

## MOZAMBIQUE

### Nutrition situation in Mozambique

#### AT A GLANCE

Mozambique has a population of 33.9 million people<sup>1</sup>, which is projected to grow to 40.9 million by 2030. Despite progress on economic growth, critical levels of stunting continue to persist, affecting more than a third of children under five, with numbers rising due to population growth. Anaemia in women and children is widespread, while overweight and obesity are increasing across the population<sup>2</sup>. Socio-economic disparities are large, disproportionately affecting the northern provinces although considered 'food secure' for its high agricultural potential. These provinces also repeatedly face natural disasters (cyclones and floods)<sup>3</sup>, and security crises due to the volatile context in Cabo Delgado. The dietary diversity is among the lowest in the region

with only 1 in 2 women of reproductive age having minimum dietary diversity<sup>4</sup> and 1 in 10 children 6-23 months with a minimum acceptable diet. Key drivers of poor nutrition include early childbearing in adolescent girls and poor access to health, safe water and sanitation. The precarious underlying determinants of malnutrition (food/health/care) are a concern for the country's already critical nutrition situation, particularly among the poor and vulnerable groups. The human, social and economic costs of malnutrition in Mozambique are unacceptably high, yet preventable. The country loses over 10.9% of GDP each year to child stunting alone<sup>5</sup>. Mozambique has a Gender Inequality Index value of 0.477, ranking at 118 out of 166 countries in 2022.

#### DATA ON ALL FORMS OF MALNUTRITION



The data reported in the 2023 EU Nutrition Country Profiles is drawn from the UNICEF/WHO/World Bank Joint Child Malnutrition Estimates and the Global Nutrition Report (GNR).

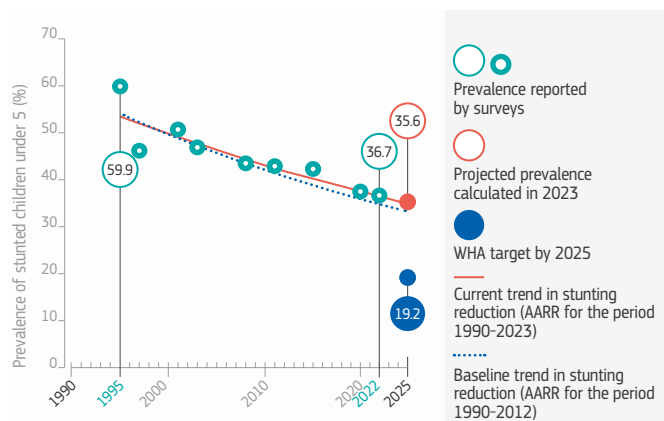
#### NUTRITION GOVERNANCE

- Mozambique joined the Scaling Up Nutrition movement in 2011.
- The national food and nutrition security policy (PESAN) 2024-2030, and the strategy for its implementation, were approved in August 2024 and aim to tackle multiple forms of malnutrition.
- In 2017, the National Council for Food and Nutrition Security (CONSAN) was created. Similar structures are institutionalised at provincial (COPSAN) and district (CODSAN) levels to strengthen subnational coordination and policy dialogue.
- The Technical Secretariat for Food and Nutrition Security (SETSAN) coordinates the PESAN. Food and nutrition security (FNS) is included in most relevant policies e.g agriculture, health, environment, social protection. However, convergence and links with PESAN are limited.
- The last national survey dates back to 2013. Among the Government priorities for 2024 are a new national FNS baseline and the development of a National Food Security and Nutrition Information System (SNISAN) to strengthen coordination, simplify management and sharing of FNS information at all levels.
- Mandatory food fortification is coordinated by the National Committee for Food Fortification in Mozambique.

#### Example of EU support

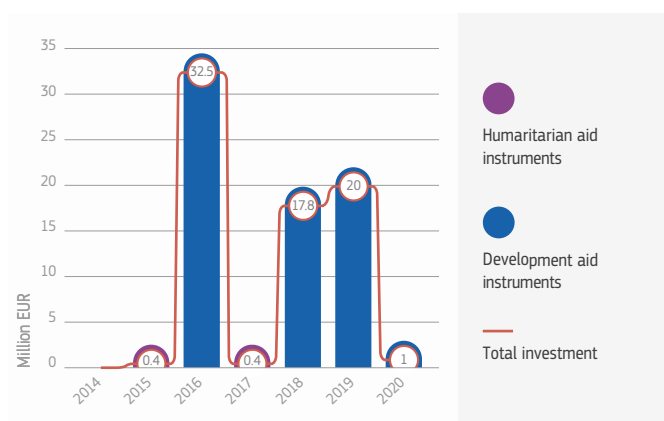
The second phase of the nutrition support programme 'NutriNorte' (2023-2027) builds on the lessons of the final evaluation of 'PROMOVE-Nutrição' (2017-2021) and targets the northern provinces of Nampula and Zambezia expanding its intervention to Cabo Delgado. Under the new programme, the support to the SUN-Civil Society Platform will continue strengthening district-level platforms to lobby and advocate for the nutrition agenda. For instance, the community monitoring tool is proving valuable to monitor progress of the 'nutrition agenda' and to create momentum for a dialogue with local authorities. Also, awareness-raising of Parliamentarians at national level has played an important role to keep the momentum and ensure nutrition is given substantial attention during the legislation process and in budget preparations at all levels.

## Progress on the two EU pledges for nutrition



## TREND, PROJECTION AND TARGETS IN THE PREVALENCE AND NUMBER OF CHILDREN (U5) STUNTED

Although Mozambique has experienced a marked decline in the prevalence of stunting since 1990, the number of stunted children has increased due to population growth. The rate of decline in the number of children stunted has decelerated; if the current rate of decline is maintained, then nearly 2 million children are expected to be stunted in 2025.



## EU FINANCIAL COMMITMENTS TO NUTRITION FROM 2014 TO 2020 – A TOTAL OF EUR 72 MILLION

Under the 11th EDF, a comprehensive package of EU food and nutrition security investments targets Mozambique's two most populous provinces, Zambezia and Nampula, which have some of the worst levels of malnutrition. This offers a real opportunity to improve nutrition across key complementary sectors. The EU has allocated an additional budget of EUR 30 million for the second phase of the nutrition initiative 'NutriNorte', expected to start end of 2023, expanding to new districts and Cabo Delgado province. It will also strengthen the convergence with other nutrition-sensitive agriculture programmes including the ongoing EU-funded rural competitiveness programme (PROMOVE-Agribiz) aimed at supporting smallholders productivity.

At the same time, DG ECHO regularly provides emergency humanitarian aid in the country; under the Humanitarian Implementation Plan 2022 and 2023 nearly EUR 18 million were allocated to food and nutrition assistance to populations affected by insecurity in Northern Mozambique<sup>6</sup>.

## Planning for nutrition 2021-2027

Malnutrition remains a major obstacle to development in Mozambique, and the risks of a worsening nutritional situation are significant where chronic vulnerability and fragility often turn shocks and stresses into humanitarian crises, in addition to security crises in the northern provinces. The significant human and economic costs of malnutrition justify the implementation of coordinated, multi-sectoral policies addressing structural determinants of the various forms of malnutrition.

During the 2021 Nutrition for Growth summit, the Government of Mozambique committed to reduce child stunting to 30% by 2030, in line with PESAN 2023-2030. Nutrition forms part of the 360-degree approach of the EU's Global Gateway. As part of the MIP 2021-27 for Mozambique, the EU is renewing its commitment to nutrition through various areas of intervention, implemented in synergy with the actions of the Member States and focusing on the Northern provinces.

The reduction of malnutrition is a specific objective under the 'Growing Youth' priority area. Building on lessons learned of PROMOVE-Nutriçao (2017-2022), the NutriNorte programme 2023-2027 (EUR 30 million) contributes to scaling up nutrition related integrated packages (health, nutrition, WASH, social and child protection services) to more districts in Nampula and Zambezia and expanding to Cabo Delgado province, in complementarity to ECHO supported actions for both displaced and host communities. Support to strengthening the SUN-Civil Society Platform capacity at national, provincial and district levels aims at enhancing the capacity of civil society to keep nutrition at the top of the political agenda.

The EU with 10 Member States<sup>7</sup> are implementing the Team Europe Initiative 'E-Youth' (EUR 811 million) to support young people develop their knowledge, skills and creativity and become drivers of change. This will help to break the intergenerational cycle of poverty and malnutrition by encouraging girls' empowerment, the integration of girls and women into the labour market and increasing their influence on economic decisions in the household. Similarly, the EU support to the Education Sector Support Fund (EUR 50 million) and an Equity component (EUR 10 million) will adopt an approach targeting schooling (from pre-primary to secondary) while addressing the needs of schools and communities in the most marginalised areas.

Among other actions, AguaNorte (EU contribution EUR 22 million) aims at improving the Access to Water, Sanitation and Hygiene in Northern Mozambique, while ResiNorte (EU contribution EUR 35 million) aims to enhance resilience and accelerate the recovery in the North of Mozambique, including a gender focused action (EUR 5 million) which specifically aims at establishing a protective environment and the resilience of girls, women and youth.

1 - UNDESA [World Population Prospects 2022](#), population estimate July 2023.

2 - Especially in women, with highest prevalence in the Southern provinces and in urban areas, affecting over a third of women (Instituto Nacional de Estatística, 2013).

3 - Fill the Nutrient Gap (WFP, 2018). Two major cyclones in 2019 and floods in early 2020, combined with a significantly below average harvest in 2019.

4 - For women's diet, [Global Diet Quality Project: Mozambique](#) data collected in 2021-2022; for children's diet, DHS 2011.

5 - The Cost of Hunger in Africa (COHA), Mozambique study, 2017.

6 - Data in this section excludes some regional, global and policy/research/information commitments that could not be disaggregated by beneficiary country. The European Commission applied the methodology of the SUN Donor Network for nutrition resource tracking 2014-2020 and the OECD DAC's nutrition policy marker from 2021 onwards. Data for 2022 are preliminary.

7 - Portugal, Italy, Netherlands, Germany, France, Finland, Ireland, Austria, Belgium and Spain.