



NATIONAL SYMPOSIUM ON
SCALING UP NUTRITION

Nutrition Matters

“Your right, your role, act now”



Ministry of Public Health
and Sanitation



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Background:

Nutrition security is a human right; It is the basis for economic, social and human development. Good nutrition throughout the lifecycle is a prerequisite to good health, which adds quality to life and contributes to healthy ageing. A healthy population and productive workforce reinforce sustainable national growth.

Optimal nutrition ensures proper development of a child's brain and body cells, enabling them to grow into productive adults who can contribute to the development of their society. The health and general wellbeing of pregnant women and those in their reproductive years determines the health of the children they bear. Poor nutrition, on the other hand, affects the physical and mental health of a child, predisposes them to weakened resistance to illnesses throughout their lifetime and inhibits full intellectual ability. Poor nutrition inhibits the populace from flourishing, thus undermining national prosperity.

Situation

Globally, one third of all children under the age of five years are chronically undernourished. In Kenya, this not only impairs their intellectual, physical and social skills, but also predisposes them to diabetes, cardiovascular disease and cancers in later life. These non-communicable diseases cause the death of 36 million people every year. Of these, eight million are from developing countries. In Kenya, more than 2 million children are stunted.

40,000

The number of children who die because they are underweight, vitamin A-deficient, or not exclusively breastfed for the first six months of life. In addition, 2.1 million children aged below five years are stunted as a result of under-nutrition. These children will never reach their full mental and physical potential if they survive.



Prevalence of diabetes is 4.2 per cent while 12.7 per cent of the population is hypertensive. Cancer incidence is estimated to be 28,000 annually, while the annual mortality is 21,000 people. About 28 per cent of all deaths result from non-communicable diseases. Prevalence of overweight and obesity is also on the rise. Currently 25 per cent of women are obese or overweight.



Malnutrition is amongst the biggest threats to Vision 2030 and Kenya's achievement of the Millennium Development Goals. Kenya is currently experiencing a rise in diet-related non communicable diseases, such as diabetes, some cancers, kidney and liver complications, attributed to consumption of foods low in fibre, and high in fats and sugars.

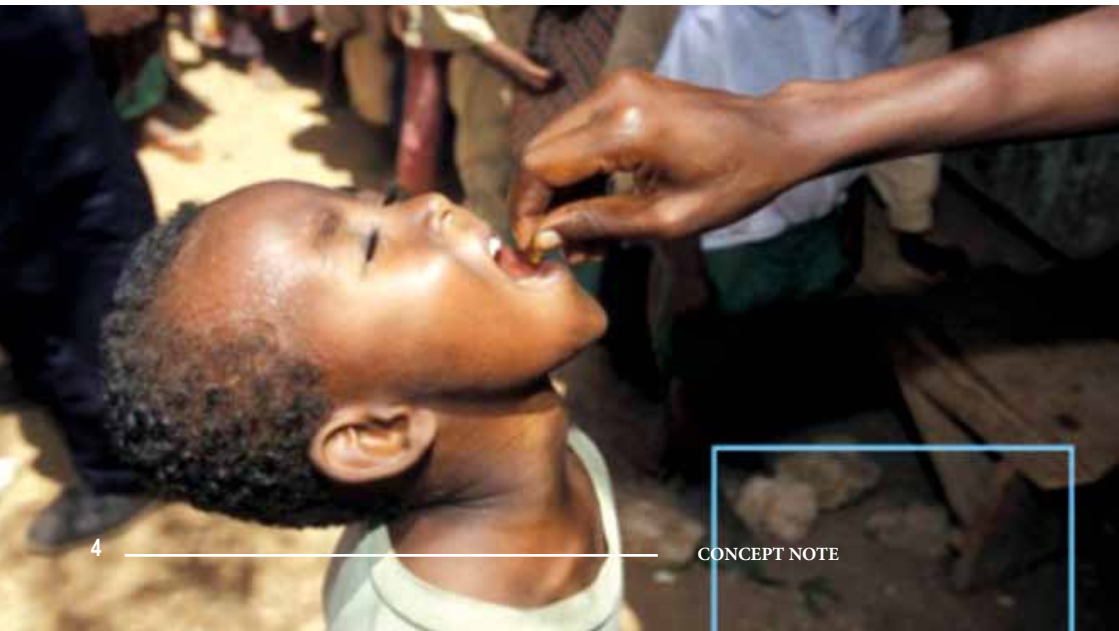


The impact of poor nutrition on the economy is broad, not exclusive to health costs, but to the overall productivity of the nation. In one year alone, conservative estimates put the loss to the Kenyan economy due to stunting at Kshs. 128billion. Without deliberate and concerted effort, this figure will rise to Kshs.3 trillion in 20 years and 527, 000 lives will be lost.

Call to Action

Reducing malnutrition in Kenya is a political choice. It calls for a multi-sectoral focus, driven by a political will that acknowledges the integral role that nutrition plays in ensuring a healthy population and productive workforce. Communities must be empowered to claim their right to good nutrition and guided to play their role towards realizing this right.

The solutions to malnutrition are practical and basic. They have to be applied at scale and prioritized in the national development agenda. The scope of interventions should not only be limited to emergencies



but also addressing poor nutrition practices.

Some success

Kenya has shown renewed commitment to nutrition as demonstrated by the development of **Food and Nutrition Security policy (FNSP)**. The government has adopted a set of high impact interventions with a commitment to addressing the barriers to scaling up these interventions. These commitments and actions are articulated in the Nutrition Action Plan aligned to the policy and Medium Term Implementation Plans.



Kenya will be the 27th Country to join the SUN movement.

The Government recognizes that additional resources and strengthen systems are required to scale up nutrition interventions and end all forms of malnutrition. The Government has also invested in strengthening public –private partnership for food fortification in Kenya as one of the promising cost effective interventions to end the alarming levels of micronutrient deficiencies. It has done this by ensuring better legislations, financial, technical and monitoring systems support. Kenya is one of the few African countries that has registered tremendous success in reducing iodine deficiency and sustained the results through fortification programme.



The National Nutrition Symposium

This is the first National Nutrition Symposium hosted by Ministry of Public Health and Sanitation.

Under the banner “**Nutrition Matters**” and the tagline “**Your Right, Your Role – Act Now!**” the symposium will provide a unique opportunity for stakeholders from both public and private sectors to learn from science and experience, be inspired to reverse the alarming trends, and demonstrate their commitment in concrete declarations – financial, legislative, human resource, technology and products. To achieve a strong commitment to this ambitious effort, the participation must represent the highest echelons of government, non-governmental, industry and donor organisations.



Working in collaboration with partners, the Ministry of Public Health’s Division of Nutrition will use the symposium to stimulate momentum towards responsible citizenry, local participation and multi-sector engagement to nurture and sustain a healthy and productive nation.



The symposium will provide initial commitment and content for a

functional online "Community of Practice" forum that supports sharing of key information, lessons learned and experiences from efforts to prevent malnutrition in Kenya and other countries.

The programme for this event, will be a mix of technical papers, audio and visual presentations that put faces to the numbers; and vibrant panel discussions and parallel syndicated sessions. The speakers and chairs are carefully selected to share their expertise, demonstrate the possibilities and inspire action.

The key highlights of the symposium will be the roll-out of food fortification and the launch of the Scaling Up Nutrition (SUN) movement in Kenya.

Food fortification

Fortifying foods with micro-nutrients and minerals has been identified as one of the most promising high-impact interventions to address the alarming levels of micronutrient deficiencies in the country. The Government through public-private partnerships, has made tremendous gains in food fortification.

Launch of Scaling Up Nutrition (SUN) movement in Kenya

Kenya will be the 27th Country to join the SUN movement. Kenya has shown renewed commitment to nutrition and ensured the development of **Food and Nutrition Security policy (FNSP)**; the policy was endorsed by cabinet in August 2011. The FNSP is now Session paper 1 of 2012, yet to be discussed in parliament. The "National Nutrition Action Plan" a road map and practical tool, which defines high impact interventions from community, county to national level and articulates opportunities for resource mobilisation and enhancing partnership, will be used to advocate for support to SUN in the country.

1. Scaling up Nutrition (SUN) Movement

The Scaling Up Nutrition (SUN) movement supports country efforts to reduce malnutrition. The SUN Movement was launched at the 1,000 Days: Change a Life, Change the Future event co-hosted by the United States and Ireland during the United Nations Summit on the Millennium Development Goals in September 2010. Over 100 agencies from donor groups, the United Nations, civil society, the private sector and research institutions have endorsed the SUN Framework that sets out principles for scaling up nutrition and are now working to translate these, guided by the SUN Roadmap, into action.



1000

The days from conception to 2 years; "the window of opportunity" to a healthy start of life and a lasting impact to nutritional well being of a generation



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