



# Evidence from the 3rd Follow-Up Survey 2022/23

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

### EFFECTIVENESS OF OUR MEASURES

The Global Programme on Food and Nutrition Security, Enhanced Resilience regularly collects data that provides reliable insights into the effectiveness of its interventions. Currently, multisectoral, nutrition-sensitive interventions are still being implemented in six of the initial twelve partner countries. These interventions have to date contributed to improving the nutritional situation of more than 5.3 million people. One conclusion of the second follow-up survey was that the interventions are effective. This paper presents the results of the third round of data collection.

### BACKGROUND

Since 2015, the number of people who are unable to eat a sufficient and healthy diet has been rising again. In 2023, 733 million people worldwide were affected by hunger. Approximately 2 billion people suffer from micronutrient deficiencies – commonly referred to as “hidden hunger.” Marginalized and impoverished populations are particularly vulnerable, especially when they face additional threats from multiple crises, including the impacts of climate change and armed conflicts.

### THE GLOBAL PROGRAMME

Through its multisectoral, behavior change-oriented approach, the Global Programme makes a substantial contribution in the project regions by (1) improving access to and availability of diverse, nutritious foods for women and young children, (2) promoting critical behavioral change, (3) making policymaking a key lever for enhancing food and nutrition security and resilience, and (4) generating robust best practices that demonstrate effective pathways to improved nutrition.

BUDGET:	Approx. EUR 285 Mio., commissioned by the German Federal Ministry for Economic Cooperation and Development (BMZ)
CO-FINANCIER:	Gates Foundation
DURATION:	10/2014 – 09/2026
OBJECTIVE:	The nutritional situation and resilience to hunger crises of food-insecure individuals have improved on household level.
TARGET GROUPS:	Women of reproductive age, pregnant women, nursing mothers and infants (1,000-day window of opportunity)
COUNTRIES:	Ethiopia*, Benin*, Burkina Faso, India, Yemen*, Cambodia, Kenya*, Madagascar, Malawi*, Mali, Zambia, Togo* (* interventions completed)

### METHODOLOGY

The household surveys aim to collect representative data on the nutritional situation of women and young children in the target regions, and to draw robust conclusions about the effectiveness of the programme’s interventions and key influencing factors. To achieve this, women in all project regions are surveyed at regular intervals (typically every two years) by independent experts. The surveys are based on a standardised methodology that includes scientifically validated indicators, control groups (not exposed to interventions), comparable timings, and representative sample sizes.

### PREVIOUS SURVEYS

A baseline survey for all project regions of the Global Programme was conducted in 2015/16. The results of the first (2018/19) and second (2020/21) follow-up surveys demonstrated a significantly better nutritional quality among women and their children compared to the control group.



The third follow-up survey was conducted in 2022/23 in eight countries. In addition to Burkina Faso, Madagascar, Malawi, and Zambia, the survey also

covered the four country packages of Ethiopia, Benin, Cambodia, and Togo, where this represents the final survey (endline) as the interventions are ending.

## KEY FINDINGS OF THE SURVEYS

- 1) **The interventions 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 – even in crisis contexts.
- 2) The activities of the Global Programme lead to a **comprehensive dietary change**. Almost all food groups were consumed significantly more by the beneficiaries and no food group was replaced by another.
- 3) There are two key times in early childhood development with the greatest potential to further improve **infant and young child nutrition**. (1) After the exclusive breastfeeding phase (6 months), complementary foods should be sufficiently diverse. (2) After weaning, the missing milk meals should be appropriately substituted.
- 4) Children's nutrition is known to be influenced by the **status of women within the family**. Women benefiting from the Global Programme have more influence over economic decisions and receive more support in reducing their high workload. However, there are big differences between countries.
- 5) Promoting the **cultivation of nutrient-rich foods** combined with nutrition counseling has proven to be highly effective. In the supported households, both mothers and their children had significantly more diverse diets. This effect can be observed in various regional contexts as well as in food-insecure households.

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