



## The State of FNS in the World – The Role of Indigenous Foods in eliminating hunger and all forms of malnutrition

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# What are Malnutrition issues in Africa

## **The triple burden of malnutrition – undernutrition, over nutrition and Micronutrient Deficiencies**

- Food Insecurity and Undernourishment (and the key drivers)
  - Climate change and other shocks – droughts and floods, desert locust, fall army worm, Transboundary animal diseases
  - Conflicts
- Stunting and Wasting
- Micronutrient Deficiencies (Vitamin A, Iron, Zinc and Iodine)
- Rapidly rising Overweight and Obesity; Non-Communicable Diseases
- HIV/AIDS, TB and Malaria (plus Yellow Fever, Ebola , COVID-19.)

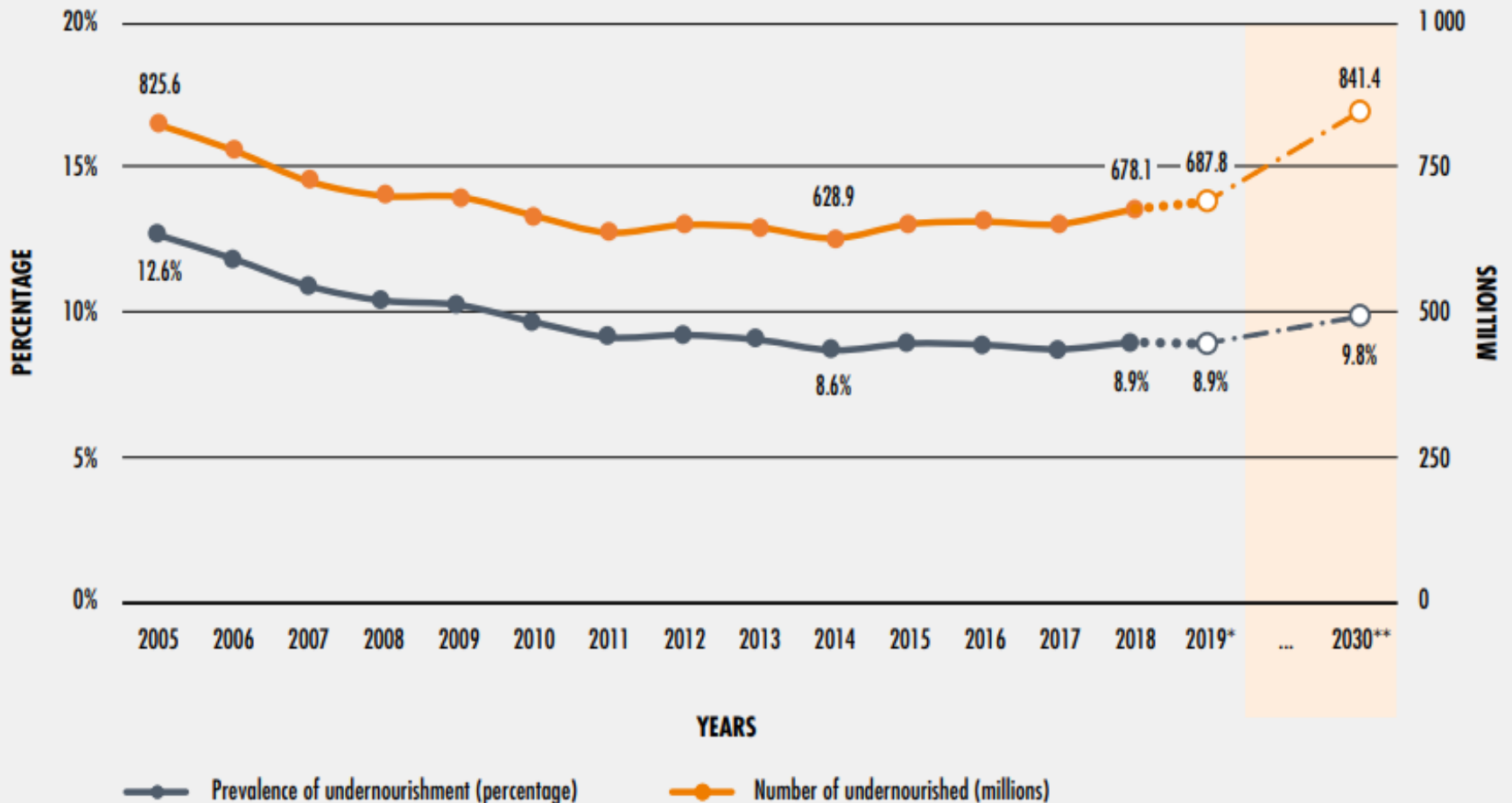
## *Some FNS Statistics*

- The PoU in Africa - 19.1 in 2019 (>250 million undernourished people, from 17.6 percent in 2014) . More than twice the world average (8.9 percent) and is the highest among all regions.
- ❖ Undernourished people in 2030 would exceed 840 million. PoU will rise from 19.1 to 25.7 percent in Africa – Off-track towards Zero Hunger on current trajectory – urgent need for accelerated interventions.

### **While;**

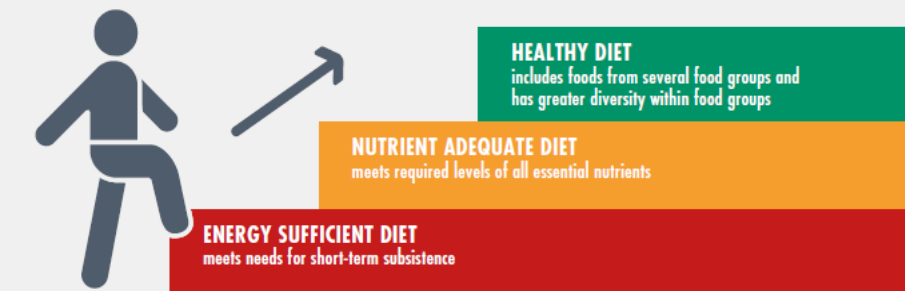
- ❖ The global prevalence of overweight among children under 5 years of age has not improved, going from 5.3 percent in 2012 to 5.6 percent, or 38.3 million children, in 2019. Southern Africa (12.7 percent) and Northern Africa (11.3 percent) have prevalence considered high

**FIGURE 1** THE NUMBER OF UNDERNOURISHED PEOPLE IN THE WORLD CONTINUED TO INCREASE IN 2019. IF RECENT TRENDS ARE NOT REVERSED, THE SDG 2.1 ZERO HUNGER TARGET WILL NOT BE MET



# Very high unaffordability of different quality diets

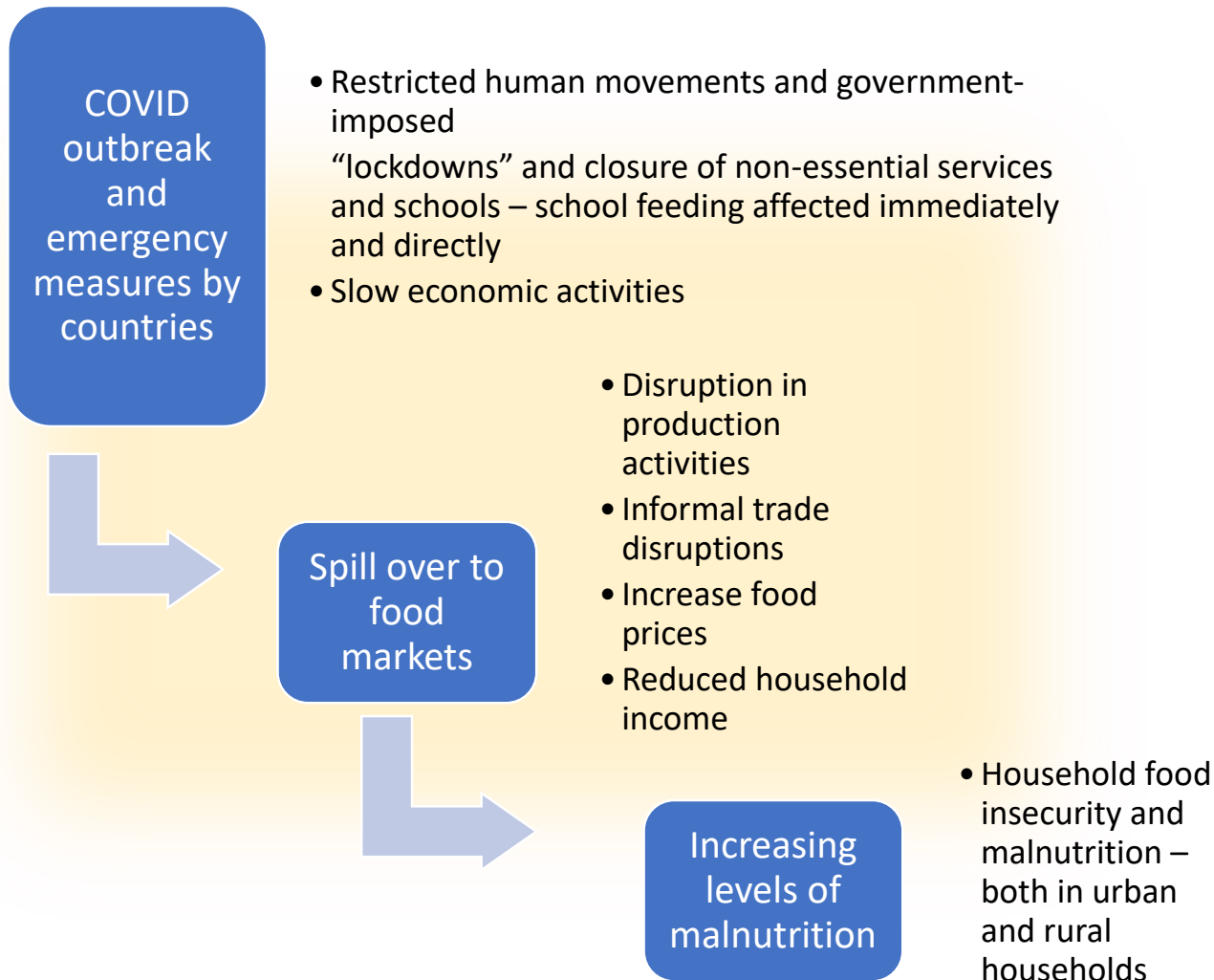
## THREE INCREASING LEVELS OF DIET QUALITY



Diet	People cannot afford (%)	People cannot afford (billions)
Healthy	38.3	3.021
Nutrient – adequate	23.3	1.513
Energy sufficient	4.6	0.186

	Energy sufficient diet		Nutrient adequate diet		Healthy diet	
	%	Total number (million)	%	Total number (million)	%	Total number (million)
<b>COUNTRY INCOME GROUPS</b>						
LOW-INCOME COUNTRIES	12.7	48.3	61.4	354.9	86.2	506.6
LOWER-MIDDLE-INCOME COUNTRIES	6.3	112.2	33.1	1 041.5	58.9	2 087.4
UPPER-MIDDLE-INCOME COUNTRIES	2.1	19.0	11.5	104.5	24.2	408.3
HIGH-INCOME COUNTRIES	0.3	6.0	0.9	12.1	2.0	19.2

# COVID19 and Household Nutrition



✓ **COVID-19 is not just a health nor medical issue, but a pandemic with a grave multiplicity of resultant negative outcomes for various sectors of the economy**

# Importance of Nutrition for COVID 19 Response

- Nutrition is important for mounting an appropriate immunity response mechanisms
- *Individuals that are undernourished, micro-nutrient deficient or overweight/ obese are more likely to succumb to COVID 19*

# Indigenous foods in Africa

- Surveys indicate that there are over 7000 plant species across the world that are cultivated or harvested from the wild for food.
- These underutilized species play a crucial role in nutrition, income generation, food culture and can contribute to micronutrient requirements including vitamins A and C, iron and other nutrients



Mopane worms

*Cleome gynandra*  
Spiderplant (En)  
Mkabili (sw)



Photo: R. R. Schippers



© Christie Keulder

Monkey orange



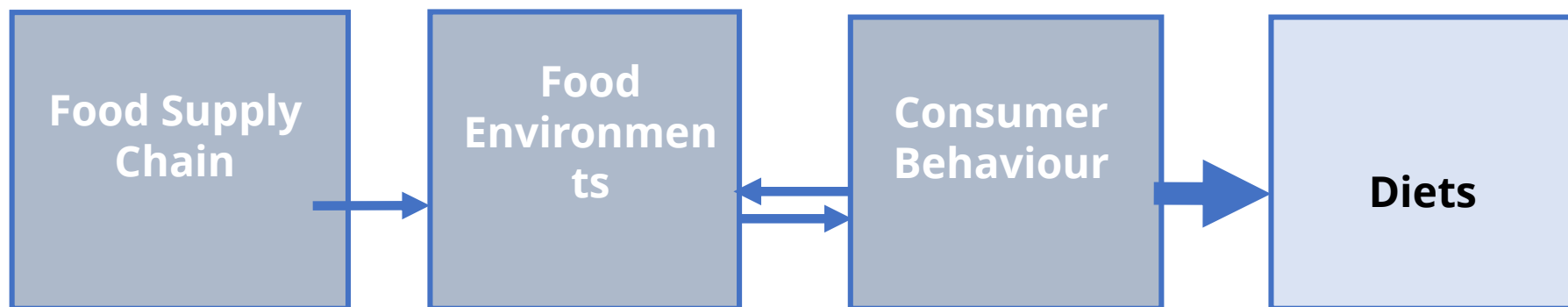
# Indigenous Food Systems

- Across the world, indigenous peoples' food systems are biodiverse, nutritious, climate resilient.
- They play a critical role in the food security, cultural identity, health and wellbeing of some 370-500 million indigenous people.
- Yet indigenous food systems are often viewed as 'backward' and are rarely supported by governments.
- They face threats from agricultural modernization, top-down development schemes, and conservation initiatives that impose restrictions on harvesting.

- In the context of the Sustainable Development Goals (SDGs), diverse food systems could provide answers in terms of sustainability, resilience and environmental management if considered in a more integrated manner.
- It is within this global debate for sustainable food systems that indigenous food systems have gained international recognition

# A food systems approach to assess access to nutritious diets

Mainstreaming local indigenous foods that are culturally acceptable and affordable across the chain – Short Value Chains



## Production and supply chains:

- Productivity: labour availability
- Need and availability of storage capacity
- Ability to invest & access inputs for new growing season

## Food environments:

- Access to markets
- Urban consumers relocating to rural areas
- Changing food prices

## Consumer demand:

- Loss of income
- Affordability
- Time to prepare food
- Preferences & worries

**Nutrition and Health Outcomes**

## External factors:

**Global economy and trade, climate change, safety**

# FAO Work on indigenous food systems

- In 2015, indigenous representatives officially requested FAO to create an indigenous food systems group. This commitment was reaffirmed in April 2015 during the XIV Session the United Nations Permanent Forum on Indigenous Issues (UNPFII).
- FAO organized a High-Level Expert Seminar on Indigenous Food Systems Building on traditional knowledge to achieve Zero Hunger 7-9 November 2018, Rome.
- 9 recommendations (Increase the recognition and appreciation of indigenous food systems; Advocate for sensitive and informed public policies to strengthen indigenous food systems, local foods and indigenous culture)
  - <https://www.un.org/development/desa/indigenouspeoples/wp-content/uploads/sites/19/2019/01/LAST-FINAL-REPORT-HLESIFS-2018.pdf>

# Sub-Regional Consultative Dialogue

FAO-NEPAD (5-7 June 2019 ): Advocacy to promote indigenous food systems in urban areas of the SADC region “Addressing overweight and obesity the indigenous way”

- Assessed the challenges facing urban food systems in SADC and deliberated on opportunities for transforming urban food systems towards improved nutrition using indigenous food.
- Discussed policy, consistency, coordination and mutual accountability among stakeholders for addressing overweight and obesity in Southern Africa and what role various experts can play in influencing national and municipality policies to be nutrition sensitive.

# The gathering noted the following key points

- Indigenous food is not a poor man's food – Change consumer perception.
- Governments should take the lead in enacting policies that address the entire food systems including the indigenous food as well as effective coordination of multi-sectoral actions for healthy diets.
- There should be promotion of a diversified indigenous foods menu.
- Customize messages for different audiences toward promoting indigenous foods – use evidence and research.
- There is a need for countries to invest in nutrition education, which is critical in changing consumer behaviors.

Thank you for listening!