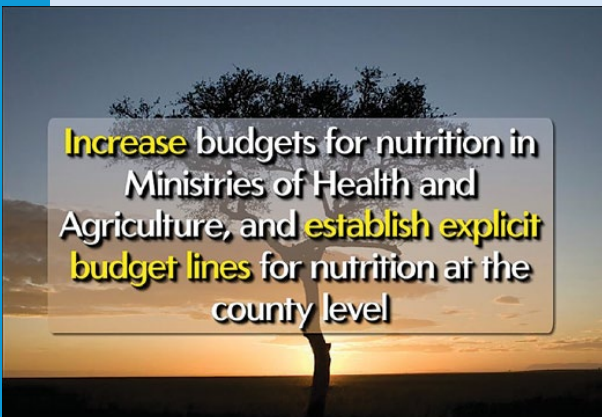


Integrate nutrition interventions into development strategies across all sectors



Increase budgets for nutrition in Ministries of Health and Agriculture, and **establish explicit budget lines** for nutrition at the county level



Coordinate efforts among different ministries and stakeholders



◆ **We ask you** to ensure that key nutrition interventions are integrated into development strategies across all sectors, including Treasury, Education, Devolution and Planning, Agriculture, Livestock and Fisheries, and Environment, Water and Natural Resources.

◆ **We ask you** to help mobilize more government funds for nutrition interventions.

◇ We need explicit budget line items devoted to nutrition in the Ministries of Health and Agriculture, and in county budgets.

◆ **We ask you** to help coordinate programs and policy efforts for nutrition among the different ministries and stakeholders.

◇ Support nutrition coordinating groups like the SUN Civil Society Alliance to better ensure that all nutrition interventions support and reinforce one another.

Malnutrition is a national problem... ...finding solutions must be a shared responsibility.



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Nutrition on the Rise: Raising Kenya's Future



◆ Throughout the years, Kenya has undergone some remarkable changes: more couples are using family planning, more children are surviving, the economy is growing, and Kenyans are better connected with the help of mobile technology.

◆ Kenya is a nation on the move!



◆ However, malnutrition remains a great challenge, particularly for mothers and children. It contributes to the deaths of 35,000 children each year – or about 1 out of every 2 child deaths – and imposes a staggering cost to the nation.¹

Nutrition is a smart investment



◆ Research on nutrition interventions has demonstrated that nutrition is a smart investment.

◆ Investments in nutrition help children reach their full potential, accelerate progress on key global health targets and advance progress on key economic development targets. Thus, nutrition interventions add value to other investments in health, education, and poverty reduction.²

PRB

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EMPOWER
ADVANCE



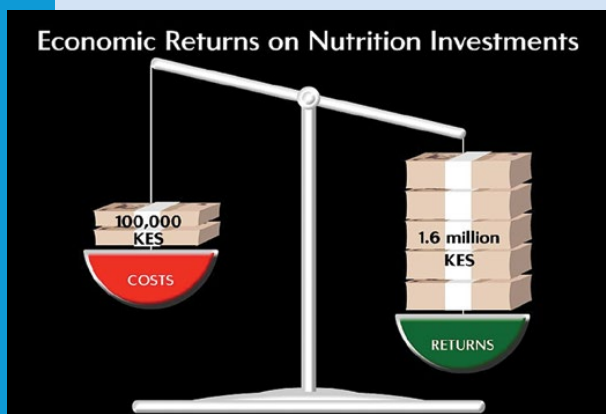
- ◆ There is a 1,000 day window of opportunity during pregnancy and a child's first two years when nutrition investments are critical for giving a child the "best shot" at reaching his or her potential.³
- ◆ During pregnancy, a child's development is affected by the mother's intake of vitamins and micronutrients. For the first six months of life, exclusive breastfeeding is necessary. Afterward, at six months of age, the addition of nutritious solid foods, in the right quantity and the right variety, is crucial to ensure the child grows correctly.⁴



- ◆ The cost of malnutrition during this 1,000 day window is almost always irreversible. It can result in brain damage, growth and development problems, poorer educational performance, and an increased risk of developing chronic and potentially debilitating diseases.⁵
- ◆ Surprisingly, the effects of malnutrition are not necessarily visible. For instance, the two boys in the photo are the same age. However, the boy on the left suffers from underdevelopment and stunting due to malnutrition and may never reach his full height or his full potential.

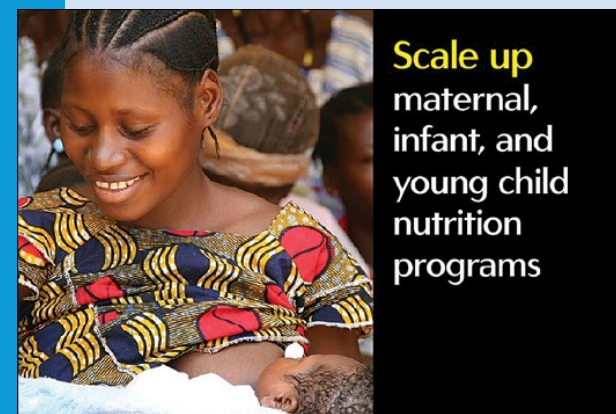


- ◆ Malnutrition is cyclical; the intergenerational cycle of growth failure can be transferred from generation to generation.
- ◆ A malnourished woman is at a greater risk of obstetric complications and delivering a low birth weight baby. The baby is at a higher risk of illness, death, and delayed development, and will be more likely to suffer from growth failure during the early, critical years. She is likely to grow into a stunted or underweight woman, which brings us back to the beginning of the cycle. Adolescent pregnancy also heightens the risk of low birth weight and makes it harder to break the cycle.⁶



- ◆ There are a number of factors that contribute to Kenya's ongoing struggle with malnutrition:
 - ◇ Parents and caregivers are not well-informed about appropriate feeding practices. There is little understanding about the essential types and varieties of foods children need to grow up healthy.⁷
 - ◇ Food and nutrition insecurity is a harsh reality in Kenya. Environmental degradation, low-nutrient crops and high food prices limit access to food sources like protein, and foods that are rich in vitamins and minerals, which increases poor nutrition outcomes among women, children and families.
- ◆ Four basic, well-tested interventions that can help protect mothers and children are:
 - ◇ Ensuring they have access to essential vitamins and minerals and nutrients.
 - ◇ Putting babies to the breast in the first half-hour after birth and supporting exclusive breastfeeding for the first six months of life.
 - ◇ Ensuring that mothers and children have access to the right foods and the right amount of foods as well as therapeutic foods to treat malnourished children.
 - ◇ Providing parents and caregivers with information on improved feeding practices and the support to practice them.⁸

- ◆ Investments in nutrition pay for themselves and produce a lifetime of benefits for individuals, families, and nations.
- ◆ Well-nourished children perform better in school. This can add at least 10 percent to their personal lifetime earnings and contribute to a more productive labor force – translating into an 11 percent annual GDP boost for the country.⁹
- ◆ Key nutrition interventions also produce returns up to 16 times greater than the initial investment – that's a return of 1.6 million KES for every 100,000 KES spent!¹⁰



- ◆ We have unprecedented opportunities to scale up nutrition interventions. They include:
 - ◇ A National Food and Nutrition Security Policy and Nutrition Action Plan to identify goals and priority interventions, and improve coordination efforts among key players in nutrition and food security.
 - ◇ Kenya Vision 2030: a national long-term development plan aimed at creating a globally competitive nation with a high quality of life.¹¹ Reducing malnutrition is crucial to achieving this goal.
- ◆ The Scaling Up Nutrition (SUN) movement aims to bring country and global leaders together to combat malnutrition.
- ◆ Kenya has joined more than 50 countries from 4 continents with over 100 international organizations and donors to mobilize broad commitment and advance the nutrition agenda.¹²
- ◆ **We ask you** to help us advocate and draw attention to the urgent need of pregnant women and their unborn child, as well as to the importance of community programs to support mothers in proper breastfeeding and infant and young child nutrition practices.