Policies and Programs on food and Nutrition in Ethiopia

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OUTLINE

▪ Nutrition sensitive and nutrition specific interventions
▪ Pathways through which Nutrition sensitive interventions affect diet in the food system
▪ Ethiopian Policy Landscape on Food and Nutrition
▪ Conclusion
Definitions

**Nutrition-specific interventions and programmes** Interventions or programmes that address the immediate determinants of malnutrition and development – adequate food and nutrient intake (diets), and low burden of infectious diseases.

Examples: Adolescent, preconception and maternal health and nutrition; maternal dietary or micronutrient supplementation and responsive feeding practices and stimulation; dietary supplementation; diversification and micronutrient supplementation or fortification for children; treatment of severe acute malnutrition; disease prevention and management; nutrition in emergencies.

**Source:** Ruel et al, 2013.
Nutrition-sensitive interventions and programmes

Interventions or programmes that address the underlying determinants of nutrition and development – food security; adequate care giving resources at the maternal, household and community levels; and access to health services and a safe and hygienic environment – and incorporate specific nutrition goals and actions.

Examples: agriculture and food security; social safety nets; early child development; maternal mental health; women’s empowerment; child protection; schooling; sanitation, and hygiene (WASH); health and family planning services

Source: Ruel et al, 2013
Pathways and Interventions to Make Food Systems Nutrition-sensitive

<table>
<thead>
<tr>
<th>MAIN FUNCTIONS OF THE FOOD SYSTEM</th>
<th>INTERVENTIONS</th>
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<tbody>
<tr>
<td><strong>Food production</strong></td>
<td>Diversification and sustainable intensification of agricultural production</td>
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<td>Nutrition-sensitive livestock and fisheries</td>
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<td>Biodiversity for food and nutrition</td>
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<td>Biofortification</td>
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<td>Urban and peri-urban agriculture</td>
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<td><strong>Food handling, storage and processing</strong></td>
<td>Nutrition-sensitive post-harvest handling, storage and processing</td>
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<td>Food fortification</td>
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<td><strong>Food trade and marketing</strong></td>
<td>Trade for nutrition</td>
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<td>Food marketing and advertising practices</td>
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<td>Food price policies for promoting healthy diets</td>
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<td>Food labelling</td>
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<td><strong>Consumer demand, food preparation and preferences</strong></td>
<td>Nutrition education and behaviour change communication</td>
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<td>Income generation for nutrition</td>
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<td>Nutrition-sensitive social protection</td>
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<td>School food and nutrition</td>
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<td>Nutrition-sensitive humanitarian food assistance</td>
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<td><strong>Cross-cutting issues</strong></td>
<td>Nutrition-sensitive value chains</td>
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<td>Women’s empowerment and gender equality</td>
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<td>Food loss and waste: prevention, reduction and management</td>
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<td>Food quality, safety and hygiene</td>
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Food and Agriculture Organization of the United Nations Rome, 2017
Ethiopian Policy Landscape Supporting food and Nutrition

- FNP
- IYCF Guidelines
- Micronutrient Guidelines
- AGP-II
- HSTP
- PSNP
- NSA strategy
- Post harvest management strategy
- NNP
- School health and nutrition strategy
- Fortification strategy
- Food security strategy
- Seqota declaration
- Social protection policy
- GTP
Nutrition sensitive agricultural strategy (NSA, 2016)

- Positive effect of Nutrition sensitive agriculture has been reported by studies in different countries in Africa and Asia (Field Exchange January 2016 Issue 51)

- A study in East African countries on: Agribusiness (Zambia); dairy (Kenya); productivity promotion (Zambia); rural marketing (Mozambique); and natural resource management (Kenya)

- Confirmed that agricultural and rural development investments in food production and household income growth have many opportunities to positively influence dietary profile (IFA, 2018)
Agriculture to Nutrition Pathways

- Food Production Pathway
- Post harvest management Pathway
- Agricultural Income Pathway
- Women's Empowerment Pathway
- Value Chains for Nutrition
AGP

AGP-II and emphasizes the opportunities for improving nutrition through several pathways including:

- Improved production,
- Value chain development,
- Marketing of nutritious foods;
- Increased household income; and
- Women’s empowerment [MoA, 2016].
The eight pillars are zero stunting in children under two years (FDRE, 2015):

- Universal access to adequate food year-round
- Social protection
- Sustainable food systems
- Transformation of smallholder productivity
- Income
- Zero loss of food
- Education and
- Water, sanitation, and hygiene.

(three phases namely innovation, expansion and scale up phases)
Post harvest loss for cereals = 24%

Somewhat higher loss for wheat = 27%

Lower loss for Teff = 21% (Hengsdijk & deBoer, 2017)

Higher for fruits and vegetables (15-70%), (Banjaw, 2017)
Quantitative Loss ➔ Food insecurity

Leaky food pipeline: can smallholder farmers in Tanzania benefit from intensification of farming systems?

Traditional practices:
- Floor
- H₂O & O₂ permeable bags
- H₂O & O₂ permeable cribs or granaries
- Attic

Traditional practices:
- Shelling,
- Dehulling,
- Winnowing,
- Sorting,
- Drying,
- Milling,
- Fermentation
- Oil extraction

Gunny bags

Causes:
- Poor harvesting practices & tools
- Poor handling and slow delivery
- Scania
- Sitophilus
- Rats
- Termites
- Microbes & toxins

Causes:
- Poor processing practices & tools
- 55-60% of farm yield or
- 60-75% of amount harvested &
- 70-80% of initial trident qua

Source: Tefera T & Abass A, 2012

Loss:
- Maize-32%
- Sunflower-16%
- Pigeon pea-12%
- Millet-15%
- Groundnut-15%

Loss:
- Maize-1.5%
- Sunflower-1.5%

Loss: All crops-5%

Loss: All crops-1.8%

(6 months max.)

Causes:
- Unfavorable weather
- Chelea quelea birds
- Termites
- Wild pig
- Microbes & toxins

Vesting
Transportation
Storage
Processing
Packaging & Marketing

Consumers' basket
Qualitative food loss: Contamination by mycotoxins: What does it mean?

Together with DON and fumonisin, might lead to environmental enteropathy

Impaired Growth

DON==deoxynivalenol


Stunting???
Productive Safety Net Program (PSNP)

Evolution of responses to Food insecurity In Ethiopia

- **Phase 1. Emergency Response ➔ Saving Lives (until 2004)**
  - Food insecurity has been a challenge (24 million affected population)
  - Triggered by natural hazards (drought and climate change)
  - Annual appeal mechanism (emergency support)
  - Unpredictable, inadequate and untimely

  - A move from annual appeal to a more predictable system
  - Productive Safety Net (the flagship and largest social protection program)
  - Household Asset Building Program
  - Resettlement

- **Phase 3. Extension to Systems...**
  - PSNP4 + Urban Productive Safety Nets
  - Development of Social Protection Policy
Emergency Interventions Should Target Pathways addressing the different layers of causes.

Integrated Food and Nutrition Security Programs (IFNSP), Technical Cooperation (TC)
UNICEF defines social protection as:

“a set of public and private policies and programmes aimed at preventing, reducing and eliminating economic and social vulnerabilities to poverty and deprivation”

• Vulnerabilities are shaped by underlying structural social, political and economic factors.
Social protection components and examples

Social Transfers
- Cash transfers (including pensions, child benefits, poverty-targeted, seasonal)
- Food transfers
- Nutritional supplementation; Provision of ARVs
- Public works

Programmes to access services
- Birth registration
- User fee abolition
- Health insurance
- Exemptions, vouchers, subsidies
- Specialized services to ensure equitable access for all

Support and care
- Family support services
- Home-based care
- Accessible Childcare services

Legislation
- Minimum and equal pay legislation
- Employment guarantee schemes
- Maternity and paternity leave
- Removal of discriminatory legislation or policies affecting service provision/access or employment
- Inheritance rights
# National Social Protection Policy of Ethiopia

## The main objectives of the NSPP

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<td>1.</td>
<td>Protecting individuals, families and groups within society that are exposed and vulnerable to poverty, as well as different natural and manmade problems</td>
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<td>2.</td>
<td>Increasing the Social Insurance system and promoting its coverage</td>
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<td>3.</td>
<td>Promoting human resource development by increasing the accessibility of fair and quality healthcare, education and social welfare services</td>
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<td>4.</td>
<td>Ensuring the guarantee of work for underemployed compatriots by promoting employment opportunities</td>
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<td>5.</td>
<td>Protecting the social and economic rights of groups within society by improving their living conditions</td>
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<td>6.</td>
<td>Involving society in playing an appropriate role in implementing the Social Protection Policy</td>
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## The five focus areas of the NSPP

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<td>1.</td>
<td><strong>Social safety nets:</strong> Poor and vulnerable households will receive transfers in the form of cash, vouchers or food, which will enable them to increase their consumption of food, to access essential services and to make productive investments</td>
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<tr>
<td>2.</td>
<td><strong>Livelihoods and employment support:</strong> Poor households will be supported with demand-led technical and financial support and/or information on employment opportunities, in order to enable them to improve their on- and off-farm livelihood activities</td>
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<td>3.</td>
<td><strong>Social insurance:</strong> The expansion of mandatory insurance for formal sector workers and innovative insurance products for the rural poor and urban informal workers will enable people to better manage the risks they face</td>
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<td>4.</td>
<td><strong>Access to health, education and other social services:</strong> Health fee waivers, subsidised health insurance and specialised services for people with disabilities (PWDs), together with support from an expanded social work system, will improve access to services for the most vulnerable</td>
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<td>5.</td>
<td><strong>Addressing violence, abuse and exploitation:</strong> A range of interventions, both to prevent and respond to violence, abuse and exploitation, will protect and empower some of the most disempowered and marginalised members of society</td>
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(MoLSA, 2014)
School Health and Nutrition Strategy (SHNS) (MoE, 2012)

- School feeding
- School WASH
- Nutrition SBCC
- School Health
Food and Nutrition Policy (FDRE, 2018)

The 7 Policy Directions
I. Ensure availability, accessibility and utilization of diversified, safe and nutritious foods in a sustainable way
II. Ensure the safety and quality of foods from farm to table
III. Improve post harvest management of agricultural food products
IV. Ensure optimum nutrition at all stages of life
V. Provision of timely and appropriate food and nutrition emergency response for natural and man-made disasters
VI. Strengthen food and nutrition communication
VII. Establish and strengthen food and nutrition governance
The Change Model for Food and Nutrition Policy

**Intervention targets (Levels)**

**Immediate cause**
- Better And Healthy Diet
  - Dietary diversification, Dietary modification, enhanced nutrient bioavailability, adequate, safe and quality foods and School meals

**Underlying cause**
- Food Security
  - Post harvest management, Irrigation, diversified nutrition sensitive production, Bio fortification, develop local food system, Fortification, Food safety and quality, Inspection and regulation of food items, Access (animal and plant based foods) and supply chain, Improved productivity of livestock, poultry, diary and fishery in AP and pastoralist areas, Social security (PSNI, cash transfers), Improve supply management, Value addition

**Basic(root) cause**
- Nutrition Security
  - Nutrition interventions in emergency, targeting basic nutrition services to the most vulnerable (females and wamens), health seeking behaviour, BCC, Time and labour saving devices, Gender responsive, Economic areas of women, Affirmative action for girls and women in education, Maternity/paternity leave, Reduce energy expenditure during pregnancy and lactation, Poor transfer unconditionality to PLW and vulnerable segments, Local Production of Complementary foods, Day care, BF corner, Nutrition education in all curricula

**Healthy Citizens**
- CMAM (OTP, TSF, TFU), ENA – Breastfeeding, Complementary feeding, Vitamin A, iron, iodine, maternal/adolescent girls, nutrition, zinc, deworming, bed net, folate. Sick Child feeding. (GMP, CHD)

**Responsible Sectors**
- Health, Regulatory body, Education Industry Agriculture, CBOs, WDGs Community
- Health, regulatory body, Education Industry Agriculture MOPED Water, irrigation and energy Livestock and fishery Regulatory body Disaster risk management Trade Media MOLSAL Women Youth and sports Partners Private sector, Partners, CBOS, WDGs

**Potential resources and endowments**
- Irrigation infra structure, Food and nutrition capacity building, Environmental protection & conservation, population control, HH Asset building Program, CCEBP, Basic education, Gender equality, Social transformation, good governance, Poverty reduction, Climate resilient local food system, human rights
Conclusion

- In Ethiopia there is favourable policy environment for improving diets and nutritional status. Move to action!

- Multisectoral involvement and coordination is need to address the different pathways to improve diet along the value chain

- Evidence based scaling up of the interventions started is needed to improve diets.

- Addressing food and nutrition security requires targeting different layers of causes based on context through an inbuilt social protection programs for marginalized population.

- Enforcement of the policies, strategies and programs and strong Monitoring and evaluation system is needed.
Thank You!