

Sierra Leone National Food and Nutrition Policy

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Type of policy:[Comprehensive national nutrition policy, strategy or plan](#)

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Goals

Goals, objectives or targets related to nutrition:

Specific Objectives (SO)

- I. To undertake advocacy for policy makers, policy advisors and programme designers at national and district levels on Nutrition issues and its relationship to development.
- II. To actively promote and facilitate adequate household food security (quantity, quality and safety) to satisfy daily dietary needs of the population.
- III. To promote adoption of appropriate feeding practices of households.
- IV. To strengthen preventive measures against nutrition related diseases
- V. To provide curative services to individuals who are either malnourished or present a condition requiring diet therapy.
- VI. To institute nutritional surveillance system for monitoring the food and nutrition situation in the country.
- VII. To promote operational research and periodic surveys into food and nutrition issues
- VIII. To coordinate activities of relevant agencies involved in food and nutrition issues

Strategies

Strategies and activities related to nutrition:

SO1. To undertake advocacy for policy makers, policy advisors and programme designers at national and district levels at national and district levels on Nutrition issues and its relationship to development.

Policy: All relevant organizations should integrate nutrition considerations in programmes and activities

SO2. To actively promote and facilitate adequate household food security (quantity, quality and safety) to satisfy daily dietary needs of the population.

Policy: Small scale farmers should be provided effective support to improve their access to domestic food production and supplies.

SO3. To promote adoption of appropriate feeding practices of households.

Policy:

- a. Protect, promote and support early and exclusive breastfeeding for infants from birth until six months, followed by introduction of nutritious and appropriate complementary foods with continued breastfeeding for up to two years and beyond.
- b. Promote appropriate feeding practices for the family especially pregnant and lactating women at facility and community levels.

SO4. To strengthen preventive measures against nutrition related diseases

Policy: Antenatal, Post natal and the Family Package services should be promoted and introduced at the community level especially through outreach clinics

SO5. To provide curative services to individuals who are either malnourished or present a condition requiring diet therapy.

Policy:

- a. Patients in hospitals should be provided with optimum dietary services to complement their clinical management.
- b. Community-based Management of Acute Malnutrition (CMAM) approach should be integrated into child survival and development initiatives
- c. Supplementary feeding programme should be integrated to ensure continuum of care for malnourished children.

SO6. To institute nutritional surveillance system for monitoring the food and nutrition situation in the country.

Policy: A regular and coordinated food and nutrition system that assists in long term health and development planning, programme management, timely warning and design of intervention programmes should be instituted

SO7. To promote operational research and periodic surveys into food and nutrition issues

Policy: Effective operational research and periodic surveys aimed at improving food security and nutrition should be integrated into programmes of relevant research institutions

SO8. To coordinate activities of relevant agencies involved in food and nutrition issues

Policy: Nutrition Division of the Ministry of Health and Sanitation should ensure that activities to address nutrition issues are reflected in plans of other programmes of the Ministry and implemented in a coordinated manner

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Policy topics:

- Food distribution/supplementation for prevention of acute malnutrition
- Management of moderate acute malnutrition
- Management of severe acute malnutrition
- Vitamin A
- Other B-vitamins
- Iodine
- Iron
- Micronutrient supplementation
- Food fortification
- Wheat flours

- Complementary foods
- Food grade salt
- Growth monitoring and promotion
- Promotion of exclusive breastfeeding for 6 months
- Breastfeeding promotion/counselling
- Baby-friendly Hospital Initiative (BFHI)
- Complementary feeding promotion/counselling
- International Code of Marketing of Breast-milk Substitutes
- Nutrition counselling on healthy diets
- Media campaigns on healthy diets and nutrition
- HIV/AIDS and nutrition
- Food safety
- Food security and agriculture
- Household food security
- Home, school or community gardens
- Water and sanitation
- Vulnerable groups
- Right to food

Partners in policy implementation

- Government
 - Education and research
 - Finance, budget and planning
 - Food and agriculture
 - Health
 - Nutrition council
 - Trade
 - Details: more
Ministry of Education, Youth and Sports (MOEYS), Ministry of Finance, Development and Economic Planning (MOFDEP), Ministry of Agriculture, Forestry and Food Security (MAFFS), Ministry of Marine Resources and Fisheries (MMRF), Ministry of Health and Sanitation, Reproductive and Child Health (RCH) Directorate, Health Coordinating Committee, Nutrition Technical Task Force, Ministry of Trade and Industries (MOTI)
- National NGO(s)
- Private Sector

Links

[1] <https://extranet.who.int/nutrition/gina/sites/default/files/SLE%202009%20National%20Food%20and%20Nutrition%20Policy.pdf>

