"Addressing the Triple Burden of Malnutrition through Agriculture: Role of Nutrition-Sensitive Agriculture"
Preamble: Challenges of Malnutrition

- **Myth No. 1** – Malnutrition is a challenge of the poor from Developing Countries.
- **Myth No. 2** – Over nutrition is a challenge of the rich from Developed Countries
- **Myth No. 3** – The World is not producing enough food to feed the rising human population
The Triple Burden of Malnutrition

What is it?

• The triple burden of malnutrition is the coexistence of:
  - Under nutrition
  - Over nutrition,
  - Micro nutrient deficiency
• This is a growing challenge all over the world.
• In the past under nutrition was common in the developing world
• Now overweight and obesity is also a challenge
• Result in nutritional disorders
• Impact negatively on socio–economic development
The Status of Malnutrition

In Malawi

• 38% of Malawians live below the poverty line
• 46% of the children are stunted
• 8.3% of the females are obese

Globally

• 25% of children under five were stunted in 2012.
• More than 90% of the world's stunted children live in Africa and Asia.
Addressing the Triple Burden of Malnutrition through Agriculture

• Good nutrition begins with Food and Agriculture and mindset change about what ‘good eating’ is.

• Strategies for addressing the Triple burden of Malnutrition include:

  1. **Increased production to produce sufficient food for all**
     - Through high yielding crop and livestock varieties
     - Improved farming systems.

  2. **Dietary Diversification**
     - Emphasis on eating a variety of food dishes.
Strategies for addressing the Triple burden of Malnutrition…

3. **Promote Food Fortification**
   - Addition of nutrients to food
     - For example - iodized salt / vitamins in sugar
   - Fortification has potential to reach more people
   - But very costly as it requires sophisticated equipment.

4. **Promote Food Bio-fortification**
   - Increasing concentration of nutrients in food through genetic selection
   - Need one time cost to develop bio-fortified seed.
Strategies for addressing the Triple burden of Malnutrition…

5. Reduce Food Losses and Food Waste

• Food waste or loss are numerous, and occur at different stages of production, transportation, storage, processing, retailing and consumption.

• Each year, 30% of all food produced for human consumption in the world (around 1.3 billion tonnes) is lost or wasted (FAO).
  Includes 45% of fruit and vegetables, 35% of fish and seafood, 30% of cereals, 20% of dairy products and 20% of meat.

• Countries can do better by not wasting, instead of producing more.

• Good Food processing technologies and access to markets can reduce waste.

6. Trade policies, establishment of a regional food reserve, and improved infrastructure and services

• Laws and regulations on agriculture and food need to be harmonized.
Remember: No Farmers = No Food = No Life.

“The future belongs to the organized”

Thank You!