NUTRITION
SUCCESS STORIES
LESSONS FOR PAKISTAN

WORLD BANK GROUP
151 Million Children Under 5 are stunted across the world

Data Source: WDI 2017
Global And Regional Trends In Child Stunting

Data Source: WDI
Pakistan Suffers From High Rates Of Malnutrition

- 38% of children are stunted \(^1\)
- 17% of children are severely stunted \(^1\)
- 7% of children are wasted \(^1\)

Malnutrition costs Pakistan 3% of GDP every year

1. PDHS 2017-18
2. The Economic Consequences Of Undernutrition in Pakistan: An Assessment of Losses, 2017. World Food Programme (WFP) Pakistan
FATA Region Has The Highest Proportion Of Stunted Children, Followed By Sindh

Percentage of children under age 5 who are stunted

- FATA: 52%
- Balochistan: 47%
- Sindh: 50%
- Punjab: 30%
- Azad Jammu and Kashmir: 30%
- Khyber Pakhtunkhwa: 40%
- Gilgit Baltistan: 47%
- Jammu and Kashmir (Disputed): 24%

PDHS 2017-18

Legend:
- 24% - 33%
- 34% - 42%
- 43% - 52%
- No Data
High Rates Of Stunting Even Among Highest Wealth Quintile And Urban Pakistan

Stunting rates in each wealth quintile

- Rural: 41%
- Urban: 31%

PDHS 2017-18
Between 1988 and 2015, the child stunting rate dropped from 61.3% to 24.6%.

An unmatched political commitment and a comprehensive strategy

The National Nutrition Strategy (2010-2011)

A cadre of workers across country

Over 100,000 Nutrition Coordinators
Lessons From The Vietnamese Experience For Pakistan

- Cultivate the political will to make a strategic commitment to tackle malnutrition
- Develop and sustain a multi-sectoral approach to deliver nutrition interventions
- Expand capacity to effectively deliver nutrition services
Peru reduced child stunting by 50% in a decade

Source: Marini A., Rokx, C., Gallaghar, P., (Standing Tall, Peru’s Success in Overcoming its Stunting Crisis.)
Alignment of Politics with continued action across governments

Smarter Policies and programmes

Changing Behaviors
The stunting rate plunged from 58.6% in 1996 to 32.4% in 2014¹

CAMBODIA

Innovative food fortification initiatives

A voucher program that facilitates access to antenatal care

HOW WAS THIS ACHIEVED?

An effective strategy to promote exclusive breastfeeding

Communication strategy
Aligning strategies of partners

Identifying breastfeeding as the highest priority
The Mother Support Group network
Lessons From The Cambodian Experience To Explore For Pakistan

- Establish a **nationwide mothers support network** that educates women
- Disseminate **widespread media campaigns**
- Escalate **multi-sectoral efforts** to ensure maternal nutrition so that mothers are healthy enough to breastfeed their children
KEY ELEMENTS OF SUCCESS IN REDUCING MALNUTRITION
Commitment, Coordination And High Quality Service Are Key

- **High quality service delivery**
  - Institutional capacity
  - Evidence-based scale-up
  - Results-based approaches
  - Monitoring and evaluation

- **Financing for scale-up**
  - Leveraging domestic budgets
  - Coordinated donor support

- **Focus with accountability**
  - Commitment at the highest levels
  - Co-located investments from various sectors
  - Strong management & performance-based approaches
Nutrition Investments In First 1000 Days
Build Human Capital And Boost Shared Prosperity

**SCHOOLING**
Early nutrition programs can increase school completion by one year

**EARNINGS**
Early nutrition programs can raise adult wages by 5-50%

**POVERTY**
Children who escape stunting are 33% more likely to escape poverty as adults

**ECONOMY**
Reductions in stunting can increase GDP by 4-11% in Asia & Africa

Think Multi-Sectorally, Act Sectorally

GOVERNANCE
- Agriculture & Food Security
- Social Protection
- Poverty Reduction
- Health

GENDER
- Water & Sanitation
- Environment & Climate Change
- Private Sector
- Trade/Fiscal Policies
Opportunity