



Food Security and Sustainable Livelihoods: a pre-requisite for improving Nutrition and reaching the MDGs

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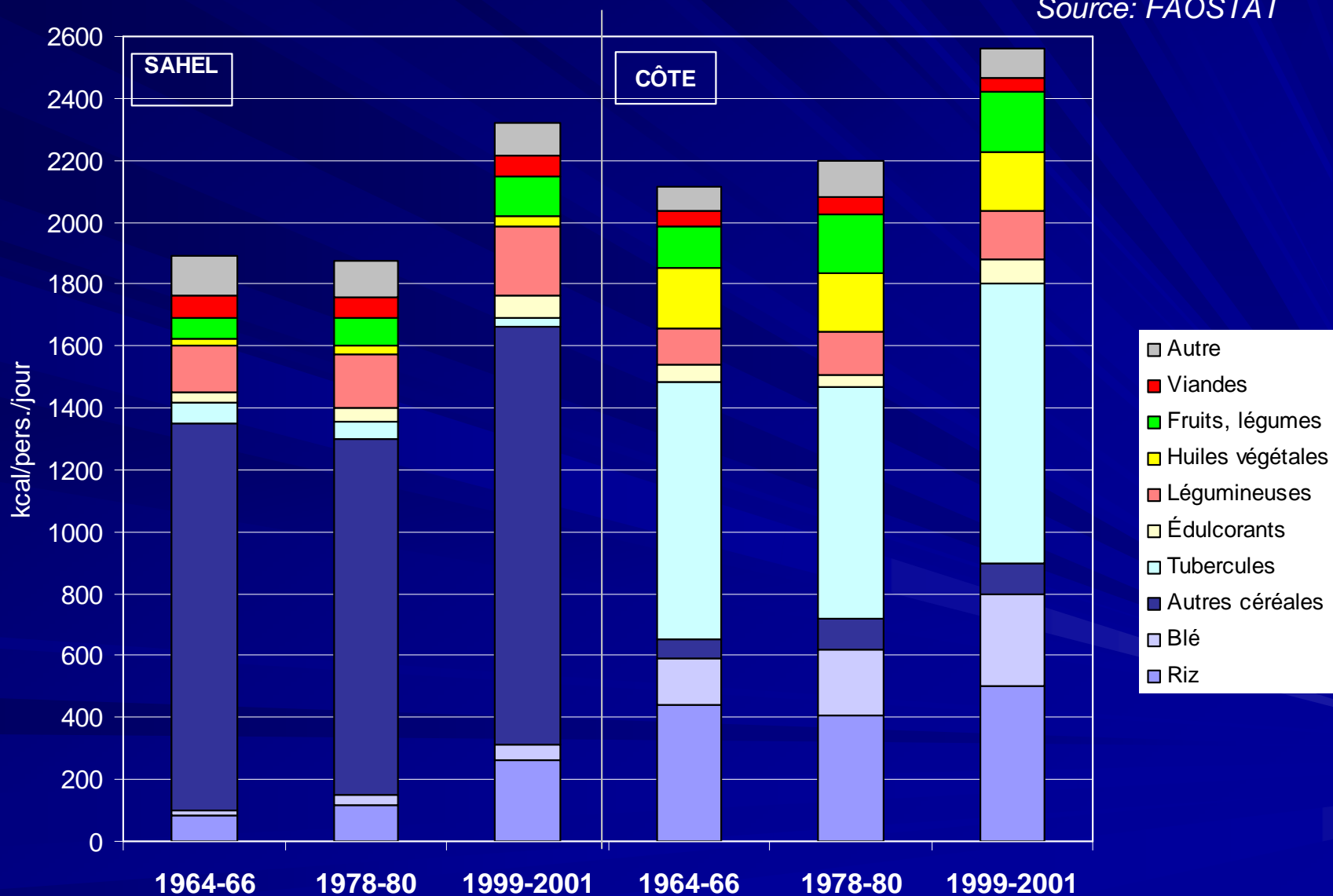
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Malnutrition in West Africa: Why?

- Main determinants: demographic, economical, ecological (closely interlinked)
 - population pressure and migration
 - unsustainable food and agriculture policies (including access to natural resources and food imports)
 - increased monetisation of the economy, globalisation, structural adjustment
 - urbanisation
 - natural disasters, conflict, HIV/AIDS
- Changes in lifestyles and diets (including decline of traditional foods, changes in household resources allocation)

Food availability: trends

Source: FAOSTAT



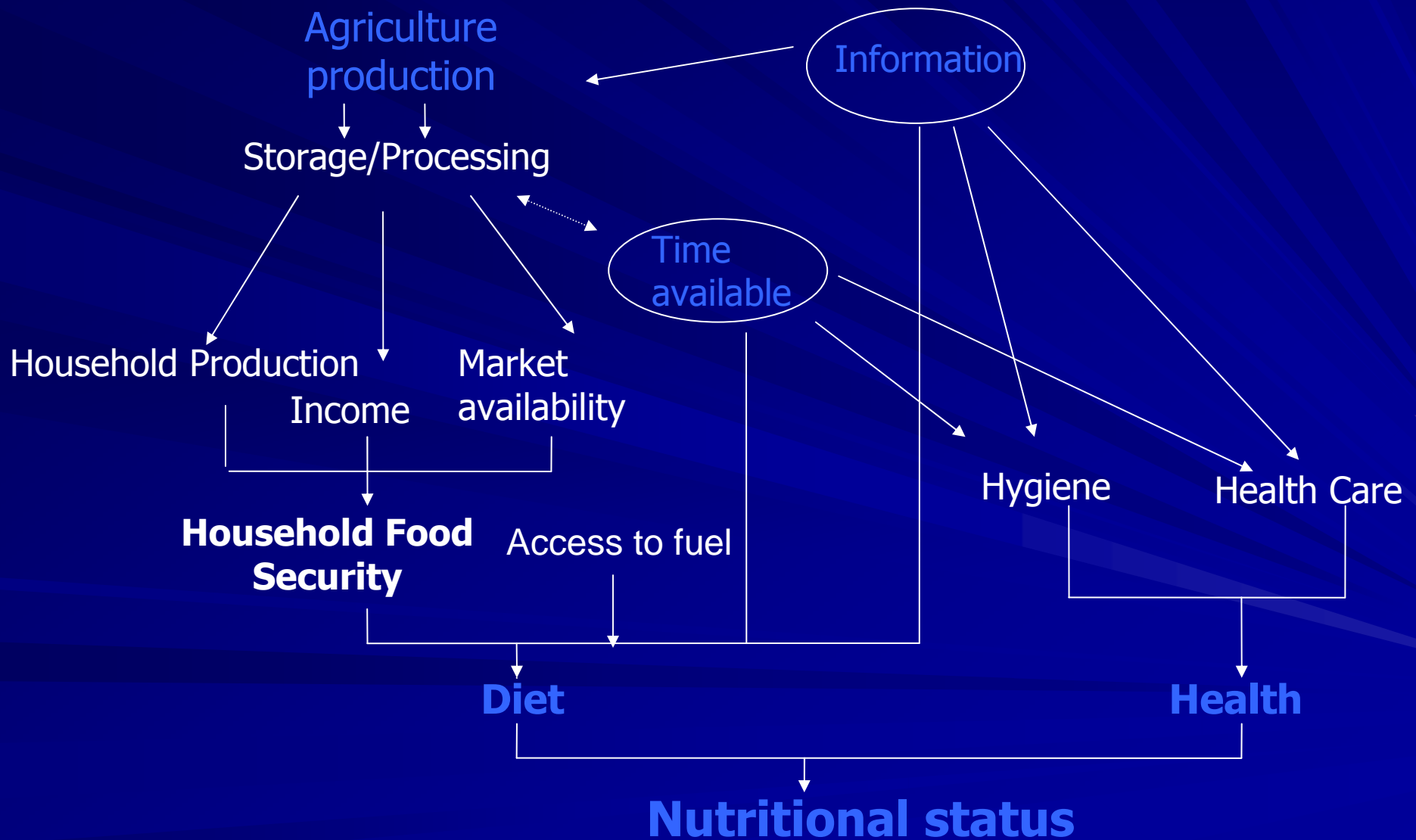
As a result...

- A vicious circle:
 - Malnutrition
 - Poverty
 - Degradation of natural resources
- ...which requires an integrated approach
 - Improved diets
 - Sustainable livelihoods
 - Food security
 - Sustainable management of natural resources

Sustainable Livelihoods approaches: key principles

- pro-poor
- participatory (communities and local institutions)
- holistic/integrated
- dynamic
- micro-macro linkages
- sustainable natural resources management

Understanding the causes of malnutrition



Agriculture: all technical areas have a role to play

- Plant production
 - staple food: cereals, tubers
 - pulses
 - oils, groundnuts
 - leafy vegetables, other vegetables; fruit
- Animal production (small livestock, dairy products)
- Trees and forests: fuelwood, hunting and gathering
- Fisheries: coastal, riverine, aquaculture

From farm to fork: food processing and preparation

- Improve shelf-life, quality and safety and diversity of available foods
- Improve traditional complementary feeding practices
- Generate income and strengthen livelihoods of food insecure households
- Improve supply of local markets
- Save time and labour

Food and agriculture for health and nutrition

- Make the best of local resources for balanced diets at different seasons
- Retrieve traditional knowledge
- Target the most at-risk households and communities
- Understand household constraints and strategies
- Build on existing experience

Improving targeting and M&E: the example of Burkina Faso

Integration food security and nutrition indicators in agriculture information systems

■ Anthropometric indicators

- W/H and MUAC for children
- BMI of mothers

■ Integration of new tools

- ❖ Household Food Insecurity Access Scale (HFIAS)
- ❖ Individual Dietary Diversity (IDD) Score

■ Enhancement of Early Warning System

(collaboration MoA and MoH with support from IRD, EU and French cooperation)

Biodiversity for food and nutrition: selecting interventions

- ≠ varieties have different nutrient contents
- ≠ varieties have different cooking requirements
- Local varieties can be essential to local livelihoods (in particular for poor people)

➔ Nutrition criteria should be used in selection of agriculture interventions (including cultivar promotion):

- nutrient content
- cooking time
- contribution to livelihoods

Biodiversity for food and nutrition: a dual approach

- Systematic integration of biodiversity into nutrition (intake surveys, food composition tables and databases, general conferences)
- Systematic integration of nutrition into biodiversity activities (e.g. rice-based aquatic ecosystems)

Biodiversity for food and nutrition: the Brazilia recommandations (2005)

Mainstream conservation and sustainable use of biodiversity into agendas and programmes related to nutrition, agriculture, and poverty reduction.

- Food-Based Dietary Guidelines
- Food composition analysis and dietary assessments
- Nutrition education
- Regulatory frameworks and legislation at national and international levels
- National Plans of Action for Nutrition
- National Poverty Reduction Strategy Papers
- Right to Food
- Food security projects and programmes, including: household food security projects, school-based programmes, home gardens
- Emergency response and preparedness

Biodiversity and food security: an example from Mali

- Empower local communities to manage their natural resources (including management of threatened animal resources)
- Revise land use policy
- Review forest policy and legal framework
- Improved water-resource managements
- Management of local knowledge

(FAO-Netherlands Partnership Programme,
Bioversity Int.)

Alleviating malnutrition: the role of the food and agriculture sector

- Realise the right to food
- Ensure year-round food availability at local level: quantity, diversity and safety
- Improve complementary foods practices
- Revisit policies
 - to promote food security
 - to protect diets of vulnerable people
- Regulate publicity and develop appropriate education and communication strategies

... in partnership with other sectors

- Systematic linkages with the social sector:
 - Health centres (including Nutrition Rehabilitation Units)
 - Schools
 - Social affairs
- At all levels:
 - community
 - local FSNL strategies
 - national

A key contribution to achieving the Millennium Development Goals

- Eradicate extreme poverty and hunger
- Achieve universal primary education
- Promote gender equality and empower women
- Reduce child mortality
- Improve maternal health
- Combat HIV/AIDS, malaria and other diseases
- Ensure environmental sustainability
- Develop a global partnership for development