

WHY
Nutrition
Improves
Livelihoods
& Food
Security



Why Nutrition?

Under-nutrition is
the main cause of
death in children
under five



Why Nutrition?

Under-nourished children....

Don't **grow and develop** optimally

Are more **sick**, more often

Do not **study well**

Are **less productive** as adults

Earn **less money** as adults



Why Nutrition?

Under
nutrition
causes
**economic
loss**
to individuals
and
communities



Why Nutrition?

Improvements in
livelihoods and
food security can
have their biggest
impact if they are
invested in
NUTRITION



Why Nutrition?

Well-nourished children....

- ✓ **Grow and develop** properly
- ✓ Are **healthier** – less sick, less often
- ✓ **Achieve more** at school
- ✓ **Earn more** as adults
- ✓ **Have children who grow** and develop properly



Why Nutrition?

Healthy Adults...

- ✓ earn 5-50% **higher wages**
- ✓ 10% more likely to **own their own businesses**



Why Nutrition?

Well
nourished
communities
are healthier
and wealthier

1,000 kyat invested in
nutrition saves over
138,000 kyat in
better health and
increased productivity



Why Nutrition?



**Individuals
and
communities
who are
well-
nourished are
more resilient
to shocks**

Why Nutrition?

THE **IMPACT**
CAN LAST FOR
GENERATIONS



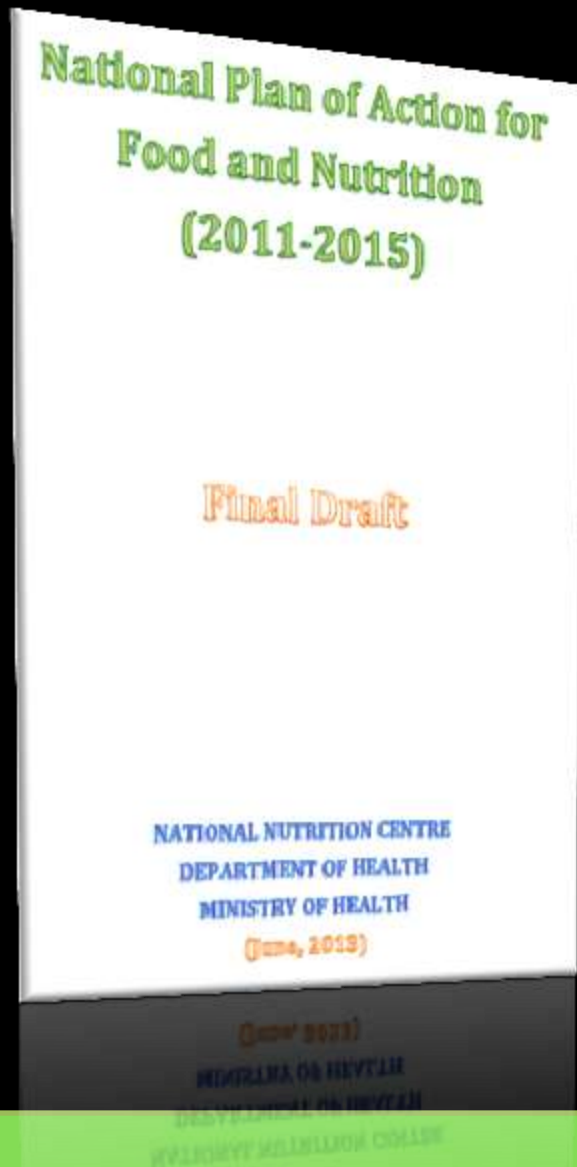
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Scaling Up

NUTRITION



**Myanmar joined the
SUN Movement
on 24 April 2013**



The National Plan of Action for Food and Nutrition 2011 – 2015 (NPAFN)

“ensure adequate access to, and utilisation of food that is safe, adequate and well-balanced on a long term basis”



Window of Opportunity

The First 1000 Days



Conception

1000 Days

2nd Birthday

Stunting beyond two years of age is largely irreversible!

Pregnant & Lactating Women



- ✓ Nutritious diets to promote healthy pregnancy
- ✓ Nutrition for optimal breastfeeding

Exclusive Breastfeeding



- ✓ Food security for infants
- ✓ Saves money
- ✓ Saves lives
- ✓ Meets all water requirements
- ✓ Restrict commercial pressures (Code of Marketing of BMS)

Optimal Feeding for Young Children

- ✓ Diverse foods
- ✓ Introduced at the right time



HOW to do Nutrition In Livelihoods and Food Security Programming



LIFT STRATEGY 2014

NUTRITION crosscutting theme

Livelihoods and Food Security Trust Fund





Build capacity of IPs

to integrate nutrition into LIFT livelihoods
and food security programmes



- ✓ Improve HH and individual **dietary diversity**
- ✓ Increase Crop **diversification**
- ✓ Protect **EBF**
- ✓ Women's **income opportunities**

BCC in Tatlan



Maternity Cash Transfer

- ✓ Cash for **first 1,000 days**
- ✓ Nutrition during **pregnancy, lactation**
- ✓ Nutritious foods for **young children**



Maternity Cash Transfer

- ✓ Stimulates **local economy**
- ✓ Enhances **livelihoods & food security**
- ✓ Myanmar's **Social Protection Draft Strategy**



Water/ Sanitation/ Hygiene

The
future
of
WASH



Who Should “Do” Nutrition?



Who Should “Do” Nutrition?



- ✓ Livelihoods and rural development
- ✓ Food security/ Ag
- ✓ WASH
- ✓ Gender and women's empowerment

Who Should “Do” Nutrition?



EVERYONE