

## JICA Nutrition Declaration

### “Nutrition for All: Ten-Point Commitment to Realize Human Security”

**1. Stay Determined to Work for Nutrition:** As Japan’s development cooperation agency, JICA will continue and strengthen its specific efforts to realize SDG Goal 2.2 (end all forms of malnutrition by 2030) and other international goals related to nutrition, and thereby lead the efforts of the international community.

**2. Contribute to Human Security:** JICA will contribute to the realization of “Human Security” by protecting people’s “lives, livelihoods, and dignity” and creating societies that are resilient against various threats, including infectious diseases and climate change, through its efforts to improve nutrition, which is the basis of human life and health.

**3. Address Undernutrition and Overnutrition in Developing Countries:** JICA will work to improve chronic undernutrition and, where overnutrition is also an issue, to reduce the “double burden of malnutrition” (undernutrition and overnutrition), with vulnerable populations such as children and women as priority targets, so that all people in developing countries can live free from all forms of malnutrition.

**4. Aim for Empowerment and Value Ownership:** JICA will provide assistance that aims to empower people, organizations, and societies of each developing country, that is based on the country’s characteristics and needs, and that values the country’s ownership, and by doing so, will help each country make steadfast, autonomous, and sustainable improvements in nutrition.

**5. Promote a Multi-Sectoral Approach:** JICA will promote cross-sectoral efforts (a multi-sectoral approach) to improve nutrition through various related sectors such as health, agriculture and food, water, sanitation and hygiene (WASH), and education, and will also promote collaboration among these sectors at the policy and field levels.

**6. Make Each Sector Nutrition-Sensitive:** JICA will work to make each sector “nutrition-sensitive”, including through the implementation of nutrition policies and the promotion of nutrition-conscious activities within the sector. Especially in the health sector, JICA will promote Universal Health Coverage (UHC) that includes the improvement of maternal and child nutrition and the establishment of healthy diet. In the sector of agriculture and food, JICA will promote nutrient-focused agricultural and rural development and work to build Sustainable Food Systems.

**7. Utilize Japan’s Experience:** JICA will make good use of Japan’s own experience related to nutrition, such as nutrition surveys, nutritional guidance by specialized personnel, use of Maternal and Child Health Handbooks, improvement of rural livelihoods, diversification of agricultural production, Japanese dietary pattern with

excellent nutritional balance, improvement of water supply, popularization of hand-washing habits, school lunches, and Shokuiku (food and nutrition education).

**8. Employ Various Assistance Tools and Collaborate with Diverse Associates:**

JICA will employ its various assistance tools, such as acceptance of trainees and students, dispatch of experts and cooperation volunteers, and ODA loans and grant aid. JICA will also collaborate with diverse associates in Japan, such as private companies, research and educational institutions, local governments, and NGOs, that have technologies and expertise related to nutrition.

**9. Work for the Whole World, especially in Africa and Indo-Pacific Region:**

JICA will provide assistance for improving nutrition to developing countries all over the world. With Africa as a priority region, JICA will promote the “Initiative for Food and Nutrition Security in Africa (IFNA)”. JICA will also actively engage in efforts for nutrition improvement in the Indo-Pacific region.

**10. Cooperate with International Partners:**

In carrying out the above efforts, JICA will cooperate with and complement the Scaling Up Nutrition (SUN) Movement, relevant UN agencies, multilateral development banks, regional organizations, and other development partners, and together will call on the international community and developing countries to mainstream nutrition improvement and mobilize necessary resources.

## (Appendix 1) JICA's Nutrition Improvement: Cooperation Policy by Sector

Malnutrition, which in developing countries is typically undernutrition (i.e. wasting, stunting, underweight and micronutrient deficiency) but in many of the countries can also include overnutrition (i.e. overweight/obesity and micronutrient excess), is caused by various factors and there is a wide range of interventions to be made. Therefore, JICA will promote a multi-sectoral approach to improve nutrition through various related sectors, including but not limited to such sectors as health, agriculture/food, water/sanitation/hygiene (WASH), and education.

In each sector, JICA will strengthen its efforts to make the sector “nutrition sensitive,” including through the implementation of nutrition policies (direct and nutrition-specific interventions) and the promotion of nutrition-conscious activities, while taking into account the perspectives of gender equality and women's empowerment. In doing so, JICA will make good use of Japan's own experience, the results of JICA's activities to date using such experience, and recent innovations such as digital technology.

Furthermore, JICA will promote collaboration among these sectors at the policy and field levels.

JICA's major initiatives in each sector and for cross-sectoral collaboration are as follows.

### <Health>

#### 1.1 Improvement of Maternal and Child Nutrition:

- In order to promote integrated maternal and child nutrition services, focusing on the "first 1,000 days" from fetus to two years of age, which has a significant impact on lifelong health and disease risk, we will strengthen the service delivery system and promote the development of human resources for health and nutrition. At the field level, we aim at training 2,500 core human resources for maternal and child nutrition by 2030, and thereby achieving a beneficiary population of 1 million mothers and children.
- By integrating nutritional interventions into maternal and child health services such as prenatal checkups and infant checkups, we aim at achieving seamless nutrition improvement in the “first 1,000 days.” We will also expand the use of the maternal and child health (MCH) handbook as an effective tool for recording the provision of nutrition services, monitoring nutritional status, and communicating knowledge on nutrition.
- Through these initiatives, we will contribute to achieving the “Global Nutrition

Target 2025,” which calls for (1) a 40% reduction in the number of children under-five who are stunted, (2) a 50% reduction of anemia in women of reproductive age, (3) a 30% reduction in low birth weight, (4) no increase in childhood overweight, (5) an increase the rate of exclusive breastfeeding in the first 6 months up to at least 50%, and (6) reduction and maintenance of childhood wasting to less than 5%.

## 1.2 Establishing Healthy Diet:

- We will strengthen our initiatives to improve nutrition according to each life stage, from the perspective of the life course from children to adults. For preschool and school-aged children, we will promote Shokuiku (food and nutrition education) and school lunch programs that encourage the establishment of healthy diet through early intervention. For adults, as part of measures against lifestyle-related diseases (non-communicable diseases: NCDs), we will promote nutritional guidance to encourage behavioral changes toward healthy diet, given that excessive or unbalanced nutritional intake increases the risk of developing NCDs.
- We will also utilize Japan’s experience and knowledge in planning and conducting nutrition and dietary surveys and formulating evidence-based nutrition policies and standards, dietary guidance by nutritionists and public health nurses in communities, community human resource development to support nutrition improvement activities, and improvement of excessive salt intake, etc.

<Agriculture/Food>

## 2.1 Nutrient-Focused Agriculture and Rural Development:

- In order to supply agricultural products and foods necessary for proper intake of nutrients, we will promote (1) the production of agricultural products with excellent nutritional quality, including not only carbohydrates but also proteins and micronutrients, and (2) the Nutrient Focused Approach (NFA) in the agricultural sector, which encourages agricultural production that contributes to the betterment of excess or deficiency of specific nutrients (e.g., deficiency of protein, zinc, and vitamin A in stunting, and carbohydrate-heavy diet in over-nutrition), among others, referring to Japan’s experience such as the diversification of agricultural production, and according to local dietary habits and agricultural environment.
- With regard to food consumption, we will conduct community-based nutrition awareness-raising activities for rural residents, such as the evaluation and improvement of local dietary habits, and the improvement of the status of women in the household, referring to such experience as the livelihood improvement

extension projects, which have achieved significant results in Japan, and by doing so in a flexible and sustainable manner, encourage their behavioral changes toward healthy diet while meeting their various circumstances and needs.

- These initiatives will be conducted mainly in Africa through IFNA, and the results will gradually be rolled out to other regions.

## 2.2 Building Sustainable Food Systems:

- While taking into account the diverse impacts of food systems on society, economy, and the environment, as well as their implication for food systems especially the increasing negative impacts of climate change, we will promote initiatives to address the challenges developing countries face, such as rice sector development, promotion of market-oriented agriculture, development of food value chains, management of fishery resources, improvement of animal health, and adaptation to climate change including through participatory irrigation management, etc.
- With regard to the promotion of market-oriented agriculture, we will provide agricultural extension services based on the Smallholder Horticulture Empowerment and Promotion (SHEP) approach, which aims at increasing farm income by changing the farmers' mindset from "Grow and Sell" to "Grow to Sell," to more than one million small scale farmers in 50 countries by 2030.
- In addition, as it is said that about 1/3 of the food produced is currently lost in the process of production, post-harvest treatment, distribution/storage, and sales, we will work to reduce such food loss, not only by promoting production and marketing based on market needs through the SHEP approach, but also by improving post-harvest treatment techniques and distribution/storage, and promoting agricultural processing, etc.
- Furthermore, based on our experience with COVID-19, we will work to make food systems resilient, through the consideration and implementation of such initiatives as building agricultural production systems that can continue to operate even in unforeseen circumstances, strengthening the supply chains, and promoting the use of digital technology.

<Water/Sanitation/Hygiene (WASH) >

## 3.1 Urban/Rural Water Supply and Hand-Washing:

- We will work to enhance access to safe water and to raise WASH awareness among residents, through the improvement of water supply, sanitation and hygiene

conditions, which are essential for improving nutrition. Specifically, we will work on the development of water supply facilities and their maintenance capacity in urban and rural areas, as well as on the promotion of safe and hygienic water use among residents, the dissemination of hand-washing at appropriate times such as before cooking and eating, etc.

<Education>

#### 4.1 **School Lunches, Nutrition Education and Shokuiku (food and nutrition education):**

- We will promote the provision of school lunches, nutrition education and Shokuiku, and other measures by schools and communities. We will also work on the promotion of hand-washing and hygiene education in educational sites, as well as the improvement of their hygiene environment. With regard to school lunches, we will promote them mainly through the “School for All” projects, where teachers, parents, and local residents work together to improve the educational environment for children, and also promote them with the perspectives of health and agriculture sectors.

<Other Related Sectors (not exhaustive) >

#### 5.1 **Social Security:**

- We will consider and implement the cooperation for minimum income security by governments, which targets vulnerable groups whose means of livelihood depend on the informal sector and unstable employment. This cooperation for strengthening social security services leads to protecting the livelihoods of vulnerable groups and improving their nutrition.

#### 5.2 **Transportation and Traffic:**

- We will promote the development of roads and bridges, which play a major role in the transportation of goods in developing countries, and their proper maintenance and management. By reducing transportation costs from rural areas to cities, these initiatives contribute to improving access to foods and to raising agricultural incomes, and by reducing transportation costs of agricultural materials, they also contribute to strengthening agricultural production.

#### 5.3 **Natural Environment Conservation:**

- We will work to reduce deforestation and degradation of forests, restore them

through reforestation including agroforestry and other measures, and provide alternative means of livelihood for local residents. By promoting sustainable use of forests, these initiatives contribute to securing the residents' food and fuel for cooking and to improving their livelihoods. We will also work on the conservation of mangrove forests and coral reefs in the coastal areas of island nations and tropical regions, which leads to securing fishery resources by maintaining marine habitats/environment.

#### 5.4 **Climate Change:**

- We will implement climate change mitigation measures (such as GHG emission reduction and absorption enhancement) in all development projects, especially in such sectors as energy, transportation, and forest conservation, and consider adaptation measures (measures to avoid or reduce damage caused by projected climate change) in such sectors as disaster prevention, water resource and agriculture. In promoting nutrition improvement, these measures will be taken with a particular focus on addressing the risk of climate change for agriculture and water resource management.

#### 5.5 **Peace-Building:**

- We will support capacity building and institution building of the government, and empowerment of the people and communities, in order to build a resilient state and society that does not allow violent conflicts to occur or recur. The prevention of such conflicts is essential to prevent poverty and hunger and to maintain health services, etc. As a development cooperation agency, we will also promote Humanitarian-Development-Peace collaboration (HDP Nexus) to support particularly vulnerable people and areas, including refugees and displaced persons and their host communities. In carrying out these efforts, we will focus on addressing malnutrition.

#### 5.6 **Gender:**

- We will promote gender equality and women's empowerment throughout our development cooperation in all sectors. Specifically, we will support the development of relevant policies and institutions and the capacity building of relevant organizations, and conduct cooperation activities targeting women, such as for maternal and child health, girls' education, women's vocational training and entrepreneurship support, and capacity building of rural women. Also, we will work for transforming people's awareness and behavior regarding gender-based discrimination and harmful social norms and practices. These efforts contribute significantly to the promotion of nutrition improvement, in which women's role is particularly important.

## <Promotion of Cross-Sectoral Collaboration>

### 6.1 Policy Level:

- We will promote the development and implementation of multi-sectoral policies and strategies on nutrition improvement, and the strengthening of the financial base of governments, through such means as support for the formulation of the IFNA Country Strategy for Action (ICSA), utilization of development policy loans, and dispatching of advisory experts.

### 6.2 Field Level:

- Since nutrition improvement produces significant results when multiple sectors work together in the same region, we will work to combine initiatives in related sectors as much as possible, including through promoting an approach that makes the target regions of initiatives in the health, WASH, or other sectors overlap with the target regions of initiatives in the agricultural sector in IFNA.
- In carrying out these efforts, we will not only make collaboration among JICA initiatives but also cooperate with a wide range of development partners working in various sectors.



## (Appendix 2) JICA's Nutrition Improvement: Cooperation Policy by Region

JICA provides support for nutrition improvement to developing countries all over the world that need it. Among these countries, JICA considers Africa, where the problem of undernutrition is particularly serious, as a priority region for cooperation, and will strategically promote its cooperation activities. In addition, we will actively promote cooperation in the Indo-Pacific region, which currently has the largest population of undernourished people and where overnutrition is also becoming serious.

JICA's major initiatives for each region are as follows.

### <Africa >

#### 1.1 Promotion of IFNA:

- In order to implement “IFNA Yokohama Declaration 2019” and achieve its goal of improving the nutrition of all 200 million children throughout Africa, JICA, together with African Union Development Agency (AUDA-NEPAD), will bolster the IFNA Secretariat's initiatives and support RECs (Regional Economic Communities) and each African country to proceed with (1) the strengthening of nutrition policies and strategies through the promotion of advocacy, (2) capacity building of nutrition-related organizations and human resources, and (3) implementation of field-level nutrition improvement projects .
- Specifically, in (1) above, we will promote the mainstreaming of nutrition improvement by formulating and implementing the IFNA Country Action Strategy (ICSA); in (2) above, we will encourage the use of the “IFNA Implementation Handbook” for the promotion of IFNA, and conduct technical training for African countries in collaboration with RECs using this handbook; and in (3) above, we will actively promote the formation and implementation of nutrition-related projects based on the ICSA. Through such cooperation activities, we aim at training 5,000 core human resources in nutrition from the perspective of food and agriculture, and achieving a direct beneficiary population of 270,000 by 2030.
- In addition, we aim at effective promotion of IFNA through enhanced collaboration among the related sectors, including agriculture / food, described in the next section (1.2). At the policy level, we will work to strengthen the function of a government to coordinate its various departments in charge of each sector. At the field level, we will promote an approach that makes the target areas of initiatives in each sector overlap.
- We will also work, through IFNA, to mobilize support by international organizations

and other development partners.

## 1.2 Multi-Sectoral Initiatives:

- In the health sector, we will integrate nutritional intervention into maternal and child health services such as prenatal checkups and infant checkups, and expand the use of maternal and child health (MCH) handbook, which contributes to nutrition improvement. Also, keeping in mind overnutrition, which is gradually becoming serious, we will conduct early interventions for children in collaboration with the education sector, such as school lunches and Shokuiku, toward the realization of healthy diet, and we will promote nutritional guidance for adults as part of measures against lifestyle-related diseases (NCDs).
- In the agriculture/food sector, through IFNA, we will promote the production of agricultural products with excellent nutritional quality and the Nutrient Focused Approach (NFA) in the agricultural sector, and conduct community-based nutrition awareness-raising activities for rural residents in a flexible and sustainable manner. We will also incorporate components of undernutrition improvement into other agriculture/food related projects.
- In the water/sanitation/hygiene (WASH) sector, we will promote the cooperation in which hardware and software components related to water supply, sanitation and hygiene are combined, while in the education sector, we will promote the “School for All” projects and the cooperation for school lunches, nutrition education and Shokuiku.

## 1.3 Promotion of CARD:

- Through the Coalition for African Rice Development (CARD) Phase 2, with the goal of doubling rice production in sub-Saharan Africa (56 million tons) by 2030, we will work on (1) stabilization of production in response to climate change and population growth, (2) formation of local industries, (3) improvement in the quality of domestic-produced rice, and (4) improvement of incomes and livelihoods of farmers, targeting more than 32 countries.

<Indo-Pacific Region>

## 2.1 South Asia:

- As the region has a large population of undernourished people, we will incorporate components of undernutrition improvement into such projects as maternal and child health, literacy education, and agriculture/rural development. Particularly in the agricultural sector, we will provide cooperation through the combination of nutrition awareness-raising activities with the promotion of horticultural crop

cultivation and crop diversification. In addition, as overnutrition has also become more prevalent in recent years, we will work on cooperation activities for overnutrition improvement as part of NCDs countermeasures, in order to guide people toward healthy diet by encouraging behavior changes.

- In carrying out these initiatives, we will collect information and conduct surveys related to nutrition improvement, and seek possible collaboration with other development partners.

## 2.2 Southeast Asia:

- Since this is a region shouldering a double burden of malnutrition, we will work to reduce either or both of undernutrition and overnutrition, depending on the situation in each country. With regard to undernutrition, we will incorporate components of maternal/child nutrition improvement into cooperation activities in the health sector, particularly in its maternal and child health projects, as well as in the WASH and education sectors.
- With regard to the agriculture/food sector, as our initiatives for “Southeast Asia Regional Food Value Chain (FVC) Development,” we will address various issues at each stage of FVC, from production to processing, distribution, and consumption of agricultural products, thereby contributing to the realization of sustainable food systems.
- In carrying out these initiatives, we will seek possible collaboration with private companies engaged in nutrition-related businesses and with development partners active in the nutrition sector.

## 2.3 Oceania:

- With regard to overnutrition, which is prominent in this region, we will work on cooperation activities within the context of NCDs countermeasures, in order to guide people toward healthy diet by encouraging behavior changes, keeping in mind that overnutrition is a risk factor for infectious diseases. In addition, with regard to undernutrition, we will incorporate components of maternal/child nutrition improvement into maternal/child health cooperation activities.
- In the fisheries sector, which is highly important as a source of protein, as our initiatives for “Fisheries Blue Economy in Island Nations,” we will promote the proactive management of fishery resources by fishing village residents' organizations, the coexistence of people and nature based on the concept of “Satoumi” (marine and coastal landscapes that have been formed and maintained by prolonged interaction between humans and ecosystems), and the establishment of fisheries FVCs (food value chains) .

<Other Regions>

### 3.1 **Regions other than the above:**

- In order to improve undernutrition, we will promote the fostering and capacity building of organizations and human resources mainly through training programs, and also consider and implement initiatives in various sectors, such as maternal/child nutrition improvement, building of sustainable food systems, and Shokuiku and school lunches for preschool and school-aged children, in accordance with the situation in each region and country.
- For Latin America and other countries where overnutrition is prominent, we will work on cooperation activities in nutrition improvement in the context of NCDs countermeasures, etc.