



Food and Agriculture  
Organization of the  
United Nations

# Agrifood systems pathways to healthy diet: experience from Madagascar

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# Agrifood system pathways to healthy diet approach

## OBJECTIVE OF THE APPROACH

- Support policymakers and stakeholders to identify actions and policies within the agrifood systems to promote healthier diets through multistakeholder consultation.

## STEPWISE APPROACH

1. Conduct a situational analysis to identify key challenges
2. Develop a theory of change from prioritised problems
3. Identify pathways to transformative actions and nutrition-sensitive performance indicators
4. Validate the theory of change and pathways

# AGRIFOOD SYSTEMS FRAMEWORK

EXTERNAL DRIVERS



FOOD SYSTEMS



## SYSTEMS SUPPORTING FOOD PRODUCTION

- Ecosystems
- Human systems
- Energy systems
- Economic systems
- Health systems

## FOOD SUPPLY CHAIN

- Production systems
- Storage and trade
- Packaging and processing
- Retail and marketing

## FOOD ENVIRONMENT

- Availability and physical access
- Affordability
- Acceptability
- Information, guidelines and advertising
- Food quality and safety
- Policy conditions

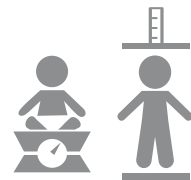
## CONSUMER BEHAVIOUR

- Choosing where and what food to acquire, prepare, cook, store, and eat
- Awareness of impact of choices

## DIETS

- Quantity
- Balance
- Moderation
- Diversity
- Adequacy

KEY OUTCOMES



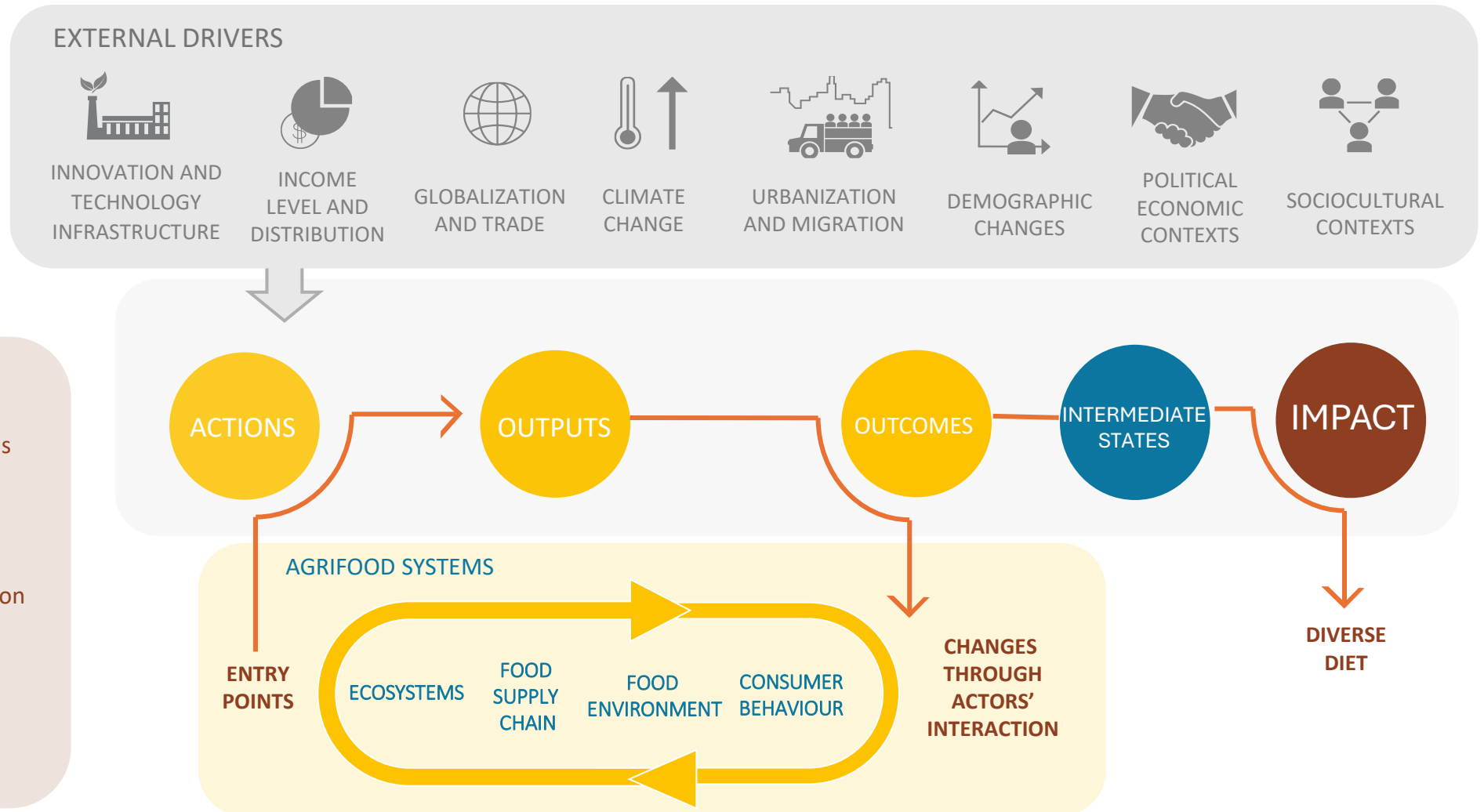
NUTRITION AND HEALTH



ENVIRONMENTAL  
SOCIAL, ECONOMIC

*Neufeld, Lynnette & Hendriks, Sheryl & Hugas, Marta. 2023. Healthy Diet: A Definition for the United Nations Food Systems Summit 2021. 10.1007/978-3-031-15703-5\_3.*

# Agrifood system pathways to healthy diet approach



**Assumptions**

Expectations of conditions for targeted changes

**Trade-offs**

Compromises between options features and option risk evaluation.

**Gaps**

What has to happen to enable expected changes

# Key capacity development and learning materials

E-Learning course  
[EN](#) - [FR](#) - [SP](#)



<https://elearning.fao.org/course/view.php?id=976>

## Publications



Maximizing nutrition in the fisheries and aquaculture using a food systems approach



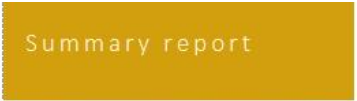
Maximizing nutrition in crop production using a food systems approach



Maximizing nutrition in forestry using a food systems approach



Maximizing nutrition in livestock using a food systems approach



## Agrifood system pathways to healthy diet approach: experience from Madagascar

- FAO project FVC/GLO/217/MUL – Fitovinany region, Madagascar
- Supporting 500 vulnerable smallholder households (children at risk, pregnant and lactating women)
- Use the food system pathways to healthy diet approach and BCA tool to document results and inform scale-up

# Agrifood system pathways to healthy diet approach: experience from Madagascar

## Country

**MADAGASCAR**

## Project

**Enabling healthy diet for the prevention of child wasting in contexts of protracted crises, conflict and/or humanitarian**



## Intervention area

Southeast Madagascar – **Fitovinany Region – Manakara District**

## Background

- **U5 child mortality** (119/1000 live births) in the project region is the **highest of the country**.
- Health, nutrition and dietary related indicators show a **poorer performance compared with national rural prevalences**.

Nutrition status *	Rural	Fitovinany
Stature below 145 cm	8.3	11.2
BMI <18.5	19.1	22.8
BMI ≥ 25.0	11.1	8.4
Anaemia	26.1	40.9

\*Data accessed from UNICEF Child Nutrition Database



### **Project design to better contribute to healthier and more diverse diets for IYCF & PLW**

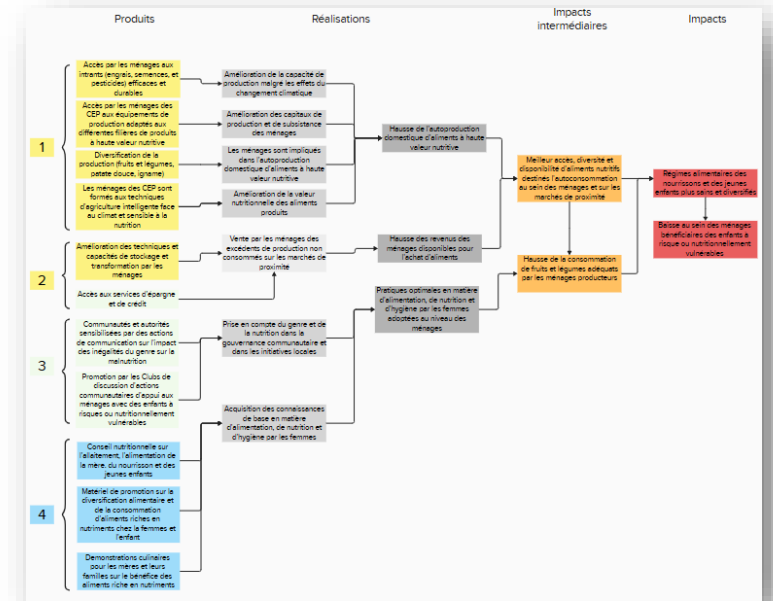
- Uptake of agriculture practices from FFS models to increase availability of selected nutrient-dense plant and animal source foods.
- Development and consumption of locally produced nutrient-dense recipes tailored to the nutritional requirements of the targeted groups and actual consumption.
- Inclusion of gender-related considerations in the design of FFS based on focus-group discussions.

### **Design M&E plan to assess impact on maternal and child dietary patterns**

- IYCF practices with a focus on KAP towards the inclusion of nutrient-dense plant and animal source foods in their daily diets.
- MDD for PLW and IYC with a focus on KAP towards the inclusion of nutrient-dense plant and animal source food in the daily diets.
- Prioritization of gender-related barriers and challenges based on focus-group discussions -challenges affecting decisions on production, income disposal and consumption.

# Agrifood system pathways to healthy diet approach: experience from Madagascar

- We applied FAO's stepwise pathways approach: situation analysis, theory of change, pathways, then BCA.
- **Pathway** was defined:
  - Ecosystems & supply chains (production, storage, processing, markets)
  - Food environment (access to credit, community actions, local markets)
  - Consumer behaviour (knowledge, practices, intra-household food allocation)
- Each subpathway links activities → outputs → outcomes → impacts on diet diversity and wasting



# Agrifood system pathways to healthy diets – Consumer behaviour pathway

