

Nutrition in 2017-2018

A GLOBAL PERSPECTIVE

Malnutrition results not just from a lack of sufficient and adequately nutritious and safe food – but from a host of intertwined factors: health, care, education, sanitation and hygiene, access to food and resources, women’s empowerment, and more. It is a universal issue holding back sustainable development with unacceptable human consequences. The opportunity to end malnutrition has never been greater. The UN Decade of Action on Nutrition (2016-2025) and the Sustainable Development Goals (SDGs) provide global and national-level impetus to address malnutrition and expedite progress.

All women, men and children – at all times – should have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.

Yet, global hunger is on the rise after steadily decreasing for over a decade, mainly due to conflict and increasing climate-related shocks. One in every nine people were undernourished in 2017. The situation is worsening in sub-Saharan Africa and Latin America, in particular – with women and girls being most affected. Undernourishment has increased most

The scale of malnutrition in 2018

- Today, nearly **one in three people the world over suffers from at least one form of malnutrition**: wasting, stunting, vitamin and mineral deficiency, overweight, obesity and diet-related non-communicable diseases (NCDs).
- **1.5 billion people** experience one or more forms of micronutrient deficiencies.
- **821 million people** are undernourished.
- **151 million girls and boys** under 5 are too short for their age (stunted), whilst **over 50 million** do not weigh enough for their height (wasted), and over 38 million are overweight – none of these children are growing healthily.
- **Close to 16 million** children under five are affected by both stunting and wasting, and **8 million** by both stunting and overweight.
- **39 per cent of adults** are overweight or obese.
- **One in three women** of reproductive age is anaemic.



rapidly in Western Africa, where 15.1 per cent were undernourished in 2017, compared to 12.8 per cent in 2016.¹

This trend has not yet been reflected in the proportion of stunted children which has declined by 9 per cent since 2012. However, the number of stunted children is still unacceptably high with 151 million children under five affected in 2017. Despite efforts made, progress to reduce stunting has been insufficient, particularly in the African and Asian regions that are home to nine of ten stunted children.

One in three people globally suffer from one or several forms of malnutrition. Overweight and obesity are growing problems for both adults and children across the world. Low and middle-income countries that are still facing a high burden of undernutrition are now seeing the fastest increases in overweight, obesity and diet-related non-communicable diseases (NCDs), due to changes in diets and lifestyles. Childhood undernutrition is associated with a higher risk of overweight, obesity and NCDs later in life.

Increasingly, countries, communities and individuals face multiple forms of malnutrition, which means that undernutrition co-exists with overweight, obesity or diet-related NCDs. This can occur within **individuals** (with the simultaneous presence of two or more types of malnutrition, or the development of multiple types over a lifetime), **households** (with multiple family members affected by different forms of malnutrition), and **populations** (where both undernutrition and overweight can be prevalent in a community, region or nation) – across the life course.²

It is estimated that the 60 SUN countries are home to approximately 64 per cent of all stunted children under five, 49 per cent of wasted children and almost 30 per cent of girls and boys under age five who are overweight.

¹ FAO, IFAD, UNICEF, WFP AND WHO, (2018). The State of Food Security and Nutrition in the World 2018. Building climate resilience for food security and nutrition. Available at: <http://www.fao.org/3/I9553EN/i9553en.pdf> [accessed October 2018].

² World Health Organization, (2017). Double-duty actions for nutrition: policy brief. Available at: <http://www.who.int/iris/handle/10665/255414> [accessed October 2018].



GOOD NUTRITION: A GAMECHANGER FOR WELLBEING, DEVELOPMENT AND SUCCESS

This is why the first 1,000 days – from a mother’s pregnancy until her child’s second birthday – are a unique window of opportunity in determining a girl’s or boy’s destiny. Good nutrition builds strong immune systems, supercharging children’s chances of survival, educational attainment and productivity and protecting them their whole lives. Whereas much work has gone into caring for children’s bodies, nutrition is the key to also care for a girl or boy’s brain – the most important thing a child has.

Research shows us that adolescence³ is a second window of opportunity for nutrition since it is a period of rapid physical and cognitive growth and development. Improved nutrition during adolescence can help address nutritional deficits acquired during the first decade of life, help to fuel educational and economic success and positively impact adolescents’ immediate and future health, and that of their children.⁴

However, good nutrition will only happen when women and girls are empowered. Actions that recognise and address gender and social inequalities are both empowering and effective ways of tackling malnutrition. Nutrition investments provide important entry points to address underlying drivers: educational attainment, household power and income distribution, reproductive rights and health and harmful practices, such as child marriage and gender-based violence. Similarly, an integrated approach to education and health can result in strong nutritional outcomes for all, especially women and girls.

Many countries are set to achieve at least one of the targets set by the global community to track progress on nutritional status to 2030. The level of knowledge on what it takes to deliver results has never been higher. Governments and national stakeholders are, today, better placed to deliver results, with more governance, policies, action plans and targets. There is better data, backed by analysis and intelligence, thus enabling us to progress our understanding of the nature of the burden of malnutrition in all its forms and causes – and therefore guide and inspire action and improve our ability to track progress.

To this end, the time is now to seize this window of opportunity to get on track towards the SDG target of ending hunger and malnutrition, in all its forms, by 2030. To do so, stakeholders in the SUN Movement, and beyond, will need to increase investments to improve nutrition – and to invest more smartly – by focusing on the first 1,000 days and adolescence, recognising their crucial importance for growth and development during the lifecycle. A strong focus on transforming agriculture and the production of food into food systems that deliver healthy diets that drive better nutrition everywhere is fundamental. The poor quality of diets among infants, young children, adolescents and adults needs to change. Addressing multiple forms of malnutrition simultaneously, also by scaling up effective ‘double-duty actions’⁵ that have the potential to reduce the burden of undernutrition, as well as overweight, obesity and diet-related NCDs at the same time, is key.⁶ All stakeholders must take a more holistic view of malnutrition.

³ Ages 10-19 years.

⁴ World Health Organization, (2018). Guideline: implementing effective actions for improving adolescent nutrition. Available at: <http://www.who.int/nutrition/publications/guidelines/effective-actions-improving-adolescent/en/> [accessed November 2018].

⁵ Double-duty actions include interventions, programmes and policies that have the potential to simultaneously reduce the risk or burden of both undernutrition (including wasting, stunting and micronutrient deficiency) and overweight, obesity or diet-related NCDs. Double-duty actions are often already used to address single forms of malnutrition but with the potential to address multiple forms.

⁶ Supra note 2.

A SNAPSHOT OF GLOBAL ACTION IN 2017-2018:

SUN HIGHLIGHTS

“ Progress in tackling both undernutrition and obesity is possible with targeted commitments, like those made here today. We need further urgent investments so that people, communities and nations can reach their full potential.”

– Kofi Annan



The 2017 Global Nutrition Summit, held in Milan, Italy, on 4 November, convened governments, cities, international agencies, foundations, civil society organisations and businesses to accelerate the global response to malnutrition. This summit – the first global forum of the United Nations Decade of Action on Nutrition (2016-2025) – galvanised USD 3.4 billion in pledges, in total, including USD 640 million in new commitments towards the eradication of all forms of malnutrition, everywhere.

At the summit, several SUN countries, including Côte d’Ivoire, El Salvador and Madagascar, also made commitments to expand domestic programmes for improved nutrition for mothers and children. World Bank analysis in 2016 found that an additional initial investment of USD 3.7 billion a year is needed to make progress toward the global targets for stunting, anaemia in women, exclusive breastfeeding and the scaling up of treatment of severe wasting.





For the first time, in 2017, the [SUN Movement Global Gathering](#) took place in a SUN country – Côte d'Ivoire. From 7-9 November, Abidjan welcomed more than 1,000 members of the SUN Movement – making it the largest Global Gathering to date. The Global Gathering brought together all SUN Government Focal Points and representatives of their partners – from civil society, donors, United Nations agencies, the private sector, media, parliamentarians and academia. This flagship event of the SUN Movement is an important moment to take stock of progress and challenges, share innovations and learn from each other – to inspire and encourage further collaboration to take the fight against malnutrition to the next level.

The SUN Global Gathering agenda was decided on by the 60 SUN countries – reflecting their needs and expectations – emphasising the increasing ownership of members.

The Global Gathering set the stage for the launch of the 2017 SUN Movement Progress report as well as the [2017 SUN Movement Nutrition Champion Award Ceremony](#) which recognised the winners of the 2017 SUN Movement Champion Awards, the 2017 Sight and Life Leadership Awards, Lifetime Achievement in Nutrition Awards, as well as the 2017 SUN Country team award – rewarding outstanding individuals for their contributions for nutrition.

During the closing ceremony, the SUN Movement Coordinator, Ms. Gerda Verburg, presented the '[Message from Abidjan](#)' to the Global Gathering host, the Vice President of Côte d'Ivoire, His Excellency Daniel Kablan Duncan, on behalf of the SUN Movement, for the Vice-President to share with African and European Heads of State at the African Union-European Union Summit in Abidjan 29-30 November 2017. The message highlighted the importance of investing in nutrition for a prosperous Africa.



THE 2017 SUN MOVEMENT GLOBAL GATHERING BY THE NUMBERS

An infographic

FOR THE **1ST** TIME IN A SUN COUNTRY: **CÔTE D'IVOIRE!!**



MORE THAN **70** COUNTRIES & THE INDIAN STATE OF **MAHARASHTRA** REPRESENTED

1,406 badges issued

976 participants

44 members of the press

7 Lead Group members

66 organisers

13 Executive Committee members

71 technical staff and interpreters

12 Ministers & Vice-Ministers

250 day passes

1 Vice-President

1 First Lady

3 FULL DAYS

6 PLENARIES

18 WORKSHOPS ATTENDED BY AT LEAST **770** PEOPLE EACH DAY

67 country, network and partner stands in the marketplace

4,291 LIVE VIDEO VIEWS ON FACEBOOK

1 016 387

PEOPLE REACHED ON TWITTER DURING THE FIRST PLENARY

16 NUTRITION CHAMPION AWARDS GIVEN

1,121 OUISNAP VIDEOS MADE

755 copies of the 2017 Progress Report handed out in English, French & Spanish

#SUNGG17 used +200 times each hour



800 COPIES OF THE 2017 GLOBAL NUTRITION REPORT DISSEMINATED

47 ARTICLES AND INTERVIEWS FEATURED IN NEWSPAPERS, ONLINE, AND ON TV & RADIO



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The SUN Movement Secretariat, together with SUN Movement Networks and multiple partners, hosted the first-ever [SUN Nutrition Hub](#) in Villa Le Bocage, Palais des Nations, during the World Health Assembly (WHA) held in May 2018. The Nutrition Hub provided a space for SUN country representatives and diverse stakeholders attending the WHA to come together to share their experience, discuss critical nutrition issues and to facilitate mutual learning for increased impact at the country level.

Stakeholders co-hosting events at the Nutrition Hub: SUN Movement Secretariat, SUN Business Network, SUN Civil Society Network, UN Network for SUN, SUN Donor Network, WHO, UNICEF, World Food Programme, Save the Children UK, Emergency Nutrition Network, FilmBlanc, RESULTS Canada, Action Against Hunger, 1000 Days, Safely Fed Canada, ACTION/RESULTS, EAT Foundation, World Business Council for Sustainable Development, Women Deliver, World Economic Forum.

Events at the SUN Nutrition Hub:





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The 2017 Scaling Up Nutrition (SUN) Champions took part in the **EAT Stockholm Food Forum 2018**, preceded by a first of its kind, three-day Champion Training from 8-10 June, supported by EAT and the SUN Movement, designed to help progress national food and nutrition objectives. This eminent group of champions represent a range of countries and fields.

The fifth EAT Stockholm Food Forum, held 11-12 June 2018, brought together some of the brightest minds from science, politics, business and civil society to explore a range of solutions for achieving healthy and sustainable diets for a growing global population and was as an important opportunity for the SUN Champions to showcase their experiences and to demonstrate the progress and challenges of scaling up nutrition, in practice. This Forum was informed by research analysed in the upcoming [EAT-Lancet Commission report on healthy diets from sustainable food systems](#).



THE SUN MOVEMENT AT THE HIGH-LEVEL POLITICAL FORUM (HLPF) FOR SUSTAINABLE DEVELOPMENT

In 2018, the HLPF focused on several SDGs including goal 6 which has targets for drinking water, sanitation and hygiene (WASH). Success on the WASH targets is inextricably linked to other goals including those focusing on health, education and nutrition. These are fundamental to the survival and enjoyment of the right to life for everyone, especially children, adolescents, women and girls and people living with disabilities.

During the Forum, SUN Government Focal Points from Afghanistan, Madagascar, Mauritania and Senegal shared their experiences through two key side events:

1. Partnering for People: Collaborating across sectors & actors to achieve the SDGs

Moderated by the SUN Movement Coordinator, this dialogue, held in partnership with Sanitation and Water For All, the Global Partnership for Education, Every Woman Every Child and the SUN Movement showcased country experiences on scaling up the impact of WASH. SUN Focal Points shared their lessons on inclusive multi-sectoral collaboration and policies across WASH, health, nutrition and education.

2. Driving gains in health and nutrition through water, sanitation and hygiene (WASH)

This side-event was convened by Action Against Hunger, WaterAid and partners, with the Governments of France, Madagascar, Mali and Zambia. The focus of the meeting was to discuss how to better coordinate and integrate health and nutrition with water, sanitation and hygiene (WASH) in order to maximise outcomes across multiple SDGs. The session highlighted the role that health and nutrition outcomes play as proxy measures for sustainable and equitable access to WASH and discussed some of the challenges to cross-sectoral working and ways forward including how to prioritise action.



In 2017, the SUN Movement Secretariat stepped up efforts to develop a system to support all partners in the SUN Movement to monitor and evaluate the results of our action, hold each other accountable for progress, and learn from our collective efforts – to better support countries in scaling up nutrition actions and impact. This is the SUN Monitoring, Evaluation, Accountability and Learning system: MEAL!

The MEAL system is based on the SUN Movement’s Theory of Change.



Box 1: Domains aligned with the SUN Theory of Change



The MEAL system uses a set of 79 indicators to capture progress in the six steps of the SUN Movement Theory of Change. These indicators are grouped into 8 thematic domains, as listed in Box 1.

The MEAL system mostly relies on data from internally validated datasets and information collected through SUN countries’ Joint-Assessments and by the SUN Movement Secretariat and SUN Networks.

In 2018, the SUN Secretariat initiated a series of MEAL In-Depth Country Reviews, also known as “Deep Dives”, to obtain a first-hand account of how SUN processes are unfolding at country level. The first ‘deep-dives’ have taken place in El Salvador, Benin, and Madagascar, and others will take place, in selected countries, throughout 2019.

USING MEAL DATA TO ASSESS SUN MOVEMENT PROGRESS AND INFORM PRIORITY ACTIONS

Information from the baseline study conducted in 2017, which first collated information on all 79 indicators for the 60 SUN countries, is compiled in the [SUN MEAL Baseline Report](#).

MEAL country dashboards have been compiled for all 60 countries to provide an overview of country progress and are available on [scalingupnutrition.org](#).

MEAL data has also been used to develop Focus Area Briefs on the following themes: adolescent girls and women, humanitarian risk contexts, and multiple forms of malnutrition. These briefs highlight challenges which require particular policy attention and investments.

Want to learn more? Go to the updated MEAL webpage at: <https://scalingupnutrition.org/progress-impact/monitoring-evaluation-accountability-and-learning-meal/>

