



World Food Programme

SAVING
LIVES
CHANGING
LIVES



Fill the Nutrient Gap Myanmar

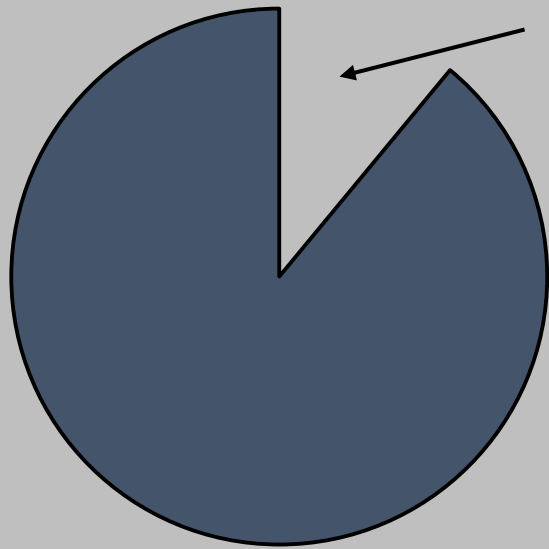
Food Based Dietary Guidelines preparatory
Workshop

13 February 2010- By Dr KhinKhin Wint Aung



Returns to investing in nutrition in Myanmar

Myanmar loses an estimated 11% of GDP each year due to poor nutrition¹



Lost annual earning potential from poor nutrition (>\$7 Billion)

Total GDP: \$67 Billion (2017)²

Evidence-based interventions have an estimated 1:16 return on investment³

Cost



Benefit



1 - Horton & Steckel 2011

2 - World Bank Data

3 - Shekar et al 2017

Recognising the need for shared understanding of issues, context and solutions

Fill the Nutrient Gap
aims to identify the
barriers to adequate
nutrient intake



Specific target groups in
a specific context

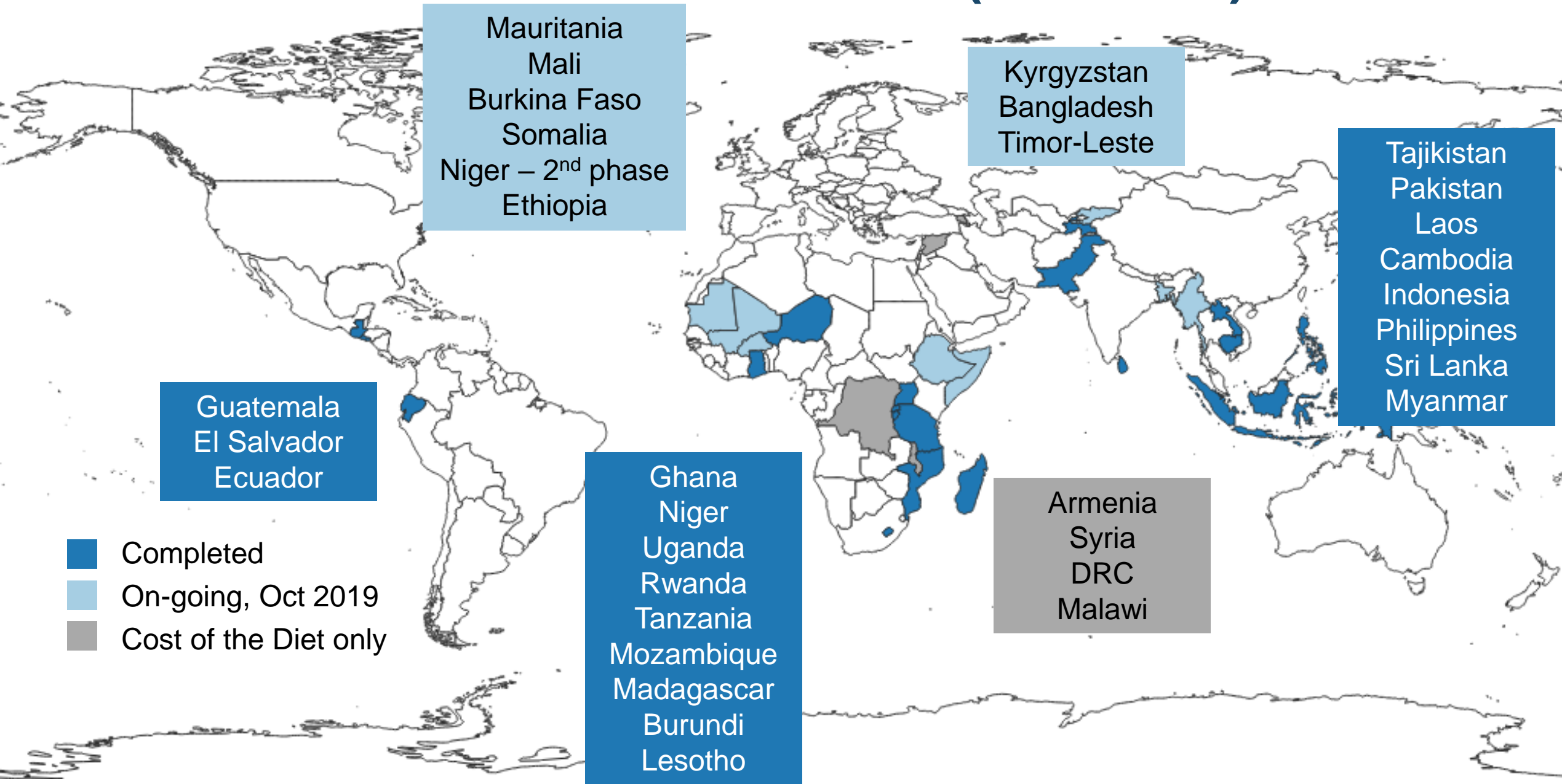


Multi-stakeholder input
and involvement



Food systems based
approach

FNG around the world (Oct 2019)



Size and composition of a model household

5 person household

1. Child 6-23 months (breastfed)
2. School-age child
3. Adolescent girl
4. Breastfeeding woman
5. Adult man



FNG focus is aligned with MS-NPAN priority regions

FNG focus on

- Drivers of malnutrition
- Intervention modelling
- Combined intervention packages
- Recommendations development by stakeholders

- Ayeyarwaddy
- Chin
- Shan
- Kayah
- Kachin
- Kayin
- Rakhine





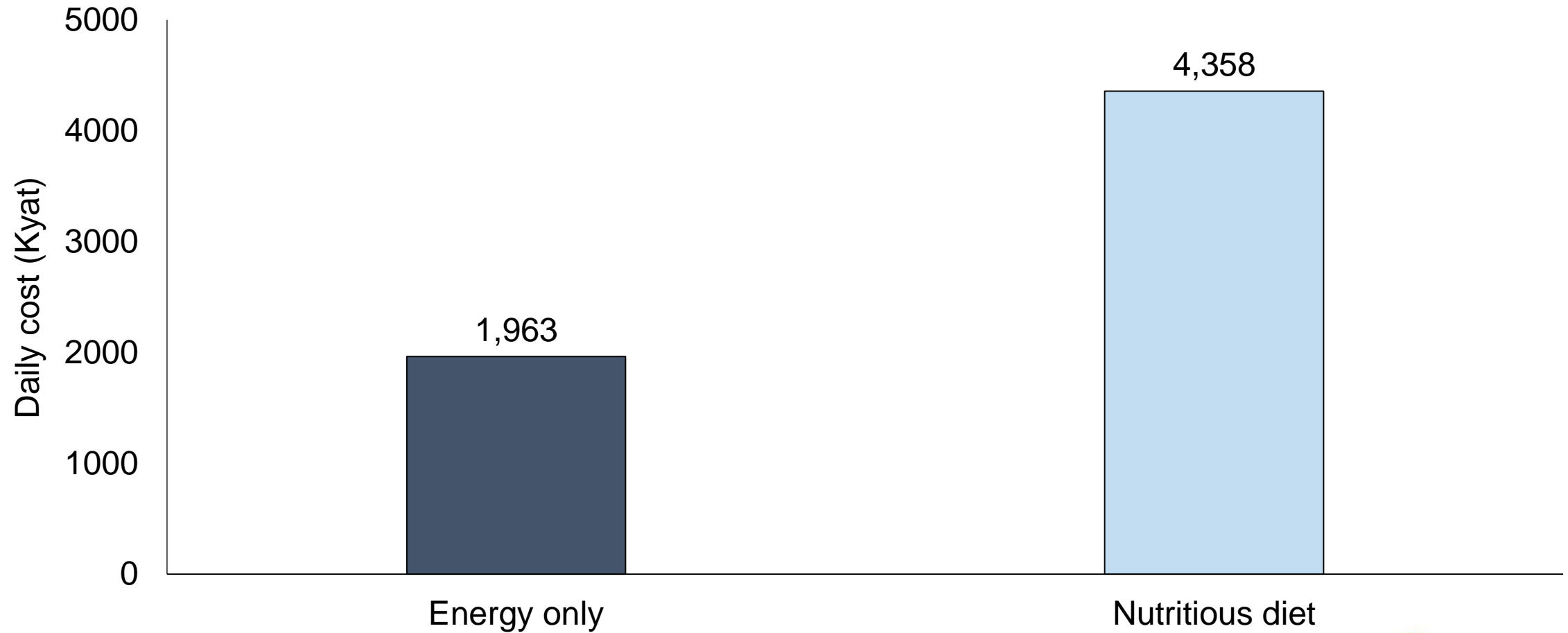
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Key message 1

Nine out of ten households in Myanmar could afford a diet that meets energy needs.

Only four out of ten households could afford a diet that meets nutritional needs.

A nutritious diet costs more than twice as much as an energy only diet



National averages



A nutritious diet costs more than twice as much as an energy only diet

Energy Only Diet

K1963

Per day



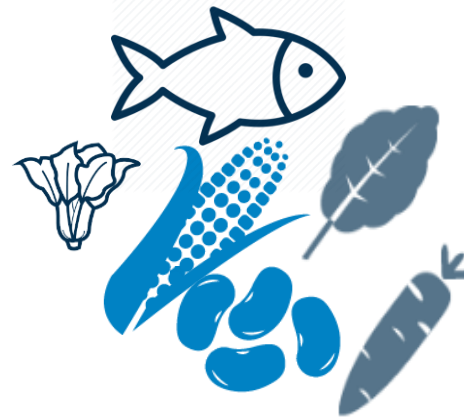
10% of households
COULD NOT afford



Nutritious Diet

K4358

Per day



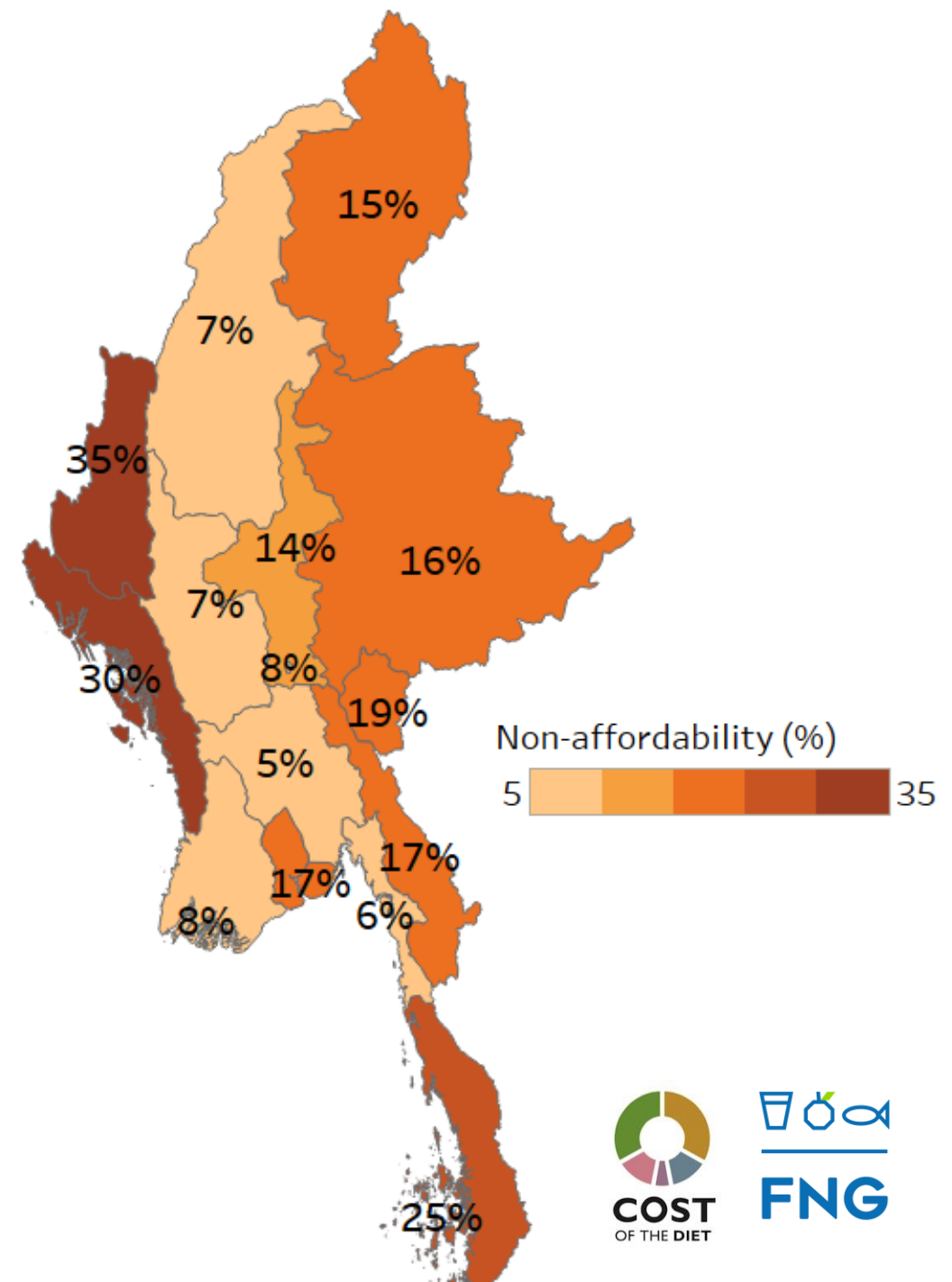
60% of households
COULD NOT afford



National averages

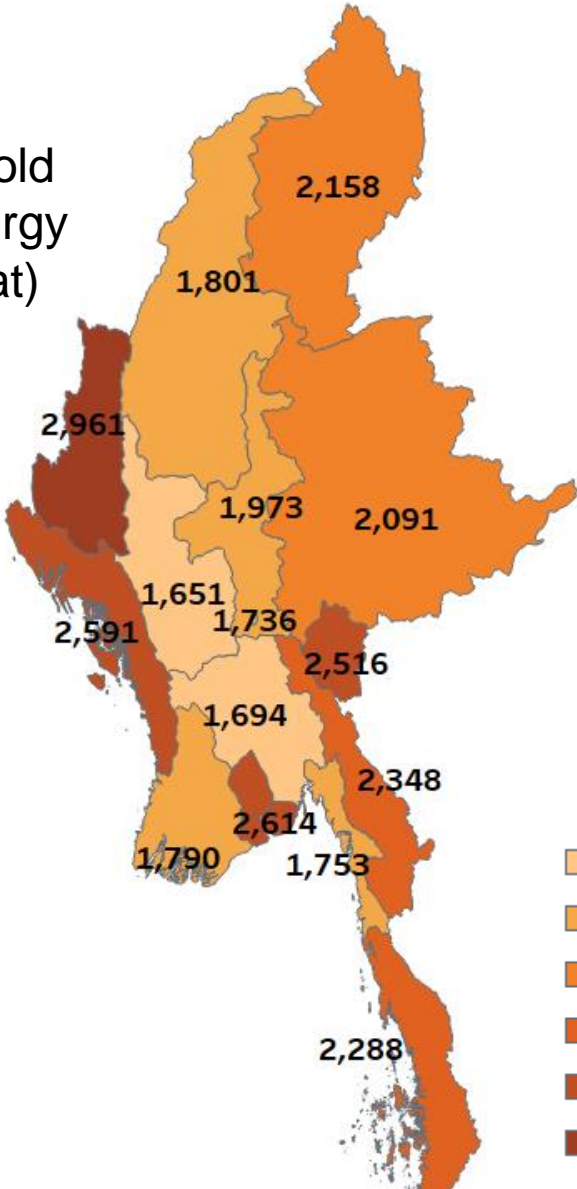
On average more than 10% of households could not afford an energy only diet.

In some regions more than 30% could not afford an energy only diet.

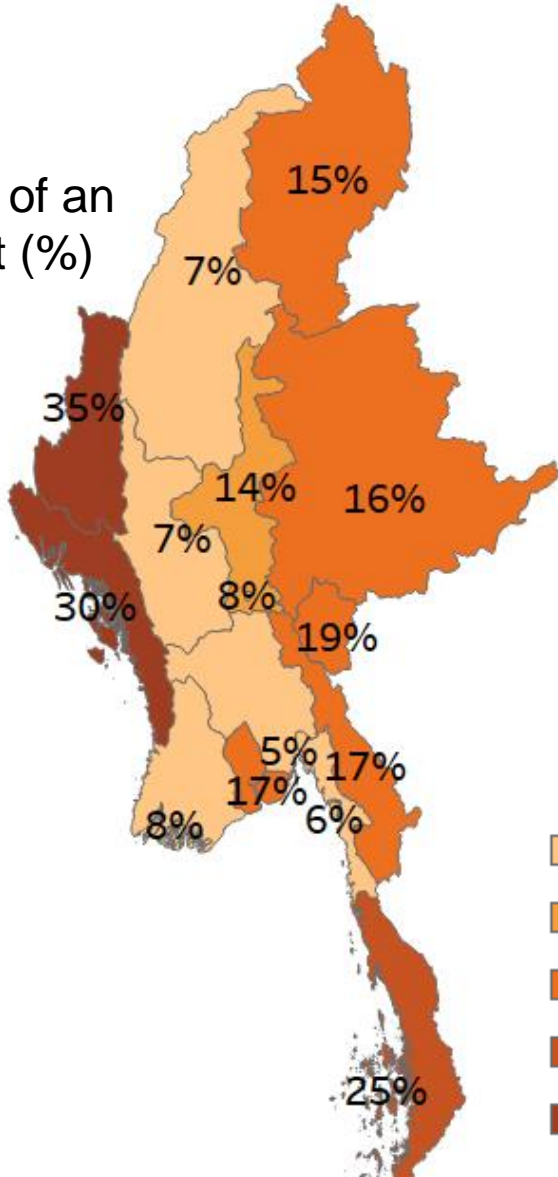


Cost of an energy only diet is a primary driver of non-affordability

Daily household cost of an energy only diet (kyat)



Non-affordability of an energy only diet (%)

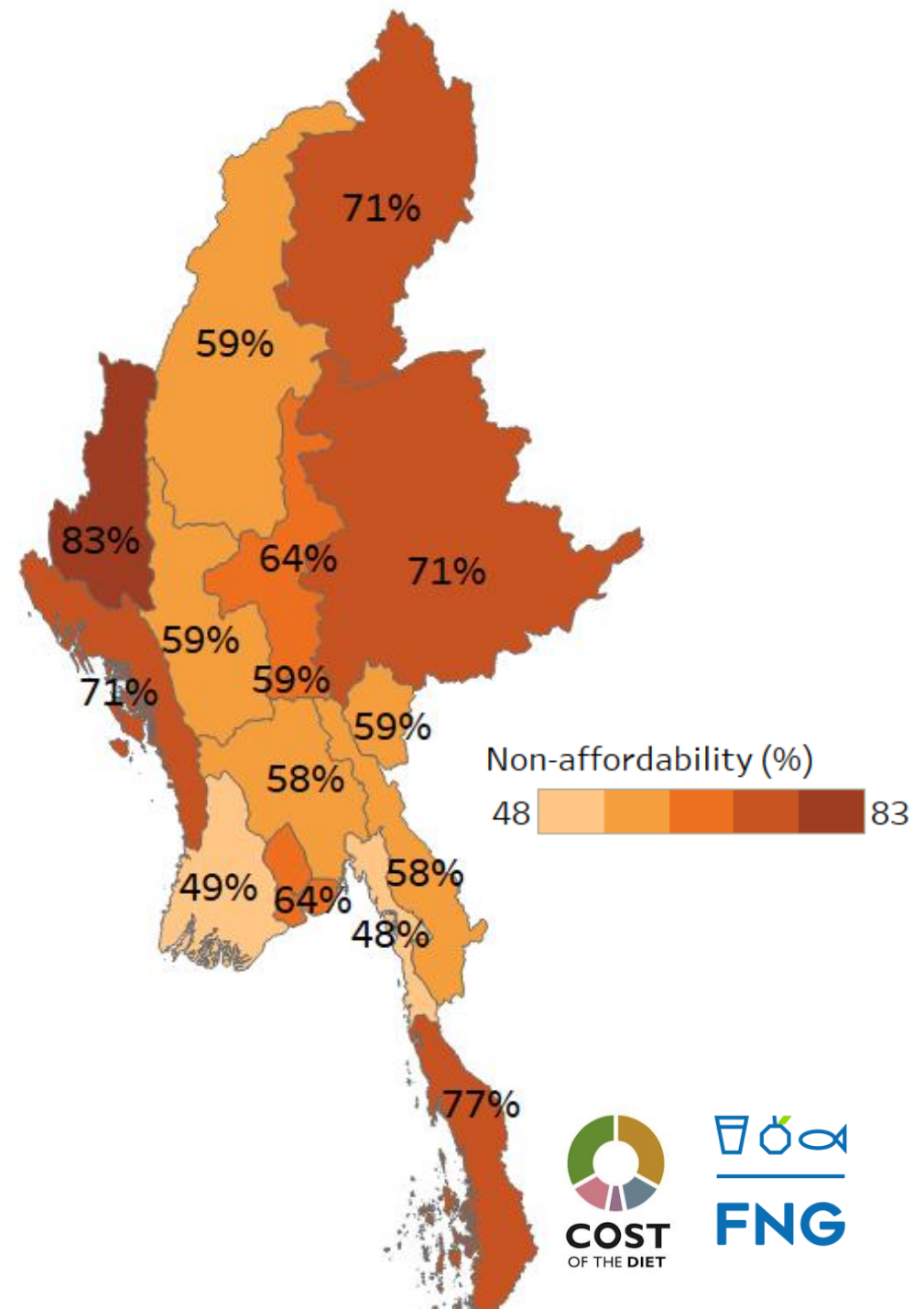


- <1750 MMK
- <2000 MMK
- <2250 MMK
- <2500 MMK
- <2750 MMK
- <3000 MMK

- <10%
- <15%
- <20%
- <25%
- >25%

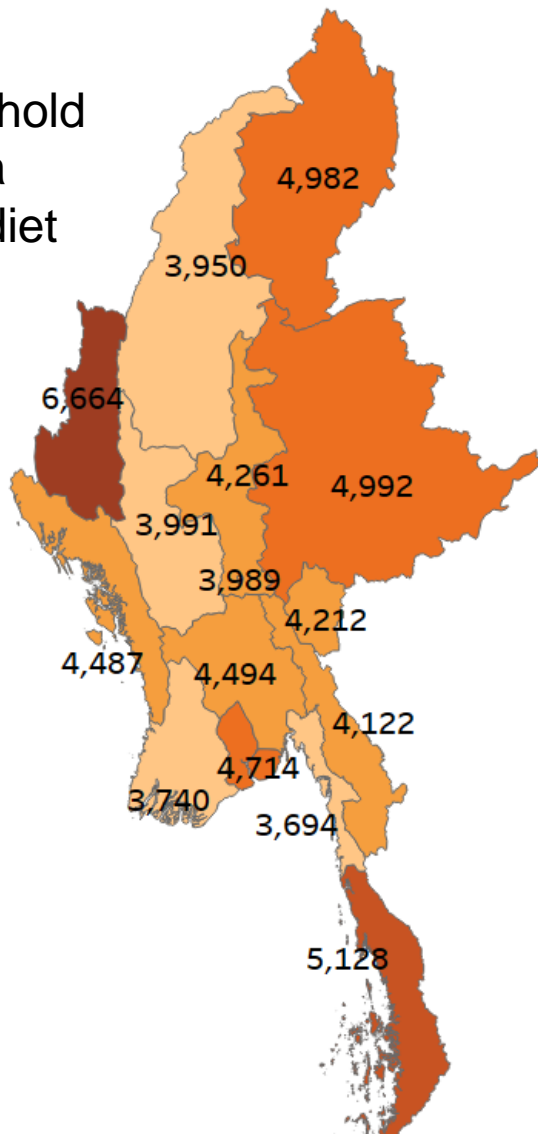
In nearly all states and regions the majority of households could not afford a nutritious diet.

Not being able to afford healthy foods is a major barrier to adequate nutrition.

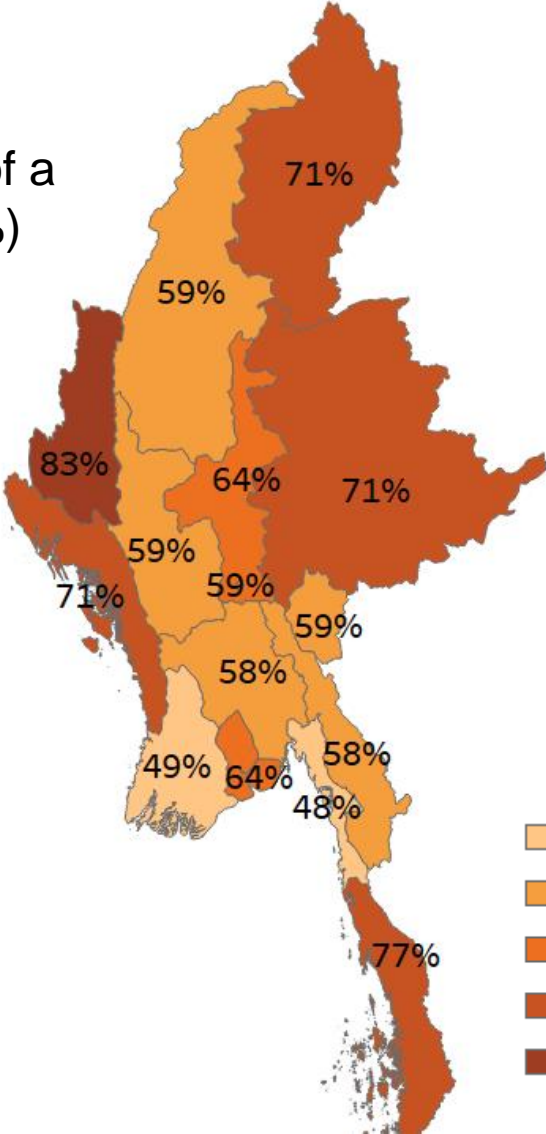


Cost of a nutritious diet is a primary driver of non-affordability Highest in hilly/mountainous and coastal areas

Daily household cost of a nutritious diet (kyat)



Non-affordability of a nutritious diet (%)



- <4000 MMK
- <4500 MMK
- <5000 MMK
- <5500 MMK
- <7000 MMK

- <50%
- <60%
- <70%
- <80%
- >80%



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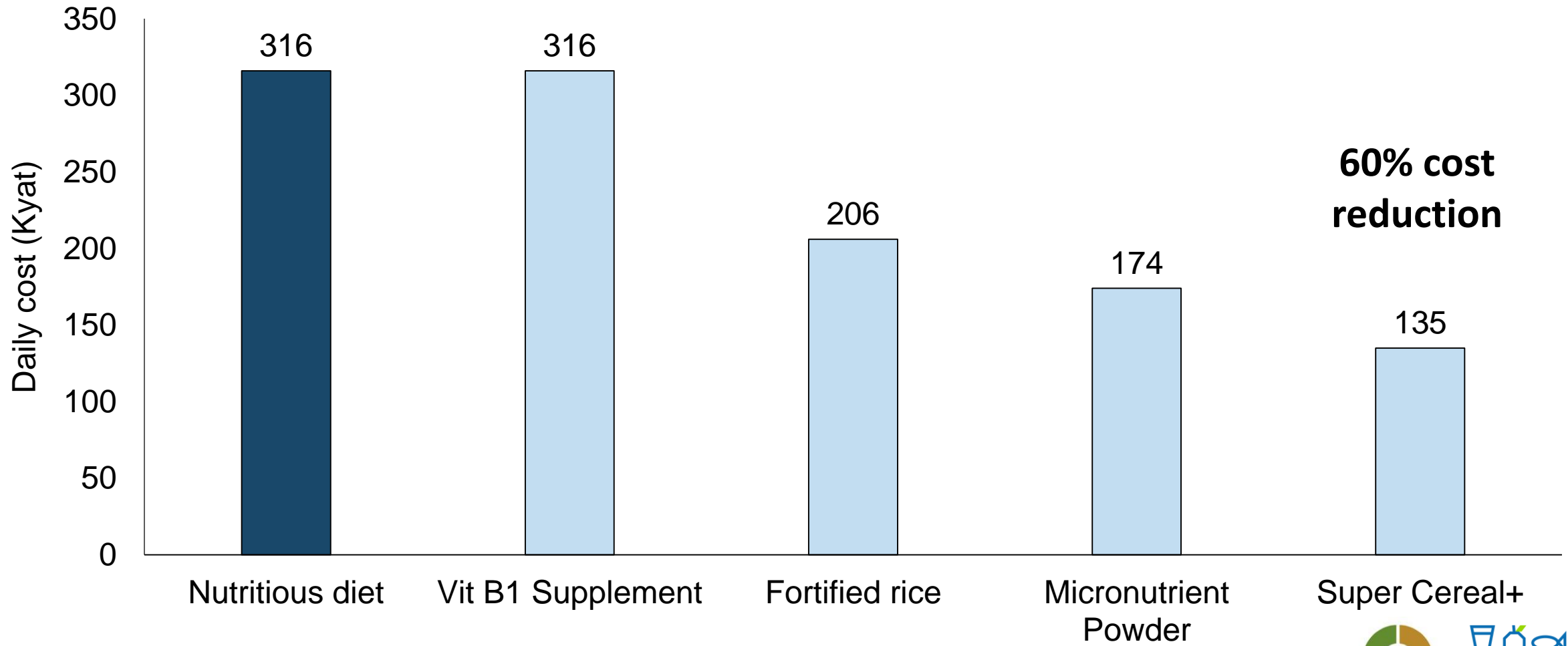
Key message 2

Dietary diversity and feeding practices of young children in Myanmar are suboptimal.

Targeted interventions can support caregivers in providing nutritious diets to young children.



Micronutrient-dense supplements can greatly reduce cost for the under 2 year old





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Key message 3

Meeting the nutritional needs of adolescent girls and pregnant and breastfeeding women would cost the household the most.

Micronutrient needs are higher, and they require the largest share of more expensive nutritious foods.

Household distribution of cost highlights the need for targeted interventions



Adolescent girl

33%



Pregnant/lactating woman

26%



Adult man

21%



School aged child

13%



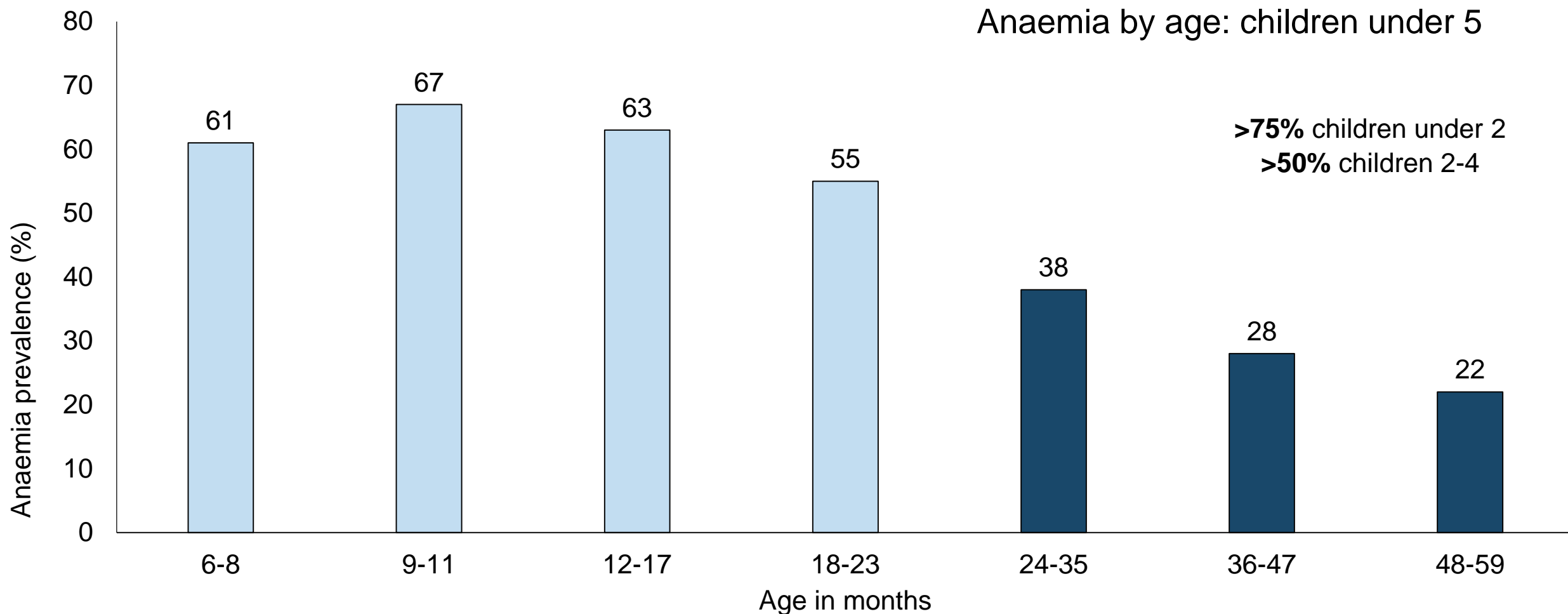
Child under 2

7%

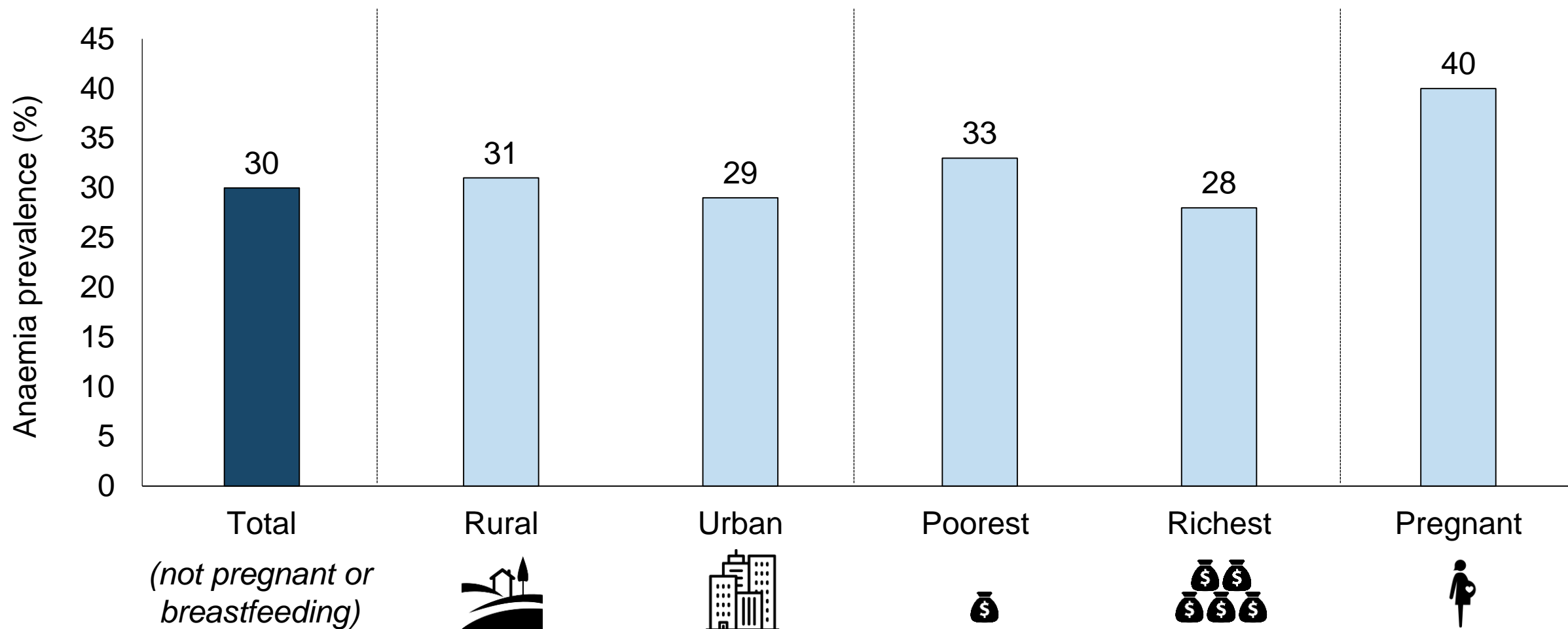


COST
OF THE DIET

High anaemia prevalence in young children indicates mothers are not acquiring enough iron during pregnancy

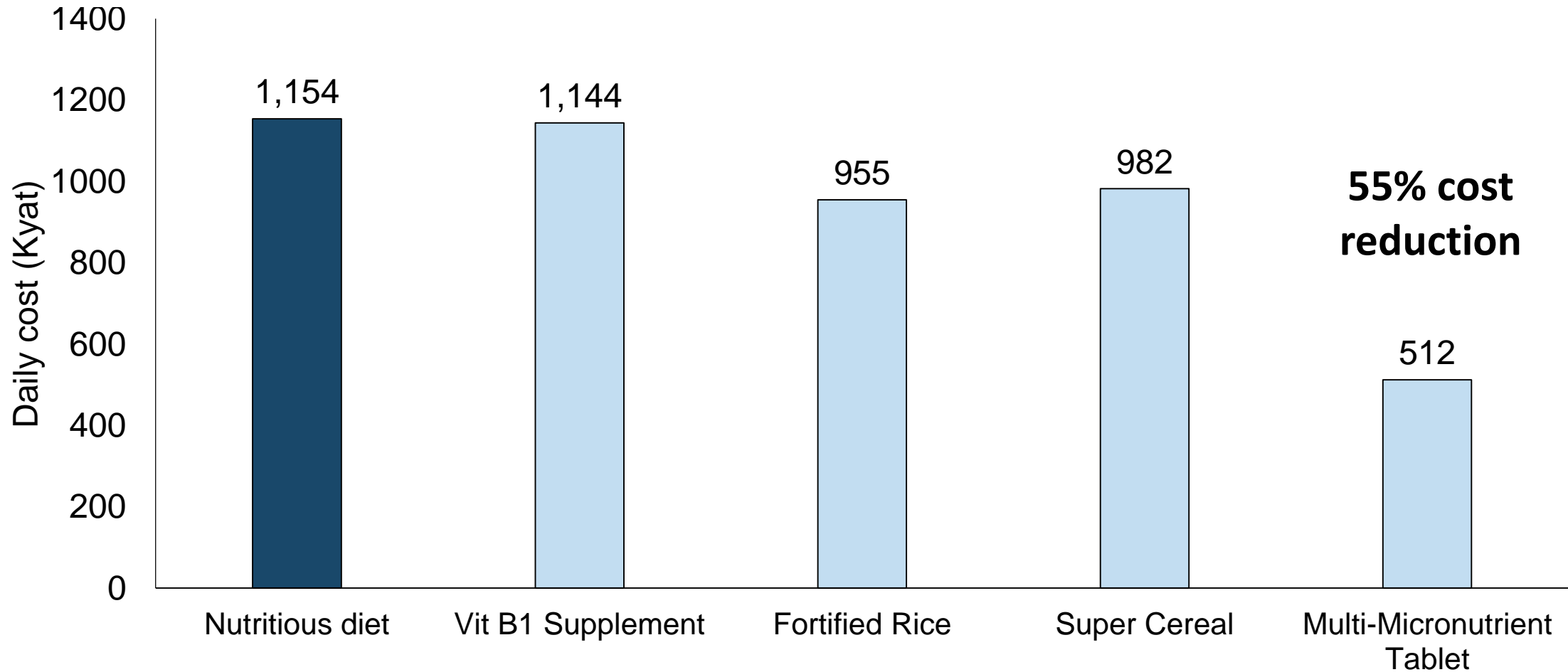


One-third of women of reproductive age (15-49 years) suffer from anaemia





Targeted interventions can reduce more than half of the nutritious diet cost for pregnant and lactating women

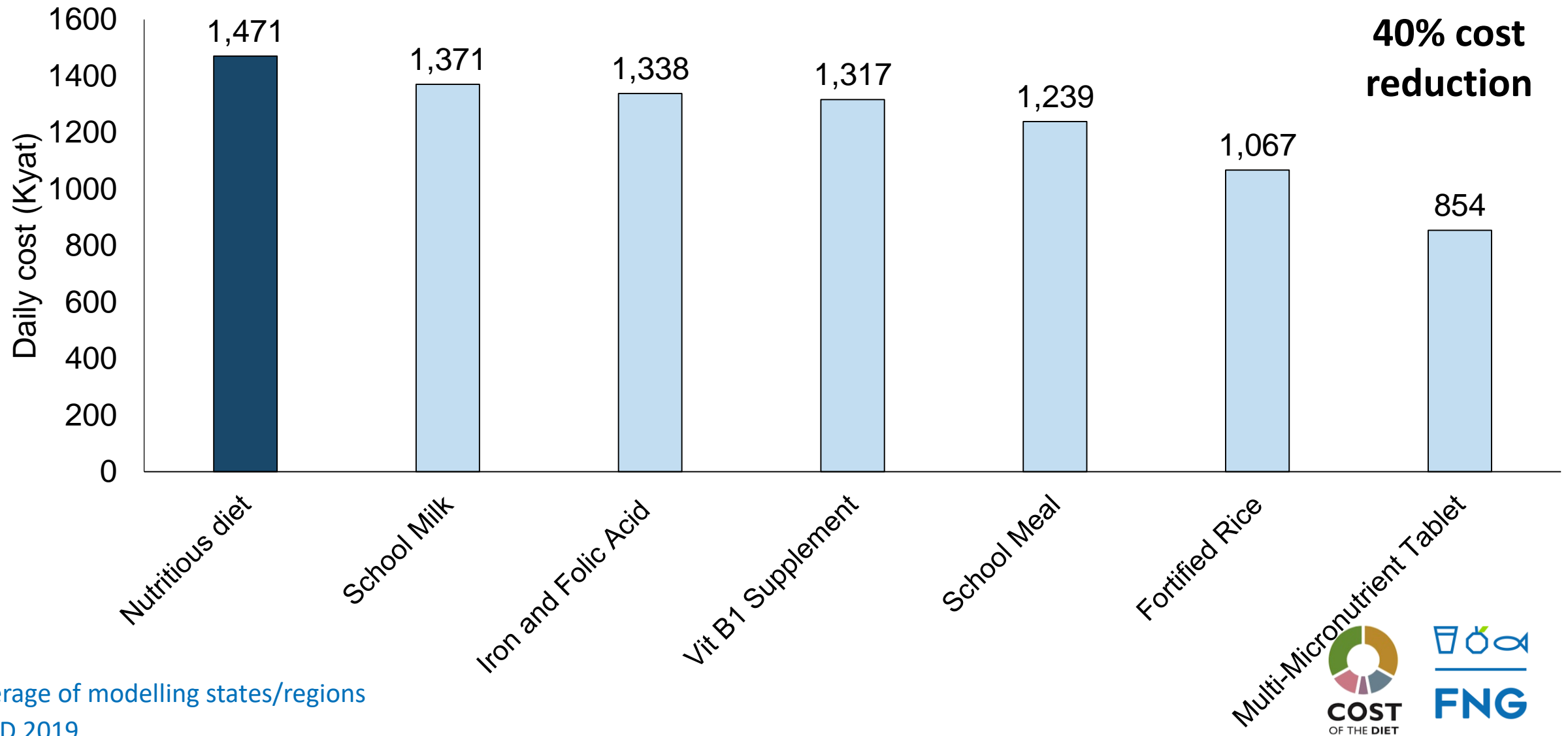


Average of modelling states/regions
CotD 2019





Targeted interventions can reduce almost half of the nutritious diet cost for adolescent girls





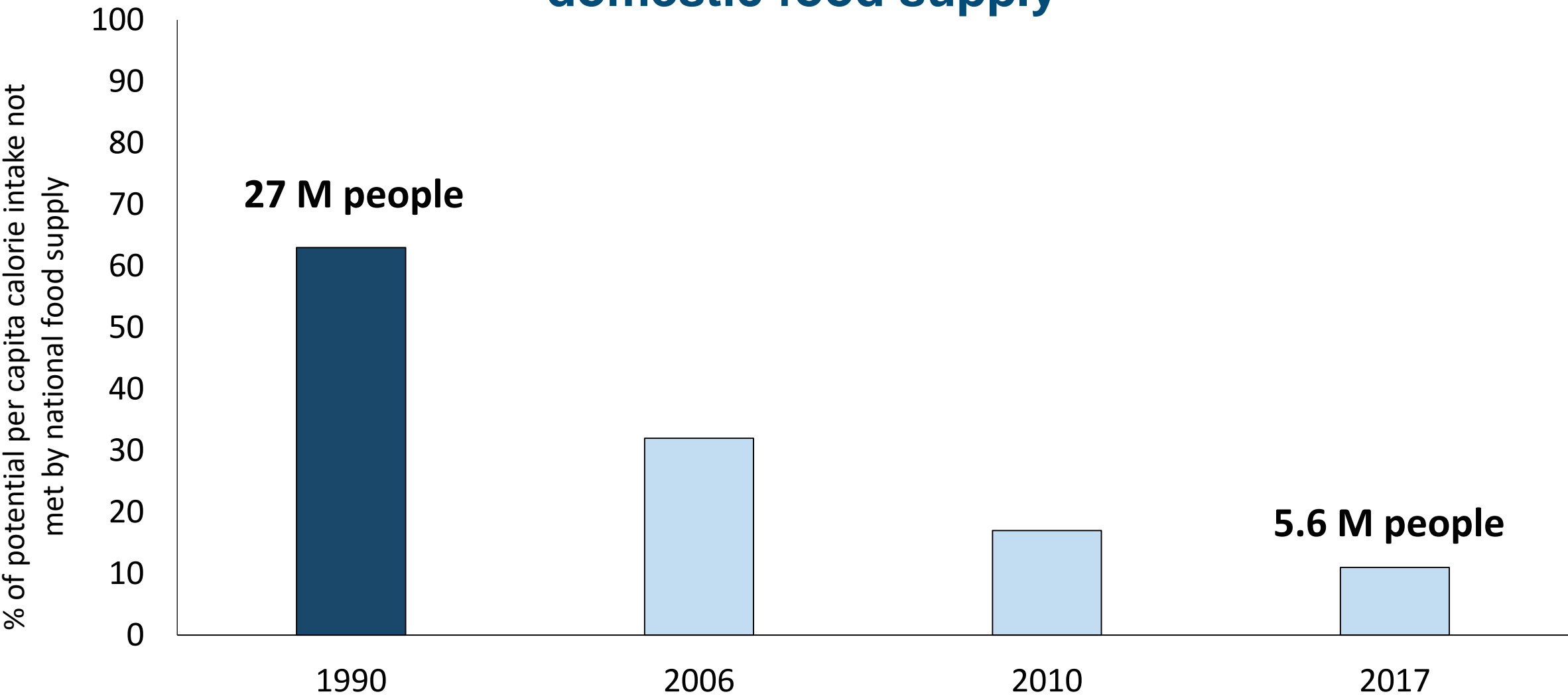
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Key message 4

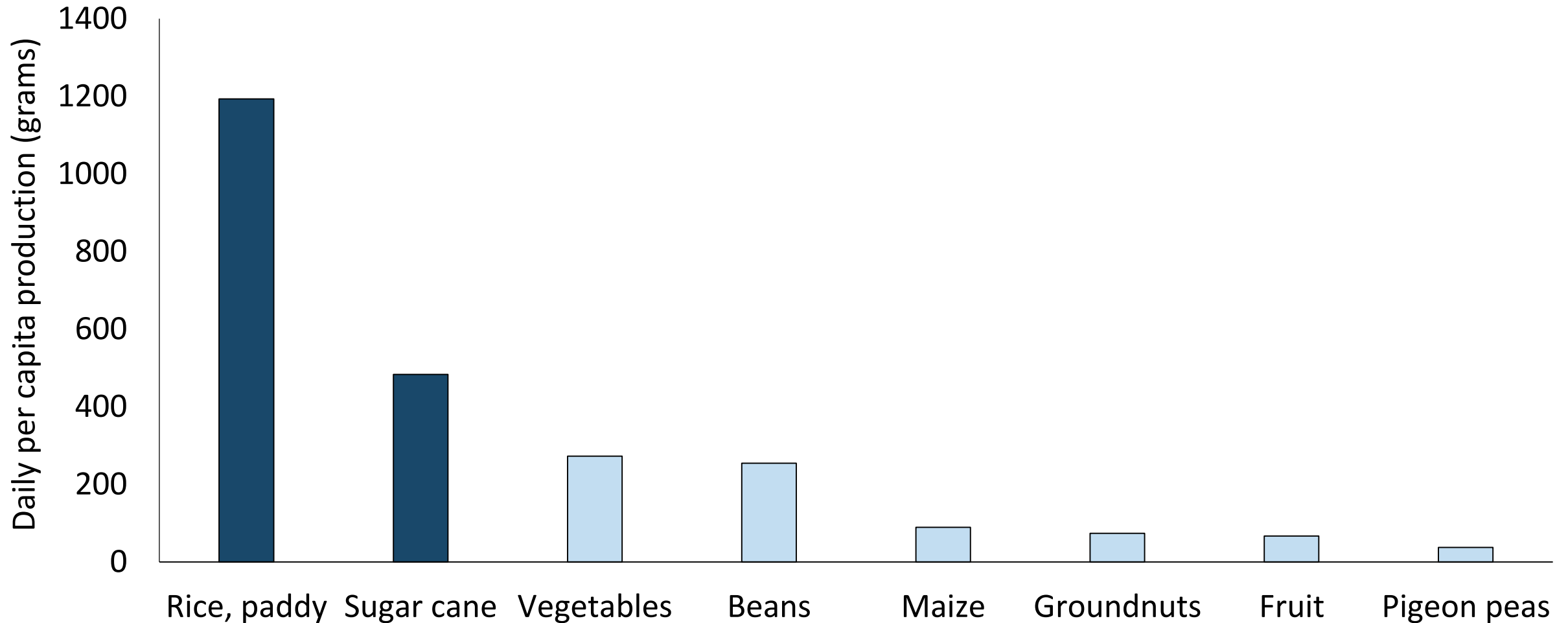
Agriculture is central to building a modern and industrialized Myanmar.

Now is the time for Myanmar to diversify the food supply chain toward nutritious foods.

Myanmar has seen a remarkable decrease in the percentage of people unable to meet caloric needs based on domestic food supply



Now it's time to shift production toward more diverse foods





FNG

Key message 5

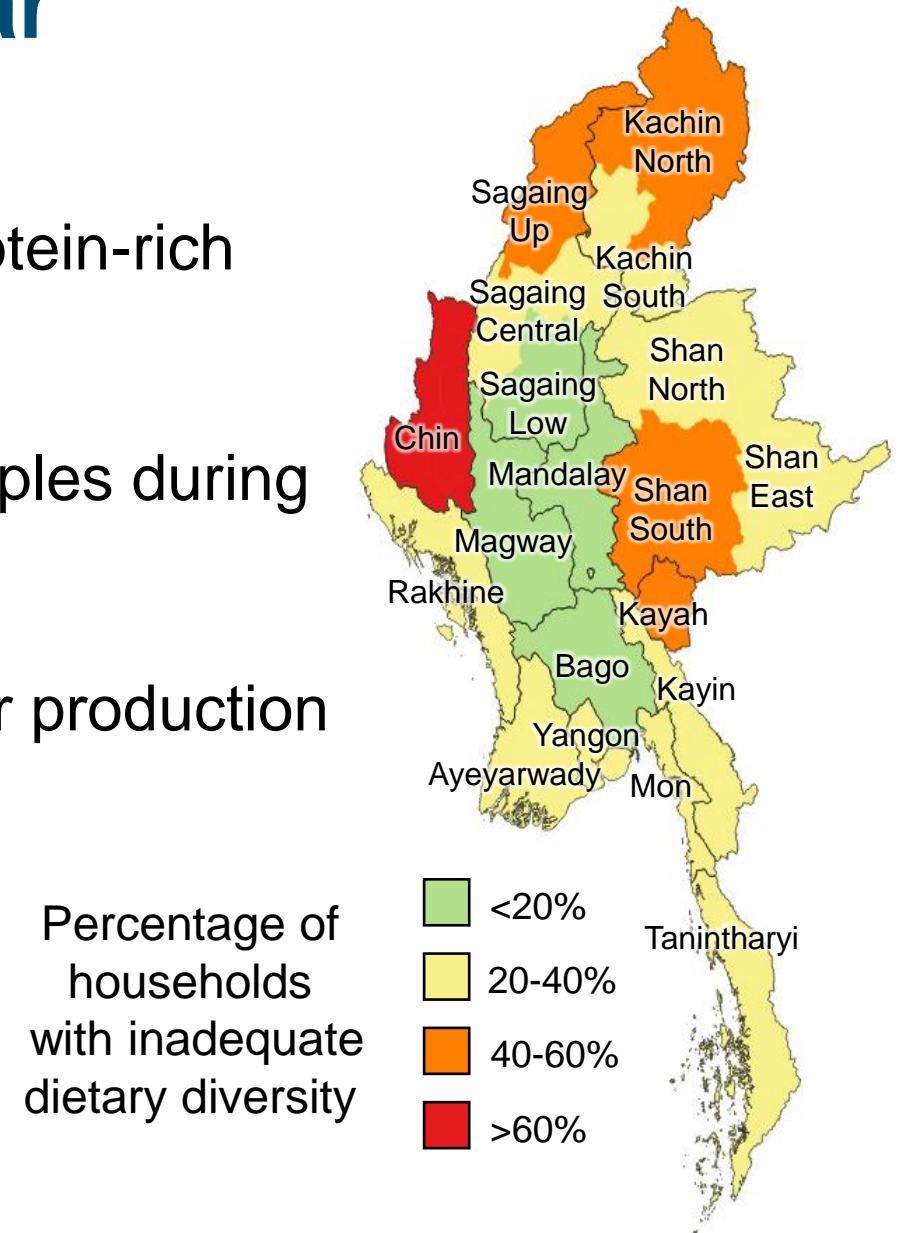
Myanmar's rural food environment is determined by diverse factors, such as ethnicity, livelihood, seasonality, conflict and economic status.

Depending on livelihood system and acceptability, home production such as fish ponds can provide a reliable source of nutrients.

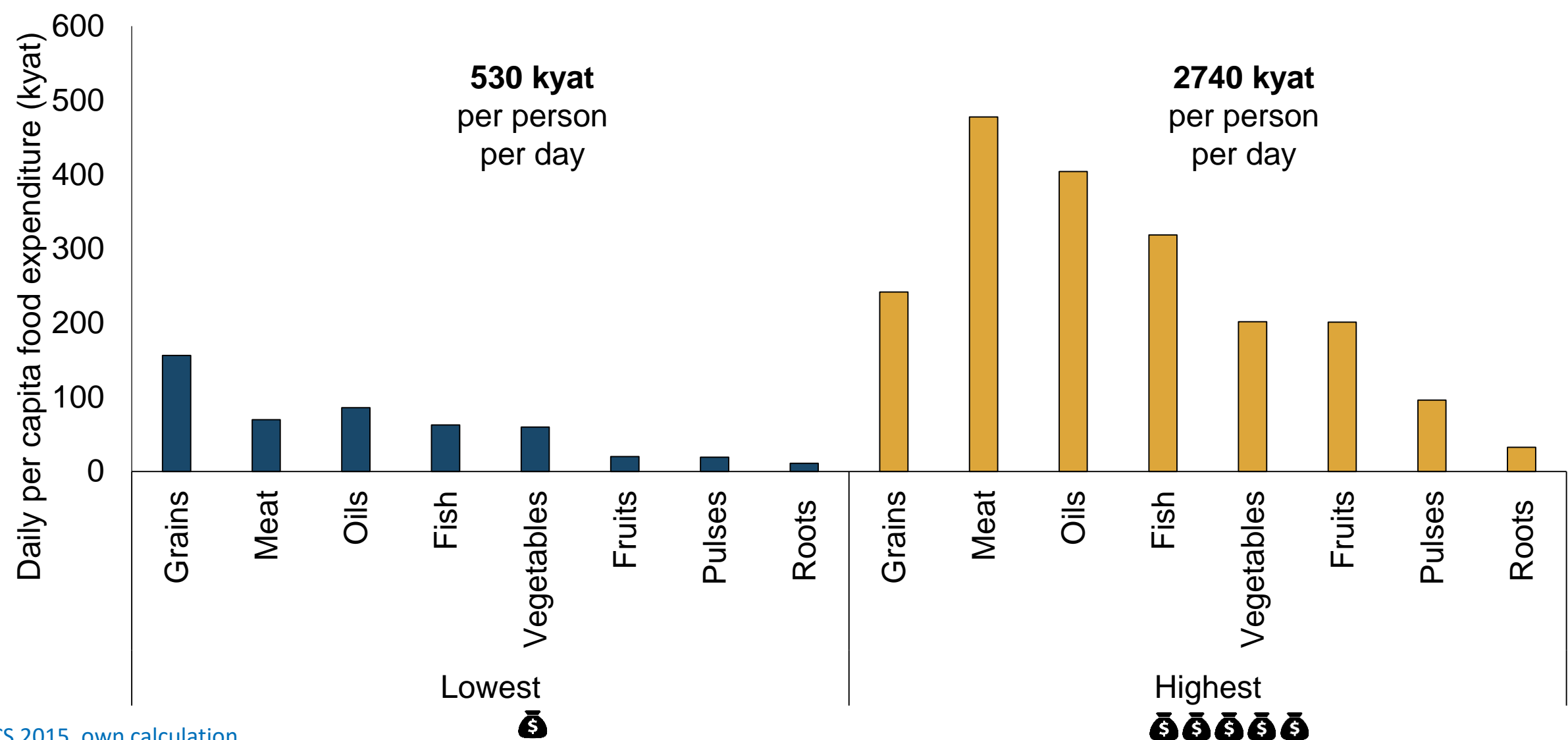
Smallholder farmers have the poorest dietary diversity in Myanmar



- Lowest consumption of protein-rich foods
- Depend on markets for staples during rainy season
- ~60% don't sell any of their production



Richer households spend much more on food, including meat, oils, fish, vegetables, fruits and pulses



Evidence for improved purchasing power and SBCC to improve access to healthy diets

Public Health Nutrition: page 1 of 14

doi:10.1017/S1368980018003427

The interface between consumers and their food environment in Myanmar: an exploratory mixed-methods study

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Focus groups and market surveys in:

- 1) **Yangon** – upper-income township
- 2) **Yangon** – lower-income township
- 3) **Dawei, Tanintharyi** – middle-income township
- 4) **Magway** – lower-income village

- **Economic affordability and not availability was considered a barrier to accessing preferred foods.**
 - “What I need is money to purchase food. Everything is available in the market.” – *Participant in Magway*
- **In general, focus group participants had limited knowledge related to what constitutes a healthy diet.**
 - Many said fried chicken and chips had high nutritional value, but leafy greens and canned fish did not.



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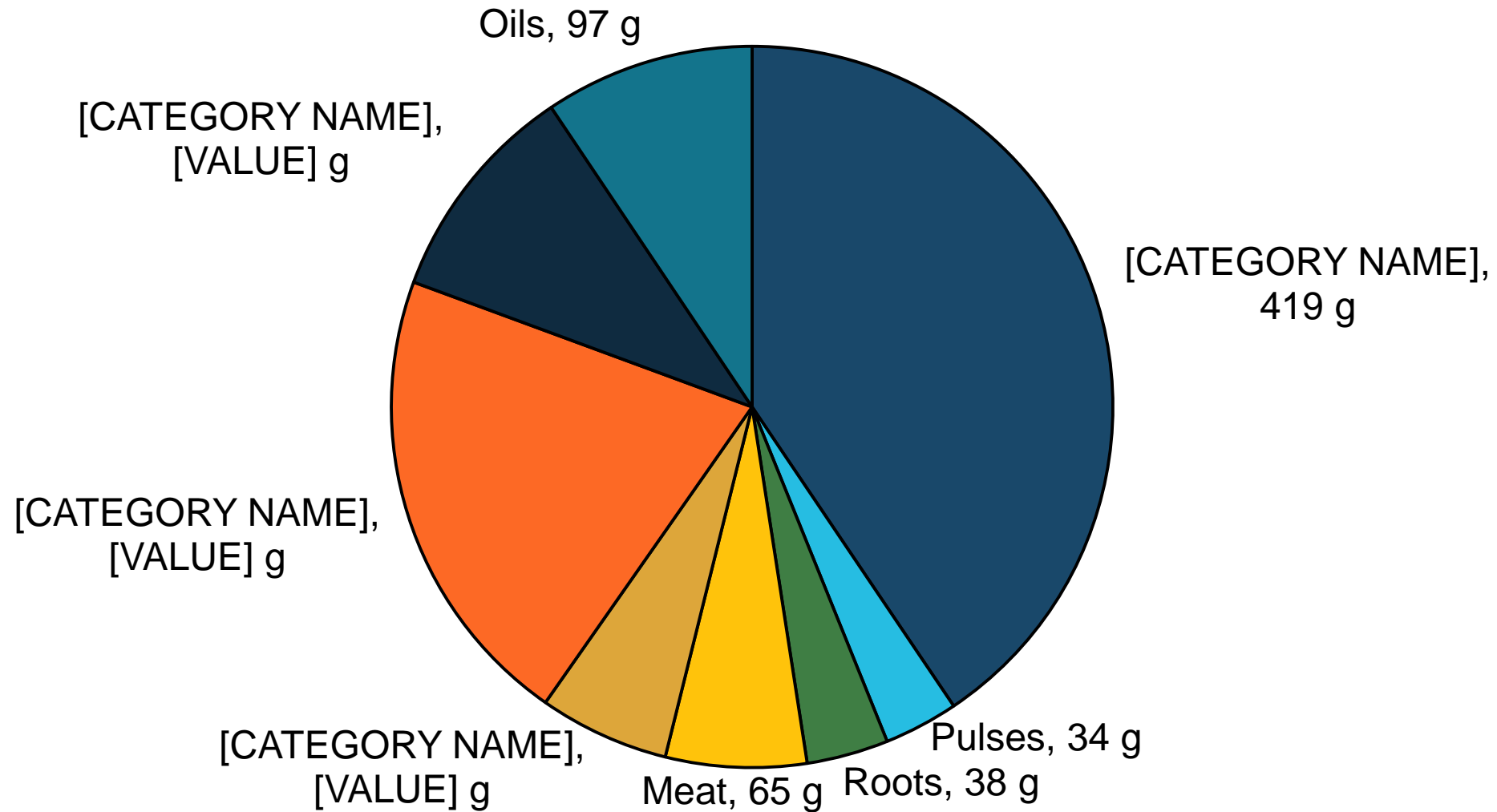
Key message 8

Based on an analysis of current diets, the majority of the poorest households in Myanmar are not meeting energy needs.

The average diet for Myanmar is based on grains and oils.

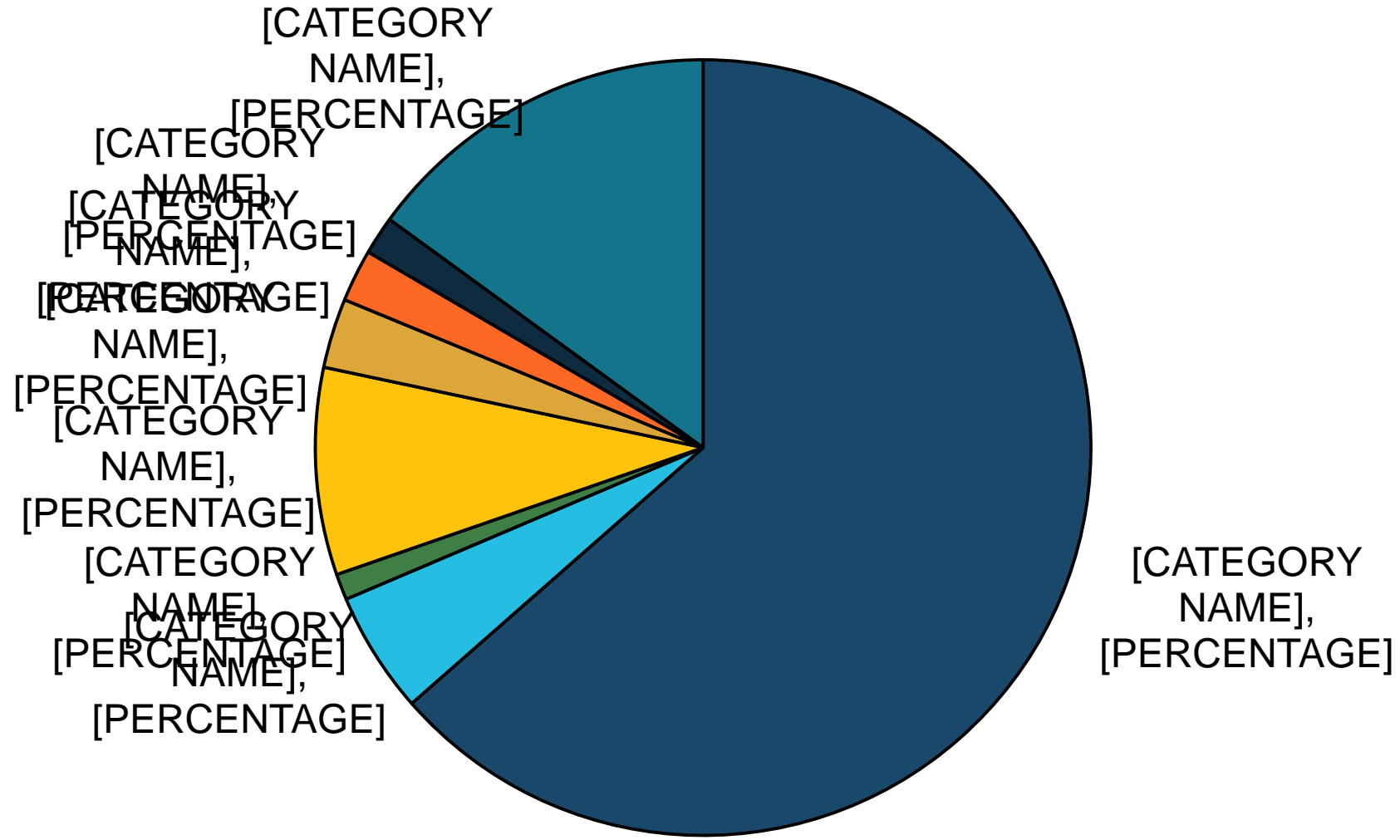
If households were to consume fortified rice it would reduce the cost of a nutritious diet.

Daily food consumption is based on grains



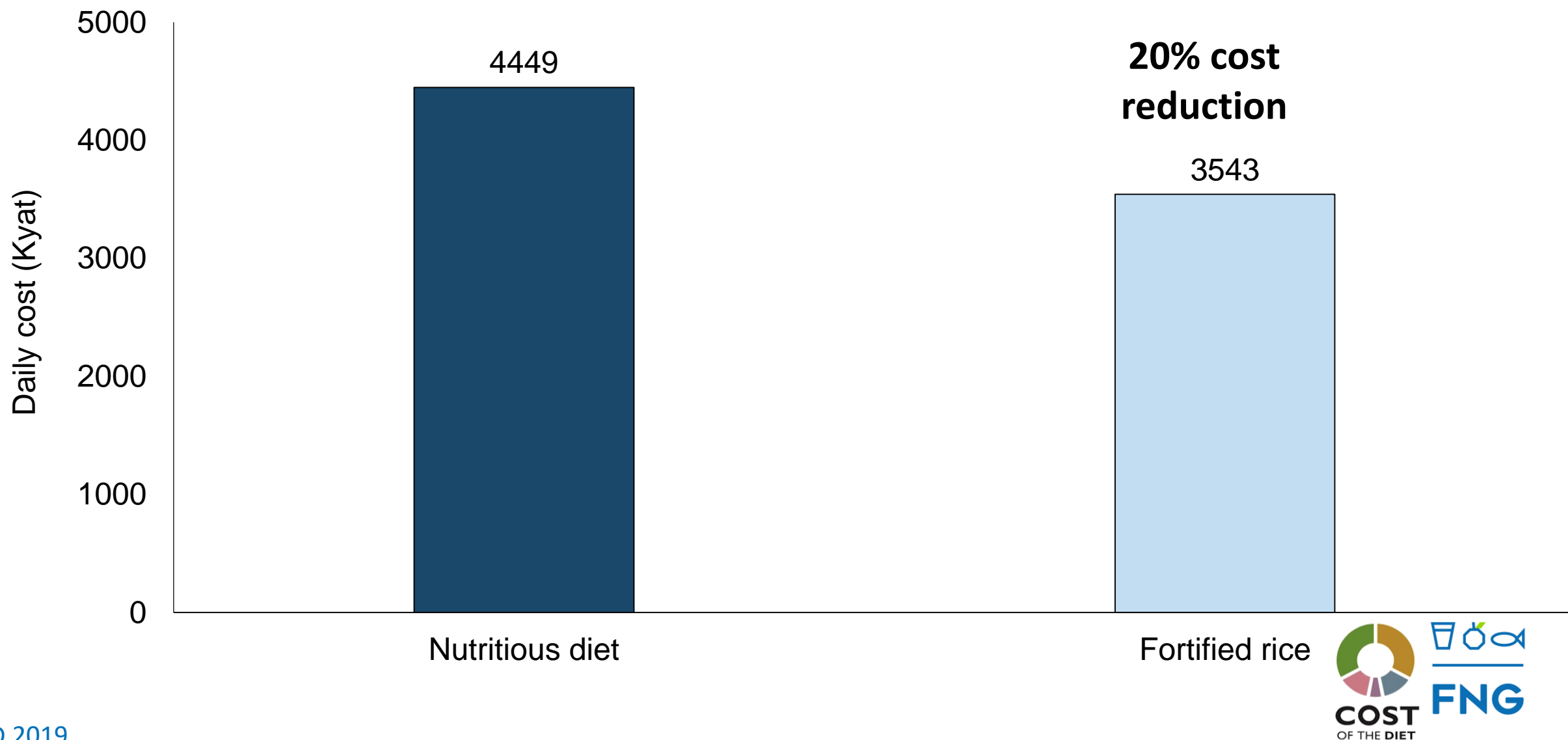
Daily per capita food consumption (weight) by food group
Average of 2480 kcal daily per capita

Most of dietary energy comes from grains and oil



Source of dietary energy (percentage)
Average of 2480 kcal daily per capita

Fortified rice could reduce the cost of a nutritious diet for the household





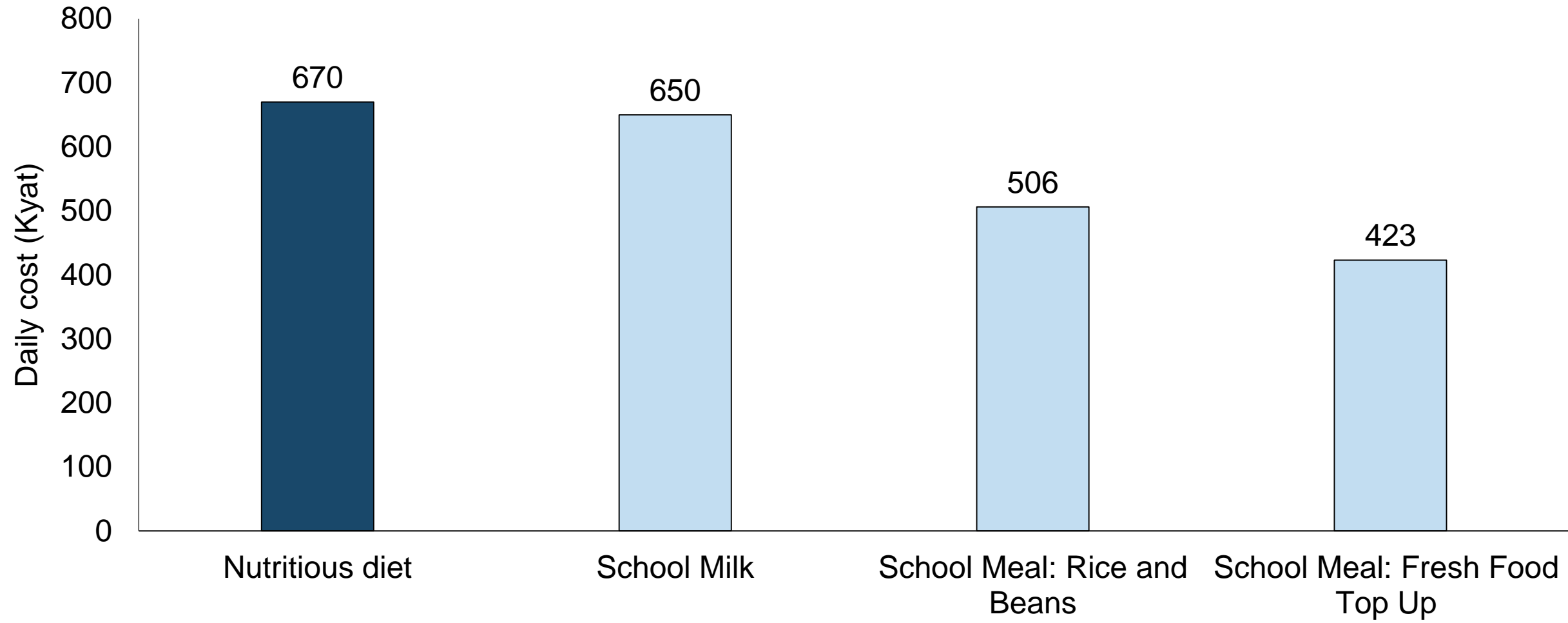
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Key message 9

Improving nutrition requires multi-sectoral engagement and coordination at the institutional and system-levels, especially for the marginalized and most vulnerable populations to meet their needs.

The impact of school meals and emergency rations can be improved by providing additional fresh foods and fortified rice.

School meals



School Meals can be topped up by nutritious foods to better meet micronutrient needs of school aged children



Rice
150g



Beans
50g



**Giant
perche, dried**
30g



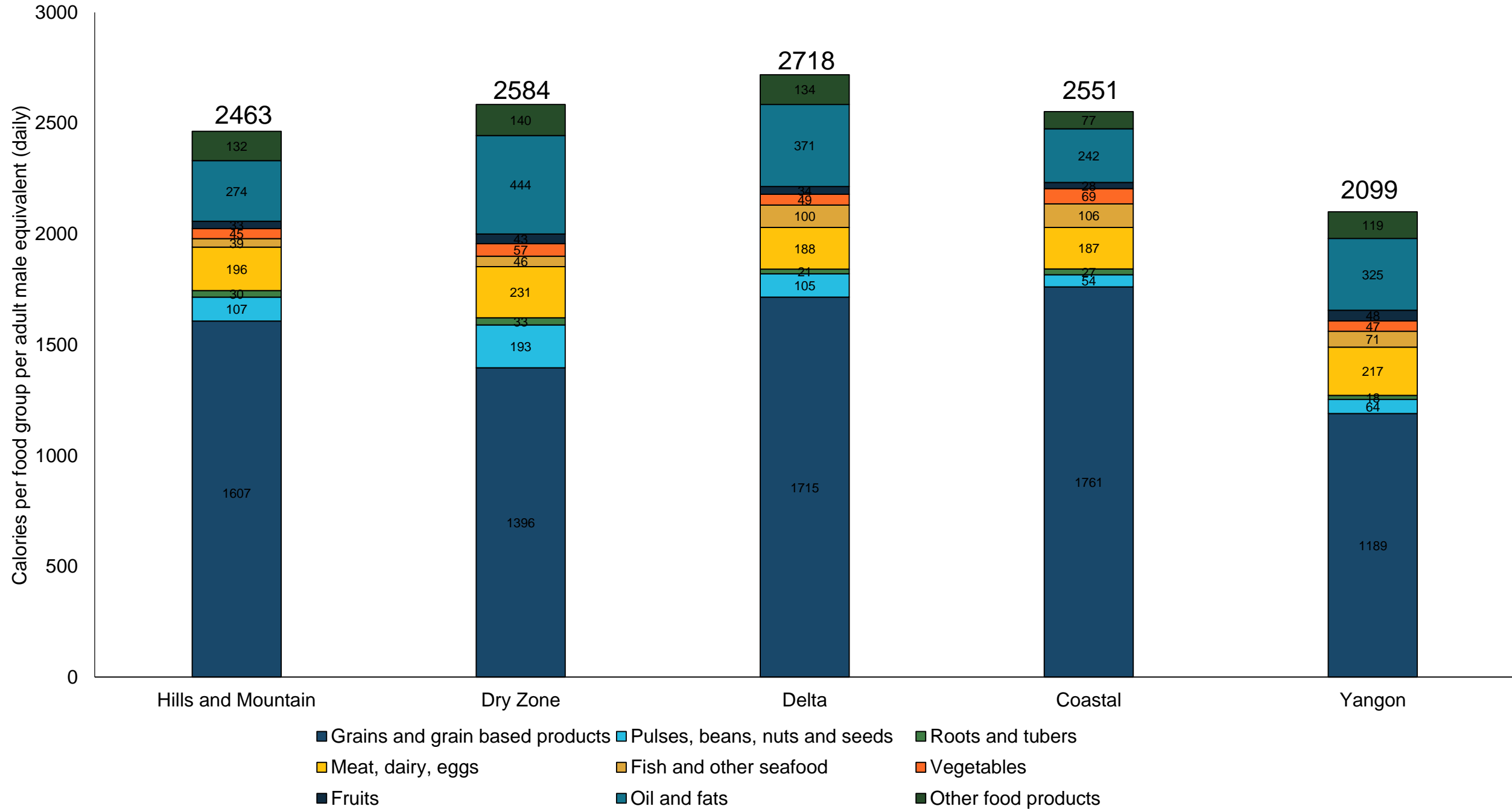
Watercress
85g



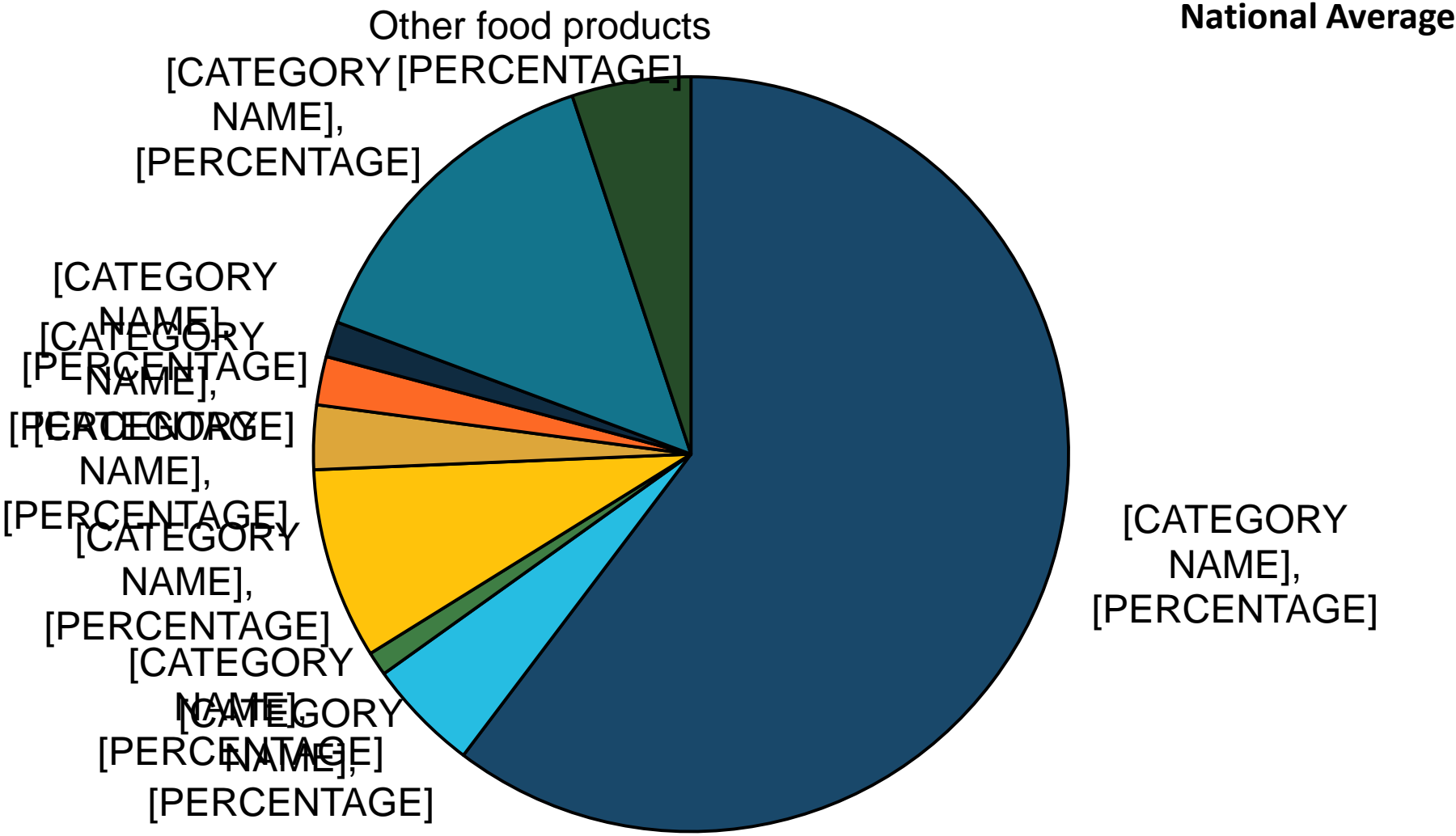
oil
10g



Calories by food group per Adult Male Equivalent



Percentage of calories by food group



Source of dietary energy (percentage)
Average of 2480 kcal daily per capita

Thank You for Kind Attention