Goals

Goals, objectives or targets related to nutrition:

- Implementation of institutional reforms in the Food Security and development of the agricultural sector
- Reduction in the incidence of food related illnesses, strengthening of the legislative regulatory, laboratory and personnel base
- Promotion of a healthful diet
- Improve access to education for girls and boys and children from socially vulnerable segments of the population
- Improve the material and technical base of the education sector
- Improvement in the care of mothers and children
- Lower the mortality rate among children up to the age of 5 to 75 per 1,000 live births
- Lower the infant mortality rate to 62 per 1,000 live births
- Lower the maternal mortality rate to 70 per 100,000 people
- Provide access by the end of 2009: (to drinking water that meets state standards for 96% of the country’s urban population and 51% of the rural population and to basic sanitation and hygiene conditions for 47% of the country’s urban population and 37% of the rural population)

Strategies

Strategies and activities related to nutrition:

- Reform and revision of functions and authorities of government agencies
- Gradual transition from direct to indirect methods for the regulation of agriculture
- Development and/or adaptation of environmentally safe, resource saving intensive technologies in the cotton, grain and potato sectors of agriculture
- Revise and implement a Food Security Strategy
- Implementation of land use guarantees and rights
- Prepare a draft law on the enrichment of flour
- Establish an alliance (group) at the Government level to improve public nutrition
- Draft (adapt) public health regulations and standards and medical and biological requirements and public health standards for food quality and safety
- Draft and implement a Strategy for the Prevention and Treatment of Malnutrition among Children
- Draft and implement a scientifically based Strategy to Ensure Sound Nutrition for Schoolchildren and perform research studies
- Implement measures for the prevention and treatment of malnutrition
- Provide iron supplements and vitamin A capsules to targeted groups
- Enrich processed flour with additives
- Provide for universal iodization of salt
- Supply the National Centre for Nutrition Problems under the Ministry of Health with laboratory equipment
Establish nutrition departments at the Abuali ibn Sino State Medical University of Tajikistan and the Post-Graduate Training Institute
Organization of departments and training of graduate nutrition specialists
Implement a comprehensive program to raise the level of physical activity among the population
Perform systematic assessments of the nutritional status of the population, and other medical problems related to nutrition
Conduct a survey to determine the effectiveness of school meals, design a targeted program to organize school meals taking into account specific regional conditions and arrange for a daily hot meal for students in the elementary grades
Purchase equipment for school cafeterias
Supply schools with water and pumps
Build separate toilets at schools
Ensure access for women and children to fortified and enriched food products and products with added micronutrients
Promote the spread of the practice of breastfeeding babies exclusively
Strengthen the service responsible for the promotion and implementation of the healthy lifestyle programs
Establish a regulatory legal base for the water supply, sanitation and housing and municipal services sector
Introduce a system for the effective tracking of drinking water consumption

M&E Indicators related to nutrition:

- Growth in gross output of agricultural products by 20%
- Reduction in maternal, child and infant mortality
- Reduction in the incidence of acute malnutrition among children to 6.2%
- Reduction in iron deficiency anemia among children to 29.5% and among women to 45%
- Reduction in the incidence of goiter among children to 50.5% and among women to 40.8%
- Proportion of iodized, fortified and enriched food products in the total consumption of the relevant foods
- Reduction in the incidence of nutrition related disease
- Regular collection and publication of representative data on nutrition issues
- Equipment supplied
- Prepared Draft law
- Proportion of students (boys and girls) in elementary grades in urban and rural areas who receive hot meals at school
- Proportion of children covered by primary and general basic education
- Proportion of schools provided with cafeteria equipment
- Proportion of schools supplied with running water, sanitary (separate toilets) and hygiene conditions that meet established standards
- Percentage of women using fortified and enriched food products
- Percentage of children up to the age of five treated at therapeutic feeding centers
- Number of informational and educational measures carried out to modify eating habits
- Number of people receiving iron and vitamin A supplements at primary health care institutions
- Publication of informational materials on regulating the interval between births with the aim of reducing the incidence of anemia among mothers and newborns and the dissemination of these materials at treatment and preventive care centers of primary health care institutions
- Number and percentage of hospitalized babies who have received medical care according to the BFHI principle
- Implementation of the Law on the Protection of Breastfeeding
- Number of activities carried out to promote breastfeeding
- Number of training courses held and percentage of specialists trained
- Number of articles, roundtables and reports in the mass media
- Number of sectors involved in implementing the healthy lifestyle program
- Water consumption standards developed for consumers and statistical reporting forms prepared

URL link:

File upload:
[File: TJK 2007 Tajikistan-PRSP.pdf]

Policy topics:

- Wasting in children 0-5 years
- Underweight in children 0-5 years
• Diet-related NCDs
• Nutrition counselling on healthy diets
• Physical activity and healthy lifestyle
• Breastfeeding
• Baby-friendly Hospital Initiative (BFHI)
• Food fortification
• Iron
• Food grade salt
• Vitamin A
• Vaccination
• Water and sanitation
• Food distribution/supplementation for prevention of acute malnutrition
• Food safety
• Food security and agriculture
• Household food security
• Provision of school meals / School feeding programme
• Maternity protection
• Fiscal policies
• Vulnerable groups
• Monitoring mechanism established
• School nutrition regulations

**Partners in policy implementation**

- **Government**
  - Health
  - Education and research
  - Environment
  - Finance, budget and planning
  - Food and agriculture
  - Industry
  - Nutrition council
  - Other
  - Social welfare
  - Sub-national
  - Women, children, families
  - Details:
    - more

- **Bilateral and donor agencies and lenders**
  - The World Bank
  - Other
  - Details:
    - more
    - Aga Khan Fund, Health Plus, other donors

- **UN agencies**
  - World Food Programme (WFP)
  - World Health Organization (WHO)
  - United Nations Population Fund (UNFPA)
  - United Nations Children's Fund (UNICEF)
  - Joint United Nations Program on HIV/AIDS (UNAIDS)

**Links**
[1] https://extranet.who.int/nutrition/gina/sites/default/files/TJK%202007%20Tajikistan-PRSP.pdf