



UNITED REPUBLIC OF TANZANIA

Agriculture Transformation and Nutrition in Tanzania: Implications to food processing and fortification

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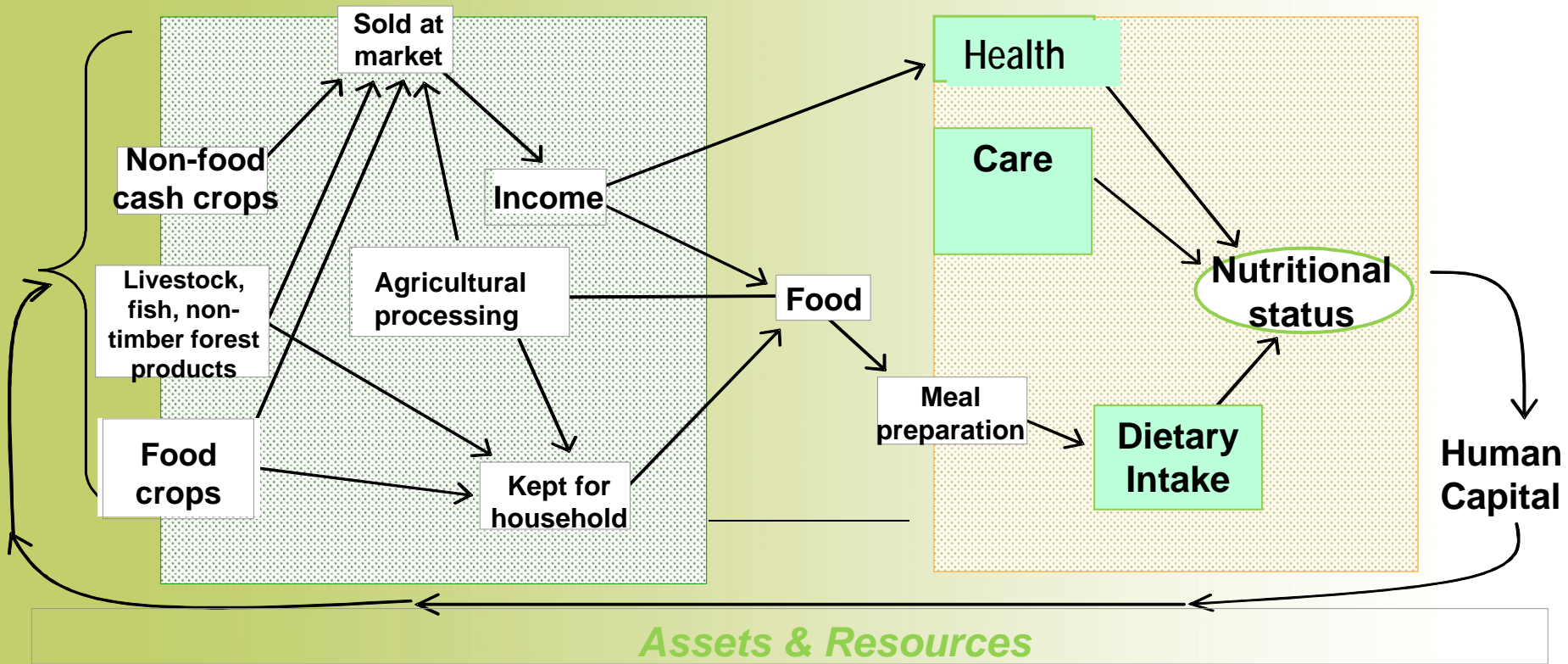
Introduction

- Agriculture is a key sector of Tanzania's economy and accounts for 26.5% of Tanzania's GDP.
- About 87% of the poor live in rural areas, and 75% of rural income is earned from agriculture.
- Improved nutrition supports the agriculture sector by enhancing rural people's ability to undertake the strenuous tasks involved in small-scale farming.
- Agricultural sector has a significant potential to reduce poverty and malnutrition.
- It is therefore paramount to understand the agriculture-nutrition interface, improve nutritional focus and support agricultural value chain actors to increase nutritional benefits

Background to Agriculture Transformation

- In July 2010, Tanzania signed a compact under the framework of the Comprehensive Africa Agriculture Development Programme (CAADP)
- developed a 10-year Agriculture and Food Security Investment Plan (TAFSIP)—dubbed ‘Kilimo Kwanza’ in Swahili (Agriculture First). Its aim is to transform the agricultural sector to create wealth, reduce poverty and achieve food and nutrition security.
- The Plan seeks to address issues around agricultural productivity, rural development, and food and nutrition.

Agriculture and Nutrition Pathways



What is malnutrition

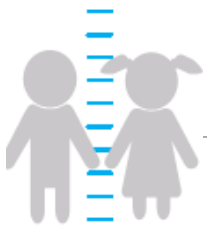
Malnutrition is

⇒ a condition when a person has too little (**undernutrition**), too much (**over-nutrition**) or imbalances in energy, protein, vitamins and minerals.

Under-nutrition: (chronic malnutrition, acute malnutrition, micronutrients deficiencies). When an individual does not consume enough nutrients

Over-nutrition: (Overweight & Obese – Diabetes, Hypertension). When an individual consumes too much nutrients

Where Does Malnutrition Occurs?



The prevalence of undernutrition is two or three times – and sometimes many – times higher among poorest income quintile than among the highest quintile;

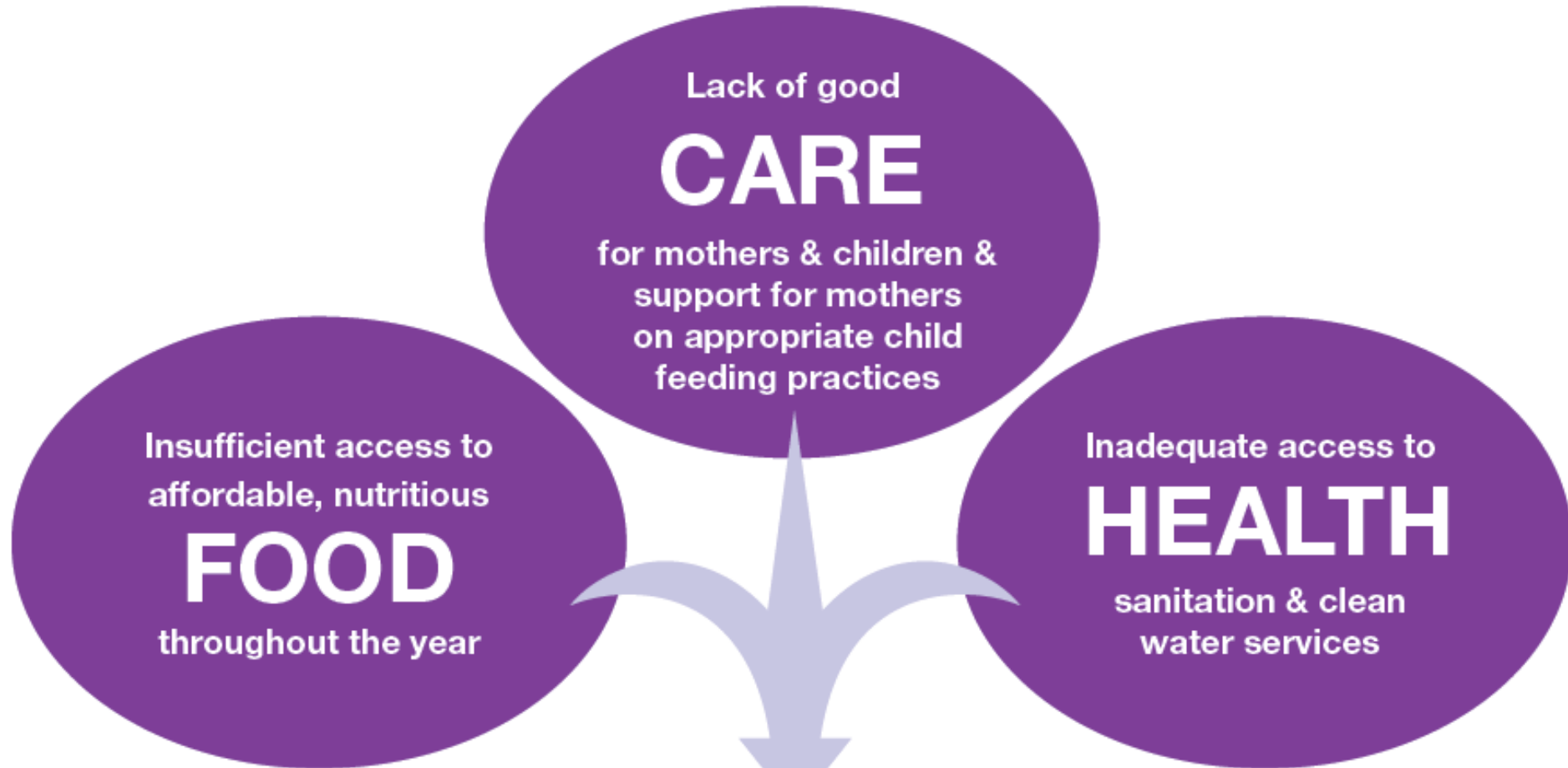


Over nutrition has been on the rise; to both poor, middle and high income households

Why?

- ✓ People do not always know what food and feeding practices are best for their small children
- ✓ People can not easily tell when their child is becoming malnourished
- ✓ Exclusive breastfeeding is not universal
- ✓ Growth faltering is not visible in the early stages
- ✓ Micronutrient deficiencies are not visible to untrained eyes

Causal Framework of Undernutrition



The causes of malnutrition are interconnected

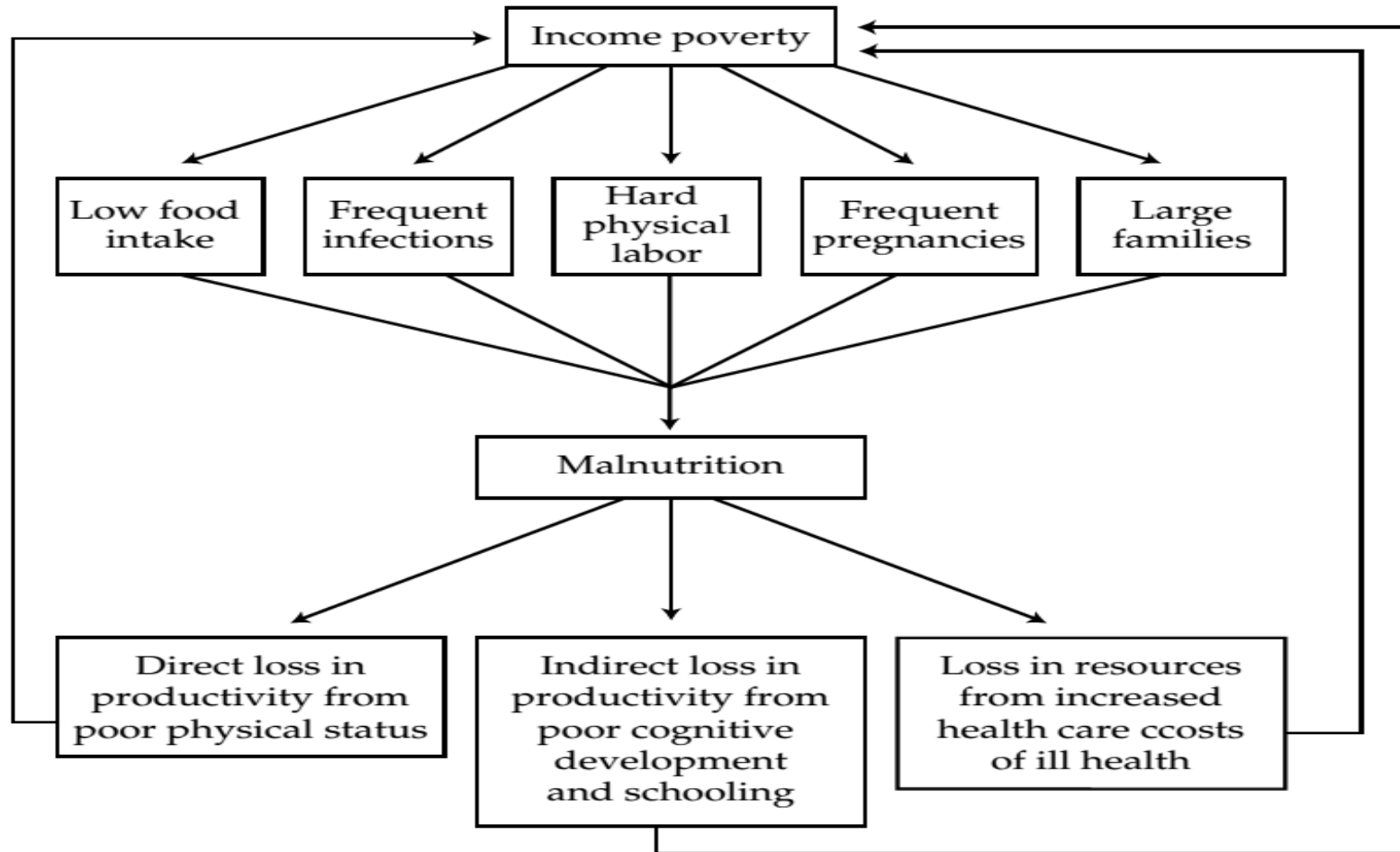
ROOTED IN

Political & Cultural
Environment

Poverty

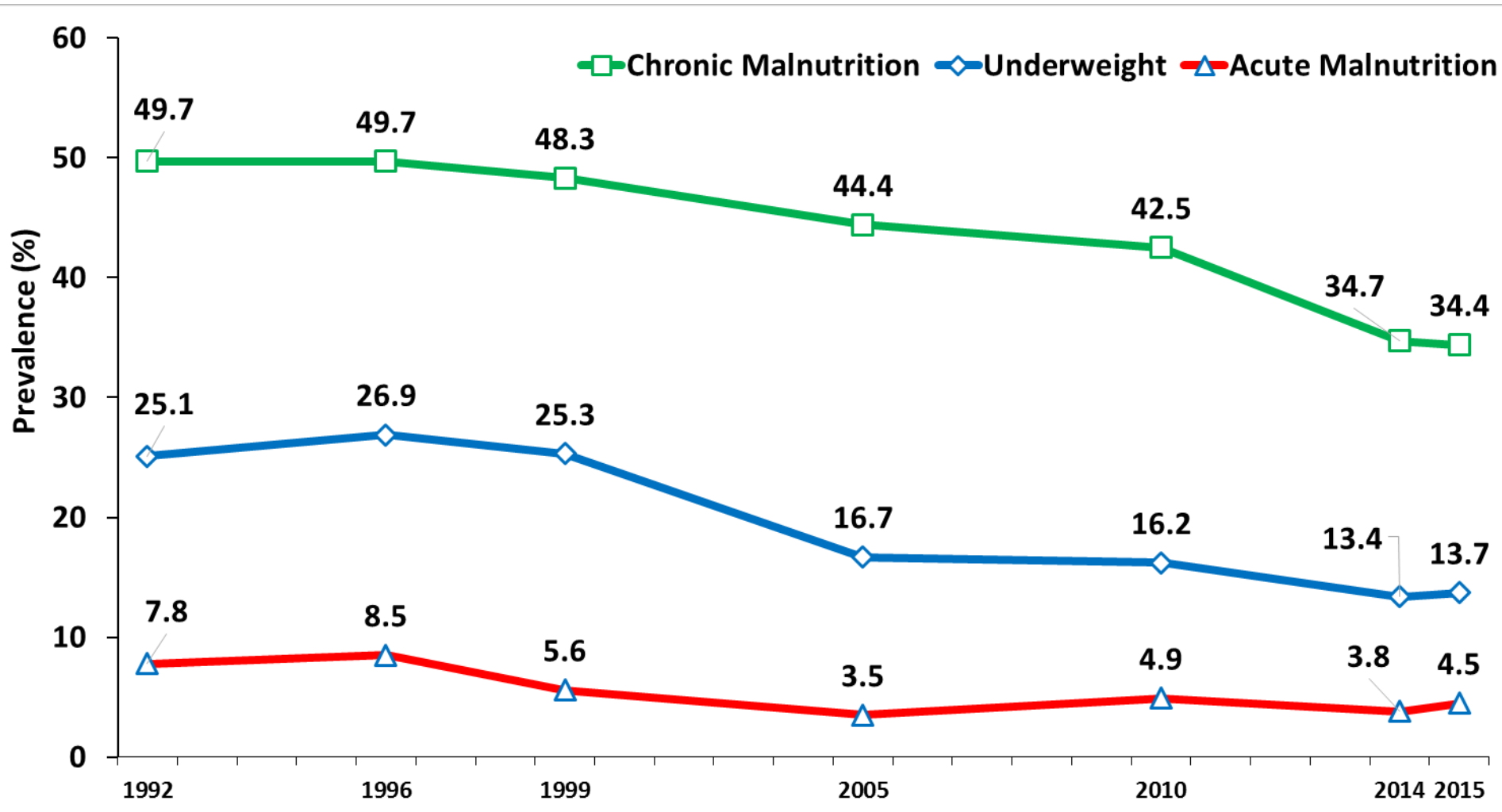
Disempowerment
of Women

Poverty and Malnutrition



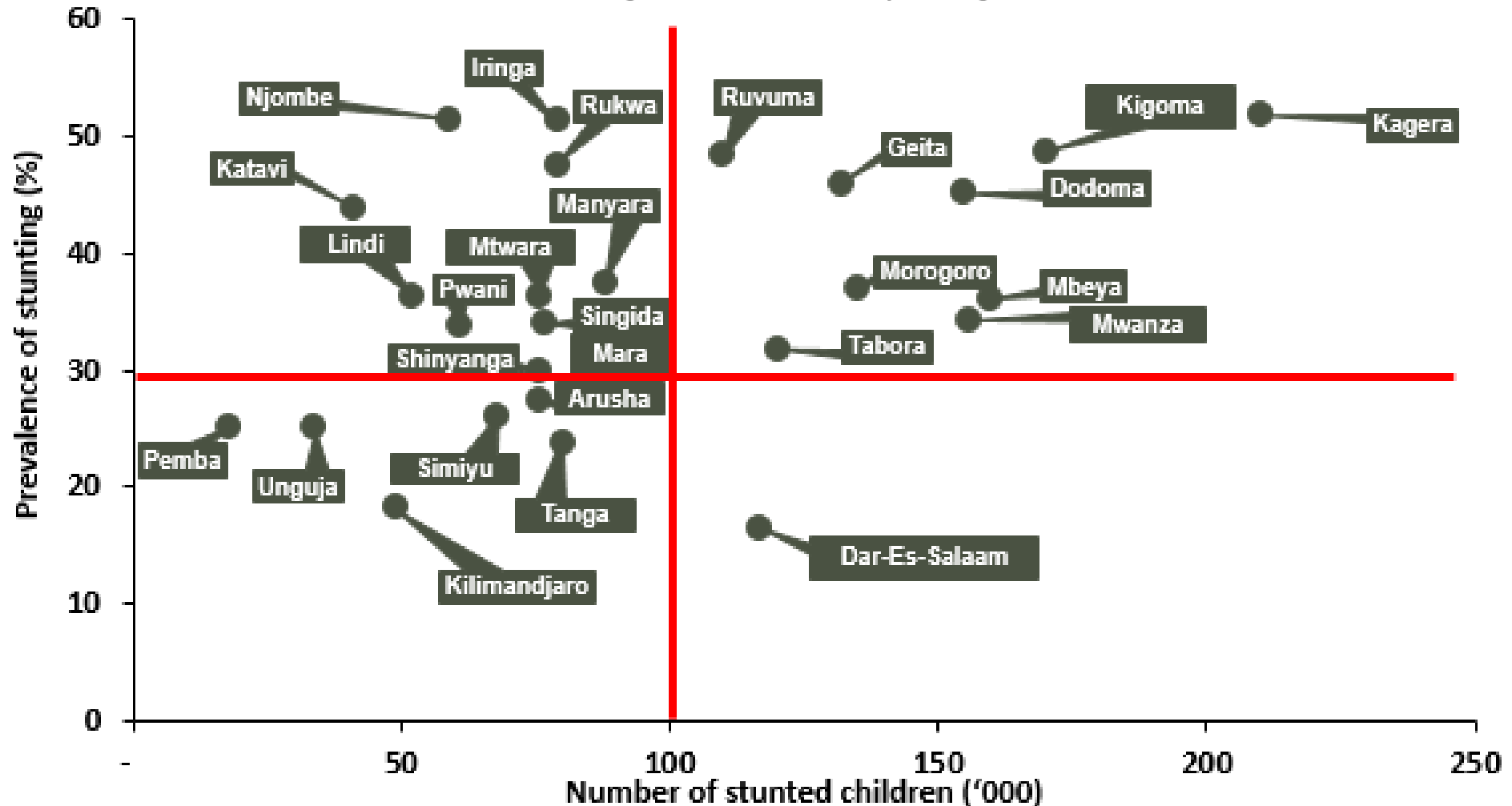
Nutrition Situation (1)

Trends in nutritional status of children under five between 1992 and 2015



Nutrition Situation (2)

Prevalence of stunting among children under-five and stunting burden by region



Nutrition Situation (3): Micronutrient deficiencies

- **Anaemia - 2015**

- ✓ Children (6-59 months) – 58% ;
- ✓ Women at reproductive age (15-49yrs) – 45%

- **Vitamin A deficiency - 2010**

- ✓ Children (6-59 months) – 33% ;
- ✓ Women at reproductive age (15-49yrs) – 37%

- **Salt Iodization - 2014**

- ✓ Only 64% of households accessed iodized salt

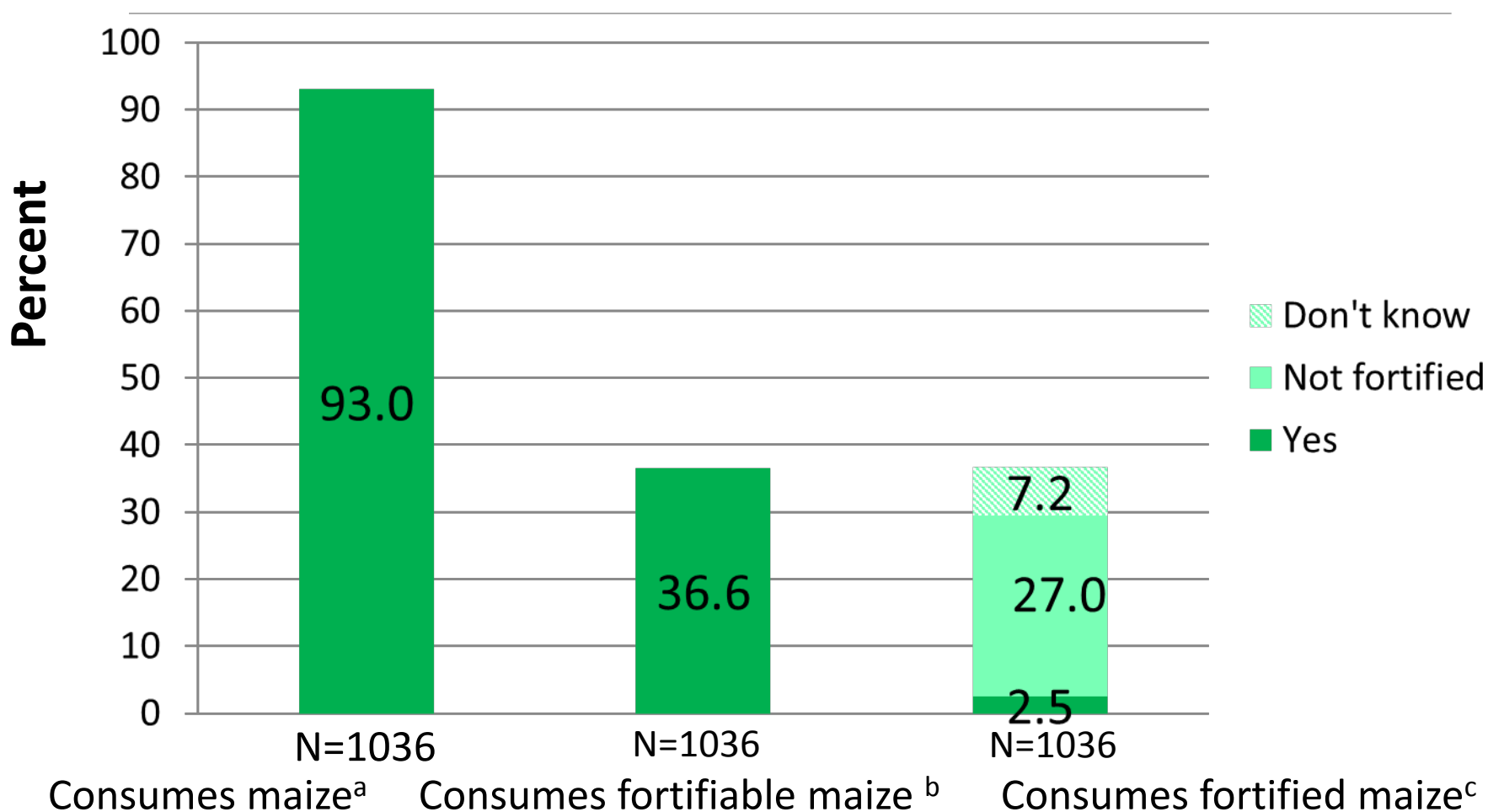
The Impact of vitamin and mineral deficiencies

- Every year deficiencies in iron, vitamin A and folic acid cost the country over US\$ 518 million, around 2.65 % of the country's GDP
- Vitamin and mineral deficiencies significantly contribute to infant and maternal mortality, with over 27,000 infant and 1600 maternal deaths, or 28,600 total deaths annually attributable to this cause
- Increased intake of essential vitamins and minerals, such as iron, improves cognitive function and intellectual capacity of children and work performance of adults.

Food processing and Food fortification

- There has been a rapid proliferation of micro-firms dominated with processed food products including maize and wheat flour products, blended and other flour products, packaged rice, dairy and dairy products, fruit juices, and poultry available in major cities.
- Food fortification is an important part of a national nutrition strategy to reduce the prevalence of micronutrient deficiencies in Tanzania. These refer to the category of food processed products with value added.
- Legislation, regulations, standards and guidelines are in place

National Coverage, Tanzania, 2015: Household coverage of maize flour



Conclusion

- ⇒ Irrespective of the progress made so far, **there are still over 2.7 million children who are stunted in Tanzania** are still at unacceptable level.
- ⇒ Tanzania is experiencing rapid food system change at both processing and retail levels. **Thus, there is a need of strengthening food and nutrition security strategies for directly delivering micronutrients** to reduce micronutrient deficiencies and improve the nutritional status of the community especially the vulnerable groups to ensure healthy and productive lives for all citizens.



Asanteni kwa kusikiliza!
