

Action Framework
to Improve the Diets
of Young Children
(6 - 23 months)
in the
Southern Africa
Region

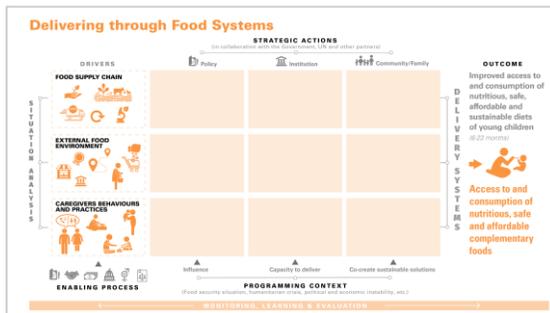


Aim of the action framework to improve quality of young children's diets

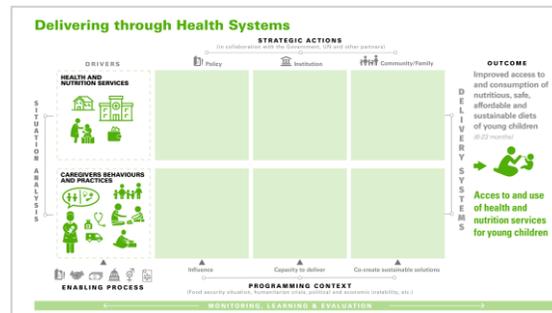
Facilitate the 'how to'

- **Activate the potential** of each system to deliver nutrition actions & interventions.
- Makes the four systems more **accountable for nutrition results**.
- Reinforces the need for a **shared vision, plan and monitoring systems**.

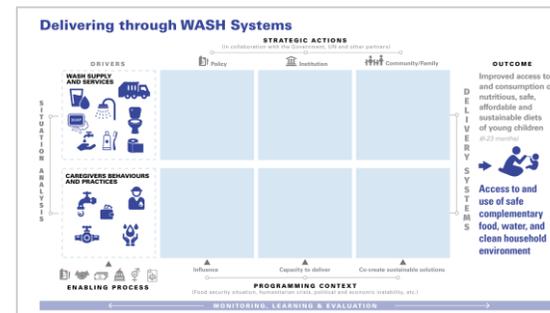
Food Systems



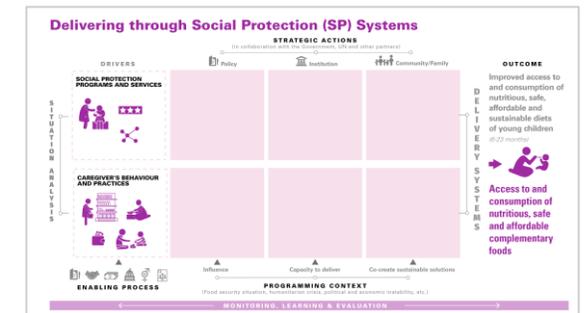
Health Systems



Water, Sanitation & Hygiene (WASH) System



Social Protection System

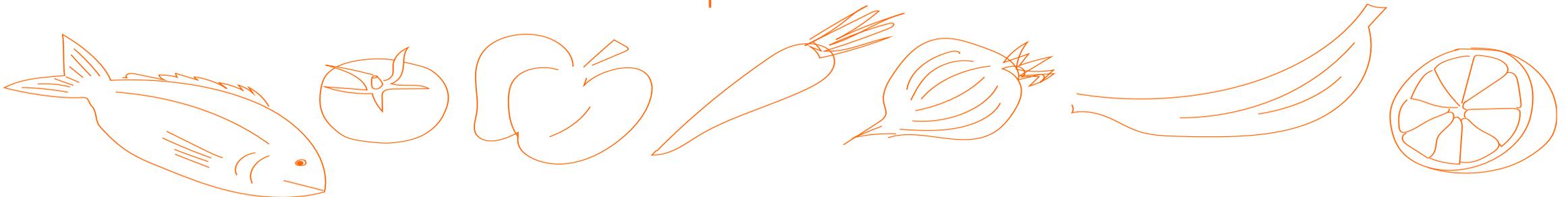


Status of Children's Diets in the Southern Africa Region

- Only one in ten children aged 6–23 months are receiving sufficient nutritious meals made up of a diverse range of food groups.
- Four out of five children aged 6-23 months are not receiving meals comprised of a diverse range of food groups.
- More than half of all children 6-23 months are not receiving enough meals throughout the day to meet their nutrient needs.

Key Messages on Children's Diets in Southern Africa Region

- Poor diets in the first two years of life lead to malnutrition in all its forms. It threaten children's survival, development & learning potential.
- Improving the diets of children aged 6 – 23 months, is an investment in the future of children, communities & nations.
- Accelerating actions to improve the diets of children 6 – 23 months is paramount to achieving the 2030 SDG targets on improving nutrition & ending all forms of malnutrition (& supports all the SDGs).



STRATEGIC ACTIONS

(in collaboration with the Government, UN and other partners)



OUTCOMES

DETERMINANTS

FOOD AVAILABILITY AND ACCESSIBILITY



- Support countries to align national policies to global frameworks (WHA 69.9 & food labelling).
- Advocate for investment in input subsidies for production of nutritious complementary foods.
- Develop regional harmonized SBCC messages for all levels of the socio ecological model to promote consumption of diversified diets

- Support countries to develop national food based dietary guidelines.
- Develop regional code of ethics for private sector engagement.
- Provide regional guidelines for private sector development of blended/ fortified complementary foods.
- Develop standardised indicators for monitoring behaviour change.

- Develop regional SBCC framework/ guidelines to inform approaches for creating demand for nutritious complementary foods.
- Provide technical support to countries on food labelling to inform consumer food choices.
- Conduct regional formative research on desirability & acceptability of nutrient dense complementary foods.

HEALTH AND NUTRITION SERVICES



- Advocate through AU/ regional platforms (e.g. SADC) for additional funding for nutrition at the country level.
- Develop guidance on strengthening of maternity protection
- Provide technical support to countries to budget & cost SBCC strategies to inform budgetary & advocacy processes.

- Establish regional repository of tools for capacity building on SBCC approaches.
- Develop regional modules for in-service training for paediatricians & nurses on infant & young child feeding.
- Develop tools to improve monitoring, supervision including indicators to track complementary feeding practices annually

- Develop regional guidelines for promoting baby friendly workplaces for working parents.
- Commission cross country on motivators/ barriers to optimal complementary feeding.
- Establish a regional social movement & campaign related to improving the diets of infants & young children.

WATER, SANITATION AND HYGIENE



- Provide technical support to Regional Economic Communities/ AU towards ensuring the alignment of national policies/ frameworks to Water, Energy & Food Security (WEFS) nexus.
- Conduct regional advocacy for investment in transformative WASH, including operational research & urban/ peri-urban settings.

- Provide technical support to countries to harmonize existing monitoring tools & indicators for accountability on WASH & nutrition interventions.
- Provide technical support to countries to strengthen enforcement of & adherence to regulations on construction (distance, structure, materials used) of WASH facilities

- Create/ strengthen platforms at the regional level to share best practices on WASH & nutrition (e.g. knowledge portal).
- Develop regional SBCC framework/guidance for WASH

SOCIAL PROTECTION SERVICES



- Provide guidance on minimum & optimal package of nutrition-sensitive equitable social protection schemes.
- Provide technical support to countries in the development of multisectoral food & nutrition policies that incorporate social protection.

- Provide technical support and guidance to countries & advocate for an integrated beneficiary identification system to support appropriate & effective targeting
- Provide guidance to countries on nutrition indicators to be included in targeting criteria
- Develop regional tools for tracking nutrition outcomes through social protection programs.

- Develop innovative approaches (e.g. digital/ mobile platforms) to deliver key food & nutrition messages at contact points of social protection programs
- Promote regional cross learning & evidence generation of scalable nutrition-sensitive social protection programs.

Improved diets for young children

6-23 months



Improved access to and consumption of nutritious, safe, affordable & sustainable diets of young children

SITUATIONAL ANALYSIS

DELIVERY SYSTEMS



ENABLING PROCESSES

(to assess critical gaps, bottlenecks & barriers)

Influence

Build capacity to deliver

Co-create sustainable solutions

PROGRAMMING CONTEXT

(Food security situation, humanitarian crisis, political & economic instability, etc.)

MONITORING, LEARNING & EVALUATION