



Meeting the challenge of a new era for achieving healthy diet and nutrition

Nutrition policies and actions in **Zambia** to address all forms of malnutrition

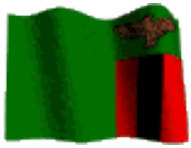
Mr Freddie Mubanga, Head of Public Health and Community Nutrition
Zambia National Food and Nutrition Commission (NFNC)
Side event at the FAO/WHO International Symposium
Sustainable Food Systems for Healthy Diets and Improved Nutrition
1-2 December 2016, FAO Headquarters, Rome



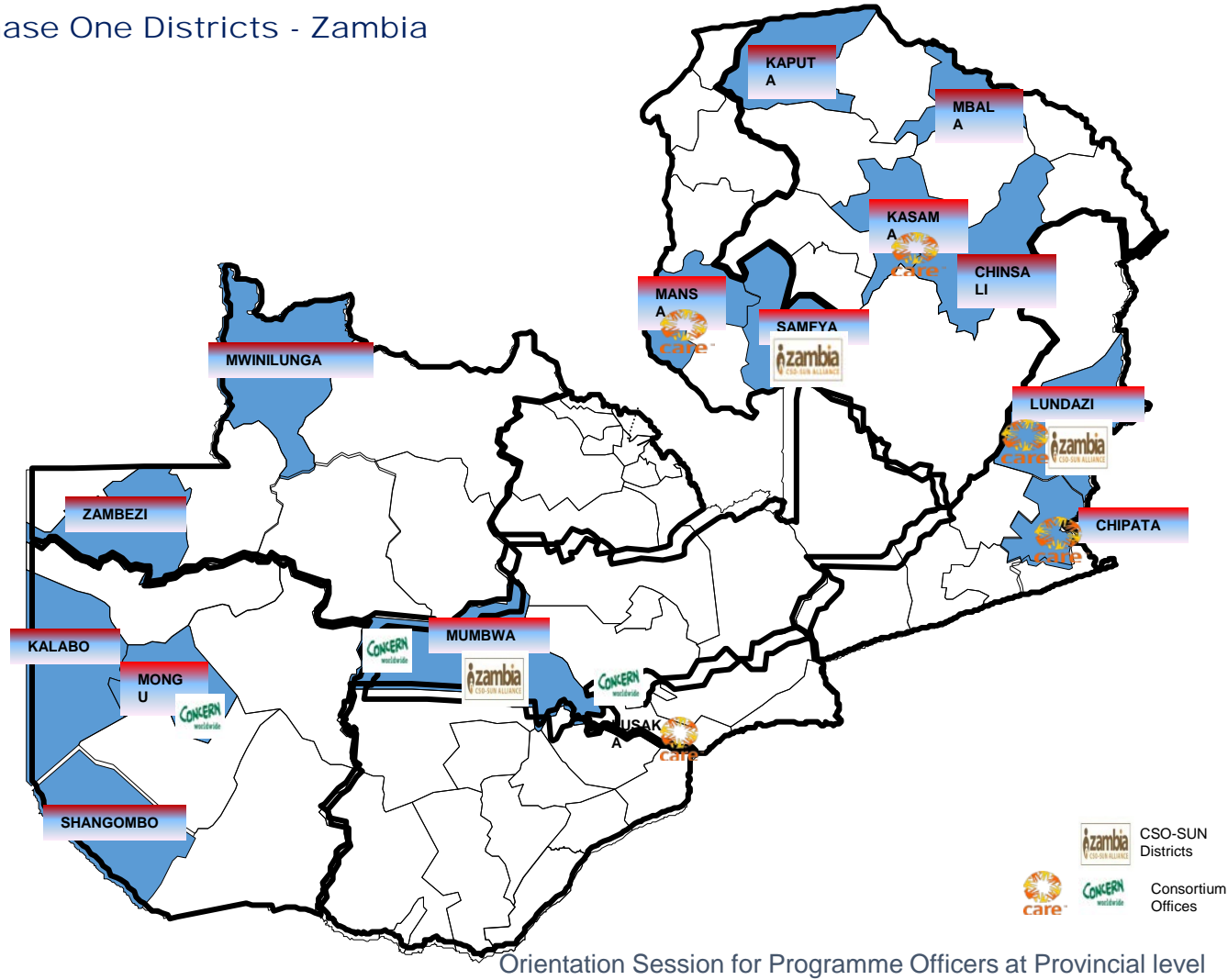


Nutrition policies in Zambia

- Comprehensive nutrition plans:
 - National Food and Nutrition Strategic Plan (2017-2021)
 - National Food and Nutrition Strategic Plan (2011)
 - National Food and Nutrition Policy (2006)
 - 1st 1000 Most Critical Days Programme (2013-2016)
- Other nutrition-related plans:
 - National Health Strategic Plan (2011)
 - Roadmap for Accelerating Reduction of Maternal, Newborn and Child Mortality (2013)
 - Strategic Plan Non-Communicable Diseases and their Risk Factors (2013)
 - National Agriculture Policy,
 - National Social Protection Policy (December, 2014)
 - National Agriculture Investment Plan (2014-2018)



Phase One Districts - Zambia





Global targets covered in the policies







Global Nutrition Targets

Stunting	✓
Anaemia (WRA/PW)	✓
Low birth weight	✓
Overweight children	-
Exclusive breastfeeding	✓
Wasting	✓

Global diet-related NCD Targets

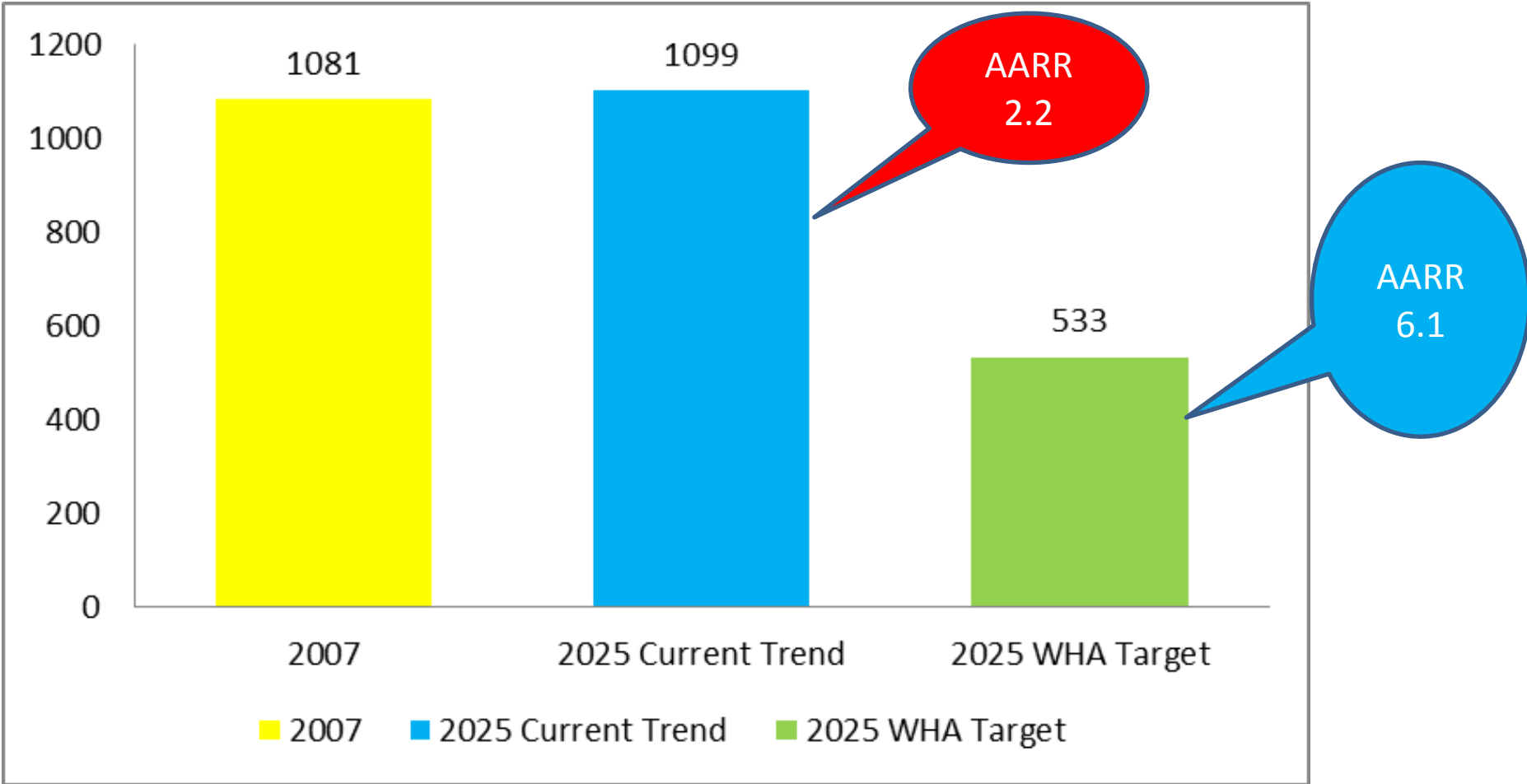
Salt/sodium intake	-
Blood pressure	-
Diabetes	-
Overweight adults/adolescents	✓

Global Targets for Tracking Progress

Global Targets			Zambia Targets & Year	
	Stunting	40%	REDUCTION IN THE NUMBER OF CHILDREN UNDER 5 WHO ARE STUNTED	30% 2025
	Anemia	50%	REDUCTION OF ANEMIA IN WOMEN OF REPRODUCTIVE AGE	46% 2025
	Low Birth Weight	30%	REDUCTION OF LOW BIRTH WEIGHT	6% 2025
	Overweight	0%	NO INCREASE ON CHILDHOOD OVERWEIGHT	No increase 2025
	Breastfeeding	50%	INCREASE THE RATE OF EXCLUSIVE BREASTFEEDING IN THE FIRST 6 MONTHS UP TO AT LEAST	82% 2025
	Wasting	5%	REDUCE AND MAINTAIN CHILDHOOD WASTING TO LESS THAN	5.1% 2025



Reduction in Stunting to meet Global target -2025





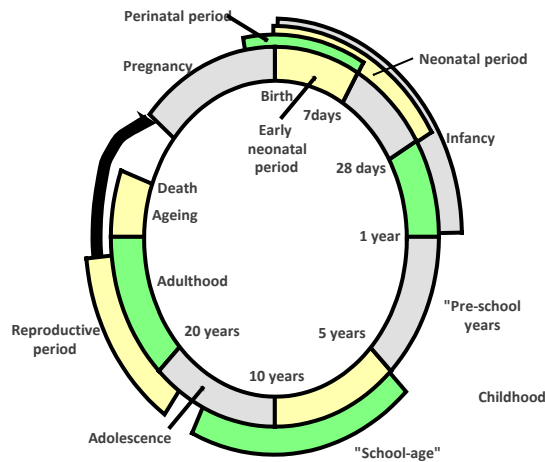
Nutrition actions in the lifecycle: 1,000 days and beyond

Pregnant women

- Iron-folic acid supplementation
- Deworming

Infants and young children

- Breastfeeding counselling in ANC & PNC, protocols for LBW, HIV, emergencies
- Complementary feeding counselling in ANC&PNC and GMP



School children

- School feeding programmes to enhance enrolment and attendance and reduce hunger, includes nutrition education
- Deworming

Preschool-age children

- Growth Monitoring and Promotion
- Vitamin A supplementation children 6-59 months
- Mgt. of moderate and severe acute malnutrition children 0-59 months
- Deworming



Actions planned to protect and support healthy diets

Strategic Plan Non-Communicable Diseases and their Risk Factors (2013)

- Promote reduced salt intake
- Promote replacing of trans-fats with polyunsaturated fats
- Promote public awareness about healthy diet esp. increase intake of fruits and vegetables
- Encourage exclusive breastfeeding in the first 6 months
- Develop guidelines and recommendations or policy measures for food producers and processors.



Actions planned to protect and support healthy diets

Strategic Plan Non-Communicable Diseases and their Risk Factors (2013)

- Promote mandatory nutrition labelling for all pre-packaged foods
- Promote the provision and availability of healthy foods in all public and private institutions including schools, other education institutions and work places.
- Establish mechanisms for nutritional counselling and BMI monitoring at workplaces, schools etc.
- Promote traditional diets, proven to be healthy and nutritious



Opportunities - Zambia for Promoting Healthy Diets

- **Domesticate ICN2 Frameworks (Recs 8-16); UN Decade for Nutrition; WHA Nut Targets and SDGs**
 - Development of National Development Plan 2017-2021 : Focus on Agriculture
 - Sectors (MoH, MoA, MFL, MoGE, MEWS, MCDSW) – Aligned to SNDP
 - Development of NFNSP 2017-2021
 - Improving nutrition governance
 - Enhanced multisectoral platforms – SUN at national, provincial, and district levels.



Thank You