Evolution of Nutritional Status

Dietary supply adequacy in function of underweight

- Average dietary supply adequacy
- Underweight (children <5)

Year range: 1985 to 2020

http://faostat3.fao.org/
Nutritional status of population

- 69% children (6-59 months) Deficiency of Vit A
- 75 % anemia
- Iodine levels in urine (60μg/L) against 100 μg/L

Malnutrition
48% in 2003
44% in 2008

MISAU, 2004; MICS, 2008
• Food fortification Program launched in 2011
  • Start fortification in 2014
  • Voluntary until 2016

No Follow up studies done yes
Mozambique Multi-Sectorial Plan to Reduce Chronic Malnutrition (PAMRDC 2010-2015(20))

• **Target**
  - Reduction of chronic malnutrition from 44% to 30% by 2015
  - Reduction from 30 to 20% by 2020.

• **Strategies**
  - Distribution of micronutrient (iron and folic acid) supplements and deworming for pregnant woman, breastfeeding and children under 5
  - School food programs (covered 10.7% students)
  - Improving the consumption of micronutrient-rich foods and mass fortification of staples

www.Fao.int/nutrition
RUNNING INTERVENTIONS

Food Fortification Program in place
Food products fortified

Voluntary compulsory
- Wheat flour (Iron, Bit B12, Zn, Folic Acid)
- Vegetable oil (Vit A)
- Maize flour (Iron, Vit B12, Zn, Folic Acid)
- Salt (Iodine)

Mandatory fortification
- Wheat flour (Iron)
- Vegetable oil (Vit A)
- Maize flour (Iron)
- Salt (Iodine)
- Sugar (Vit A)
**FOOD FORTIFICATION STATUS**

**Production**
- 4/7 millers doing voluntary fortification
- 3 setting up
- 7 oil producers
- Salt (100% fortified with Iodine)

**Marketing**
- Advocacy
- Awareness to producers and consumers
- Fortified product Logo launched (mandatory)
- Started establishment of National Communication Strategy
Food fortification status

Fortificants used (wish form)

✓ Iron in flour (NaFe EDTA, Ferrous Fumarate) : 20 - 140 mg/Kg

✓ Salt (KIO3) : 25 – 55 mg/g

✓ Vit A :
  ▪ In sugar: 1 – 3 mg/100; eatable
  ▪ oil (VitA-palmitate): 15-43mg/kg
**Food Fortification Status**

**Legislation and Standards**

5 national standards approved
- NM 5 Maize flour
- NM7 Wheat flour
- NM425 Vegetable oil
- NM110 Sugar
- NM9 Salt

Regulament for Industrially processed food fortification with micronutrients (Decreto 9/2016 of 18th April)
RUNNING INTERVENTIONS

• Performance of Current program
  • Too early to undertake nutritional surveys
Follow up Goals

• Update the National Strategy for Food Fortification.
• Regular training of the inspectors.
• Advocacy for sustainability of the program.
• Strengthen the medium and small scale maize millers by organizing them into associations for group fortification.
FOOD FORTIFICATION STATUS

• What are the **challenges**
  
  • Commitment of the industries to fortify
  
  • Sustainability of the program (currently rely on support of partners)
  
  • Weak body of national inspectors.
  
  • Limited capacity of the Laboratories (human resources and equipment).
  
  • Inclusion of medium and small maize mill industries (the legislation exclude maize mills that produce less than 5MT/day). Get Experience from Tanzania
What are the **constraints**

- **Funding**
  - Currently food fortification is not being included in government budget
- **Weak communication within stakeholders**
- **Fear of producers on increase of production costs vs law of purchasing power of consumers**
  - Variations on the premi prices
  - Equipment maintenance