

# Fill the Nutrient Gap

Nutrition situation analysis framework and decision tool



## ‘Fill the Nutrient Gap’ Pakistan: Rationale, key findings and recommendations

Fill the Nutrient Gap National Consultation Islamabad, 11 April 2017



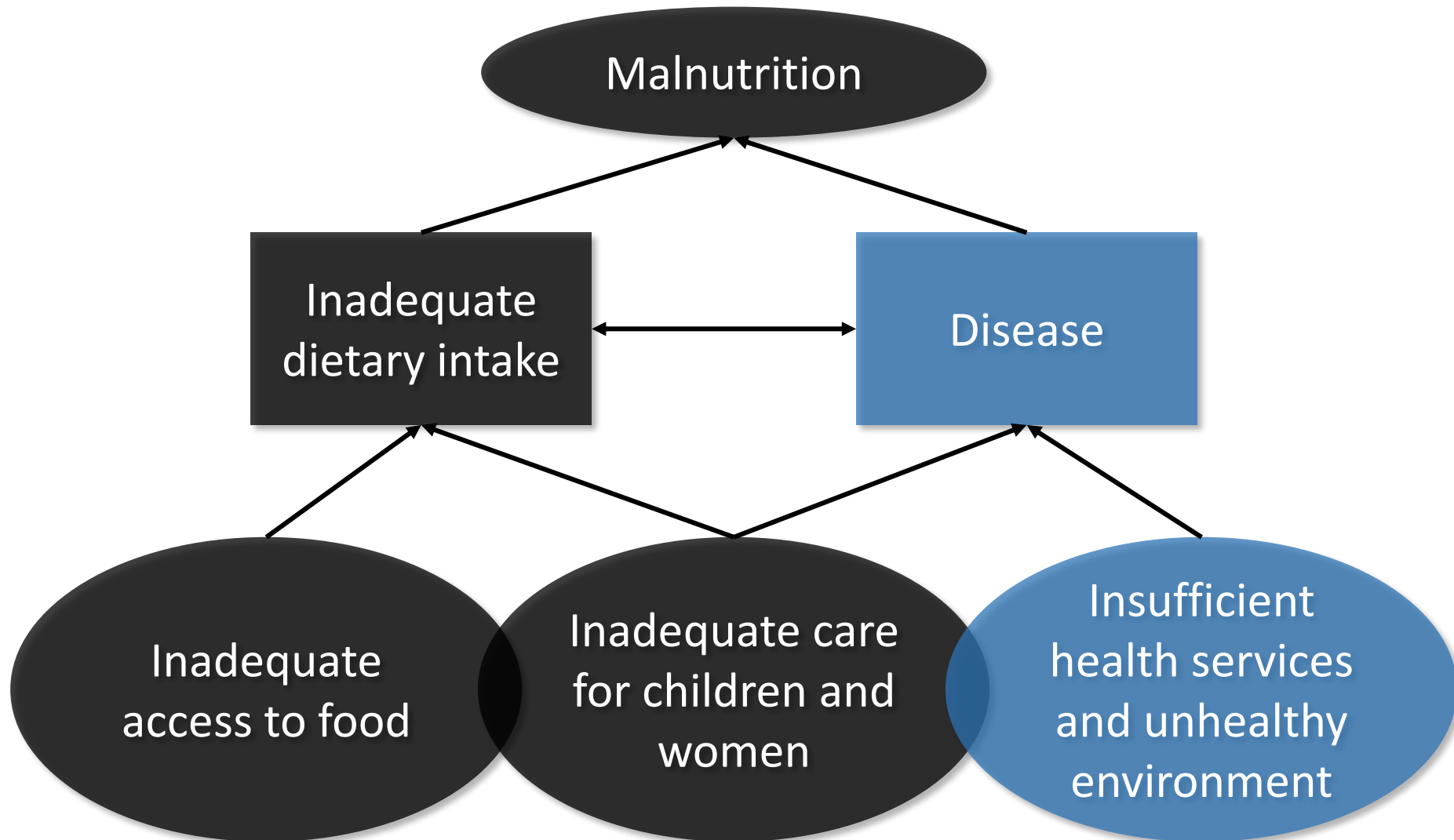


**SUSTAINABLE  
DEVELOPMENT  
GOALS**

**2 NO  
HUNGER**



Meeting nutrient requirements is a prerequisite for preventing malnutrition – 1,000 day window is critical





Good nutrition  
is about consuming 40 nutrients  
in different amounts  
from a wide variety of foods  
together with  
other key interventions

# Fill the Nutrient Gap



Nutrition situation analysis framework and decision tool

- Needs vary by age, sex and biological state.
- Cost and affordability of nutritious diets vary by area.



Recognising 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.



## Primary Goals

- Strengthen nutrition situation analysis linked to decision-making.
- Establish consensus on cost-effective policy and programmatic strategies to improve nutrition of key target groups adapted to the context.

# Fill the Nutrient Gap

Nutrition situation analysis framework and decision tool



## 2 Processes

Reviewing  
secondary data  
and  
sources of  
information

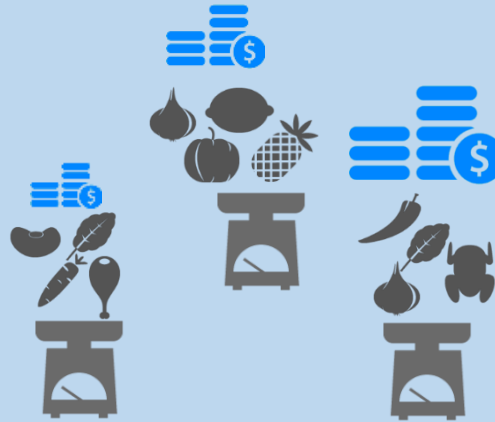
Linear  
programming  
on the  
Cost of the  
Diet



Linear optimization determines the least expensive nutritious diet using locally available foods



Locally  
available  
food  
items



Possible diets  
meeting all  
nutrient  
requirements of  
the household



Least  
expensive  
nutritious  
diet



## IDENTIFICATION

Define focus of analysis  
(target groups, geographies)



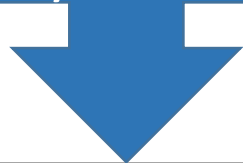
## POLICY ANALYSIS

Analyse enabling environment



## ANALYSIS

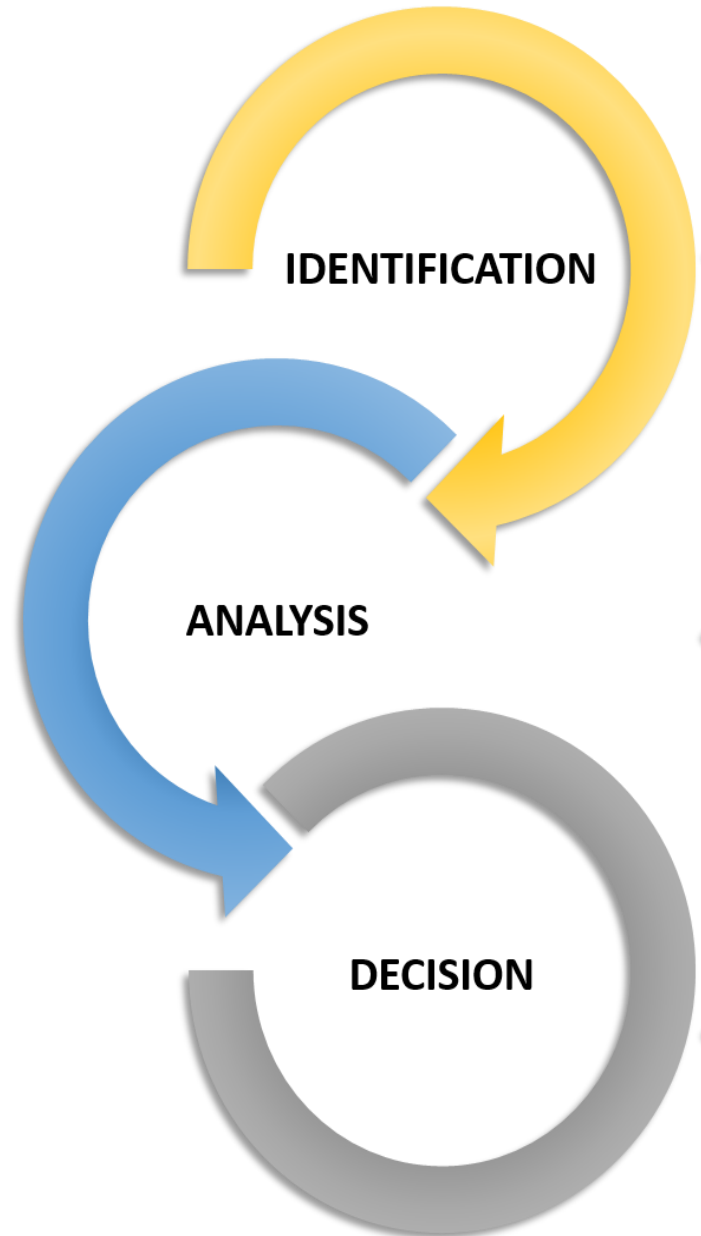
Analyse food & nutrient availability,  
access, intake, and local practices  
& affordability of nutritious diets



## DECISION

Identify effective context-specific  
intervention & policy options to fill  
the nutrient gap

## FRAMEWORK



# Fill the Nutrient Gap Process in Pakistan

Stakeholder consultations



Secondary Data analysis



Intervention Modelling  
with Linear Programming



National-level  
workshop for  
presentation  
of preliminary  
results



Presentation of  
context-specific  
results at provincial  
level



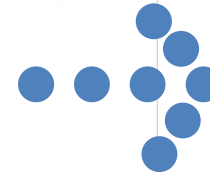
Discussion of findings,  
identification of any  
further interventions  
for modelling



Development of  
provincial-specific  
recommendations  
with regional  
stakeholders



National-level  
recommendations  
with stakeholders



**NATIONAL LEVEL**

**PROVINCIAL LEVEL**

**NATIONAL LEVEL**

November 2016

April 2017

**Fill the Nutrient Gap**




Nutrition situation analysis framework and decision tool

# Secondary Data Review and Analysis


# 190 secondary data sources reviewed and data gaps identified

Register all documents saved in the shared dropbox and mendeley files


Register or all documents saved in the shared Dropbox and Mendeley files						Secondary Data Category										Provinces					Territories														
Code	Folder	Document file name	Description	Citation	Year	Background context	Maternal Characteristics	Enabling Environment	Availability of nutritious food	Access to nutritious food	Nutrient intake	Local practices	Cost of nutrition	Nationally representative Data available	Sindh		Balochistan		KP		Punjab		ICT		FATA		AJK		GB						
															Urban	Rural	Urban	Rural	Urban	Rural	Urban	Rural	Urban	Rural	Urban	Rural	Urban	Rural	Urban	Rural	Urban	Rural	Urban	Rural	Urban
3017	3. Programme	<a href="https://www.wfp.org/countries/pakistan">https://www.wfp.org/countries/pakistan</a>	WFP, 2017. Pakistan: Current Issues and what the World Food Programme is D		2017			X		X				X																					
3018	3. Programme	<a href="http://www.unfpa.org/sites/default/files/portal-unfpa">http://www.unfpa.org/sites/default/files/portal-unfpa</a>	UNFPA, 2013. Final common country programme document for Pakistan and U		2013			X						X																					
4001	4. Quantitativ	4001. Nutrition in the Cities- Pakistan Seconda	Blankenship J. Nutrition in the Cities: Secondary data analysis of nutrition statu		2016		X									X				X		X													
4002	4. Quantitativ	4002. CoD Pakistan	CoD Pakistan Ministry of Planning, Development & Reform Planning Commission P. Minimum C		2016					X						X	X		X	X		X													
4003	4. Quantitativ	4003. Food Price Volatility	FAO/WFP I Fang C, Sanogo I. Food price volatility and natural hazards in Pakistan: Measu		2014				X	X				X										X	X										
4004	4. Quantitativ	4004. FAO - 2015 - Women in Agric	FAO Repoi FAO. Women in Agriculture in Pakistan. Islamabad; 2015.		2015			X	X	X						X			X	X		X					X	X							
4005	4. Quantitativ	4005. Impacts of Shocks on House	WFP/FAO I Food and Agriculture Organization of the United Nations (FAO), WFP. Impacts		2011				X	X				X																					
4006	4. Quantitativ	4006 Sindh-MICS-2014-Final-Rep	Multiple Inc Sindh Bureau of Statistics and UNICEF, Sindh Multiple Indicator Cluster Survey		2014		X			X	X		X			X																			
4007	4. Quantitativ	4007. Sindh MICS 2003-04 Report	Multiple Inc Government of Sindh Planning and Development Department, UNICEF. Sindh		2004		X			X	X	X	X			X																			
4008	4. Quantitativ	4008. Punjab Multiple Indicator Clu	MICS 2014 Bureau of Statistics. Planning & Development Department. Government of the		2004		X			X	X	X	X									X													
4009	4. Quantitativ	4009. Nutrition Situation of URBAN	PAKISTAN WFP. PAKISTAN : NUTRITIONAL SITUATION OF URBAN CHILDREN UNDER 5		2016		X									X	X		X	X		X													
4010	4. Quantitativ	4010. Nutrition Situation of Rural Pa	PAKISTAN WFP. PAKISTAN : NUTRITIONAL SITUATION OF RURAL CHILDREN UNDER 5		2015		X									X			X	X		X													
4011	4. Quantitativ	4011. State of Food Security Pakist	Food Secu Ministry of National Food Security and Research. State of Food Security Pakis		2016				X	X				X				X	X	X		X					X	X							
4012	4. Quantitativ	4012. Estimating the global prevale	Study estin Wessells KR, Brown KH. Estimating the global prevalence of zinc deficiency: re		2012				X	X				n/a											X	X									
4013a	4. Quantitativ	4013a.3cod_Shikarpur_report_fina	CoD Study. Save the Children. A Cost of the Diet analysis in the Shikarpur district of Pakist		2013				X	X						X																			
4014a	4. Quantitativ	4014. a.1SMART Dadu District SINC	SMART Su Hussain B. SMART survey Dadu district, Sindh Province, Pakistan November 2		2015		X									X																			
4014b	4. Quantitativ	4014. b.1SMART Taluka Umerkot SI	SMART Su Concern Worldwide. SMART Survey Report Taluka & District Umerkot, Sindh-F		2016		X									X																			
4015a	4. Quantitativ	4015. a Summaries_Situation analy	Exec. Sum Salam RA, Bhatti Z, Rizvi A, Das JK, Faqah A, Bhutta ZA. Situation Analysis of I		2014			X								X																			
4015b	4. Quantitativ	4015b. Situation Analysis for Adole	Situation a Salam RA, Bhatti Z, Rizvi A, Das JK, Faqah A, Bhutta ZA. Situation Analysis of I		2014			X								X																			
4016	4. Quantitativ	4016. Eating habits adolescents Islam	Ahmad H, Liaqat P, Paracha PI, Qayyum A, Uppal MA. Assessment of nutrition		2009		X																												
4017	4. Quantitativ	4017. Association Socioec Urbanacit	Quess, Japius MZ, Mahmood B, Bhatti JA, Khan MI. Association of ho																																
4018	4. Quantitativ	4018. Ralw apindi Nutritional-status-	Study estin Wessells KR, Brown KH. Estimating the global prevalence of zinc deficiency: re																																
4019	4. Quantitativ	4019. Food Nutr Bull-2009-Bhutta-S	Study estin Wessells KR, Brown KH. Estimating the global prevalence of zinc deficiency: re																																
4020	4. Quantitativ	4020. Geographic difference Materna	Study estin Wessells KR, Brown KH. Estimating the global prevalence of zinc deficiency: re																																
4021	4. Quantitativ	4021. Evaluation of Nutrition Surveys	Study estin Wessells KR, Brown KH. Estimating the global prevalence of zinc deficiency: re																																
4022	4. Quantitativ	4022. Towards food and nutrition sec	Study estin Wessells KR, Brown KH. Estimating the global prevalence of zinc deficiency: re																																
4023	4. Quantitativ	4023. Inflation and food security cop	Study estin Wessells KR, Brown KH. Estimating the global prevalence of zinc deficiency: re																																
4024	4. Quantitativ	4024. School Feeding Program asssm	Study estin Wessells KR, Brown KH. Estimating the global prevalence of zinc deficiency: re																																




Food and Agriculture Organization of the United Nations



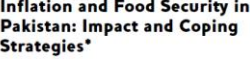
Pakistan2025  
One Nation - One Vision



Minimum Cost of the Diet (CoD)  
Pakistan  
July 2016




National Nutrition Survey  
Pakistan  
2011

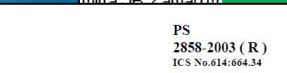


Inflation and Food Security in  
Pakistan: Impact and Coping  
Strategies\*

Haris Gazdar and Hussain Bux Mallah




HOUSEHOLD INTEGRATED  
ECONOMIC SURVEY (HIES)  
(2013-14)



PS  
2858-2003 (R)  
ICS No.614:604.34

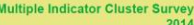
PAKISTAN STANDARD

SPECIFICATION FOR  
COOKING OIL (BLENDED) (1<sup>ST</sup> REV.)

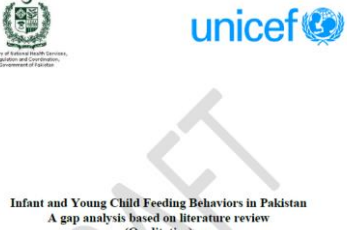


Sindh  
Key Findings Report


Monitoring the situation of children and women




Multiple Indicator Cluster Survey  
2014



Infant and Young Child Feeding Behaviors in Pakistan  
A gap analysis based on literature review  
(Qualitative)



WOMEN  
in Agriculture  
in Pakistan



Government of  
Sindh  
Pakistan

THE ALI SHAH UNIVERSITY  
Community Health Sciences  
Department of Community Health Sciences


August 2013

Nutrition political economy, Pakistan. Provincial  
Report: Balochistan.


Shehla Zaidi  
Aga Khan University, shehla.zaidi@aku.edu

Zulfiqar Ahmed Bhutta  
Aga Khan University, zulfiqar.bhutta@aku.edu


Salamun Qazi  
Aga Khan University



eCommons@AKU

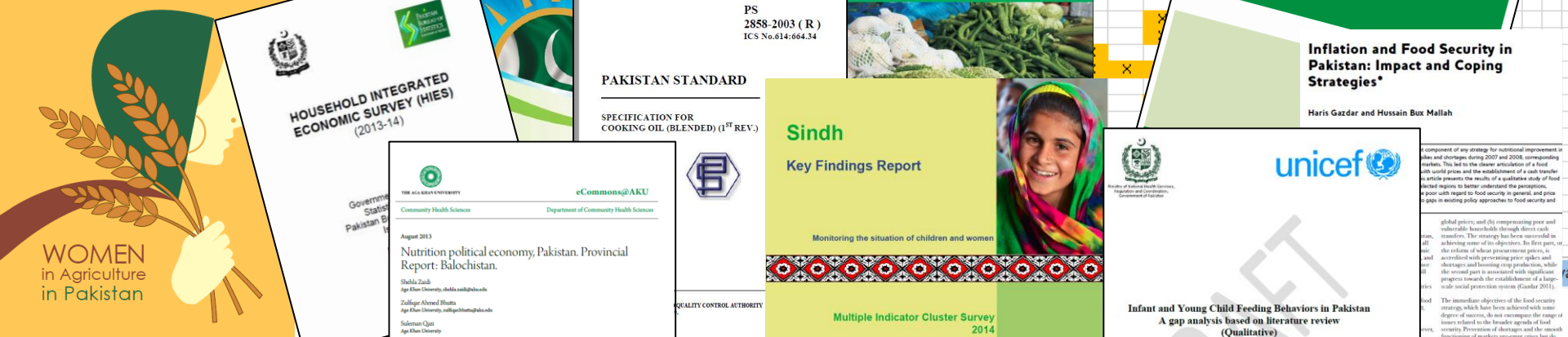


QUALITY CONTROL AUTHORITY



unicef

A component of any strategy for nutritional improvement in  
rural and urban areas during 2007 and 2008, corresponding  
to the achievement of the objectives. In first part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In second part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In third part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In fourth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In fifth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In sixth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In seventh part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In eighth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In ninth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In tenth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In eleventh part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In twelfth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In thirteenth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In fourteenth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In fifteenth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In sixteenth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In seventeenth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In eighteenth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In nineteenth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In twentieth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In twenty-first part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In twenty-second part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In twenty-third part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In twenty-fourth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In twenty-fifth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In twenty-sixth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In twenty-seventh part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In twenty-eighth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In twenty-ninth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In thirtieth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In thirty-first part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In thirty-second part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In thirty-third part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In thirty-fourth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In thirty-fifth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In thirty-sixth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In thirty-seventh part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In thirty-eighth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In thirty-ninth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In fortieth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In forty-first part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In forty-second part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In forty-third part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In forty-fourth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In forty-fifth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In forty-sixth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In forty-seventh part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In forty-eighth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In forty-ninth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In fiftieth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In fifty-first part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In fifty-second part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In fifty-third part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In fifty-fourth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In fifty-fifth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In fifty-sixth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In fifty-seventh part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In fifty-eighth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In fifty-ninth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In sixtieth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In sixty-first part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In sixty-second part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In sixty-third part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In sixty-fourth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In sixty-fifth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In sixty-sixth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In sixty-seventh part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In sixty-eighth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In sixty-ninth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In seventieth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In seventy-first part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In seventy-second part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In seventy-third part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In seventy-fourth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In seventy-fifth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In seventy-sixth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In seventy-seventh part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In seventy-eighth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In seventy-ninth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In eightieth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In eighty-first part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In eighty-second part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In eighty-third part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In eighty-fourth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In eighty-fifth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In eighty-sixth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In eighty-seventh part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In eighty-eighth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In eighty-ninth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In ninetieth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In ninety-first part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In ninety-second part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In ninety-third part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In ninety-fourth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In ninety-fifth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In ninety-sixth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In ninety-seventh part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In ninety-eighth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In ninety-ninth part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives. In one hundred part, it  
relates to the establishment of a cash transfer  
program, which is a precondition for the  
achievement of the objectives.





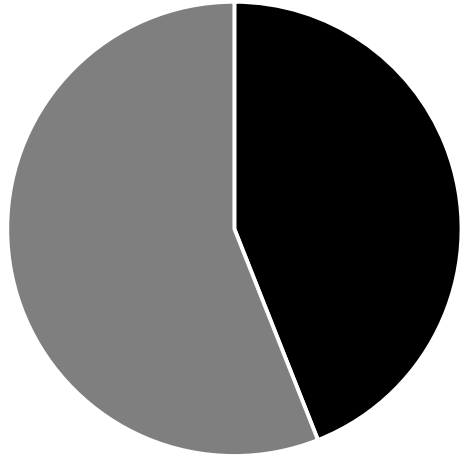
## MESSAGE

1

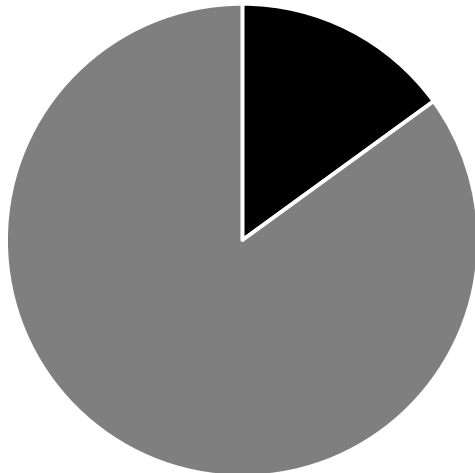
- High or very high prevalence of malnutrition
- Little progress over the last 60 years

# Malnutrition affects a significant number of infants and young children

23.9 million children aged <5 years in Pakistan



44% Stunting prevalence  
**= 10.5 million stunted children**



15% Wasting Prevalence  
**= 3.7 million wasted children**





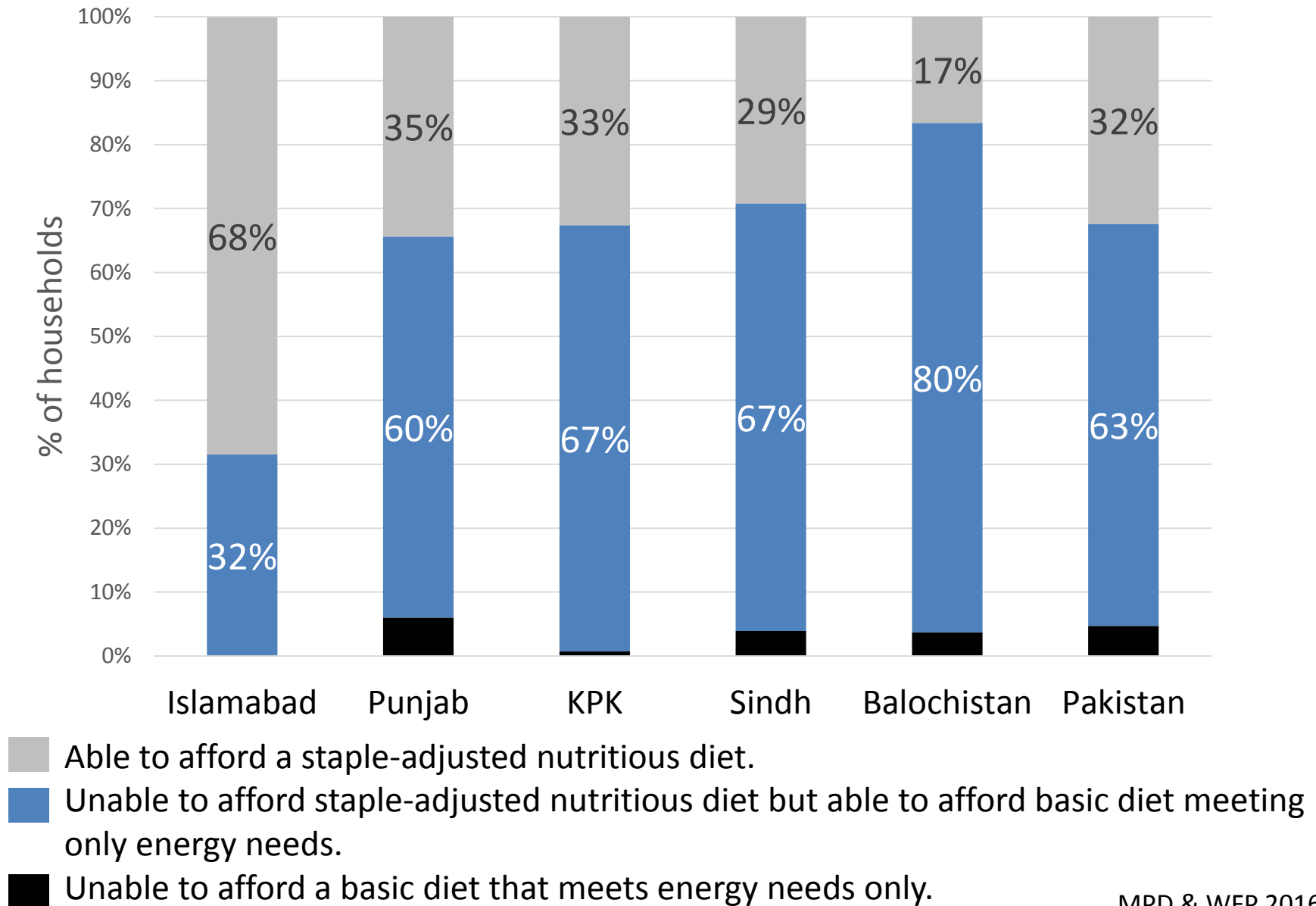
## MESSAGE

2

Affordability is the greatest barrier  
to achieving a nutritious diet

# Economic access greatest barrier:

## Up to 80% of households can't afford a nutritious diet





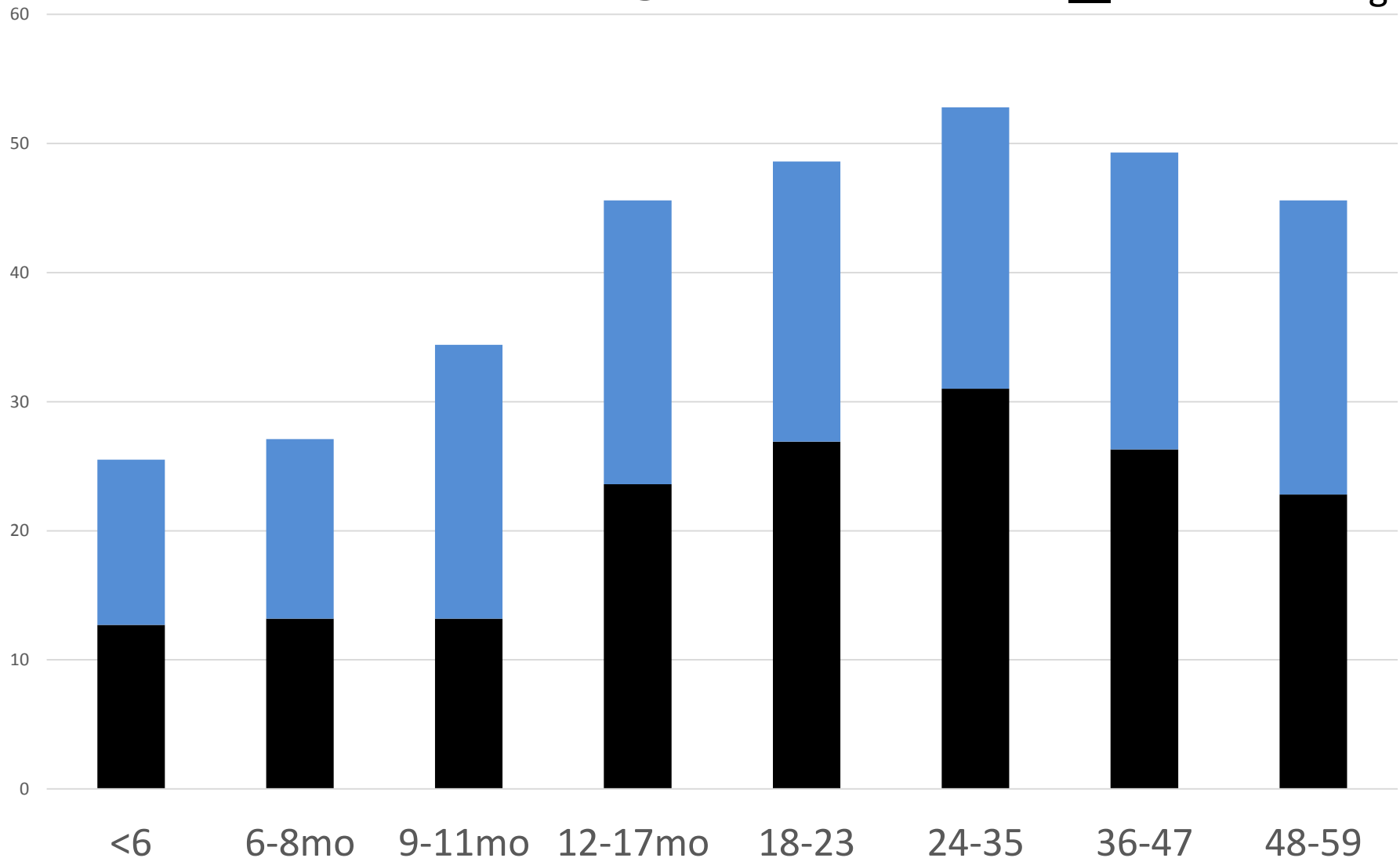
## MESSAGE

3

Undernutrition in infants and young children highlights a problem with maternal and adolescent diets

# ¼ infants experience **growth faltering** before 6 months of age

■ Severe stunting



Prevalence & severity of stunting of children <5 years (DHS 2012-13)



## MESSAGE

4

Also of concern is...

- Urban undernutrition
- Increasing prevalence of overweight/obesity

# The double burden of malnutrition

---

- 36% of urban children **stunted**.
- 4% of urban children < 5 years already **overweight**.
- 40% women nationally & 55% in urban areas are **overweight/obese**.
- 1 in 4 stunted children have an **overweight mother**.



## MESSAGE

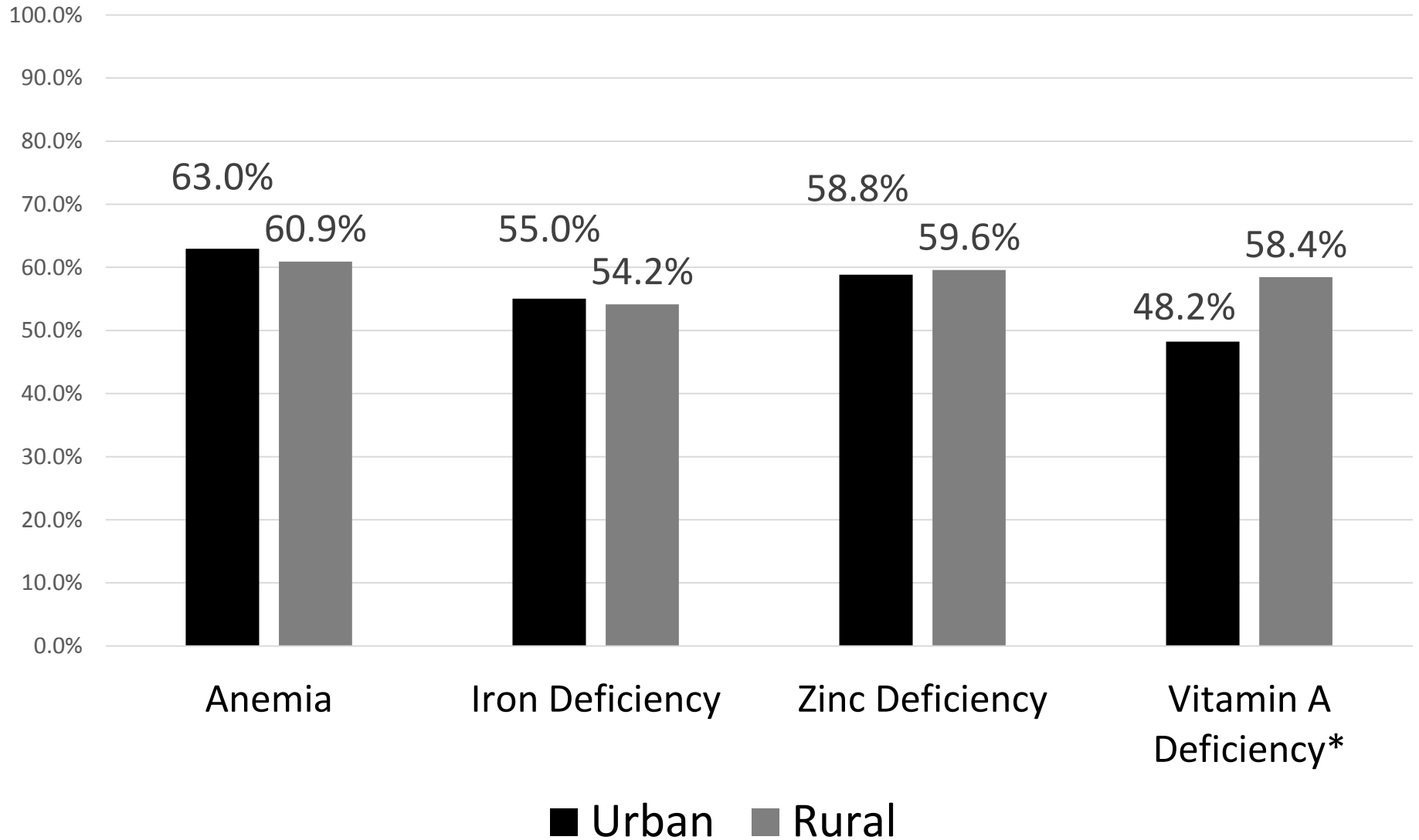
5

High prevalence of micronutrient deficiencies = universally poor diets.

Little difference:

- Urban / rural
- Wealth quintile
- Children / women

# 50% infants and young children suffer micronutrient deficiencies







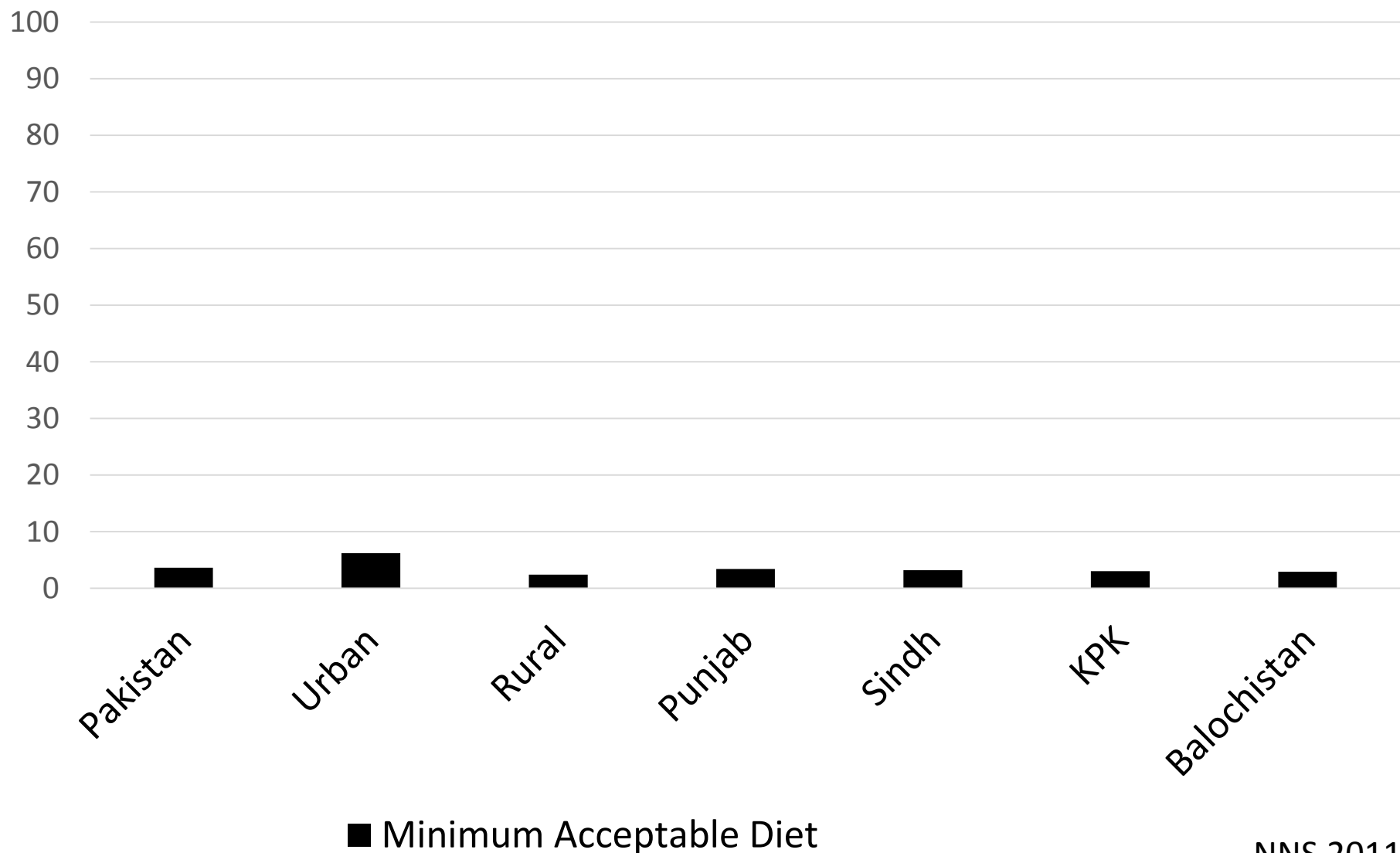
## MESSAGE

6

Quantity and quality of dietary intake  
is a problem:

- Energy
- Macro- and micro-nutrients
- Household / Individual level
- Children / Women

# Less than 4% of infants and young children consume a **minimum acceptable diet**





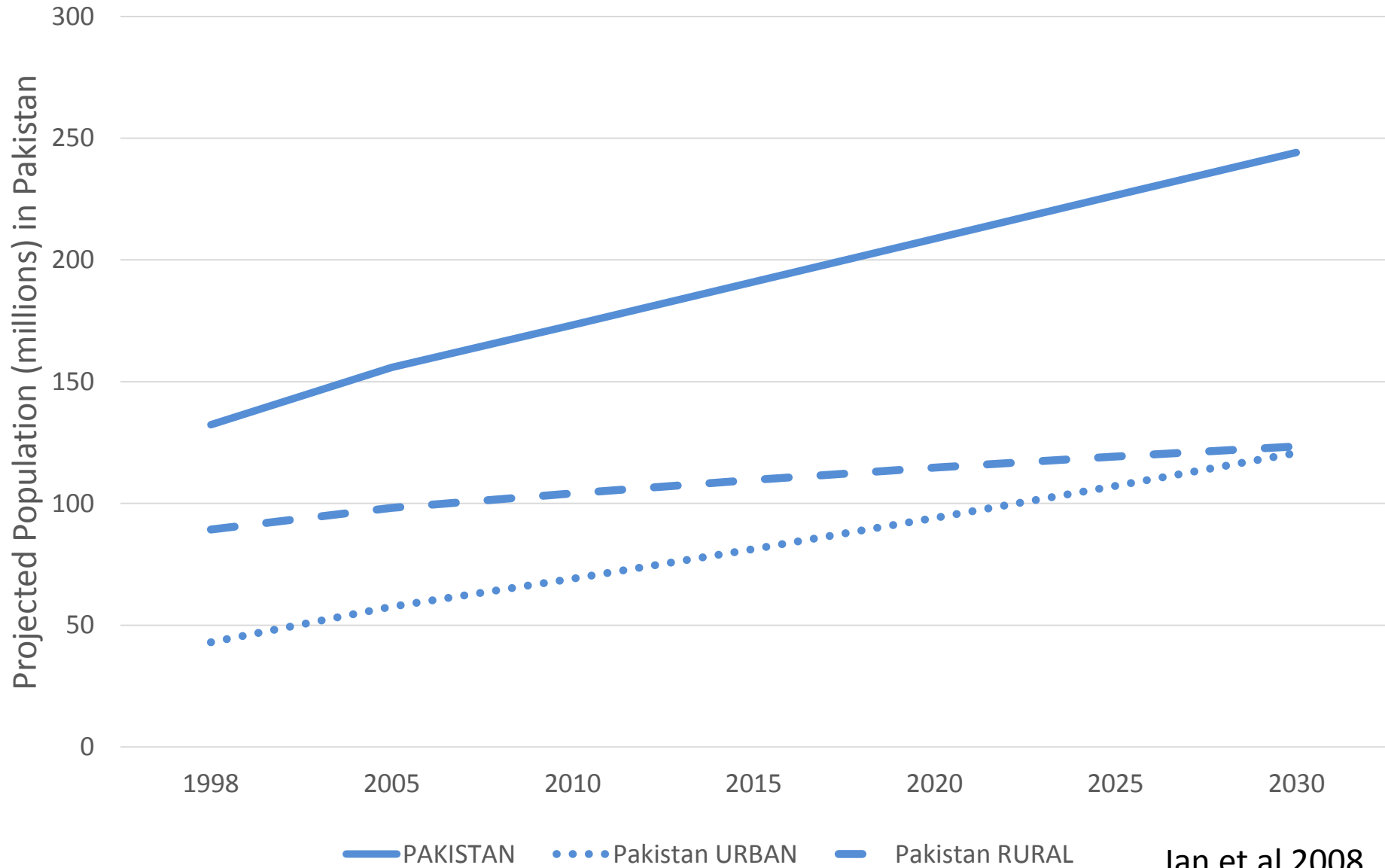
## MESSAGE

7

The nutrition challenges are compounded by

- Fast population growth
- Urbanization
- Natural and man-made shocks

# Rapid urbanisation rate of 3% annually: Half of the population will be in urban areas by 2030





## MESSAGE

8

Continued promotion of strong  
and consistent  
multi-sectoral action  
and investment in nutrition

**Fill the Nutrient Gap**



Nutrition situation analysis framework and decision tool

## Cost of the Diet

# Differences in cost of nutritious diets...

- **Provincial:**  
Balochistan highest.
- **Seasonal:**  
Summer most expensive.
- **Urban versus Rural:**  
Higher in urban areas in KP, Sindh, Punjab and rural areas in Balochistan.

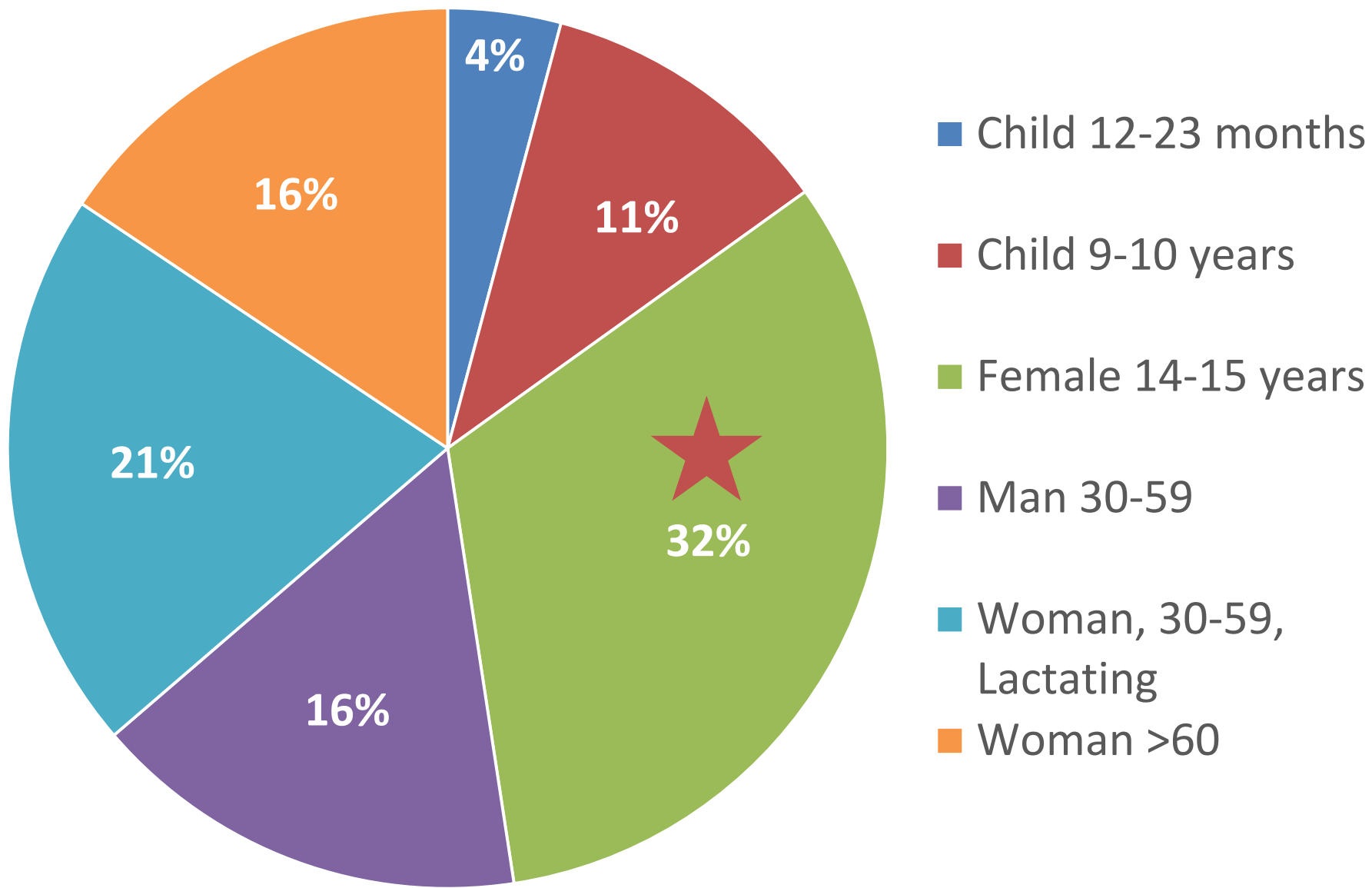


## MESSAGE

1

The adolescent girl is the family member whose nutrient needs are the most expensive to meet





Sindh



## MESSAGE

2

- Calcium / Iron are difficult to meet for all target groups.
- Vitamin A / C / B1 / B12 / Pantothenic Acid are challenging to meet for lactating women and children 12-23 months.

**Fill the Nutrient Gap**



Nutrition situation analysis framework and decision tool

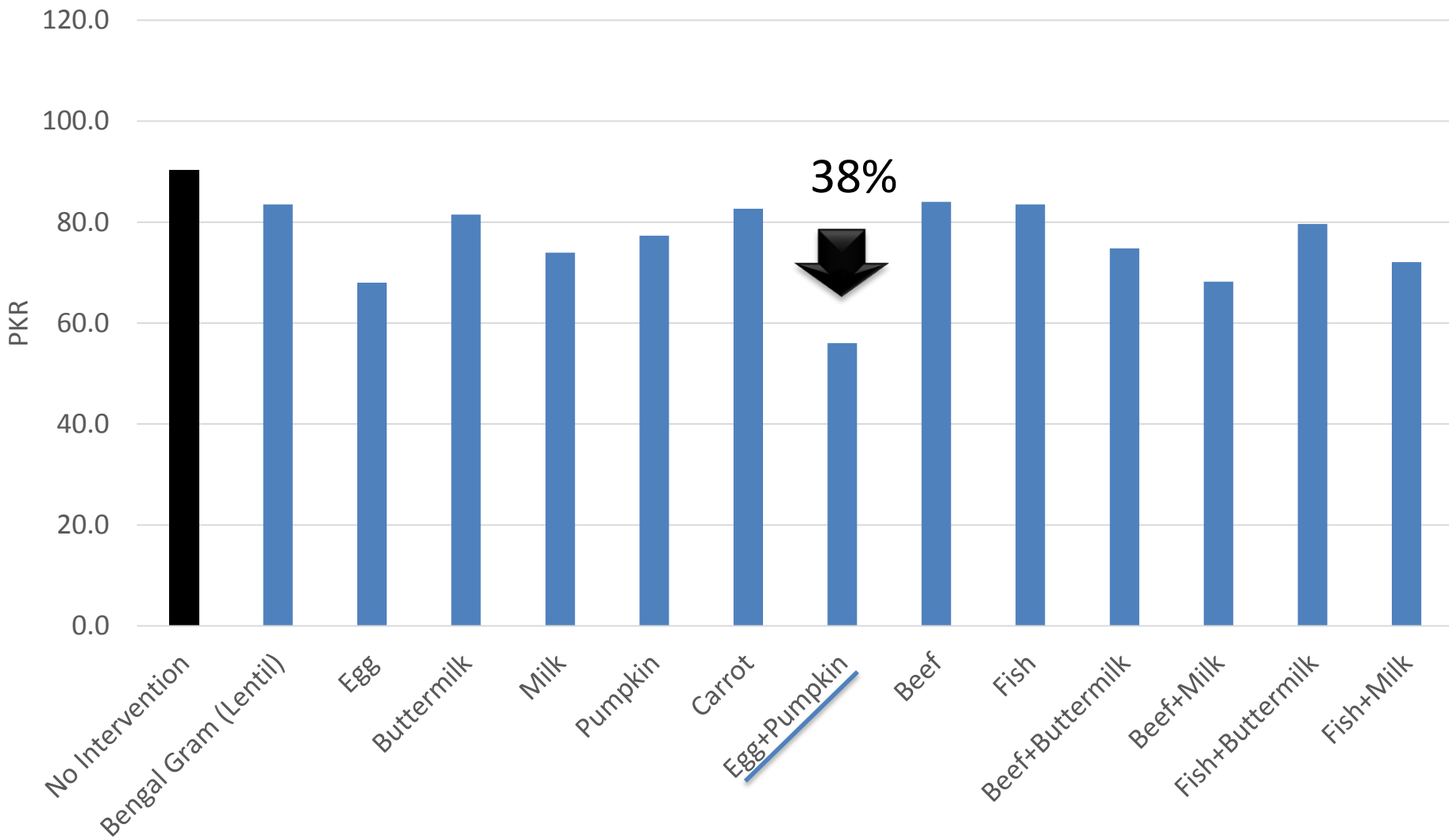
Affordability of nutritious  
diets is a problem

How do we solve it?

1

# Improve affordability of nutritious foods:

## Fresh Food Vouchers for lactating women (Sindh)

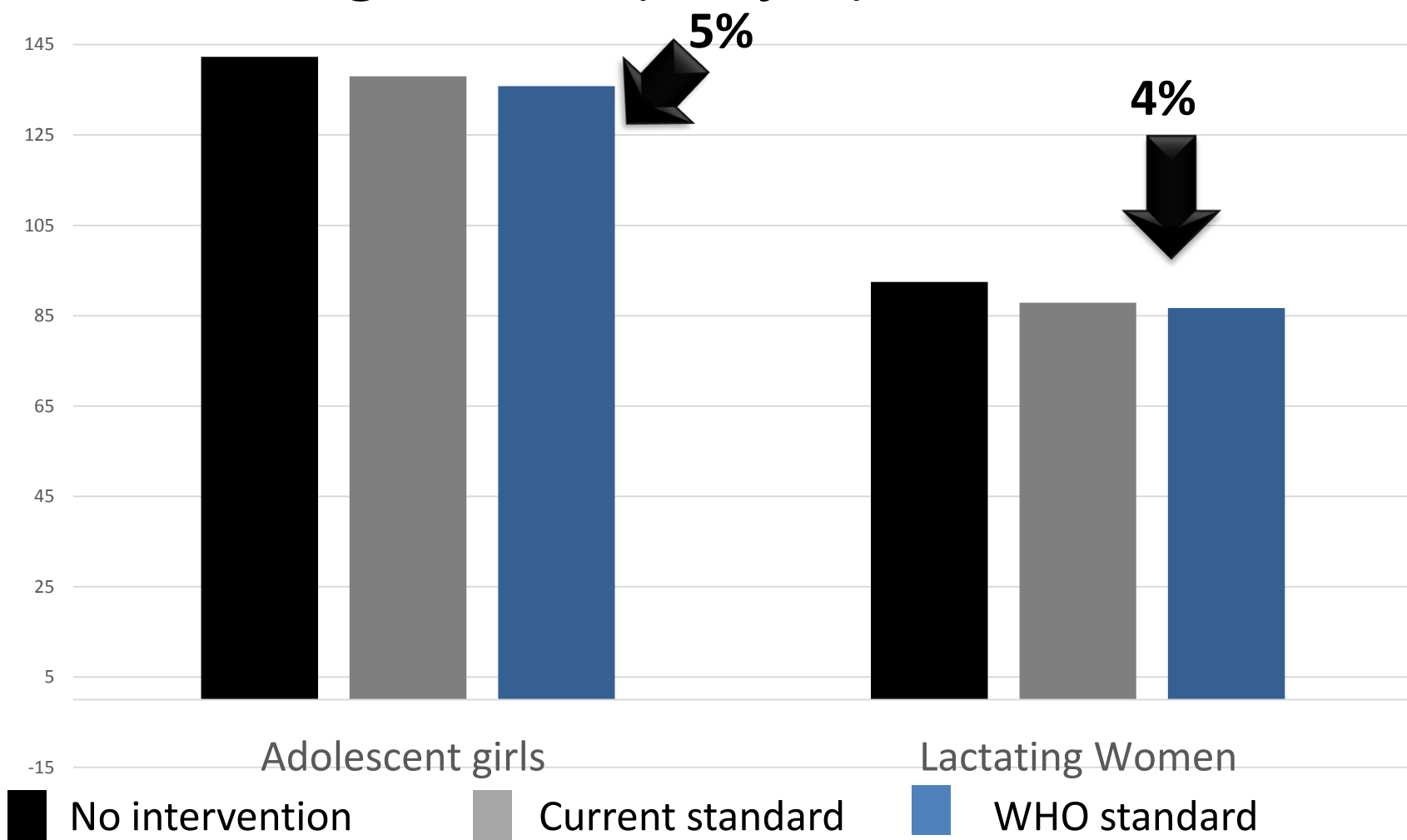


**Entry Point:** Social Protection and Health System

2

# Staple food fortification:

## Fortified Flour for adolescent girls and lactating women (Punjab)

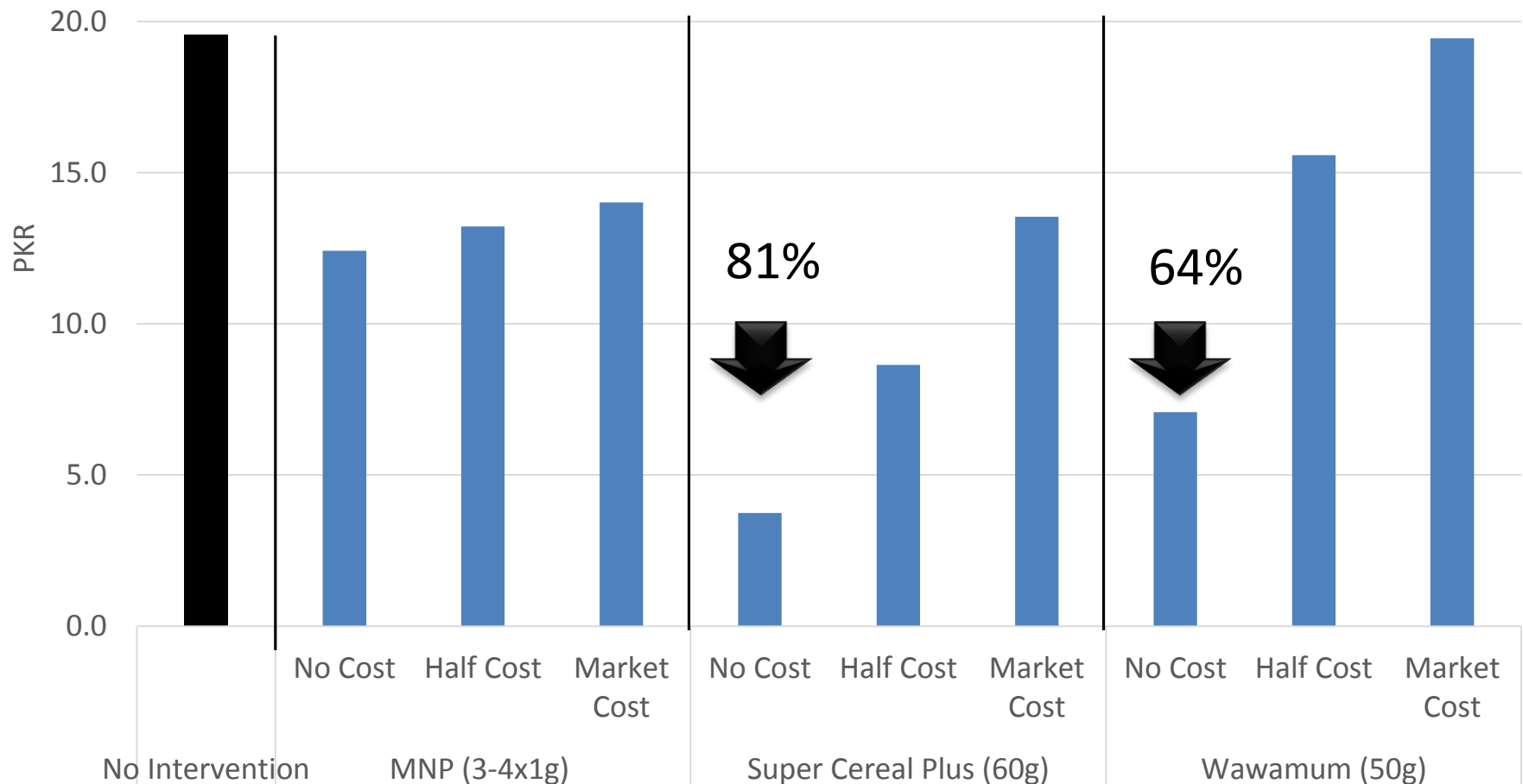


Entry Point: Markets

3

## Specialised nutritious foods and home fortificants:

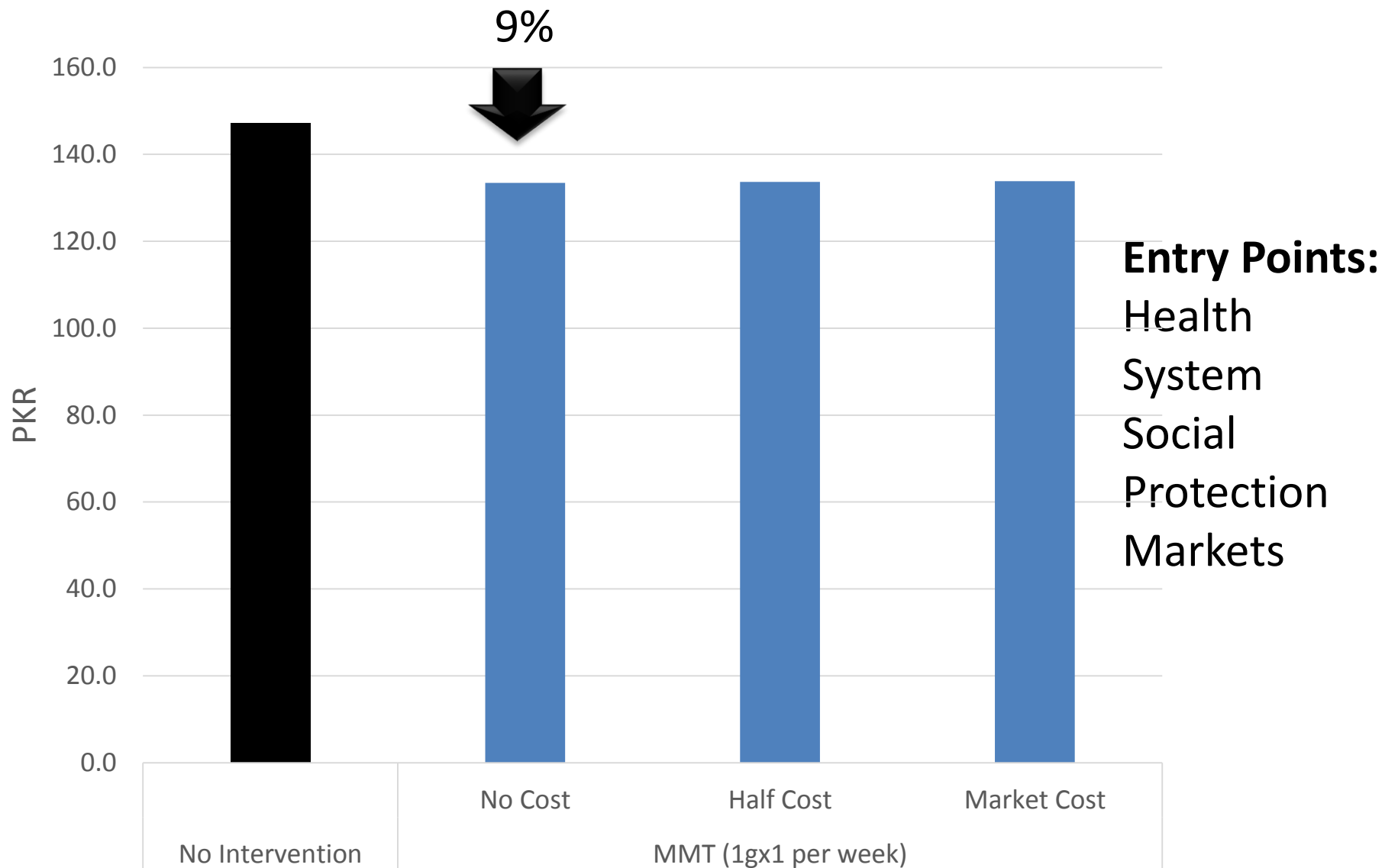
Children 12-23 months (Balochistan)



**Entry Points:** Health, Social Protection, Market

4

## Micronutrient Supplements: Adolescent girls (KP)



**Fill the Nutrient Gap**

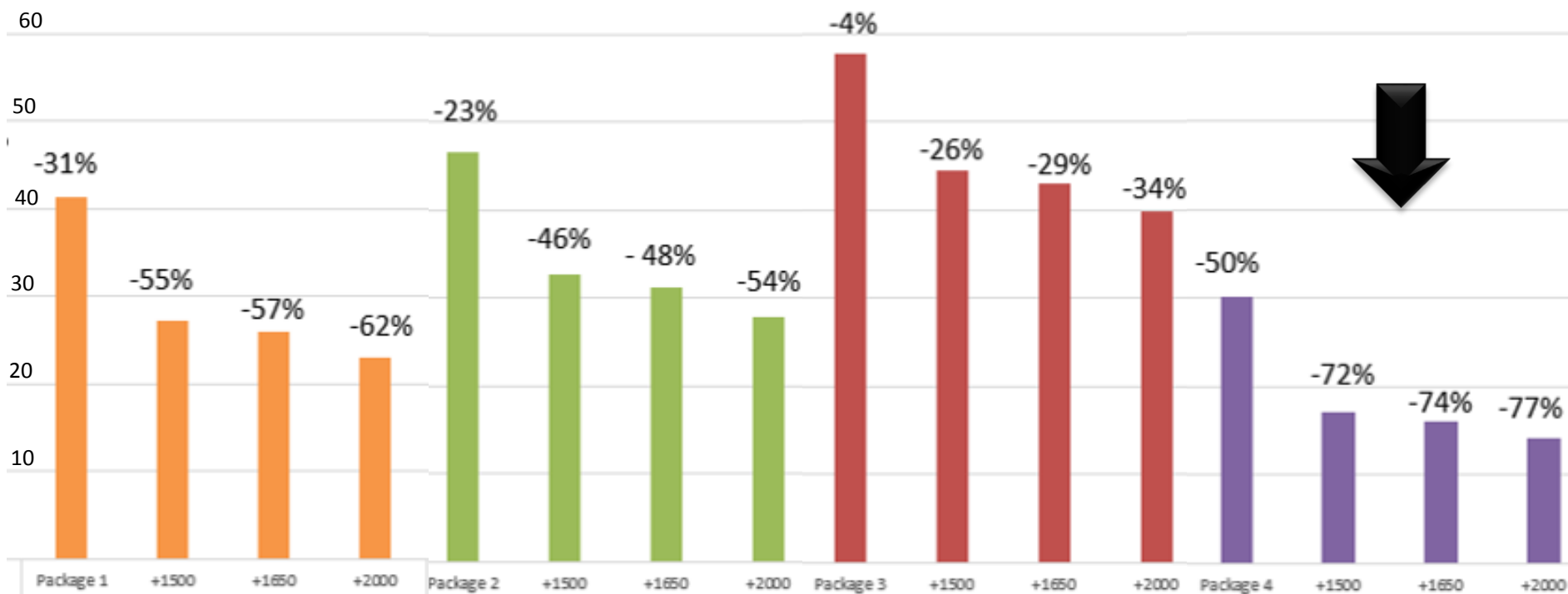


Nutrition situation analysis framework and decision tool

**Four possible  
Household Intervention  
Packages  
(Urban / Rural)**



# Non-Affordability of Staple-Adjusted Nutritious Diet: With Intervention Packages and Cash Transfers



SNF (child) & natural  
food vouchers & cash  
transfers  
(adolescent/lactating  
women)

SNF (child /  
adolescent / lactating  
women) & cash  
transfer

Market based  
approach: SNF (child)  
& Fortified wheat  
flour (household) &  
cash transfer

SNF (child) & SNF +  
food vouchers  
(adolescents /  
lactating women) &  
cash transfers

**Fill the Nutrient Gap**



Nutrition situation analysis framework and decision tool

**KEY SOLUTIONS TO IMPROVE  
AFFORDABILITY OF NUTRITIOUS  
DIETS:**

**Using Cost of the Diet**

1. **Fresh food vouchers** (providing animal source foods and vegetables) are the most effective to reduce the cost to meet nutrient needs for **adolescent girls**.
2. **Specialized Nutritious Foods** are the most effective to reduce the cost to meet nutrient needs for **children 12-23 months and pregnant and lactating women**.
3. **Cash transfers** further contribute to improving affordability of nutritious diets for the **households**. Provided that adequate demand creation strategies are in place to ensure that the money is spent on nutritious food.

4. **Staple food fortification** is useful but not enough to meet needs of key vulnerable groups.
5. **Combined packages** that include fresh foods and Specialised Nutritious Foods for the key target groups + cash transfer are the most effective to improve affordability of nutritious diets.
6. **Different sectors** need to be used as entry points for interventions: Social protection, markets, education, health and agriculture
7. **Creating an enabling environment** also critical for successful and sustainable implementation.

Thank you

