

Nutrition to all for a healthier future

We strive to address all forms of
malnutrition and promote
optimal nutrition for
everyone, everywhere.

Nutritional challenges are becoming more complex and severe worldwide, driven by climate change and evolving lifestyles. We are committed to promoting healthy lives for all through multi-sectoral collaboration and shared efforts.



The double and triple burdens of malnutrition are worsening in many parts of the world due to conflict, climate change, and shifting lifestyle



The prevalence of overweight is rising worldwide among both adults and children

Overnutrition, which includes overweight/obesity and excessive intake of micronutrients, causes NCDs such as cardiovascular diseases. NCDs account for 74% of global deaths, with 86% occurring in low- and middle-income countries.

Vicious cycle of malnutrition across generations needs to be broken

Stunting affects physical growth and impairs brain development, leading to long-term consequences such as a higher risk of non-communicable diseases (NCDs) later in life. Wasting, resulting from rapid weight loss, greatly increases the risk of death.

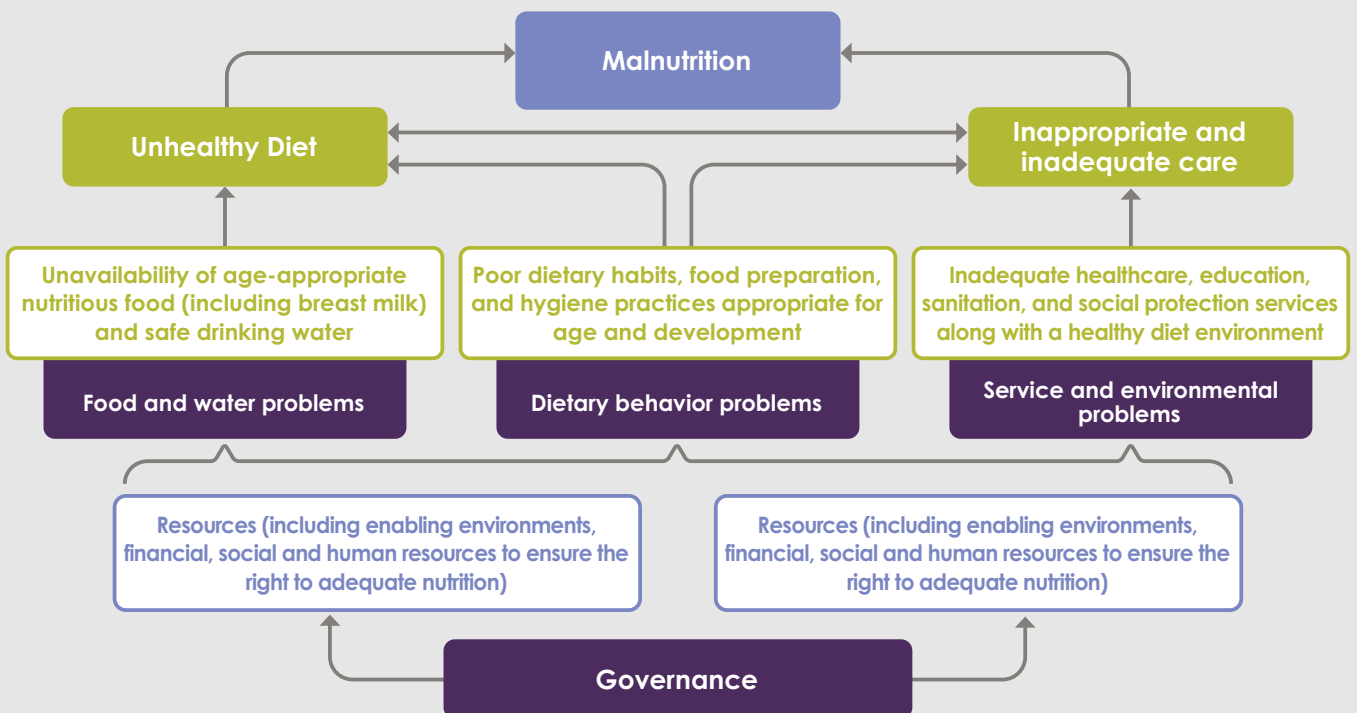
Source: UNICEF and WHO; 2023.

obesity among children and adolescents has increased from **2% to 8%**



Source: WHO. 2022. 2025.

Lack of access to healthy diet, safe water and healthcare services... Malnutrition is caused by multiple factors



Factors of malnutrition

※ Modified based on UNICEF Conceptual Framework on Maternal and Child Nutrition

Leveraging Japan’s know-how and experience in post-war nutritional and hygiene improvements, school meals, and Shokuiku.

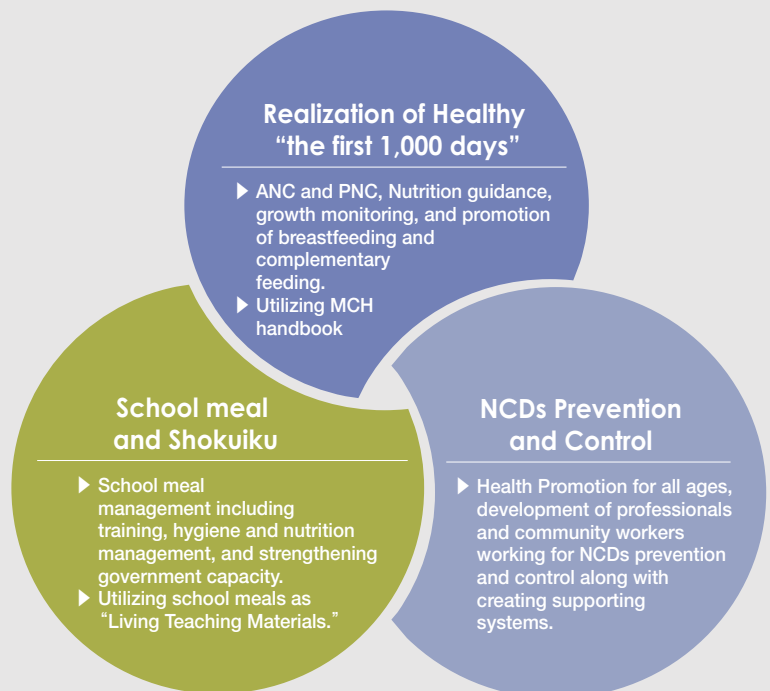
Since the end of World War II, Japan has made significant progress by training nutrition experts, promoting the use of Maternal and Child Health (MCH) handbooks, implementing school meal programs, promoting a healthy Japanese diet, and improving water supply and sewage systems. Today, Japan is among the countries with the longest life expectancy and has successfully curbed the rapid rise in obesity rates.

Cooperation Strategy

1

Improving Nutrition through the Life-course

To improve nutritional status across the life course, it is essential to implement measures for each stage. Our approach emphasizes nutrition cooperation through multi-sectoral and multi-stakeholder collaboration, focusing on the health sector. We promote nutrition improvement via primary health care, built on three areas: healthy “first 1,000 days,” NCD prevention and control, and promotion of school meals with Shokuiku, or food and nutrition education. Through these efforts, we aim to deliver quality nutrition services, empower individuals with knowledge for healthy choices, and create environments that promote healthy diets.



Cooperation Strategy

2

Initiative for Food and Nutrition Security in Africa (IFNA)

IFNA is a joint initiative from 2016-2025 with AUDA-NEPAD which aims to promote on-the-ground implementation of food and nutrition policies in Africa involving relevant partners. Various projects have been implemented in African countries based on 1) **Nutrient-focused Food Access Improvement (NFA) approach** and 2) **Multi-sectoral coordination (MSC) Approach**.

Nutrient-focused Food Access Improvement (NFA) Approach

This approach identifies nutrient gaps of communities through dietary assessments, then proposes food which can fill the nutrient gaps, and thus promotes the realization of “healthy diets” through the cultivation and improved access to these foods.



Multisectoral coordination (MSC) Approach

Promoting coordination among national multi-agencies and partners, as well as multi-sectoral intervention and awareness-raising in the communities, including agriculture, health, WASH, and education, to improve nutritional behaviors.



1

Project for Supporting the Implementation of School Lunch Services in Mongolia

In 2019, Mongolia enacted the School Lunch Law to provide nutritious meals to all primary school children. JICA supports this initiative by strengthening administration, developing nutrition standards, and training school meal personnel. A dietary survey revealed calcium deficiency, prompting a school milk program with cost-sharing by parents and local governments. These efforts contribute to a stable system for safe and balanced school meals.



Photo: School Lunch in Mongolia

2

Capacity Development for Nutrition Improvement in Nigeria

In Nigeria, malnutrition remains a serious challenge, especially among children under five. JICA developed a multi-sectoral approach integrating health, agriculture, WASH, and livelihoods. By coordinating multiple sectors to deliver joint training alongside community-wide awareness activities, the project improved dietary diversity, and fostered behavior change. The interventions also strengthened institutions, including the establishment of a new Food and Nutrition Department within the local government.



Photo: Parents reviewing their family's meal balance together.

Partnership

Partnering with civil society, academia, and private sectors that have strengths in the field of nutrition

Improving nutrition requires efforts across various sectors such as health, food and agriculture, water and sanitation, and education. Therefore, collaboration with international organizations, as well as civil society, educational institutions, and private companies that have strengths in the field of nutrition, is essential. JICA will continue to promote collaboration with these partners.



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Japan International Cooperation Agency (JICA) is an international cooperation agency responsible for the implementation of bilateral aid within Japan's official development assistance. It provides support to approximately 150 countries and regions worldwide.

What is JICA Global Agenda

JICA has established 20 JICA Global Agendas, which serves as its cooperation strategies. These agendas aim to contribute to the achievement of the Sustainable Development Goals (SDGs) by 2030 and to realize the principles that Japan aspires to in its development cooperation, such as "human security," "quality growth," and "addressing global challenges."

These strategies set global goals based on the analysis of various issues and strive to achieve tangible results through development cooperation projects. Furthermore, JICA seeks to amplify the impacts of its development cooperation by promoting dialogue and collaboration with a wide range of partners both domestically and internationally, including developing countries.

Please refer to this page for more details.

<https://www.jica.go.jp/english/activities/index.html>