



JICA Global Agenda (JGA)  
Improving Nutrition

# Cluster Strategy “Improving Nutrition Through the Life-course”

JICA Human Development Department

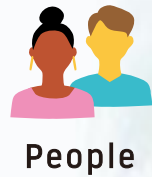
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# JICA's Cooperation Strategy "JICA Global Agenda"



- ① Urban/Regional Development
- ② Transportation
- ③ Energy and Mining
- ④ Private Sector Development
- ⑤ Agricultural Rural Development



- ⑥ Health
- ⑦ Improving Nutrition** →
- ⑧ Education
- ⑨ Social Security/Disability and Development
- ⑩ Sports and Development



- ⑪ Peacebuilding
- ⑫ Governance
- ⑬ Public Finance and Financial Systems
- ⑭ Gender and Development
- ⑮ Digital for Development



- ⑯ Climate Change
- ⑰ Natural Environment Conservation
- ⑱ Environmental Management (JICA Clean City, Initiative) Climate Change
- ⑲ Water Resources and Water Supply
- ⑳ Disaster Risk Reduction



JICA will contribute to the achievement of the SDGs

**JICA's actions to bring the best possible impact in cooperation with various partners.**

Set common objectives & goals for a better future

Create a platform for networking

Create business opportunities

Mobilize resources and fund for the thematic issues solution

# “Improving Nutrition” is one of the prioritized JICA’s cooperation strategies

## JICA Global Agenda No.7 “Improving Nutrition”

### Purposes

JICA promotes efforts for improved nutrition through addressing double/triple burden of malnutrition

JICA also address the challenge by realizing and implementing the Nutrition Declaration, "Nutrition for All: Ten-Point Commitment to Realize Human Security".

JICA’s cluster strategies under the global agenda No.7

**[HEALTH] Improving nutrition through the life-course**

**[AGRICULTURE] Initiative for Food and Nutrition Security in Africa (IFNA)**

JICA グローバル・アジェンダ  
——開発途上国の課題に取り組む20の事業戦略

NO. 7 栄養の改善

### 健康な未来へ導く 適切な栄養を、 すべての人々に

途上国の子どもを中心に  
深刻な影響を与えている、  
低栄養と過栄養の  
二重負担を低減します。

必要な栄養を適切に  
摂取できていない低栄養状態や、  
深刻化する過栄養の問題に対して、  
保健、農業・食料、水・衛生、  
教育など、さまざまな分野において  
連携して取り組み、  
世界の人々が健康に  
暮らせるよう、貢献します。



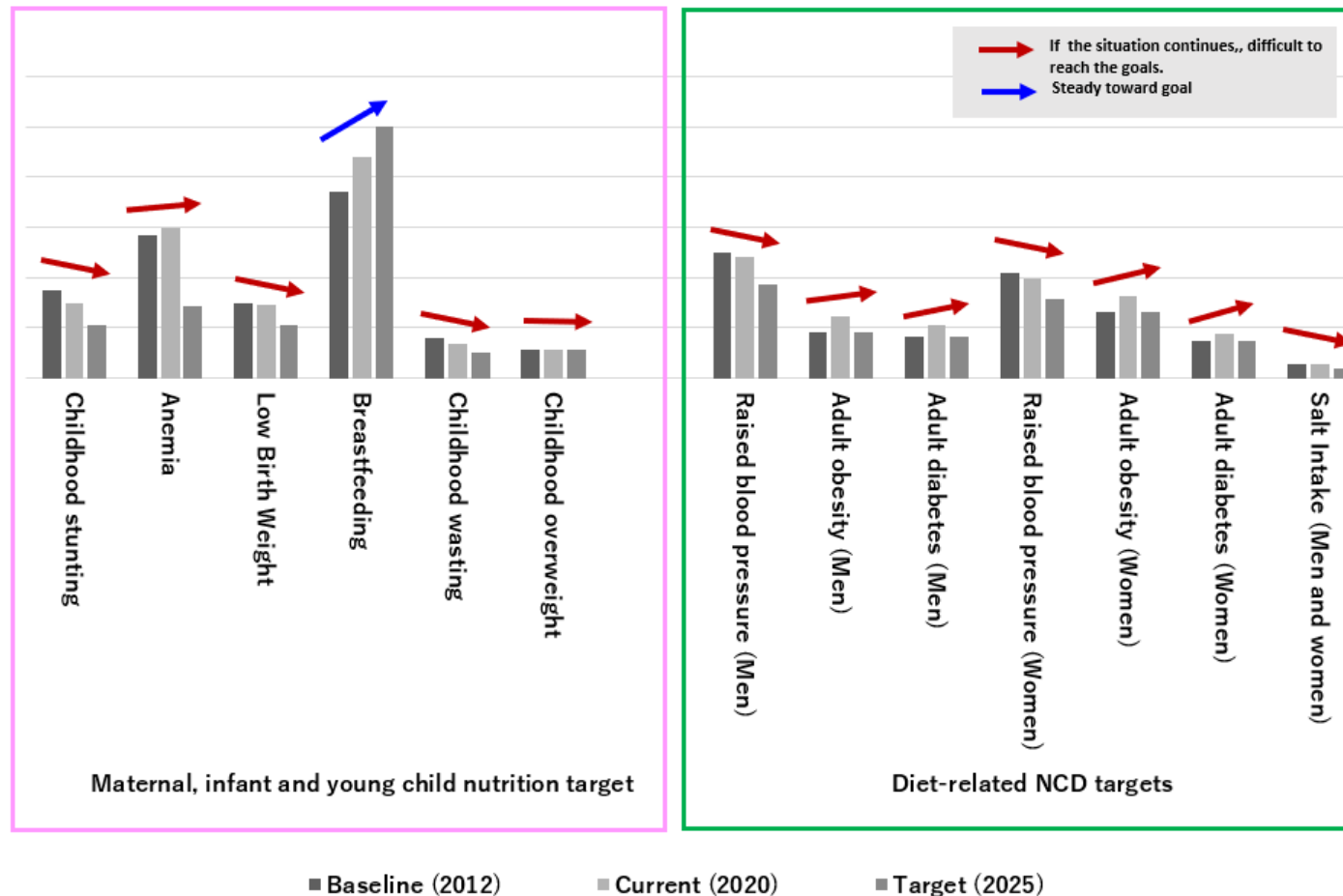
   

独立行政法人国際協力機構 (JICA) は持続可能な開発目標 (SDGs) を支援しています。



# Why “Life-course”?

**"Life course (approach)"** (covering all age groups, but with special emphasis on the early and transitional stages of life and the implementation of necessary responses in a timely manner throughout society, WHO 2020)



Only exclusive breastfeeding is on course, and stunting and wasting are off course.

However, anemia in women, overweight in children and adults, and diet-related NCDs are worsening.

# Cluster Objectives and Overview



## **Vision**

Achieving optimal nutrition and well-being throughout the life-course of all people



## **Final outcomes**

Nutritional issues for every generation are solved



## **Intermediate Outcomes 1**

Nutrition and eating behaviors are practiced according to age and individual needs.



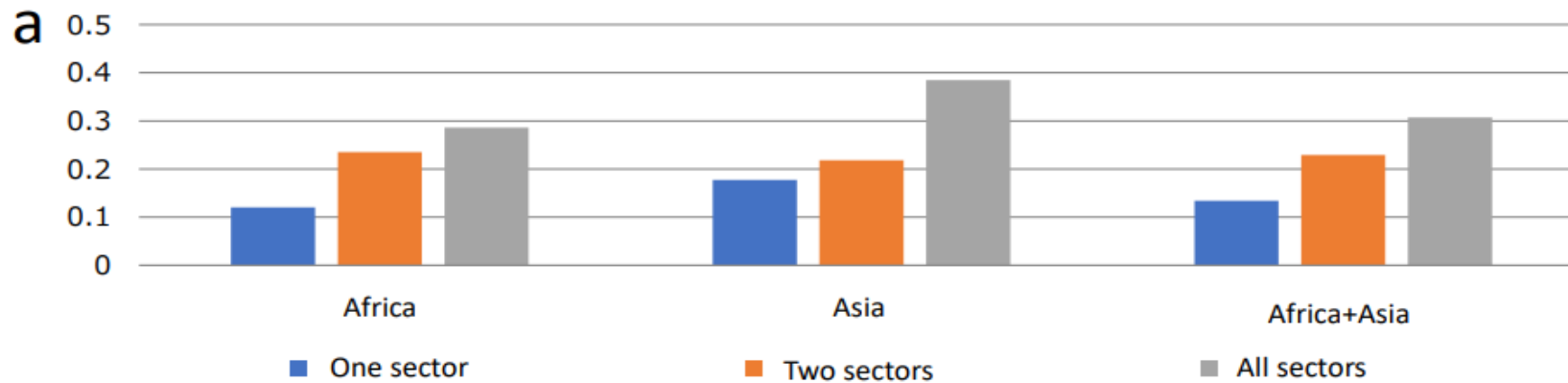
## **Intermediate Outcomes 2**

Global society will work towards the realization of:

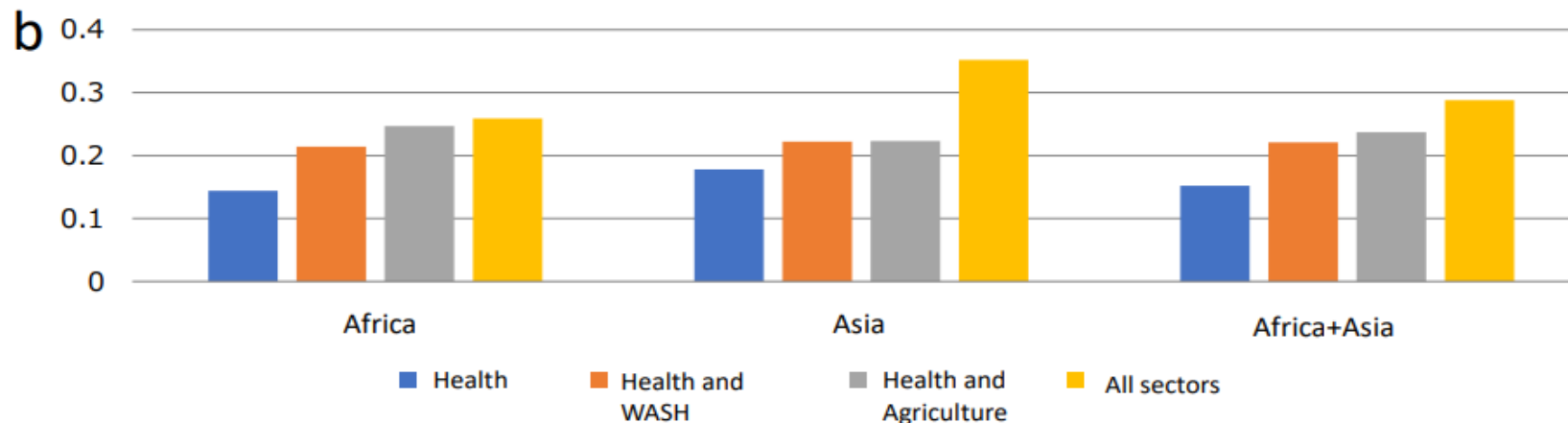
Quality nutrition services in primary health care (PHC)  
Optimal knowledge and motivation to make healthy choices  
Environment promoting healthy diet

# The basic principle of this cluster is to collaborate across multi-sectors

JICA found that when health programme is implemented with food and/or WASH can be effective in reducing stunting, rather than a single sector approach.

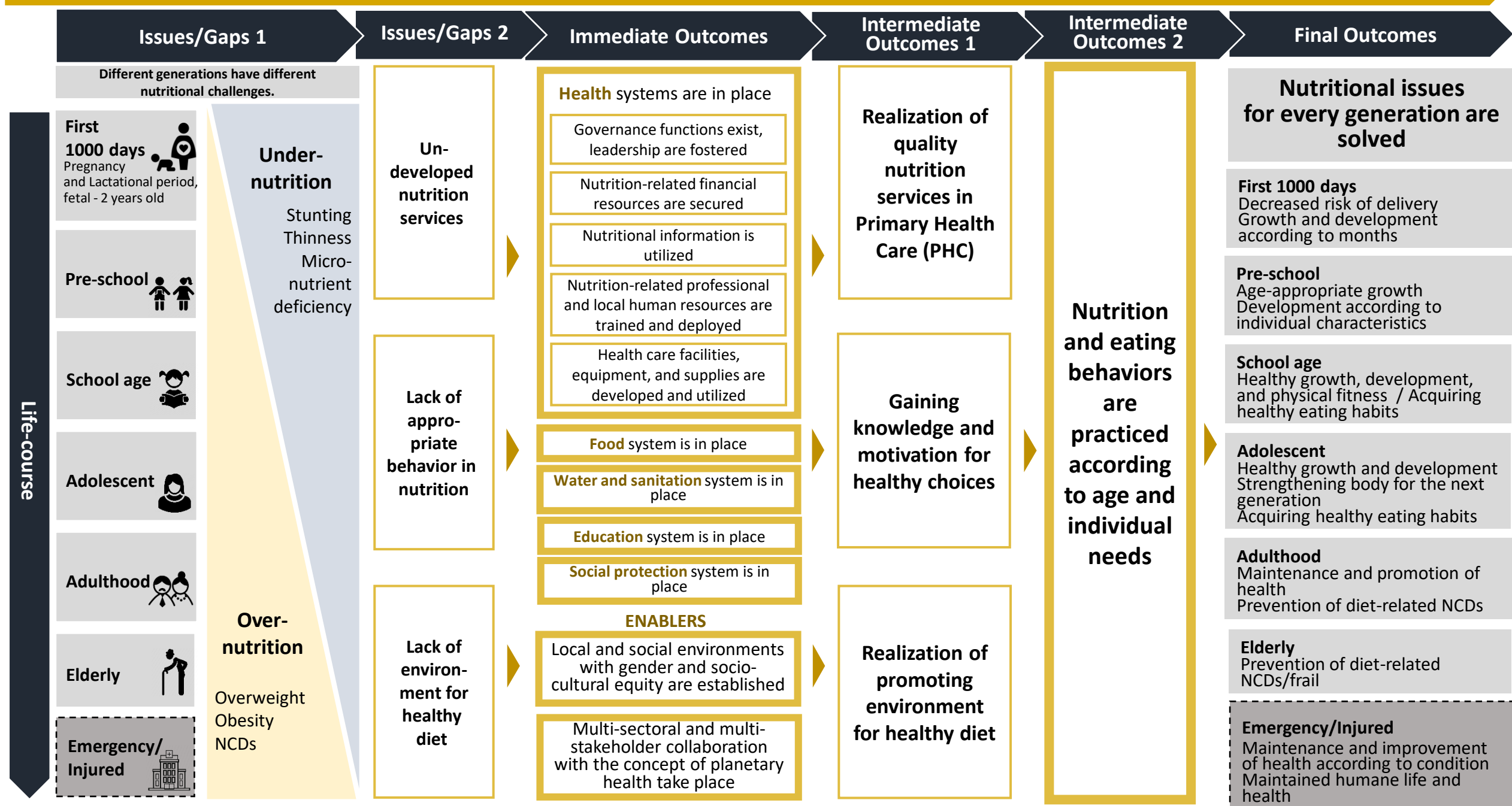


← In Africa and Asia regions, the more sectors collaborating, the more effective for reducing stunting



← In both regions, effective for reducing stunting in combination with the health sector

# VISION: Achieving optimal nutrition and well-being through the life-course of all people



## Priorities and Strategy in Nutrition Sector

### Nutrition improvement through primary health care (PHC)

#### (1) Realization of Healthy “the first 1,000 days”

Nutritional guidance and supplementation for mothers and children during prenatal and postnatal check-ups, growth monitoring, and promotion of appropriate breastfeeding and complementary feeding. Strengthening of service quality through the use of MCH handbooks.



Angola



Cambodia



Ghana



Guatemala



Indonesia



Mozambique

Maternal and child health handbook is introduced in about 50 countries. JICA supported in 35 countries.



Photo: Kenshiro Imamura / JICA

Indonesia / Nutritional guidance using the MCH Handbook

#### (2) NCDs prevention

Strengthening the capacity of specialized health workers and community health workers (CHWs) and building systems for the health of all generations and the prevention and management of NCDs.



Bangladesh



Fiji



Solomon Islands



Rwanda



Tonga



Tajikistan



Uzbekistan



Fiji / Motivating interview

### Promotion of shokuiku and school meal for pre- and school-age children

Based on Japan's experience of school meal management, JICA can provide technical cooperation on development of intake standards, food procurement and management, hygiene management, strengthening of government administration, etc.



Botswana



Indonesia



Malaysia



Madagascar



Mongolia



Paraguay

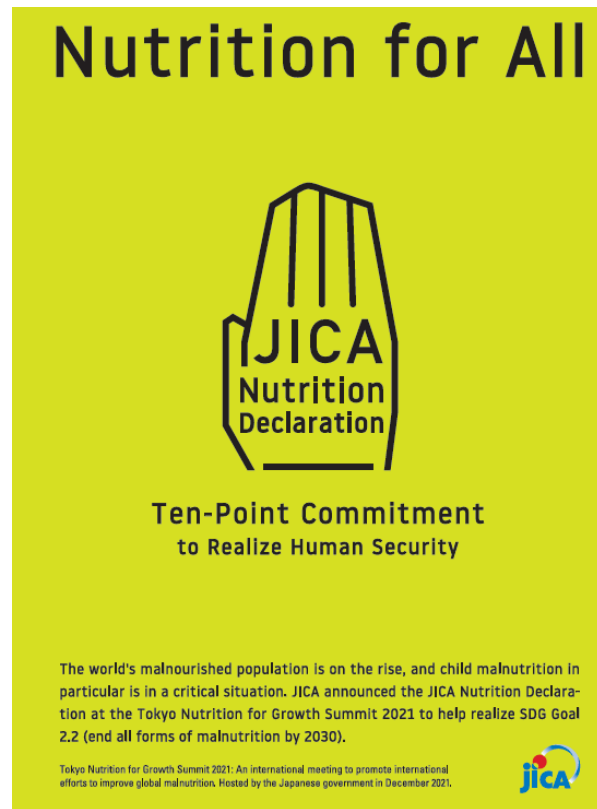


Madagascar/  
A student  
enjoying  
school meal



# JICA Nutrition Declaration

In order to promote nutritional improvement efforts toward Human Security, JICA announced the "Nutrition for All: Ten-Point Commitment to Realize Human Security" at the official high-level side event of the Tokyo Nutrition Summit on December 7, 2021.



# Indicators

	Targets	Indicators
<b>Final Outcomes</b>	<b>Nutritional issues for every generation are solved</b>	<ul style="list-style-type: none"><li>• Stunting, iron deficiency anemia, exclusive breastfeeding, wasting, low birth weight, overweight/obesity, diabetes, hypertension, and salt intake.</li><li>• In the case of projects targeting school-age children and adolescents, the reference indicators are underweight (5-19 years old) and overweight/obese (5-19 years old). (Reference only, following Global Indicators)</li></ul>
<b>Intermediate Outcomes</b>	<b>Nutrition and eating behaviors are practiced according to age and individual needs</b>	<p>There is no global standard for measuring individual behavioral change. For this reason, in this scenario, the indicator is “the number of people who have received services from trained nutrition core personnel,” with the target of 1.1 million people by 2030.</p>
<b>Immediate Outcomes</b>	<b>Development of Nutrition Core Human Resources</b>	<ul style="list-style-type: none"><li>• Number of health care workers and local human resources who can perform biometric measurements (weight, height, blood pressure)</li><li>• Number of health care workers who can perform blood tests (anemia and blood sugar)</li><li>• Number of health care workers who can provide nutrition counseling and guidance</li><li>• Number of local human resources (parents, teachers, cooks, producers, etc.) involved in dietary education, nutrition education, and school lunches</li><li>• Number of multi-sector projects (at least one new formed per year) with the target of 4,300 people to be trained by 2030.</li><li>• Number of multi-sector projects (at least one new project per year)</li></ul>

# **JICA's Cooperation examples**



# Improvement of Maternal and Child Nutrition

## Mozambique

### "The Project for Strengthening Maternal and Child Nutrition Services"

- Develop and train healthcare providers focusing on nutrition improvement of nutrition services.
- Capacity building for maternal and child nutrition activities by community health workers.



Measuring the nutritional status of children by healthcare providers



Administration of vitamin A by community health workers

## Ghana

### "Project for Improving Continuum of Care for Mothers and Children through the introduction of combined MCH Record Book"

- Nutritional guidance and counseling using the mother-child handbook as a teaching aid
- Many illustrations are used in consideration of literacy.



Nutritional counseling for mothers



Health care provider Asking to the mother

## Knowledge Co-Creation Program

- Improvement of Maternal and Child Nutrition
- Early Childhood Development (Asia)
- Early Childhood Development (Africa and Middle East)



Cooking practice for baby food



Experience of parents' class





# Non-communicable diseases (NCDs) Prevention and Control

## Solomon Islands

### "Health Promoting Village Project"

- Training of village health promoters
- Technical assistance for the establishment and dissemination of the Healthy Village model, vegetable cultivation in home gardens (kitchen gardens)



Educational activities by health promoters



Healthy traditional food from ancestors

## Knowledge Co-Creation Program

- Lifestyle-related disease prevention
- Prevention and Control in Remote Island Regions

## Bangladesh

### "Project for Strengthening Health Systems through Organizing Communities"

- Orientation on nutrition education, support for activities (school principals, community leaders, religious leaders, etc.)
- Support for strengthening NCDs prevention activities by Community Support Groups (CSGs)



Regular CSG meetings



Dissemination of Bangladesh version of radio calisthenics



Visits to the base hospital and doctor's helicopter



Lecture on dashi from a nutritionist



# Promotion of School Meal Program and Shokuiku for Pre- to School Age Children

## Madagascar

### "Participatory and Decentralized School Management Support Project"

- Community collaborative school management with the participation of parents, teachers, and local residents
- Forming a school management committee to improve the educational environment for children in cooperation with the administration



Parents distributing school lunches



Enabling supplemental activities by school lunches

## Mongolia

### "Project for Supporting the Implementation of School Lunch Services"

- Development of Nutrient Intake Standards, training of nutrition personnel to prepare menus
- Develop a system for procuring foodstuffs, strengthening administrative capacity



Transportation of school lunches by students



Serving the meal by student

## Malaysia

### "LEP2.0 Development of the Healthy Central Kitchen Guideline" (Country-specific training)

- Sharing know-how on Shokuiku and school lunch provision in Japan
- Better understanding of meal service management and how it is operated and managed at school



Visiting the kitchen of a daycare center



Creating a school lunch framework

## Knowledge Co-Creation Program

- School Health and Nutrition

## Data Collection Survey

- Shokuiku (Food and Nutrition education) and basic meal preparation

Gathering and analyzing information on Shokuiku and school meal programs in preschool facilities in ASEAN and other countries, and improve the quality of early childhood care and education (ECCE) in the region.