

THE NUTRITION LANDSCAPE IN MALAWI

Past, Present and Future



Presented by Zion Kalumikiza
Public Discussion on Political Party Manifestos
30th April 2019, Capital Hotel, Lilongwe

We share a **common vision**.....
whose success depends on a well nourished
population



**THE MALAWI GROWTH AND
DEVELOPMENT STRATEGY (MGDS) III
(2017 - 2022)**

Building a Productive, Competitive and Resilient Nation



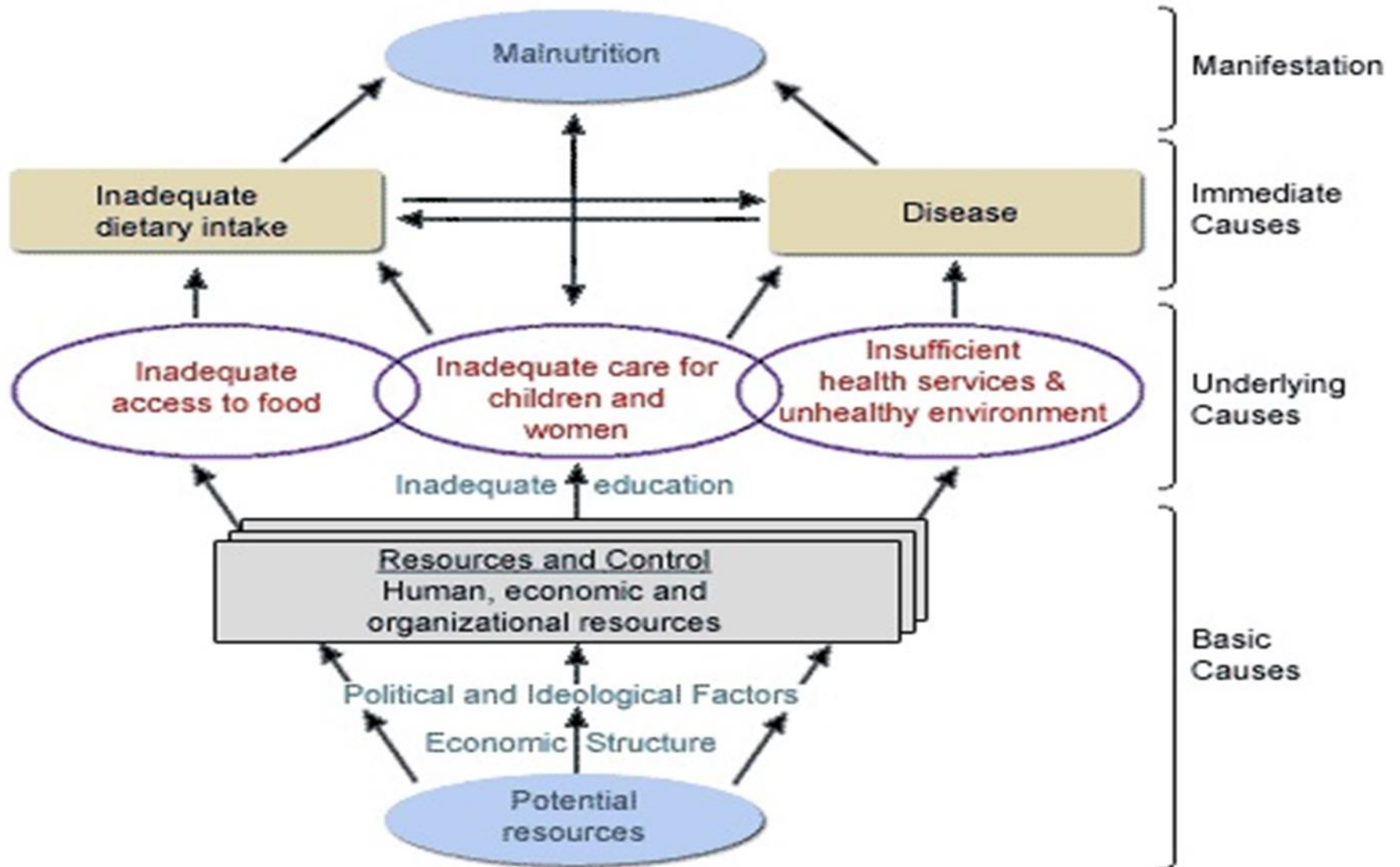
Nutrition is at the heart of the SDGs



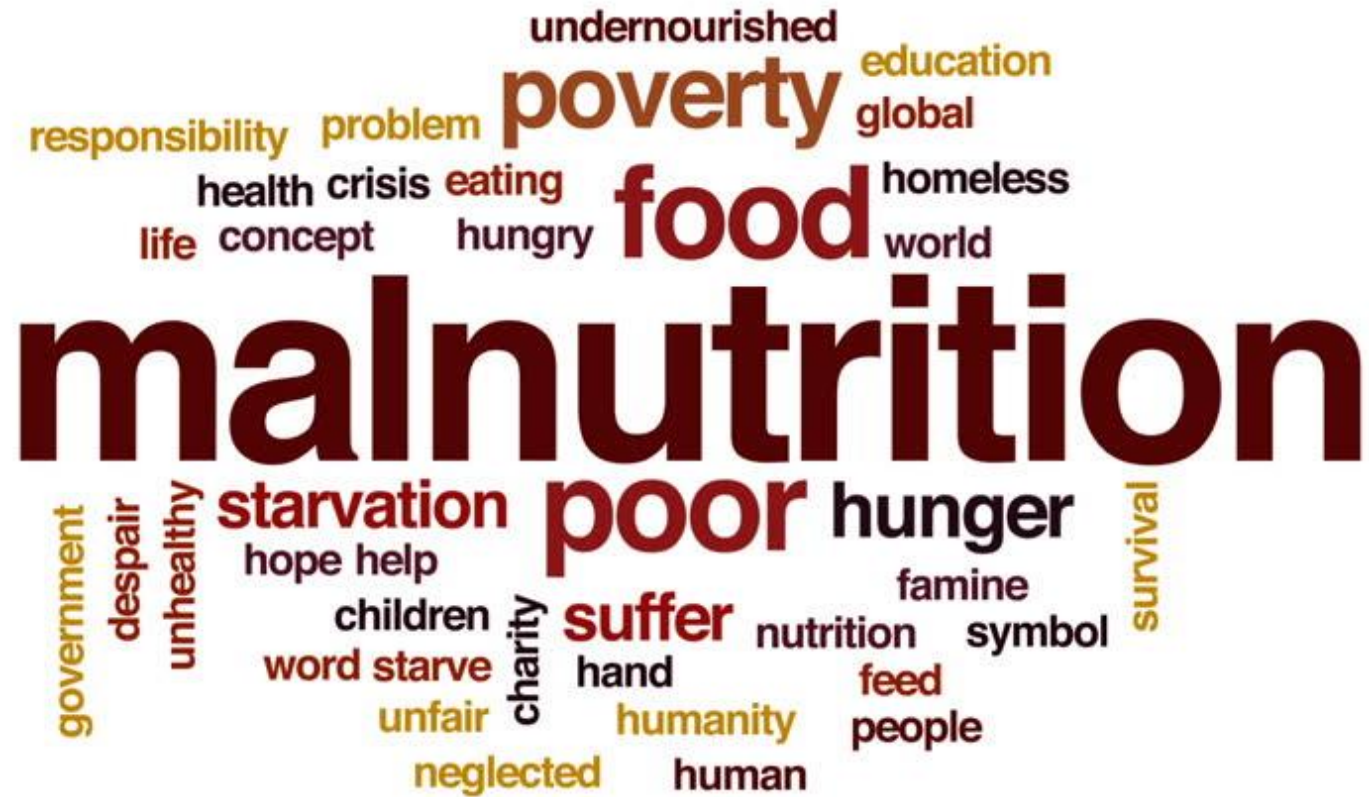
BASICS & TRENDS

MALNUTRITION

Understanding (mal) nutrition: the past



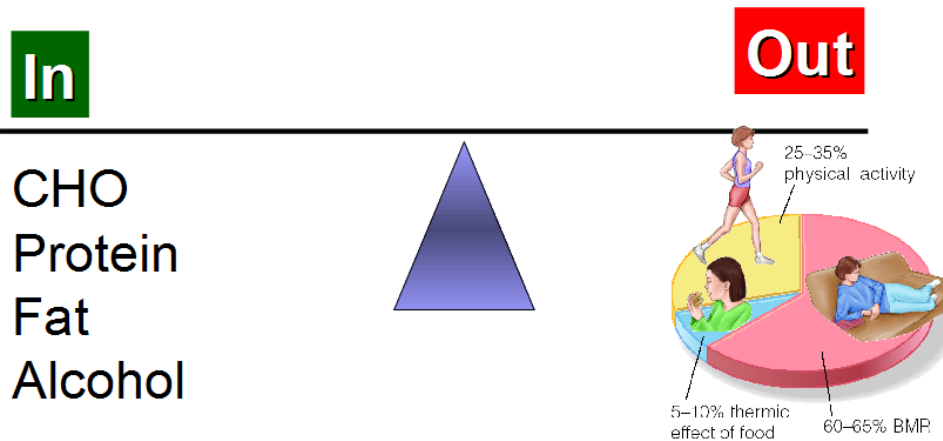
Understanding (mal) nutrition: the past



Malnutrition today

- Undernutrition
- Micronutrient deficiencies (Hidden Hunger)
- Overnutrition and related problems

Energy Balance



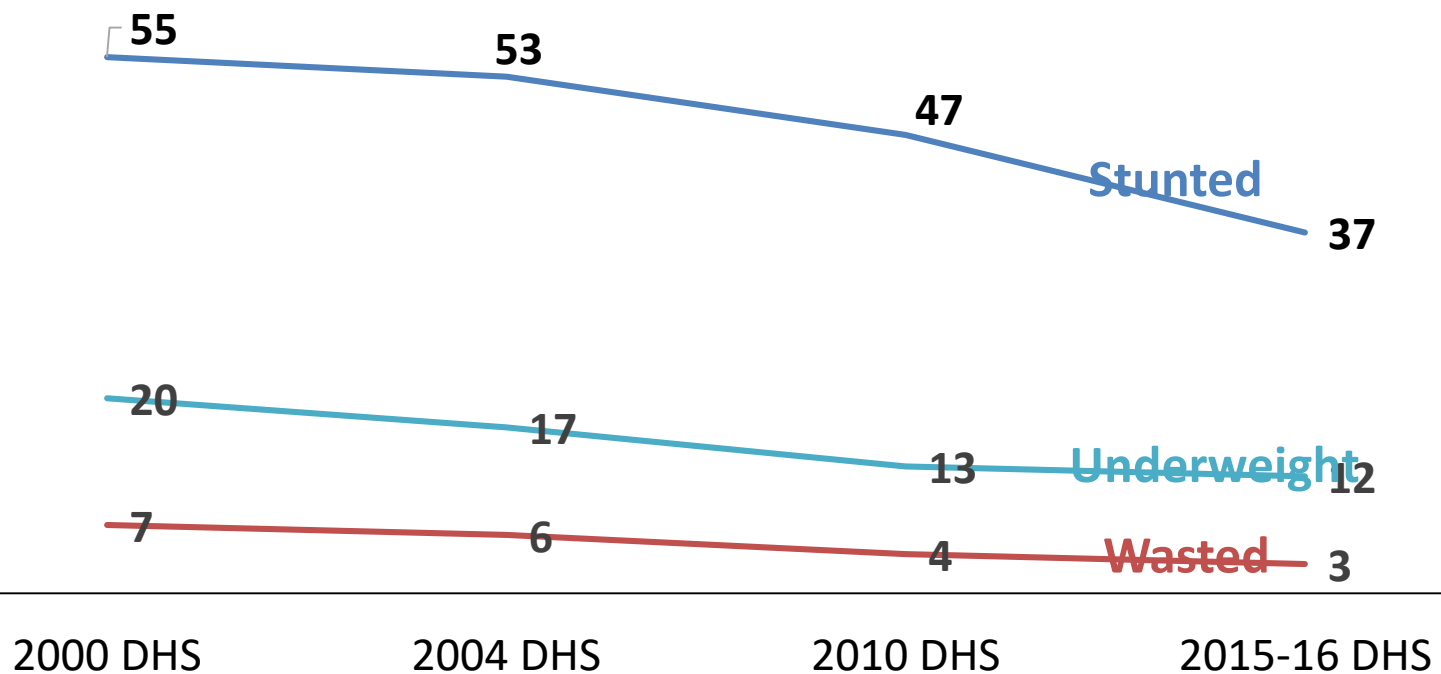
The state of nutrition in Malawi

Notable progress has been
made....

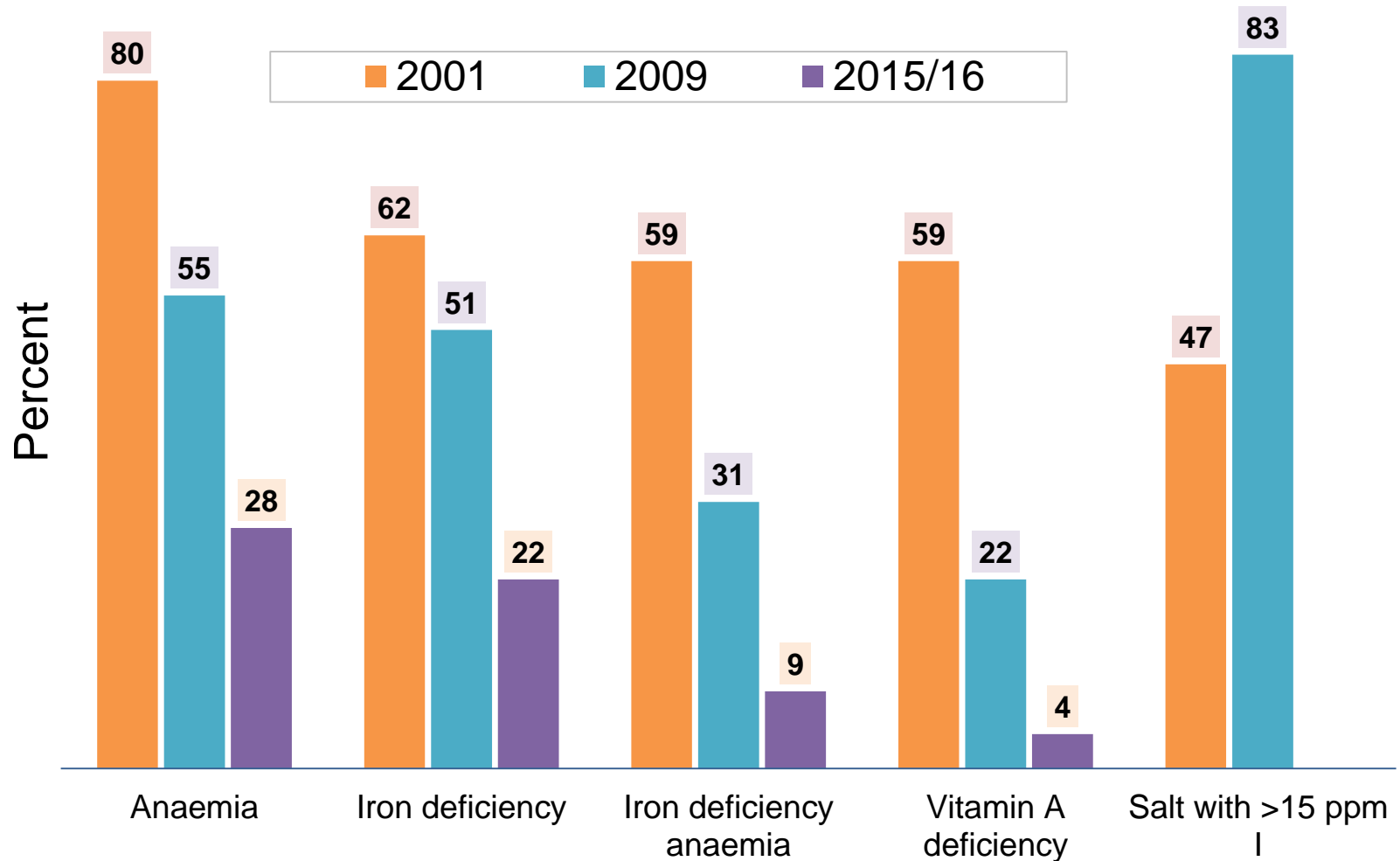


Trends: Under-five nutritional status

Percent of children under 5



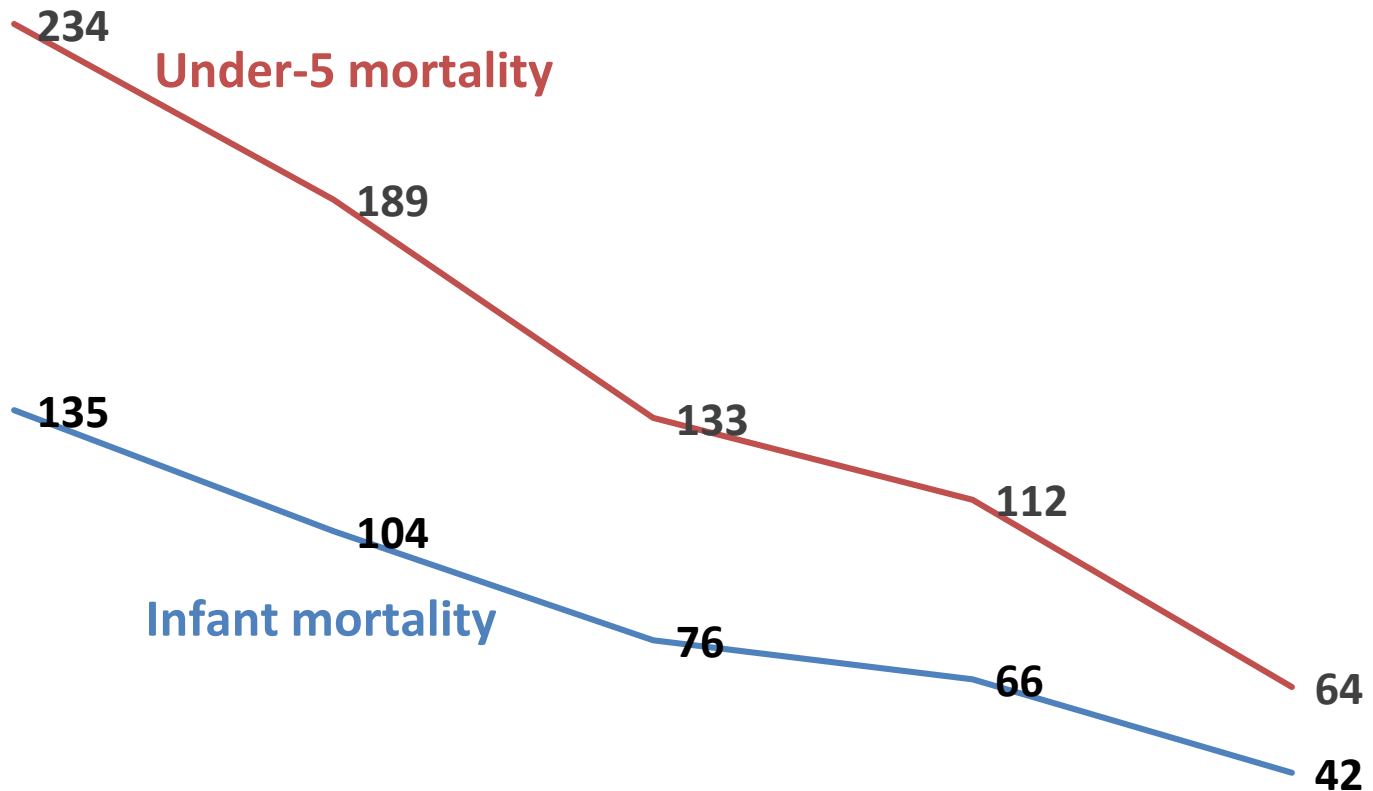
Trends: Hidden hunger



Sources: GoM (2003), NSO (2011, 2017)

Trends in Childhood Mortality

Deaths per 1,000 live births for the five-year period before the survey



1992 DHS

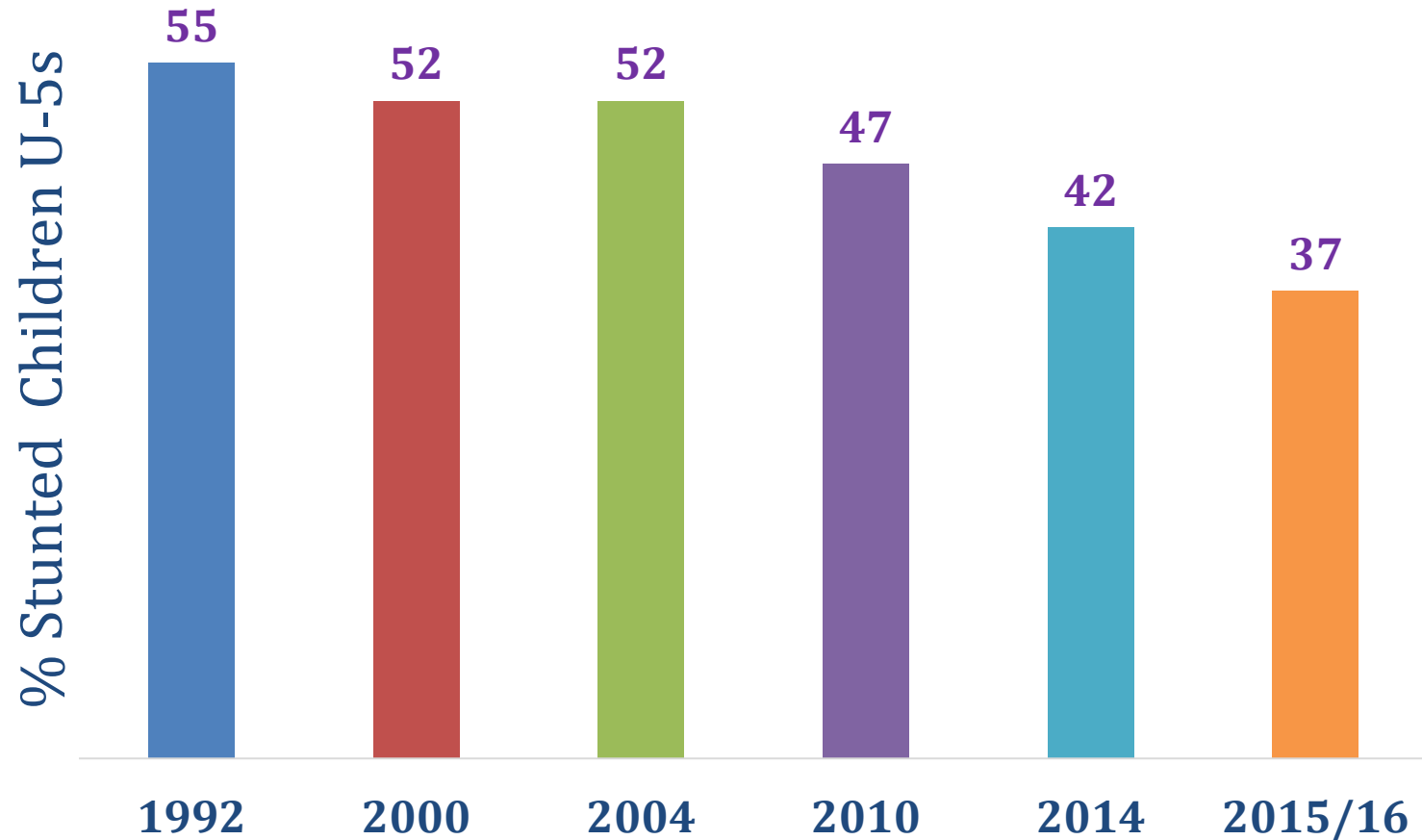
2000 DHS

2004 DHS

2010 DHS

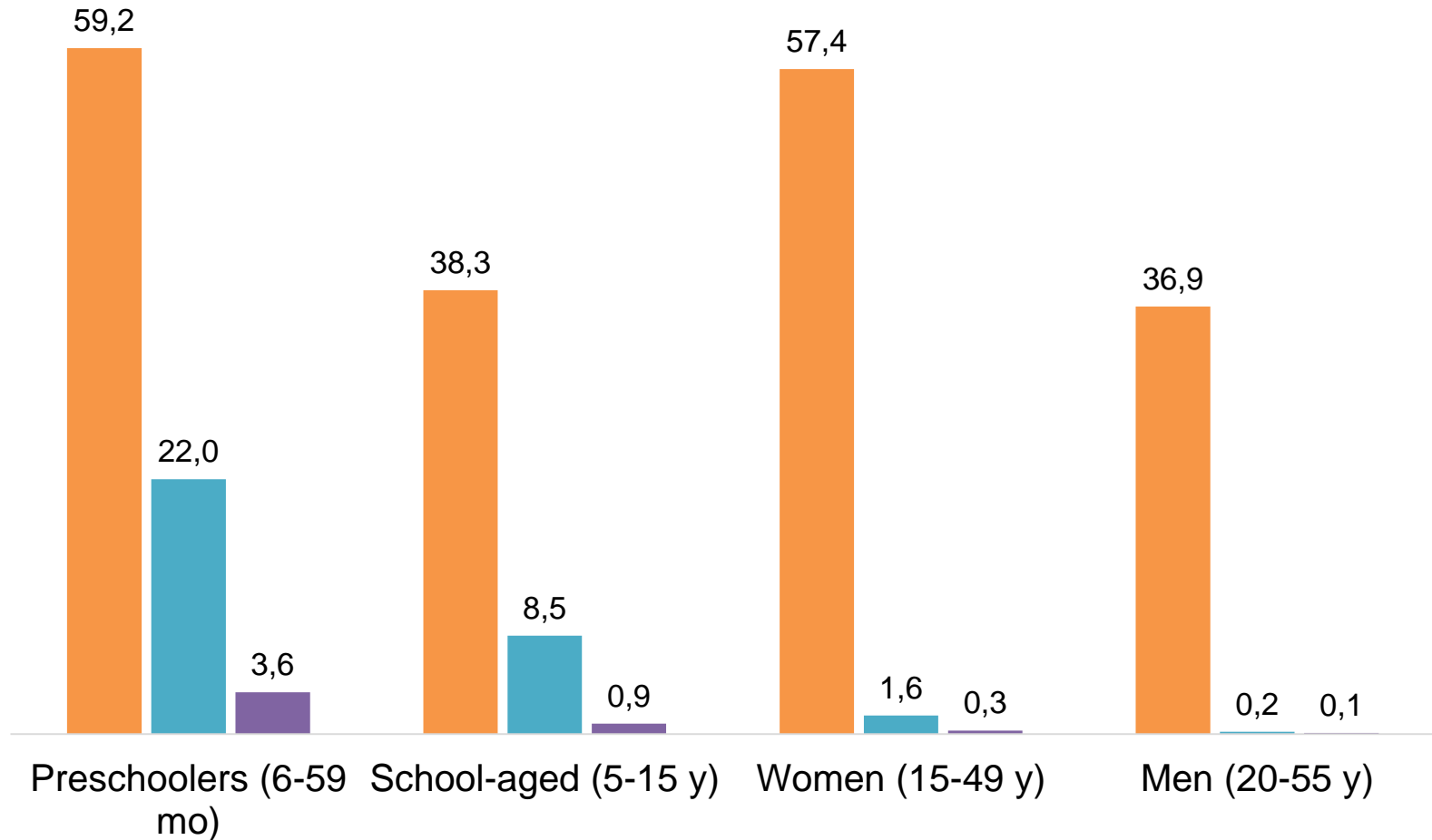
2015-16 DHS

Success stories: chronic malnutrition



Burden of stunting in Malawi

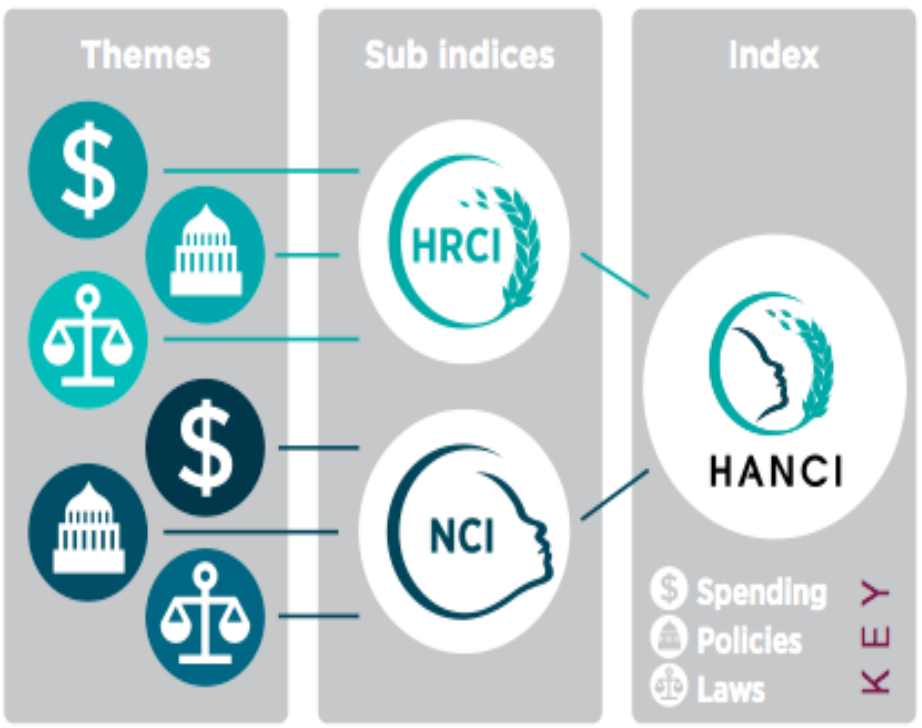
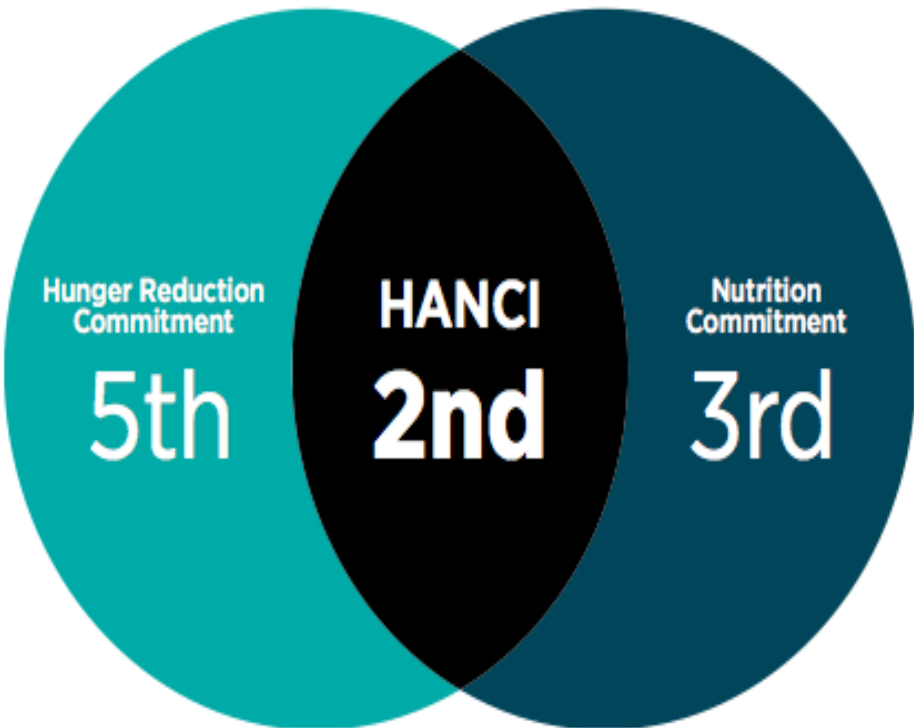
Success stories: Vitamin A deficiency



Source: NSO (2003, 2011, 2017)



Key data for Malawi

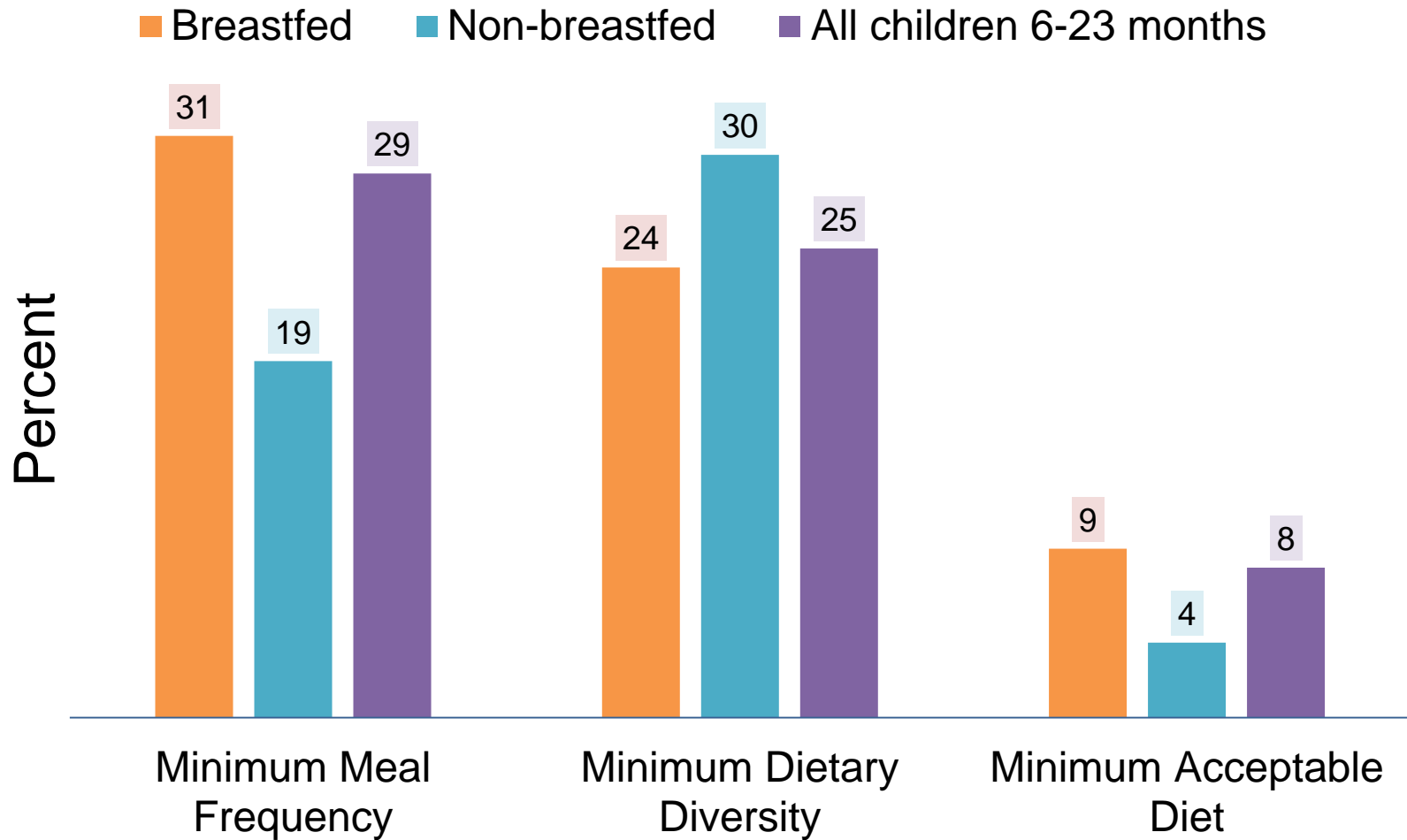


Existing rates of: **Wasting: 2.7%** **Stunting: 37.1%** **Proportion of population underweight: 11.7%**
 Source: Government of Malawi (DHS, 2015-16)

Some persisting & Emerging Issues



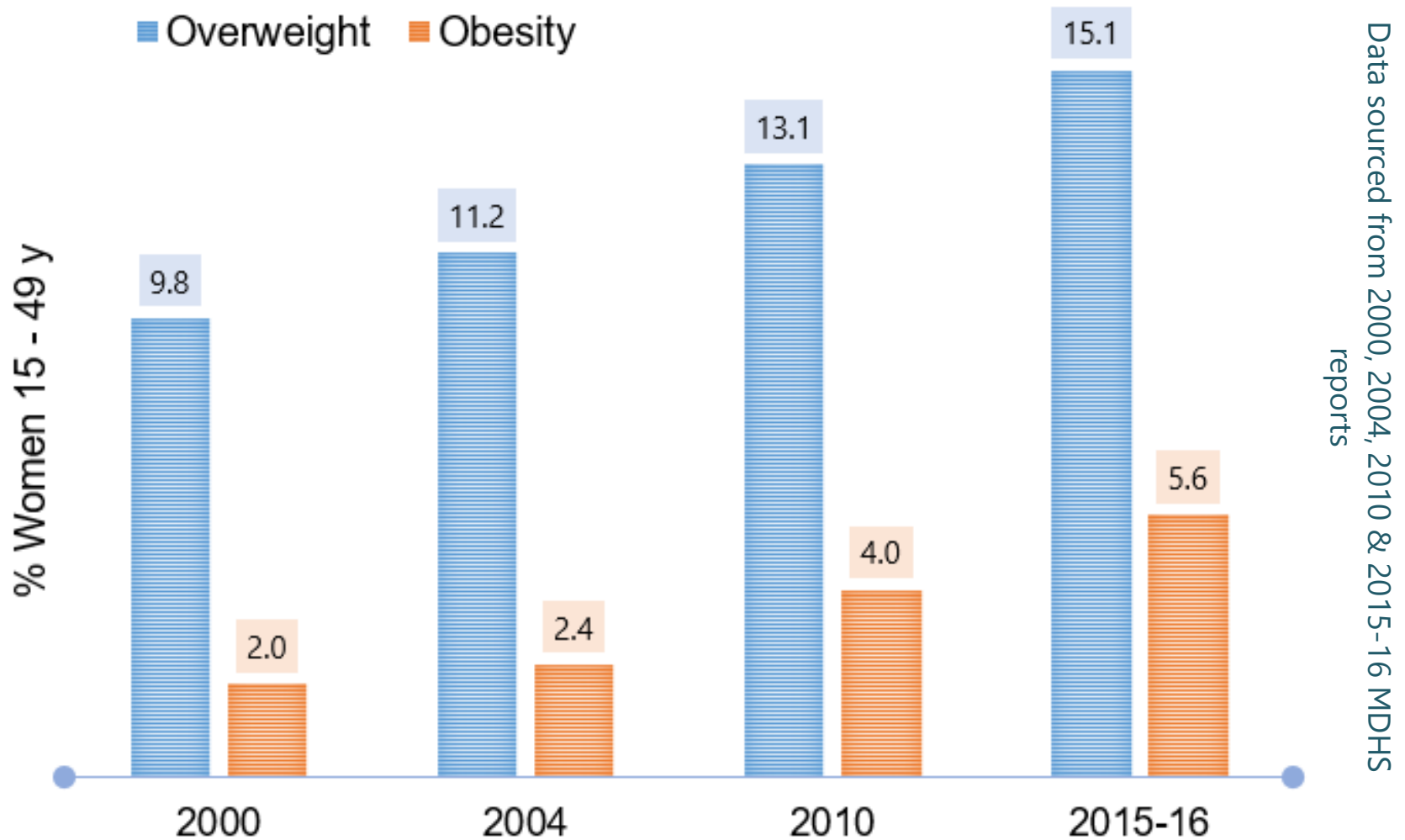
Feeding practices- frequent but poor, with declining EBF rates



Sources: NSO (2017)

Over-nutrition

on the rise, increasing risk for NCDs

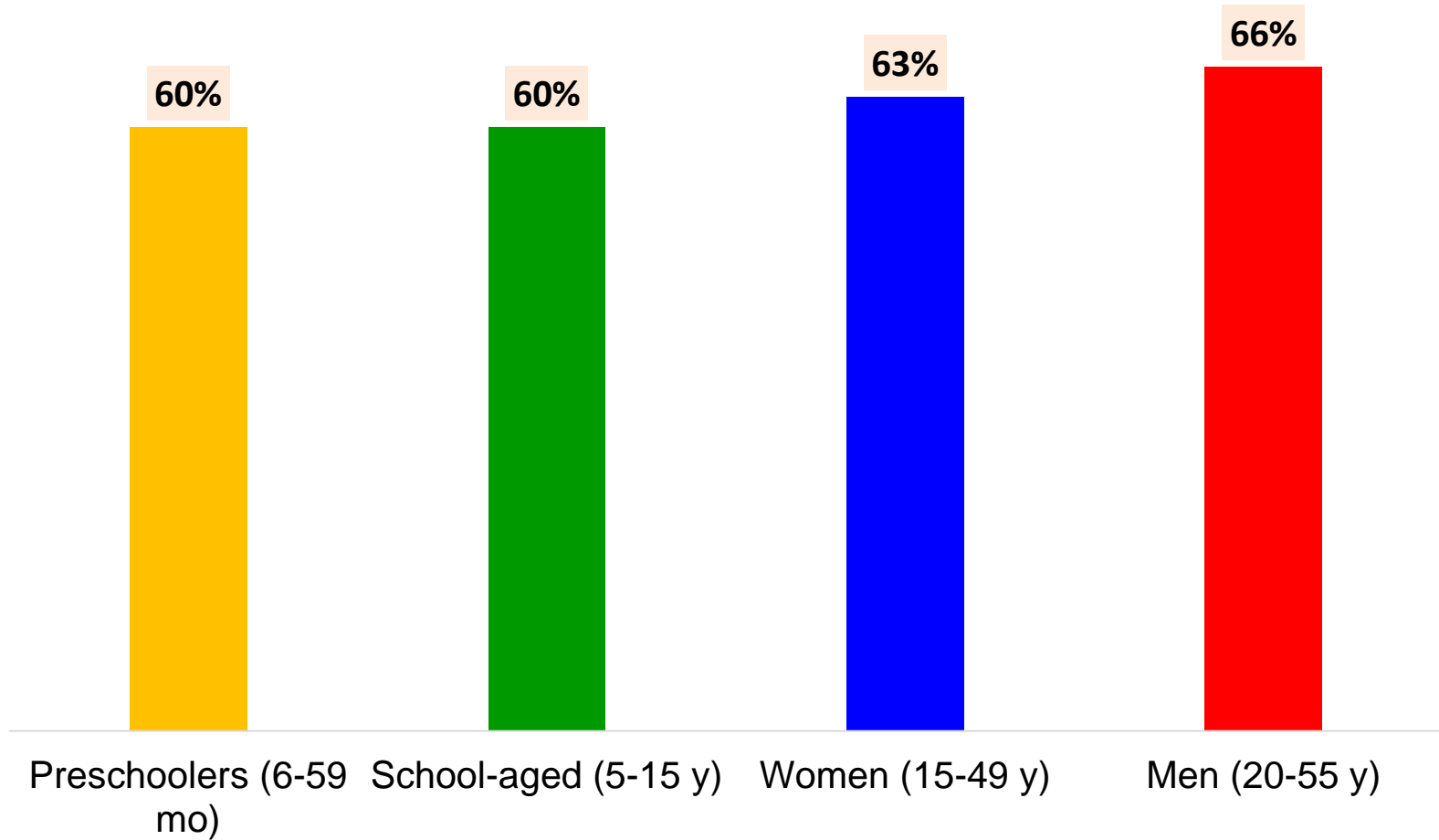


NCDs no longer a problem of the affluent

“The notion that NCDs and their risk factors are problems of urban people is a misconception”
(Msaymboza et. al, 2011)

*“Our findings show that hypertension, diabetes, and **overweight and obesity are all highly prevalent in urban and rural Malawian adults** from a young age, despite it being a very low-income country affected by under-nutrition and food insecurity”*
(Price et. al, 2018)

6 in 10 are Zinc Deficient



Source: NSO (2017)

Climate change taking its toll....posing a threat to
food security & available investments

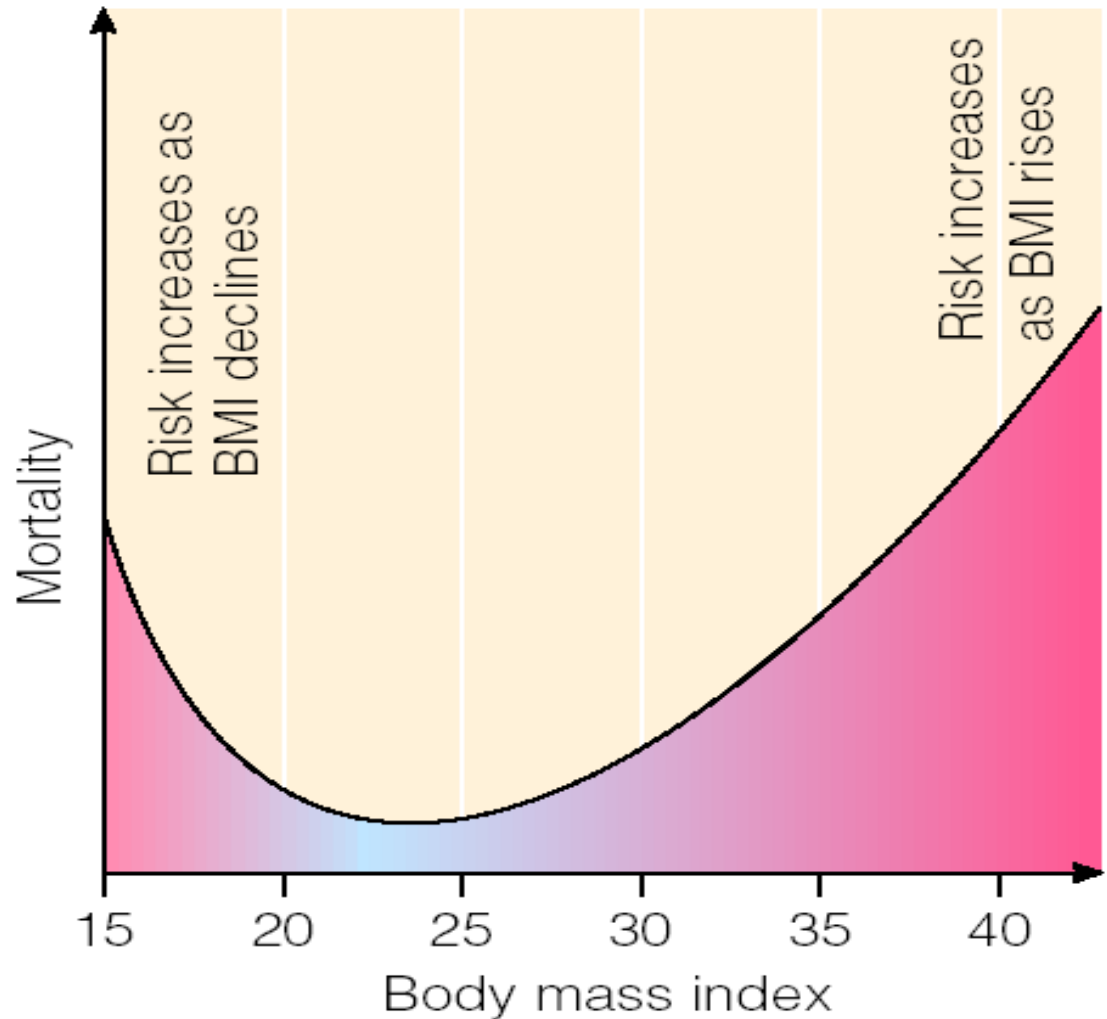
THE COST

MALNUTRITION

The cost of malnutrition (1/3)

- Poor **immunity** to infections
- Elevated disease **risk**

Underweight, overweight & mortality



The cost of malnutrition (2/3)

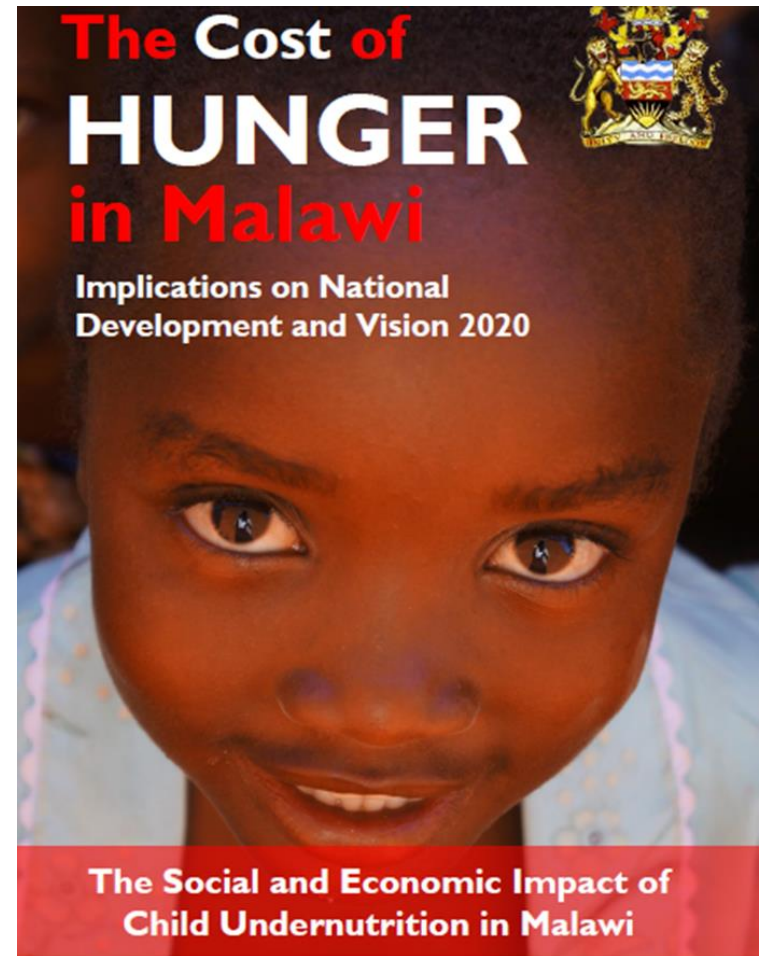
Stagnant national development

- Poor nutrition in early life results in:
 - Low **cognitive** ability
 - Low **education** attainment
 - Increased health care **costs**
 - Low **productivity**
 - High **dependency** on public resources



The cost of malnutrition (3/3)

- In 2012 alone, USD 597 million was lost due to health, education, productivity losses
- Equivalent to 10.3% of GDP

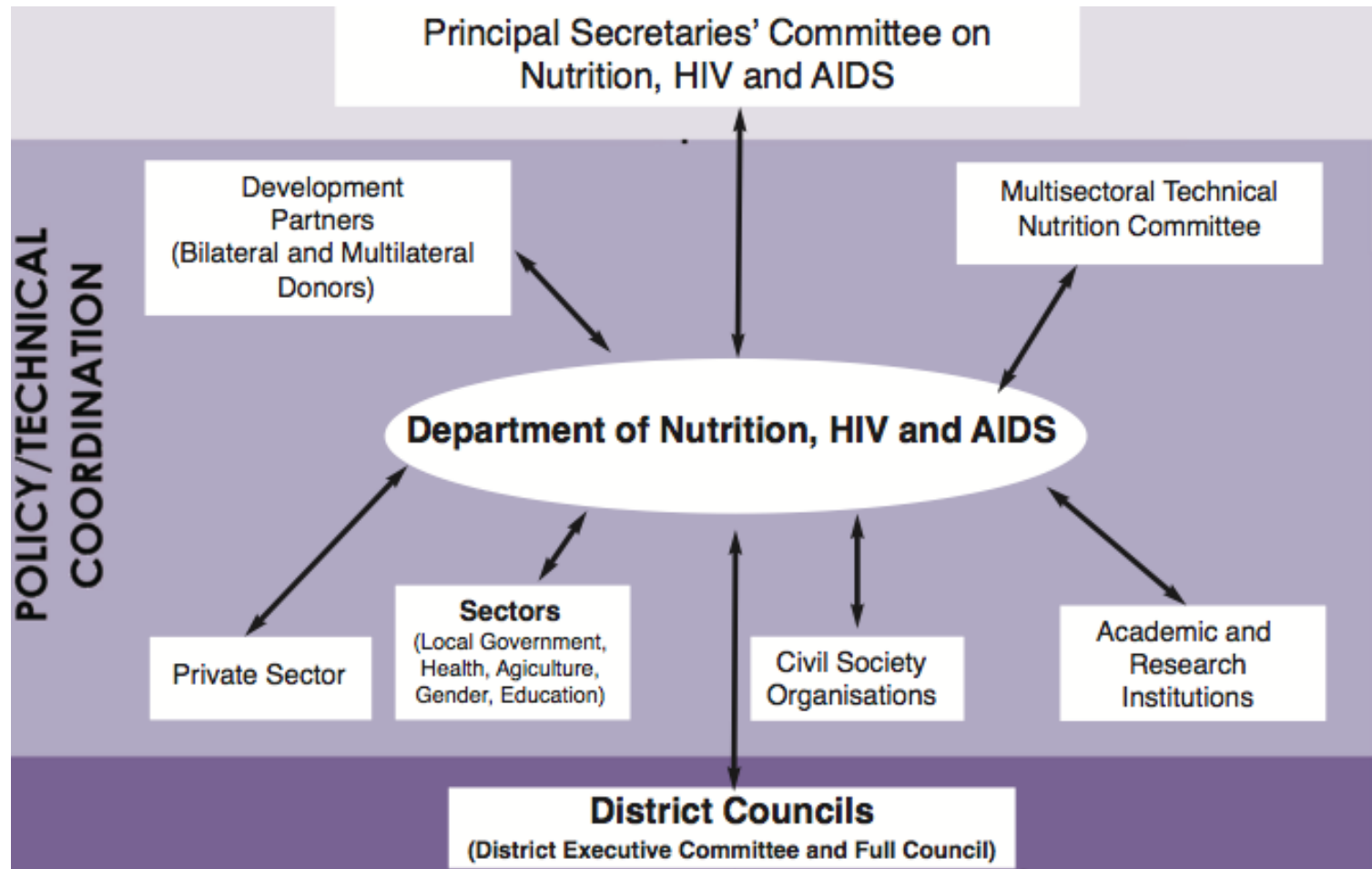


PAST AND FUTURE ACTIONS
ADVANCING NUTRITION

Best Practices to date.....

- **Coordination & collaborations**
 - DNHA
 - Other support platforms
- **Focus on high impact interventions**
 - Scaling Up Nutrition
- **Policy environment**
 - NMSNP, MGDS III, Ag-Nut Strategy
- **Investments**

Critical issues - coordination



Critical issues - Investment

- Some improvements but still huge financing gaps
- The majority of interventions (over 80%) of those indicated in MGDS III were not been included in the 2018/19 budget
 - For the few interventions included, **the resource allocation was insufficient and much lower** than the earmarked spending target for the 2018/19 FY as per MGDS III.

COHA study recommendations

- Set ambitious targets to reduce under-nutrition
- Scale up high impact nutrition interventions
- Communication and advocacy
- Monitoring and Evaluation
- Coordination

Other key issues.....thinking UNUSUAL

Think beyond:

- Food – rights & accountability
- Plate – farm to plate
- Short term – long term, sustainable, lifecycle
- One sector – leave no one behind
- Communities – systems (education, work places)
- Usual ways – ICT, Indigenous knowledge

Moving beyond willingness

How will you keep nutrition
up the agenda?

