

Nutrition-Sensitive Agriculture: Food Based Approach to All Ages



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NUTRITION-SENSITIVE agriculture is a food-based approach to agricultural development that puts nutritionally rich foods and dietary diversity at the heart of overcoming undernutrition, overnutrition and micronutrient deficiencies. Agriculture is already the source of most of the food we consume. Yet many people involved in agriculture do not consume enough food or benefit from a healthy diet. Indeed, although 63 per cent of low-income people worldwide work in agriculture – the overwhelming majority of them on small farms – many are at risk of food and nutrition insecurity. Farmers often must make difficult choices between what they consume and what they sell. Though they may grow nutritious crops and raise livestock, many of them sell most of what they produce, with little or nothing left for household consumption. The primary objective of investing in nutrition-sensitive agriculture and food systems is to ensure that acceptable, diverse, nutritious and safe foods, adequate to meet the dietary needs of people of all ages, are available and affordable at all times. This can mean, for example, introducing good practices that enable year-round access to a variety of nutritious food – either by making sure producers have the resources to produce the right foods for a healthy diet, or by equipping markets to sell a variety of nutritious foods at affordable prices. Empowering women and the impact of agriculture on women’s income is considered significant to nutrition security in households. Classical elements of food and nutrition security are income generation, increasing production, reducing post-harvest losses. Health aspects seen as most relevant in the context of nutrition-sensitive agriculture are; food-associated diseases, water pollution, and health hazards due to the use of chemicals. Of the three pillars of the modified UNICEF model, care has been considered by some studies to be significantly less in the context of nutrition-sensitive agriculture than food security or health.

PROFILE

Evayline Nkirigacha- Miriti completed her PhD from the University of Nairobi Kenya. She is the Chairman of the Department of Foods, Nutrition and Dietetics at Pwani University and also the President of Council of Kenya Nutrition and Dietetics Institute in Kenya. She is a member of the Board of Quality Assurance in Pwani University. She is a member of Association of African Universities. Her work has been published in various peer reviewed journals, including recent publication on risk factors for cardiovascular disease and she has presented in different conferences, including being a guest speaker and a guest lecturer at Seinäjoki University of Applied Sciences in Finland. She has been a keynote speaker at a conference of International Journal of Nutrition and Dietetics Nairobi and most currently presented in an International Nanotechnology conference in Dubai. She is member of editorial Board of International Journal of Nutrition Dietetics and reviewer of several reputed international journals. She is the Chairperson of Pwani University chapter coordinating collaboration of six Universities in Kenya and Bayero University, Kano State Nigeria. She is a professional member of Kenya Nutritionists & Dieticians Institute (KNDI) and the Kenya Society of Agricultural Professionals (KESAP). She is focused on creation of sustainable farm to fork practices and is an ambassador of African green leafy vegetables. She Promotes improvement of nutrition & food security using multi-storey gardens, hanging gardens, and open gardens with various vegetables. She is a consultant of Farmer Field Schools as a master trainer.