

PAKISTAN



NUTRITION
PROGRAMME

Background

Alight works to build healthy communities, which is the core of its vision for social transformation in society. By forging dynamic partnerships; from village committees to government agencies, Alight helps build means to improve peoples' knowledge, capacitate communities and develops local groups to bring positive transformation in the society.

Communities' nutrition has been one of the focused areas for Alight as it has employed significant expertise on nutrition related services, which comprise treatment of pregnant and lactating women, malnourished children and at-risk peoples. Traditionally, women and children in the local context are vulnerable to severe and acute malnutrition risks because of gender-based discriminatory norms, inequalities and for being in disadvantaged position in the society.

Nutrition has been the cross-cutting theme for Alight in its health, education and emergency response projects since 2002 in Pakistan. Alight views nutrition as a multi-dimensional issue, which needs a comprehensive and sustainable approach to address it. Thus, Alight has ensured a community-based participatory approach in all of its nutrition programmes for women, girls and children besides implementation of interventions which are high quality, sustainable and relevant.

Alight's nutrition programme emphasizes on addressing all forms of malnutrition through reinforcing and strengthening multi-sectoral programmes and policies that aim to improve diet, nutritional status and health of mothers, infants and young children at critical stages of lifecycle. Alight is also committed to implement the programme in liaison with the Federal and provincial governments on nutrition-specific and sensitive issues.

Key Nutrition Issues

Malnutrition in Pakistan is a complex problem that presents a continuum of poor nutrition and under-nutrition due to deficiency in energy, protein, micronutrients, overweight, obesity & non-communicable diseases resulting from poor quality, energy-dense & micronutrient-poor diet and low physical activity.

Malnutrition is a recognized health problem in Pakistan which directly affects maternal and child morbidity and mortality rates. The burden of under-nutrition has life-long negative consequences including stunted growth and impaired cognitive development. These can hamper a child's natural growth potential. Pakistan is unfortunately ranked third globally in terms of having stunted children with a share of world's stunting burden by 6%.

Stunting

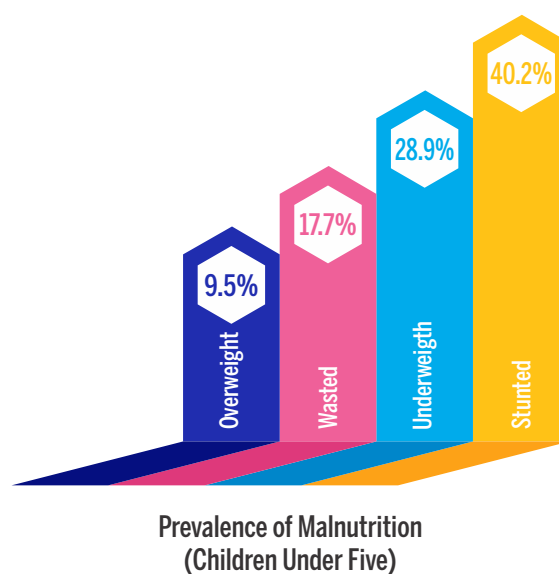
Four out of ten children under five years of age are stunted while 17.7% suffer from wasting in Pakistan. The double burden of malnutrition is becoming increasingly apparent, with almost one in three children being underweight (28.9%) alongside a high prevalence of overweight (9.5%) children in the same age group. The prevalence of overweight among children under five years' age has almost doubled, increasing from 5% in 2011 to 9.5% in 2018.¹

Wasting: Since 1997, the prevalence of low weight for height among young children is on the rise; from 8.6% in 1997 to 15.1% in 2011 and 17.7% in 2018.

Underweight: The prevalence of underweight among children under five years of age is high in all provinces/regions; from 19.2% in Islamabad Capital Territory (ICT) to 41.3% in Sindh. The prevalence of underweight is below 20% only in the ICT.

Overweight: The proportion of overweight children under five to be 9.5%; twice the target set by the World Health Assembly. Prevalence is highest in Khyber Pakhtunkhwa-NDM (18.7%) and Balochistan (16.7%) while it is the lowest in Sindh (5.2%) and Islamabad Capital Territory (5.8%). The prevalence of overweight among young children exceeds 10% in Khyber Pakhtunkhwa, Balochistan, Khyber Pakhtunkhwa-NMD, Azad Jammu & Kashmir and Gilgit-Baltistan.

4 OUT OF 10 UNDER 5 YEARS' AGE CHILDREN ARE STUNTED
NATIONAL NUTRITION SURVEY 2018¹



¹ <https://www.unicef.org/pakistan/media/1951/file/Final%20Key%20Findings%20Report%202019.pdf>

Approaches

Alight's approach to nutrition is based on its core values defining that all individuals have right to achieve their potential in social well-being and human development.

Alight's nutrition programme is committed to providing prevention and response services to affected individuals/communities, especially women and children following the "Sustainable Development Goal 2".



Following are the core interventions of Alight with regard to nutrition;

1. Identification & treatment of Severely Acute Malnutrition (SAM) children

2. Identification and treatment of Moderately Acute Malnutrition (MAM) children
3. Infant and Young Child Feeding (IYCF) practices
4. Provision of food supplements to MAM and SAM children
5. Provision of food baskets for pregnant and lactating mothers
6. Cash for Work (CfW) and Cash for Trainings (CfT)

Coverage

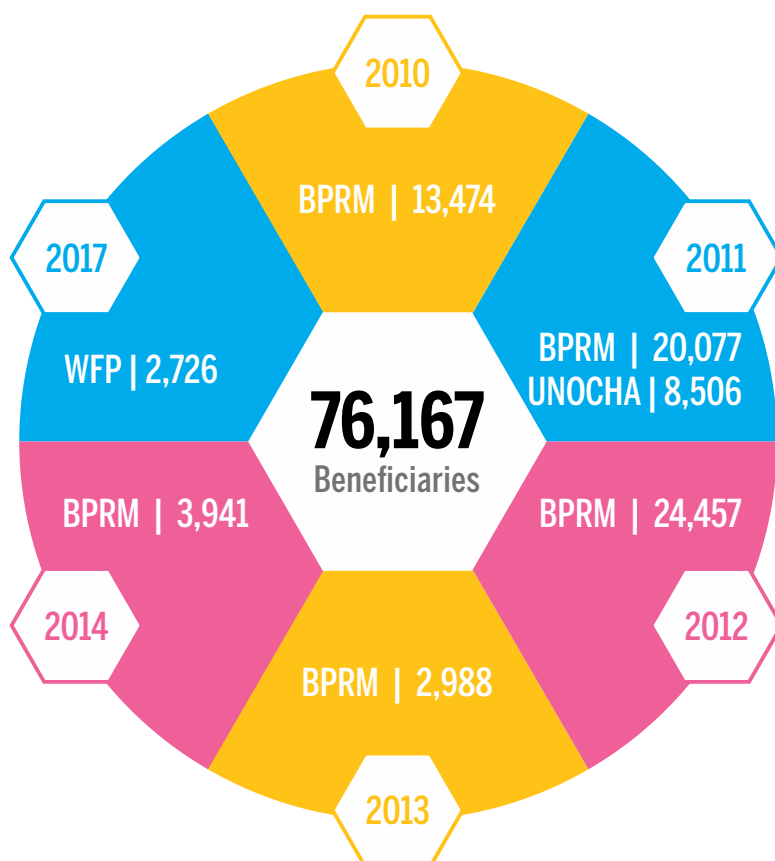
Province	Districts
Balochistan	Quetta, Pishin, Naseerabad, Jaffarabad, Sibi
Sindh	Jacobabad
KPK	Swat, Swabi, Shangla, Buner
AJK	Bagh

Programmeme Highlights

Following are the Programmeme highlights;

- Nutrition Programme: beneficiaries **76,167**
- People reached through awareness raising sessions **62,867**
- MAM and SAM children identified and treated **3,773**
- Community Management of Acute Malnutrition (CMAM)
- Pregnant and lactating women provided with food **6,772**
- TB patients provided food supplements **11**
- Staff trained on nutrition concepts **20**
- CFW and Cash for Training Programme beneficiaries **2,726**

NATIONAL NUTRITION SURVEY 2018²



² <https://www.unicef.org/pakistan/press-releases/4-out-10-under-5-children-are-stunted-says-national-nutrition-survey-2018>

Capacity Building

Capacity building of healthcare providers is one of the major mandates of Nutrition Programme as it has extensively supported training of care providers in management of severely acute malnutrition (SAM). Technical and financial support is being provided to respective departments of health in the form of capacity building & treatment guidelines.

It also includes training in food security, infant & young child feeding, dietary & livelihood interventions through cash-based transfers, which comprised structural and non-structural activities.

Cash for Training is one of the major components of the programme where capacity of participants is built and support through cash is ensured. Training comprises the following;

- Infant and Young Children Feeding (IYCF)
- Dietary Diversification
- Food Security and Nutrition Issues
- Kitchen Gardening/Crop Production
- Livestock Management
- Home-Based Products & Life Skills Training
- Business/Entrepreneurial Skills
- Hygiene & Healthcare
- Gender-Based Violence
- Family Planning
- Women Empowerment
- Importance of Education

Projects Completed

S.#	Title of the Project	Geographic Location	Donor	Duration	
				From	To
1.	Community-Based Primary and Reproductive Health Services for Afghan Refugees and Host Communities in Balochistan	Pishin, Quetta	BPRM	1-Sep-09	31-Aug-10
2.	Community-Based Comprehensive Health Services and Activities for Afghan Refugees and Host Communities in three refugee camps of Balochistan	Pishin, Quetta	BPRM	1-Sep-10	31-Aug-11
3.	Provision of Primary and Reproductive Health Services to Flood-Affected Populations in four BHUs and two RHCs of District Sibi, Balochistan	Sibbi	UNOCHA	16-Mar-11	11-Nov-11
4.	Community-Based Comprehensive Health Services and Livelihoods Opportunities for Afghan Refugees and Host Communities in three refugee camps of Balochistan	Pishin and Quetta	BPRM	1-Sep-11	31-Aug-12
5.	Community-Based Comprehensive Health Services and Livelihoods Opportunities for Afghan Refugees and Host Communities in three refugee camps of Balochistan.	Pishin and Quetta	BPRM	1-Sep-12	31-Aug-13
6.	Comprehensive Support programme for Afghan Refugees and Host Communities in Pishin and Quetta Districts of Balochistan	Pishin and Quetta	BPRM	1-Sep-13	31-Dec-14
7.	Community Awareness Raising on Food and Nutrition Security under Livelihoods Interventions through Cash - Based Transfers (CBT) in Balochistan	Pishin	WFP	1-Oct-16	15-Jun-17

Partners



World Food Programme

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