National Plan of Action for Nutrition

Goals

Goals, objectives or targets related to nutrition:

Theme1. Assessing, analyzing and monitoring nutrition situations.

Objectives:

1. To strengthen existing institutional capacities for accessing, analyzing, monitoring, evaluating and disseminating data on nutrition situations by conducting the necessary training for personal and providing the needed equipment.
2. To review and strengthen the current nutrition data collection systems and tools such as CHANIS, so as to embrace all the relevant nutrition indicators for more wide-ranging data.
3. To establish modalities of undertaking regular and appropriate monitoring and evaluations of nutrition programs with respect to the nine themes.
4. To ensure that communities participate in the collection of data, assessment and analysis of the nutrition situations within their community by establishing central nutrition data bases at the community, district and national levels.

Theme2. Incorporating nutrition objectives into development programs and policies.

Objectives:

1. To ensure that priority development programs such as agriculture, education and health, have in-built nutrition components.
2. To develop macro-economic policies in national development programs that favour the promotion of food and nutrition components.
3. To develop policies that increase access to food by the vulnerable groups.
4. To promote and sensitize the public and policy-makers on nutrition concerns/issues and considerations.

Theme3. Improving household food security.

Specific Objectives:

1. To enhance food production in all areas of the country to increase the availability of staple foods to meet the country?s needs for internal self-sufficiency, strategic reserves, and export.
2. To promote increases consumption of indigenous and drought resistant food crops and other rare foods by way of and through a
variety of educational and communications campaign strategies.

3. To strengthen research and extension service to promote more production and consumption of affordable food crop varieties (including indigenous food crops).

4. To ensure that all agricultural land is efficiently utilized and developed.

5. To develop and improve an early warning system through which the Government and communities can respond to impending acute food shortage.

6. To reduce pre- and post-harvest food loss through improves extension advice and investment in on-farm storage facilities.

7. To improve access to food by households.

8. Strengthen and promote education on population and development.

9. To strengthen and expand collaboration between GoK, NGOs, private sector, donors and communities in the realization of the household food security objectives.

10. To ensure that the implementation of SAPs includes a social dimension facility to assist targeted vulnerable groups to maintain or improve their access to adequate diets.

11. To promote policies aimed at reducing inequalities in the distribution of income to mitigate the household food security and nutritional problems.

Theme 4. Preventing specific micronutrient deficiencies.

Specific objectives:

1. To establish and document the magnitude and the extent of VAD, IOD, iron, zinc, vitamin D and calcium deficiencies by the year 2000.

2. To promote the production, accessibility and consumption of (indigenous) micronutrient-rich foods country-wide.

3. To promote and strengthen supplementation and fortification of foods with vitamin A, iron and folic acid.

4. To significantly reduce the prevalence rate (if not eliminate) of VAD.

5. To significantly reduce the prevalence (if not eliminate) of IOD problem.

6. To reduce iron deficiency anemia in pregnant women by one third and create a program which addresses anemia in children.

Theme 5. Protecting consumers through improved food quality and safety.

1. To establish an inter-sectoral food surveillance co-ordinating secretariat from the national level to the district level by July 1995.

2. To review the existing regulations governing food quality and safety by statutory boards legally empowered to do so, to keep up with advances of technology and consumer protection/awareness.

3. To carry out regular quality and safety surveillance activities in 50% of relevant areas of food production and consumption by the end of 1996.

4. To intensify implementation and enforcement of existing regulations governing food safety and quality by bodies legally empowered to do so, from below 50% to at least 60% by end of 1996.

5. To inform and educate 50% of food producers, processors, handlers and consumers on food quality and safety aspects by the end of 1996.

Theme 6. Promoting healthy diets and lifestyles.

Objectives:

1. To determine, nationally, the extent/magnitude of the diet-related non-communicable disease.

2. To promote the concept of appropriate diets and healthy lifestyles.
3. To promote research on diet-related non-communicable diseases.

Theme 7. Improving infant and child feeding practices.

Specific Objectives:

1. To increase the rate of exclusive breastfeeding for 4-6 months by 30% by the end of the plan period.
2. To design new strategies to promote nutritional status of infants and young children.
3. To increase the percentage of mothers who are weaning at the right age 4-6 months from current levels by 30%.
4. To assess nationally the current infant and young child feeding practices by the end of the first year.
5. To increase the number of baby friendly hospitals and health facilities in Kenya, practicing all the 14 steps of the national Policy of Infant and Young Child Feeding practices by 50%.

Theme 8. Preventing and managing infectious diseases.

Objectives:

1. To establish, within the first year, a forum which brings together programs tackling health and nutrition issues, to discuss and develop areas of collaboration.
2. To evaluate and review existing curricula in health and non-health training institutions so as to strengthen the nutrition and infectious diseases component for medical students, nurses, nutrition field workers, teachers, community development assistants, other extension workers and community health workers.
3. To increase access to communicable diseases? preventive, promotive and curative health-care, which includes nutritional aspects, at community level.
4. To review the existing clinical management of communicable diseases, HIV/AIDS and nutritional disorders in Kenya and develop guidelines for dietary supplementation and nutritional rehabilitation.
5. To significantly reduce mortality and morbidity due to malaria, DD and ARI through curative, preventive and promotive strategies (including nutrition) and, achieve and maintain a level of 90% immunization resulting in reduced IMR and U5MR.
6. To determine the health and nutritional status of the elderly and the disabled with a view to developing strategies for the control of any deficiencies identified.

Theme 9. Caring for the socio-economically deprived and nutritionally vulnerable groups.

Objectives:

1. To determine the extent and magnitude of malnutrition among the various vulnerable groups.
2. To improve accessibility to health services for the socio-economically deprived and nutritionally vulnerable groups.
3. To reduce the workload of women by improving accessibility to social amenities in rural communities and thereby increase the time allocated to child-caring.
4. To enhance women?s opportunities to control food and resources generated through the food chain activities, and free from mistaken traditional/cultural beliefs.
5. To formulate effective strategies of improving community-based care of the vulnerable groups.

File upload:

Reference:
WHO Global Database on National Nutrition Policies and Programmes
Policy topics:

- Diet-related NCDs
- Breastfeeding
- Breastfeeding - Exclusive 6 months
- Complementary feeding
- International Code of Marketing of Breast-milk Substitutes
- Vitamin A
- Folic acid
- Calcium
- Iodine
- Iron
- Vitamin D
- Zinc
- Food fortification
- Food distribution/supplementation for prevention of acute malnutrition
- Food safety
- Food security and agriculture
- Household food security
- Home, school or community gardens
- HIV/AIDS and nutrition
- Nutrition & infectious disease
- Nutrition and malaria
- Vaccination
- Water and sanitation
- School-based health and nutrition programmes
- Vulnerable groups

Links