Nutrition-Sensitive Food Systems

Integrating Nutrition programming into agriculture development projects

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16 August 2022
Why is nutrition important in rural development?
Conceptual Framework for Agriculture and Nutrition

Source: Herforth and Harris, 2014
‘Nutrition-Sensitive’ Approaches

Address the underlying determinants of malnutrition

Source: UNICEF, 2015
What is Nutrition-Sensitive Agriculture (NSA)?

A Food Based Approach to Improving Nutrition

- Ecosystem services conservation
- Healthy diets from sustainable food systems
- Biofortification of staple foods
- Fortification of staple foods, oils
- Nutrient-dense therapeutic
- Supplements

Cultural relevance
Resilience
Sustainability
Agriculture for Nutrition Evidence

THERE IS A KNOWLEDGE GAP

Your project can contribute to providing evidence
Social Inclusion and Equity

H'Mong women in Son La explaining how pumpkins are used.
Nutrition Outcome Indicators

Stunting
Wasting
Obesity & Overweight
Clinical Micronutrient Deficiencies

Source: Herforth and Harris, 2014
The importance of focusing on diets

Agriculture produces the food we consume

1 in 5 deaths associated with poor diet quality

Agriculture R4D projects can target those foods we need more of – across the food system
Agriculture for direct consumption pathway

↑ Productivity

↑ HH food availability

Improved nutrition
Agriculture for more income pathway

↑ Productivity

↑ Income

Improved nutrition
Incentives for households to invest in nutrition

Nutrition Education & Behaviour Change

Increase *consumer demand* for better diets

Create the *enabling environment* to act
At a minimum – DO NO HARM

Single food or nutrient ≠ silver bullet

Has the food produced actually been consumed?

How has the income been used?

Women’s Time burden
How?

Incorporate specific nutrition goals and action during project planning

Consider the impact pathways
Thank you

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