

SAVING  
LIVES  
CHANGING  
LIVES



# NUTRITION

## WFP Myanmar

### Context

In Myanmar, conflict and vulnerability to natural disasters heighten rates of food insecurity and undernutrition, which are among the highest in the region. Most people in Myanmar struggle with physical, social and economic access to sufficient and nutritious food. Although there have been recent improvements in nutrition status in Myanmar, these are inconsistent between regions and communities. The intergenerational cycle of undernutrition continues to contribute to illness and mortality in Myanmar.

According to the Myanmar Micronutrient and Food Consumption Survey 2017-2018, almost one in three children (26.7 percent) under the age of five are stunted (short for their age), 6.7 percent are wasted (thin for their height), and 19.1 percent are underweight. Only 16 percent of children aged 6-23 months countrywide receive a minimum acceptable diet, according to the Myanmar Demographic and Health Survey 2015-16. Nearly 20 percent of adult men and 15 percent of adult women are underweight. Myanmar has made modest recent progress in the fight against malnutrition, but remains off course to meet the World Health Assembly targets for the reduction of wasting and stunting by 2025.

### Investment Case

Wasting can cause disability, morbidity and mortality. Stunted children have weaker immune systems, a higher likelihood of death and disease, and diminished cognitive capacity. Young children and pregnant or lactating women (PLW) are at higher risk of malnutrition due to their increased physiological nutritional requirements.

WFP focuses on the first 1000 Days – the time from conception until a child reaches two years. This is why PLWs remain a critical target group together with children under two. Proper nutrition during this most critical period of growth and development is a building block for health and development, and will benefit children throughout life, while the effects of poor nutrition continue into adulthood and can be repeated across generations. Women with good nutritional status during pregnancy will give birth to high-weight babies with stronger immune systems, lower likelihood of disease, and lower mortality rates. The right nutrition during childhood leads to increased cognitive capacity and educational attainment.



### BENEFICIARIES IN 2018

Regions	Mothers & Children
Chin State	3,100
Kachin State	1,900
Magwe Region	2,600
Shan State	2,300
Rakhine State	60,100
Sub-urban Yangon Region	4,000
<b>Total</b>	<b>74,000</b>

**Photo :** A typical lunch time in Myanmar

## WFP's Nutrition Interventions

WFP focuses on children under 5 with a special focus on the first 1,000 Days, the window of opportunity in which nutrition is critical to achieve full physical and intellectual potential in children's lives.

WFP's nutrition interventions have three components:

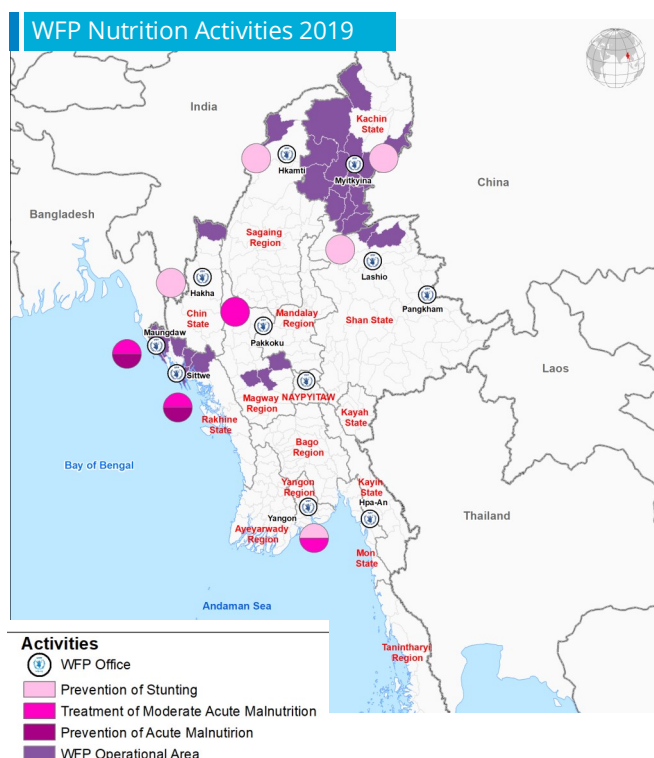
1. Treatment and rehabilitation of moderate acute malnutrition (MAM);
2. Prevention of acute malnutrition (wasting) in young children and PLW;
3. Prevention of chronic malnutrition (stunting) and promotion of nutritional status in young children and PLW.

WFP's targeted activities focus on treatment for children with MAM and, as a blanket preventative measure, monthly rations of fortified blended food for PLWs and children under 5 in geographical areas with high rates of acute malnutrition and food insecurity.

The Super Cereal (WSB+) for PLW and Super Cereal Plus (WSB++) for children are provided as a supplement to meet the daily recommended nutritional intake of essential nutrients required for energy, good health, and cognitive development.

To maximize efficacy, WFP trains and builds the capacity of community volunteers, mother support groups, and food management committees to take part in the nutrition programme. These partners assist WFP by -

- disseminating information regarding nutrition, feeding and care practices, and hygiene
- monitoring growth for the targeted groups
- providing nutritional assessment and nutritional counseling; and
- delivering health education and behavioral change communication activities. ▶



WFP integrates nutrition-sensitive messaging for beneficiaries in its other activities such as emergency relief, community asset creation and school feeding to amplify nutrition education.

## Partnerships

WFP adopts a multi-stakeholder, multi-sector approach to overcome malnutrition in a holistic way, collaborating with Government ministries, UN agencies, international and local NGOs, civil society, and communities.

The Extended UN Network for Nutrition, consisting of donor nations, UN agencies and CSOs, and co-chaired by the Country Director of WFP Myanmar, strengthens collaboration and coherence on nutrition activities between UN agencies. This network is one of the networks formed under Scaling Up Nutrition (SUN), a movement launched in 2014 in Myanmar to bring together Government officials, UN representatives, and civil society to establish priorities, plan activities, divide responsibilities, and engage with other actors and partners.

In close collaboration with the Livelihoods and Food Security Fund (LIFT) and PATH International, WFP is promoting sustainable local production and distribution of fortified rice to vulnerable communities. Distribution of fortified rice by WFP was initiated in early 2018 through emergency relief food distributions in Rakhine State targeting the IDP camps.

WFP collaborated with the Ministry of Health and Sports on the Nutrition Stock Taking Tool, which aims to coordinate the collection and analysis of nutrition data in Myanmar among Government ministries and stakeholders. The Food Security Sector, co-chaired by WFP, works to strengthen the capacity of Government and stakeholders on nutrition-sensitive approaches, implementation, and monitoring. In collaboration with UNICEF, WFP continue to support the National Nutrition Centre in fully implementing and rolling out the National Management of Acute Malnutrition (IMAM) guidelines.

## The Way Forward

WFP is committed to improving nutritional outcomes among the most vulnerable populations and reducing stunting, wasting, micronutrient deficiencies, and mortality in Myanmar.

WFP will continue to provide technical support to the Government with the implementation of the Integrated Management of Acute Malnutrition (IMAM) programme and the Multi-Sectoral National Plan of Action for Nutrition 2018-2022 (MS-NPAN). Working with the relevant Government ministries, WFP is supporting the Fill the Nutrient Gap Analysis which provides a framework for strengthened situation analysis and multi-sectoral decision-making. The analysis helps identify context-specific barriers to adequate nutrient intake among specific target groups and engages different sectors to propose cost-effective strategies to overcome them.