Nutrition & HIV  
                      • Nutrition Dept.  
                      • Nutrition & HIV | • Food and Nutrition Officer  
                      • Nutrition Officer  
                      • Environmental Health Officer  
                      • Community Development  
                      • Social Welfare  
                      • School Health Nutrition. | | |
| Districts           | • DNCC District Nutrition Coordinating Committee  
                      • Agriculture Extension Development Coor | • Community Health Nurse | | | • SHN Coordinator |
| Area Supervisor     | • Area Dev Com  
                      • CLANS Community Leaders for Action on Nutrition  
                      • Agric Extension Dev. Officer  
                      • Health Surveillance Asst | | | | | • Primary Education Advisor |
| Extension           | • Village Dev Com  
                      • Lead Farmers  
                      • Nutrition Groups  
                      • Model Villages  
                      • Community Health Volunteers  
                      • Community Based Organization  
                      • Community Based Child Care | | | | | • Teachers |
| Village             | • Care Groups  
                      • Nutrition Groups  
                      • Model Villages  
                      • Community Health Volunteers  
                      • Community Based Organization  
                      • Community Based Child Care  
                      • School Management Committees | | | | |

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Multi-sectoral Committees in Nutrition

National Nutrition Committee
CHAIR: Secretary for Nutrition, HIV & AIDS. Co-chair: UNICEF

TECHNICAL WORKING GROUPS (TWGs)
- Program progress

Targeted Nutrition Program (TNP)
- Health WFP

Micro-Nutrient
- Agriculture UNICEF

School Health & Nutrition
- Education GIZ

Infant & Young Child Feeding (IYCF)
- OPC DNHA USAID

Integrated Nutrition & Food Security Surveillance (INFSS)
- OPC DNHA WFP

Nutrition Education, Training & Research
- Academia OPC DNHA

NUTRITION DEV. PARTNERS
PS Nutrition with
DONOR NUTRITION GROUP
Annual Chair

SUN Task Force & Core Technical Team
OPC DNHA

Each of the 28 districts have Multi-sectoral District Nutrition Committees
Covering similar topics, led by the District Commissioner

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Nutrition Capacity Assessment in Malawi (2009)

Objective:

• To establish gaps and needs for strengthening institutional capacities in nutrition
Main Findings:

1. Limited numbers of staff and limited training opportunities for the available staff (National, district, community)
2. Limited financial resources for nutrition programmes.
3. Inadequate coordination mechanisms of nutrition programmes.
4. Poor coordination of and among development partners supporting nutrition interventions in the country.
5. Limited capacity of training institutions to produce the required numbers and quality of nutrition professionals.
Main Findings: cont’d

7. Poor and inadequate equipment, materials and infrastructure including transport and laboratories.
8. Poor information management
Actions to capacity assessment

• Long and short term human capacity development
• Improvements in ICT infrastructure
• Coordination structures in place (Steering committee, Nutrition Committee, Nutrition Development Partners Group, SUN structures – national, district and community levels)
• Monitoring and evaluation
  • National Nutrition M&E framework developed
• Improved funding for supporting nutrition programmes (Govt and partners)
Coordinated SUN financing

- 1.5 million USD (2 years)
- Selected national level activities
- 2 District roll out and Operational research
- Provision of GMP equipment and materials

- 43.2 USD Million (5 years)
- 15 Districts
- Pool funding
- District level with NGOs

- 0.59 million Euro (2 years)
- 1 district through NGOs

- 98 million USD, 27 million Nutrition (5 years)
- 11 districts
- Integrated health, nutrition and HIV programmes
- Funding released through NGOs in the district

OPC Nutrition
SUN Roll-out framework
National = USD 234,540
District = USD 1,441,540 each

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Challenges

1. Low institutional and technical capacity
   • Both quantity and quality of nutritionists & TWGs still need to be improved. A start has been made.

2. Inadequate Coordination
   • Some Govt positions not yet created for nutritionist at District Assembly level for coordination

3. Keeping stakeholders & partners engaged & committed:
   • Changing and competing priorities
Challenges Cont’d

4. Ever-growing populations:
   • Malawi is experiencing increased population growths through new births and migration into the region.

5. Increase in Non Communicable Diseases:
   • more demand for nutrition education and access to healthy diets

6. Interaction of HIV and Nutrition
   • absence of HIV cure continuing reliance in optimal nutrition for the different stages of HIV.

7. Emerging new priorities:
   • Climate change, rights issues, etc. starting to take centre stage, need to continually be strategic on showing links to Nutrition.
WAY FORWARD

1. **Scaling up nutrition**
   - To all Districts and all Communities

2. **Strengthen institutional & technical capacity**
   - Sector nutrition program managers
   - Sector coordination & collaboration
   - National, District, Area, Community (all levels, all sectors, all partners)

3. **Continued advocacy and commitment**
   - to sustain & strengthen programs with increased resources
   - Intensify local resources mobilization efforts to mitigate impacts of donor fatigue and changing priorities

4. **Development of regulatory frame work e.g. Nutrition Act - underway**

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OUR DREAM FOR MALAWI