Bottlenecks for healthy diets in Ethiopia

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Put children’s nutrition first: what are they eating?

New recommendation 5+ out of 8 food groups: 29% world wide (24% in our region)

59% of children worldwide are not being fed much-needed nutrients from animal source foods.

44% of children worldwide are not fed any fruits or vegetables.

Certain believes with more than 200 days of fasting is challenging the diet diversity on a daily basis

: Ethiopia according to 2016
What can we offer them?

Inadequate access (physical and economic) to nutritious and safe foods is one of the primary drivers of the persistently high burden of undernutrition among young children in Ethiopia.

1. Animal-source protein cannot be affordable by most households in Ethiopia, particularly the lowest spending one
2. Most household struggle to afford the nutritious foods in adequate quantities to meet even 50% of their 6-23-month-old children’s dietary requirements for zinc, energy, iron, and protein

Complementary feeding affordability study (2018/2019)

14,535 birr/year (485USD) of food come from purchase and another 11,000birr from own production and in household with children U2

BUT also

1. In all regions, 19.5% of the mothers said that their children can eat meat at early age, liquid foods is preferred by mothers
2. Less than 50% of the mothers have a separate plate for the children

Ref.: End-line survey report on IYCF KAP in select zones of Afar, Amhara, Benshangul-gumuz, and Tigray regions, June 2018
Ethiopia – a diverse country: a richness and bottleneck

Size matter:
- Ethiopia is 1.1 million km² (it is like finding one solution to feed all for France and Spain)

We also have to be realistic

We need to invest more for example in:

- Encouraging SME for food transformation to increase Diet diversity of children
- Increasing diversification in the market for more access
- Building context based BCC even from woredas to another one
Thank You