

Nutrient-focused Food Access Improvement (NFA) Approach and the NFA app



What is the NFA Approach?

(Nutrient-focused Food Access Improvement Approach)



✔ Nutrient-focused Food Access Improvement Approach (NFA Approach) is a concept to improve food access by recommending foods to consume and crops to grow based on nutrient gaps identified by dietary assessment.

The NFA consists of 3 steps



1

Assessing actual dietary intake to identify nutrient gaps



2

Improving access to foods which fill nutrient gaps



3

Encouraging dietary patterns to realize healthy diet

Nutrition Improvement taking into account "Food Access"

The NFA emphasizes the significance of nutrition assessment and improvement, taking into account "food access," which includes seasonal availability and socio-economic context that influence dietary behavior change by providing better food choice options. This approach enables food-based nutrition improvement to be achieved by the health and agricultural sectors working together.

Collaboration of Health and Agriculture Sectors through NFA

During NFA implementation, health sector and agriculture sector can enhance communication by translating nutrient gaps into commodity gaps. This would enable agriculture sector to enhance food supply and access based on nutrient gaps identified by health sector.

Linking Agri-Food System to Nutrition

Through these steps, the NFA assesses nutrient gaps and food access of households and communities, thereby linking food and agriculture policies with nutrition. This holistic approach aims to create sustainable solutions that enhance nutrition through improved agri-food systems, ultimately contributing to better health outcomes in rural populations.

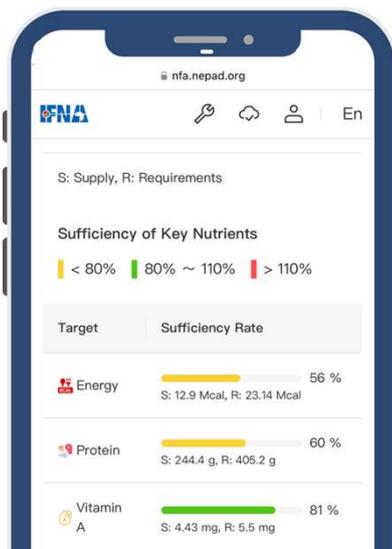
What is the NFA App?



The NFA application (NFA App) is a digital tool developed jointly by the African Union Development Agency-NEPAD (AUDA-NEPAD) and Japan International Cooperation Agency (JICA) to assess nutrient gaps and food access of households and communities through the three steps of the NFA.

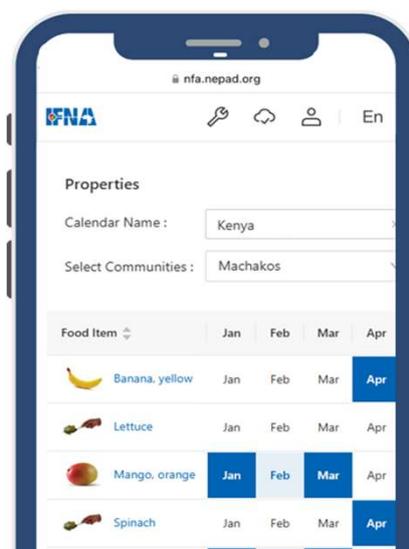
How the NFA App Works

1. Visualize and assess daily diets of the target population and identify nutrient gaps



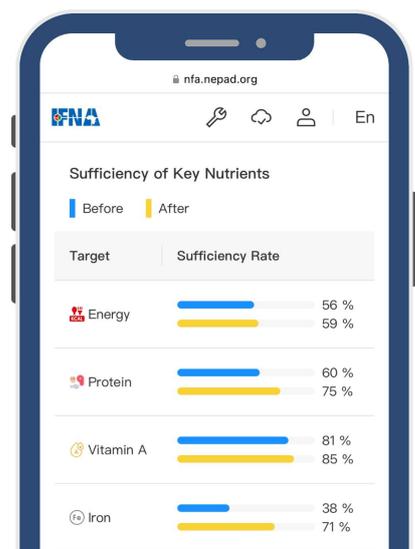
The NFA App first identifies and visualizes nutrient gaps/dietary gaps of local dietary intake referring to the **Food Composition Table (FCT)**, **Dietary Reference Intake (DRI)** and **Food Based Dietary Guideline (FBDG)**.

2. Check food access of the target population from agricultural calendars and socio-economic context



It identifies available foods that can compensate for the nutrient gaps/dietary gaps making use of **Food Availability Calendars** (to check seasonal availability of crops) and **Food Feasibility Checks** (to verify availability, accessibility, utilization and sustainability of each commodity based on standardized questions).

3. Make recommendations for nutrition sensitive agriculture and healthy dietary intake



It recommends an improved menu tailored to the local context to achieve healthy diet, illustrating the 'before and after' nutritional status to demonstrate the positive impact of the dietary changes.

Why the NFA App Matters?



Who benefits from the NFA app and How?

The NFA App offers valuable support to various stakeholders:

For Family / Community

- Understand their daily dietary patterns and identify nutrient gaps.
- Recognize locally available foods that can improve their nutrient intake for healthy diet.
- Choose crop cultivation and food purchasing behaviors contributing better nutrition.

For Local Government Officers / Community Agents

- Provide nutritional guidance to the community based on assessment of dietary intake.
- Promote agricultural portfolios more nutritionally sensitive which could compensate for deficiencies of nutrients in communities.
- Facilitate collaboration between agriculture and health sectors by translating dietary gaps into food availability gaps.

For National and Local Policy Makers

- Integrate agricultural policies and programs with nutrition-specific and sensitive interventions.
- Identify crops that should be policy recommended to achieve macro-level nutrient supply in the region.
- Provide on-the-ground monitoring tools for promotion of Food Based Dietary Guideline and other nutrition policies.

- ✓ As a result of progressive discussions since LANCET released a series of papers about malnutrition, it has become clear that the local food environment encompassing seasonal availability, affordability, and quality/safety, significantly influences individual dietary choices.
- ✓ The NFA app will potentially support the work of health workers by enhancing the local food environment to address identified dietary/nutrient gaps.



IFNA
<https://ifna.africa/>

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

AUDA-NEPAD
<https://www.nepad.org/>

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