

# Food and Nutrition Security in Eastern Shan State

## Opportunities and Challenges

Food insecurity and malnutrition remain a challenge for the poorest and most vulnerable people in rural areas in Eastern Shan State. Among the most affected are women and children with a high malnutrition and child mortality rate.

Limited access to basic health services, low dietary diversity and inadequate hygiene practices are amongst the main causes for malnutrition in that region. In addition, poor income opportunities, difficult access to markets, frequent natural disasters and political unrest hamper improvements towards Food and Nutrition Security.

As studies have pointed out, early childhood nutrition, especially during the first 1000 days (from conception until the age of two), has crucial long-term consequences on cognitive outcomes, educational attainment, adult earnings, chronic morbidity, and premature adult mortality.

Hence, efforts to improve the nutritional status of adolescent girls, women and young children are vital to ensuring long-term national development. Better nutrition will result in improved intellectual capacity, greater economic productivity and lowered risk of non-communicable diseases of the target communities.

## Objective

The objective of the project is to improve the Food and Nutrition Security of vulnerable populations in selected areas in Eastern Shan State, especially women of reproductive age and infants.

Project Name	Food and Nutrition Security in Eastern Shan State, Myanmar
Commissioned by	Federal Ministry of Economic Cooperation and Development (BMZ)
Project Region	Eastern Shan State (Kengtung, Mongphyak and Mongyawng townships)
Political Partner	Ministry of Border Affairs
Other Partners	National and international NGOs and regional government departments (Health, Agriculture, Rural Development)
Duration	Apr. 2015 – Mar. 2018

## Approach

Causes of malnutrition are manifold, and in order to fight it, a multi-sectoral and multi-level approach is required. The project will therefore address three interlinked sectors: health, agriculture as well as water, sanitation and hygiene (WASH).

The project will be aligned with the Myanmar National Action Plan for Food and Nutrition Security (MNAPFNS), a multi-sector national action plan for food and nutrition. Cooperation partners are local and international Non-Government Organisations as well as regional government departments.

Embedded within the Strategy on Transitional Development Assistance of the German government, the project will support short-term gains while laying the foundation for long-term improvements in household welfare.



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## Key Activities

The project focuses on three areas of activities:

### Improving the access to and quality of advisory services with regard to nutrition-relevant basic health services.

Activities in the sector include:

- Awareness campaigns for government and non-government service providers (Health, Agriculture, Border Affairs), as well as target group representatives with regard to the importance of adequate food for the health and development of children, especially in the first 1000 days (from conception until the age of 2 years)
- Trainings of staff of Rural Sub-Health Centres to impart knowledge and good practices of a balanced diet, nutrition-relevant health services as well as hygiene to women of reproductive age
- Trainings of village health volunteers and village committee members as multipliers to support the target population with the preparation of diversified meals (e.g. through cooking demonstrations, provision of energy saving stoves)
- Technical and financial support to the rehabilitation of Rural Sub-Health Centres

### Increasing the diversity of food production in the target areas.

Activities in the sector include:

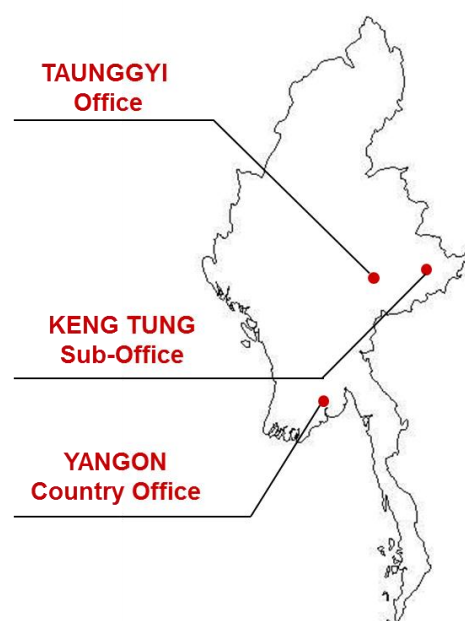
- Provision of technical advice and agricultural inputs to promote the cultivation and utilisation of nutrient-rich crops (e.g. vegetables, beans, pulses, drumstick tree)
- Support of demonstration plots for the cultivation of high quality crops
- Training of smallholder farmers in locally adapted farming methods to diversify their production

## Enhancing drinking water facilities and their maintenance and improving hygiene practices.

Activities in the sector include:

- Technical and financial support of government and non-government partners for the rehabilitation of drinking water systems for all-year use
- Trainings of village health volunteers and members of the village committee as multipliers to support the target population in the use of adequate hygiene practices (e.g. hygienic preparation of food for children, hygiene in the food preparation area, handwashing before meals and after toilet use, use of latrines)

## Project Office Locations



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