



NUTRITION

Nutrition in Numbers

An overview of WFP
nutrition programming in
2022



World Food
Programme

SAVING
LIVES
CHANGING
LIVES

July 2023

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WFP Nutrition 2022 in review

21%
Increase from the previous year

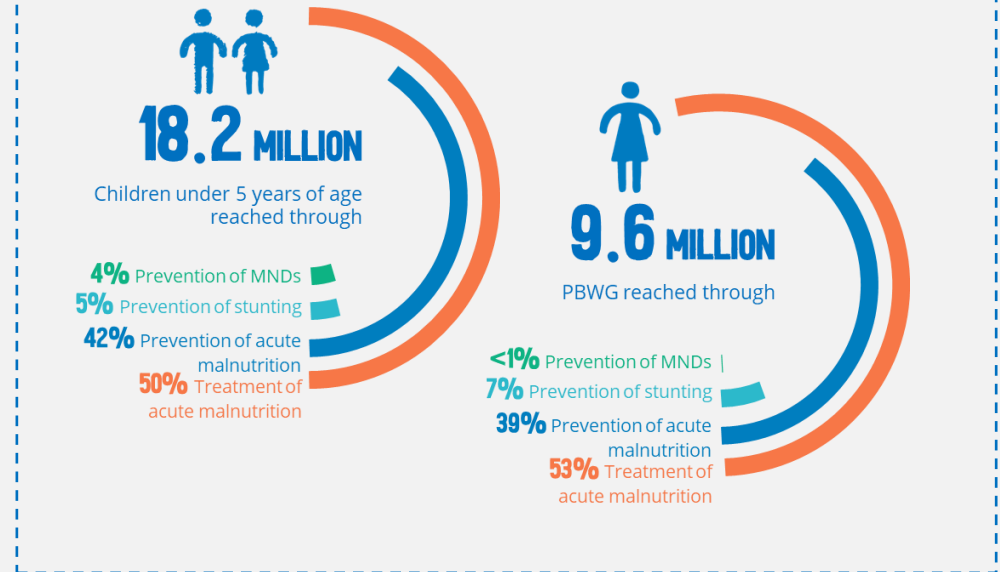
28.5 MILLION

people reached through malnutrition treatment and prevention programmes

- 49% Malnutrition prevention
- 51% Malnutrition treatment

- 18.2 MILLION**
Children under 5 years of age
- 9.6 MILLION**
Pregnant & Breastfeeding Women & Girls (PBWG)
- 375,000**
Children aged 5-17 years
- 375,000**
Other adults (over 18 years, non-PBWG)

WOMEN & YOUNG CHILDREN



TRANSFERS FOR NUTRITION

US\$55 MILLION
Cash-based transfers for treatment and prevention of malnutrition

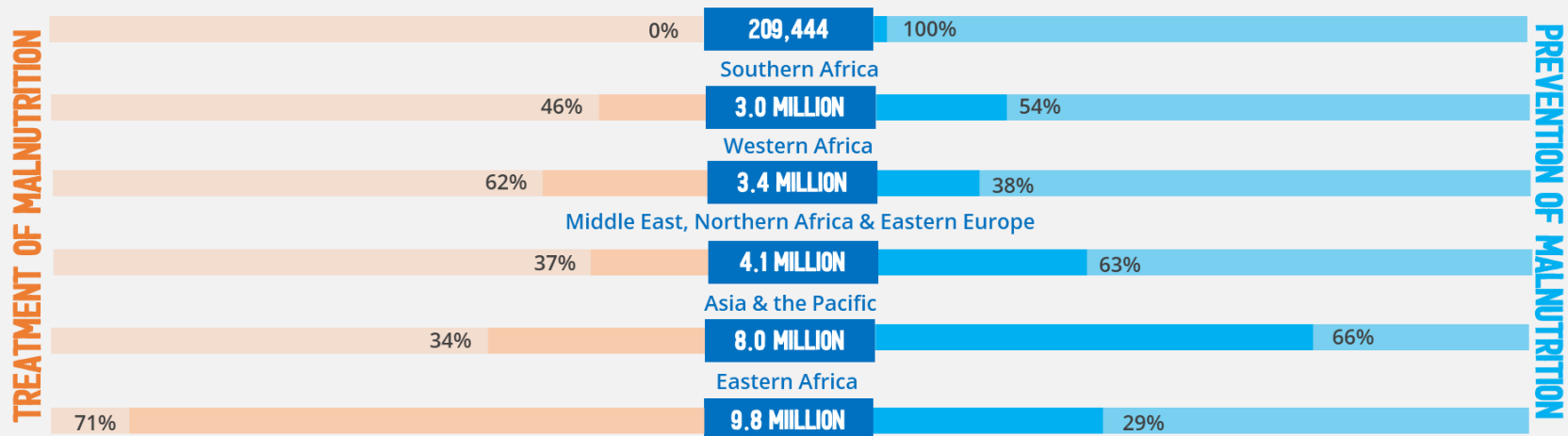
2 MILLION MT
Fortified foods such as wheat flour, maize meal, rice, salt, and oil distributed

317,000 MT
Specialized nutritious foods (SNF) distributed

28 MILLION
People reached through interpersonal SBC approaches

REGIONAL COVERAGE

Latin America & the Caribbean



Overview | WFP achievements in 2022

The World Food Programme (WFP) is the leading humanitarian organization fighting hunger worldwide, delivering food assistance in emergencies and working with communities to improve nutrition and build resilience. WFP's Strategic Plan puts nutrition at the heart of its operations and ensures that people receive not only enough food, but the right combination of nutrients needed to survive and thrive.

Across different contexts – from immediate humanitarian support to longer term development programming – WFP works with governments and partners to improve nutrition of the most vulnerable populations. In 2022, WFP supported 28.5 million women and children with programmes to prevent malnutrition and manage wasting¹ in 51 countries, including through food and cash-based transfers.



14.7 MILLION

people reached through
wasting management
services



13.9 MILLION

people reached through
malnutrition prevention
programmes

WFP also integrated nutrition in complementary sectors such as agriculture, social protection, and school-based programming in 69 countries to address the underlying determinants of malnutrition, such as inadequate access to food and care for children and women.

¹ Management of wasting, previously known as treatment of malnutrition, refers to programmes providing treatment services for severe acute malnutrition and supplementation for moderate acute malnutrition.

GLOBAL FOOD CRISIS: WFP SCALING UP TO MEET INCREASING NEEDS

The world is facing an acute malnutrition emergency which risks the survival, health and wellbeing of millions of vulnerable women and children. The current unprecedented global food crisis, caused by an interplay of factors including climate change, conflict, COVID-19 and increasing costs, has resulted in alarming levels of acute malnutrition.

Across WFP's 19 largest nutrition operations, we have seen an increase in the number of acutely malnourished children and women requiring our support from 30.5 million in 2020 to 35.7 million in 2023.

This past year alone, WFP responded by reaching 28.5 million, a 21 percent increase between 2021 and 2022, through nutrition activities delivering food and cash-based transfers.

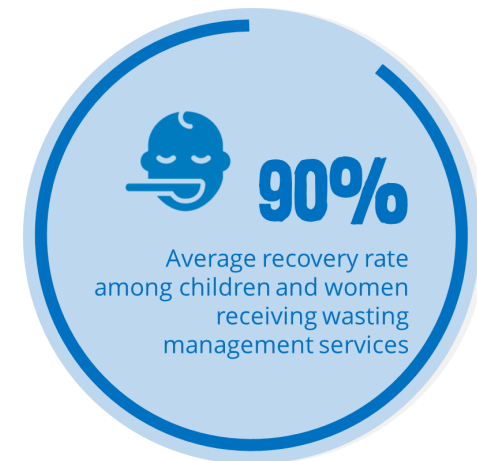
To tackle the malnutrition crisis, there is a further need for stable, long-term funding for the continuity of essential programmes that can address malnutrition. For instance, in 2022, WFP Afghanistan received the required funds for activities aiming to reach vulnerable populations and increase their ability to meet food and nutrition in needs. High funding levels allowed WFP to sign longer-term field level agreements with cooperating partners, which is expected to enhance programme quality, scale, and continuity in the future. Flexible multi-year contributions also allowed WFP to design longer-term projects for resilience, with the potential to yield sustainable outcomes.





Addressing malnutrition among the most vulnerable

In 2022, WFP saw strong recovery rates among women and children receiving services to manage wasting, with an average of 90%. Overall, almost all of WFP programmes providing wasting management services (91 percent) attained required humanitarian standards.² WFP also achieved strong programme coverage with 71% for management and 70% for prevention of acute malnutrition. WFP malnutrition prevention programmes were delivered with good quality, as seen in the maintenance of participation and attendance of 72 percent of people enrolled in the programmes. This high level of participation increases the likelihood that prevention programmes achieved their intended impact.



² SPHERE standards: <https://www.spherestandards.org/wp-content/uploads/Sphere-Handbook-2018-EN.pdf>

Improving dietary diversity among women and young children

Poor dietary diversity continues to drive malnutrition in many low- and middle-income countries. With its partners, WFP supports governments in strengthening local health and food systems and improving dietary diversity and micronutrient intake of vulnerable groups, including children and pregnant and breastfeeding women and girls.

In 2022, 98 percent of WFP operations saw an improvement compared to 2021 in the proportion of women meeting the minimum dietary diversity requirements, despite the concerning global rates of women achieving minimum dietary diversity. Nearly half of reporting countries also saw improvement in the proportion of children aged 6-23 months achieving minimum acceptable diet among those enrolled in WFP nutrition programmes. These positive changes indicate an increase in the intake of essential macro- and micronutrients among infants and young children, highlighting progress in their overall diet quality.

MULTISECTORAL APPROACHES TO ACHIEVE DIETARY DIVERSITY: SPOTLIGHT ON COUNTRY SUCCESSES

- ▶ In Honduras, 76 percent of children enrolled in the national stunting prevention programme achieved minimum acceptable diet. WFP's activities included cash-based transfers, fortified foods, and promotion of healthy nutrition behaviours through media and health centres.
- ▶ Similarly, 76 percent of young children participating in nutrition activities in Burkina Faso also achieved minimum accept diet. WFP provided SNF and vouchers, as well as supported 1,100 mothers' groups with cooking demos and promotion of consumption of locally fortified nutritious infant foods.





Promoting healthy diets through Social and Behaviour change

Social and behaviour change (SBC) is crucial for improving nutrition outcomes and is commonly integrated into various programmes like school feeding, food assistance, cash assistance, and resilience programmes. SBC strategies are tailored to specific contexts and involve interpersonal approaches, media utilization, and community mobilization.

In 2022, SBC approaches were expanded to more countries compared to the previous year, from 55 to 58 countries. These programmes target vulnerable populations to enhance their knowledge, attitudes, and behaviours regarding nutrition-related practices, such as feeding practices for mothers, infants, and young children; dietary diversity; hygiene, and sanitation (WASH); HIV/TB-specific programmes; and childcare practices. The impact of these efforts includes:



27.9 MILLION PEOPLE actively participated in interpersonal interventions, like counselling and nutrition education (42 percent increase compared to 2021).



39.2 MILLION PEOPLE reached through media-based approaches, such as radio or television (155 percent increase from the previous year).

Making WFP programmes sensitive to nutrition

To maximize the organization's impact on nutrition and support sustainable results, WFP leverages the full breadth of its portfolio by addressing different barriers of malnutrition across all sectors, such as agriculture, social protection, and school-based programmes. Integrating nutrition across programmes enables WFP to better reach those furthest behind and improve nutrition outcomes for the most vulnerable.



Strengthening countries' capacities to deliver nutrition programmes

In 2022, WFP actively supported governments to develop standards and tools to improve the delivery of nutrition programmes. WFP implemented 297 initiatives across 26 countries to enhance nutrition treatment and prevention programs. WFP also contributed to the development and revision of 224 tools and products related to nutrition.

LOCAL PRODUCTION OF NUTRITIOUS FOODS IN PERU AND GHANA

- ▶ In Peru, WFP collaborated closely with government partners, including the Ministry of Development and Social Inclusion and the Metropolitan Municipality of Lima. They worked together to promote evidence-based decision-making and advance the legal framework for community-led food canteens. WFP also supported the Ministry of Agricultural Development and Irrigation to develop operational tools to implement new laws on rice fortification.



In Ghana, WFP established a Scaling-Up Nutrition (SUN) business network in collaboration with the National Development Planning Commission. This network aims to engage the private sector in the production and promotion of affordable and nutritious foods. WFP also partnered with the Association of Ghana Industries to increase the production of fortified foods under the Obaasima seal, a symbol for approved fortified nutritious foods. Retailers were also involved as nutrition advocates.

Furthermore, WFP provided support to Premium Foods Limited, an industrial agro-processor, enabling them to export SuperCereals, a blended nutritious food, to other WFP operations in different countries. These exports, valued at USD 7.5 million, contributed to foreign exchange earnings, created market opportunities for farmers, and generated incomes for the transport industry.



Including local nutritious foods in school meals

WFP nourished the potential of the next generation by helping governments to establish or expand national school feeding programmes, which reached 107 million children, while also directly providing healthy meals, snacks or cash-based transfers to 22.1 million school-aged children, often using locally produced nutritious food.

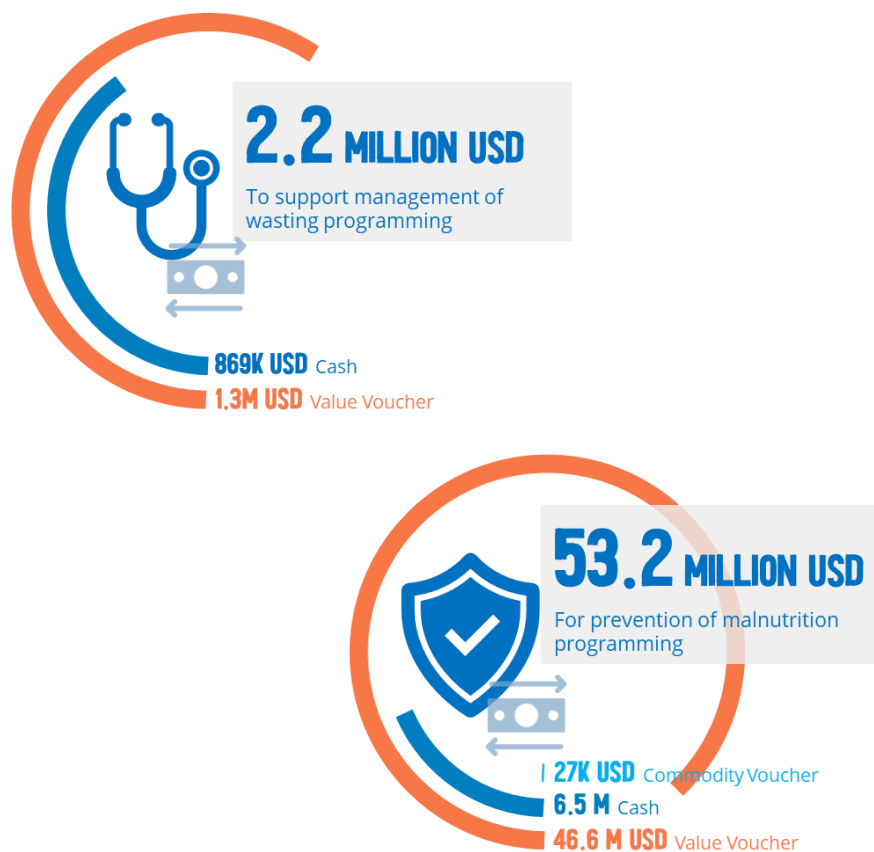
HEALTHY SCHOOL MEALS IN SENEGAL

- ▶ WFP Senegal provided school meals to 250,000 schoolchildren while creating a local circular economy, connecting producers, retailers, and schools, and promoting local production to diversify schoolchildren's food baskets. WFP implemented a pilot project to introduce fortified rice in school canteens in Matam. Further, the implementation of SBC activities for nutrition helped reach rice mills, wholesalers, retailers, school canteens, and administrative and local authorities.



Using cash-based transfers for nutrition

In 2022, the WFP distributed more than USD 55.3 million through cash-based transfers, including cash and vouchers, surpassing the 39.5 million USD distributed in 2021. Cash-based assistance offers people who receive WFP support greater freedom and flexibility to make decisions that enhance their nutritional wellbeing. It also contributes to the development of local markets and national systems, promoting the sustainable production of more nutrient-dense foods.



Enabling social protection systems to respond to nutritional needs

WFP supports a total of 88 countries to build and strengthen nationally led systems. Opportunities for nutrition in social protection includes promoting education, increasing and protecting household income, supporting the local production of diversified and nutritious crops, improving the access to health services, and empowering women.

In 2022, WFP supported the social protection and food systems transformation working group of the Universal Social Protection initiative (USP 2030) by preparing recommendations to inform programme design based on Fill the Nutrient Gap analyses³ in 13 countries, and by contributing to the development of advocacy and learning products. Fill the Nutrient Gap analyses were also done in seven countries, identifying cost-effective interventions to better integrate nutrition activities into national food, health, social protection and education systems.

SOCIAL SAFETY NETS FOR WOMEN AND CHILDREN IN BANGLADESH

▶ In Bangladesh, 2 million women and children vulnerable to food insecurity received cash, food and SBC support from the government with technical support from WFP. Given the triple burden of malnutrition⁴ and prevalence of climate shocks, WFP worked on optimizing national social protection programmes by making them more shock-responsive and gender- and nutrition-sensitive, using a life-cycle approach.

3 WFP's Fill the Nutrient Gap tool: <https://www.wfp.org/publications/2020-fill-nutrient-gap>

4 Bangladesh faces a triple burden of malnutrition with high rates of stunting and wasting, high prevalence of micronutrient deficiencies, and increasing rates of overweight and obesity.

Addressing nutrition vulnerabilities of people affected by HIV

WFP directly assisted 359,000 people living with HIV and tuberculosis and their families in 2022, helping to meet their essential nutrition needs and improve their household food security.⁵ Food insecurity contributes to various negative outcomes for individuals affected by HIV, including poor clinic attendance, lower antiretroviral therapy (ART) uptake and adherence, weakened immune and virological responses, reduced effectiveness of ART, and higher mortality rates. WFP collaborates with UNAIDS, UNHCR, ILO and others to prioritize food security and nutrition in the global AIDS response to leave no one behind.

PARTNERSHIPS FOR RESULTS IN UKRAINE

- ▶ In Ukraine, WFP partnered with 100% Life, a community-based organization focusing on vulnerable populations such as people living with HIV, TB clients, LGBTIQ+ community, Roma community, and persons with disabilities. Through this partnership, WFP reached 58,926 people living with HIV, accounting for 39 percent of all HIV-positive individuals under medical surveillance in Ukraine, which has the second highest HIV prevalence in Europe.

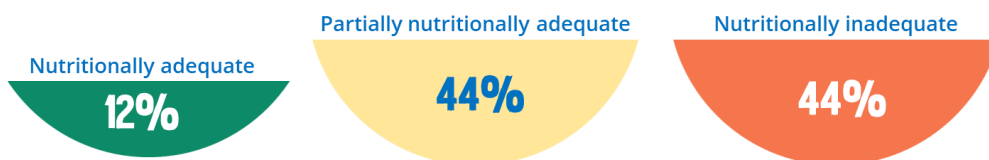
5 WFP's HIV portfolio at-a-glance 2022: <https://docs.wfp.org/api/documents/WFP-0000151185/download/>

Ensuring nutrition adequacy of WFP food baskets

By ensuring that the food we distribute provides for people's basic nutrient needs, the impact of WFP's assistance will multiply – supporting vulnerable children and families to not only survive but to stay healthy and thrive. To achieve this, the organization is committed to making, by 2025, 80 percent of its planned food baskets for general food distribution to households nutritionally adequate⁶, providing sufficient energy, vitamins and minerals required for health and development.

Reaching nutrient adequacy requires context-specific solutions, including the right balance of commodities. Redesigning rations and changing how we source commodities can be done in a cost-effective manner, such as through the inclusion of fortified foods. To optimise results, WFP also ensures individual nutrition support is provided to vulnerable household members through complementary nutrition interventions.

PROPORTION OF WFP PLANNED IN-KIND TRANSFERS THAT ARE NUTRITIONALLY ADEQUATE



6 WFP's corporate guidance states that general food distribution should be equivalent to 2,100 kcal if the population is fully dependent on food assistance or should supplement the diet based on an understanding of people's access to food. Its nutritional value should include 10–12% protein and 17% of fat as total energy but also respect micronutrient requirements.



Food fortification

As a result of WFP's ongoing efforts to scale up food fortification⁷, the organization managed to deliver 2 million metric tons of fortified food, nearly 40 percent more than in 2021.

- ▶ **95 percent** of distributed wheat flour was fortified, increasing the nutritional content of general food baskets and school meals.
- ▶ **38 percent** of distributed maize meal was also fortified.
- ▶ **4 percent** of rice distributed was fortified. This amount is equivalent to about 247 million bowls of rice⁸ providing additional nutrients such as vitamin A, zinc and iron that are important for people's health.



7 WFP's Nutrition for Growth Commitment states that at least 80 percent of distributed staples such as flours and rice will be fortified by 2025; baseline was 60% in 2020.

8 A bowl of rice is estimated here at about 75 grams of uncooked rice. A bag of wheat flour, maize meal, and rice is estimated at 50 kilograms. A bottle of oil is estimated at 5 kilograms and a bag of salt at 1 kilogram each.

Global nutrition workforce and cooperating partners

WFP's achievements are greatly defined by the people and skills in our workforce. An upskilled workforce with nutrition capabilities across WFP is required to ensure we are able to maximize opportunities to improve nutrition and optimize how the organization supports a world free of malnutrition.

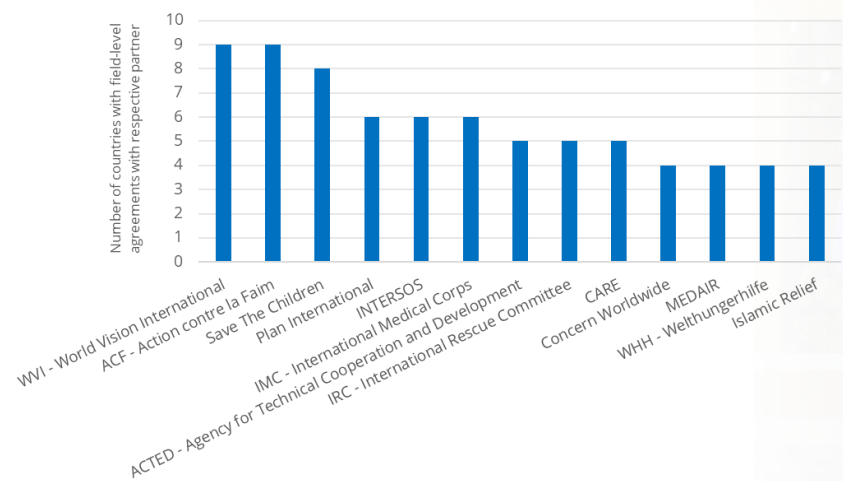
In 2022, 392 WFP staff members had a dedicated full-time or at least part-time role in nutrition. Where there are increasing global needs to address malnutrition, funds are insufficient to meet this growing workforce demand. If no action is taken, the organization will experience a shortfall of 44 percent in its nutrition function.

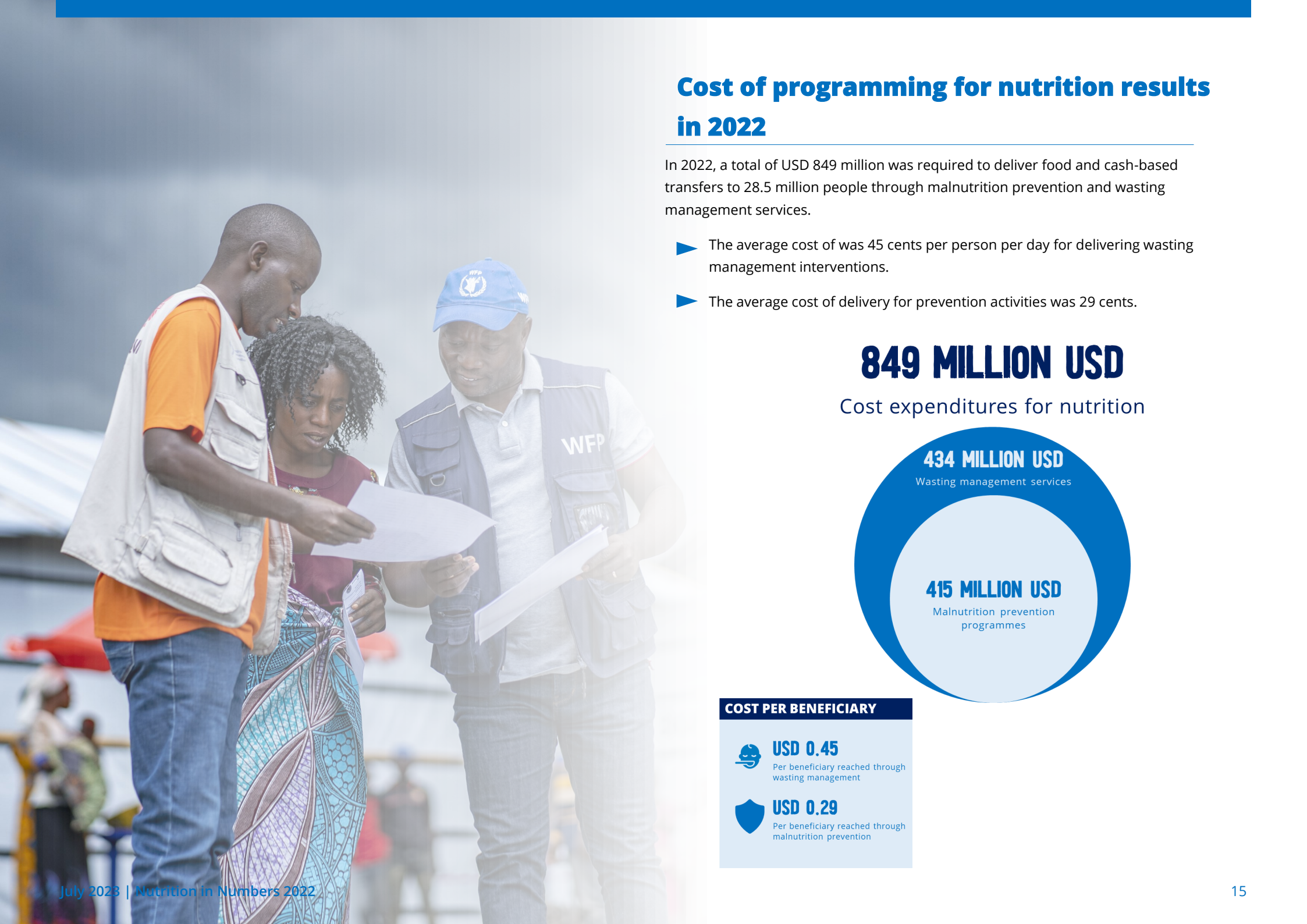
GLOBAL NUTRITION STAFFING DISTRIBUTION BY OFFICE TYPE

392 NUTRITIONISTS or dedicated employees working at least part-time on nutrition



TOP COOPERATING PARTNERS FOR NUTRITION IN COUNTRIES





Cost of programming for nutrition results in 2022

In 2022, a total of USD 849 million was required to deliver food and cash-based transfers to 28.5 million people through malnutrition prevention and wasting management services.



- ▶ The average cost of was 45 cents per person per day for delivering wasting management interventions.
- ▶ The average cost of delivery for prevention activities was 29 cents.

849 MILLION USD

Cost expenditures for nutrition



COST PER BENEFICIARY

-  **USD 0.45**
Per beneficiary reached through wasting management
-  **USD 0.29**
Per beneficiary reached through malnutrition prevention

Looking forward

WFP's programmes to address malnutrition and to improve diets have grown and expanded over the past five years and operational budgetary needs for nutrition have tripled. The number of Country Offices with programmes that aim to improve nutrition outcomes has grown from 15 to 74, moving from a focus on undernutrition to all forms of malnutrition.

To sustainably reduce the global burden of malnutrition, there needs to be greater focus on prevention. Preventing malnutrition means less human suffering and fewer people requiring treatment, which in turn alleviates the strain on often-fragile healthcare and community systems. Stopping malnutrition before it occurs also gives children the opportunity to reach their full potential. WFP will continue to work with partners to tackle direct and indirect causes of malnutrition, invest in innovative approaches, and generate data and evidence for informed programme design and decision making.

WFP's Strategic Plan (2022-2025) includes a strong focus on nutrition and embeds nutrition across its entire portfolio. Leveraging the entirety of the WFP portfolio for improved nutrition will allow the organization to maximize its impact, with transformative potential for children, women and communities.

In 2023, WFP will develop a new nutrition strategy which will articulate the organization's contribution towards ending malnutrition, in line with SDG2 and WFP's Strategic Plan. This will set out our ambition to address malnutrition and to ensure access to healthier diets for vulnerable populations, including by supporting the long-term resilience of families and communities.

WFP's work on HIV is a crucial element of comprehensive and inclusive programming. The unavoidable links between food insecurity, malnutrition and HIV mean that WFP must continue to integrate HIV into its programming. This applies to countries with high prevalence and incidence of HIV, including but not limited to UNAIDS "fast-track" countries. WFP is committed to delivering across a saving and changing lives continuum.

Globally, nutrition risks dwindling attention and funding, despite the fact that malnutrition rates are alarming. There is a need for concerted advocacy by global food and nutrition actors. There are significant opportunities to accelerate efforts to address malnutrition, and WFP will look to use its voice and operational presence to best effect in support of this key outcome.



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