



The Road to Good Nutrition

A global perspective

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The Road to Good Nutrition

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“Globally, 165 million children under age 5 are stunted as a result of malnutrition. This is the face of poverty,”

Jim Yong Kim, President of the World Bank Group



Child stunting is a problem the world can no longer afford to ignore
Sight and Life

Foreword



Dr David Nabarro

Special Representative of the UN Secretary-General for Food Security and Nutrition
SUN Movement Coordinator

Working Together for Improved Nutrition

Approximately a third of the world's children face lifelong economic and social disadvantage because of poor nutrition during pregnancy and in the first two years of life. A significant proportion of these children are disadvantaged because of unbalanced diets that lead to obesity and its associated health challenges. Malnutrition is a phenomenon with many aspects, not all of them immediately apparent.

Analysis of efforts to tackle malnutrition conducted by The Lancet originally in 2008 and again in 2013 indicates that a range of specific interventions exist that can help people enjoy good nutritional status. Experience shows that they are most effective if national development strategies are sensitive to the underlying determinants of people's nutritional status.

“A person who has food has many problems. A person who has no food has only one problem.”

Chinese saying

Nutrition-sensitive solutions

Since 2008 many governments, civil society organizations, research groups and intergovernmental agencies (including those within the United Nations system) have sought ways to scale up effective actions for better nutrition. The collective experience to date suggests that such efforts are successful if all the different groups that seek to enable improvements in people's nutrition work *together* in support of sound national policies, the implementation of effective interventions, and sector programs that are sensitive to the determinants of malnutrition.

The evidence also indicates that as efforts are made to scale up success, all the groups that seek to support the implementation of national policies should work in synergy. As they do so, they should, at all times, take account of the day-to-day challenges faced by communities at risk of malnutrition, aligning their efforts to promote social justice and nutritional equity, and monitoring their collective impact. Their overarching aim should be to enable all women and children – and their families – to realize their right to food and good nutrition.

A bold new way of collective and harmonized thinking

The *Scaling Up Nutrition* or 'SUN' Movement was launched in September 2010 in response to the release earlier that year, by more than 100 national and international organizations, of the *Framework for Scaling Up Nutrition*.

The Movement is designed to bring together diverse stakeholders – central and local governments, civil society organizations, research groups and intergovernmental agencies and business enterprises – so that they can jointly work on improvements in nutrition on a scale that reflects the urgency and seriousness of the issue.

The SUN Movement embodies a bold new way of collective and harmonized thinking, action and communication for improved nutrition. It is specifically a movement, and not a new program, institution or fund. Through the Movement, national governments – both individually and jointly – are leading the worldwide effort to yield lasting nutritional benefits for individuals and societies within their respective countries. When joining the SUN Movement, they each commit to enabling people to access proven and innovative solutions for better nutrition, and to work in ways that increase the effectiveness of their investments so as to yield sustainable and equitable results.

The imperative to act

The Road to Good Nutrition is an expression of this new way of thinking. It brings together the experience and insights of globally recognized experts in the field of nutrition to create an in-depth introduction to the subject for the non-expert. This book is detailed, accurate and as up to date as possible, given the speed at which nutrition research on the one hand and nutrition policy on the other are evolving. The world of nutrition is moving fast, and it needs to, for the challenges we face are huge, and the imperative to act, overwhelming.

My hope is that *The Road to Good Nutrition* will help us all to accelerate our progress along the path to a world where everyone receives the food and the nutrition to which they have a self-evident right.

David Nabarro

Special Representative of the UN Secretary-General for Food Security and Nutrition

SUN Movement Coordinator

Rome, June 2013

Preface

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Manfred Eggersdorfer

SVP DSM Nutrition Science & Advocacy

“Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.”

Universal Declaration of Human Rights: Article 25 (1948)



Nutrition-sensitive agricultural policies are essential to combat the global scourge of malnutrition

Sno Shuu Photography

The Road to Good Nutrition is about a journey. It is not the journey of a lone individual, or organization, or country, or even continent. It is a journey that the world has embarked on – and which we can only complete if we all walk the road together. This book is about how to improve the nutritional status of the world’s population as a whole. It therefore touches each and every one of us, and we each have a role to play in helping the world a step further towards that goal.

This work is published at a critical moment in our global understanding of the challenges and opportunities we face. The need for a concerted approach to the elimination of malnutrition worldwide has never been greater. Nor has the world’s desire to confront malnutrition in a concerted manner. The Scaling Up Nutrition (SUN) Movement continues to gather momentum even as this book goes to press; the evidential base for action has been strengthened yet further by the publication of the 2013 Lancet series on Maternal and Child Nutrition; and the interactions between nutritionists, policy-makers, program managers and donors have never been so many, so frequent or so productive. This is a moment which the world must seize. And to seize that moment, we must grasp the fact that, for all the many challenges we face, the elimination of malnutrition is a possibility. It can be achieved in practical terms, if only we have the will to work together.

The Road to Good Nutrition presents a collective vision, and it is the product of a collective effort. As Editor-in-Chief of the volume, it has been my privilege to work with an international Editorial Board that has brought to the table the expertise of many different disciplines and the experience of many decades. For the generous provision of their time, their telling insights and their firm commitment to the creation of this book I would like to offer my warm thanks to Marc Van Ameringen, Hans Konrad Biesalski, Junshi Chen, Klaus Kraemer, Asma Lateef, Marie Ruel and Venkatesh Mannar. Klaus Kraemer and Marie Ruel worked tirelessly to ensure that the book’s contents were as accurate and up-to-the-minute as possible; Hans Konrad Biesalski provided important new research in the field of hidden hunger; Asma Lateef gave perspectives on the growing role of civil society in combating malnutrition, and Marc Van Ameringen on the part that donor organizations can play; while Junshi Chen and Venkatesh Mannar offered the viewpoints derived from the experience of China and India respectively, helping to ensure that our perspective was as global as possible. I am grateful to all of them.

“A hungry man can’t see right or wrong. He just sees food.”

Pearl S. Buck (1892–1973)

I am likewise grateful to the contributors who graciously provided the content for this book, taking time out of their packed agendas and busy traveling schedules to craft their individual chapters. My thanks go to Tom Arnold, Hans Konrad Biesalski, Martin Bloem, Joachim von Braun, Alan Dangour, Stuart Gillespie, John Hoddinott, Eileen Kennedy, Alain Labrique, Asma Lateef, Marguerite B. Lucea, Saskia de Pee, Victoria Quinn, Marie Ruel, Werner Schultink and Patrick Webb. They have each helped to shape this work, offering world-class thinking in response to a global challenge. My thanks, and the thanks of the entire Editorial Board, go to each of them.

Last but by absolutely no means least, I would like to thank David Nabarro for his foreword to this volume, whose sentiments I can only echo. I hope that it will help to spread the good news of SUN yet further and encourage yet more support for the Movement.

The road that leads us towards good nutrition is not a short one. Nor is it an easy one. But it is one that we can negotiate if we walk it together.

Manfred Eggersdorfer

SVP Nutrition Science and Advocacy, DSM

Kaiseraugst, June 2013



Nelson Mandela
Simon Dawson / AP

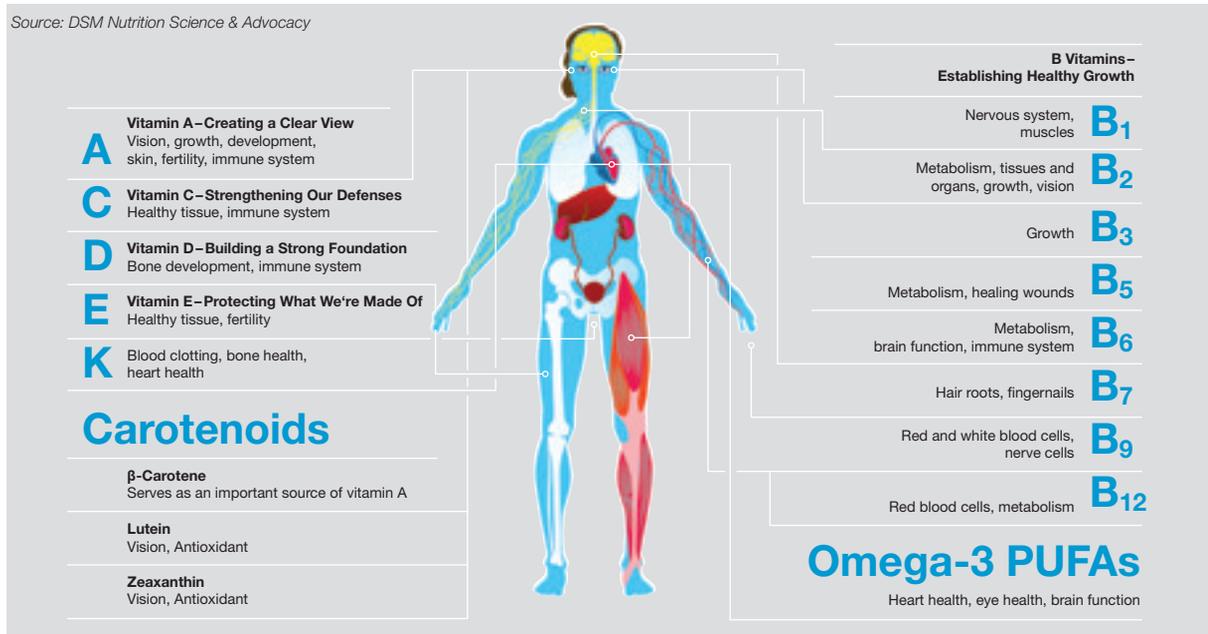
“Hunger is an aberration of the civilized world. It is the result of civil wars, oppressive governments, and famines of biblical proportions. Families are torn asunder by the question of who will eat. As global citizens, we must free children from the nightmare of poverty and abuse and deprivation. We must protect parents from the horrifying dilemma of choosing who will live. Hunger is a basic need that must be met before anyone can escape the depths of ignorance, before any society can stand without aid, but more importantly, before any child’s body can survive the onslaught of disease such as the scourges of HIV, TB and malaria.”

Nelson Mandela, 2004

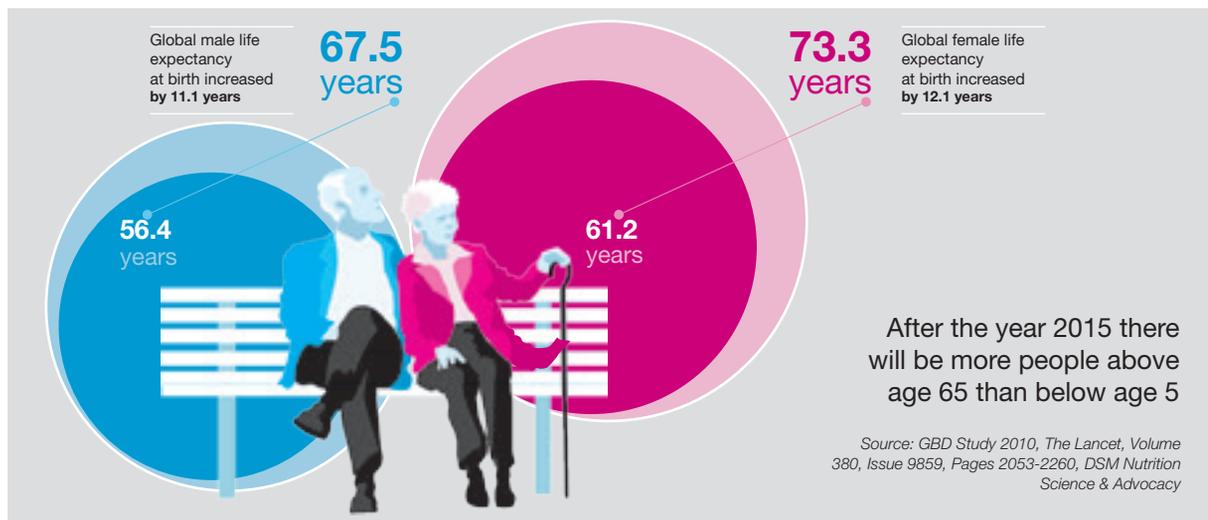
V A Healthy Diet with Essential Micronutrients is the Basis for a Healthy Life

Poor diet is the 4th biggest global risk factor for disease.

Source: DSM Nutrition Science & Advocacy



Life Expectancy Increasing (between 1990 and 2010)





Carol Bellamy, UNICEF
Source: www.iisd.ca

“Vitamin and mineral deficiency (VMD) touches the lives of perhaps a third of the world’s people. After a decade of dramatic developments, the facts are known, the solutions are available, and the cause is one in which many individuals and organizations – governments, the private sector, the medical and scientific community, civil society – can all become involved. The challenge is therefore clear. And when so much could be achieved for so many and for so little, it would be a matter of global disgrace if vitamin and mineral deficiency were not brought under control in the years immediately ahead.”

Carol Bellamy



Ban Ki-moon, United Nations Secretary-General, during a press conference at the 2011 World Economic Forum in Davos, Switzerland
Source: WEF 2011

“In our world of plenty, no one should live in hunger. No child should have his growth stunted by malnutrition. No child should have her opportunity for a better life curtailed even before she is born, because her mother was undernourished.”

Ban Ki-moon, World Food Prize laureate award ceremony, 2012.