
Goals

Goal, objectives or targets related to nutrition:

Purpose:

This Plan has been developed to operationalize the strategies outlined in the Food Security and Nutrition policy 2012. It serves as a road map for coordinated implementation of nutrition interventions by the government and nutrition stakeholders across development sectors for maximum impact.

Objectives:

1. To improve the nutritional status of women of reproductive age (15-49 years)
2. To improve the nutritional status of children under 5 years of age
3. To reduce the prevalence of micronutrient deficiencies in the population
4. To prevent deterioration of nutritional status and save lives of vulnerable groups in emergencies
5. To improve access to quality curative nutrition services
6. To improve prevention, management and control of diet related NCDs
7. To improve nutrition in schools, public and private institutions
8. To improve nutrition knowledge attitudes and practices among the population
9. To strengthen the nutrition surveillance, monitoring and evaluation systems
10. To enhance evidence-based decision-making through research
11. To strengthen coordination and partnerships among the key nutrition actors and mobilize essential resources

Strategies

Strategies and activities related to nutrition:

Strategic Objective 1: To improve the nutritional status of women of reproductive age (15-49 years)

Activity:

- Provide IFA supplements to adolescent girls and pregnant women
- Provide supplementary foods to pregnant and lactating women according to the admission criteria on integrated management of acute malnutrition guidelines
- Conduct routine weight Monitoring and appropriate counseling for the pregnant women
- Procure and distribute nutritional commodities and equipment to health facilities.
- Conduct nutrition education on healthy dietary practices to Women of reproductive age
- Review, develop, print and disseminate and distribute guidelines

**Strategic Objective 2: To improve the nutritional status of children under 5 years of age**

**Activity:**

- Scale up Baby Friendly Hospital Initiative (BFHI)
- Baby Friendly Community Initiative (BFCI)
- Sensitize women of reproductive age (WRA)
- Sensitization on the importance of exclusive breastfeeding for the first six months of baby’s life
- Support monitoring of the Code of Marketing of Breast milk Substitutes
- Advocate workplace support of breastfeeding mothers
- Train and equip health workers to promote appropriate infant and young child feeding practices
- Provision of BCC/IEC (ACSM) materials to the Health facilities and communities
- Sensitize WRA on timely introduction of optimal complementary foods with continued breastfeeding for at least two years
- Promote proper hygiene practices, and timely seeking of health care
- Train HWs, CHEWs and CHWs on new growth standards and CHANIS
- Equip Health Facilities and community units with anthropometric equipment
- Provide monitoring and reporting tools
- (CHANIS, MCH booklet and job aids)
- provide children aged 6-59 months with two doses a year of Vitamin A supplements
- Provide multiple micronutrients powder for children 6-59 months
- Review, develop, print and disseminate and distribute guidelines

**Strategic Objective 3: To reduce the prevalence of micronutrient deficiencies in the population**

**Activity:**

- Review, develop and disseminate national micronutrient deficiency prevention and control strategy and guidelines
- Train service providers on micronutrients deficiency prevention and control strategies including logistic and supply chain management
- Advocate and create public awareness on food fortification, supplementation and dietary diversification
- Scale up and strengthen the existing strategies of micronutrient supplementation at all levels
- Procure and distribute micronutrient supplements (VAS, MNPs and IFA)
- Scale up fortification of widely consumed food stuffs
- Monitor the quality of fortified foods regularly at all levels
- Conduct M&E of micronutrient deficiency prevention and control interventions
- Train CHEWs and CHWs on micronutrient deficiency prevention and control strategies
- Review of policy to include use of CHWs in delivery of micronutrient supplements

**Strategic objective 4: To prevent deterioration of nutritional status and save lives of vulnerable groups in emergencies**

**Activity:**

- Build the capacity of the counties to develop nutrition response plans
- Review, develop and disseminate guidelines for disaster preparedness, response and management of nutrition emergencies
- Conduct nutrition surveillance in emergency affected areas
- Map partners, review and develop TORs
- Hold and document regular joint planning and review meetings
- Timely provision of food and non-food items
- Scale up delivery of essential nutrition services (High Impact Nutrition Interventions)
- Capacity strengthening of health workers to provide nutrition care and support at all levels
- Mobilize resources for emergency response
- Develop, disseminate and implement the national monitoring plan for nutrition commodities in emergency
- Monitor food safety of nutrition commodities for use in emergencies
- Create public awareness on importance of nutrition in emergencies

**Strategic objective 5: To improve access to quality curative nutrition services**

**Activity:**

- Review, develop and disseminate national guidelines on nutritional care in the management of common diseases
- Mobilize resources for nutritional care and treatment for common diseases
- Train health workers on clinical nutrition management
- Procure and distribute essential nutrition commodities (micronutrient supplements, therapeutic milks and feeds) and equipments (anthropometric and others)
- Develop and disseminate nutrition commodities monitoring plan
- Monitor food safety of nutrition commodities
- Conduct M&E of curative nutrition services

**Strategic objective 6: Halt and reverse the prevalence of diet related non communicable diseases**

**Activity:**

- Review, develop and disseminate a comprehensive strategy and guidelines for prevention, management and control of dietrelated NCDs
- Train service providers on prevention, management and control of diet-related NCDs
- Create public awareness on the importance of prevention, management and control of diet-related NCDs
- Map partners, review and develop TORs
- Hold and document regular joint planning and review meetings
- Conduct M&E of diet-related NCDs
- Conduct screening for noncommunicable diseases
- Scale up community screening for BMI and waist circumference

**Strategic objective 7: To improve nutrition in schools, public and private institutions**

**Activity:**

- Conduct situation analysis on school/institutional feeding including the Early Childhood Development Education Centres(ECDE), Daycare centres
- Review, develop and disseminate nutrition guidelines for school and other institutions
- Mainstream basic nutrition training in all schools and other institutions
- Implement appropriate nutrition interventions (school meals, micronutrient supplementation, nutrition assessment, de-worming among others) in schools and other institutions
- Mobilize resources to sustain optimal institutional feeding programmes
- Integrate nutrition education in school curricula at all levels
- Conduct M&E of nutrition interventions in schools and other institutions

**Strategic objective 8: To improve nutrition knowledge attitudes and practices among the population**
Activity:

- Conduct situation analysis on school/institutional feeding including the Early Childhood Development Education Centres (ECDE), Daycare centres
- Develop, print and disseminate national nutrition advocacy, communication and social mobilization (ACSM) strategy at all Levels
- Train service providers on communication and advocacy skills
- Review, develop, print, disseminate and distribute IEC materials
- Mark national/international Nutrition Days (World Breastfeeding Week, African Food and Nutrition Security Day, Iodine Deficiency Disorders Day, Malezi Bora among others)
- Promote optimal nutrition through all channels of communication at all levels

Strategic objective 9: To strengthen the nutrition surveillance, monitoring and evaluation systems

Activity:

- Launch and Implement M & E framework for the nutrition sector
- Define and Integrate core Nutrition indicators in HIS/KNBS/NMEF - VISION 2030
- Review, develop and disseminate guidelines and tools on surveillance, M&E
- Conduct data audits at all levels
- Develop and disseminate quarterly nutrition bulletins
- Hold feedback meetings among nutrition stakeholders at all levels
- Update and maintain national nutrition website
- Review, and disseminate Nutrition M&E tools based on new information
- Train all health managers and service providers on use of DHIS and interpretation of M&E data
- Conduct support supervision at all levels

Strategic objective 10: To enhance evidence-based decision-making through research

Activity:

- Establish nutrition research committee with clear terms of reference at county level
- Conduct need-based research to inform policy, programme design and implementation
- Mobilize resources to address critical gaps in nutrition research
- Disseminate research findings to key stakeholders at all levels
- Support relevant research institutions (equipment, laboratory supplies and technical support) to conduct nutrition research
- Procure and distribute equipment (Computers, printers, copiers, scanners and external hard discs)

Strategic objective 11: To Strengthen coordination and partnerships among the key nutrition actors

Activity:

- Map partners, review and develop TORs
- Hold and document regular joint planning and review meetings to align the annual nutrition planning process to the nutrition action plan.
- Mobilize financial and human resources for nutrition interventions at all levels

M&E Indicators
M&E Indicators related to nutrition:

Output Indicators:

Strategic Objective 1: To improve the nutritional status of women of reproductive age (15-49 years)

- % of pregnant women who take iron and folic acid supplements for at least 90 days during pregnancy
- % of pregnant and lactating women with MUAC < 21 cm receiving supplementary food
- % of pregnant women monitored for their weight
- Proportion of health facilities with nutrition commodities and equipment for maternal nutrition interventions
- No. of maternal nutrition guidelines disseminated in use at county level

Strategic Objective 2: To improve the nutritional status of children under 5 years of age

- % of Health facilities certified as Baby Friendly
- % of community units that are implementing Baby Friendly Community Initiative
- % of infants who are breastfed within one hour of birth
- % of children < 6 months who are breastfed exclusively
- % of companies/suppliers complying with the Code of Marketing of Breast Milk Substitutes
- % of agencies/companies which support breastfeeding in the workplace
- % of health workers trained on appropriate infant feeding practices per county
- % of health facilities per county provided with Behaviour Change Communication/Information, Education and Communication (BCC/IEC) materials
- % of children aged 6-23 months who are consuming 3+ or 4+ food groups per day (dietary diversity)
- % of children < 5 years whose growth is monitored
- % of children < 5 years screened at community level and referred for nutrition management
- Proportion of health facilities equipped with anthropometric equipment and reporting tools
- % of children aged 6-59 months receiving Vitamin A supplements twice a year
- % of children < 5 years with diarrhoea who are treated with zinc supplements
- % of children aged 6-59 months receiving multiple micronutrient powders as per recommended dose
- No. of infant and young child feeding guidelines in use at County level

Strategic Objective 3: To reduce the prevalence of micronutrient deficiencies in the population

- # of health workers at all levels trained on prevention, management and control of micronutrient deficiencies
- No. of advocacy workshops on micronutrient interventions conducted at all levels
- No. of micronutrient intervention campaigns (Radio, TV, Community etc) launched
- Proportion of U5 children who receive multiple micronutrient supplements
- % U5 children supplemented with vitamin A
- % of women of reproductive age supplemented with iron and folic acid
- % of households consuming adequately fortified foods in the country
- % of widely consumed basic commodities which are fortified with necessary micronutrients
- No. of private sector actors/industries fortifying their foods products as per the national guidelines

Strategic objective 4: To prevent deterioration of nutritional status and save lives of vulnerable groups in emergencies

- Proportion of counties with emergency nutrition response plans
- Number of counties reporting on a timely basis on nutrition surveillance
- Number of counties holding regular coordination meetings
- Proportion of facilities experiencing no stock-outs of essential nutrition commodities
- Proportion of health facilities offering the essential nutrition services package
- Number of health workers in emergency districts trained on essential nutrition services package.
- Proportion of counties mobilizing resources for nutrition emergency response
- Number of counties meeting the SPHERE standards on IMAM and national targets on IFE
National nutrition commodities monitoring plan developed and disseminated for use by the counties
Proportion of counties implementing the nutrition commodities monitoring plan used during emergencies

Strategic objective 5: To improve access to quality curative nutrition services

- Number of agencies integrating nutritional care standards in their plans
- Proportion of resources committed to nutrition care services
- Number of health workers trained on curative nutrition services
- Number of community individuals and private sector players sensitized on quarterly basis
- Proportion of health facilities providing curative nutrition services
- Proportion of facilities experiencing no stock-outs of essential nutrition commodities
- Reduced inpatient length of stay
- National nutrition commodities monitoring plan developed and disseminated for use by the counties
- Proportion of counties implementing the nutrition commodities monitoring plan

Strategic objective 6: Halt and reverse the prevalence of diet related non communicable diseases.

- Proportion of counties implementing nutrition guidelines on NCDs
- Proportion of the population who are screened for non-communicable diseases
- Proportion of Counties conducting sensitization meetings on healthy diets and physical activity
- % no. of population whose BMI is monitored regularly

Strategic objective 7: To improve nutrition in schools, public and private institutions

- Situation analysis on school/ institutional feeding conducted, documented and disseminated
- School/institutional feeding guidelines reviewed and disseminated
- Proportion of schools and institutions mainstreaming basic nutrition in their operations
- Number of counties holding stakeholders? meetings on sustainable institutional feeding programmes
- Proportion of counties monitoring nutrition interventions in schools and institutions

Strategic objective 8: To improve nutrition knowledge attitudes and practices among the population

- Formative and periodic assessment reports available and disseminated
- Proportion of Counties implementing ACSM strategy
- Proportion of service providers trained on nutrition communication and advocacy skills
- Number and type of nutrition communication materials developed and disseminated at all levels
- Proportion of counties marking Nutrition Days
- Proportion of media houses disseminating nutrition messages

Strategic objective 9: To strengthen the nutrition surveillance, monitoring and evaluation systems

- # Core nutrition indicators integrated into HIS, KNBS, NMEF for Vision 2030
- Surveillance protocol and reporting formats disseminated and implemented
- Surveillance protocol and M&E tools (reporting formats etc.) available online
- Number of nutrition bulletins disseminated annually
- # of nutrition stakeholder forum held at county level to support and strengthens feedback mechanisms
- Number of nutrition M&E tools disseminated
Strategic objective 10: To enhance evidence-based decision-making through research

- Nutrition Research Coordinating Committee established and executing its appropriate mandate
- Number and type of nutrition priority research studies conducted and disseminated among relevant nutrition stakeholders
- Number of agencies and institutions making decisions based on empirical evidence for nutrition intervention programming and planning
- Number and type of best-practices documented and disseminated for evidence-based programming
- Facilities equipped with facilities for data entry and analysis

Strategic objective 11: To Strengthen coordination and partnerships among the key nutrition actors

- Number of inter- and intra-sectoral coordination meetings held at all levels
- Number of functional nutrition coordination committees in place and executing their mandates at all levels
- Number of new partners supporting nutrition activities at all levels
- Proportion of counties integrating nutrition priorities in their county plans
- % of the resource mobilized for nutrition activities from government and partners against the budget activities

Outcome indicators:

Strategic Objective 1: To improve the nutritional status of women of reproductive age (15-49 years)

- % reduction of Vitamin A deficiency among women of reproductive age
- % reduction of iron deficiency among women of reproductive age
- % reduction of iodine deficiency among women of reproductive age
- % reduction of overweight and obesity among women of reproductive age
- % reduction of zinc deficiency among women of reproductive age
- % reduction underweight among women of reproductive age

Strategic Objective 2: To improve the nutritional status of children under 5 years of age

- % reduction of children <5 years with malnutrition (stunting, wasting, underweight, obesity)
- % reduction of children < 5 years who are micronutrient deficient (iron, vitamin A, zinc, iodine)

Strategic Objective 3: To reduce the prevalence of micronutrient deficiencies in the population

- Decreased prevalence of micronutrients deficiencies
- Decreased prevalence of Vitamin A deficiency by 5%
- Decreased prevalence of iron deficiency by 10%
- Decreased prevalence of iodine (goiter rate) deficiency by 1%
- Increase in the population knowledge on micronutrient deficiency and curative and preventive measures

Strategic objective 4: To prevent deterioration of nutritional status and save lives of vulnerable groups in emergencies
- Improved nutritional status of populations in emergencies
- Reduced morbidity and mortality of the affected population

Strategic objective 5: To improve access to quality curative nutrition services

- Proportion of population accessing curative nutrition services

Strategic objective 6: Halt and reverse the prevalence of diet related non communicable diseases

- % reduction of incidences of noncommunicable diseases
- % of population screened for noncommunicable diseases
- % reduction of population prevalence rates for obesity and overweight
- % of population with normal range BMI
- % of households consuming diversified diets

Strategic objective 7: To improve nutrition in schools, public and private institutions

- % of pupils in Primary Schools with adequate nutrition status
- % population in public institutions with adequate nutrition status

Strategic objective 8: To improve nutrition knowledge attitudes and practices among the population

- % of population adopting healthy diets and lifestyle

Strategic objective 9: To strengthen the nutrition surveillance, monitoring and evaluation systems

- % health facilities nationwide conveying accurate and complete monitoring data to central level
- # of core nutrition indicators included in HIS, NMEF, MTEF planning and budgeting framework
- Coordination and information exchange strengthened among nutrition stakeholders

Strategic objective 10: To enhance evidence-based decision-making through research

- Evidence based nutrition interventions planned and programmed

Strategic objective 11: To Strengthen coordination and partnerships among the key nutrition actors

- Increased human, financial and material resources allocation by government and partners to support nutrition activities
Policy topics:

- Stunting in children 0-5 yrs
- Wasting in children 0-5 years
- Underweight in children 0-5 years
- Underweight in women
- Anaemia in women 15-49 yrs
- Iodine deficiency disorders
- Vitamin A deficiency
- Minimum acceptable diet
- Overweight in children 0-5 yrs
- Overweight in adolescents
- Growth monitoring and promotion
- Breastfeeding promotion/counselling
- Baby-friendly Hospital Initiative (BFHI)
- International Code of Marketing of Breast-milk Substitutes
- Maternity protection
- Complementary feeding promotion/counselling
- School-based health and nutrition programmes
- Nutrition in the school curriculum
- Provision of school meals / School feeding programme
- Media campaigns on healthy diets and nutrition
- Nutrition counselling on healthy diets
- Micronutrient supplementation
- Micronutrient powder for home fortification
- Nutrition education
• Food distribution/supplementation for prevention of acute malnutrition
• HIV/AIDS and nutrition

**Partners in policy implementation**

- **Government**
  - Nutrition council
  - Health
  - Food and agriculture
  - Women, children, families
  - Social welfare
  - Trade
  - Information
  - Other
  
  - Details:
    
    Ministry of Public Health and Sanitation, Ministry of Fisheries, Ministry of Livestock Development, County Health Management Committee, Kenya National Bureau of Statistics, Nutrition Interagency Coordinating Committee (NICC) and technical working groups (national level), Food and Nutrition Security Secretariats (county and ward level), Ministry of Gender, Children and Social Development

- **Research / Academia**
  
  - Details:
    
    Kenya Industrial Research and Development Institute, Kenya Medical Research Institute

- **Private Sector**
  
  - Details:
    
    Kenya Private Sector Alliance

- **Other**
  
  - Details:
    
    Media, Kenya National Fortification Alliance

**Links**