National Health Strategy for Zimbabwe

Goals

Goals, objectives or targets related to nutrition:

Goal 6: To reduce the incidence and prevalence of nutrition disorders

Goal 12: Improve the prevention and management of priority Non-Communicable Disease

Strategies

Strategies and activities related to nutrition:

Goal 6:

Objective: Improve the sustainability of nutrition related programmes.

Strategies:

- Assess the nature, magnitude and extent of nutrition problems as well as their causes, and recommend or take appropriate action.
- Strengthen on-going nutrition programmes by having them planned and managed by communities.
- Revive and capacitate the multi-sectoral Food and Nutrition Committees at all levels.

Objective: Create awareness on the impact of nutrition on health and quality of life through information, education and communication (IEC) on dietary habits.

Strategies:

- Develop programmes to address nutrition concerns of specific target groups (nutrition in pregnancy, nutrition in school children etc).
- Strengthen existing programmes in addressing nutrition at different points in the life cycle.

Objective: Monitor nutritional status of the population for early detection of malnutrition.

Strategy:

- Strengthen the monthly monitoring and reporting system.
- Strengthen clinic and community based growth monitoring.

Objective: Improve household food security.

Strategy:

- Advocate for food and nutrition security strategies.
- Strengthen port health food surveillance and inspection activities.
- Strengthen community based food and nutrition programmes.

Objective: Develop a national programme on control of vitamin and mineral deficiencies.

Strategy:

- Regularly assess the magnitude of micronutrient deficiencies in Zimbabwe.
- Conduct KAP study to inform the development of a communication strategy.
Objective: Improve the nutritional status and quality of life of people infected and affected by HIV and AIDS.

Strategy:

? Build capacity on Nutrition Care and Support for PLWA at all levels.
? Motivate males and significant others in maternal, infant and Young child Feeding and HIV.
? Develop an Integrated Communication Strategy on Nutrition and HIV & AIDS.
? Standardize the data collection tools and reporting format for Nutrition and HIV & AIDS.
? Conduct operational research on nutrition and HIV & AIDS.

Objective: Improve nutritional management of malnutrition.

Strategy:

? Build capacity for the management of acute malnutrition.
? Initiate supplementary feeding programme to all under 5s in areas with Global Acute Malnutrition of 7% and above.
? Establish local production of Ready to Use Therapeutic Food (RUTF).
? Evaluate and revise strategies for the management of malnutrition.

Objective: Improve Infant and Young Child Feeding.

Strategy:

? Develop Comprehensive Policy and Strategy on Infant and Young Child Feeding.
? Integrate HIV and Infant Feeding counseling into pre-service Nursing, Nutrition , HFSS and Medical training.
? Increase exclusive breast feeding rates for infants.
? Strengthen the Baby Friendly Hospital Initiative in the context of HIV in all institutions offering maternity services.
? Integrate EBF monitoring into routine nutrition surveillance.
? Develop strategies to address maternal malnutrition.

Goal 12:

Objective: To reduce the burden of non communicable diseases by between 15 and 20% by 2013

Strategy:

? Reduce the level of exposure of individuals and populations to the common modifiable risk factors for non-communicable diseases (namely tobacco use, unhealthy diet, physical in activity, and the harmful use of alcohol) and their determinants. Available international and regional recommendations on the control and management of NCDs (MPOWER package on tobacco, Global strategy on Diet, Physical activity & Health etc shall be referenced to during the development of policy documents).
? Strengthen and maintain an integrated surveillance system aimed at quantifying the burden and trends of NCDs, their risk factors as well as details of some other major determinants.
? Define and implement a minimum package of cost effective clinical preventive screening interventions such as urinalysis, measurement of blood pressure, blood sugar, body weight and height as well as screening for some common and easily detectable cancers, mental illnesses, blindness and chronic respiratory diseases in health facilities, in schools and workplaces as a strategy for early case detection.
• HIV/AIDS and nutrition
• Food safety
• Household food security
• Diarrhoea or ORS
• Family planning (including birth spacing)
• Improved hygiene / handwashing
• Vaccination
• Water and sanitation
• Vulnerable groups

Partners in policy implementation
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