

#### 4.6 Coordination

There is inadequate multi sector coordination mechanism for accountability and tracking of nutrition improvement. Investment in the nutrition of women improves household nutrition and overall health and development of the people. Counties have developed Nutrition Action Plans while others have not. Without plans, there will be inconsistency in nutrition funding.

##### 4.6.1 Programmes and surveys undertaken

There are programmes implemented by all the sectors influencing nutrition. Mapping on schedules and types of nutrition surveys with a view of standardizing methods of measurement for consistent tracking of nutrition progress to inform the KNAP.

#### 5. Conclusion

There have been initiatives to increase food production and availability though inadequate storage and preservation facilities are provided. The review revealed inadequate access to food by low income households in informal urban and rural areas. There are internal quality assurance mechanisms that are complemented by regulatory measures to ensure compliance of food standards though the regulators that include nutritionists and dieticians, agriculture extension and public health officers are inadequate. There is no nutrition specific communication strategy for visibility and dissemination of nutrition interventions. There are inadequate supporting infrastructure to enable vulnerable groups participate in food production and facilitate their access to foods. Inadequacy in the structure for multi sector coordination and convening of meetings for accountability and progressive monitoring of national progress on nutrition indicators hampers improved nutrition.

#### 6. Recommendations

- Increased investment to curb post- harvest losses.
- Strengthening initiatives of improving small holder incomes.
- Promote smallholder farming to improve rural incomes.
- Increase preservation facilities for perishables.
- Increase workforce of nutritionists, public health and agriculture extension officers.
- Nutrition advocacy social mobilization and communication strategy for structured nutrition education integration in service delivery initiatives by ministers.
- Strengthening access to production devices and access to markets for participation of people with disability.
- Institutionalizing a regulatory framework for coordinated nutrition interventions.
- Nutrition financing by Counties using nutrition code created by treasury.



GOVERNMENT OF KENYA

Follow us on: [@NIPFNKENYA](https://twitter.com/NIPFNKENYA)

Visit us at: <http://nipfn.kippra.or.ke>

You can access the full report on:  
<https://nipfn.kippra.or.ke/publications/>  
and  
[https://www.knbs.or.ke/?page\\_id=3142](https://www.knbs.or.ke/?page_id=3142)



Funded By European Union



Foreign &  
Commonwealth  
Office

BILL & MELINDA  
GATES foundation



NIPFN

National Information  
Platform for Food  
Security and Nutrition

## Review of Policies on Food Security & Nutrition and the Use of Evidence in Improving Human Nutrition in Kenya



# Review of Policies on Food Security & Nutrition and the Use of Evidence in Improving Human Nutrition in Kenya

## 1. INTRODUCTION

Global initiatives are geared towards accelerating the addressing of immediate, underlying and basic causes of malnutrition through expansion of the political, economic, social and technological space for nutrition interventions. There is evidence that developing policies that provide for coordinated multisector and multi-stakeholder engagement in addressing the socio-determinants of malnutrition would sustainably improve nutrition. Kenya is a signatory to World Health resolutions and Sustainable Development Goals (SDGs). Kenya Nutrition Action Plan (KNAP) is the overarching framework for coordinated multisector nutrition interventions in 19 key result areas. A review of food security and nutrition policies was done to identify gaps in implementation with the objective of refining nutrition interventions for better outcomes and strengthened coordination.

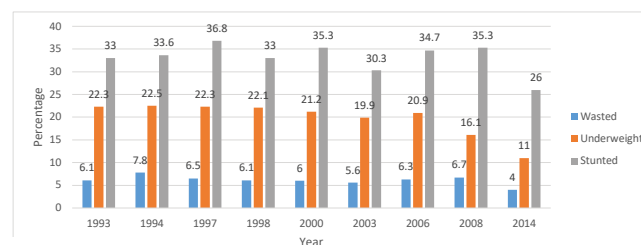
## 2. METHODOLOGY

A desk review of 48 policies, and 14 legislative and 7 regulatory frameworks on food security and nutrition was done from prioritized sectors considering the significance of nutrition in existing documents and content analysis. A framework developed on thematic areas was used for review and was informed by United Nations International Child Emergency Fund (UNICEF) 1990 conceptual framework on malnutrition.

## 3. STATUS OF FOOD SECURITY AND NUTRITION

Food security and nutrition are indicators of access to food by the population. The status of food security is determined by availability, access, utilization and stability. Food security is affected by drought, recent desert locust invasions and currently the covid-19 pandemic predisposing populations to food insecurity. Despite the efforts made by the government overtime to address food security and nutrition from early 1980s, the country still faces higher levels of malnutrition as indicated in Figure 3.1.

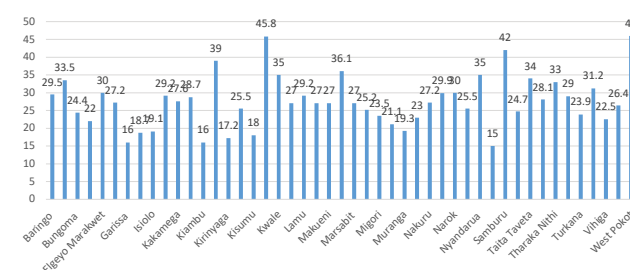
Figure 3.1: Trends in Country Malnutrition of Children 1993–2014



Source: GoK, Kenya Demographic Health Survey

Further, stunting varies across counties with some counties like West Pokot and Kitui rate being at 46 percent which is almost 1.8 times the national average of 26 percent among other counties as indicated in Figure 3.2.

Figure 3.2: Distribution of stunting rates across counties in Kenya



Source: GoK, Kenya Demographic Health Survey

## 4. FOOD SECURITY AND NUTRITION POLICY ISSUES AND GAPS

Food security can be attained by ensuring national availability of food that can be accessed by households for nourishment. Food availability at national and households influence utilization. Production and availability are explained below.

### 4.1 Food production

Policy frameworks have supported increased access to production enablers that include farm inputs and hybrid quality seed that are accessible with quality assured to prevent pest and disease through research to promote production. Small holder farmers produce the bulk of food. Market stability for food products is assured by proper management of subsidy to allow importation of deficits while ensuring good prices for local producers.

Food availability is to be ensured by implementing post-harvest losses strategy that intend to halve the losses by 2025 through increased access to preservation facilities and by pre-processing initiatives. Maintaining strategic reserves of food and cash stocks and planning for emergency nutrition requirements demonstrate the available foods for enhancing food security. The food balance sheet (FBS) reflects the pattern of a country's food supply providing information on food availability in relation to supply and utilization requirements.

### 4.2 Access to Food

Food access refers to a state where households and individuals in those households have adequate resources to obtain diverse foods for proper nutrition that is dependent on level of household resources, that is labour, capital and knowledge as well as food prices. Nutrition security depends on non-food factors such as satisfactory health and hygiene conditions and social practices that affects utilization of nutrients by the body. There are policies promoting crop diversification and biofortification in ensuring access to food.

Efficiency in the various levels in the food chain is necessary for enhanced access. With increased urbanization, the demand of food may not be met by fresh produce thus manufacturing promotes access to foods. Improved transport services allow mobility of produce for processing and facilitates marketing to attain competitive prices. Households consumption behaviour is shaped by the state of food security, market prices and income levels. Culture influence intra household food access.

### 4.3. Food Safety Standards and Quality Control

Food safety are all measures applied through the food value chain from production, processing, distribution, storage, processing, display to ensure it does not harm the consumer when it is prepared and/ or eaten according to its intended use. Market surveillance and inspection at markets and at Points of Entry ensure safety of food.

### 4.4 Nutrition awareness, promotion, improvement, and environment

Nutrition awareness and promotion is a deliberate continuous engagement of the population. Nutrition education through curriculum development and training to learners, caregivers and parents instills culture of adopting healthy nutritious diets.

### 4.5 Vulnerable Groups

Vulnerable groups are people who are likely to suffer adverse effects in the event of food insecurity in comparison to the general population and may include children, pregnant women, elderly and /or people with disability among others.