

A stylized world map in light blue and grey, centered in the background. Overlaid on the map are numerous colorful, concentric and intersecting lines in shades of green, blue, red, and yellow, resembling orbital paths or data connections.

Webinar Series: **Entry Point on Sustainable Food Systems and Nutrition Healthy Dietary Patterns**

Entry points for accelerating the implementation of the 2030 Agenda for Sustainable Development in Asia and the Pacific

02 April 2020

Parallel Online Consultation for Entry Points:

Entry point 1 – Human well-being and capabilities

Entry point 2 – Sustainable and just economies

Entry point 3 – Food systems and nutrition patterns

Entry point 4 – Energy decarbonization and universal access

Entry point 5 – Urban and peri-urban development

Entry point 6 – Global environmental commons



Entry Point 3: Sustainable Food Systems And Healthy Nutrition

Lead Agency



In collaboration with:



Food and Agriculture
Organization of the
United Nations

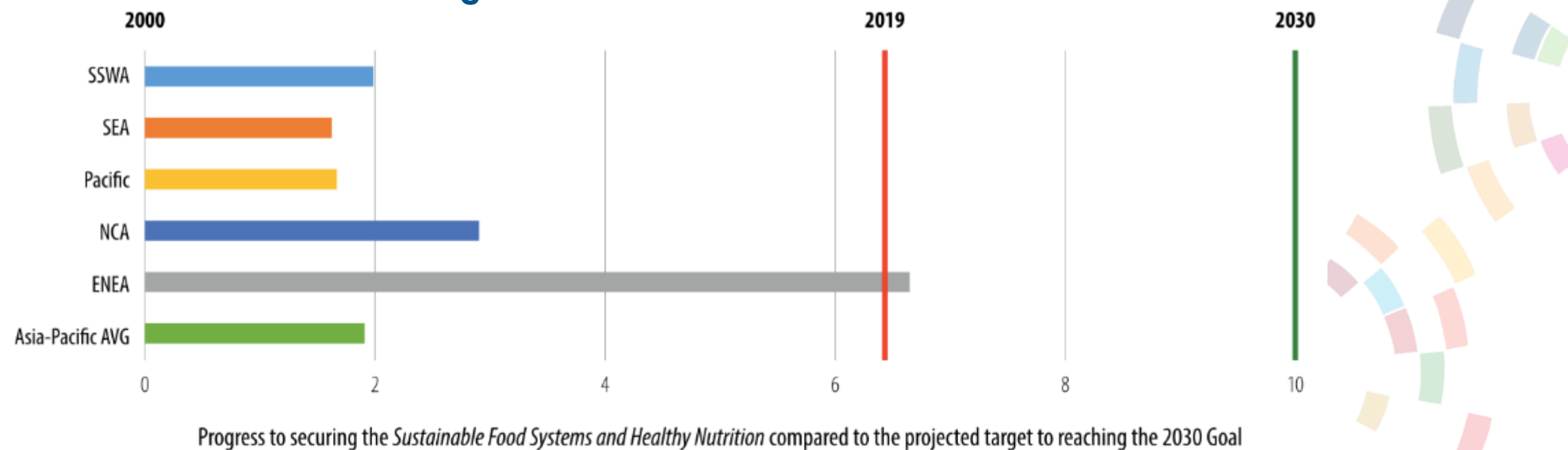


I. SUSTAINABLE FOOD SYSTEMS AND HEALTHY NUTRITION IN ASIA AND THE PACIFIC



II. PROGRESS AND KEY CHALLENGES FOR ACCELERATION IN ASIA AND THE PACIFIC

Figure 1: Sub-regional snapshot of progress and overall progress in Asia and the Pacific on Food Systems and Nutrition Patterns



Source: Economic and Social Commission for Asia and the Pacific (ESCAP), calculations based on methodology from Asia and the Pacific SDG Progress Report 2020 (forthcoming) and data from the ESCAP Statistical Online Database. Available at http://data.unescap.org/escap_stat/ (accessed on 10 December 2019).

Note: The green line represents targets to be achieved in the 2030 Agenda. If the region was on track to achieve these targets across the six areas, the red line would have been hit by 2019.

Current approach

Production-based

- ✓ Food security
- ✓ Incomes
- ✓ Economic growth

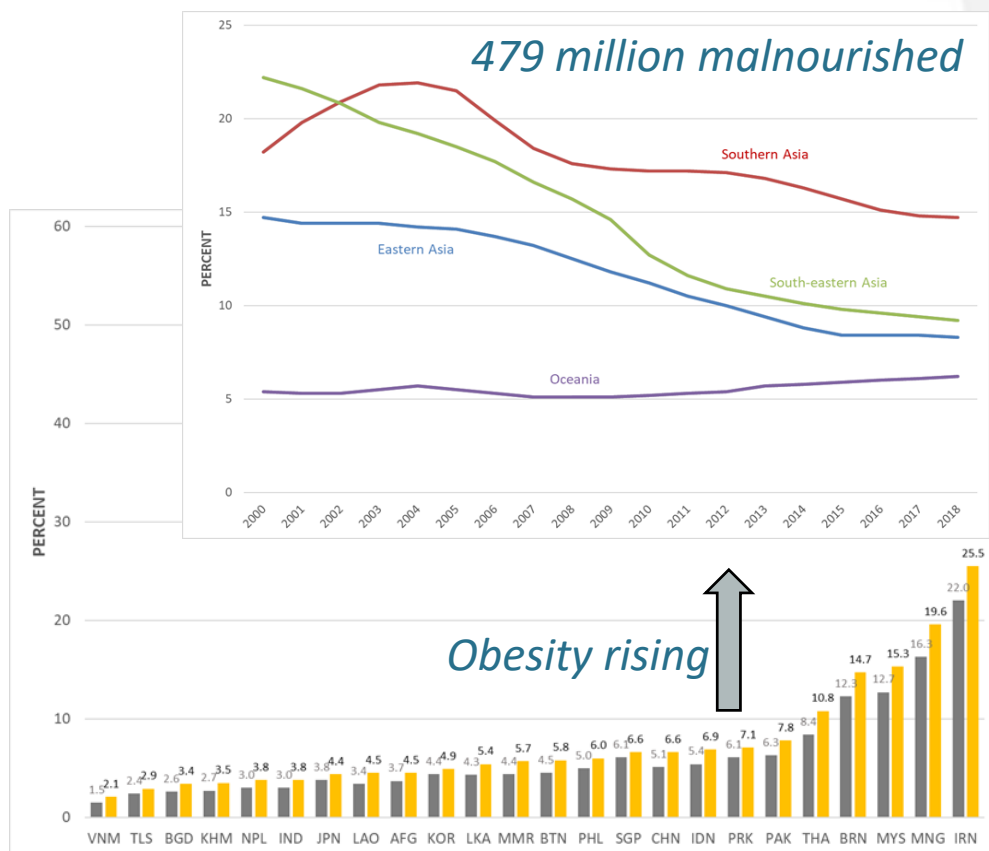


× GHG emissions - 30% of global contribution

× Malnutrition – double and triple burdens

× Low resilience to crises – climate; **COVID19**

× Degradation of natural resources



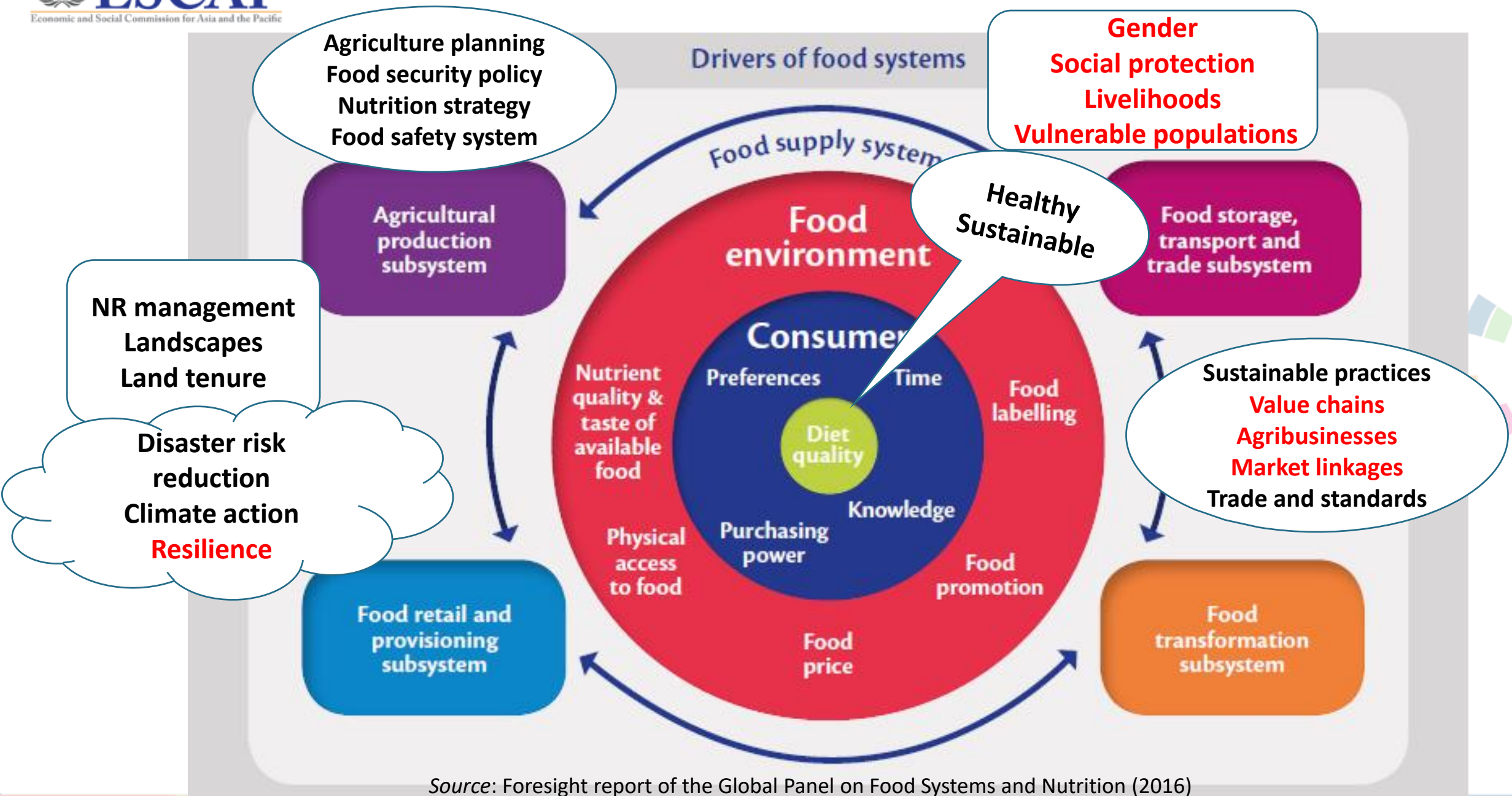
II. PROGRESS AND KEY CHALLENGES FOR ACCELERATION IN ASIA AND THE PACIFIC

Food system: “covers the entire range of activities involved in the production, processing, marketing, consumption and disposal of goods, which originate from agriculture, forestry or fisheries, including the inputs needed, and the outputs generated at each of these steps.

Food systems also involve the people and institutions that initiate or inhibit change in the system as well as the sociopolitical, economic and technological environment in which these activities take place”.

World Bank and FAO, 2017





“Food systems go well **BEYOND PRODUCTION:**
storage, transport, trade, transformation, provisioning and retail.

Food systems GOVERN the safety, nutrition quality, affordability and
sustainability of food”



III. COUNTRY LEVEL ANALYSIS

The triple burden of malnutrition in Asia and the Pacific

**Causes of all forms
of malnutrition:**

- Poverty and inequality
- Socio-cultural factors
- Poor water quality
- Poor sanitation and hygiene
- Maternal nutrition
- Poor diets

In Asia and the Pacific:
82 million under 5 children are stunted,
34 million under 5 are wasted

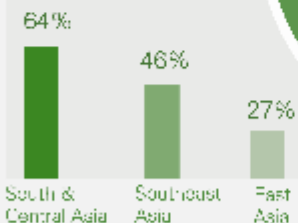


In Asia and the Pacific:

158 million
children under 5
are micronutrient
deficient

400 million
women of
reproductive
age are anemic

**Children under 5
with micronutrient
deficiencies in Asia**



01 Undernutrition

**02 Micronutrient
deficiencies**

**03 Overweight &
Obesity**

**Triple
Burden**



16 million
children under 5 are
overweight

115 million
children aged 5-19
are overweight

The Triple Burden can exist at the individual, household, or country level



Individual:

Children can be stunted,
overweight and micronutrient
deficient at the same time



Household:

A household can have a mother
who is anemic and overweight,
and a young child who is wasted
and stunted



Country:

A country can have overlapping
burdens of undernutrition, overweight
and micronutrient deficiencies

III. COUNTRY LEVEL ANALYSIS

Today, far too many children are eating too little nutritious food and too much unhealthy food

These poor-quality diets are robbing millions of children of their health, development and lifetime prospects.



Country case studies: India

- High prevalence and largest burden of maternal and child undernutrition (**44m stunted, 24m wasted, 74m with micronutrient deficiencies; >50% of women anemic**)
- Significant Government investment: National Nutrition Mission
- Success factor: creating strong convergence of programs and multiple sectors: health, public food distribution, water and sanitation, rural development, agriculture.
 - Mainstreaming nutrition objectives into each
 - Time bound targets
- Focus on local food systems:
 - Strengthening the knowledge about regional and local food systems
 - Promoting social and behavior change among communities and individuals
 - Atlas with a repository of traditional foods, crops and cultural practices associated with them



Country case studies: Pakistan

- Persisting high prevalence and burden of undernutrition (**>10m children stunted, >50% anemia**)
- Growing double burden: one analysis in urban areas showed that over half of overweight children also stunted.
- Around two-thirds of population unable to afford minimum nutritious diet
- Economic losses due to malnutrition **\$7.6bn** annually – **3% of GDP**
- Lack of adoption of coherent approaches towards nutrition sensitive and sustainable models which could facilitate access to healthy diets.
- Other challenges:
 - poor implementation of regulations and standards incl. food safety,
 - weak linkages from farm to market,
 - lack of commercially available nutritious foods for young children

among



Country case studies: Indonesia

- **Stunting reducing too slowly – still above 30%; 7.7m stunted children and 2m annual cases of severe wasting; almost 3m overweight children <5**
- Anti-Stunting Movement launched 2017 with presidential and multi-sectoral high level commitment and \$4bn Government investment;
 - ambitious target to reduce stunting to 14% by 2025
 - package of 8 essential nutrition interventions
- National Development Plan has strategies to rework food systems to ameliorate food insecurity and combat all forms of malnutrition without compromising robust economic growth in rural and urban areas.
- Policies and regulations governing agriculture production, food chains and the food environment to be updated, streamlined and integrated to achieve sustainable outcomes



Country case studies: Thailand

- Thailand enjoys a reputation as a nutrition champion.
- **Undernourishment rate fell from 35% in 1990 to 7% in 2016**
- **Stunting reduced from around 25% in 1987 to just over 10% in 2016**

Success factors:

- Building awareness and designing nutrition components of national development strategies, policies and investments from the 1960s onwards: Use of advocacy and research in elevating attention
- Nutrition recognized not only as development issue but as symptom of poverty: multi-sectoral poverty alleviation programme implemented in the poorest districts to improve nutrition, with measurable targets embedded into policies, strategies and action plans
- Community-based nutrition programme involving strategic planning with community engagement, social mobilization through community activists and a local action-oriented monitoring framework
- Nutrition-sensitive agriculture system; supported consumption of nutritious foods and supplementary and complementary foods for children
- Increasing access to improved Water, Sanitation and Hygiene



IV. POLICY RECOMMENDATIONS FOR ACCELERATION

- **Policy Recommendation 1.**

Governments can help reduce hunger, improve nutrition and transform food systems by reviewing national policies and investments and integrate nutrition objectives into food and agriculture policy and programming to ensure food security and healthy diets

- **Policy Recommendation 2.**

Strengthen local food production and processing, especially by smallholders and family farmers, giving special attention to youth and women's empowerment, while recognizing that efficient and effective trade is one of the keys to achieving nutrition objectives.

- **Policy Recommendation 3.**

Improve food storage, preservation, transport and distribution technologies and infrastructure to reduce food and nutrient losses and waste and seasonal food insecurity.

- **Policy Recommendation 4.**

Encourage product reformulation by the reduction of saturated fat, sugars and salt/sodium in foods and beverages, as well as elimination of trans-fats in food products to improve food and nutrition quality and prevent excessive intakes.



IV. POLICY RECOMMENDATIONS FOR ACCELERATION

- **Policy Recommendation 5.**

Establish and strengthen institutions, policies, programmes and services to enhance the resilience of the food supply in crisis-prone areas, including areas affected by climate change.

Policy Recommendation 6.

Establish food and nutrient-based standards to guide healthy diets and safe drinking water accessible at home, workplace, school and public facilities.

Policy Recommendation 7.

Improve maternal and child nutrition by encouraging breastfeeding and providing adequate facilities for breastfeeding, addressing nutritional quality of complementary foods targeting mothers and young children, and improving supplementary feeding programmes for infants and young children.

Policy Recommendation 8.

Invest in nutrition sensitive social protection and WASH programmes to improve child and maternal health and nutrition.



Thank You

