



# World Food Programme in Lao PDR

## Nutrition Factsheet

### Overview

In Lao PDR, 44 percent of children under 5 years of age are stunted as a result of a poor diet, often lacking in essential micronutrients, fats and proteins. WFP Lao has been operating a Mother and Child Health and Nutrition (MCHN) Programme since 2012 (piloted in 2011) aimed at preventing stunting in children under 2 years of age by targeting the first 1,000 days of life.

### Programme Coverage

The MCHN programme is implemented in Luang Namtha, Oudomxay and Sekong Provinces based on analysis of several key indicators including malnutrition rates; food insecurity, poverty indicators and existing programmes and partnerships.

### Activities

Ready-to-use Supplementary Foods (RUSFs) are provided:

- at the village level to children from six-months to two years of age to prevent stunting; and
- at health centres to women to improve their nutritional intake during six-months of pregnancy and six-months of breastfeeding.

Rice rations (10 kilos per visit for four ante natal and 2 post natal checkups as well as for delivery) are also provided at Health Centres to encourage pregnant and breastfeeding women to utilize health facilities.

Nutrition training—“Feeding the Future” or FeFu—complements this support and is conducted in villages to teach communities about a healthy diet. FeFu training is delivered as a culturally adapted and interactive training in Lao, Hmong and Akha languages. Participants learn about the causes of malnutrition, the importance of a well-balanced diet and how to maximize use of local food to ensure they get all the nutrients they need. Training is provided at the provincial, district (Training of Trainers) and community levels. FeFu training has also been

provided to School Meals cooks and participants in Food for Assets programmes.

### Sustainability

Technical support is provided to the Lao Government on nutrition capacity development, programme monitoring and management. WFP has been actively supporting the Ministry of Health through joint initiatives across the development sector including the Scaling Up Nutrition (SUN) movement, the UN Joint Programme of Maternal, Neonatal and Child Health and the Multi-Sectoral Food and Nutrition Security Action Plan.

### Results

Parents report that children have put on weight, are less sick and more active since they started eating the RUSF (e.g. Plumpy’Doz). Also, compared to their siblings, new born babies whose mothers took Nutributter had a higher birth weight, were taller and developed motor skills earlier.



(monthly figures for 2014)

### Beneficiary Perspective

“I took the Nutributter provided by WFP during my pregnancy and I felt strong enough to work without any problems and my daughter was born with a healthy weight. I have been feeding her the Plumpy’Doz from WFP since she was six months and she is very active. She is proof of the programme benefits!”  
*Seng, a 24 year old nurse and mother in Oudomxay Province.*

### Funding

Donors: Luxembourg, YUM!Brands, CIDA

### Partners

Ministry of Health, Lao Front for National Construction, Lao Women’s Union, UNFPA, UNICEF and WHO (Joint UN Programme)



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