

# **Policy Overview**

## **Integrating health, nutrition and food security: Making the case**

**Donna J. Barry, NP, MPH**  
**Advocacy & Policy Manager**  
**October 12, 2007**



# Why no sea change?

- 1<sup>st</sup> versus 3<sup>rd</sup> world standards
- Nimbleness & Funding
- Scope
- Players

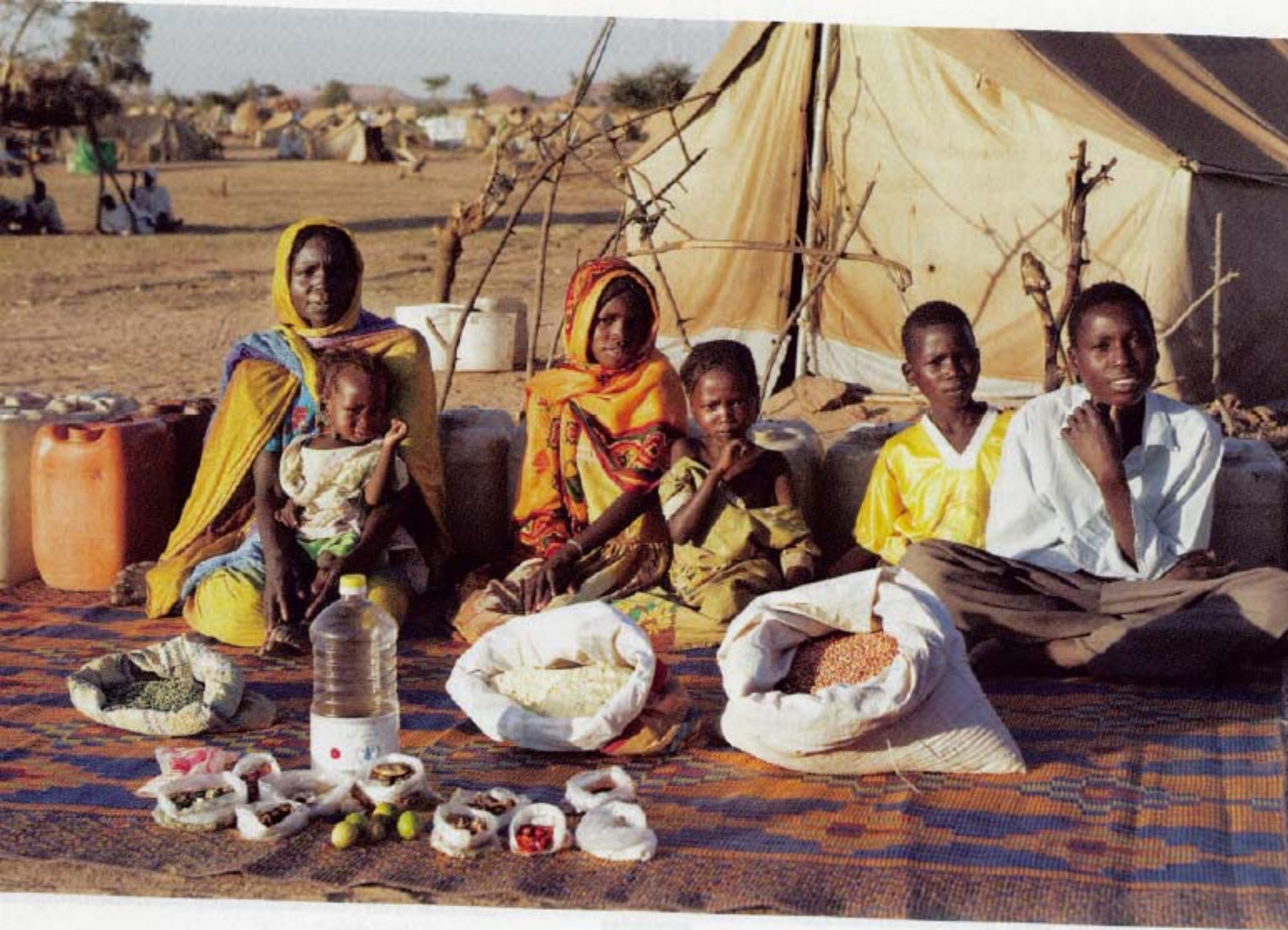


**Have we set the bar too low?**

**“more rice and beans for  
the poor”**





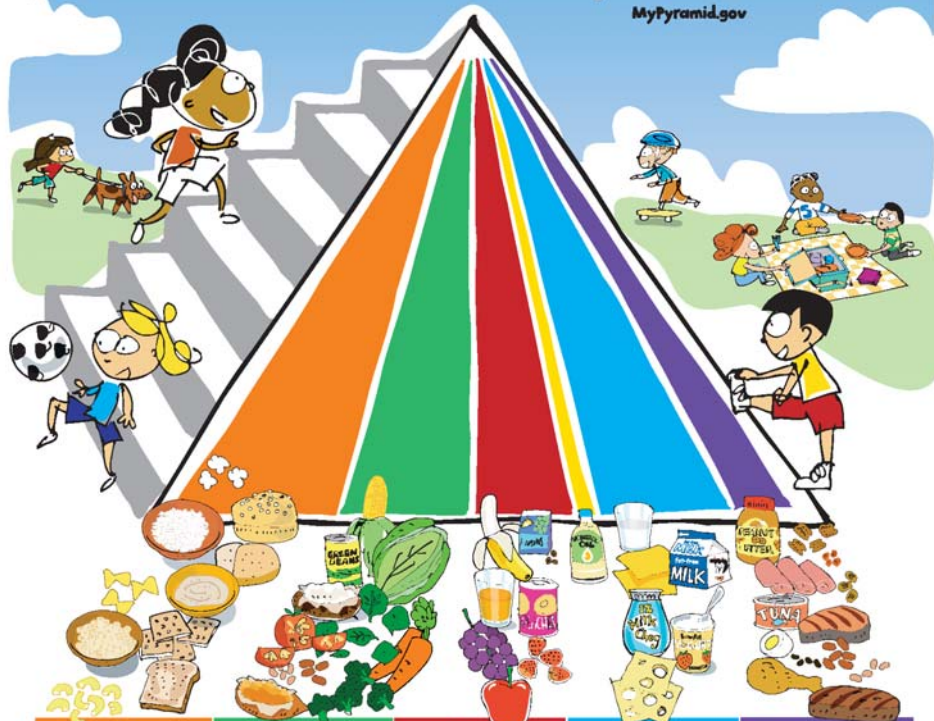


# MyPyramid

For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



<b>Grains</b> Make half your grains whole	<b>Vegetables</b> Vary your veggies	<b>Fruits</b> Focus on fruits	<b>Milk</b> Get your calcium-rich foods	<b>Meat &amp; Beans</b> Go lean with protein
<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats – sweet and delicious. Go easy on juice and make sure it's 100%.</p>	<p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>
<p>For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to <a href="http://MyPyramid.gov">MyPyramid.gov</a></p>				
<p><b>Eat 6 oz. every day;</b> at least half should be whole</p>	<p><b>Eat 2 1/2 cups every day</b></p>	<p><b>Eat 1 1/2 cups every day</b></p>	<p><b>Get 3 cups every day;</b> for kids ages 2 to 8, it's 2 cups</p>	<p><b>Eat 5 oz. every day</b></p>
<p><b>Oils</b> Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.</p>				
<p><b>Find your balance between food and fun</b></p> <ul style="list-style-type: none"> <li>Move more. Aim for at least 60 minutes everyday, or most days.</li> <li>Walk, dance, bike, rollerblade – it all counts. How great is that!</li> </ul>		<p><b>Fats and Sugars — know your limits</b></p> <ul style="list-style-type: none"> <li>Get your fat facts and sugar smarts from the Nutrition Facts label.</li> <li>Limit solid fats as well as foods that contain them.</li> <li>Choose food and beverages low in added sugars and other caloric sweeteners.</li> </ul>		



# USDA Thrifty Food Plan, 2006

- 2001-2002 NHANES
- individuals in low-income households consumed 4,152 different foods in a day (n=3,527)
- created TFP market basket



# USDA Thrifty Food Plan, 2006

- RDA, Als and AMDRs

**Table 6. Percentage distribution of food groups in the Thrifty Food Plan market baskets for reference family, 2006**

	Children		Males	Females
	6-8 years	9-11 years	19-50 years	19-50 years
<b>Total pounds per week</b>	<b>23.59</b>	<b>33.65</b>	<b>39.86</b>	<b>33.51</b>
	<i>Percent total pounds per week</i>			
Grains	10	8	11	8
Vegetables	22	29	23	22
Fruits	20	17	21	17
Milk products	33	35	29	34
Meat and beans	10	8	10	13
Other foods <sup>1</sup>	6	3	6	6

<sup>1</sup>Fats, oils, sweets, for example.

Note: The numbers are rounded; thus, when summed, they may not equal 100 percent.

## Household Size Allotment

1	\$152
2	\$278
3	\$399
4	\$506
5	\$601
6	\$722
7	\$798
8	\$912
9	\$1,026
10	\$1,140

*Each Additional Member +114  
Effective Oct. 1, 2005 to Sept. 30,  
2006.*

<http://www.hhsc.state.tx.us/programs/TexasWorks/foodstamp.html>



# Food basket estimates

- 5-person household with 1 HIV+ member
  - .66 per day
  - \$116-120 per 6 months
- \$50 annual cost of food security (UNICEF)



# Nimbleness and Funding

- HIV/AIDS Lens?
  - GFATM
  - PEPFAR
- HCW shortage, FP/RH, MCH/CS
- Need more money to reduce hunger – untied to other programs



# Nimbleness and Funding

- USG Support
  - \$\$ to/through other programs to decrease iron triangle



# Players

- Google search: all food, no health
- Conference attendees
- Speaking same language
- Pharma, Agribusiness, Fertilizer





# U.S. Food Aid

Time to Get It Right



A PUBLICATION OF  
**INSTITUTE FOR AGRICULTURE AND TRADE POLICY**  
TRADE AND GLOBAL GOVERNANCE PROGRAM



# IATP Report, 2005

- Transition to untied, cash-based food aid
- Phase out sales of food aid
- Impose strict limits on in-kind food aid
- Protect and promote people's right to food
- Protect and promote individual country's right to determine their food security strategy



# IATP Report, 2005

- Invest in agriculture
- Establish strong and enforceable multilateral guidelines
- Establish a system of regional reserves
- Establish supportive multilateral trade rules on food aid
- Implement the Marrakech Decision for least developed and net food-importing developing countries



# A review of nutrition and food security approaches in HIV and AIDS programmes in Eastern and Southern Africa

Dora Panagides<sup>1</sup>, Rick Graciano<sup>2</sup>, Peter Atekyereza<sup>3</sup>, Lilia Gerberg<sup>4</sup>  
and Mickey Chopra<sup>5</sup>

1 Helen Keller International Africa Regional Office, Senegal

2 Helen Keller International Asia-Pacific Regional Office, Cambodia

3 Makerere University, Uganda

4 Congressional Hunger Center, United States of America

5 Medical Research Council of South Africa, South Africa



Medical Research Council of South Africa,  
University of the Western Cape  
In the  
Regional Network for Equity in Health in  
East and Southern Africa (EQUINET)

**EQUINET DISCUSSION PAPER NUMBER 48**

May 2007



With support from SIDA (Sweden)

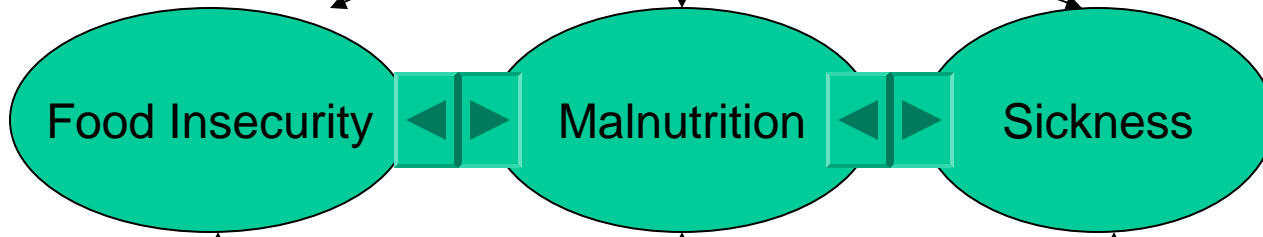


# Policy Implications

- Working with different stakeholders (players)
- Giving a greater voice to local communities
  - service providers & users
  - governments and citizens
- Strengthening service provision at CHW level
- Capacity development for managing and monitoring comprehensive interventions



Developmental Challenges  
(inappropriate policies, lack investment, shocks etc)



Conditional  
Cash Transfers

New seeds;  
Fertilizer  
subsidy

Food supplmt.;  
Fortification

Nutrition and  
health educatn.

Hand-washing;  
Excl. BF;  
Risky behavior

Bed-nets;  
De-worming



# Scope

Individual  
Household  
Village  
Town  
City  
County  
Province  
State  
Country  
Continent  
Transnational

