

AGREEING ON THE CONCEPTS FOR NUTRITION AND FOOD SECURITY

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WHAT PEOPLE NEED TO LIVE?

- Food
- In appropriate quantity
- And adequate quality



South-Sudan, August 2013

QUANTITY

- called Energy
- measured in Kilocalories (kcal)
- Variation with age, growth, weight, pregnancy or lactation, physical activity, climate, diseases...



QUALITY

2'100 Kcal divided in 2 types of nutrients

- **MACRONUTRIENTS**

> 50% from carbohydrates

10 - 13% from proteins

< 20 from fat

- **MICRONUTRIENTS**

Vitamins and minerals



Fat

Proteins

Vitamins
& minerals

carbohydrates

MALNUTRITION

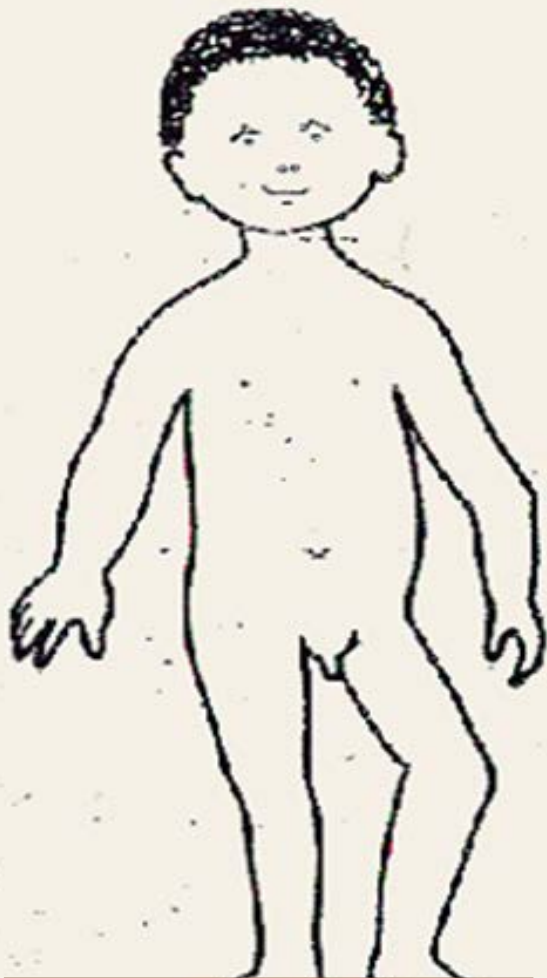
OVERNUTRITION

UNDERNUTRITION:

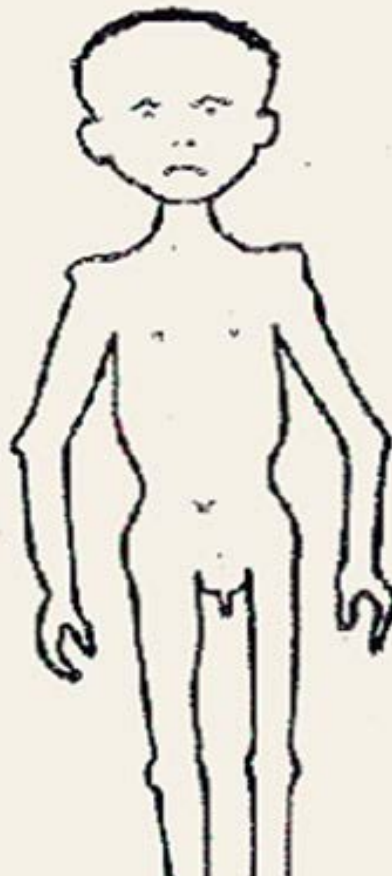
3.5 Million

Children death / year

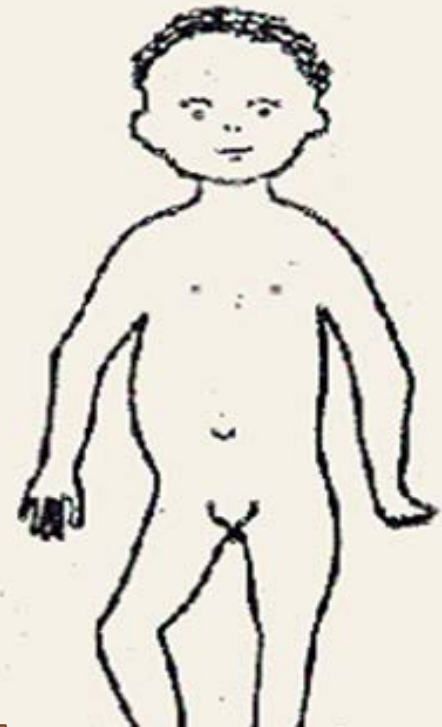
ONE THIRD of the total annual death



Weight for Age
(W/A)
Underweight



Weight for Height
(W/H)
Wasting
Acute
malnutrition



Height for Age
(H/A)
Stunting
Chronic
malnutrition

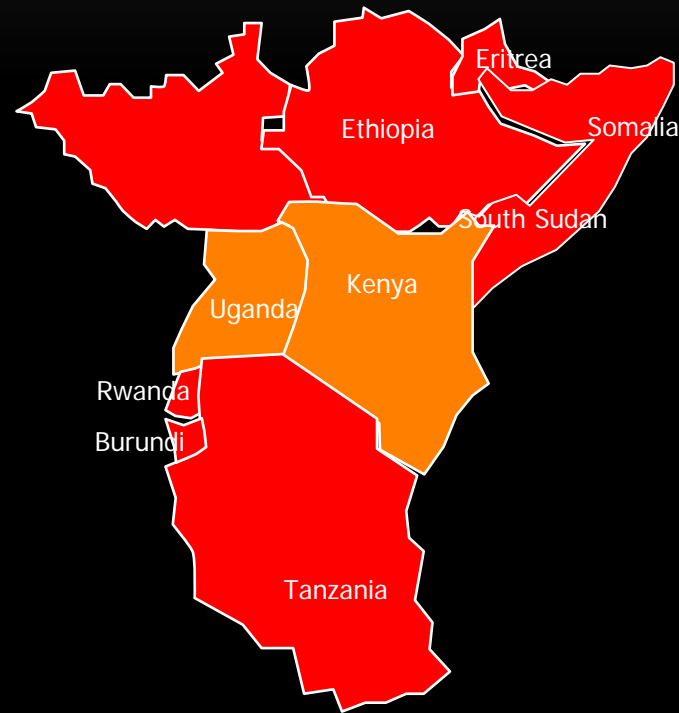
Two 5-year-old girls,
both were born in
Guatemala



6 Bangladeshi children in front of the line
of their normal height for their 9 years
age



Stunting in the Horn of Africa



Country	Stunting
Burundi	58
Eritrea	44
<u>Ethiopia</u>	44
<u>Kenya</u>	35
Rwanda	44
<u>Somalia</u>	42
<u>South Sudan</u>	31
Uganda	33
Tanzania	42



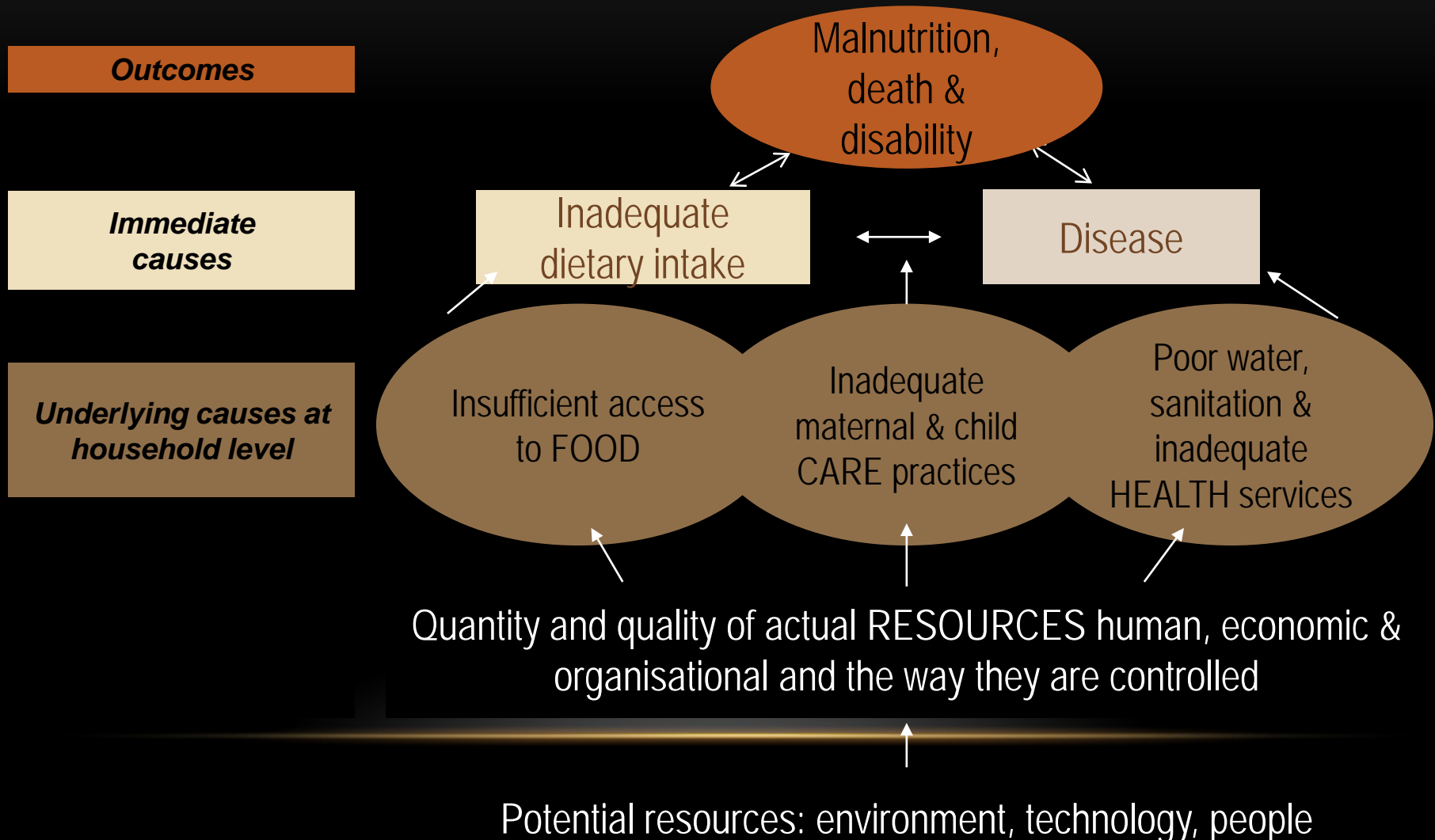
Kwashiorkor

Marasmus

WASTING IN SUB-SAHARIAN COUNTRIES

- Nearly 1 in 10 children <5 (9%) was wasted in 2011
- 10% decrease since 1990
- Because of population growth, the region is now home to 1/3 more wasted children than it was in 1990

NUTRITION: A COMMON DEVELOPMENT GOAL

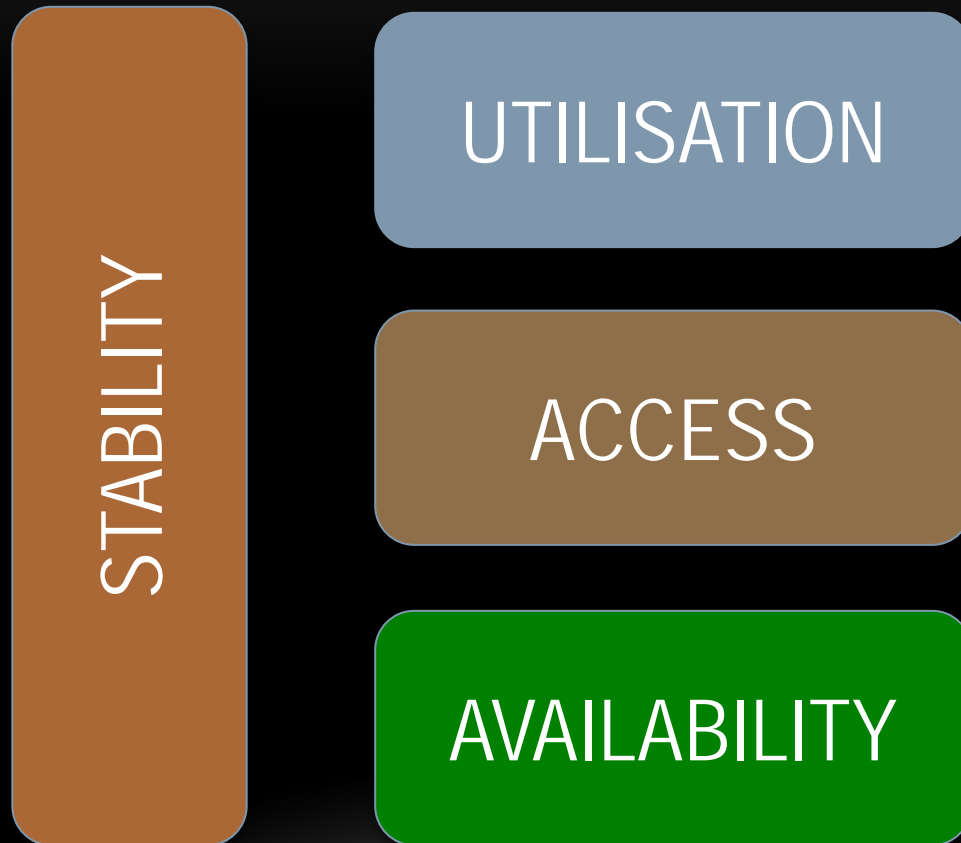


FOOD SECURITY

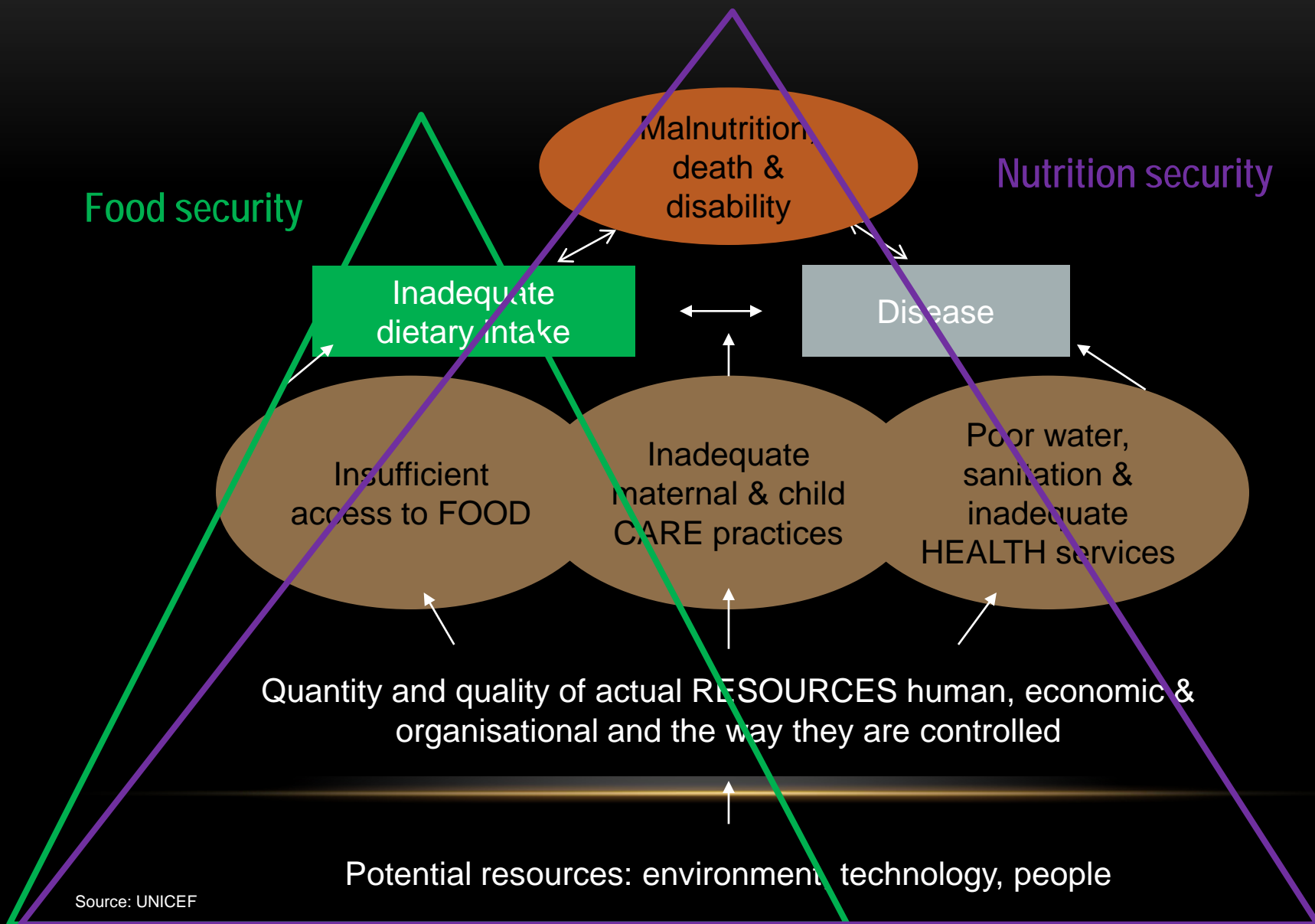
Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life

World Food Summit, 1996

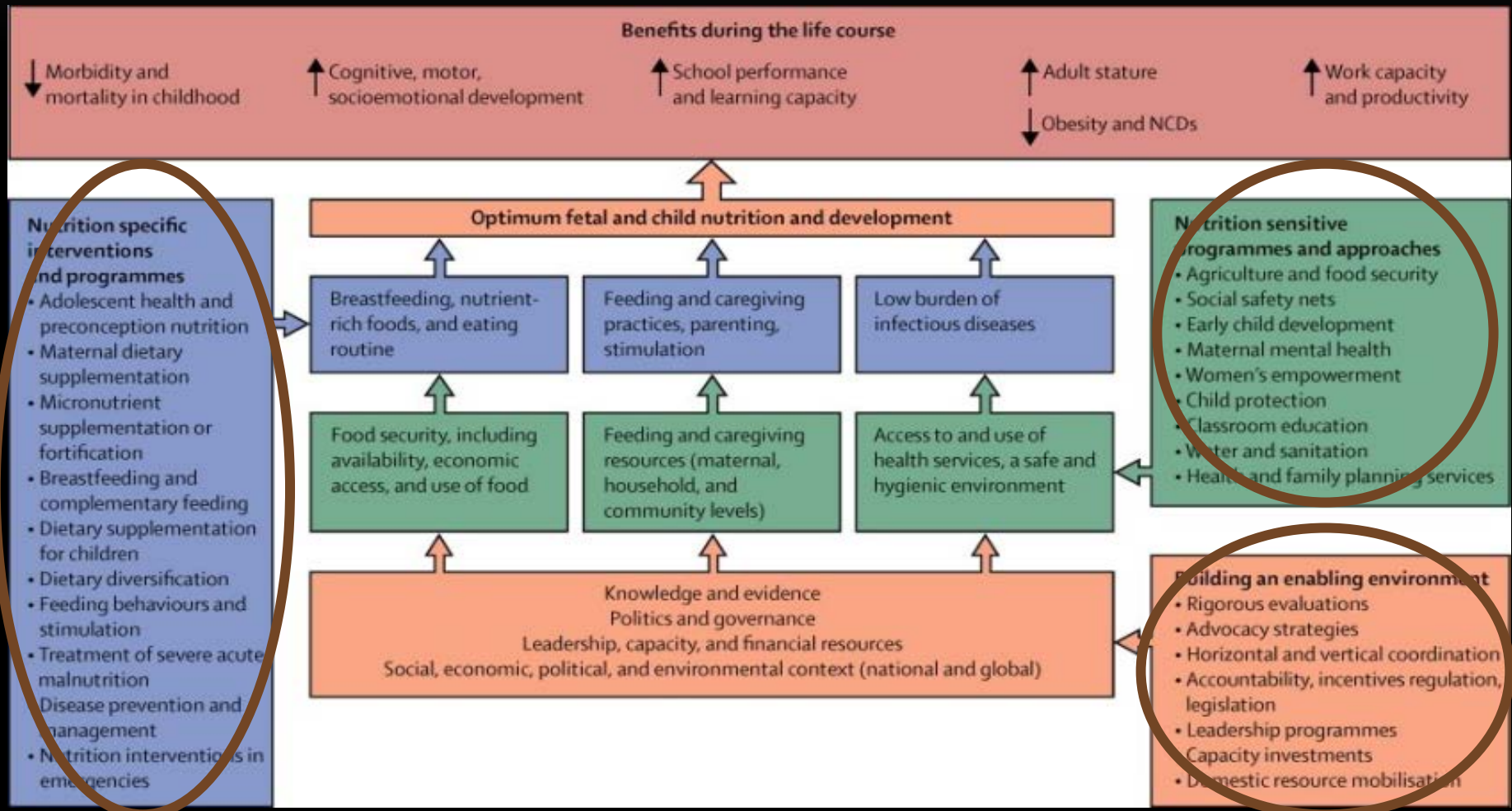
PILLARS OF FOOD SECURITY



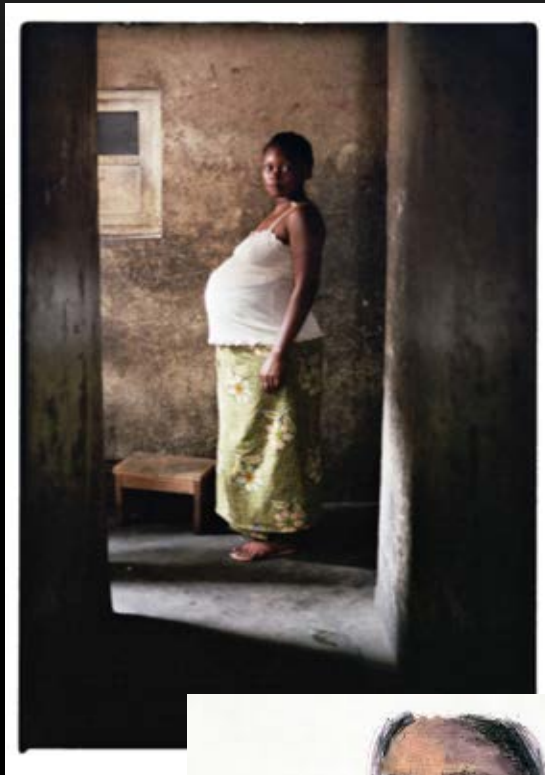
FOOD SECURITY TO FOOD AND NUTRITION SECURITY



FRAMEWORK FOR ACTIONS TO ACHIEVE OPTIMUM FOETAL AND CHILD NUTRITION AND DEVELOPMENT, 2013 LANCET SERIES



PHYSIOLOGICAL VULNERABILITIES TO MALNUTRITION



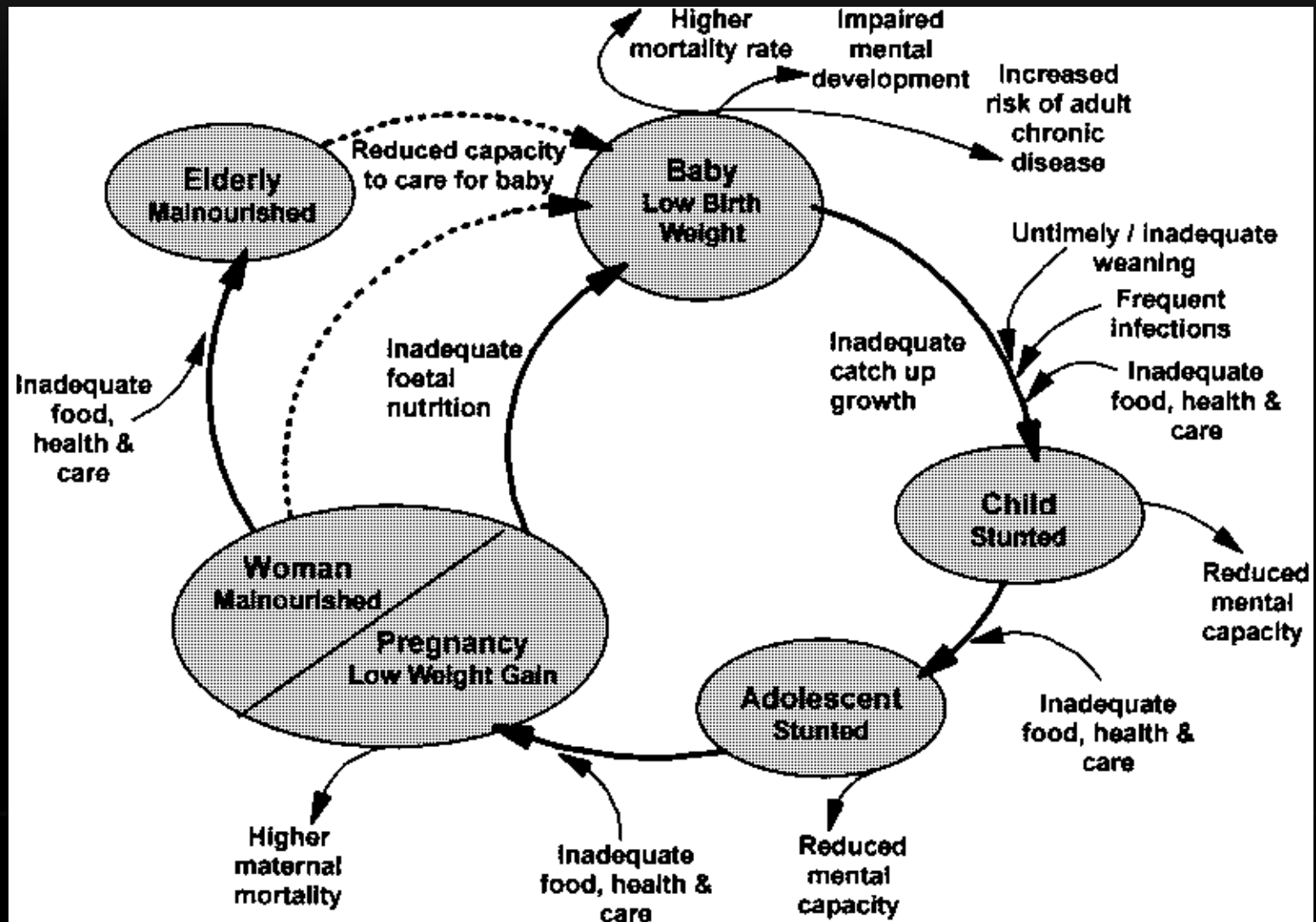
- The first 1000 days of life
 - Pregnant and lactating women
 - Children below 2 years old
- Sick patients:
 - chronic (HIV/TB)
 - acute (surgery)
- Elderly



SOCIO-ECONICAL VULNERABILITIES TO MALNUTRITION

- Livelihood groups facing a shock
- Cyclical insecurity
- Children in the poorest households are more than twice as likely to be stunted as children in the richest households

NUTRITION LIFE CIRCLE: VITAL FOR INDIVIDUAL AND NATIONAL DEVELOPMENT



TAKE HOME MESSAGES

- Malnutrition has an individual impact but also national one
- A large commitment exists to fight malnutrition with several initiatives like SUN or Millennium Development Goals
- Determinants are multi-sectoral – food intake, access to food, health, care, wat-san, gender...
- Agreeing on malnutrition causes lead to adapt joint actions
- Adopt a nutrition lens when evaluating, planning and monitoring programmes



THANKS!