

Pathways to Improved Nutrition in the Ethiopian Highlands

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Introduction

Despite encouraging progress in strengthening nutrition policies & improving nutritional outcomes, under-nutrition remains a significant public health problem in Ethiopia.

The objective of this study is to evaluate & revisit the current food production system, consumption patterns & policy environment to identify pathways to achieve nutrition security.

Findings

Agricultural Pathways

- Limited support for smallholders to diversify their production (Fig. 1)
- Limited research on soil health & bio-fortification
- Lack of diversification or nutrition-sensitive farming systems (Fig. 1)
- Lack of expertise & experience in nutrition-sensitive value chain
- Inadequate access to & availability of nutrient dense food

Policy and Institutional Issues

- Low level of commitment on nutrition sensitive interventions
- Poor communication & advocacy for social nutritional behavior change
- Weak coordination among key actors, between agriculture & health
- Key sectors at local level lack technical expertise & knowledge
- Weak promotion of gender responsive agriculture-nutrition continuum

Dietary Practices

- Low dietary diversity, diets lack essential micronutrients (Fig. 1 & 2)
- Inadequate consumption of animal-source proteins
- Lack essential micronutrients in child diets

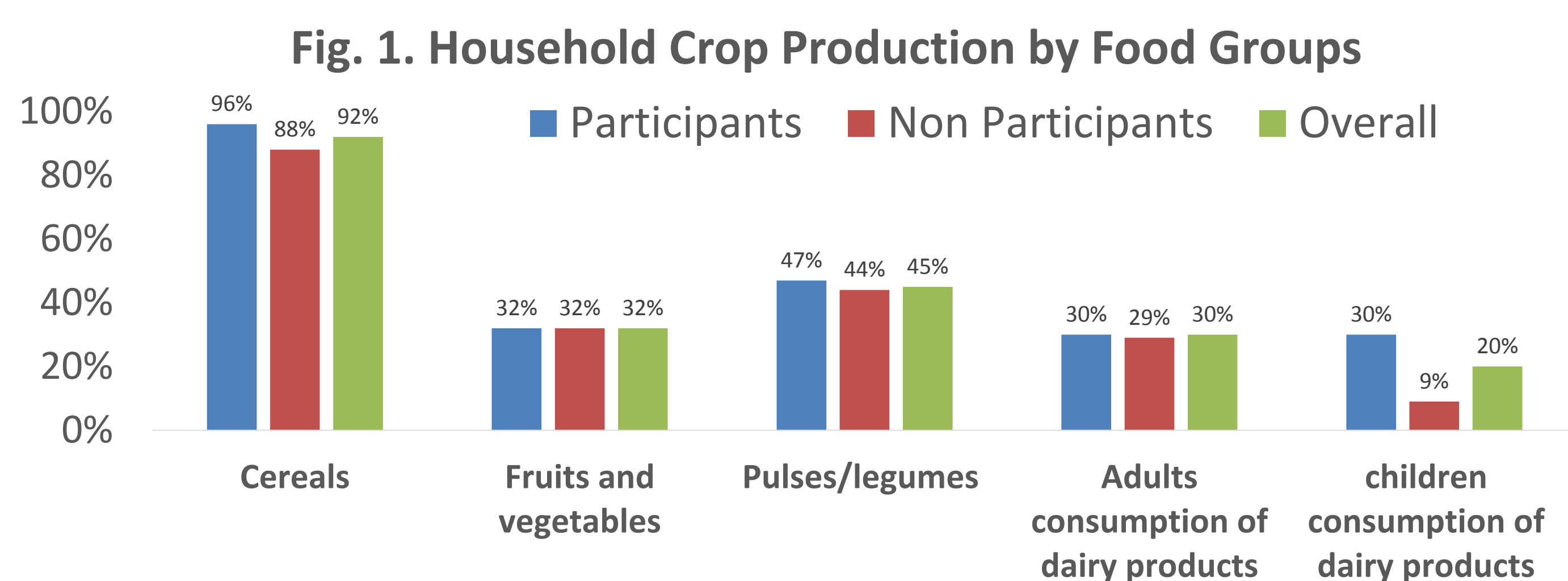
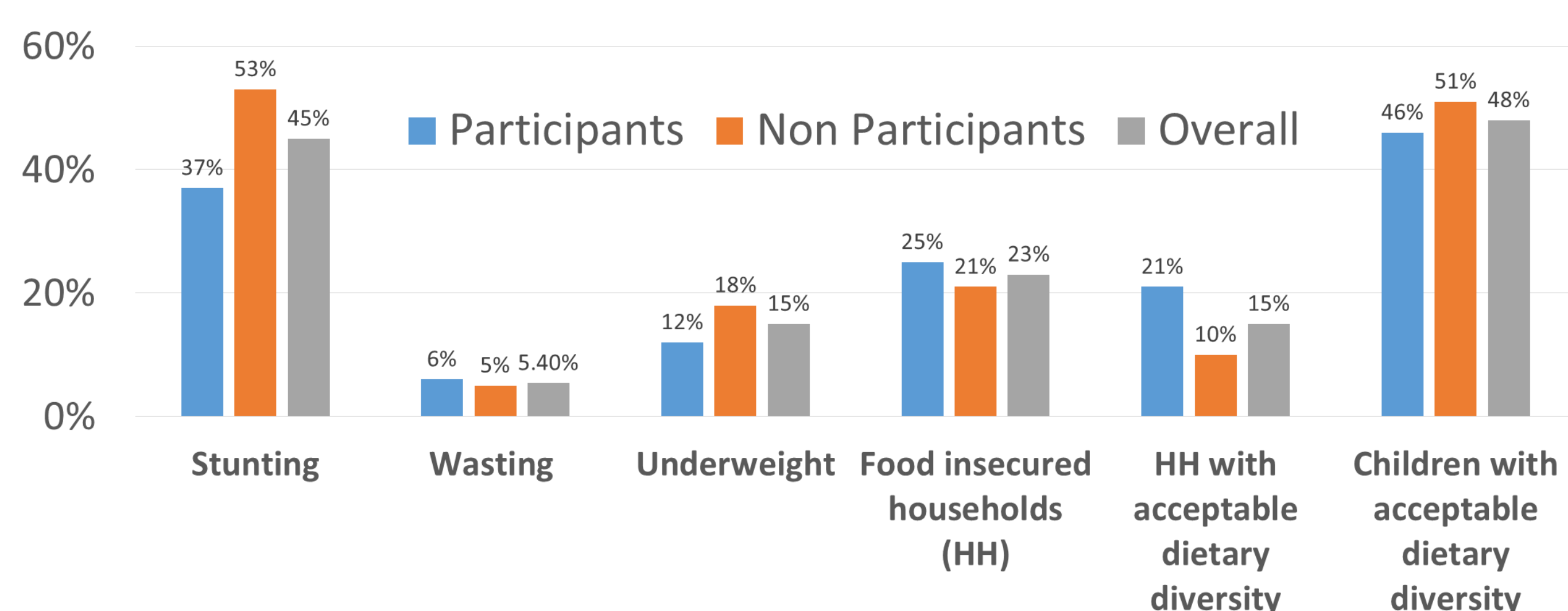


Fig. 2. Household Nutrition Indicators



Recommendations

Agricultural Pathways

- Develop short advocacy briefs on production diversification
- Promote bio-fortification to enhance nutritional value of crop/livestock
- Increase the availability of animal-source foods
- Establish nutrition kitchen gardens
- Assess the feasibility of nutrition-sensitive value chain approaches
- Identify suitable postharvest technologies facilities to minimize losses

Policy and Institutional Issues

- Develop advocacy briefs in improving nutrition
- Conduct public awareness on nutrition sensitive agriculture.
- Assign nutrition champions to strengthen coordination between agriculture & health extension workers
- Implement communication strategy for social nutrition behavior change
- Jointly train woreda experts, DAs, HEWs & IP members

Dietary Practices

- Promote production and consumption of nutrient dense crops & animal-source protein
- Promote production & dietary diversification to increase availability of animal-source & vitamin A rich food
- Promote nutrition education & behavior change strategies
- Integrate gender responsive approaches to maximize nutrition impact (Fig. 3).

Core partners



We thank farmers and local partners in Africa RISING sites for their support

Potential partnerships for phase II

- Ministry of Farming and Natural Resources
- Ethiopian Public Health Institute (EPHI)
- Regional, Zonal and Woreda Agriculture and Livestock Offices
- Federal and Regional Research Institutions and centres