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SUPPORT GOVERNMENT IN DEVELOPMENT AND IMPLEMENTATION OF THE NATIONAL FOOD BASED DIETARY GUIDELINES (FBDGS)

March 2022

SDGs:



Country:

Kenya

Project Code:

TCP/KEN/3704

FAO Contribution:

143 000 USD

Duration:

17 October 2018 – 30 September 2021

Contact Info:

FAO Representation in Kenya

FAO-KE@fao.org

Implementing Partners

Ministry of Health; Ministry of Agriculture, Livestock, Fisheries and Co-operatives; and Ministry of Planning and National Development.

Beneficiaries

National and county government, women, girls and children under five years, farmers, fishers, herders.

Country Programming Framework (CPF) Outputs

CPF 2018–2022 - Outcome 1: Supportive policy and investment environment for food and nutrition security and sustainable agricultural development.

CPF 2013-2017 - Outcome 1: Agricultural-based livelihoods and sectors are supported by an enabling policy, strategy and investment environment that promotes equality and inclusivity.

CPF 2013-2017 - Outcome 4: Improved livelihood resilience of targeted, vulnerable populations (including people living with HIV/AIDS [PLWHA], men, women and youth).



BACKGROUND

Kenya is faced with a double burden of malnutrition, including overnutrition and undernutrition. According to the 2014 Kenya Demographic and Health Survey (KDHS), 26 percent of children under the age of five are stunted, 4 percent are wasted, and 11 percent are underweight. The Kenya STEPwise Survey for Non-Communicable Diseases Risk Factors (2015) showed that 28 percent of Kenyans aged 18 to 69 years were either overweight or obese, with the percentage being significantly higher in women (38.5 percent) than men (17.5 percent).

In order to address the above-mentioned nutrition challenges, the Government of Kenya has committed to embarking on a comprehensive nutrition education and behaviour programme to promote healthy diets and lifestyles. As a first step to this, the Government, through the Ministry of Health and other partners, developed the National Guidelines for Healthy Diet and Physical activity, which is expected to culminate in the development of Food-Based Dietary Guidelines (FBDGs).

These guidelines have emerged as an important tool for reaching consumers, and are considered as the basis for developing a comprehensive nutrition education and behaviour change programme. They will also act as a tool for aiding the general population to identify and utilize the locally available nutritious foods, thus improving the feeding patterns of the country's population, which will, in turn, improve the nutrition outcome. Against this background, the project aimed to support the Government in the development of FBDGs, and to contribute to improved nutritional status among different population groups in Kenya, through enhanced access to dietary information for planning and decision-making at national and household level.

IMPACT

Not all the planned project interventions were completed; however, it is expected that those that were carried out will contribute to improving access to dietary information for planning and decision-making at national and household level. This, in turn, will contribute to the goal of improving the nutritional status of Kenyans.

ACHIEVEMENT OF RESULTS

The envisaged outcomes, namely the completion of a National Food Consumption Survey and the development of FBDGs, were not achieved during the project, for reasons explained below. However, FAO supported the Ministry of Health in kickstarting the process by implementing the pre-survey activities of the National Food Consumption Survey during the project. These are ongoing in order to generate tools for the main survey. In addition, the project was instrumental in generating refined food and recipe lists for all regions in Kenya, through a desk review of existing studies on food consumption, expert consultation, and key informant interviews (KIIs). The information produced can be analysed further for decision-making, and can be improved to produce tools for use in the main survey.



The comprehensive desk review of dietary intake data was conducted in order to compile an initial list of comprehensive food and recipe listing of all processed and non-processed individual food and beverage items, recipes of mixed dishes, and fortified brand-level foods consumed by women and children. The output of the desk review informed the expert consultation process, where experts in nutrition and agriculture, drawn from academia, the private sector, Government, and Non-governmental Organizations (NGOs) reviewed the initial Food and Recipe List (FRIL) developed during the desk review process. The outcome of this process was used to guide the development of tools and guides that were used for the in-depth interviews carried out with key informants.

The KIIs were conducted at county level, targeting professional groups selected from county nutrition departments of agriculture and health ministries, as well as community key informants, to confirm, expand and refine the initial food and recipe list. After interviewing participants from 37 representative counties, a final output of 106 comprehensive lists of foods, mixed dishes and their relevant descriptive details was produced. The list will potentially be encountered during the 24-hour dietary recall of the National Food Consumption survey, but will require further refinement, through facilitated group discussions and informal market surveys.

IMPLEMENTATION OF WORK PLAN AND BUDGET

The implementation of project activities, especially field-related work, namely the KIIs, was slowed down by COVID-19-related travel restrictions. Thus, a 12-month no-cost extension was requested and approved, in order to complete these activities.

Following the approval of the Project Document, the government counterpart requested that a food consumption survey be conducted before developing the national FBDGs. The project budget was not sufficient to cover activities related to both the implementation of the food consumption survey and the development of FBDGs; thus, the planned outputs and activities, as outlined in the Project Document, were only partially completed. These will be implemented outside the Technical Cooperation Programme (TCP) project funding. Progress has been made to secure additional funding, and the activities of facilitated group discussions and informal market surveys have begun.

FOLLOW-UP FOR GOVERNMENT ATTENTION

Progress was made in the generation of food consumption information; however, the National Food Consumption Survey is still in its planning phase. Thus, more resources are required to advance the survey. Funding from other sources has been attracted for this next phase.

SUSTAINABILITY

1. Capacity development

The implementation of the project was headed by the Kenya Medical Research Institute (KEMRI), which was mandated by the Government of Kenya to take the lead in the implementation of the National Food Consumption Survey. As mentioned above, activities will continue beyond project closure through funding from other sources.

With regard to partnerships and alliances that will contribute to the project's sustainability, the survey task teams comprise government ministries of health and agriculture, United Nations (UN) agencies (FAO, United Nations Children's Fund [UNICEF]), Scaling Up Nutrition Civil Society Network, academia, and NGOs.

2. Gender equality

The project paid special attention to ensure that all genders were represented in regional and county-level data collection activities, including the expert consultation and KIIs.

3. Environmental sustainability

This cross-cutting area was not applicable to this project.

4. Human Rights-based Approach (HRBA) – in particular Right to Food and Decent Work

The project aimed to generate data on national food consumption patterns, to inform inclusive food and nutrition security programming. The processes used in data collection applied gender consideration, were transparent, and involved county and community participation.

5. Technological sustainability

Mobile telephones were used for data collection, thereby ensuring flexibility and ease of use. With regard to the development of local knowledge, resources and good practices, the process of generating evidence related to local food consumption patterns, to inform programming, is ongoing. The Government is well-equipped to pursue the project activities, in terms of technical capacity.

6. Economic sustainability

Additional funding was provided through the TCP project TCP/INT/3706, “FAO/WHO Global Individual Food consumption data Tool (FAO/WHO GIFT): developing capacities at country level to produce dietary data to support evidence-based policy making to complete pre-survey activities of the national food consumption survey”.

Although the funding made available was not sufficient to complete the task, it has informed the design of future projects, and, as mentioned above, has attracted funding from other sources.



DOCUMENTS AND OUTREACH PRODUCTS

- ❑ **Kenya Medical Research Institute (KEMRI).**
31 December 2021. Refined recipe master list for all counties. 46 pp.
- ❑ **Kenya Medical Research Institute (KEMRI).**
31 December 2021. Refined Food Item master lists for all counties. Date of issue 31 December 2020. 8 pp.

ACHIEVEMENT OF RESULTS - LOGICAL FRAMEWORK

Expected Impact	Contribute towards improved nutritional status of Kenyans		
Outcome	Access to dietary information for planning and decision making at national and household level improved		
	Indicator	<ul style="list-style-type: none"> Minimum Dietary Diversity of Women. Description of the extent to which healthy diets information is integrated in policy instruments and programming. 	
	Baseline	<ul style="list-style-type: none"> TBD. 0. 	
	End Target	<ul style="list-style-type: none"> 50 percent. To a large extent (equiv. to 1). 	
	Comments and follow-up action to be taken	<p>The envisaged outcome was partially achieved. Following the approval of the Project Document, the government counterpart requested that a food consumption survey be conducted before developing the national FBDGs. The project budget was not sufficient to cover activities related to both the implementation of the food consumption survey and the development of the Guidelines, thus the planned outputs and activities, as outlined in the Project Document, were only partially completed.</p> <p>When the pre-survey results are available, the National Food Consumption Survey will be developed. Pre-survey activities of the National Food Consumption Survey are ongoing to generate tools to be used in the main survey. The National Food Consumption Survey will generate dietary information for planning and decision-making at national and household level.</p>	
Output 1	Information on food consumption pre-survey is available for planning of the national food consumption survey		
	Indicators	Target	Achieved
	Final food and recipe list.	0.5	Partially
Baseline	0		
Comments	A refined food and recipe list was developed through a desk review of existing studies on food consumption, expert consultation, and KIIs. The list will be submitted to facilitated group discussions and informal market surveys, to be finalized for use during the National Food Consumption Survey.		
Activity 1.1	Desk Reviews on studies		
	Achieved	Yes	
Activity 1.2	Comments	A comprehensive desk review of dietary intake data was conducted, in order to develop and compile an initial list of comprehensive food and recipe listing of all processed and non-processed individual food and beverage items, recipes of mixed dishes, and fortified brand-level foods consumed by women and children.	
	Achieved	Partially	
Activity 1.3	Comments	KIIs were conducted at county level, targeting professional groups selected from county nutrition departments of agriculture and health ministries, as well as community key informants. A total of 106 KIIs, for both mixed dishes and food items, were conducted in 37 counties of the 47 counties (78%).	
	Achieved	No	
Activity 1.4	Comments	To be implemented outside TCP project funding.	
	Achieved	No	
Activity 1.5	Comments	As above.	
	Achieved	No	
Activity 1.5	Comments	This activity was not achieved, because the subsequent steps following the KIIs are ongoing.	
	Achieved	No	

Output 2	National Food Based Dietary Guideline are available for decision making		
	Indicators	Target	Achieved
	Food based dietary guidelines	1	No
Baseline	0		
Comments	Output 2 was not achieved, for reasons given above. It will be implemented outside TCP project funding.		
Activity 2.1	Key messages review		
	Achieved	No	
	Comments	To be implemented outside TCP project funding.	
Activity 2.2	Pilot testing of protocols		
	Achieved	No	
	Comments	As above.	
Activity 2.3	Food Guide development		
	Achieved	No	
	Comments	As above.	
Activity 2.4	Refinement of FBDG		
	Achieved	No	
	Comments	As above.	
Activity 2.5	Launch of FBDG		
	Achieved	No	
	Comments	As above.	
Output 3	Stakeholders' knowledge on healthy diets and utilization of locally available foods is increased		
	Indicators	Target	Achieved
	N/A	N/A	No
Baseline	N/A		
Comments	Output 3 was not achieved, for reasons given above. It will be implemented outside TCP project funding.		
Activity 3.1	Implementation strategy development		
	Achieved	No	
	Comments	To be implemented outside TCP project funding.	
Activity 3.2	Training Package development		
	Achieved	No	
	Comments	As above.	
Activity 3.3	IEC Materials development		
	Achieved	No	
	Comments	As above.	
Activity 3.4	Nutrition Promotion undertaken		
	Achieved	No	
	Comments	As above.	
Activity 3.5	Community nutrition education training		
	Achieved	No	
	Comments	As above.	
Activity 3.6	Documentation of local recipes		
	Achieved	No	
	Comments	As above.	
Activity 3.7	Private Sector Engagement		
	Achieved	No	
	Comments	As above.	
Activity 3.8	Evaluation of Impact of strategies		
	Achieved	No	
	Comments	As above.	

Partnerships and Outreach

For more information, please contact: Reporting@fao.org

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