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

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Zambia National Food and Nutrition Commission (NFNC)
Side event at the FAO/WHO International Symposium
Sustainable Food Systems for Healthy Diets and Improved Nutrition
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Nutrition policies in Zambia

• Comprehensive nutrition plans:
  – National Food and Nutrition Strategic Plan (2017-2021)
  – National Food and Nutrition Strategic Plan (2011)
  – 1st 1000 Most Critical Days Programme (2013-2016)

• Other nutrition-related plans:
  – National Health Strategic Plan (2011)
  – Strategic Plan Non-Communicable Diseases and their Risk Factors (2013)
  – National Agriculture Policy,
  – National Social Protection Policy (December, 2014)
# Global targets covered in the policies

<table>
<thead>
<tr>
<th>Global Nutrition Targets</th>
<th>Global diet-related NCD Targets</th>
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<tbody>
<tr>
<td>Stunting</td>
<td>Salt/sodium intake</td>
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<tr>
<td>Anaemia (WRA/PW)</td>
<td>Blood pressure</td>
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<tr>
<td>Low birth weight</td>
<td>Diabetes</td>
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<td>Overweight children</td>
<td>Overweight adults/adolescents</td>
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<tr>
<td>Exclusive breastfeeding</td>
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<td>Wasting</td>
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<td>Global Targets</td>
<td>Global Targets</td>
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<tr>
<td>Stunting</td>
<td>40%</td>
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<tr>
<td>Anemia</td>
<td>50%</td>
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<tr>
<td>Low Birth Weight</td>
<td>30%</td>
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<tr>
<td>Overweight</td>
<td>0%</td>
</tr>
<tr>
<td>Breastfeeding</td>
<td>50%</td>
</tr>
<tr>
<td>Wasting</td>
<td>5%</td>
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Reduction in Stunting to meet Global target -2025

![Bar chart showing reduction in stunting from 2007 to 2025. The chart indicates a decrease from 1081 to 1099 in 2025 current trend, and a target of 533 in 2025 WHA target. The AARR values are 2.2 and 6.1 respectively.](chart.png)
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 workplaces.
- 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.