

NUTRITION INTERVENTIONS

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Dr. Opiyo, ROO

Malnutrition - Summary

Malnutrition comprises of:

a) **Undernutrition** – Stunting, under-weight and wasting & micronutrient deficiencies.

b) **Over-nutrition** – Overweight & Obesity

- Double Burden of malnutrition
- Multifactorial causes of malnutrition

Consequences of undernutrition

- Malnutrition has negative consequences on health, physical and cognitive growth, intellectual performance and earning potential, thereby constraining social & economic development of communities and countries.
- Inhibits the body's immune system from fighting disease, inhibits cognitive, social-emotional and motor development
- Irreversible consequences of chronic malnutrition early in life
- Nutrition related non-communicable diseases

Goal?

- Improve nutrition to save lives, increase economic productivity and advance development

How?

Reduce **chronic**, **acute** and **micronutrient malnutrition** among women of reproductive age and children under 5 years with a focus on **the first 1000 days window – Pregnancy to a child's second birthday.**

1000 Days window of Opportunity

Science has shown that the first 1000 days (Pregnancy & a child's second birthday) are the most critical to ensure physical and cognitive development.

Focus - Key interventions

- Good maternal nutrition
- Optimal breastfeeding (Immediate & EBF)
- Appropriate complementary feeding – Dietary diversity
- Appropriate hygiene practices

Strategies

- **Multisectoral approach** that addresses direct and underlying causes of malnutrition.
- Implement high impact interventions in **health, nutrition, agriculture, education, water & sanitation**
- Scale up **effective, integrated** nutrition specific and nutrition sensitive interventions

The Purpose of Multisectoral Nutrition

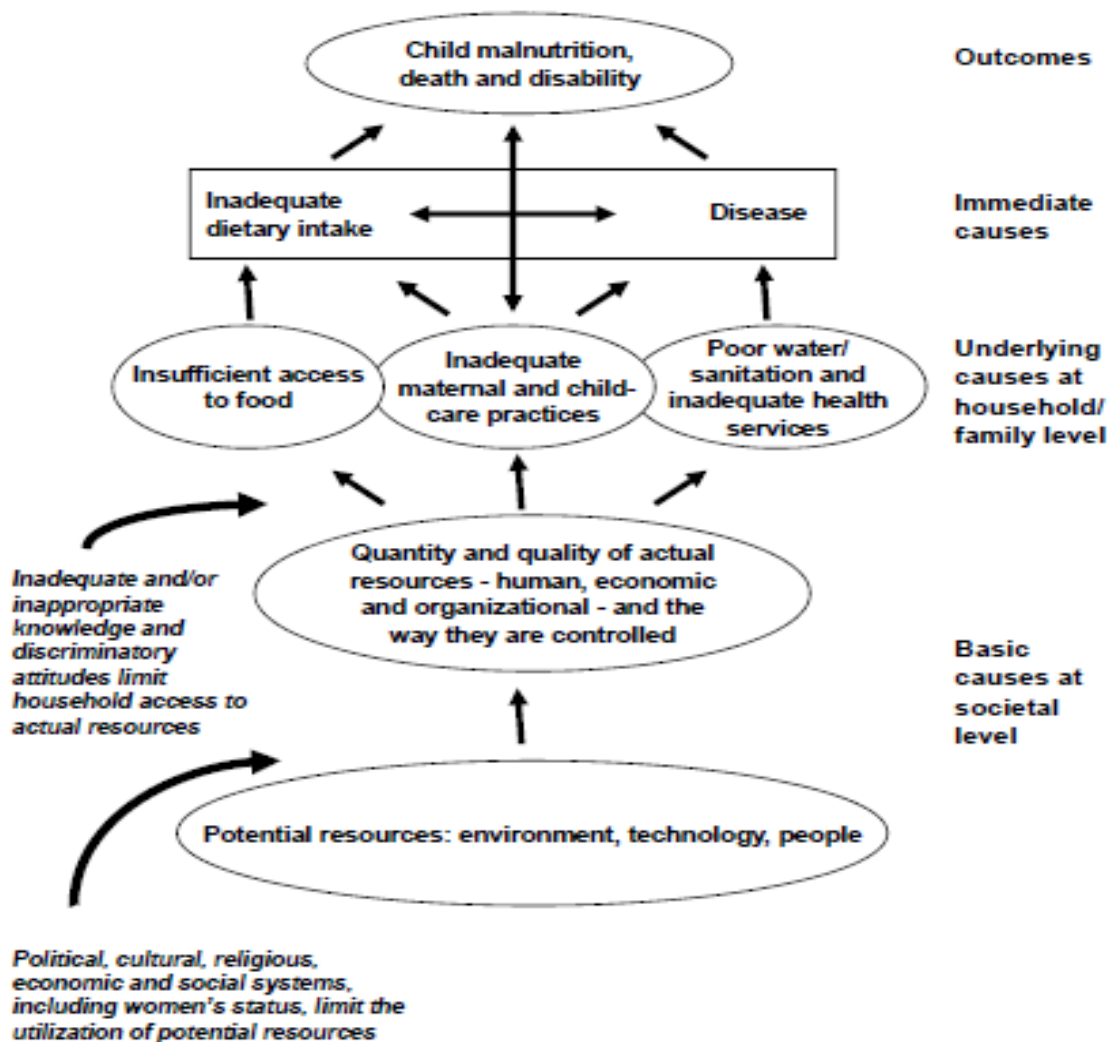
What is needed?
 Nutrition-specific actions
 Nutrition-sensitive actions

Nutrition-sensitive actions

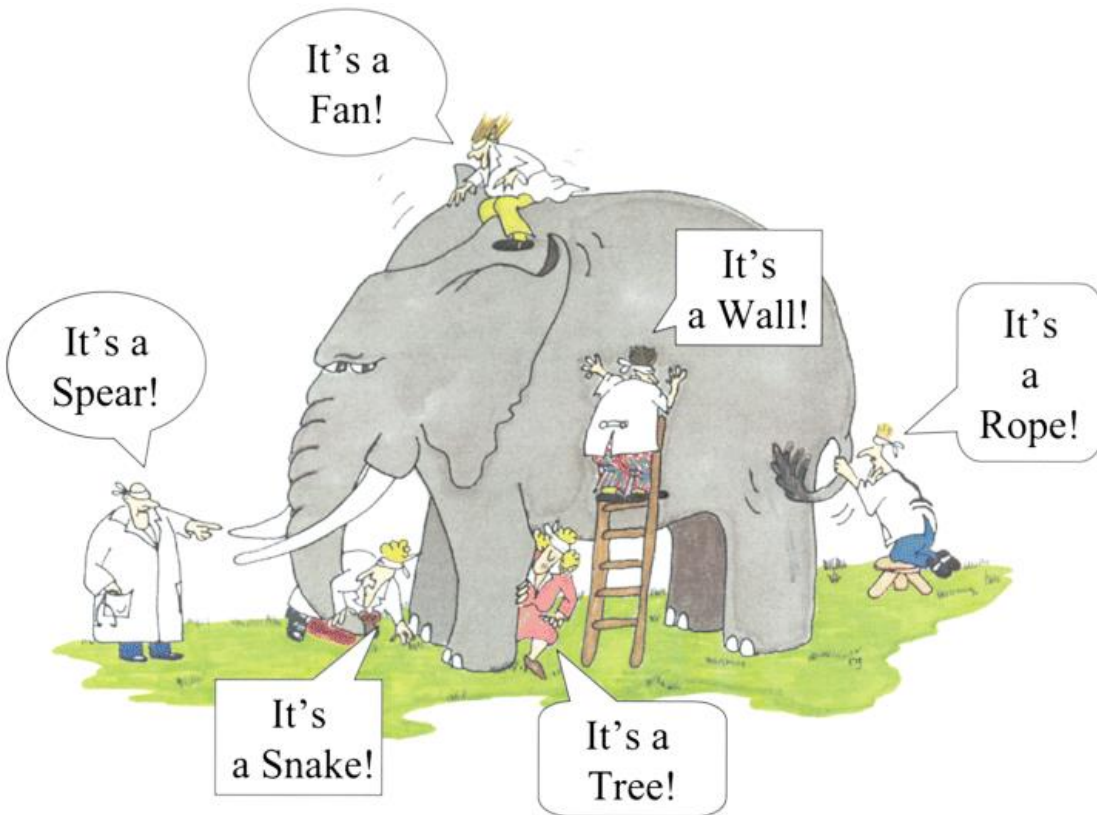
Consequences:

1. Child survival
2. Child health
3. Adult health
4. Cognitive development
5. School performance
6. Adult income
7. Economic growth
8. Equity
9. Human Rights

Figure 1: Causes of Child Malnutrition



Fragmented Views of Multisectoral Nutrition



**A Common Understanding
Is Required!!**

Nutrition Specific Interventions

- Address immediate causes of undernutrition
- Nutrition sensitive interventions if implemented at scale have impact on malnutrition and the associated morbidity and mortality.

Nutrition Specific Interventions

Kenya's High Impact Nutrition Interventions

1. Promote exclusive breastfeeding for 6 months. **13% deaths prevented.**
2. Promote optimal complementary feeding after 6 months. **6% deaths prevented.**
3. Vitamin A supplementation 2 doses/yr for children 6 – 59 months. **2% deaths prevented.**

HiNi

4. Zinc supplementation for diarrhoea management. **5% deaths prevented.**
5. Multiple micronutrients for children < 5 yrs
6. Iron folic acid supplementation for pregnant mothers. **20% reduction maternal mortality.**
7. Deworming for children (2 doses/yr 12 – 59 mons). **Prevents anaemia**

HiNi

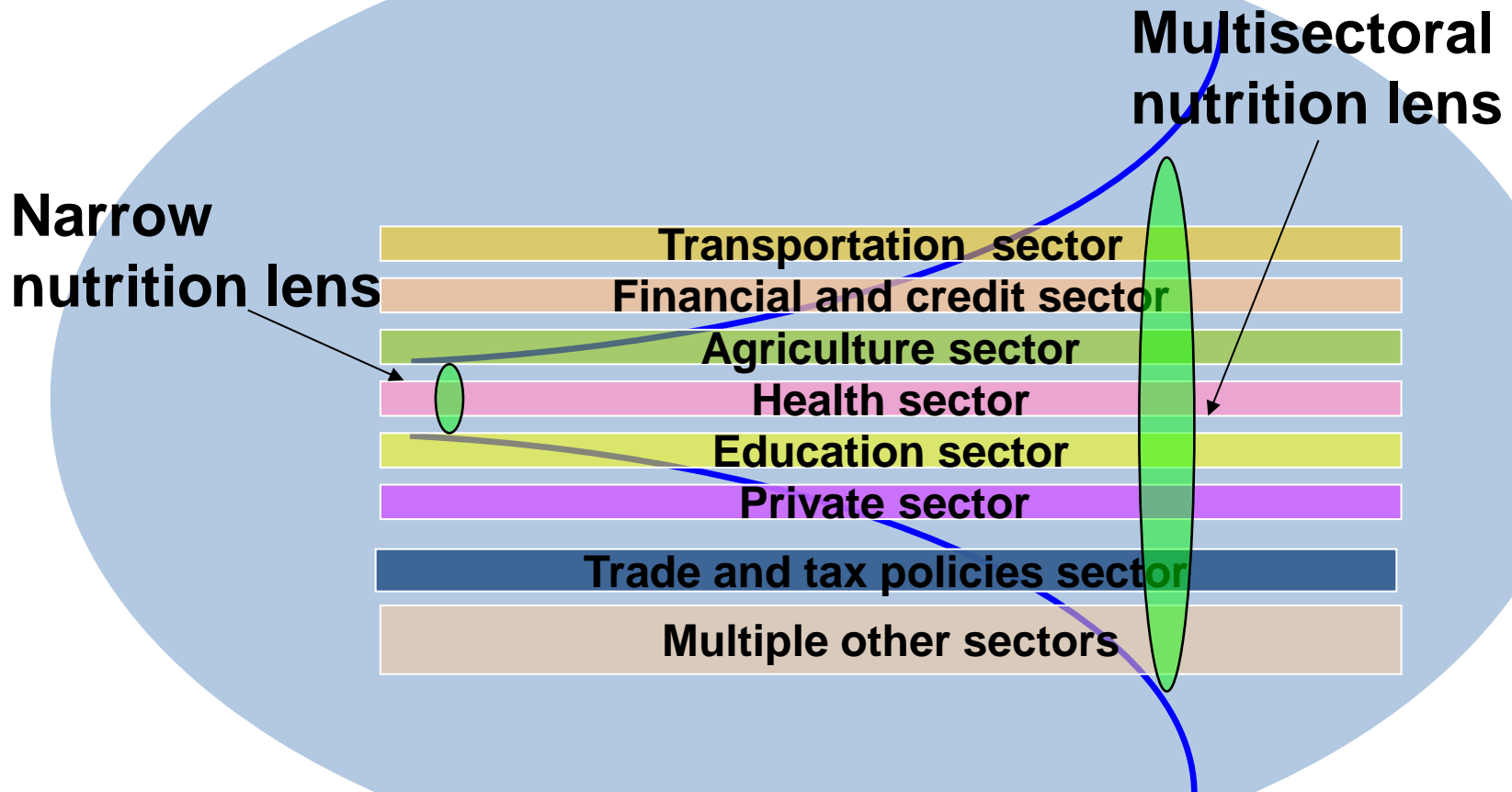
8. Promotion of improved hygiene practices = hand washing – **Prevention of diarrhea disease**
9. Salt iodization. **13 % increase in intelligence quotient**
10. Iron fortification of staple foods . **17% increase in adult work productivity.**
11. Prevention and treatment of severe acute malnutrition and moderate malnutrition.

WHY HINI For Kenya??

- Malnutrition levels unacceptably high
- About 30% of child deaths attributed to malnutrition
- Growth of 2.1 million kenyan children < 5 years stunted limiting realization of full potential

Nutrition Sensitive Programming

“Widening the vision to Nutrition-sensitive programming”



Nutrition Sensitive Interventions

Addresses underlying and systemic/basic causes of malnutrition& Include:

- Family planning – Healthy spacing of pregnancies
- Water, sanitation & hygiene
- Nutrition sensitive agriculture
- Food safety & processing
- Early childhood care and development
- Girls and women’s education and empowerment
- Economic strengthening, livelihoods and social protection

Nutrition-sensitive strategies

Agriculture:

- Boost agricultural/livestock production, keep prices low, and increase incomes .
- Enhancing access to diverse diets in poor populations, foster women's empowerment, and support livelihoods.

Water & Sanitation

- Clean Water & basic sanitation
- Improving access to clean water and sanitation to reduce infection and diseases.
- Health education hand washing with soap.

Education & Employment:

- Integration nutrition in ECD programmes
- Deworming, micronutrient supplementation (VAS, IFA), food fortification,
- Ensuring children have the nutrition needed to learn and earn a decent income as adults

Nutrition-sensitive strategies

Health Care: Access to services that enable women & children to be healthy

Resilience: Establishing a stronger, healthier population and sustained prosperity to better endure emergencies and conflicts

Social welfare

- Improve diet quantity, quality, and diversity and decrease vulnerability to food insecurity.
- Decrease child mortality; and help children reach their full potential.

Empowerment

- Equity for women-Optimizing focus on women's nutrition and empowerment
- Microfinance institutions-Increasing the income for households and communities hence better access to food and health care.

National Scale up Requires

- Leadership
- Funding
- Partnerships and coordination
- Advocacy
- Monitoring and evaluation
- Long term commitment

Overview of Other Nutrition Interventions

- Micronutrient Supplementation
- Food supplementation
- Food fortification
- School feeding
- Growth monitoring

Cont.....

- Nutrition surveillance
- Disease control
- Maternal and child care
- Kitchen gardens and small animal husbandry
- Food Aid and Food for work

Cont....

- De-worming
- Nutrition education
- Improving water supply
- Nutrition rehabilitation

GROWTH MONITORING AND PROMOTION

Purpose

Growth monitoring and promotion aims at detecting growth faltering in children through regular measurements of a child's weight and height.

Child Health and Nutrition Information System (CHANIS)

Where?

- Health centers offering maternal and child health services.
- Target – children < 5yrs

Cont....

How?

- Measures of Weight, Height, Age & Gender
- Used to compute Nutrition status indicators

Nutrition status indicators

Weight, Height, Age, Sex

- Weight for age - Underweight
- Height for age - stunting
- Weight for height - Wasting

Promotion of Breastfeeding and Complementary Feeding

- Baby Friendly Hospital Initiative (BFHI)
- Code for Marketing of breastmilk substitutes
- Baby friendly community initiative
 - Mother support groups
 - Engagement of key household influencers – men and grandmothers

HEALTH RELATED SERVICES

Even in the absence of specific nutrition interventions, general health measures can have an important impact on nutritional status e.g.

- Incidences of gastro-intestinal infections and parasitic infections can be significantly reduced by improved sanitation and provision of safe drinking water.

Cont.....

- Malaria control and immunization against childhood diseases will reduce negative influences on nutritional status.
- Vitamin A delivery with immunization services.
- Promoting breastfeeding during diarrhoea.
- Oral Rehydration Therapy and zinc supplementaion

NUTRITION EDUCATION

- Delivered through group education sessions, one-one counseling, using IEC and media.
- Antenatal clinic, Intra -partum and Well baby clinic, mother support groups.

Themes

- Recommended breastfeeding and complementary feeding practices
- Maternal nutrition
- Nutrition supplementation
- Importance of growth monitoring
- De-worming
- Importance of WASH

MEASURES TO IMPROVE HOUSEHOLD FOOD SECURITY

- Promotion of small scale agricultural production including traditional foods
- Income generating projects including livestock and non-farm activities
- Initiation of credit programmes
- Food price stabilization
- Free distribution of food to selected groups e.g. supplementary feeding

Cont.....

- Timely warning and intervention systems
- Food quality and safety control.
- Public stock-piling of food