Africa: Perspectives on Agriculture, Nutrition, Food Systems and Sustainable Development Goals

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“Let Food Be Thy Medicine” – Hippocrates

Otherwise

Medicine will be thy food...
Food for Thought; Did you know?

- Globally agriculture systems produce enough food to feed all citizens of the world adequately.
- Yet hunger and malnutrition remain pernicious and a threat to humanity and development.
- The most malnourished people in this world are farmers and their families, especially women and children.
- 12 people die of hunger and malnutrition every minute.
- Malnutrition has huge human, social and economic consequences and costs – GDPs suffer.
- Food is very political.
Adequate nutrition is essential for health and well-being

Every person on this planet has a right to food that is safe, sufficient and nutritious and to be free from hunger and malnutrition in all its forms

Yet, 1 in 3 persons globally suffers from at least one form of malnutrition - undernutrition, micronutrient deficiencies, overweight and obesity. Malnutrition is estimated to rise to 1 in 2 people if current trends continue (GLOPAN, 2016 – Foresight Report)

Different forms of malnutrition now co-exist within the same country, community, household or individual

Combatting malnutrition in all its forms is one of the greatest challenges that countries are facing.
Low quality diets contribute to all forms of malnutrition
The food system presents a huge opportunity to act to improve diets

While the GLOBAL FOOD SYSTEM has succeeded in feeding a growing population in terms of providing enough dietary energy...

Ensuring availability and accessibility of a variety of foods and food products that contribute to healthy diets and good nutrition remains a challenge

Food systems need to be repositioned: from feeding people to nourishing people well

GLOPAN, 2016
GLOBAL NUTRITION SITUATION
After a long decline, hunger is increasing

Source: SOFI 2017
GLOBAL NUTRITION SITUATION
Overweight and obesity at unprecedented levels

Source: FAO, et al. SOFI 2017,
GLOBAL NUTRITION SITUATION:

As the double burden of malnutrition continues to rise, so too does its global economic toll.

MALNUTRITION AFFECTS ONE IN THREE PEOPLE AROUND THE WORLD

Source: Global Nutrition Report, 2016
Current Nutrition situation in Africa

**Figure 2**

The prevalence of undernourishment is highest in Africa; the absolute number of undernourished people is largest in Asia.

<table>
<thead>
<tr>
<th>Year</th>
<th>Africa</th>
<th>Asia</th>
<th>Latin America and the Caribbean</th>
<th>Oceania</th>
<th>North America and Europe</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>1.8</td>
<td>40.8</td>
<td>40.8</td>
<td>2.1</td>
<td>2.5</td>
</tr>
<tr>
<td>2010</td>
<td>1.8</td>
<td>40.8</td>
<td>40.8</td>
<td>2.1</td>
<td>2.5</td>
</tr>
<tr>
<td>2011</td>
<td>1.8</td>
<td>40.8</td>
<td>40.8</td>
<td>2.1</td>
<td>2.5</td>
</tr>
<tr>
<td>2012</td>
<td>1.8</td>
<td>40.8</td>
<td>40.8</td>
<td>2.1</td>
<td>2.5</td>
</tr>
<tr>
<td>2013</td>
<td>1.8</td>
<td>40.8</td>
<td>40.8</td>
<td>2.1</td>
<td>2.5</td>
</tr>
<tr>
<td>2014</td>
<td>1.8</td>
<td>40.8</td>
<td>40.8</td>
<td>2.1</td>
<td>2.5</td>
</tr>
<tr>
<td>2015</td>
<td>1.8</td>
<td>40.8</td>
<td>40.8</td>
<td>2.1</td>
<td>2.5</td>
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<tr>
<td>2016</td>
<td>1.8</td>
<td>40.8</td>
<td>40.8</td>
<td>2.1</td>
<td>2.5</td>
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<tr>
<td>2017</td>
<td>1.8</td>
<td>40.8</td>
<td>40.8</td>
<td>2.1</td>
<td>2.5</td>
</tr>
</tbody>
</table>

**Note:** Comparison of prevalence and number of undernourished people by region. The size of the circles represents the number of undernourished people in millions, as labelled. Figures for 2016 are projected values (see Box 1 on p. 4 and Methodological notes in Annex 1, p. 95). Source: FAO.

SOFIN 2017 (FAO, etc, 2017)
Current Nutrition situation in Africa

Figure 3: Women are slightly more likely to be food insecure than men in every region of the world.

Severe Food Insecurity

<table>
<thead>
<tr>
<th>Region</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>World</td>
<td>7.9%</td>
<td>7.3%</td>
</tr>
<tr>
<td>Africa</td>
<td>25.2%</td>
<td>23.7%</td>
</tr>
<tr>
<td>Asia</td>
<td>6.6%</td>
<td>6.0%</td>
</tr>
<tr>
<td>Latin America</td>
<td>5.0%</td>
<td>4.3%</td>
</tr>
<tr>
<td>North America and Europe</td>
<td>1.4%</td>
<td>1.3%</td>
</tr>
</tbody>
</table>

Note: Comparison of the prevalence of severe food insecurity among men and women aged 15 years and older (2014–16 three-year averages).
Source: FAO Voices of the Hungry project.

SOFIN 2017 (FAO, etc, 2017)
Current Nutrition situation in Africa

Figure 4:
Rates of stunting among children are on the decline worldwide, but remain very high in most parts of Africa.

1 Prevalence of stunting in children aged under five years, 2005 and 2016.
2 Asia and Eastern Asia excluding Japan.
3 Central Asia, South America and Caribbean have consecutive low population coverage for the 2016 estimate, interpret with caution.

SOFI 2017 (FAO, etc, 2017)
Childhood overweight on the rise in virtually all regions

Source: SOFI 2017, FAO et.al
So what is Africa doing to address the challenge of Hunger and Malnutrition?
CAADP – Africa’s Policy Instrument and commitment for moving forward

2003: The Comprehensive Africa Agriculture Development Programme. (Maputo Declaration)

• 10% annual budget allocated to agriculture
• 6% growth from agriculture

From Maputo to Malabo (2014)…
III. Commitment to Ending Hunger in Africa by 2025

3. We commit to ending hunger in Africa by 2025, and to this end we resolve:

- encouraging and facilitating increased consumption of locally produced food items, including the promotion of innovative school feeding programs that use food items sourced from the local farming community.

d) to improve nutritional status, and in particular, the elimination of child undernutrition in Africa with a view to bringing down stunting to 10% and underweight to 5% by 2025.
Agenda 2063 – The Africa We Want

“Agenda 2063 is a strategic framework for the socio-economic transformation of the continent over the next 50 years. It builds on, and seeks to accelerate the implementation of past and existing continental initiatives for growth and sustainable development.”
THE COST OF HUNGER IN AFRICA
SOCIAL AND ECONOMIC IMPACT OF CHILD UNDERNUTRITION
Home Grown School Feeding: multiple benefits

- Nutrition
- Value transfer
- Education/gender
- Socioeconomic
- Agriculture
Global Food Systems:
Where we are and how we got here.
Agriculture faces growing challenges

**Demographics:** Global population to increase to 9 billion by 2050

- **Climate change:** Depending on extent of temperature rise, Africa risks being able to produce only 13% of its food needs by 2050
Extent of food losses and waste

Food losses - Fruits & Vegetables

- Europe
- North America & Oceania
- Industrialized Asia
- Subsahara Africa
- North Africa, West & Central Asia
- South & Southeast Asia
- Latin America

- Consumption
- Distribution
- Processing
- Postharvest
- Agriculture
HEALTHY DIETS ARE NOT THE DEFAULT
Food environments are shaped by food systems

Food System
Production, processing, retail, consumption, disposal

Food Environment
Availability, access, convenience, desirability for consumers

Individual Diet Quality
Diversity, adequacy, safety

Source: Meerman 2015
HEALTHY DIETS ARE NOT THE DEFAULT
Food environments are shaped by food systems
WHAT ARE “FOOD ENVIRONMENTS”?

The foods that are available in the spaces around people as they move through their daily lives, & how affordable, convenient & desirable they are
Links between diet quality and food systems
(source: Global Panel, 2016)

Drivers of food systems

- Food supply system
  - Agricultural production subsystem
  - Food retail and provisioning subsystem
  - Food storage, transport and trade subsystem

Food environment
- Nutrient quality & taste of available food
- Physical access to food
- Purchasing power
- Knowledge
- Food promotion
- Food labelling
- Time
- Diet quality
- Preferences
- Food price

Consumer

Source: Compiled by the authors
Global risk factors contributing to early deaths
(Source: GBD 2013; Lancet 2015)
Ways to address nutrition across the food Systems
Improved food systems for better diets and nutrition

Examples of policies and programmes aimed at increasing nutrition entering the supply chain:
- Improvement in production practices, extension, biofortification, improved storage and distribution, food fortification, product reformulation, etc.

Examples of policies and programmes aimed at improving the quality of the food environment:
- Behaviour change communication, social marketing, food labelling, pricing policies (taxes and subsidies), nutrition guidelines, zoning policies, etc.

Food supply chain:
- Production systems (availability)
- Post-harvest practices
- Market/store access
- Nutrient content of foods
- Food quality and safety
- Income generation

Examples of policies and programmes that can lead to nutrition exiting the supply chain:
- Subsidies for production of less nutritious foods (e.g. rich in sugar, etc.), trade agreements that limit ‘policy space’ for policies aimed at improving nutrition, etc.

Examples of policies and programmes that can lead to an unhealthy food environment:
- Nutrition guidelines incongruent with evidence, misleading labelling, unrestricted marketing of food and beverages to children, etc.

Food environment:
- Availability, physical access (proximity)
- Economic access (affordability)
- Promotion, advertising and information
- Food quality and safety

Consumer behaviour:
- Food purchasing
- Food acceptability
- Knowledge and skills
- Feeding practices
- Hygiene and food preparation practices
- Diets

Socio-economic status

Improved nutrition and health outcomes
Ways in which Government and Policies can influence the Food Environment for Healthy Diets
Healthy diets are not the default. Agric-food policies and nutrition goals are not aligned.

Figure 2.7 Fruit and vegetable supply per capita, 2009

Source: FAOSTAT. Map from Wikimedia commons.
Note: FAO database contains small island states not visible at this resolution.
NUTRITION OBJECTIVES IN AGRICULTURAL POLICIES AND PROGRAMS:

INCREASING AVAILABILITY AND AFFORDABILITY OF NUTRITIOUS, HIGH QUALITY FOOD
4. Support Small and Medium Holder Farmers

53-81% of micronutrients in the food supply are produced by small and medium farms. These farms make up 84% of all farms and 33% of the land areas globally and are more predominant in Asia and sub-Saharan Africa.
Maintaining agro-biodiversity of traditional food systems is key.
Policies and Strategies to promote healthier diets - cont.

• Taxing unhealthy food stuffs
  – The Sugar Tax e.g. Mexico, South Africa

• Taxing ultra-processed foods e.g. Chile

• Restrictions on advertising of unhealthy foods and snacks and drinks
  – E.g. Brazil

• Mandatory food labelling
  – e.g. Europe, USA, Canada, Japan etc.
EMPOWER CONSUMER: USING FOOD LABELLING TO INFLUENCE FOOD ENVIRONMENTS

THE CHILI EXPERIENCE

In Chile, one out of three children under 6 years of age is overweight. Starting from June 27th, 2016, a law of food labelling and advertising will be active to curb the ongoing epidemic increase of obesity and non-communicable diseases. It includes:

• incorporating easy-to-understand front-of-packages labelling and specific messages addressing critical nutrients:

![Icons showing symbols for high sodium, high calories, high sugars, and high saturation]

• decreasing children’s exposure to unhealthy foods by restricting marketing, advertising and sales, in particular in schools.
Food Based Dietary Guidelines: Countries with official FBDGs

FBDGs: Communication tool to promote healthy diets and nutritional well-being.
We need data for better policy making

**FAO/WHO Global Individual Food Consumption Tool**

- Need for a clear **definition of Healthy diets** that links to agriculture improved nutrition and optimal health outcomes
Global Opportunities to Reform the agriculture and food systems for Healthy Diets
Global Agriculture Agenda – What and who drives it?

- The UN System – FAO, IFAD, and CFS etc.
- The CGIAR system - Who is the CGIAR?

Consultative Group on International Agricultural Research (+50 years)

...ILRI, WorldFish, IRRI, Bioversity International, CIP, Africa Rice Center, CIAT, CIMMYT, IFPRI, IIATA, ICRISAT, ICARDA, CIFOR...
The 2030 Agenda for Sustainable Development:
“...We pledge to leave no one behind”

Goal 2: End hunger, achieve food security and improved nutrition and promote sustainable agriculture
Goal 3: Ensure healthy lives and promote well-being of all at all ages
Nutrition is central to the SDGs

Nutrition as a direct objective
Nutrition as an enabler for related goals
Nutrition as an enabler for all goals

SDG Vision for nutrition:
End all forms of malnutrition, address the nutritional needs throughout the lifecourse, give universal access to safe and nutritious food sustainably produced and ensure universal coverage of essential nutrition actions.
Aim: To accelerate implementation of ICN2 commitments, achieve Global Nutrition and Diet-related NCD targets by 2025, and contribute to the realization of the SDGs by 2030

- The Nutrition Decade **is for everybody**
- An opportunity to build **momentum to fight all forms of malnutrition**
- A time for all stakeholders to **take ACTION**
- A unique opportunity **to work together** to end malnutrition in all its forms
Six Action Areas to address within the Decade

1. Sustainable food systems for healthy diets
2. Aligned health systems providing universal coverage of essential nutrition actions
3. Social protection and nutrition education
4. Trade and investment for improved nutrition
5. Enabling food and breastfeeding environments
6. Review, strengthen and promote nutrition governance and accountability
Where to next? A holistic approach is required...

- Working with the entire agriculture and food systems+
- Multi-sectoral and inter-disciplinary approach, with links to health systems, education, and social protection
- Policy coherence between agriculture, food, health, trade, education, gender, environment etc.
- Increased investments for nutrition programming
- Capacity building at all levels and across sectors
- Continued advocacy by all to all
- Telling good stories for impact.
- Agriculture taking centre stage for optimum nutrition – beyond quantity
- Promoting good governance for food systems and nutrition
- Holding ourselves (individually and collectively) to account
In the end...

“When the music and drumbeat changes, the dance **must** also change”

African, Nigerian Yoruba proverb

**NUFFIELD can and sure will change the world dance of agriculture, nutrition and food systems – Go NUFFIELD!!!!!**
Thank You!

Nutrition:
Putting people at the heart of our work