



# The Codependence between Nutrition, Resilience and Sustainable Food Systems

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# Why Africa Need a Resilient and Sustainable Food System

☀️ Sustainable and resilient food systems are linked with healthy producers and consumers

☀️ Globally, 1/9 is hungry and 149 M children are stunted:

- Insufficient intake of nutrient-dense foods

☀️ Access to healthy foods in Africa is threatened by:

- high population growth, trade barriers, **climate change**, armed conflicts, and diseases such as Covid-19



# Hunger and Nutritional Status in Africa

- 🌅 **By 2030, Africa will have the highest number of hungry people**
  - About 433 million (from 250 compared to today) ~ 52% of world's total
- 🌅 **Globally, 40% of stunted children (aged < 5 yrs) live in sub-Saharan Africa**
- 🌅 **A healthy and productive workforce is a critical precondition for a resilient and sustainable food system**
- 🌅 **Need to find solutions to perpetual food and nutrition insecurity in Africa**

# Key Barriers to Resilient Food Systems

## 1. Low investment in agricultural RD&E

- Little is spent on R&D by African governments
  - <10% of agricultural budgets
- Underfunding and poor coordination of agriculture extension agencies

## 2. Low use of improved seed varieties or planting materials

- Low adoption rate of improved seed varieties
  - Covers 33-38% of arable land
- Weak extension services

# Key Barriers to Resilient Food Systems

## 3. Extractive production systems and low fertilizer use

- High soil nutrient depletion rates (60Kg/Ha/Yr for 130m Ha) due to:
  - crop production,
  - leaching,
  - erosion
- Low use and uptake of fertilizers

## 4. Recurrent production shocks

- Rising incidence and gravity of climate-change natural disasters
- Rising number of biological disasters e.g., pests such as Fall Armyworm

# Key Barriers to Resilient Food Systems

## 5. Post-harvest losses and limited domestic value addition

- Increased food losses along the value chain
  - US\$48 billion post-harvest loss
- Increased barriers to investments in processing
  - Insufficient quantities of raw materials

## 6. Poor and limited infrastructure & barriers in healthcare systems

- Only 34% of rural Africans live within 2km of an all-season road
- Only 38% of roads in rural Africa are tarred
- Lack of policies for sustainable model in agri-market information systems

# How to Improve Resilience and Sustainability of Food Systems

- 🌅 Promoting specialization and diversification of farm production
- 🌅 Improving investment in research, development and extension
- 🌅 Increasing the use of modern agricultural inputs
- 🌅 Promoting the use of sustainable production system

# How to Improve Resilience and Sustainability of Food Systems

- 🌅 Investing in processing to reduce food loss and waste
- 🌅 Fostering economic access to nutritious foods
- 🌅 Investing more in public health care systems and other non-dietary pathways



# Possible Policy Interventions

## Production pathways

- Invest more in human resources and technical equipment
- Invest more in local agricultural RD&E
- Promote use of nutrient rich crop varieties
- Promote sustainable production practices
- Invest more in developing livestock and fisheries sector

## Post-harvest, processing & distribution pathways

- Invest more in public infrastructure and appropriate technologies
- Adopt E-Commerce by domestic food suppliers
- Foster compulsory nutrition labelling, awareness campaigns and nutrition education

## Other pathways

- Invest more in public health care systems
- Promote women empowerment
- Adopt and expand school/hospital feeding programs

**Chapter 6** in **Africa Agriculture Status Report 2021**. A Decade of Action: Building Sustainable and Resilient Food Systems in Africa (Issue 9). Nairobi, Kenya: Alliance for a Green Revolution in Africa (AGRA).



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