

MALAWI, August 2008

NUTRITION NUTRITION



Therapeutic and Supplementary Feeding

A high incidence of malnutrition rates in the country prompted the World Food Programme (WFP) to intervene by implementing supplementary and therapeutic feeding programmes.

Therapeutic Feeding (TF)

The Therapeutic Feeding Programme, implemented in partnership with UNICEF and the Ministry of Health, aims at rehabilitating the nutrition status of severely malnourished children under 5 through the provision of nutritious food and medical treatment. WFP also provides food to the children's caretakers to encourage the caretaker to complete the child's full course of treatment. Severely malnourished children are admitted to nutrition rehabilitation units (NRU). Here they are treated on-site, in accordance with Malawi National Guidelines and Protocols of Therapeutic Feeding, with special therapeutic milk provided by UNICEF and fortified food provided by WFP. Food is complemented with systematic treatment such as de-worming, provision of antibiotics, vitamin A, folic acid supplements and treatment of common illnesses, provided by UNICEF and the Ministry of Health.

Supplementary Feeding (SF)

Supplementary feeding improves the nutritional and health status of malnourished pregnant and lactating mothers, and moderately malnourished children under 5 in poor and food-insecure areas. Food aid is given as a nutrition supplement and is combined with training in good health, nutrition and care practices. WFP support contributes to the nutrition rehabilitation of malnourished children, vulnerable women during pregnancy and lactation, and chronically-ill people.

Both therapeutic feeding and supplementary feeding are an integral part of the community-based developmental package in food security, health and nutrition activities aimed at identifying risk factors and underlying causes of malnutrition.

Partners

Government: Ministry of Health;
NGOs: Action Against Hunger, InterAid and Lutheran Mobile Clinic; and
UN agencies: UNICEF and FAO.



Prevalence of Malnutrition in Malawi in under 5 children

- > Wasting: 3.3 percent
- > Severe wasting: 1.6 percent
- > Underweight: 19.4 percent
- > Stunting: 45.9 percent
- > Child mortality rate (under 5 yrs): 133/1000 live births
- > Infant mortality rate (under 1 yr): 72/1000 live births

Objectives of the Nutrition Interventions

- > To treat moderate malnutrition and contribute to reducing the prevalence of severe malnutrition and mortality among children under 5.
- > To provide a continuum of care to children under 5 who are discharged from therapeutic feeding through community-based management of acute malnutrition.
- > To treat severe malnutrition among children under 5 and acute malnutrition among pregnant and lactating women to reduce low birth weight.

Targeted Nutrition Programme (TNP)

The Targeted Nutrition Programme Committee is a sub-committee of the Social Protection Programme which coordinates SF and TF activities.

TNP includes various Government ministries and departments, University of Malawi, UN agencies, donor agencies and various non-governmental organizations (NGOs) that are implementing targeted nutrition activities. TNP Committee is chaired by the Ministry of Health.

Therapeutic Feeding Data

- > 96 centres in Malawi
- > Provided in all 28 districts of Malawi
- > 1 500 severely malnourished children/month
- > 1 500 caretakers/month
- > UNICEF provides therapeutic milk F75 and F100, replacing dry skimmed milk which WFP provided previously.

Daily ration for children:	Daily rate for caretakers:	Cost for child and caretaker:
100 g CSB	900 g maize meal	US\$0.53 per day
15 g vegetable oil	100 g vegetable oil	US\$32 for 2 months (average length of stay)
10 g sugar	75 g pulses	

Supplementary Feeding Data

- > 210 centres in Malawi
- > Provided in all 28 districts of Malawi
- > 18 000 moderately malnourished children per month
- > 6 500 pregnant and lactating mothers per month
- > In supplementary and therapeutic feeding, food is complimented with systematic treatment if needed.

Daily ration for children under 5 and pregnant and lactating women:	Average monthly distribution:	Cost for pregnant or lactating mother or child:
300 g corn soya blend (Likuni Phala)	320 mt CSB	US\$0.15 per day
30 g vegetable oil	32 mt vegetable oil	US\$18 for 4 months (avg. length)

Community Therapeutic Care (CTC)

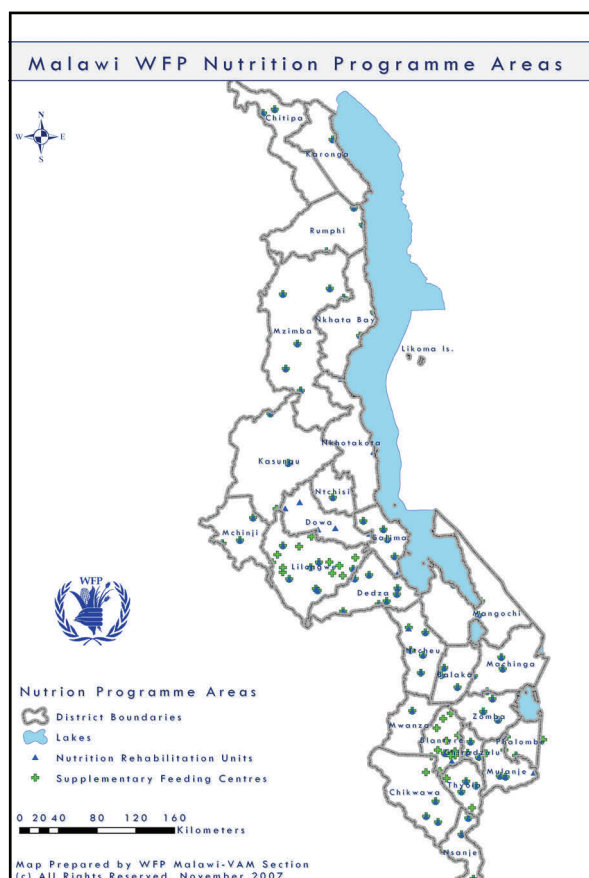
For the past 3 years WFP has been providing the St Louis Project with food for the production of ready-to-use therapeutic food (RUTF). This is known as Plumpynut, which is used at community level for the treatment of severely-malnourished children through the Community Therapeutic Care (CTC) programmes.

Following a recommendation by the Nutrition Appraisal Mission in October 2006, WFP is aligning its supplementary feeding with the community therapeutic care programme in order to complement the activity and provide continued

care. This ensures that all children discharged from outpatient therapeutic care programme (OTP) will be referred to SF for continuum of care.



Mothers and children benefit from TF and SF



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