

BUILDING HEALTHIER COMMUNITIES

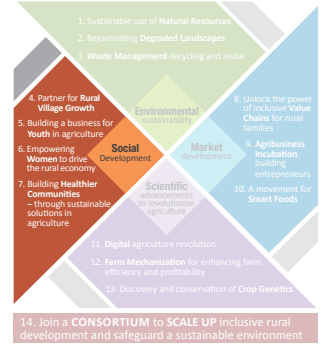
– through sustainable solutions in agriculture



A more **healthy** and hence **productive workforce**

A happier and **stronger community**

New livelihood options opened



Problems

Worldwide 2-3% of GDP is lost as a result of malnutrition (World Bank)

Nearly 850 million people in the world are hungry and >2 billion are micronutrient deficient.

In India, 44% of children are malnourished – more than double that of sub-Saharan Africa. (UNICEF, 2015)

> A long lasting solution is to work with rural communities to grow and consume diverse, healthy foods.

► **The impact pathway** for healthier communities through sustainable solutions in agriculture is:

1 Identify the major nutritional needs of the community

2 Analyze the agricultural options for growing foods that best help with the nutritional needs and match these with the consumer preferences

3 Undertake community driven approaches to achieve diversity on farm and appropriate agricultural practices

4 Build awareness and capacity on nutrition, health and good practices

5 Develop markets by linking farmers to value chains that offer traceability and confidence to consumers

6 Develop a buzz and excitement around nutritious foods.



ICRISAT Happenings
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Nutri-kitchen Gardening program launched on International Women's Day

Amidst felicitations of women leaders and various other celebratory events on International Women's Day, ICRISAT Development Centre (IDC) launched its Nutri-kitchen Gardening program in its watershed project areas. More than 4,000 women participated in the events held in three Indian states of Telangana, Andhra Pradesh and Karnataka.

As part of this program, women and school children who have enrolled their names will be given a kit containing vegetable and fruit seeds to grow either in their school premises or in their backyards which will be followed by an orientation program. The Nutri-kitchen Gardening program was launched at all ICRISAT-led watershed projects in India to address the issue of malnutrition in India. According to current statistics, 34% of women and 45% of children are malnourished. This



Women attending Women's Day celebrations in Kothapally register themselves for the newly launched Nutri-kitchen Gardening program.

developmental activities. The aim was to bring them together on one platform to share their experiences and inspire more women to participate in ICRISAT's watershed project activities.

Women's Day celebrated in Kothapally for the first time

Three hundred women farmers in the state of Telangana participated in the celebrations which

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Better diets for women and children begin at home

Smallholder farmers are learning homegrown solutions to the threat of malnutrition and inadequate childhood diets thanks to targeted intervention with highly nutritious recipes based on locally available food products.

Education and training underpin the success of the initiatives undertaken by the Africa Research in Sustainable Intensification for the Next Generation (Africa RISING) program and its various partners to stave off rural malnutrition, particularly in women and children under 5 years of age. Methods of fortifying and enriching porridges and sauces with familiar local crops and foodstuffs have been introduced to rural women and their communities in Mali.

Understanding the current diet of women and children so that food and nutritional security can be improved is one of the priorities of Africa RISING, which has three research-for-development projects supported by the United States Agency for International Development as part of the US government's Feed the Future initiative. Thanks to action research and development partnerships, Africa RISING creates opportunities for

smallholder farm households to move out of hunger and poverty through sustainably intensified farming systems that improve food, nutrition and income security, particularly for women and children, and conserve or enhance the natural resource base.

In West Africa, nutrition-related activities were conducted at Kouliko in the Sikasso region of Mali where a total of 36 villages were selected and grouped into six clusters – mainly by commune. Médecins Sans Frontières (MSF) was already active in the chosen communes on nutrition rehabilitation of severely malnourished children. Capacity building of the mothers, and other rural actors, was initiated by Africa RISING nutrition activities and conducted with ICRISAT, The World Vegetable Center and the Association Malienne d'Éveil au Développement Durable (AMÉDD). The built on lessons learned from previous nutrition research projects: INSTAPA (EU financed) and Anbajal (McKnight Foundation).

Training modules were developed based on the seven essential nutrition actions (ENA) framework and focusing on the 1000 days concept (the first 1000 days of child development, from the moment of conception through pregnancy to 2 years of age, being the most critical period for human development from a nutrition perspective). Four modules were developed, each addressing a specific nutrition issue. Each module also discussed one specific food group, and the participants cooked one new recipe together, focusing on elements of




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2013 Highlights | ICRISAT West and Central Africa

EQUINUT: a high-energy weapon fighting malnutrition

Malnutrition in Malian children is being tackled by a combination of improving a familiar traditional food recipe and eliminating toxin contamination from its main ingredient.

This increases the chances of the bio-fortified food – Equinut – being acceptable and achieving its aim of reducing the high mortality rate in children under five years, while greater awareness of the contamination risks associated with aflatoxins (toxic and carcinogenic substances) could boost the use of toxin-resistant varieties. The improved recipe also offers women the potential to improve family livelihoods by selling Equinut.