Food and nutrition security, enhanced resilience

WHAT ARE THE CHALLENGES?

821 MILLION PEOPLE around the world are suffering from hunger, mostly in sub-Saharan Africa and in Asia. Around 2 billion people are chronically malnourished, lacking important vitamins and minerals. This has devastating consequences, particularly for children during the first 1,000 DAYS OF THEIR LIVES.

A lack of key micronutrients such as vitamin A, iron and zinc during this period will affect them for their entire life, leading to stunting growth and impaired intellectual development. These consequences are suffered by individuals and whole economies alike, making hunger and malnutrition major obstacles to development.

By improving nutrition among women and infants in particular, we can make an effective INVESTMENT IN THE FUTURE.

Yet what are the causes of hunger and malnutrition?

- Many families do not have enough money or the necessary skills to grow or buy what they need for a balanced diet.
- People are often unaware of the link between nutrition, hygiene and health – and of how to prepare food in order to retain valuable nutrients.
- Many people do not have access to clean drinking water, sanitation and health care. A balanced diet alone does not guarantee good health. Frequent bouts of diarrhoea and parasitic infections can lead to malnutrition.
- People hit by war and other environmental or social disasters are especially vulnerable to hunger and malnutrition. It is particularly difficult for them to find a way out of this situation.

WHERE WE WORK

The representation on the map does not reflect in every single case the position of the German Federal Government under international law. The representation of the map makes no statement about controversial territorial claims.
The programme ‘Food and nutrition security, enhanced resilience’ targets several areas at the same time to achieve sustainable improvement in food security and nutrition. Activities are diverse and match the different challenges in each country: We train smallholder farmers in how to grow, irrigate, preserve and store fruit and vegetables.

We show mothers and mothers-to-be hygienic practices and how to feed their children adequately. In this context, we cooperate with local health centres and support measures to provide social security for particularly vulnerable people. To prevent diseases, we improve access to drinking water and sanitation.

54747 is the number of the new health service ‘Chipatala Cha Pa Foni’, which Gladys Litenga called when she suddenly developed abdominal pains early in her pregnancy. The staff member on the other end of the phone advised her to go to hospital immediately. The young mother continues to use the health service after ultimately giving birth to a healthy boy, Rafiki.

The programme ‘Food and nutrition security, enhanced resilience’ has included information on food and nutrition in this existing hotline and continues to work with other donors to support it. The service now sends customised text messages to a growing number of women in the country offering nutritional tips specific to the current week of their pregnancy or the age of their infant. After all, nutritional deficiency can lead to lasting damage, particularly in the first 1,000 days of human life between conception and a child’s second birthday. A good diet is thus particularly important for expectant and nursing mothers, as it benefits their own health and that of their growing infant.