4TH ANNUAL AGRICULTURAL POLICY CONFERENCE [AAPC]

Integrating Food and Nutrition Security into Economic Transformation and Industrialization Agenda:
How can agriculture be the driver rather than follower of economic transformation in Tanzania?

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Food Systems for Nutrition: The Roles of Policies, Programmes and Research

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Topics for Discussion

(i) How food systems influence people’s dietary patterns and nutritional outcomes in Tanzania.

(i) Effective national policies and programmes that have the potential to shape food systems and contribute to improved nutrition.

(i) New areas of food systems research.
Under and Over Nutrition Situation

Since the 1990s to 2015:

- under-5 stunting rates in Tanzania have declined by about 15% points, but remained high at 34.4%.
- wasting has declined substantially from nearly 8% to 4.5%.
- Overweight and obesity rates have risen among Tanzanian adults by an average of 62% and 279%, respectively.
- Overweight among girls and boys aged 5 to 19 years has increased by an average of 293% and 557%, respectively.
Diets matter and contribute to the multiple burdens.

- Dietary risks
- High systolic blood pressure
- Child and maternal malnutrition
- Tobacco smoke
- Air pollution
- High body mass index
- Alcohol and drug use
- High fasting plasma glucose
- Unsafe water, sanitation and handwashing
- Unsafe sex
- High total cholesterol

Source: Global Burden of Disease Study 2013 Collaborators (2015), Figure 5

Note: The graph shows global disability-adjusted life years (DALYs) attributed to level 2 risk factors in 2013 for both sexes combined.
Global and Tanzania Dietary Patterns

• Global dietary patterns among men and women in 187 countries in 2010 show Sub-Saharan Africa, particularly West Africa, ranked better than wealthier regions in North America and Europe.

• But dietary patterns are changing in Tanzania, even in rural areas
  • ‘Purchase' patterns are dominated by bought and processed foods, indicating a possible nutrition transition even in the rural areas.
  • Vegetable and especially fruit consumption is too low.
  • Sugar consumption is on the rise, especially in black tea consumption.
Children’s and women’s diets are not adequate.

- Overall, only one-third and one-fourth of children meet minimum meal frequency and minimum dietary diversity requirements, respectively.
- Most women consume more starch staples and green leafy vegetables and less diary products and fruits.
Types of Food Systems and Malnutrition

• Traditional food systems - minimally processed seasonal foods, collected or produced for self-consumption (highest prevalence of undernutrition and micronutrient deficiencies).

• Mixed food systems - formal and informal markets with highly-processed and packaged foods (moderate levels of all burdens of malnutrition).

• Modern food systems - characterized by more processed and packaged long food’s shelf life (lower levels of undernutrition and micronutrient deficiencies, but higher levels of overweight and obesity.)
We are in Transition Period

• Nutrition Transition – Traditional-mixed - modern food systems.
• Lifestyle and dietary patterns are driven by urbanization, globalization and economic growth.
• From burdens of infectious disease and undernutrition to burdens of obesity and NCDs (double burden).
• All these have detrimental impacts on nutrition and health.
Therefore we Need effective policies and programmes

• If we are to meet SDG2 (ending hunger) goal and SDG 2.2 (ending all forms of malnutrition) target.

• Very few of the current Tanzania policies and programmes are aimed at addressing the transitioning food systems and environments in the country.

• This will require engagement with many stakeholders.

• However, even better enabling environments, evidence and lifting of barriers is required.
Need effective policies and programmes

• Create an even better enabling environment.
• Nutrition commitment is there (development agenda, nutrition multisectoral action plan).
• Need to evaluate food system commitments (research).
• Financing is not there (ranked 135/152 countries).
• Garner the Evidence Base through research.
Evidences that can Improve Tanzania Food Systems for Better Diets and Nutrition

- Input supply: Improved varieties, bio-fortification strategies
- Production: Focus on women farmers, diversification, extension.
- Post harvest storage: Aflatoxin control, refrigeration.
- Processing: Fermentation, drying, fortification, product reformulation (reduced sugar, salt, unhealthy fats).
- Distribution: School feeding programs, voucher schemes, targeting vulnerable ones.
- Marketing and Retail: Messaging on the importance of nutrition, benefits of certain foods.
- Consumption: Home fortification with MNP, training on nutritious food preparation.
Make food environments healthier

- Incentivize retailers and sellers of food through tax breaks.
- Reformulate foods – remove trans fats, reduce sugar and salt.
- Phase out advertising and promotion of unhealthy foods to children and adolescents.
- Limit the sale and serving of unhealthy foods and promote healthy eating.
- Taxing junk food and soda.
- Front of the pack labeling, information warning, certifications and safety standards on foods.
Overarching Recommendations

- Strengthen the integration of nutrition within national policies, programmes and budgets.
- Improve nutritional outcomes by enhancing women’s rights and empowerment.
- Gather evidence through research on food systems and nutrition impacts.
- Enhance opportunities to improve diet and nutrition outcomes along **food supply chains**.
- Improve the quality of **food environments**.
- Create **consumer demand** for nutritious food.