**SADC Website**

**Nutrition**

The SADC region is faced with malnutrition characterised by undernutrition (stunting and wasting); over-nutrition (overweight/obesity); and micronutrient deficiencies. The committement is to enhance investment in nutrition to address all forms of malnutrition. A set of regional policies, standards and guidance have been developed to facilitate harmonised implementation in the Member States.

* Nutrition Monitoring and Reporting: SADC adopted the AU Continental **Nutrition Accountability Scorecard** that monitors 12 nutrition and cross cutting indicators in 2019. The Scorecard monitors progress on global and continental nutrition targets as stipulated in the Agenda 2063, World Health Assembly (WHA) targets 2025 and the Sustainable development goals. Additionally, a regional **food and nutrition security information guidance** document has been produced to facilitate harmonised monitoring and reporting of nutrition data in the region.
* Implementation of the nutrition programme is guided by the SADC protocol on Health and the **SADC food and Nutrition Security Strategy of 2015-2025**
* **SADC Minimum Standards for food Fortification** were approved in 2020 and are meant to provide guidance to member states when developing national regulations and strategies on food fortification as one of the interventions strategies to prevent micronutrient deficiencies in the region.

* **Early Childhood Nutrition**:To create an enabling policy environment and address key drivers of malnutrition in children a set of policy documents has been produced on **social behavioral change communication, marketing of breastmilk substitutes and action framework for improving the diets of young children**.
* **Maternal Nutrition**- About 20% of maternal mortality globally is attributable to malnutrition. The prevalence of Anemia in women of reproductive age (15-49 years) is a severe public health problem in most SADC Member States. It is encouraged that member states incorporate the WHO recommendations on maternal nutrition in their programming.
* ***Nutrition in middle childhood and adolescence:*** encompasses programming to prevent of malnutrition in middle childhood (5-9 years of age) and adolescence (10-19 years of age) including undernutrition, micronutrient deficiencies and overweight.
* **Prevention of diet related non-communicable diseases:** One of the priorities for SADC Secretariat is to facilitate the development and implementation by Member States guidance and programmes that focus on promoting healthy eating habits by 2025. Poor eating habits, overweight and obesity together with physical inactivity are risk factors of Non-communicable diseases such as diabetes, cardiovascular diseases and some cancers which are contributing to the disease burden within the Southern Africa region. SADC has intensified efforts to develop the regional Food based dietary guidelines (FBDGs) which are evidence based, recommendations or standards that define a healthy diet and promote healthy lifestyle in the region.

**SADC further** advocates for and supports policies, strategies and programmes that promote healthy food environments and enable good diets in early childhood. This includes supporting governments to adopt policies and regulations that improve the availability and affordability of nutritious foods and safeguard children from consuming unhealthy foods and beverages; advocating for policy development and enforcement mechanisms that are free from commercial influence; and supporting ‘double-duty’ programme actions that contribute simultaneously to preventing undernutrition and overweight.