



• A MOTHER feeds a child in a rural part of Chipata in Eastern Province.



• A VILLAGE banking meeting for women at Nshaba Village of Nsingo Ward in Chipata.

Zambia ramps up fight against malnutrition

By BRIAN SIWISHA

ZAMBIA has continued to make progress in reducing malnutrition ever since the Scaling Up Nutrition (SUN) movement was launched in 2010.

But the country still has one of the highest rates of malnutrition and stunting in sub-Saharan Africa.

Malnutrition in childhood and pregnancy has many adverse consequences for child survival, including its long term well being.

Malnutrition also has far reaching consequences for human capital, economic productivity, maternal and child health, and overall national development.

The consequences of malnutrition are a significant concern for Zambians and partners, where 35 per cent of children under five years are stunted, that is, they have low height-for-age, and 4 per cent of children under five years are acutely malnourished or wasted, which is having low weight-for-height.

These findings are according to the most recent Zambia Demographic and Health Survey (DHS) and other surveys carried out by the Zambia Statistical Agency, Ministry of Health and other stakeholders.

Nutrition is a cornerstone of human health and development.

This is because it plays an important role in people's health and well being.

Studies by the World Health Organisation (WHO) show that poor nutrition can lead to poor health, as well as impaired physical and mental development.

Malnutrition also leads to reduced immunity, impairing an individual's ability to fight and recover from illness.

The impact of the malnutrition infection cycle on the immune

system is particularly important in countries like Zambia where HIV prevalence is high, estimated at 11 per cent of the adult population of ages between 15 and 59.

This is as highlighted by the ZDHS report of 2018. Zambia is one of 22 African countries with the highest burden of under-nutrition in children under the age of five.

A United Nations Children's Fund (UNICEF) study in 2013 in Zambia noted that thousands of children and women suffer from one or more forms of malnutrition, including low birth weight, wasting, stunting, underweight and multiple micronutrient deficiencies, such as vitamin A, iron, zinc, and iodine deficiencies.

Three broad categories of factors, namely food, care, and health, influence an individual's nutritional status, and adequate nutrition requires adequate levels of all three.

Poor infant and young child feeding practices due to lack of resources or knowledge of caretakers, along with illnesses such as diarrhea, pneumonia, malaria, and HIV and AIDS, often worsened by intestinal parasites, are immediate causes of malnutrition.

Underlying and more basic causes include poverty, household food insecurity, unsanitary health environment, illiteracy, social norms and emergencies.

The National Food and Nutrition Commission (NFNC), a statutory body coordinating and championing efforts to curb malnutrition and related problems, takes an



• TOMAIDA Ziwa demonstrates how to prepare traditional nutrient-dense foods to women in Feni Village in Chipata district....

active role in ensuring that the consequences of the problems are addressed.

The commission, which successfully implemented phase one of the 1,000 Most Critical Days Programme (MCDP) from 2014 to 2018 in 14 districts, has embarked on the second phase of the programme.

NFNC Head of Nutrition Education and Communication Gladys Kabaghe said the first phase of the programme resulted in the laying of the foundation on

which the commission is today spearheading and coordinating nutrition programmes in the country.

"If we had not done phase one, we do not know where we would have been today. Without the phase one pilot, we would not have learnt certain lessons. So it allowed us to put in place certain structures and enhanced coordination," Ms Kabaghe said.

She said the phase one programme served its purpose as a pilot

project which was a training ground for both implementors and beneficiaries.

The nutrition expert said the commission was proud of the achievements attained under the phase one scaling up nutrition programme.

According to surveys that were undertaken by the commission, a number of lessons were learnt, with promising results in a number of areas.

Amongst the lessons learned was the improved knowledge and practices

related to dietary intake, breastfeeding practices, consumption of nutrient-rich food and reduction in the prevalence of diarrhoea, which was evident.

Others were coordination for more responsive nutrition interventions, increased exposure of households to multiple nutrition interventions, health knowledge, water and sanitation hygiene education behaviours and agricultural practice to enhance the consumption of diversified food.

Ms Kabaghe said with the implementation of the second phase already underway, the commission wants to ensure that households see the practical benefits of the interventions.

Ms Kabaghe said the importance of convergence of services, such as health, water, agriculture and social safetynets to be actualized as evidence shows that a household that receives all of them will record a reduction in stunting.

A recent check on how the implementation process of the MCDP II is progressing in Eastern Province found that the region has gained from the nutrition support that NFNC, with its partners, has been providing.

Chipata District Nutrition Coordinating Committee (DNCC) Chairperson Kapembwa Sikazwe is pleased that Government, together with its partners, has continued to support the programme which is now in its second phase.

Mr Sikazwe said a recent mapping and survey carried out in the district showed that stunting and malnutrition levels have dropped from 45 per cent to 34 per cent in Chipata.

He described this as a remarkable achievement under the scaling up

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nutrition programme.

"The MCDP I was implemented between 2014 and 2015 running through to 2019. It covered nine wards including two new ones in Chipata. Under the current phase, the United Nations Children's Fund (UNICEF) is funding our activities and all is going well so far," Mr Sikazwe said.

Mr Sikazwe said the programme, which is being implemented in the district and parts of Eastern Province, is changing lives among households.

"Mothers know how to prepare locally diverse foods and have been taught benefits of such so that each child age group is receiving appropriate nutrition," he said.

Mr Sikazwe, who is also acting district commissioner for Chipata, commended the partners, such as UNICEF, which are funding nutrition programmes in Eastern Province for ensuring that MCDP 2 continues up to 2023.

Doris Mpanza, 19, who lives in Nshaba Village of Nsingo Ward in Chipata district, hailed the scaling up nutrition programme.

She said the intervention has changed her life ever since she joined the locally supported village banking women's group.

"Before I joined the group, I used to suffer in terms of looking after my wellbeing. I am now able to buy clothes for my baby, whom I am expecting, and eat nutritious food," she said.

Doris said the programme has helped her start a grocery shop, which she is successfully running and her family is benefiting greatly.

Under phase 2 of the programme, the Government, through NFNC, is building on a national momentum of reducing stunting in 37 high priority districts.

The districts, which are being supported by UNICEF, are Chipata, Lundazi, Chiengi, Chinsali, Isoka, Mpika, Chongwe and Lusaka.

The rest are Mwinilunga, Solwezi, Zambezi, Choma, Monze, Kalabo, Kaoma, Mongu and Shangombo.

These districts are also receiving technical assistance from FAO, WHO and WFP.

USAID, under the Scaling Up Nutrition Technical Assistance (SUN-TA), programme is supporting 13 districts, while four are under the German government through GIZ's Food and Nutrition Security, Enhanced Resilience (FANSER) programme.

Six districts are being supported by SNV.

USAID is also supporting the learning and evaluation components, called SUN Learning and Evaluation (L&E) programme.

Mrs Kabaghe said with this approach under the second phase, NFNC is now coordinating and monitoring all partners who are providing financial and technical in the identified districts for optimum results.

With such lessons recorded and successes scored in the country where the SUN nutrition programme has been implemented, phase two of the MCDP is going to be a game-changer in Zambia's quest to eliminate malnutrition and stunting. -ZANIS.



Bank of Zambia

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GOVERNMENT OF THE REPUBLIC OF ZAMBIA

2, 3, 5, 7, 10 and 15 YEARS GRZ BOND AUCTION RESULTS

Results of the GRZ Bond Tender No. 10/2021/BA held on October 29, 2021 are as follows:

TENOR	ISIN NUMBER	AMOUNT OFFERED (AT COST)	AMOUNT BID (FACE VALUE)	AMOUNT BID (AT COST)	AMOUNT ALLOCATED (FACE VALUE)	AMOUNT ALLOCATED (AT COST)	CUT-OFF BID PRICE (K)	CUT-OFF YIELD RATE	RANGE OF SUCCESSFUL YIELD RATES	RANGE OF UNSUCCESSFUL YIELD RATES	COUPON RATES
2 Years	ZM1000004995	K185.00 Mn	K258.50 Mn	K224.31 Mn	K258.50 Mn	K213.61 Mn	82.6356	19.9500	13.9500-19.9500	Nil	9.0000
3 Years	ZM1000004946	K320.00 Mn	K460.48 Mn	K382.25 Mn	K459.11 Mn	K359.29 Mn	78.2570	20.9500	14.0000-20.9500	23.0000-23.0000	10.0000
5 Years	ZM1000004953	K410.00 Mn	K463.18 Mn	K320.11 Mn	K378.18 Mn	K249.55 Mn	65.9875	23.5000	15.0000-23.5000	25.0000-25.0000	11.0000
7 Years	ZM1000005000	K135.00 Mn	K150.72 Mn	K91.50 Mn	K150.72 Mn	K89.11 Mn	59.1209	24.4900	20.0000-24.4900	Nil	12.0000
10 Years	ZM1000004979	K360.00 Mn	K434.87 Mn	K262.09 Mn	K434.87 Mn	K245.49 Mn	56.4515	25.7400	20.0000-25.7400	Nil	13.0000
15 Years	ZM1000005018	K90.00 Mn	K84.26 Mn	K49.33 Mn	K84.26 Mn	K46.74 Mn	55.4643	25.8000	20.0000-25.8000	Nil	14.0000
Total		K1,500.00 Mn	K1,852.01 Mn	K1,329.59Mn	K1,765.64Mn	K1,203.79Mn					