National Nutrition Policy

Goals

Goals, objectives or targets related to nutrition:

General objective: The general objective of the national nutrition policy is to improve the nutritional status of the Rwandan people.

Specific objectives:
- Promote practices favorable to the improvement of the nutritional status
- Reduce the prevalence of diseases linked to nutritional deficiencies and excesses
- Prevent mother-to-child transmission of HIV through appropriate breastfeeding and infant and young child feeding practices
- Assure adequate treatment of malnutrition due to nutritional deficiencies and excesses
- Provide nutritional care and support for people living with HIV/AIDS

Expected outcomes and the link to the Millennium Development Goals:

Goal 1: Reduce poverty and hungry
? The prevalence rate of protein-energy malnutrition in under five of age children is reduced from 45% to 30% for stunting, 22% to 15% for underweight, 4% to 2% for wasting.

Goal 2: Ensure primary education
? The prevalence rate of anemia is reduced by from 56% to 37% in children and from 33% to 22% in women.
? Iodine Deficiency Disorders are eliminated from 26% to less than 5% of total goiter.

Goal 3: Reduce Infant Mortality
? Increase the proportion of women exclusively breastfeeding for the first 6 months with optimal complementary feeding up to 24 months from 17,4% to 60%.
? Reduce Vitamin A deficiency in children under five from 25% to 5% in children under five years.

Goal 4: Reduce Maternal Mortality
? Reduce Vitamin A deficiency (night blindness) in pregnant women from 7% to less than 1%.
? Reduce the prevalence of anemia in pregnant women from 33% to 22%.

Goal 5: Combat HIV/AIDS and other diseases
Nutritional support is provided to PLWA and other vulnerable people.

Nutrition related chronic diseases are prevented.

Strategies

Strategies and activities related to nutrition:

Strategies for nutrition improvement:

1. Reinforcement of the political commitment
2. Promotion of optimal infant and young child feeding
3. Scaling up of community-based nutrition programs
4. Food Fortification
5. Promotion of household food security
6. Prevention and management of malnutrition and related diseases
7. Nutritional support to PLWHA and their families
8. Communication for behavior change

M&E Indicators

M&E Indicators related to nutrition:

Monitoring and evaluation:

To ensure effective implementation of planned activities, monitoring and evaluation is essential in all development programs. In addition, periodic evaluations are necessary for establishing level of objective achievement.

In order to follow up implementation of nutrition programs, data will be collected regularly at the health center and community level. In addition, other opportunities for nationwide surveys will be identified and utilized (MICS, EDST, EICV, etc).

Nutritional surveys and epidemiologic surveillance will be conducted regularly, with appropriate indicators, to evaluate the progress and impact of nutritional interventions.

Operational research will also be carried out to address specific problems identified during the implementation of nutritional activities.

To prevent nutritional emergencies, nutrition unit will reinforce collaboration with all existing structures that collect and analyze bioclimatic, environmental, demographic and agricultural data for early warning and timely intervention measures against disasters that can negatively affect the nutrition.

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Policy topics:

- Stunting in children 0-5 yrs
- Wasting in children 0-5 years
- Underweight in children 0-5 years
- Underweight in women
- Anaemia
- Anaemia in pregnant women
• Anaemia in women 15-49 yrs
• Iodine deficiency disorders
• Vitamin A deficiency
• Breastfeeding - Continued
• Breastfeeding - Exclusive 6 months
• Complementary feeding
• Growth monitoring and promotion
• Breastfeeding promotion/counselling
• Promotion of exclusive breastfeeding for 6 months
• Counselling on infant feeding in the context HIV
• 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
• Monitoring of children’s growth in school
• Media campaigns on healthy diets and nutrition
• Nutrition counselling on healthy diets
• Physical activity and healthy lifestyle
• Vitamin A
• Iodine
• Iron
• Micronutrient supplementation
• Food fortification
• Food grade salt
• Food distribution/supplementation for prevention of acute malnutrition
• Deworming
• HIV/AIDS and nutrition
• Food safety
• Food security and agriculture
• Household food security
• Diarrhoea or ORS
• Family planning (including birth spacing)
• Improved hygiene / handwashing
• Nutrition and malaria
• Vaccination
• Water and sanitation
• Vulnerable groups

**Partners in policy implementation**

- Government
  - Education and research
  - Environment
  - Finance, budget and planning
  - Food and agriculture
  - Health
  - Other
  - Sport
  - Sub-national
  - Transport
  - Women, children, families
  - Trade
  - Industry
  - Details: more
    - Ministry of Education, Science and Technology,
    - Ministry of Land and Environment,
    - Ministry of Finances and Economic Planning,
    - Ministry of Agriculture and Livestock,
    - Ministry of Health,
    - Ministry of Vocational Training and Labor,
    - Rwanda Bureau of Standards,
    - Ministry of Youth,
    - Ministry of Local Government,
    - Ministry of Infrastructure,
    - Ministry of Gender and Family Promotion,
    - Ministry of Trade, Commerce and Industry

- Private Sector
  - Details: more
    - Private Sector Federation

- Other
  - Details: more
    - Rwandan Consumers Association;
    - Nutrition Working Group

**Links**