The Uganda Food and Nutrition Policy

Goals

Goals, objectives or targets related to nutrition:

2. THE FOOD AND NUTRITION POLICY

2.2 Overall Policy Goal

The overall goal of the UFNP is to ensure food security and adequate nutrition for all the people in Uganda, for their health as well as their social and economic well-being.

2.2.1 Policy Objective

The overall objective of the policy is to promote the nutritional status of the people of Uganda through multi-sectoral and coordinated interventions that focus on food security, improved nutrition and increased incomes.

2.2.2 Key specific objectives

These are to:

(i) to ensure availability, accessibility, affordability of food in the quantities and qualities sufficient to satisfy the dietary needs of individuals sustainably;

(ii) to promote good nutrition of all the population;

(iii) to incorporate food and nutrition issues in the national, district, sub-county and sectoral development plans;

(iv) to ensure that nutrition education and training is incorporated in formal and informal training in order to improve the knowledge and attitudes for behavioural change of communities in food and nutrition-related matters;

(v) to ensure food and income security at household, sub-county, district and national levels for improving the nutrition as well as the socio-economic status of the population;

(vi) to monitor the food and nutrition situation in the country;

(vii) to create an effective mechanism for multi-sectoral co-ordination and advocacy for food and nutrition;

(viii) to promote the formulation and/or review of appropriate policies, laws and standards for food security and nutrition;

(ix) to ensure a healthy environment and good sanitation in the entire food chain system;

(x) to safeguard the health of personnel associated with agricultural chemicals, food processing inputs and products, consumers and any other third parties likely to be affected;
(xi) to promote gender-sensitive technologies and programmes;
(xii) to achieve maximum production with minimum effort; and
(xiii) to promote technologies that are user-friendly to people with disability.

3.7 Nutrition
3.7.1 Goal
The goal of the Government is to improve and promote the nutritional status of the population to a level that is consistent with good health.
3.7.2 Specific objectives
(i) to significantly reduce macro-and micro-nutrient malnutrition, especially among children.
(ii) to reduce under-nutrition among adolescents and women of reproductive age;
(iii) to reduce the incidence of low birth weight;
(iv) to encourage and support women exclusively to breast-feed their babies up to six months of age and to continue breast-feeding while giving appropriate complementary foods up to 2 years;
(v) to promote and support optimum infant and young child feeding practices;
(vi) to eliminate micro-nutrient deficiency disorders with particular emphasis on:
  ? Vitamin A deficiency;
  ? Iodine deficiency disorders; and,
  ? Iron deficiency anaemia;
(vii) to prevent and control chronic nutrition-related non-communicable diseases;
(viii) to promote optimal nutritional standards in institutions; and
(ix) to promote optimum nutrition for people living with HIV/AIDS.

3.10 Gender, Food and Nutrition
3.10.1 Goal
The goal of Government in the area of gender, food and nutrition is to ensure that both men and women achieve optimal nutrition status through improved food security and nutrition, taking into account their reproductive and productive roles in the food chain and in nutrition.
3.10.2 Specific objectives
(i) to promote the nutrition status of women in light of their reproductive and productive roles in society;
(ii) to ensure good nutrition status of men;
(iii) to promote access to maternal and child health services; and
(iv) to ensure that men and women have sufficient time and knowledge to take care of their nutrition needs as well as those of their families.

3.11 Food, Nutrition and Surveillance
3.11.1 Goal
The Government’s goal in the area of food and nutrition surveillance is to have a monitoring system in place that will provide timely information that will be used to stabilise the food and nutrition situation in the country.
3.11.2 Specific objectives
(i) to ensure that relevant personnel have knowledge and skills in data collection, analysis and utilisation of information;
(ii) to monitor and evaluate the food supply and demand conditions; and
(iii) to strengthen systems for providing early warning information on the food and nutrition situation.

### Strategies

#### Strategies and activities related to nutrition:

2. THE FOOD AND NUTRITION POLICY

2.4 Strategies

2.4.1 creating a mechanism to ensure that the entire food chain, from food production to consumption, is efficiently managed within the overall development strategy; through building capacities at all levels (households, communities, local councils, sub-counties, district levels) for adequate action to improve household food security;

2.4.2 establishing the UFNC as a statutory body that will co-ordinate food and nutrition programmes at the national level;

2.4.3 integrating food and nutrition issues at local governments and lower administrative units;

2.4.4 applying the life-cycle of poverty and malnutrition approach in developing nutrition and health strategies and action plans;

2.4.5 developing appropriate nutrition curricula and training materials for the education and training of different development workers in formal institutions and at the local level;

2.4.6 mobilising resources to support food and nutrition programmes at the national and local levels;

2.4.7 enforcing regulations that safeguard the health of personnel handling agricultural inputs and by-products, as well as third parties likely to be affected;

2.4.8 enforcing environmental protection regulations that apply to the food chain;

2.4.9 supporting, promoting and guiding the establishment of national food reserves;

2.4.10 formulating and/or reviewing policies, guidelines, legislation, regulations and standards relating to food and nutrition;

2.4.11 establishing a national food and nutrition training centre;

2.4.12 developing human resources that will provide professional guidance in food and nutrition at the centre and throughout the districts; and

2.4.13 collaborating with line ministries and government departments, local and international Non-Government Organisations (NGOs) and the private sector in the implementation of the policy.

3.7 Nutrition

3.7.3 Strategies

This goal and these objectives shall be realised through:

(i) establishing and strengthening community-based systems for implementing nutrition interventions;

(ii) creating awareness and mobilising communities for better nutrition at all levels;

(iii) developing and maintaining an effective and efficient nutrition monitoring system;

(iv) encouraging improvement in the quality of diets for mothers during their reproductive period;

(v) developing nutrition communication strategies to facilitate behavioural change for better nutrition practices in the community;

(vi) instituting measures that will enable mothers to continue breast-feeding during early post-partum period and at places of work including protection of maternity leave.

(vii) making legislation and enforcement for regulations for marketing of breast milk substitutes and iodised salt.

(viii) promoting the use of local produce in manufacturing appropriate weaning foods;

(ix) disseminating information on prevention, early detection and control of chronic non-communicable nutrition-related disorders;
(x) developing and maintaining a nutrition data bank for planning, monitoring and surveillance;
(xi) developing and implementing specific intervention programmes for the control of common macro- and micro-nutrient deficiencies;
(xii) providing food and micro-nutrients supplementation to the most vulnerable population groups;
(xiii) fortifying some commonly-used foods with recommended micro-nutrients;
(xiv) incorporating nutrition management in the care of HIV/AIDS patients; and
(xv) providing effective therapeutic feeding for sick and malnourished children.

3.10 Gender, Food and Nutrition

3.10.3 Strategies

(i) ensuring availability and access to an adequate and nutritious diet throughout a person’s life;
(ii) ensuring that employers and employees in both public and private sectors comply with maternity leave laws; and
(iii) encouraging the provision of facilities for breast-feeding and care of infants at places of work and in the community.
(iv) ensuring that employees get adequate meals at places of work.

3.11 Food, Nutrition and Surveillance

3.11.3 Strategies

This goal and these objectives shall be achieved through:

(i) establishing sentinel sites for the collection of data on food and nutrition;
(ii) training relevant personnel and communities in data management for improving their food and nutrition situation;
(iii) publishing and disseminating regular reports on the food and nutrition situation at all levels;
(iv) providing timely information on food and nutrition for rational decision-making at all levels;
(v) establishing a co-ordinated national food and nutrition information network; and
(vi) maintaining an effective weather monitoring system covering sub-county, district and national levels.
• Maternal, infant and young child nutrition
• Breastfeeding promotion/counselling
• International Code of Marketing of Breast-milk Substitutes
• Maternity protection
• Nutrition in schools
• Nutrition in the school curriculum
• School gardens
• Promotion of healthy diet and prevention of obesity and diet-related NCDs
• Nutrition counselling on healthy diets
• Vitamin and mineral nutrition
• Micronutrient supplementation
• Food fortification
• Food vehicles (i.e. types of fortified foods)
• Acute malnutrition
• Food distribution/supplementation for prevention of acute malnutrition
• Nutrition and infectious disease
• HIV/AIDS and nutrition
• Nutrition sensitive actions
• Food security and agriculture
• Health related

Partners in policy implementation
• Government
  o Development
  o Education and research
  o Food and agriculture
  o Health
  o Other
  o Trade
  o Details: more

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    Research/academia: Makerere University

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