



**Evidence Based Programme and Policy Implementation Roundtable.  
NIH-NICHD on Double Burden of Malnutrition Among Children and Children in  
LMICs**

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THE DAYS OF KWASHIORKOR AND  
MARASMUS MAYBE OVER...

# WHAT ARE THE CRISES WE FACE TODAY?

- Climate (change, variability, poor mitigation etc.)
- Conflicts
- COVID – 19
- Cost of Food
- Cost of Fuel
- Cost of Fertilizer
- \* Coordination

# THE OTHER CRISES

- Dwindling physical activity amongst young children and adults alike
- Couch potato mentality
- Modern technologies take over
- Traditional/cultural food and diets vs. modern diets
- The diet transition
- Paucity of real data and information
- Overwhelmed health and related systems

# WHAT ARE WE REALLY DEALING WITH HERE?

- Worsening inequalities – gender, youth, marginalized and indigenous peoples
- COVID – 19 exposed the cracks in systems, policies and programmes
- But the upside is; COVID shows us we are less reliant on external commodities and support
- Revisiting indigenous food and knowledge systems
- Pushed us to better early warning and preparedness mode
- Hopefully there will be better accountability (avoid the fraud...)

# WHAT ARE WE REALLY DEALING WITH HERE?

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**1 in 7 PEOPLE  
are HUNGRY**



An infographic showing seven human icons in a row. The first icon on the left is white, representing one person, and the remaining six icons are black, representing six people. This visualizes the statistic that 1 in 7 people are hungry.

**1/3 of FOOD  
is WASTED**



An infographic showing nine square icons in a row. The first two squares on the left are red, representing one-third, and the remaining seven squares are black. This visualizes the statistic that 1/3 of food is wasted.

# MALNUTRITION is a global problem

**1.9  
BILLION**

adults are  
overweight or  
obese

**2  
BILLION**

people suffer from  
some form of  
micronutrient  
deficiency

**161  
Million**

children under  
the age 5 are too  
short for their age

**795  
Million**

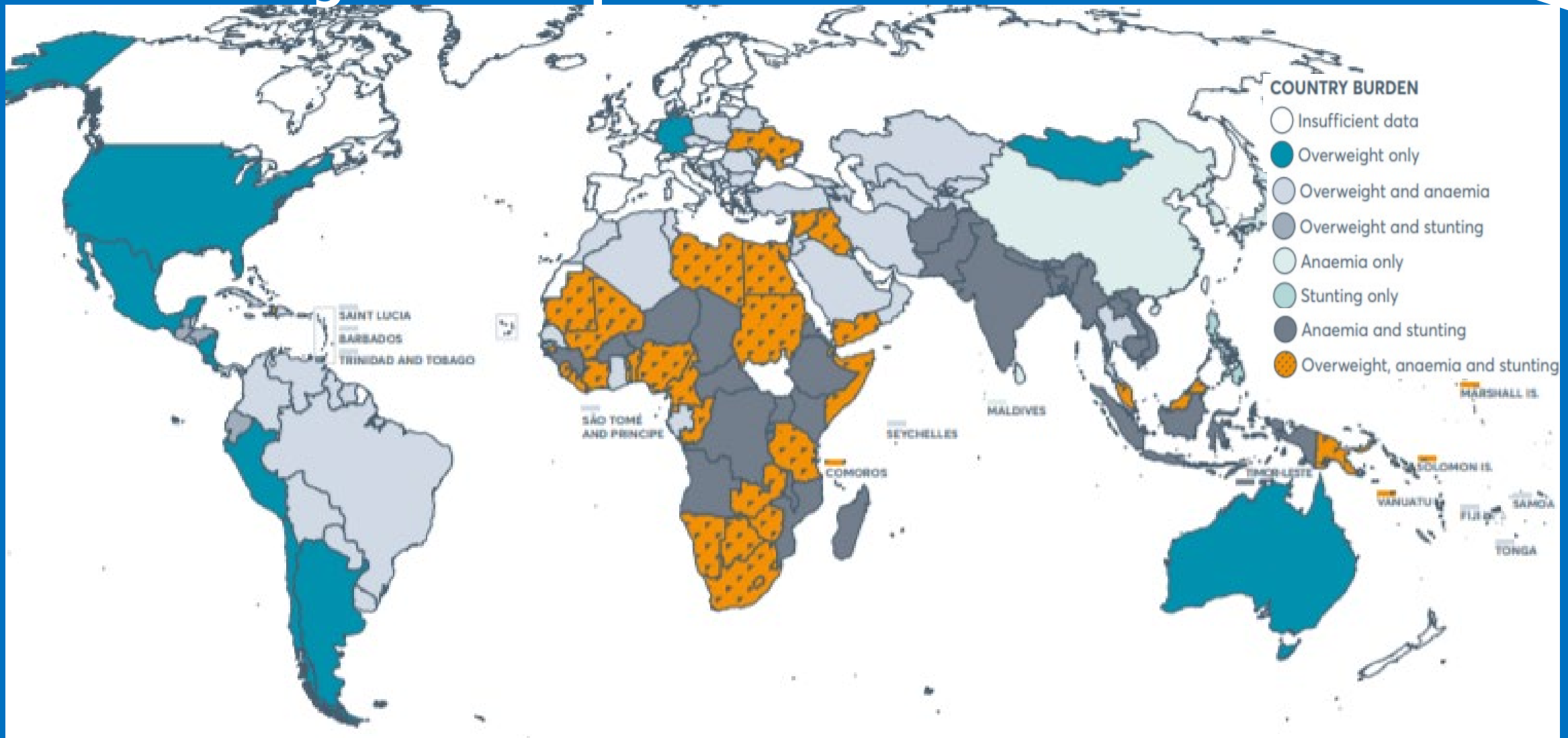
people do not get  
the food they need  
to live a healthy life

## UNHEALTHY DIETS

are one of the leading causes of global **malnutrition**



# Visualizing the multiple burden of malnutrition



- **143 countries** (where there is data) experience **at least one form of malnutrition** at high levels
- **124 countries** experience high levels of **at least two forms of malnutrition**
- Of the 124 countries, **37 experience high levels of all three forms of malnutrition**



# 30 out of 41

countries that struggle with high levels of all three forms of malnutrition are in Africa

[globalnutritionreport.org](http://globalnutritionreport.org)

Coexisting burdens of malnutrition affect millions of children, increasing their risk of poor health outcomes.



WHAT DO WE REALLY KNOW  
ABOUT WHAT KIDS ARE EATING?

# NOT MUCH ?????

- Spending time away from home
- Influence and peer pressure for colleagues
- Poor food choices and nutrition/consumer education
- Inadequate societal and parental guidance
- Neglect of the traditions and roots of good nutrition
- Young mothers rearing children – naming and shaming
- Loose guidance and consequences from the system
- Proper nutrition education (for adolescents especially)
- Cultural and societal “gagging”
- Body shape issues etc.

# THE REALITY:

## AFRICA'S TRIPLE BURDEN OF MALNUTRITION AT A GLANCE

- Under-nutrition

- ❖ **59 Million** children under-five are stunted - **31%**

- ❖ **14 Million** children under-five are wasted - **17%**

- ❖ **10 Million** under-five are overweight - **5%**

- Over-nutrition

- ❖ **40%** of adult women are overweight and **16%** are considered obese

- ❖ **24%** of adult men are overweight and **6%** are considered obese

- Micro-nutrient Deficiencies

- ❖ **38%** of women of reproductive age are anaemic due to iron deficiencies

# AN EXAMPLE FROM SOUTH AFRICA

Broad Policy, food environments, cultural values, nutrition education, peer pressure, social policy and grants, advertising, youth aspirations, schools as an intervention for better???



















# IN THE CONTEXT OF THE FAO 4 BETTERS

- Better Production
- Better Environment
- Better Nutrition
- Better Life

But? How can we achieve these noble 4 Bs for better youth and better health and development to combat childhood triple burden of malnutrition with the impending challenges?

# OPPORTUNITIES AT HAND

- UN Food Systems Summit Outcomes
- Africa Common Position on Food Systems and Nutrition
- AU Africa Year of Nutrition and Food Security for Resilient Systems
- Outcomes of the COP –Egypt coming up soon plus Helsinki
- Outcomes of the G7, AU Summits, Technical Dialogues, Policy Advocacy Engagements with e.g. PAP
- UNFSS Coalitions and Alliances
- Beef up our data and information Systems – engage media, youth et al.
- Research Consortium and BOND-KIDS

# KEY TAKE-AWAYS AND MESSAGES

- Invest in appropriate and context specific research that is targeted to address the local nutrition problems – e.g. the domestication and nutrient analysis of traditional, indigenous and neglected underutilized foods (in addition to exotics)
- Ensure a multisectoral integrated approach and coordination from research, to pedagogy, policy, programme design and implementation
- Invest and increase national budgets in early childhood and development for better health and nutrition – from public, private and innovative financing
- Educate consumers esp. children to create a demand driven culture for nutrient dense products – plant, acqua, livestock, wild, etc. for healthier diets and obesity prevention
- Understand the links between climate change, soil health, food production, healthy diets and nutrition, using the school environments as a spring board.



**THAT'S ALL FOLKS!**