



The United Republic of Tanzania
Agriculture Sector Lead Ministries

4TH ANNUAL AGRICULTURAL POLICY CONFERENCE [AAPC]

Integrating Food and Nutrition Security into Economic Transformation and Industrialization Agenda:

How can agriculture be the driver rather than follower of economic transformation in Tanzania?



New Dodoma Hotel, Dodoma

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Food Systems for Nutrition: The Roles of Policies, Programmes and Research

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Topics for Discussion

- (i) How food systems influence people's dietary patterns and nutritional outcomes in Tanzania.
- (i) Effective national policies and programmes that have the potential to shape food systems and contribute to improved nutrition.
- (i) New areas of food systems research.



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Under and Over Nutrition Situation

Since the 1990s to 2015:

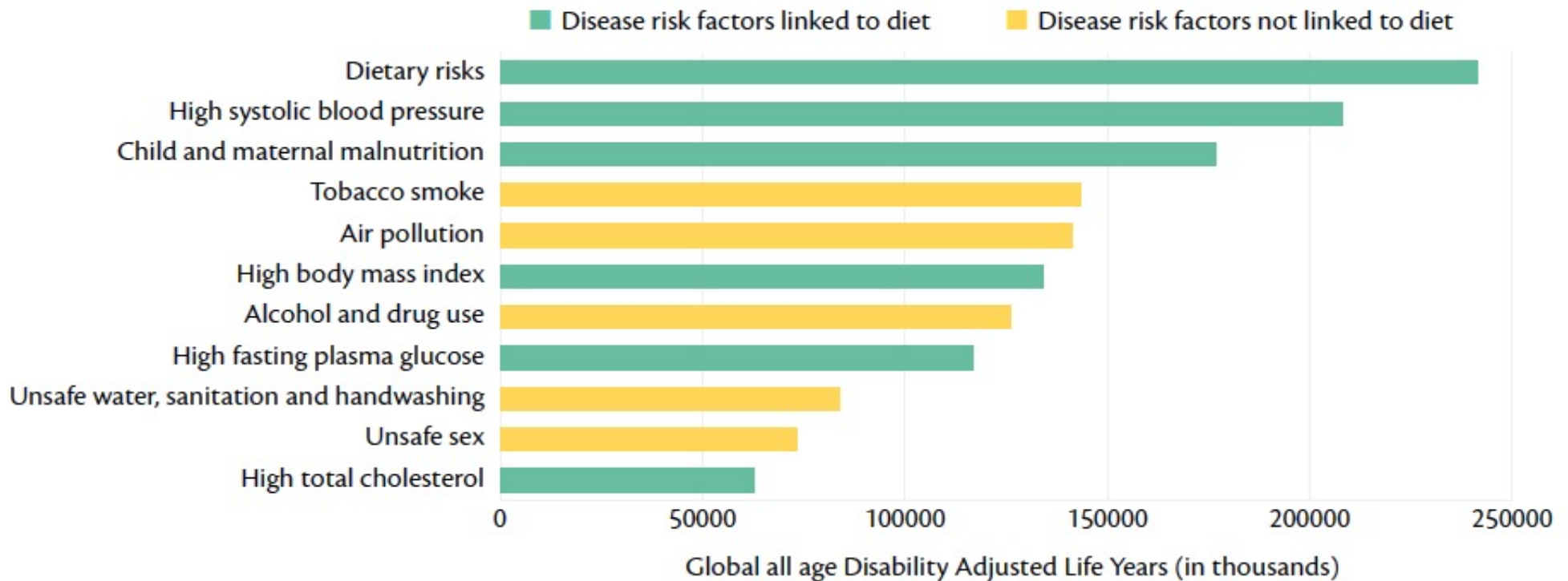
- under-5 stunting rates in Tanzania have declined by about 15% points, but remained high at 34.4%.
- wasting has declined substantially from nearly 8% to 4.5% .
- Overweight and obesity rates have risen among Tanzanian adults by an average of 62% and 279 %, respectively.
- Overweight among girls and boys aged 5 to 19 years has increased by an average of 293% and 557% , respectively.



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Diets matter and contribute to the multiple burdens



Source: Global Burden of Disease Study 2013 Collaborators (2015), Figure 5

Note: The graph shows global disability-adjusted life years (DALYs) attributed to level 2 risk factors in 2013 for both sexes combined.



Global and Tanzania Dietary Patterns

- Global dietary patterns among men and women in 187 countries in 2010 show Sub-Saharan Africa, particularly West Africa, ranked better than wealthier regions in North America and Europe.
- But dietary patterns are changing in Tanzania, even in rural areas
 - 'Purchase' patterns are dominated by bought and processed foods, indicating a possible nutrition transition even in the rural areas.
 - Vegetable and especially fruit consumption is too low.
 - Sugar consumption is on the rise, especially in black tea consumption.



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Children's and women's diets are not adequate

- Overall, only one-third and one-fourth of children meet minimum meal frequency and minimum dietary diversity requirements, respectively.
- Most women consume more starch staples and green leafy vegetables and less dairy products and fruits.

Types of Food Systems and Malnutrition

- Traditional food systems - minimally processed seasonal foods, collected or produced for self-consumption (highest prevalence of undernutrition and micronutrient deficiencies).
- Mixed food systems- formal and informal markets with highly-processed and packaged foods (moderate levels of all burdens of malnutrition).
- Modern food systems-characterized by more processed and packaged long food's shelf life (lower levels of undernutrition and micronutrient deficiencies, but higher levels of overweight and obesity).



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We are in Transition Period

- Nutrition Transition –Traditional-mixed - modern food systems.
- Lifestyle and dietary patterns are driven by urbanization, globalization and economic growth.
- From burdens of infectious disease and undernutrition to burdens of obesity and NCDs (double burden).
- All these have detrimental impacts on nutrition and health.

Therefore we Need effective policies and programmes

- If we are to meet SDG2 (ending hunger) goal and SDG 2.2 (ending all forms of malnutrition) target.
- Very few of the current Tanzania policies and programmes are aimed at addressing the transitioning food systems and environments in the country.
- This will require engagement with many stakeholders.
- However, even better enabling environments, evidence and lifting of barriers is required.



Need effective policies and programmes

- Create an even better enabling environment.
- Nutrition commitment is there (development agenda, nutrition multisectoral action plan).
- Need to evaluate food system commitments (research).
- Financing is not there (ranked 135/152 countries).
- Garner the Evidence Base through research.



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Evidences that can Improve Tanzania Food Systems for Better Diets and Nutrition

- Input supply: Improved varieties, bio-fortification strategies
- Production: Focus on women farmers, diversification, extension.
- Post harvest storage: Aflatoxin control, refrigeration.
- Processing: Fermentation, drying, fortification, product reformulation (reduced sugar, salt, unhealthy fats).
- Distribution: School feeding programs, voucher schemes, targeting vulnerable ones.
- Marketing and Retail: Messaging on the importance of nutrition, benefits of certain foods.
- Consumption: Home fortification with MNP, training on nutritious food preparation.



Make food environments healthier

- Incentivize retailers and sellers of food through tax breaks.
- Reformulate foods – remove trans fats, reduce sugar and salt.
- Phase out advertising and promotion of unhealthy foods to children and adolescents.
- Limit the sale and serving of unhealthy foods and promote healthy eating.
- Taxing junk food and soda.
- Front of the pack labeling, information warning, certifications and safety standards on foods.

Overarching Recommendations

- Strengthen the integration of nutrition within national policies, programmes and budgets.
- Improve nutritional outcomes by enhancing women's rights and empowerment.
- Gather evidence through research on food systems and nutrition impacts.
- Enhance opportunities to improve diet and nutrition outcomes along **food supply chains**.
- Improve the quality of **food environments**.
- Create **consumer demand** for nutritious food.

THANK YOU



MICHIGAN STATE UNIVERSITY



Dalberg

