

Country group Road Map

Malawi

Content

A.	Objective of the group work	2
B.	Background	2
C.	Analysis of nutrition problems.....	3
D.	Objectives and targets related to nutrition issues.....	9
E.	Interventions to enhance the nutritional impact of agriculture investments.....	10
F.	Priorities for information systems	13
G.	Institutional arrangements and coordination mechanisms.....	13
H.	Capacities needed for integrating nutrition in agriculture	14
I.	Costing / funding issues	14
J.	Next steps	15

Participants:

First Name	Last Name	Organization / Post	Email	Participation
Daisi	Kachingwe	Ministry of Agriculture and Food Security, Chief Economist	Kachingwedk@yahoo.co.uk , Kachingwedk@yahoo.co.uk	Yes
Alex	Namaona	Ministry of Agriculture and Food Security, Director of Planning	namaonaalex@gmail.com	Yes
Frank	Msiska	Ministry of Health, Chief Nutritionist	msiskafrank@yahoo.com	Yes
Zeru	Mwandira	Ministry of Gender Children and Social Welfare, Principal Community Development Officer	zmwandira@yahoo.com	Yes

First Name	Last Name	Organization / Post	Email	Participation
Liny	Kachama	Department of Nutrition, Nutritionist	kachama@gmail.com	Yes
Cosmas	Gawani	Department of Nutrition, Economist	cosmasgawani@gmail.com	Yes
Mzondwase	Mgomezulu	Department of Agriculture, Extension Services, Deputy Director -Food and Nutrition	mzondwa22@hotmail.com	Yes
Tamani	Nkhono Mvula	CISANET, Executive Director	tamani@cisanetmw.org	Yes
Mariam	Chang	World Vision International, Regional Nutrition Advisor	miriam_m_chang@yahoo.com	No
Charles	Mazinga	Deputy Director, Department of School Health, Nutrition, HIV & AIDS Prevention Prog.	charlesmazinga@gmail.com	Yes
Edith	Makawa	Permanent Secretary ,Department of Nutrition, HIV and AIDS under the President Office, SUN focal point	edithmkawa@yahoo.com	Yes
Stacia	NORDIN	Nutrition officer	Stacia.Nordin@fao.org	Yes

A. Objective of the group work

To build consensus on key nutritional problems in the country and identify ways to ensure these nutritional problems are effectively addressed in food security and agriculture strategies and investment plans

(Specify the name of the policy/investment plan which was reviewed during country group work)

Malawi Agricultural Sector Wide Approach (ASWA) and National Agricultural Policy Draft

B. Background

You could provide here further information about the status of your country in the CAADP process:

- 0. Launch of the process (Focal Point appointed, CAADP launch, TC appointed, experts engaged)*
- 1. Compact design and signature*
- 2. Development of Investment Plan*
- 3. Technical review of Investment Plan*
- 4. Business meeting*
- 5. Implementation*
- 6. M&E / Impact assessment*

You could also insert here key activities that were carried out in preparation for the workshop (i.e. setting up a multi-sectoral country team, production of the NCP, identification of key relevant policy and strategies (including main National Agriculture and Food Security Investment Plan – NAFSIP;

organization of a pre-workshop meeting with country team members, etc.) and specify the objectives of these pre-workshop activities.

GAFSP Received

C. Analysis of nutrition problems

1. What are the main nutrition problems in your country? Have malnutrition rates changed over the last decade? Will it change further in future 10 years? If so, how? What do you think are the major reasons for these changes?

Guidance: Consider the various types of malnutrition. Analysing trends (seasonal and historical) can help identify causes of malnutrition and understand the evolution of the situation. Do not forget to consider issues within urban areas and urban-rural linkages; as well as HIV and AIDS

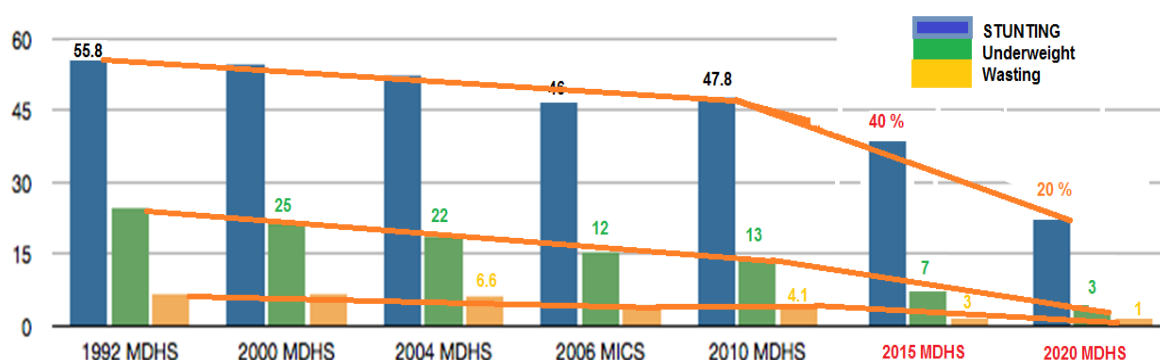
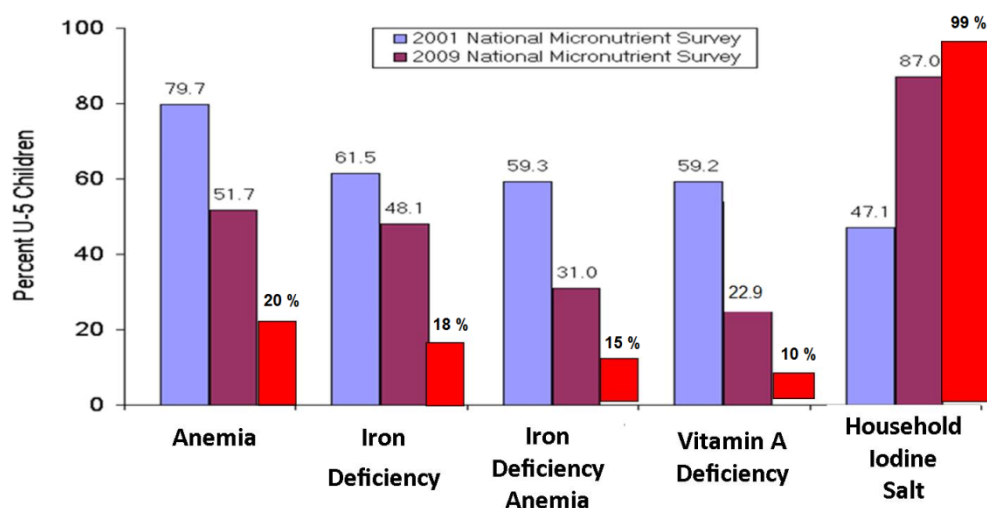
NUTRITION PROBLEMS, TRENDS AND COSTS

Outcome	1992	2001 MN 2004 DHS	Present 2009 or 10	Cost of malnutrition Profiles 2006-15
Stunting (height for age)	55.8 %		47.8 %	207 million USD
Wasting (weight for height)	6.6 %		4.1 %	
Underweight (weight for age)	24.4 %		13.8 %	
Overweight (adult Female BMI)		14 %	17 %	
Vitamin A (Under 5)		59.2 %	22.9 %	
Iron Def. Anaemia (Under 5)		59.3 %	31 %	168 million USD
Iodised salt (Under 5)		47.1 %	87 %	71 million USD

POSSIBLE IMPROVEMENTS 2013-2014

- Anthropometrics:

Reduce by 2020	
stunting	20 %
underweight	3 %
wasting	1 %
Anaemia	20 %
Iron Deficiency	18 %
Iron Deficiency Anaemia	15 %
Vitamin A Deficiency	10 %
Household Iodine Salt	99 %



- Food production diversification:

Food Group	Food	Target	MVAC 2013 figure
1. Staples	Cereals:	1,186,250	2,461,054 Too high

	Roots & Tubers :	1,186,250	?	Not reported
2. Fruits	Fruits:	1,423,500	?	Not reported
3. Vegetables	Vegetables:	1,423,500	?	Not reported
4. Legumes & Nuts	Legumes :	711,750	581,373	OK, but for consumption?
	Nuts:		368,082	
5. Animal Foods	Meat, fish, dairy	355,875	?	Not reported
6. Fats	Fats:	237,250	?	Not reported
TOTAL		6,524,375	2,461,054	Too low & Too limited

- *Dietary diversification*

Food Group	Food	Target	Baseline	2005-06	2006-07	2007-11
1. Staples	Cereals:	19%	71%	72%	73%	71%
	Roots & Tubers :	19%	<u>17%</u>	9%	13%	17%
2. Legumes & Nuts	Legumes & Nuts:	35%	11%	<u>14%</u>	10%	11%
3. Fats	Fats:	13%	1%	2%	1%	1%
4. Animal Foods	Meat, fish, dairy	4%	1%	1%	1%	1%
5. Fruits	Fruits:	4%	1%	1%	1%	1%
6. Vegetables	Vegetables:	4%	0%	0%	0%	0%
	Sugar	0	2%	1%	0%	2%
	Wild foods	0	1%	1%	1%	1%
TOTAL		98%	104%	100%	100%	104%

Source: MoAFS M&E 2011 from Malawi Vulnerability Assessment Committee N.B. This table is taken verbatim from the document noting that the 98% target and 104% totals should actually add up to 100% of calorie intake. This could be from improperly rounding the figures.

TECHNICAL INTERVENTIONS

Healthy Eating & Living:

- 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
- Improving Infant & Young Child Feeding
 - Exclusive breastfeeding (0 – 6 months)
 - Complementary feeding (6 – 24 months)
- Improved Water, Hygiene & Sanitation

Treatment / Supplements:

- Supplements: Vitamin A, Iron, Folate
- Zinc supplementation for diarrhoea
- Salt iodisation
- Bio-fortification of staples
- Deworming
- Treating Malnutrition

MAJOR REASONS FOR CHANGE

- Interventions were there in the past but we were not performing at scale because we weren't organized or coordinated.
- But now, we have people & systems almost all in place:
 - ~2000 District level Agriculture Food & Nutrition Officers
 - 2004 Coordination body (had a small office pre-1998)
 - 2008 Expansion of nutrition into additional sectors
 - now nutritionists are in 10 sectors
 - 2009 National Capacity assessment
 - 2010 DNHA Organizational Assessment

2. Are particular geographic areas / population groups (age, gender, infant and young child, people living with HIV, type of socio-economic groups, etc.) more vulnerable to malnutrition? Which ones, and why?

Children Under 5	<ul style="list-style-type: none"> ▪ Low birth weight, (intrauterine growth) ▪ A time of Rapid growth ▪ Poor complementary feeding practices
Elderly 65 and above	<ul style="list-style-type: none"> ▪ Poverty ▪ People lose interest in older people ▪ Body is wearing out & expiring – organs, teeth, digestion, metabolism, activity ▪ Prone to infections and diseases
Females, especially child bearing age (adolescent)	<ul style="list-style-type: none"> ▪ Menstruation, ▪ Pregnancy esp. early pregnancy ▪ Illiteracy
Health status: HIV, NCDs	<ul style="list-style-type: none"> ▪ Increased nutrient needs
Poor - Urban especially	<ul style="list-style-type: none"> ▪ Low purchasing power against food price shocks
Geographic areas	<ul style="list-style-type: none"> ▪ Stunting doesn't always correlate w/food availability ▪ Location affects access to services (such as health) ▪ Cultural differences impact food & health habits

3. Are the main nutrition problems and causes for malnutrition that you have identified already described in your NAFSIP? If not, which information should be added?

E.g. different types of malnutrition, key nutritional trends, analysis of nutritionally vulnerable groups and geographic areas, immediate and underlying causes of malnutrition

3. AGRICULTURE SECTOR WIDE APPROACH INVESTMENT PLAN



Malawi Government: Nutrition, Agriculture, Health, Education, Social Welfare
 CAADP Nutrition Workshop, Botswana, September 9-12, 2013

9

NUTRITION SECURITY FOOD SECURITY



Source: Gross et al. (2000)

Malawi Government: Nutrition, Agriculture, Health, Education, Social Welfare
 CAADP Nutrition Workshop, Botswana, September 9-12, 2013

10

D. Objectives and targets related to nutrition issues

4. What **specific objectives** and **targets** would you need to include in your CAADP Compact and / or CAADP Investment plan to ensure that nutrition is effectively addressed (incl. linkages between HIV and nutrition)?

Guidance: try to be more specific than “reducing malnutrition” / or “improving food and nutrition security” which are impact level goals. Example: Contribute to reducing stunting by ... by 20 .. / Contribute to improving dietary diversity ...

Reduce stunting from 47% to 20% by 2020
Reduce overweight from 17% to 9% by 2020

1. To enhance sustainable, diversified agricultural production to meet nutritional needs
Agricultural production figures to match nutritional needs as per the food groups
2. To improve dietary diversification
 - a. Implement National Dietary Diversity Scoring system
 - b. Food Group Consumption improvements as per Targets noted in the below reduce staples from 88% of consumption to 38%
3. To increase processing and marketing of diversified nutritious agricultural products
 - a. Increase in production and sales of Malawi Made products from Legumes, Nuts, Animal products, Fruits and Vegetables.)

On the basis of the nutrition objectives that you have formulated above (related to agriculture), how could specific objectives in the NAFSIP be revised / formulated to better address nutrition issues?

Improvements needed to objectives:

- CAADP Compact wording will be Food & Nutrition Security
 - So that nutrition is not hidden any longer
 - It will be in line with G8 terminology
- Focus on Diverse Production
 - Now there is TOO MUCH MAIZE
 - Need: Horticulture, Livestock/Fisheries, Legumes
 - Enhance agricultural production to meet nutrition needs

5. **Should any specific population groups (age, gender, infant and young child, people leaving with HIV, type of socio-economic groups, etc.) or geographical areas be targeted to achieve these objectives?**

Specific Population:

- The Nutrition intervention package needs to be implemented nationwide – problems are across the country

- Extension workers implementing with people need to tailor messages to specific people's / group's needs
- Prevent vulnerable people from needing social safety nets
 - Strengthen Nutrition Education, Resilience, Behaviour change
- Design interventions to target the identified vulnerable groups
 - Geographic mapping
 - Age Group
 - Gender
 - Diseases

6. What nutritionally vulnerable groups / geographic areas do you recommend to add / further target in the NAFSIP?

- Men
- School Aged Children
- Non-communicable Disease

E. Interventions to enhance the nutritional impact of agriculture investments

7. How can existing food and agriculture programmes be “transformed” to support the achievement of the propose nutrition objectives / targets and meet the needs of identified target groups? Suggest concrete steps to take / interventions.

Guidance: Start by identifying existing programmes and think about what worked / did not work until now. Then identify ways to maximise the nutritional impact of these programmes. Make sure that proposed interventions are adapted to different livelihoods. Make sure that the proposed strategies are:

- *relevant to address the nutrition problems and causes that were identified,*
- *feasible given existing capacities*
- *have maximum impact for minimum investments*
- *provide opportunities to create synergies and complementarities with other initiatives*

a) *current situation:*

Title	Diversity	Staple	legumes	Animal	fat	Fruit	Veg	Comments:
1. Nutrition Education Programme	Diversity	Staples	Legumes	Animal	fat	fruit	Veg	<ul style="list-style-type: none"> ▪ Very sm scale & scattered ▪ Very sm scale & scattered
<ul style="list-style-type: none"> ▪ Home production, Budgeting, processing 			Legumes	Sm stock		fruit	Veg	
2. Integrated Home Gardens								

3. Farm Income Diversification Programme	Diversity	Staples	Legumes	Fish		fruit	Veg	<ul style="list-style-type: none"> Project - phasing out 2014 Project - phasing out 2015 Project - phasing out 2015 Projects, Small scale but growing 	
	Diversity	Rice	Legumes						
	Diversity	Staples	Legumes	Livestock		fruit	Veg		
4. Irrigation Rural Livelihood & Development		Roots w/ Vit A	Legumes w/minerals						
5. Improving food security & nutrition Project									
6. Biofortification Project									
7. Legume development			Legumes					<ul style="list-style-type: none"> Presidential Production, Income & consumption 	
8. Livestock development & pass-on				Livestock					
9. Fisheries				Fish					
10. Farm Input Subsidy Programme		Maize	Legumes (few)					<ul style="list-style-type: none"> Maize self sufficiency is main purpose Legumes in a small way Large portion of the budget Inputs not ecologically considered 	
11. Cotton up-scaling						Fat		<ul style="list-style-type: none"> 	
12. Green Belt Initiative		Maize						<ul style="list-style-type: none"> 	
13. Infrastructure Support Project								<ul style="list-style-type: none"> 	

General Issues:

- Limited diversity, Limited seeds available - Private Sector hasn't been interested in diversifying – they aren't sure if they will be able
- Running Small
- FISP is not ecologically /nutritionally considered, there was resistance to change
 - Sorghum
 - Cassava cuttings had viruses and the like
 - Value of the inputs was considered

b) Potential Solutions to enhance Sustainable Diversified Agricultural Production to meet nutritional needs.

Title	Transformation
-------	----------------

1. Nutrition Education Programme ▪ Home production, Budgeting, processing	▪ Will continue this discussion on return to Malawi
2. Integrated Home Gardens	
<u>Projects:</u> 3. Farm Income Diversification Programme 4. Irrigation Rural Livelihood & Development 5. Improving food security & nutrition Project 6. Biofortification Project	▪ Absorb and bring these up to scale: how do we scale these Multi-sectoral approaches? ▪ They are working toward all the food groups available, access, utilization & stability but are small and high cost (?) ▪ Look at PPP, work with seed companies on diversifying ▪ Look at the programme costs and trim where able and put into government budget
<u>Presidential Initiative</u> 7. Legume development 8. Livestock development, small and large 9. Aquaculture	▪ Assure that the programmes are implemented by implementers and are Integrated and Institutionalized ▪ Seed diversification ▪ Scale up legumes, livestock and fisheries ▪ Large stock is hard to keep for vulnerable families, focus on small livestock. ▪ Household aquaculture - Show great examples of integrated household level models
10. Farm Input Subsidy Programme	▪ Continue to advocate for increased and diversified Legumes ▪ Add on - Education component be clear in FISD to ensure clear understanding the idea behind its role in improving ▪ Include more legumes seeds in the FISD
11. Cotton up-scaling	▪
12. Green Belt Initiative	▪
13. Infrastructure Support Project	▪
<u>GENERAL TRANSFORMATIONS</u> ▪ Seed Diversification ▪ Schools ▪ Hospitals	▪ Work with Seed Companies and Research Stations to diversify all food groups – particularly the indigenous crops ▪ Implement all interventions with schools for learning and other benefits ▪ Implement all interventions with hospital for learning and other benefits

8. How can agriculture policies and investments create incentives (for producers, processors, retailers and consumers) to improve nutrition? Suggest concrete steps to take / interventions.

Producers:	▪ Create & Link Markets for more diversity	▪ Strengthen co-operatives	▪ Make high quality diverse seed available for all food groups
Processors:	▪ Strengthen Small Medium Enterprises to	▪ Promote value addition	▪ Increase access to food processing equipment
Retailers:	▪ Improve overall value chain productivity, strengthen markets, reduce barriers to trade by focusing on building private sector capacity to address farmers & agribusinesses needs		
Consumers:	▪ Labelling, branding & nutrition education at sale point	▪	▪

**9. Should any new interventions be piloted / implemented to complement existing programmes?
Suggest concrete steps to take / interventions.**

- No pilot – Scale up is needed on Seed diversification of fruits, vegetables, legumes, animals (fish, bees, etc.), fats, staple diversification.
- No pilot – There are many small initiatives by partners running projects that need to be evaluated and absorbed by government where appropriate.

F. Priorities for information systems

10. Do existing information systems provide the information you need to adequately plan nutrition and agriculture interventions? If not, how should these be strengthened? What are priority actions for improving food and nutrition security information systems?

No, it is not adequate.

How should these be strengthened?

- Need comprehensive FSN system - Integrate Nutrition indicators into existing to enhance Agriculture Information Management Systems
- Production figures analysed compared to populations needs
- Food processing information: what are raw products used for and what products are on the shelf (w/Malawi Bureau of Standards, MoHealth).
- Develop Nationwide Consumption monitoring
- FSN Surveillance - Nutrition surveillance captures nutrition anthropometrics (wasting, underweight, stunting), those that attend growth monitoring.
- but not much food-related data, could also be improved by MoAFS, we use a food stress index
- Scaling up to reach all districts.

Priority actions for improving FNS information systems :

- MoAFS call meeting with Nutrition officers from OPC, MoE, MoH, MoA to revise MoAFS Information Systems where needed (as recommended above).

G. Institutional arrangements and coordination mechanisms

11. What needs to be coordinated and for what: what do you want to achieve with coordination?

- People & communication
- Policies
- Programmes planning & monitoring
- Funding
- Harmonization & integration will be achieved

12. How should existing coordination mechanisms be strengthened to better integrate nutrition in agriculture policies and programmes, and better integrate agriculture in nutrition policies and programmes?

- TWGs for MoAFS ASWAp & OPC Nutrition need some overlap so nutritionists attend relevant ASWAp meets & MoAFS attends relevant OPC Nutrition meets
- Review membership and communication for invitations need to be confirmed with AWSAp and OPC so the right people get the invitation in time
- Multi-sectoral programme implementation where appropriate

- Policies should be coherent so they don't clash – they need to complement each other

13. Which partners (national institutions, development partners, private sector) / initiatives (SUN, REACH, etc.) should be involved for strengthening the nutritional impact of agriculture policies and programmes?

- Government
- Private Sector
- Faith Based
- Development Partners
- Universities
- Farm Organizations
- Civil Society
- Financial Institutions

H. Capacities needed for integrating nutrition in agriculture

14. What are the most critical capacity gaps for achieving the proposed objectives? How would you address these gaps in the short and long term?

Guidance: Look at operational, strategic and research capacities for both individuals and institutions.

	short	Long
Inadequate qualified human resource	<ul style="list-style-type: none"> ▪ Hiring 	<ul style="list-style-type: none"> ▪ Training & retaining
Research department would like a nutritionist	<ul style="list-style-type: none"> ▪ Add nutritionists in other key departments 	<ul style="list-style-type: none"> ▪
Infrastructure	<ul style="list-style-type: none"> ▪ Assure nutritionists have the tools and equipment that they need 	<ul style="list-style-type: none"> ▪
Capacity for Seed Multiplication	<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> ▪
Current staff Understanding Nutrition	<ul style="list-style-type: none"> ▪ Train existing MoAFS staff to understand their role in improving nutrition 	<ul style="list-style-type: none"> ▪

I. Costing / funding issues

15. How can you use existing resources to address some of the priorities (in terms of interventions, information systems and capacities) identified above? Where would you need new resources?

Current Resources	New Resources	
<ul style="list-style-type: none"> ▪ Prioritizing low cost and high impact interventions 	<ul style="list-style-type: none"> ▪ Information Systems ▪ Additional Human Resource ▪ Transport for Nutrition 	<ul style="list-style-type: none"> ▪ Rehabilitating Training Institutions, Day training centres ▪ Operational costs ▪ See question 8 details of Capacity Gaps to be addressed

J. Next steps

Guidance: Think about:

- *How each team member will report back to their individual organization?*
- *How to sensitize/influence decision-makers to take on board recommendations coming out from the workshop?*
- *What are the key events/opportunities to integrate your suggestions on nutrition (e.g. in the CAADP process; during a SUN meeting; during a national high level meeting, etc.)?*
- *What are your needs for external support/assistance?*
- *Who will be the main contact person for nutrition-related issues in the CAADP process after the workshop?*

TASKS:	ACTIONS	Lead	Responsible People	Date	Resources
1. REPORT: How each team member will report back to their individual organization	a) Develop one short country report / briefing notes	- Mr. Daisy Kachingwe, MoAFS Planning	- All team here	Today drafted	• Time
2. SENSITIZE: How to sensitize / influence decision-makers to take on board recommendations coming out from the workshop	b) Brief PS Agriculture as a group	- Mr. Alex Namona, MoAFS Planning	- All team here		• Time
	c) Brief PS Nutrition as a group	- Mrs. Linny Msowoya, OPC Nutrition	- All team here		• Time
	d) High level Field Visits – opc, education, agriculture, health, education, gender/social welfare, finance, etc.	- Mr. Alex Namona, MoAFS Planning	- Mrs. Mzondwase Mgomezulu, MoAFS DAES Nutrition - Mrs. Stacia Nordin, FAO Nutrition - Mr. Tamani Nkhono, CISANET	October	• Funds • Planning meetings • Technical
	e) One day planning retreat – multi-sectoral, presentation of road map	- Mr. Alex Namona, MoAFS Planning	- Mrs. Mzondwase Mgomezulu, MoAFS DAES	November	• Funds • Planning meetings

TASKS:	ACTIONS	Lead	Responsible People	Date	Resources
			Nutrition - Mrs. Stacia Nordin, FAO Nutrition - Mr. Tamani Nkhono, CISANET		<ul style="list-style-type: none"> • Technical
3. OPPORTUNITIES: What are the key events / opportunities to integrate your suggestions on nutrition	f) Annual Nutrition review	- Mr. Alex Namona, MoAFS Planning - Mr. Daisi Kachingwe, MoAFS CAADP Focal Point - Mrs. Mzondwase Mgomezulu, MoAFS DAES Nutrition	- All team here	As they happen	<ul style="list-style-type: none"> • Funds • Planning meetings • Technical
	g) Africa Food and Nutrition Day				
	h) World Food Day				
	i) Agricultural Fairs				
	j) Yahoo!groups				
k) Technical Working Groups					
4. SUPPORT: What are your needs for external support	l) Funds for up-scaling (see previous day's group work, table summarized below) m) Technical	- Mr. Alex Namona, MoAFS Planning - Mr. Daisi Kachingwe, MoAFS CAADP Focal Point - Mrs. Mzondwase Mgomezulu, MoAFS DAES Nutrition	- Mr. Cosmas Gawani, OPC Nutrition Planning - Mrs. Linny Msowoya, OPC Nutrition - And the rest of us	ASAP	<ul style="list-style-type: none"> • Time • Energy
5. FOCAL POINT: who will be the main contact person	n) We have one	- Mr. Daisi Kachingwe, MoAFS CAADP Focal Point	- All of us	Already have	<ul style="list-style-type: none"> • Time • Energy