

14 steps to eradicating malnutrition in 15 years
The international community now has a target to end all forms of malnutrition by 2030. Our [expert panel](#) advise how to get there

[Katherine Purvis – The Guardian](#)

1. Make unhealthy food more expensive

Access to cheap, processed food that lacks nutrients is a real issue. In many cases these foods are cheaper and easier to access than healthy nutritious foods. In the UK, there have been campaigns to introduce a sugar tax on drinks and I believe the [Scaling Up Nutrition - Civil Society Alliance in Zambia](#) has been recommending this to the government too. This isn't an outright solution, but making sugary drinks and processed foods more expensive and less attractive to people can make strides towards the SDG. *Joanna Francis, food and nutrition policy officer, [Concern Worldwide](#), London, UK, [@JoannaFrancis](#)*

2. Lobby for more nutrition indicators

The IAEG (the group of UN members states deciding the indicators for the SDG targets) has agreed that childhood wasting and stunting will be added as indicators. Advocacy has ensured that the wasting target will be made meaningful by the highest level of political monitoring, and it will get more attention as a result. Now, we need to push for other nutrition indicators. *Glen Tarman, international advocacy director, [Action Against Hunger](#), London, UK*

3. Embrace partnerships

In 2006, Peru began a child malnutrition initiative and by 2011, stunting had fallen by a third to 20%. Among the poorest children, stunting prevalence declined from 56% to 44%. Peru's success included a coalition of international agencies and NGOs that advocated for a commitment to reducing malnutrition, and a strong governmental commitment – nutrition was under the direct control of the prime minister's office. *Julia Krasevec, statistics and monitoring specialist on nutrition, [UNICEF](#), New York, USA, [@UNICEFData](#)*

4. Share experiences

There is evidence of what works but we need more of the “how”. We also need to facilitate sharing and learning from experience. We started an initiative called [Stories of change in nutrition](#) to highlight the pathways and processes through which individuals and organisations grapple with the realities. *Stuart Gillespie, CEO, [Transform Nutrition](#), IFPRI, Lewes, UK, [@ifpri](#)*

5. Reach out to politicians

At the [2014 SUN Global Gathering](#) parliamentarians said that the nutrition community must engage them more as they pass important decisions for their

people. Parliamentarians need to be equipped with up-to-date information in a format they can understand so that they can be advocates for nutrition. *Boitshepo Bibi, senior nutritionist officer - policy and programmes, [FAO](#), Rome, Italy, [@BibiGiyose](#)*

6. Build resilience to climate change

Women play such a crucial role in children's nutrition yet they are at greater threat from gender-based violence, and are more likely to lose their lives during and after a disaster. This will have huge impacts on food security for them and their children. [Climate change](#) will only exacerbate these disasters so we must build community resilience to prevent setbacks in development and nutrition. *Joanna Francis*

7. Advocate for better data

Data availability is slowly increasing for the WHO targets (stunting, wasting, overweight, breastfeeding and anaemia) but it's not enough. High-income countries especially need to improve as very few of them have comparable data, for example for obesity rates in children under five. Most countries collect this data, but they are, in most cases, not aligned with UN protocols for definitions and collection methods, so the data can't be compared across countries. *Kamilla Eriksen, data analyst, [Global Nutrition Report Secretariat](#), Cambridge, UK, [@EriksenKamilla](#)*

8. Demonstrate links between nutrition and society

Doing anything in the world – business, trade, entertainment – without proper nutrition is like trying to drive a car without proper fuel. When people understand the central role nutrition plays in life, more sectors may get involved in addressing the challenge. *Bruce Lee, director of the [Global Obesity Prevention Center \(GOPC\)](#), Baltimore, MD USA, [@bruce_y_lee](#)*

9. Listen to communities

Let's align research with what communities need and want, and what will be most useful. Some examples of groups already doing this are [Lansa](#), [HarvestPlus](#), and the [Sackler Institute for Nutrition Science](#). *Nabeeha M. Kazi, president and CEO of [Humanitas Global](#) and chair of the [Community for Zero Hunger](#), Washington, DC, [@nabeehakazi](#) [@zhcommunity](#)*

10. Use existing platforms

Schools are the perfect place to reach children and parents or caregivers at the same time. The WHO's [Nutrition Friendly Schools Initiative](#) (NFSI) is looking at how we can improve actions at school level. Workplaces and local stores are also good places to educate people about nutrition. *Nabeeha M. Kazi*

11. Shift to a country-led approach

Countries are still grappling with the challenges of implementing and scaling-up appropriate nutrition actions. To move ahead, we need a more focused, disaggregated approach to address these challenges in key countries. This has to be country-driven and will require better sub-national data, evidence, as well as major long-term investment in strengthening capacities at individual, organisational and system-wide levels. *Stuart Gillespie*

12. Monitor food fortification

We know food fortification works, is cost effective and safe – but only if done properly. We drafted an article on the different factors to consider with [iron fortification](#) for it to be an effective health intervention. It has to be a top priority for donors, policymakers, and implementers to ensure that every step of the process is monitored. *Greg S. Garrett, director of large-scale food fortification, [Gain](#), Geneva, Switzerland, [@gsgarrett](#)*

13. Work with businesses

We have to look at innovative solutions and important actors in the food systems. We will not address malnutrition unless we are able to harness the creative power of the private sector. International and domestic public finance must develop critical infrastructure, provide access to innovative technologies, and build skills and capacities to engage the private sector responsibly. *Divya Mehra, policy officer, [World Food Program](#), Rome, Italy, [@WFP](#)*

14. Work to end conflict

A zero-hunger world cannot be realised without global, national and regional action in wider domains that cause hunger and poor nutrition. We must address the root causes to existing and potential conflicts and work to reduce the impacts of conflicts and violence on people, hunger and undernutrition. This is why SDG 16 on peaceful and inclusive societies should preoccupy us as much as SDG 2. *Glen Tarman*