



# Proof of Impact – Global Programme Food and Nutrition Security, Enhanced Resilience

## EFFECTIVENESS OF OUR MEASURES

Measures of the global programme have been shown to enhance resilience of households to shocks and multiple crises. Surveys initiated by the programme provide reliable findings on the effectiveness of the measures. The global programme implements multisectoral and nutrition-sensitive interventions in ten partner countries that improve the nutrition situation of about 3 million people. This paper presents the main findings of the household survey that was conducted during the COVID-19 pandemic 2020/21.

## BACKGROUND

A growing number of people are unable to eat a sufficient and healthy diet. 60 % of people suffering from hunger are women and girls. Worldwide, more than 190 million children under the age of five develop poorly due to malnutrition: they are too small for their age or too light for their height. Marginalised and impoverished people are additionally affected by crises, such as the effects of climate change and armed conflicts.

## THE GLOBAL PROGRAMME

With its multi-sectoral and behavioural change-oriented approach, the global programme significantly contributes to (1) increasing the vital diversity of women's and young children's diet, (2) achieving the necessary and important behavioural changes, (3) rendering policy-making the decisive lever for enhanced food security and resilience, and (4) generating evidence as well as best practices and demonstrating how nutrition can be improved.

## METHODOLOGY

In the intervention areas of the partner countries, household surveys are conducted regularly (usually every two

<b>BUDGET:</b>	EUR 267 million, financed by the Federal Ministry for Economic Development and Cooperation (BMZ)
<b>DURATION:</b>	10/2014 - 09/2026
<b>AIM:</b>	The nutrition status and resilience to hunger crises of food-insecure people have improved at the household level.
<b>TARGET GROUPS:</b>	Women of childbearing age, pregnant women, nursing mothers and infants (1,000-day window)
<b>COUNTRIES:</b>	Ethiopia, Benin, Burkina Faso, India, Yemen*, Cambodia, Kenya*, Madagascar, Malawi, Mali, Zambia, Togo (* completed)

years) by independent institutes. The aim is to obtain representative data on the nutritional situation of women and young children to draw conclusions on the effectiveness of the measures and main influencing factors. The surveys use a standardised methodology with scientifically recognised indicators, comparable control groups and representative sample sizes to generate valid results.

The results of the 2018/19 survey, which was conducted in eight countries, showed significant improvements in the nutritional quality of women and their children compared to both the previous survey and the control group. The second follow-up survey was conducted in 2020/21 in the intervention areas of all ten country packages of the global programme.



## KEY FINDINGS OF THE SURVEYS

- 1) The measures of the global programme are effective.** Women who have participated in the programme's measures and their children have demonstrated better nutrition outcomes than comparable groups.
- 2) The Global Programme's behaviour change approaches are demonstrably more effective.** Knowledge transfer alone does not necessarily lead to changes in dietary behaviour, as there are often structural and cultural reasons why people do not implement what they have learned. It is beneficial for application if barriers are systematically identified, and desirable and practicable solutions are developed with all those involved.
- 3) The effectiveness of the multi-sectoral approach of combining measures from different sectors has been confirmed.** Increased food production alone does not automatically lead to people eating better diets. Only when they participate in measures from different sectors – e.g., agriculture, health and education – do they and their children eat healthier.
- 4) Accompanying social protection programmes can increase the effectiveness of the measures.** Even within the target group that is generally at risk of food insecurity, households have different amounts of resources at their disposal. It has been shown that the poorest households in the target group benefit less from the interventions but can be empowered to eat better through social protection programmes.
- 5) Multisectoral food security interventions have been shown to increase household resilience to shocks and multiple crises.** Although the overall food situation has deteriorated due to climate change, pandemics, local and global conflicts, it has been significantly better in supported households than in comparable non-supported households.

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