



## NUTRITION

With U.S. Government support, stunting of under-five children fell from 47 to 37 percent between 2010 and 2015. In 2018, U.S. efforts will help prevent stunting in well over 300,000; over the long term, millions more children will lead healthier lives.

### **Addressing Malnutrition and Reducing Stunting Among Children**

To reduce stunting, USAID activities increase household access to diverse and nutritious foods; provide supplements to avoid micronutrient deficiencies in children; promote hygiene and sanitation; and improve the policy environment for nutrition. By supporting social and behavior change activities through care groups, during community nutrition days, and during community-based rehabilitation sessions, USAID identifies children whose growth is faltering before they suffer from malnutrition, and trains healthcare staff (last year, 800 staff in 54 health facilities across Malawi) to deliver nutrition counseling messages, including those that promote early and exclusive breastfeeding. Since 2010, the percent of underweight children fell by more than a quarter, from 4 percent to less than 3 percent; and due in part to our nutrition interventions, under-five child mortality has decreased from 234 per 1000 children in 1992 to 64 today.

### **Educational Partnerships**

With Tufts University, USAID strengthened Malawi's nutrition technical capacity by funding a postgraduate dietetics degree program at the Lilongwe University of Agriculture and Natural Resources (LUANAR). The first cohort of students graduated after receiving specialized training in core dietetic courses and clinical rotation protocols. Through a Global Development Alliance with two U.S.-based companies, USAID is leveraging nearly \$20 million (2016-2020) in private sector investments to help train community-based providers in 12 of Malawi's 28 districts on integrated Water, Sanitation and Hygiene (WASH), nutrition, and health approaches.

### **Improving Nutrition with Improved Crops and Awareness**

A mother's prenatal nutritional status is crucial for the future health of her child. USAID improves women's nutrition through nutrition-sensitive agriculture activities that increase the production of and access to nutritious crops; it complements these activities with nutrition education delivered through care groups and teen clubs to improve adolescent health, especially among girls. It also supports improved food processing for nutrition and income: with USAID support, farmers learned how to efficiently process soy into soy milk, peanuts into peanut butter; and orange-fleshed sweet potatoes into bread and other snacks. Partly as a result of these efforts, the rate of children aged 6-23 months receiving the Minimum Acceptable Diet – which measures dietary diversity and nutrition – rose from 6% in 2016 to 11% in 2018.

### **School Feeding**

Since 2013, USDA's McGovern Dole Food for Education Program has provided roughly \$7 million annually to feed over 600,000 young learners through partner World Food Program (WFP) Malawi. The only daily meal for many, school feeding increases enrollment by 5% and improves test results. Benefits are particularly significant for girls, who are often the first pulled out of school when times are tough.

1