The prevalence and consequences of malnutrition and under-nutrition, stunting, morbidity and mortality although well documented, are not yet fully understood. The impact of chronic malnutrition is of particular concern in Africa, where lasting effects on the cognitive and physical development of children and their families has inadvertently led to the stunted development of families and societies.

The focus of the Graça Machel Trust’s Nutrition Programme is to place nutrition high on the agenda of governments and civil society as a key development issue, with the overall aim of ensuring improved nutrition outcomes for the continent.

Our advocacy efforts are aimed at creating greater awareness and political commitment for effective food security and nutrition programmes in Southern Africa, with a special emphasis on Malawi, Mozambique and Tanzania.
**HOW WE WORK**

At global, regional and national levels in Africa, with a special emphasis on Malawi, Mozambique and Tanzania, to improve the nutrition governance.

In partnership with and through national civil society nutrition alliances and networks; by building their capacity and strengthening their voice.

Engage leaders at all levels to develop and apply evidence-based policies on nutrition.

Promoting multi-sectoral interventions that improve the provision of nutritious food for pregnant mothers and children.

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**NUTRITION AS A DEVELOPMENT PRIORITY**

- Strengthened inter-sectoral mechanism to address nutrition
- National nutrition plans or policies and their adoption
- Inclusion of national nutrition plans in national development plans
- Allocation of budgets for implementation of national nutrition plans, strategies and/or policies
- Aligning national nutrition plans with the Sustainable Development Goals (SDGs)
- Strengthening regional coordination to scale up nutrition

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**Country level engagement**

**Regional engagement**

**Continental engagement**

**Global engagement**

- Stakeholder analysis
- Civil Society capacity and network building
- Coordinated and targeted outreach
- Advocacy and communication
Establish networks that build and strengthen the capacity of local civil society organisations to drive the nutrition agenda forward.

Engage in advocacy for nutrition as a development priority.

We are engaged in advocacy for nutrition as a developmental priority at a country, regional and global level to ensure that nutrition is placed high on the agenda to ultimately end hunger, achieve food security, improve health and nutrition and promote sustainable agriculture in Africa.
Access to adequate nutrition is not just a health issue, but is developmental in nature as it forms the bedrock of an educated, healthy and productive society.

Our work in nutrition contributes to three main Sustainable Development Goals (SDGs)

- **Goal 2**
  End hunger, achieve food security and improved nutrition, and promote sustainable agriculture

- **Goal 3**
  Ensure healthy lives and promote well-being for all at all ages

- **Goal 6**
  Ensure availability and sustainable management of water and sanitation for all

MALNUTRITION MANIFESTS ITS SELF IN MANY FORMS AS:

- **Child Stunting**
  Low weight for age

- **Child Wasting**
  Low weight for height

- **Child Overweight**
  High weight for height

- **Adult Overweight**
  Carrying excess body fat with a Body Mass Index greater than 25

- **Adult Obesity**
  Carrying excess body fat with a body mass index greater than 30

- **Non Communicable Diseases**
  Diabetes, heart disease and some cancer

- **Micronutrient deficiency**
  Iron, folic acid, vitamin, Zinc, iodine below healthy threshold
Nutrition and development are inter-related. The lack of adequate nutrition is a key contributor to the high levels of maternal and child mortality, stunting and the associated loss of capital. This in turn has detrimental outcomes on the overall economic, social and political development of the continent.

“A thriving Africa should provide sufficient nutritious food to all women and children to enable each generation to grow to its full potential.”

Graça Machel Trust
WHY WE NEED TO INVEST IN NUTRITION

Malnutrition has major consequences particularly for children and women of reproductive age. Malnutrition claims the lives of three million children under the age of five each year and costs the global economy billions in lost productivity and health care costs. Yet these losses are almost entirely preventable.

Addressing malnutrition brings considerable economic and social benefits: it reduces mortality and morbidity; leads to resource savings in health; improves education outcomes; reduces inequality; enhances productivity and increases incomes.

The global community has committed to ending all forms of malnutrition by 2030. This will require a focused multi-sectoral approach towards meeting the SDG targets within the Global Agenda for Sustainable Development.

The right to good nutrition for all people, 365 days a year is not only a women’s and children’s rights issue, but a development issue for Africa.
KEY ADVOCACY GROUPS

There is much evidence on the need for a multi-sectoral approach to effectively address malnutrition. This implies the necessity of working collaboratively with partners from different sectors to amplify our advocacy. By working with partners across the spectrum and engaging on nutrition at regional and global levels, the Trust is able to reach a broader enabling environment for national nutrition strategies and policies to be implemented. This also leads to advocating for greater financial commitments. Sharing experiences from the ground through our national partnerships provides valuable inputs at a global level where global policies and agendas are shaped.

The Nutrition Programme actively participates in the following global and regional partnerships and committees/groups:

- The Scaling Up Nutrition Civil Society Steering Committee
- The International Coalition for Advocacy on Nutrition (ICAN)
- The advocacy and communication working group of the Scaling up Nutrition Civil Society Network (SUN CSN)
- Transform Nutrition (as a Transform Nutrition Champion)

CSONA is a coalition of local and international non-governmental organisations (NGOs) and local civil society organisations (CSOs) working to ensure sustained improvements in nutrition in Malawi, and provide support to government’s effort to scale up nutrition. Founded in 2013, CSONA is affiliated to the Global Scaling Up Nutrition (SUN) Movement which was launched in 2011 in Malawi. CSONA aims to facilitate CSOs to take a leading role in influencing and supporting government efforts in order to contribute to a successful roll-out of national nutrition interventions. CSONA’s members range from international and local NGOs, Community Based Organizations, Faith Based Organization, to other civil society actors. By June 2016, CSONA had 106 members implementing projects around nutrition, food security, agriculture, livelihoods, health, governance, gender, education, and water, sanitation and hygiene. CSONA’s secretariat is based in Lilongwe, temporarily hosted by Concern Worldwide.
THE PARTNERSHIP FOR NUTRITION IN TANZANIA (PANITA)

PANITA is a coalition of over 300 international and local CSOs across the country dedicated to building the political and public will to support as well as intervene to end malnutrition in Tanzania. The nutrition CSOs are work in the following sectors; Agriculture, Education, Health, Community Development, WASH, Livestock and Fisheries.

Established in 2010 through technical and financial support from Save the Children International (SCI), UNICEF and Irish Aid. Formed as a platform for CSOs to provide technical support, share information, and consolidate synergies on nutrition advocacy at national and local level. PANITA’s secretariat is based in Dar es Salaam.

FOUNDATION FOR COMMUNITY DEVELOPMENT (FDC) MOZAMBIQUE

The Foundation for Community Development (FDC) is a private, non-profit organisation that works to combine the efforts of all sectors in society to promote and advocate for development, democracy and social justice.

Founded in 1996, FDC has implemented and supported interventions in priority areas such as education, health, food security and income generation, water and sanitation and HIV/AIDS, with particular emphasis on children and women. Through working together with implementing partners, more than 100 organisations and civil society networks have been strengthened, in more than fifty percent of Mozambique’s 128 Districts.

In contribution to the reduction of chronic malnutrition and food insecurity in the country, through its Strategic Plan 2015-2025, the FDC intends to mobilise funds for the implementation of a Nutrition and Food Security five year project in four provinces. This will be undertaken by working through advocacy, coordination and implementation at the central/provincial, district and community level, together with the public and private sector, implementing partners, CSOs and funders.
Good nutrition is important to the progress of Education, Health, Employment, Women’s Empowerment, Ending Poverty and Reducing Inequality