Nutrition and Agriculture: From concepts to practice

Domitille Kauffmann, FAO Nutrition and Food Systems division
WB AG Forum learning events, Thursday, 16th March – 9:00 to 12:30
Outline of the session

1. Why does nutrition matter?
2. From concepts for linking agriculture, food systems and nutrition....
3. .... To practice
   - Examples of nutrition-sensitive interventions
   - Group work based on a case study “Maize Intensification Programme”
4. Ways forward
True or false?

• Individuals, households and countries can face the double burden of malnutrition at the same time.
• Child malnutrition can reduce country GDP by up to 16%.
• Nutrition is a health topic which should be addressed by WHO and ministries of health.
• Agriculture programmes always bring improvement on nutrition as a natural, second effect.
• All children under 2 and pregnant women are vulnerable to malnutrition.
• Malnutrition exists only in food insecure households.
WHY DOES NUTRITION MATTER?
The scale of malnutrition in 2016

Although the numbers of people affected by different types of malnutrition cannot simply be summed (because a person can suffer from more than one type), the scale of malnutrition is staggering.

OUT OF A WORLD POPULATION OF 7 BILLION

- About 2 billion people suffer from micronutrient malnutrition
- Nearly 800 million people suffer from calorie deficiency

OUT OF 5 BILLION ADULTS WORLDWIDE

- Nearly 2 billion are overweight or obese
- One in 12 has type 2 diabetes

OUT OF 667 MILLION CHILDREN UNDER AGE 5 WORLDWIDE

- 169 million under age 5 are too short for their age (stunted)
- 50 million do not weigh enough for their height (wasted)
- 41 million are overweight

Source: Global Nutrition Report 2016
Undernutrition declining, but not fast enough

Overweight, obesity rising rapidly

Source: FAO, SOFA, 2013
Many countries are currently facing the double, or even the triple burden of malnutrition sometimes coexisting at household or individual level.

**CHILD MICRONUTRIENT DEFICIENCIES**

**CHILD STUNTING**


**Asia**: Afghanistan, Bangladesh, Bhutan, Cambodia, India, Indonesia, Democratic People’s Republic of Korea, Lao People’s Democratic Republic, Maldives, Mongolia, Myanmar, Nepal, Pakistan, Papua New Guinea, Philippines, Tajikistan, Turkmenistan, Timor-Leste, Viet Nam, Yemen

**Latin America and the Caribbean**: Bolivia, Haiti, Honduras

**Africa**: Egypt, Libya, South Africa, Swaziland

**Asia**: Armenia, Azerbaijan, Iraq, Syrian Arab Republic

**Europe**: Albania

**Latin America and the Caribbean**: Belize, Ecuador, El Salvador, Guatemala

**Oceania**: Nauru, Solomon Islands, Vanuatu

**ADULT OBESITY**

**Africa**: Algeria, Morocco

**Asia**: Brunei Darussalam, China, Kyrgyzstan, Malaysia, Sri Lanka, Thailand, Uzbekistan

**Europe**: Estonia, Romania

**Latin America and the Caribbean**: Brazil, Colombia, Guyana, Paraguay, Peru

**Africa**: Tunisia

**Asia**: Georgia, Iran, Jordan, Kazakhstan, Kuwait, Lebanon, Oman, Saudi Arabia, Turkey, United Arab Emirates

**Europe**: Belarus, Bosnia and Herzegovina, Bulgaria, Croatia, Latvia, Lithuania, The Former Yugoslav Republic of Macedonia, Russian Federation, Serbia, Slovakia, Ukraine

**Latin America and the Caribbean**: Argentina, Chile, Costa Rica, Cuba, Dominica, Dominican Republic, Jamaica, Mexico, Panama, Suriname, Trinidad and Tobago, Uruguay, Venezuela

**Oceania**: Samoa, Tuvalu

Source: FAO SOFA (2013)
Malnutrition has a real, critical impact on individuals. Without good nutrition, the body and brain cannot develop and function well.

In most severe cases, malnutrition is a life-threatening condition.

- Higher morbidity and mortality risk
- Permanent physical damages
- Cognitive development failure
- Intergenerational transmission of malnutrition

Impact of malnutrition at the individual level
Malnutrition has also a critical impact on society and economy. Without good nutrition, the long-term economic and societal development of countries is strongly compromised.
"Cutting hunger and thereby achieving food and nutrition security in Africa is not only one of the most urgent means of reducing the vulnerability and enhancing the resilience of national economies, but also one of those which produces the highest returns for broader social and economic development."

Source: African Union Commission et al. (2012)
There is therefore a vicious cycle between poverty and malnutrition:

- Malnutrition leads to greater poverty.
- Conversely, poorest households are the most at risk of malnutrition.
From concepts ..... LINKING AGRICULTURE, FOOD SYSTEMS AND NUTRITION
Chronic malnutrition

Cereal production
What kind of nutrition problems do Ismail and Nayece’s family face?

- Nayece is pregnant. She is **underweight** and **anemic**.
- Their 8-month old child is **wasted** (acutely malnourished).
- Their 4-year old daughter is **stunted** (chronically malnourished).
- All family members suffer from **multiple micronutrient deficiencies**.
- During the lean season, the nutrition situation of the family gets worse.
How do challenges in the food systems influence nutrition?

What challenges do they face in meeting their nutritional needs?
Animals have died due to lack of water and pastures. Fewer staple foods are available for consumption. Inadequate energy intake.

Challenges in food production:

- Maize production has declined
- Animals have died due to lack of water and pastures
- Some vegetables are no longer grown
- A low diversity of foods is available

Diets:

- Fewer staple foods are available for consumption
- Animal-sourced dietary proteins and micronutrients are scarce
- A low diversity of foods is available

Nutritional problem:

The family suffers from several kinds of malnutrition:
- the youngest child is wasted
- the daughter is stunted
- and all family members suffer from micronutrient deficiencies
- Nayece is underweight and anaemic
Children are subject to episodic diarrheal events and frequent bouts of infectious disease.

Reduced number of meals and poor dietary diversity during some parts of the year.

Children are at risk of wasting and stunting.

Nutritional status worsens in the lean period.
There is low trade in and marketing of nutritious and diverse foods across agro ecological zones during the lean season, availability of diverse and nutritious food is limited on the market, contributing to keeping prices high. Inadequate dietary intake in some periods of the year results in nutritional needs not being evenly met throughout the year.
Challenges in consumer demand

Reduced expenditures for nutritious foods and for health and care services

The family is obliged to buy foods during the lean season, when prices are at their peak.

Limited diversity and quality of dietary intake; lack of appropriate health care

Nutrition status of the family is at risk

CHALLENGES IN CONSUMER DEMAND

Reduced income due to decline in agricultural production and loss of livestock

Most production is sold at harvest time when prices are at their lowest due to lack of storage
The family is exposed to water- and food-borne diseases. Children are subject to episodic diarrheal events and frequent bouts of infectious disease. Inadequate infant and young child feeding. The diet of the youngest child does not meet his nutritional needs. Intra-household food allocation is unequal. The family is exposed to water- and food-borne diseases. Children are subject to episodic diarrheal events and frequent bouts of infectious disease. Inadequate infant and young child feeding. The diet of the youngest child does not meet his nutritional needs. Intra-household food allocation is unequal.

**Food Preparation and Preferences**

- Access to good complementary foods and knowledge of cheap local recipes for infant feeding are limited.
- Choices about the diet are driven by food taboos, cultural beliefs and gender norms.
- Access to clean water and a hygienic environment for food preparation is limited. Food products are exposed to pathogen contamination.

**Diets and Disease**

- Inadequate infant and young child feeding. The diet of the youngest child does not meet his nutritional needs.
- Intra-household food allocation is unequal.
- The family is exposed to water- and food-borne diseases. Children are subject to episodic diarrheal events and frequent bouts of infectious disease.

**Nutritional Problem**

- The youngest child is undernourished.
- Nayece is underweight and the daughter is stunted.
- The daughter is stunted.
Nutrition is linked to many factors that go beyond food production:

- the way the food is stored, processed, traded and prepared is fundamental too…
- the overall context natural, economic and socio-cultural context (for example, cultural habits and beliefs),
- But also food prices, etc.

→ need to look at the entire food system.
Food systems, food environment and peoples’ diets

The quality of people’s diet depends on what food is available, affordable, availability, convenient and for the consumer (the food environment). In turn, this depends on the food system.

Consumer demand, food preparation and preferences

Food production

Food trade and marketing

Food handling, storage and processing
USA: The food a family buy for one week and the number of persons in the family
Italy: The food a family buy for one week and the number of persons in the family
Mexico: The food a family buy for one week and the number of persons in the family
Chad: The food a family buy for one week and the number of persons in the family
Agriculture, food systems and other determinants of malnutrition

But it’s not all! Agriculture and food systems can have a direct impact on:

- **Gender** (e.g. Women’s control over resources, decision-making power and access to employment which influence the ability of the main caregiver to effectively respond to household nutrition, care and health needs);

- **Food safety** (e.g. Diseases caused by ingestion of contaminated food or water are key determinant of both growth retardation and health outcomes);

- **Care and feeding practice** (e.g. Women workload and time which can lead to inadequate childcare and risk for poor maternal health and nutrition)
The numerous ways agriculture and food systems contribute to nutrition

Production, processing and marketing of nutritious foods
- Food availability (year round)
- Income
- Access (year round)
- Utilization

Natural and human resource management

Intergenerational consequences
- Adult height, ability, economic productivity, reproductive performance, metabolic and cardiovascular diseases

Maternal and child undernutrition

Inadequate dietary intake

Household food insecurity

Inadequate care and feeding practices

Unhealthy household environment and inadequate health services

Income used for health and hygiene

Labor saving technology

Nutrition education

Reduce Agriculture related diseases

Source: UNICEF
... To Practice

HOW CAN AGRICULTURE AND FOOD SYSTEMS BE NUTRITION-SENSITIVE?
Key recommendations for improving nutrition through agriculture and food systems

1. Incorporate explicit nutrition objectives and indicators into their design, and track and utilize potential harms, while seeking synergies with economic, social and environmental objectives.

2. Assess the context at the local level, to design appropriate activities to address the types and causes of malnutrition, including chronic or acute undernutrition, vitamin and mineral deficiencies, anemia, and chronic disease. Context assessment can include potential food securities, age-segregation, seasonality of production and incomes, access to productive resources such as land, market opportunities and information, gender dynamics, and rules, opportunities for collaboration with other sectors or programmes, and local priorities.

3. Target the vulnerable and improve equity through participation, access to resources, and decent employment. Vulnerable groups include smallholders, women, youth, the disabled, urban dwellers, and the unemployed.

4. Collaborate and coordinate with other sectors (food, environment, social protection, labor, water, and sanitation, education, energy) and programmes, through joint strategies with common goals, to address concurrently the multiple underlying causes of malnutrition.

5. Maintain or improve the natural resource base (water, soil, air, climate, biodiversity), critical to the livelihoods and resilience of vulnerable farmers and to sustainable food and nutrition security for all. Manage water resources in particular to reduce water-borne illness and to ensure sustainable, safe, and affordable water sources.

6. Empower women by ensuring access to productive resources, income opportunities, extension services and information, credit, labor and time-saving technologies (including energy and water services), and improving their status in household and farming decisions. Gender-sensitive opportunities to earn and learn should be compatible with safe pregnancy and young child feeding.

7. Facilitate production diversification and increased production of nutrient-dense crops such as vegetables, fruits, legumes, and tubers. These diversified production systems are important to provide producers with stable access to markets and income streams, while increasing food and nutrition security, reducing vulnerability to food insecurity, and increasing household income for the marketing or processing of nutritious crops, and greater and more gender-equitable income generation.

8. Improve processing, storage, and preservation to retain nutritional value, shelf life, and food safety, to reduce seasonality of food insecurity and post-harvest losses, and to make healthy foods convenient to prepare.

9. Expand markets and market access for vulnerable groups, particularly for marketing nutritious foods or products vulnerable households have access to in demand. This can include innovations such as marketing hubs, mobile markets, and other channels, promoting producer association, and improving food access for consumers, and family associations.

10. Incorporate nutrition promotion and education around food and sustainable food systems that hold on exciting local knowledge, attitudes, and practices. Nutrition knowledge can enhance the impact of production and increase in rural households, especially important for women and young children, and can increase demand for nutritious foods in the general population.
1. Incorporate explicit **nutrition objectives and indicators** into their design, and track and mitigate potential harms.

2. **Assess the context** at the local level, to design appropriate activities to address the types and causes of malnutrition.

3. **Target the vulnerable and improve equity** through participation, access to resources and decent employment.

4. **Collaborate with other sectors** and programmes.

5. **Maintain or improve the natural resource base**.

6. **Empower women**.

7. Facilitate production **diversification**, and increase production of **nutrient-dense crops** and small-scale livestock.

8. **Improve processing, storage and preservation** to retain nutritional value and food safety, to reduce seasonality and post-harvest losses, and to make healthy foods convenient to prepare.

9. **Expand market access for vulnerable groups**, particularly for marketing nutritious foods.

10. Incorporate **nutrition promotion and education**
Food and agriculture policies can have a better impact on nutrition if they:

1. Increase incentives (and decrease disincentives) for availability, access, and consumption of diverse, nutritious and safe foods through environmentally sustainable production, trade, and distribution. The focus needs to be on horticulture, legumes, and small-scale livestock and fish – foods which are relatively unavailable and expensive, but nutrient-rich – and vastly underutilized as sources of both food and income.

2. Monitor dietary consumption and access to safe, diverse, and nutritious foods. The data could include food prices of diverse foods, and dietary consumption indicators for vulnerable groups.

3. Include measures that protect and empower the poor and women. Safety nets that allow people to access nutritious food during shocks or seasonal times when income is low; land tenure rights; equitable access to productive resources; market access for vulnerable producers (including information and infrastructure). Recognizing that a majority of the poor are women, ensure equitable access to all of the above for women.

4. Develop capacity in human resources and institutions to improve nutrition through the food and agriculture sector, supported with adequate financing.

5. Support multi-sectoral strategies to improve nutrition within national, regional, and local government structures.
### Possible Entry Points for nutrition sensitive agriculture investment

<table>
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<th>Investment project types</th>
<th>Entry points</th>
<th>On-farm food availability &amp; diversity</th>
<th>Food environment in markets</th>
<th>Income</th>
<th>Women’s empowerment</th>
<th>Nutrition knowledge &amp; norms</th>
<th>Health &amp; sanitation environment</th>
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<tbody>
<tr>
<td>Agriculture development (extension research, area development inputs)</td>
<td>Agriculture intensification</td>
<td>Meet dietary gaps through own production</td>
<td>Increase availability and affordability of nutritious foods and diets in markets</td>
<td>Increase equitable access to resources and income; reduce poverty</td>
<td>Increase women’s access to resources, know-how and income; reduce labour and time burden</td>
<td>Increase awareness/Behaviour Change Communication (BCC) of nutritious foods and diets</td>
<td>Improve food safety, e.g. reduce mycotoxins &amp; contamination (e.g. from agrochemicals)</td>
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<td>Agriculture diversification</td>
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<td>Value chain development (including agro-processing)</td>
<td>Storage &amp; transportation</td>
<td>Increase on-farm and off-seasonal availability of targeted nutritious crops</td>
<td>Increase variety in local markets, reduce prices &amp; postharvest losses &amp; improve convenience of nutritious foods</td>
<td>Increase income from value addition and technical expertise; reduce poverty</td>
<td>Increase women’s access to resources, know-how and income; reduce labour and time burden</td>
<td>Increase awareness/Behaviour Change Communication (BCC) of nutritious foods and diets</td>
<td>Improve food safety, and food standards</td>
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<td>Community-driven Development (CCD)/Social development</td>
<td>Rural institutional development</td>
<td>Increase crop productivity and diversity food subsidies &amp; distribution; households gardens</td>
<td>Strengthen storage, processing and retail of nutritious foods in markets</td>
<td>Increase equitable access to resources and income &amp; enable savings and strategic investments; reduce poverty</td>
<td>Enable equitable decision-making; increase women’s access to resources, know-how and income; reduce labour and time burden</td>
<td>Increase nutrition knowledge/BCC including awareness of healthy diets</td>
<td>Improve hygiene and sanitation practices and infrastructure</td>
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<td>Women’s self-help groups</td>
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<td>Water, irrigation and drainage</td>
<td>Irrigation and drainage</td>
<td>Increase crop productivity and diversity and off-season production</td>
<td>Increase off-season availability &amp; affordability of nutritious foods in markets</td>
<td>Increase crop production and income; reduce poverty</td>
<td>Reduce time burden from obtaining water</td>
<td>Reduce risk of waterborne and vector-borne disease; increase access to clean water</td>
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<td>Natural resource management/Forestry/Environmental</td>
<td>Biodiversity promotion</td>
<td>Sustain biodiversity for diet diversity; traditional indigenous and underutilized food species; Non-Timber Forest Products (NTFPs)</td>
<td>Increase availability of nutritious and underutilized foods in markets</td>
<td>Decrease risk of disasters/catastrophic income loss (resilience)</td>
<td>Increase access to resources and income; reduce labour time and burden</td>
<td>Reduce environmental risks for food items (contamination)</td>
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<td>Climate smart &amp; nutrition sensitivity win-win</td>
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**Key**
- Green = important entry points to leverage and measure
- Yellow = potential contribution requiring attention; measure if addressed
- Blank = typically less of a direct contribution, although linkages may be possible; can be measured to ensure no harm
Interventions are organised according to the **functions of the food system and as cross-cutting issues**. However, many of them relate to **several functions** and require the engagement of several actors.
Examples of entry points for nutrition in food production:

- Agro-silvi-pastoral systems, crop rotation and intercropping, horticulture
- Small-scale integrated farming systems (e.g. backyard poultry rearing, rice-fish ponds, milk and dairy production targeting women)
- Urban gardening
- Community-based agriculture leveraging local biodiversity of high nutrient value (e.g. indigenous vegetables …)
- Biofortification through conventional breeding
- Using zinc rich fertilizer in zinc deficient soils (i.e. agronomic biofortification)
Examples of entry points for nutrition in post-harvest handling, food storage and processing:

- Food quality maintenance through good post-harvest handling supported by appropriate transport and logistical operations.
- Aflatoxin control in storage facilities
- Nutrition-smart processing techniques i.e. germination and malting of grains and pulses
- Labour-saving technologies especially in women tasks
- Mass and community based fortification & salt iodization
- Reducing portion size and calories per serving, reformulate processed foods to reduce or eliminate excessive use of salt, trans fats, sugar and additives
Examples of entry points for nutrition in food trade and marketing:

- Increase trade in fresh foods (lowering tariffs for fruits and vegetables; strengthen rural-urban linkages)
- Nutrition-sensitive value chains approaches
- Institutional procurement with nutrition lens
- Standards for clear and easy-to-read food and nutrition labelling
- Restricting the advertising and marketing and promotion of obesogenic foods and beverages to children
- Taxes on highly processed foods
Examples of entry points for nutrition in consumer demand, food preparation and preferences

- Incorporating nutrition & hygiene education into agriculture project

- Information campaigns for the general public (e.g. 5 per day F&V)

- Agriculture as IGA coupled with nutrition education and women empowerment to ensure likelihood that income is spent on food & healthcare

- Vouchers for healthy foods for vulnerable families

- Nutritionally balanced food baskets in emergencies + distribution of cooking equipment

- Healthy School meals
GROUP WORK

MAIZE INTENSIFICATION PROGRAMME (MIP)
Guiding questions for group work

- Based upon the nutrition situation fiche (provided to the group), what should agriculture investment programmes focus on to achieve better nutrition outcomes?
- Is the MIP investment programme likely to benefit the population groups and/or areas worst affected by malnutrition? Are the MIP programme objectives conducive to achieving better nutrition?
- Identify 3-4 entry points to be included in the second phase of the MIP (“MIP2Nut”) to make the programme more nutrition-sensitive.
- How would you adjust the M&E framework of the MIP so as to measure nutrition or nutrition-relevant outputs and results in the MIP2Nut?
Ways forward

WHAT CAN I DO TO INCREASE THE NUTRITION SENSITIVITY OF MY PROJECTS?
To discuss per table

• What *actions* could you commit to take forward in order to increase the nutrition sensitivity of your projects?
• What could be the obstacles/ difficulties/ challenges you will face to do that?
• What kind of support would you likely need to overcome them?
FAO RESOURCES TO SUPPORT NUTRITION-SENSITIVE PROGRAMMING AND IMPLEMENTATION
FAO Toolkit and eLearning modules for nutrition-sensitive programming

A set of resources designed for policy and programme planners
A TOOLKIT for NUTRITION-SENSITIVE AGRICULTURE AND FOOD

www.fao.org/nutrition/policies-programmes/toolkit

• Key recommendations for improving nutrition through agriculture and food systems - 10 recommendations for designing food and agriculture programmes in a nutrition-sensitive way; 5 recommendations for creating an enabling environment for nutrition-sensitive food systems

• Designing nutrition-sensitive agriculture investments. Checklist and guidance for programme formulation - Key questions, tips, and sources of information for situation analysis, programme design, monitoring and evaluation, in order to operationalize the Key recommendations

• Nutrition-sensitive agriculture and food systems in practice: options for interventions - 20 interventions with the potential to improve nutrition, organised around 4 key functions of the food system cross-cutting issues

• Compendium of indicators for nutrition-sensitive agriculture Guidance on a range of indicators for monitoring and evaluating the nutritional impacts of agricultural investments
A set of 4 ELEARNING MODULES on NUTRITION-SENSITIVE AGRICULTURE AND FOOD SYSTEMS

www.fao.org/nutrition/policies-programmes/elearning

Module 1: Nutrition, Food Security and Livelihoods: Basic concepts
- addresses the basic terms and concepts related to food and nutrition, malnutrition, food security and livelihoods.
- A prerequisite for the subsequent modules

Module 2: Improving Nutrition through Agriculture and Food Systems
- illustrates the linkages between agriculture, food systems and nutrition
- provides concrete examples of opportunities for integrating nutrition into agriculture and food system policies, investments and programmes.

Module: From nutrition situation analysis to nutrition-sensitive project design, monitoring and evaluation
- provides guidance for nutrition situation and institutional analysis
- addresses key features of design, implementation, monitoring of nutrition-sensitive policies and programmes.

To be released end of 2017
Introduction to FAO’s e-learning module on Improving Nutrition through Agriculture and Food systems

Content: 5 lessons
1. Why does nutrition matter?
2. How does agriculture and food systems influence nutrition?
3. How to make agriculture and food systems nutrition-sensitive?
4. Intervention areas for nutrition-sensitive agriculture and food system policies, investments and programmes
5. A conducive international environment for nutrition
Methodology for INTEGRATED PLANNING ACROSS SECTORS FOR NUTRITION

Guidelines: Agreeing on causes of malnutrition for joint action
www.fao.org/3/a-i3516e.pdf
These guidelines are designed to assist professionals involved in development, emergency, and resilience building programmes who seek to promote integrated planning across sectors for sustainable improvements in nutrition.

E-learning module: Agreeing on causes of malnutrition for joint action
This interactive online course guides you through the simulation of a workshop process in the fictional country of Namambar. You will learn how to use a methodology based on malnutrition problem-and-solution trees to support joint planning for combating food insecurity and malnutrition.
Other FAO tools and resources to support nutrition-sensitive food systems
Thematic papers on NUTRITION AND ...

**Strengthening the links between Resilience and Nutrition in food and agriculture**
- Discuss the linkages between the nutrition and resilience from a food and agriculture perspective
- Recommendations to enhance nutrition impact of resilience-building programming

**Social Protection and Nutrition in the Food and Agriculture Sector**
- how social protection instruments can address the underlying causes of malnutrition
- recommendations for maximizing the nutritional impact of social protection policies and programmes.

**Guidance note on Nutrition in Protracted crisis – Breaking the vicious circle of malnutrition**
FAO resources on biodiversity & food composition

FAO/INFOODS Food Composition Database for Biodiversity - BioFoodComp

FAO/INFOODS Food Composition Study Guide

FAO/INFOODS e-Learning Course on Food Composition Data (2013)

CGRFA Voluntary Guidelines for Mainstreaming Biodiversity into Policies, Programmes and National and Regional Plans of Action on Nutrition:
Individual dietary indicators


- FAO Dietary Assessment - A resource guide to method selection and application in low resource settings (to be released 2017)
Global Individual Food consumption data Tool (FAO/WHO GIFT)

- Quantifying actual food consumption of people

- Most of the data used by policy makers to estimate food consumption of populations is related to the availability of food at national level (i.e. food supply data) or at household level (i.e. household survey data). However, the information on how much food is available at country or household level is not sufficient to assess whether individuals in different population groups are likely to cover their nutritional needs, and to use food based approaches in improving nutrition.

- FAO/WHO GIFT is a tool which aims to support the policy makers, program planners, NGO workers and many other stakeholders in taking informed decisions when working with food security, nutrition and food safety.
Nutrition Education

Our activities involve

- Promoting lifelong healthy eating habits
- Going beyond the classroom: involving the whole school, families and the community
- Establishing school “learning” gardens: linking classroom lessons with practice
- Developing national guidelines for better diets and nutrition
- Creating environments that support good nutrition and healthful food choices

Nutrition education is not just learning about foods and nutrients, but learning what to do and how to act to improve nutrition.

The Nutrition Education and Consumer Awareness Team provides technical support to countries to develop policies and programmes to increase public awareness of the importance of eating well, foster food environments that

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Infant and Young Child Feeding
Professional Training in Food and Nutrition Education