

Nutrition Situation in Zambia

Nutritional status of women and children at a glance:

- 35% of children under age 5 are stunted (short for their age), 4% are wasted (thin for their height), 12% are underweight (thin for their age), and 5% are overweight (heavy for their height).
- Breastfeeding: Almost all children (98%) born in the 2 years before the survey were breastfed at some point. Seven in 10 children age 0-5 months are exclusively breastfed.
- Minimum acceptable diet: Overall, 13% of children age 6-23 months were fed a minimum acceptable diet in the 24 hours before the survey.
- The prevalence of anaemia in children age 6-59 months is 58%. One-third (31%) of women age 15-49 are anaemic.

Source: 2018 Zambia Demographic and Health Survey

National vision

The National Food and Nutrition Security Strategic Plan 2018-2022 highlights multi-sectoral solutions for nutrition problems through:

- Strengthening governance
- Enhancing planning and monitoring through common result framework and responsive information system
- Capacity building of multi-sectoral cadres to implement both nutrition-specific and sensitive interventions
- Strengthening the community service delivery especially through comprehensive SBCC approach
- Increasing investment, advocacy and communication support at all levels

The First 1000 Most Critical Days Program (MCDP)-II is the overall guiding framework for multi-sectoral nutrition response in the country. This programme is aimed at operationalising the first strategic direction of the National Food and Nutrition Strategy, whose efforts prioritise the strengthening and expansion of interventions aimed at preventing stunting in children under age 2. The following are the strategic objectives of the programme.

Strategic Objective 1: Improve Policy, Coordination, Financing and Partnerships

Strategic Objective 2: Improve the Coverage and Quality of Priority Nutrition Interventions for Stunting Reduction

Strategic Objective 3: Strengthen Capacity of Institutions, Systems and Management

Strategic Objective 4: Improve Advocacy for Stunting Reduction

Strategic Objective 5: Improve Monitoring, Evaluation, Research, Learning and Adaptive Management

About the Scaling Up Nutrition (SUN) II Programme

A multi-year initiative for multi-sectoral approaches for service delivery to achieve synergistic impact at the 1000 most critical days households. It involves health, WASH, agriculture and food security, ECD and

social protection. Gender, SBCC and governance issues are cross-cutting parameters across all sectors for their programme planning, implementation, service delivery and monitoring. Building on the experience from MCDP-I, the SUN-II programme brings relevant sectors together through enhanced coordination at national, provincial, district and ward level for joint planning, coordinated actions by each sector for a common result. UNICEF is the lead agency while WFP, FAO and WHO implement their planned activities for achieving the common targets under the logical framework. Key implementing partners include the National Food and Nutrition Commission and six key line ministries (Health, Agriculture, Fisheries and Livestock, Community Development and Social Services, Water Development, Sanitation and Environmental Protection and Education). CARE was selected as one of the NGOs to support the implementation of the 1st 1000 MCDP in Chinsali, Isoka, Mpika, Choma, Monze districts out of the 17 districts supported by UNICEF.

Intervention focus

WASH	Promotion of improved sanitation (using CLTS/sanitation marketing) and safe hygiene practices, improving access to safe water
Social Protection	Promotion of women's participation in village savings and lending groups
Health & Nutrition	Promotion of good nutrition and care practices at household level
Food prod. & Diversification	Promotion of production and consumption of diverse, nutrient-dense foods
Cross cutting	Social Behaviour Change Communication & Advocacy, Programme Monitoring

Expected Results:

- Sustained practice of optimal nutrition behaviours amongst adolescents, pregnant women, and mothers and caregivers of children under two
- Sustained demand for and use of agriculture, health and WASH interventions for adolescents, pregnant women, mothers and caregivers of children under two and communities
- Quality nutrition information is used by communities, government and partners for evidence-based decisions, action and advocacy
- Sustained commitment by government and partners for accountable nutrition governance

Donors

FCDO, KFW, EU, Sida, Irish Aid, German Cooperation, UN

Contact:

CARE International in Zambia

Country Director

Chikwe Mbweeda

chikwe.mbweeda@care.org

Telephone: +260 211 267950; Fax: +260 211 267956

Website: <https://www.care-international.org/where-we-work/zambia>