

Mainstreaming Nutrition in Public Development Bank Investments

Learning Webinar

AgriPDB Platform

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Presented by:

Beatrice Ekesa-Onyango (PhD)
Lead Global Technical Specialist
- Nutrition



Nutrition Key Concepts

- **Nutrition is about diets, not just food quantity.** It depends on the quality, diversity, and safety of what people consume.
- Good nutrition requires adequate intake of **energy/macronutrients** (carbohydrates, proteins, fats) and essential **micronutrients** (vitamins and minerals).
- **Malnutrition has multiple forms.** It includes undernutrition, micronutrient deficiencies, and overweight and obesity.
- **Nutrition is influenced by multiple factors.** Including food intake, health status, care practices, and the surrounding environment.
- Good nutrition supports **cognitive development, productivity, and economic growth**
- **Food environments shape dietary choices.** Availability, affordability, and desirability influence what people eat.



Why Nutrition Matters for Development Finance?


• **Adults** who are overweight/obese are at major risk of developing a broad range of chronic diseases (e.g. diabetes, hypertension, etc.)

• **Children** who are poorly nourished (1000 days) are likely to be stunted, have lower mental capacity and limited opportunities in life

Malnutrition limits human capital and economic development, causing lower work productivity, lower earning capacity and reduced national economic growth

• **Adolescents** who are stunted have reduced physical labour capacities and lower educational attainments

• **Mothers** who are poorly nourished are more likely to have complications in pregnancy and to give birth to low-birth weight infants



Poverty and Nutrition are intrinsically intertwined

Why Nutrition Matters for Development Finance?

Highlights from SOFI Report 2025

- **2.6 billion people** unable to afford a healthy diet in 2024, with an increase in LIC and LMIC (except India) over the last 5 years.
 - **23.2% of children remain stunted**, a proportion still above pre-pandemic levels. highest in Africa (30.3%), followed by Asia (23.3%) and Latin America (12.4%).
 - **Anaemia in women** aged 15 to 49 years shows no improvement or an increase in prevalence in nearly all regions, **rising globally** from 27.6 in 2012 to 30.7% in 2023.
 - Prevalence of **adult obesity** keeps rising, from 12.1% in 2012 to 15.8% in 2022.
- All forms of malnutrition are a reality in countries where IFAD works
 - Increasing food security and nutrition security is **a long-term solution**: the lives of millions of people can be vastly improved through investments in nutrition embedded in small-scale agriculture and inclusive rural development.
 - **Good nutrition is an investment** in economic and social development: investing in scaling up high-impact nutrition interventions yields a return of **\$23 for every \$1 spent** (WB, 2024).



Strategies: Nutrition-sensitive vs. Nutrition-specific interventions

Nutrition specific

Curing Malnutrition (not addressed by IFAD):

- Management of acute malnutrition
- Promotion of breastfeeding practices
- Micronutrient and vitamin supplementation
- Complementary feeding



Nutrition Specific Actions

Immediate determinants

Underlying determinants

Nutrition Sensitive Approaches

Enabling determinants

Malnutrition:
Stunting,
Wasting,
Micronutrient
Deficiency,
Obesity &
Overweight

Diets

Care

FOOD:

Age-appropriate, nutrient-rich foods, safe drinking water and food security

PRACTICES:
Age-appropriate eating practices, adequate food preparation, food consumption and hygiene practices

SERVICES:
Adequate nutrition, health, education, sanitation and social protection services, with healthy food environments for healthy diets

RESOURCES:
Sufficient resources – including environmental, financial, social and human resources –

NORMS:
Positive social and cultural norm and actions

GOVERNANCE

Nutrition sensitive

Preventing Malnutrition (addressed by IFAD):

- Promoting gender equality, adolescent girls and women's empowerment through nutrition interventions
- Integrated Homestead Food Production
- Food production for own consumption and local markets
- Food storage, processing and marketing
- Behavior change communication and targeted nutrition education
- Environment and climate change
- Water and sanitation
- Policy dialogue and coordination

What is Nutrition Sensitive Agriculture

- **A** concept that expands the scope of the agri-food system to a system encompassing all elements from input delivery, production of food to distribution networks, storage, processing, retail and utilization including consumption with a special view to nutrition.



IFAD Approach to NSA

Nutrition Lens

- Apply nutrition across all investments areas eg; **rural finance, agricultural VCs, livestock, Climate fin, Infrastructure...**

Entry Points

- Assets and inputs
- Food production
- Post-harvest
- Trade and marketing
- Preparation and consumption
- Income

Nutrition Pathways

- Production Pathway
- Income Pathway

Improved Nutrition Outcomes

- Healthy diets,
- Better nutrition

Nutrition Sensitive Agriculture – entry points

Agrobiodiversity and Diversified, Safe Food Production

- Invest in production of diverse, nutrient-rich foods (fruits, vegs, biofortified crops, NUS)
- Ensure sustainable management of land, water, and biodiversity. Greenhouses, plastic tunnels for all year cultivation
- Irrigation, water saving technologies for better yield + WASH
- Intercropping, agroforestry, mixed farming (livestock and aquaculture/fisheries systems)
- Promotion of climate resilient, high yielding, disease resistant varieties that support ecosystem and nutrition

Processing, Trade, and Marketing of Nutritious Foods

- Improved storage, transportation, processing and packaging for better nutrient retention, quality preservation, safety
- Technologies for reducing labour, time promote nutrient enhancement and retention (germination, drying, pickling, dehydration, fermentation)
- Trade: linking small producers to markets; prices monitoring. Marketing: commodity groups, agri-business knowledge centres
- Environmentally and nutrition friendly packaging, nutrition labelling
- Support public procurement of local nutritious food

Growth and Diversification of Incomes

- Support income-generating activities (on- and off-farm)
- Combine income activities with nutrition education and SBCC
- Promote private sector engagement in nutrition-sensitive value chains e.g. MSMEs
- Improve local food availability and stabilize supply chains
- Create employment and entrepreneurship opportunities

Women's and Youth Empowerment

- Promote women's education, resource control, and participation in value chains
- Engage youth in food systems and value chains
- Promote youth involvement in e-marketing and farm-to-school initiatives

Indigenous Peoples' Food Systems

- Promote traditional food sources and practices
- Promote availability and consumption of diverse, local and underutilized species
- Protect Indigenous Peoples' land, resource rights, and food systems

Nutrition knowledge, attitude and practices

Case Study – Climate Change Adaptation and Agribusiness Support Programme (CASP)

An IFAD-funded value chain project in northern Nigeria which focused on increasing incomes and climate resilience for smallholder farmers, particularly women and youth, by enhancing agricultural productivity and establishing reliable linkages to agribusiness markets.

How Nutrition was integrated

- Promoted 3 climate-resilient, nutrient-dense crops (rice, soybean, and groundnut) specifically selected to combat local stunting and micronutrient deficiency (**Agrobiodiversity & Production**)
- The program trained 1,393 farmers in post-production and processing, constructed 68 storage facilities and 68 market units, including grading/weighing units and drying slabs (**NSVC - Processing, Trade**)
- Invested in women-led agribusinesses to increase their control over income and reduce the labor burden (**Women's Empowerment**)
- Combined agribusiness growth with Behavior Change Communication (SBCC) to ensure increased profits are spent on healthy diets rather than ultra-processed foods (**Income & Knowledge**)

Outcome: Improved Food Access & Dietary Quality through

- Participating households increased the proportion of rice consumed from their own production by 8%
- Improved storage extended harvests to last up to one year, while also improving access to nutritious foods and reducing post-harvest losses

Key Takeaways on NSA



Nutrition is a multifaceted challenge requiring multifaceted solution— multi-sector engagement is key.

One-size-fits-all nutrition solutions do not work— context matters.

Integrating nutrition does not mean making projects overly complex or costly—it strengthens impact and effectiveness if it's done properly.

Thank You

Contact

Beatrice Ekesa-Onyango (PhD)

Lead Global Technical Specialist - Nutrition

ECG-OTD

IFAD

be.onyango@ifad.org

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www.ifad.org