



Improved Nutrition:

An Opportunity to Change Zambia's Future

Core Nutrition Interventions¹

For women of reproductive age and during pregnancy:

1. Folic acid supplement
2. Iron and iron-folate supplementation
3. Multiple micronutrient supplementation
4. Calcium supplementation
5. Iodine through iodination of salt
6. Maternal supplementation with balanced energy protein

In newborns and infants:

1. Delayed cord clamping
2. Neonatal vitamin K administration
3. Vitamin A supplementation
4. Kangaroo mother care for promotion of breastfeeding and care of preterm and infants who are small for gestational age
5. Early detection of malnutrition; integrated management of severe acute malnutrition

NUTRITION IS A VITAL INVESTMENT IN ZAMBIA'S HEALTH

The first 1,000 days of a child's life is the most vital time for establishing proper nutrition and impacts a child's ability to grow and learn.

In Zambia, 45% of children under five years of age suffer from chronic malnutrition, also known as stunting. Caused by an insufficient intake of nutrients over time, stunting during the 1,000 day period from a mother's pregnancy until her child's 2nd birthday can lead to lifelong and irreversible impacts on health and development. These impacts include impaired brain development, stunted growth, and lost earning potential later in life. Its effects are irreversible, but with sufficient investment in a few core interventions, stunting can be prevented.

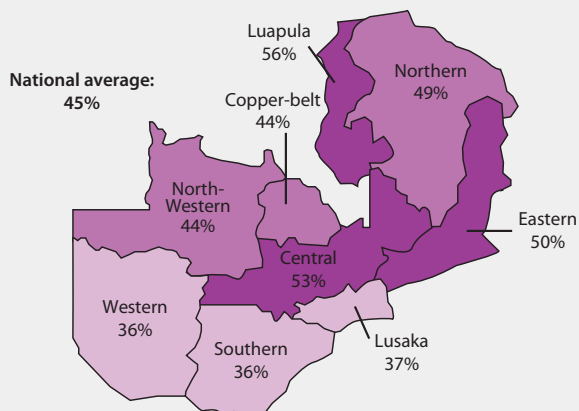
NUTRITION IS A VITAL INVESTMENT IN ZAMBIA'S ECONOMY

Investments in nutrition can help break the cycle of poverty by supporting the physical and cognitive development that will help children do better in school, earn higher wages, and achieve greater physical strength as adults. In fact, evidence shows that malnutrition and related conditions decrease country GDP by at least 2-3% annually.² Every USD 1 invested in nutrition generates up to the equivalent of USD 138 (748 ZMW) in better health and increased productivity.³

ZAMBIA COMMITTED TO NUTRITION FOR GROWTH

The Zambian government was one of the first to sign on to the Scaling Up Nutrition (SUN) Movement, a country-led movement bringing together organizations across sectors to support national plans to scale up nutrition. At the Nutrition for Growth summit, Zambia set a visionary goal to reduce stunting by 50% over 10 years.⁴ This ambitious goal will require consistent investment; it is therefore vital that Zambia meet or exceed its commitment of a 20% increase annually in financial commitments to nutrition budget lines.

When Zambia makes the 20% increased commitment as pledged at the Nutrition for Growth summit, it can expect estimated savings of up to USD 27.95 billion (153.45 billion ZMW) from a total investment that is only an estimated 3% of the national budget.



Distribution of stunting in Zambia

Stunting is a serious issue in Zambia, with high burdens in urban areas, and even higher rates in less urban areas of the country.⁵ An equitable approach to ending stunting in Zambia means reaching everyone, regardless of where they live.



An Investment in Nutrition is the Foundation for strengthening all investments in health & development⁶



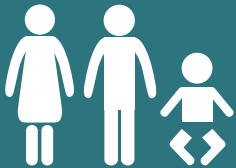
Girls and women that are well-nourished
have healthy newborn babies.



Babies that receive proper nutrition from the start
develop strong bodies and minds, are better able to
fight disease, and achieve more in school.



Children that achieve more in school increase
their earning potential as adults.



Adults that earn more can better
support their families.



Families that break the cycle of poverty contribute
to building productive, stable communities, and
support national economic development.

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