



Federal Ministry of Health and Social Welfare

Nutrition Department

Adequate Nutrition... Eat Right, Stay Healthy

Strengthening MIYCN in Nigeria: From Policy to Practice

Highlighting Evidence-Based Interventions and Innovations in Nigeria

Presentation at the 55th Scientific Conference and Annual General Meeting of Nutrition Society of Nigeria held at Obi Wali International Conference Centre, Port Harcourt, Rivers State 14- 19 September, 2025

By

Mrs. Ladidi Kuluwa Bako-Aiyegbusi, mni

Director/Head, Nutrition Department

Federal Ministry of Health and Social Welfare



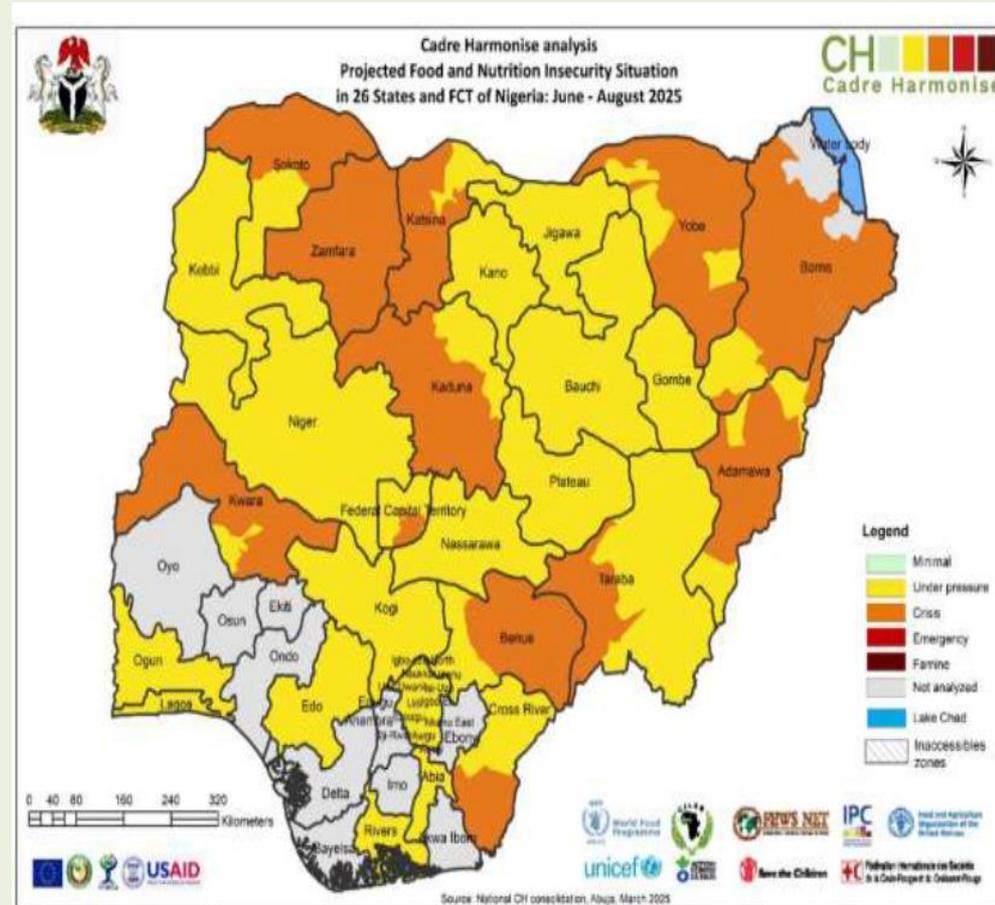
OUTLINE

- Introduction
- Key findings of 2021 NFCMS
- Trends in Nutrition Indices
- Policy documents
- Transition from IYCF to MIYCN
- Innovation in MIYCN program in Nigeria
- Challenges & Recommendations
- Conclusion



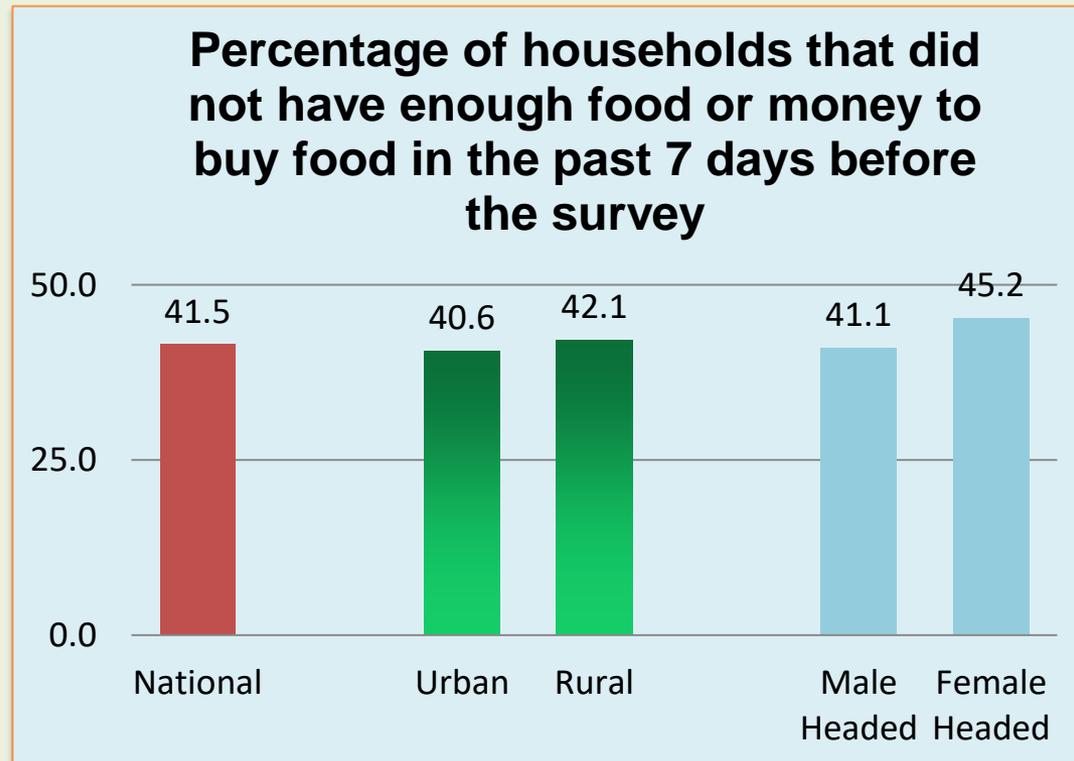
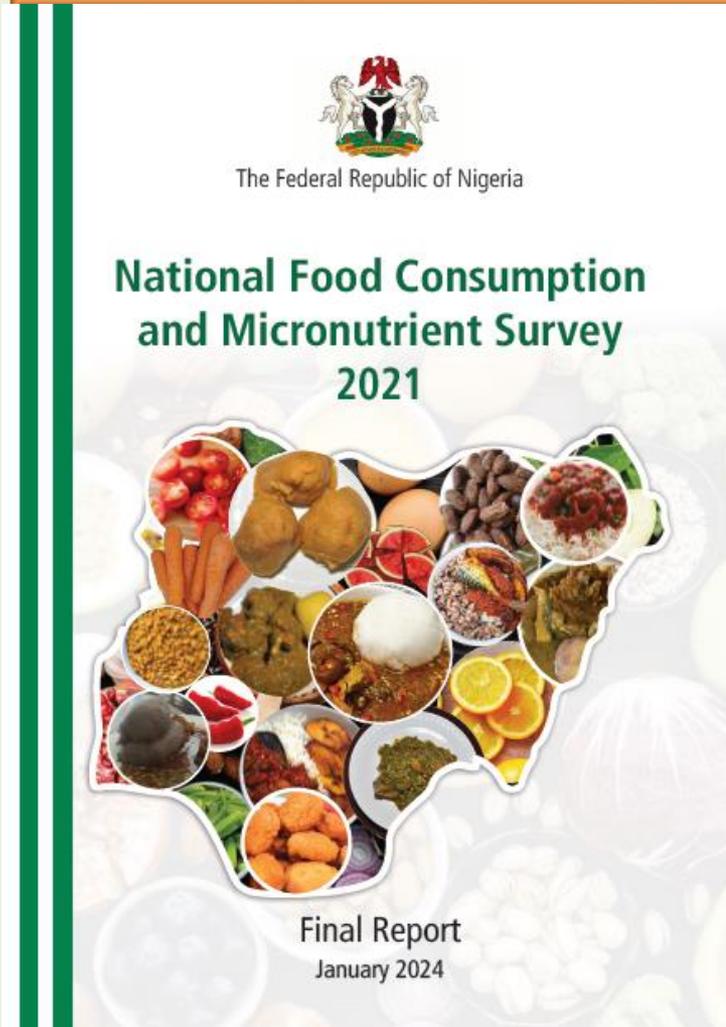
INTRODUCTION

- Currently, Nigeria has the **largest number of food insecure people in the world**
- **31 million people are projected to be hungry (severely food insecure) in 26 states + FCT in Jun-Aug 2025 lean season.**

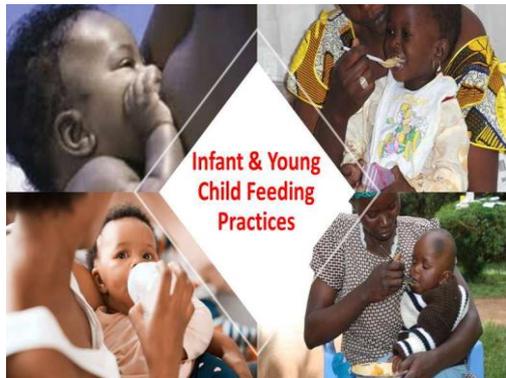




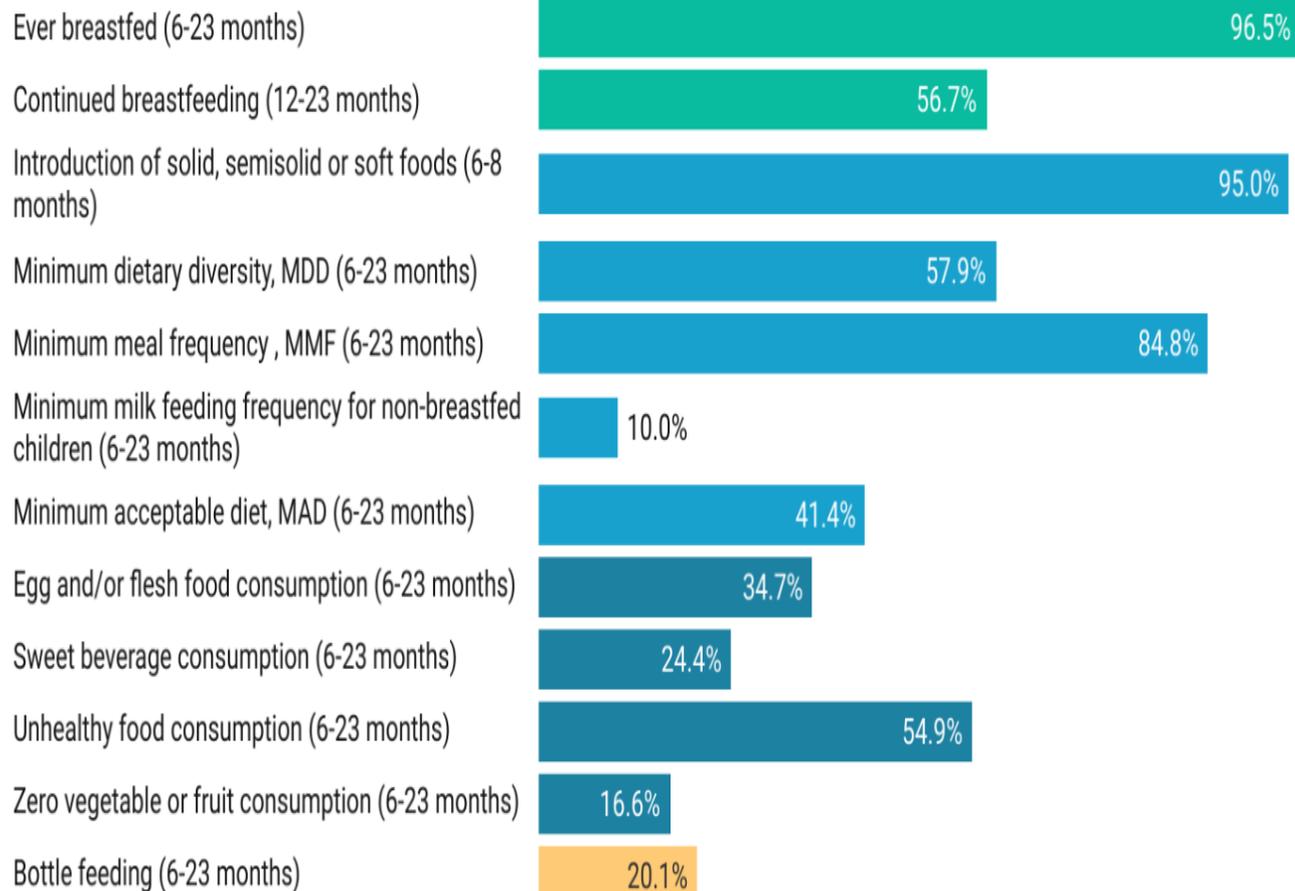
INTRODUCTION



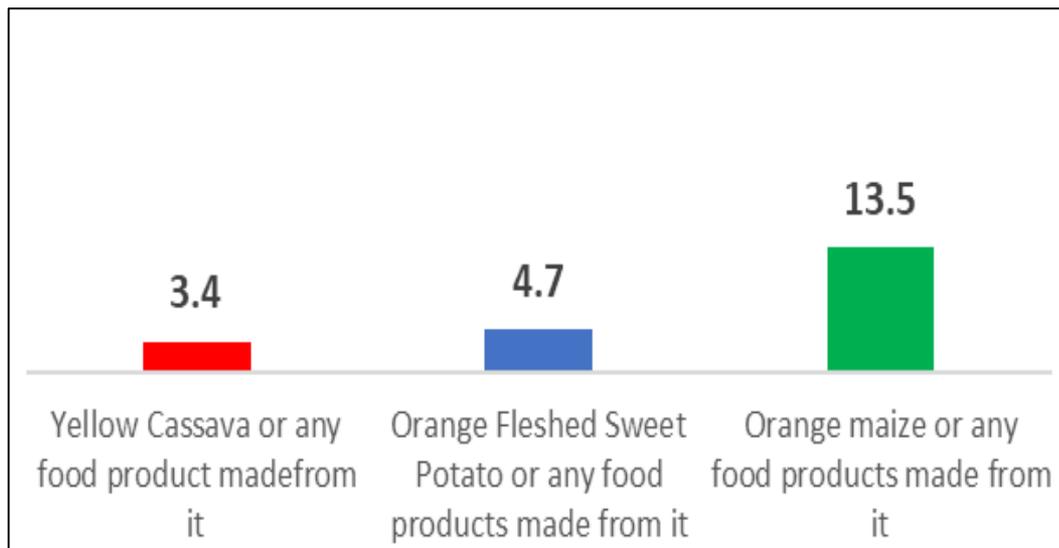
NFCMS: FEEDING PRACTICES



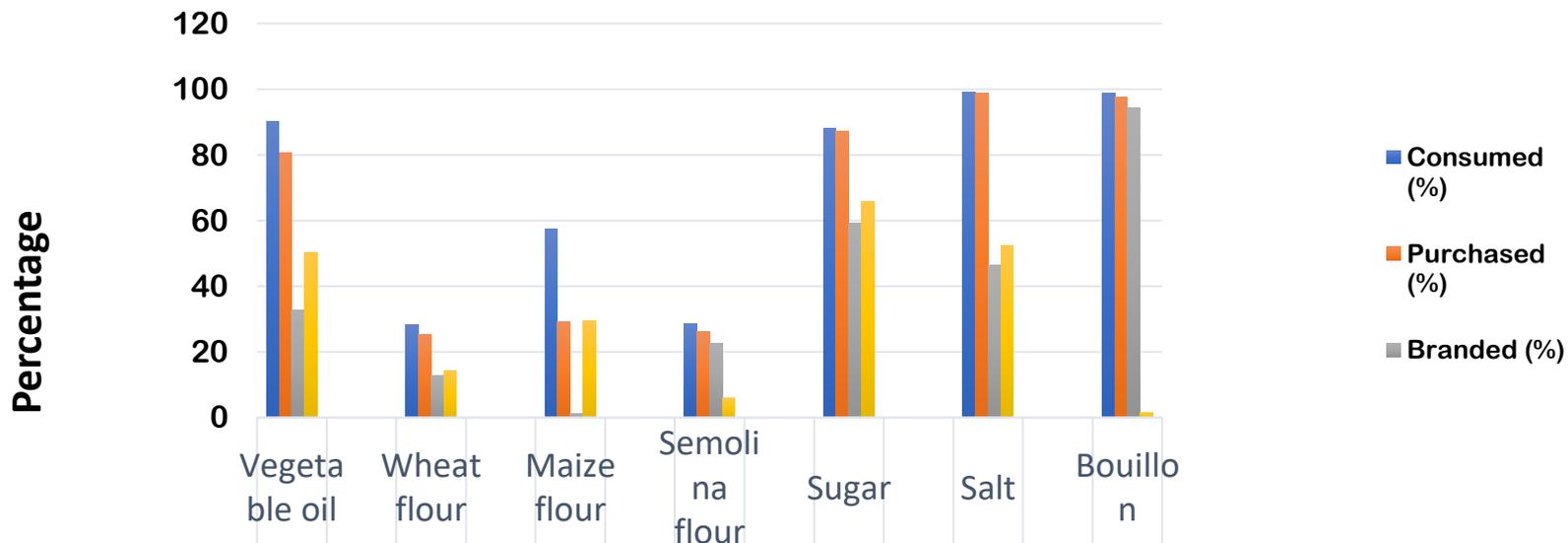
Infant & Young Child Feeding Practices



CONSUMPTION OF BIOFORTIFIED FOODS



CONSUMPTION OF FORTIFIED FOOD VEHICLES

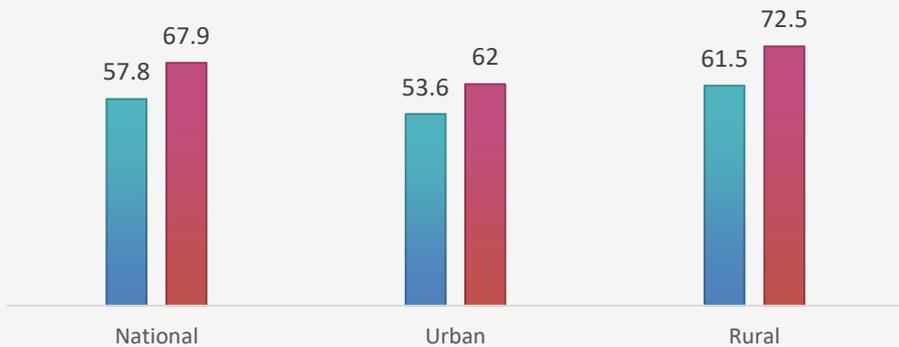


Consumed (%)	90.3	28.2	57.4	28.7	88.2	99.2	98.9
Purchased (%)	80.7	25.3	29.2	26.2	87.3	99	97.5
Branded (%)	32.9	12.9	1.2	22.8	59.4	46.6	94.3
Unbranded & unknown (%)	50.4	14.4	29.6	5.9	65.7	52.3	1.5

TREND IN NUTRITION INDICES

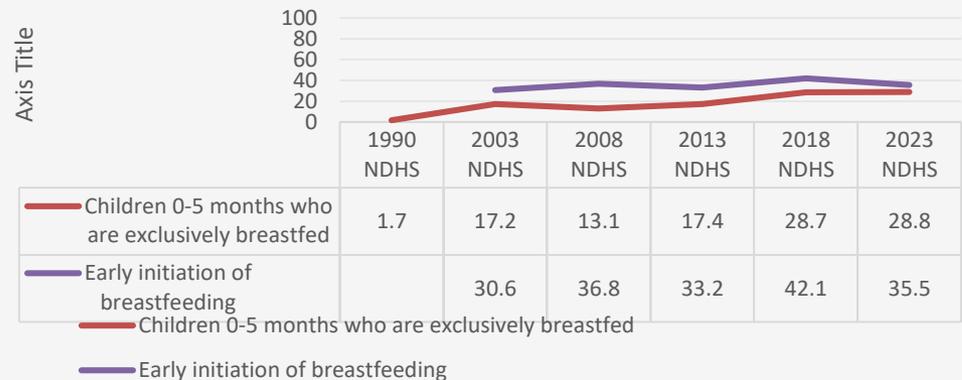
ANAEMIA PREVALENCE

■ Women with any anemia (NDHS 2018) ■ Children with any anemia (NDHS 2018)



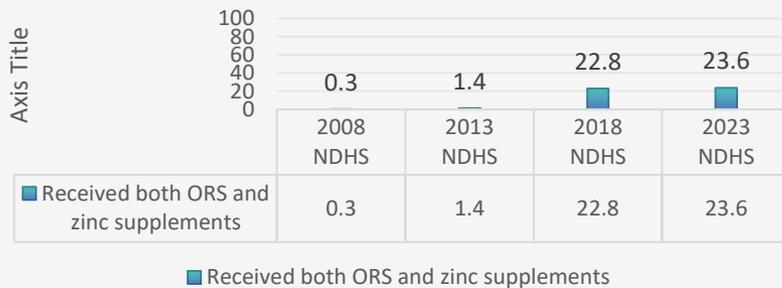
Micronutrient deficiencies and feeding practices are also **suboptimal**

BREASTFEEDING

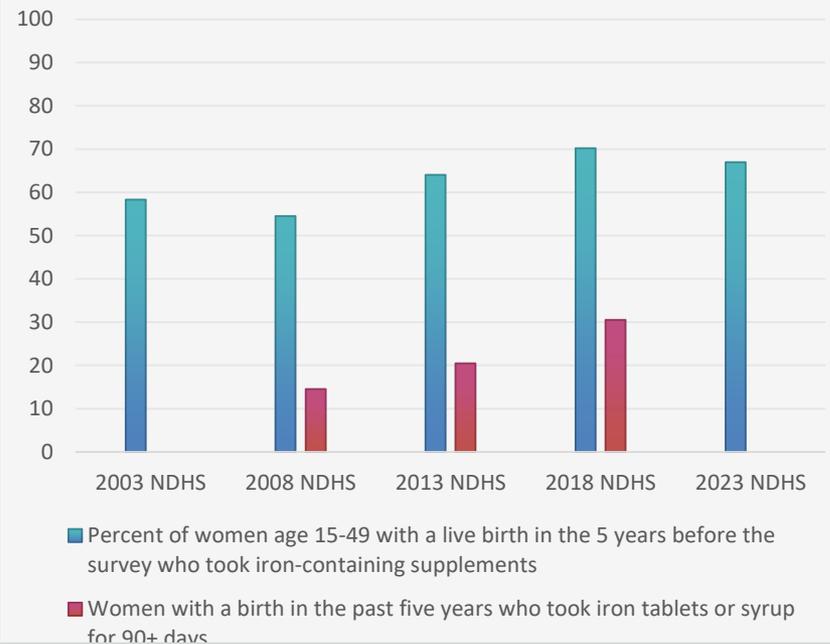


TREND IN NUTRITION INDICES

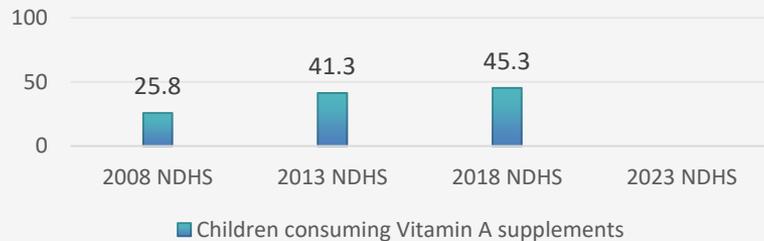
Zinc and ORS Consumption



Women taking iron containing supplements



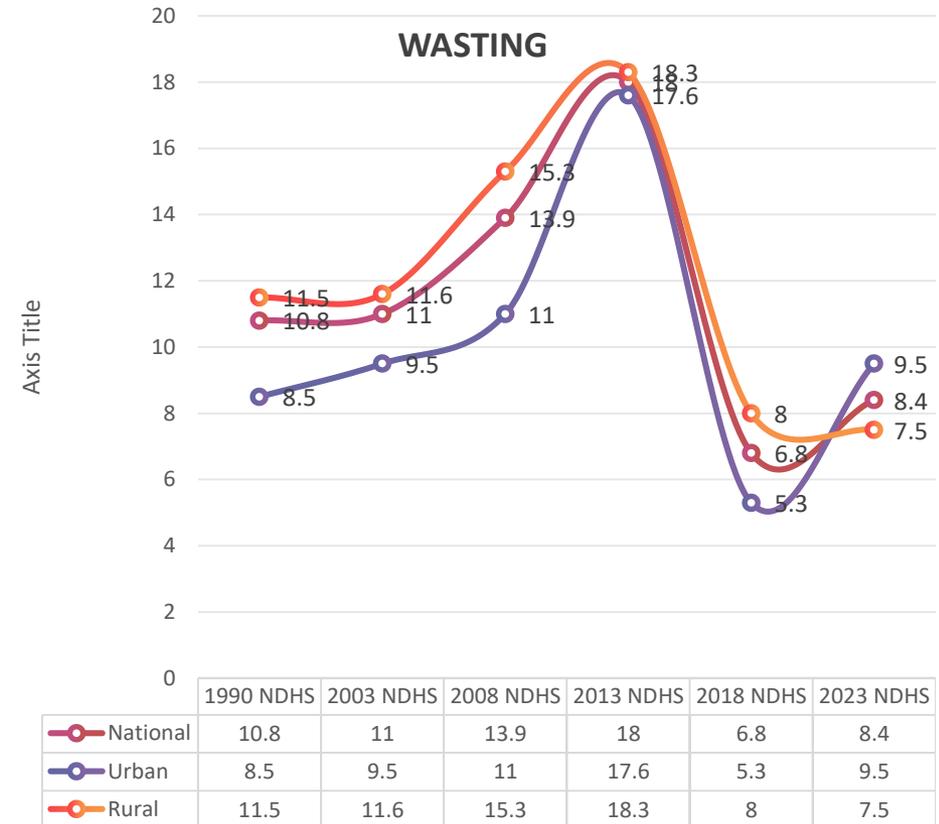
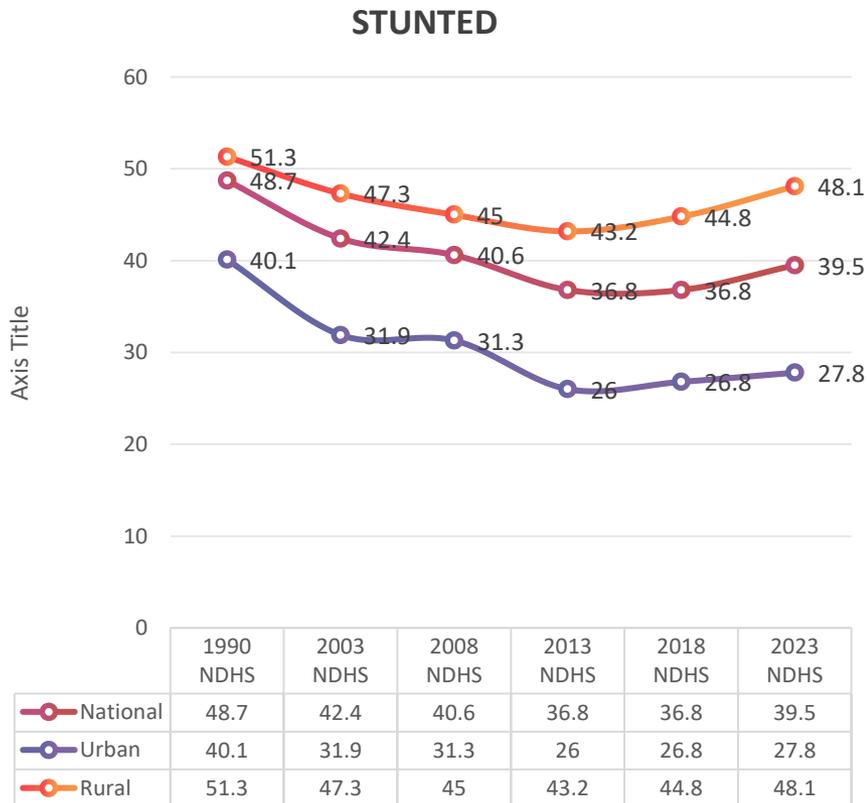
Children consuming Vitamin A supplements



This has resulted to **low coverage** of critical nutrition interventions₉

TREND IN NUTRITION INDICES

Chart showing trend of stunted under-5 children from 1990 to 2023 disaggregated by national, urban and rural populations (percentage %)



The number of **stunted** and **wasted** children in Nigeria is on the **increase**

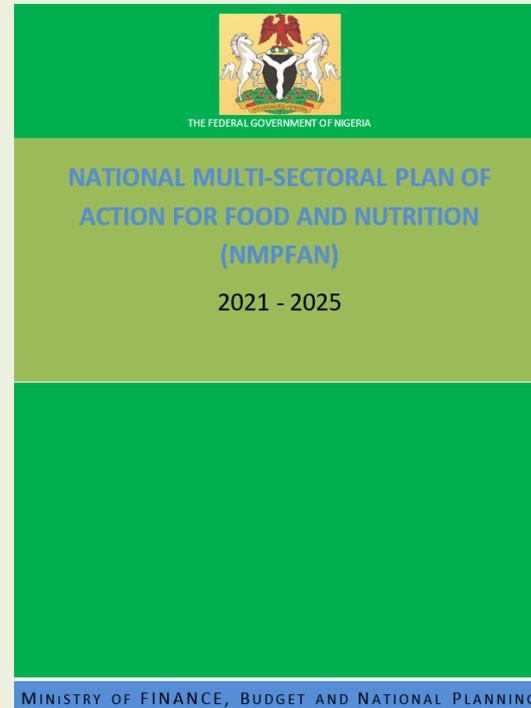
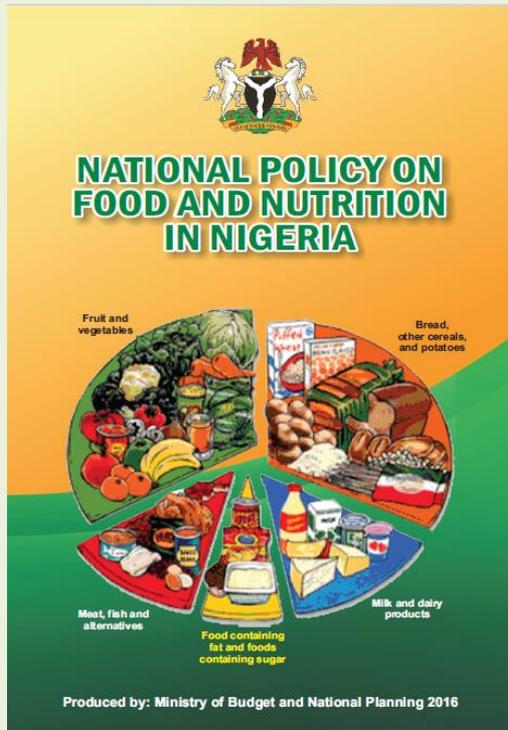


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POLICY DOCUMENTS



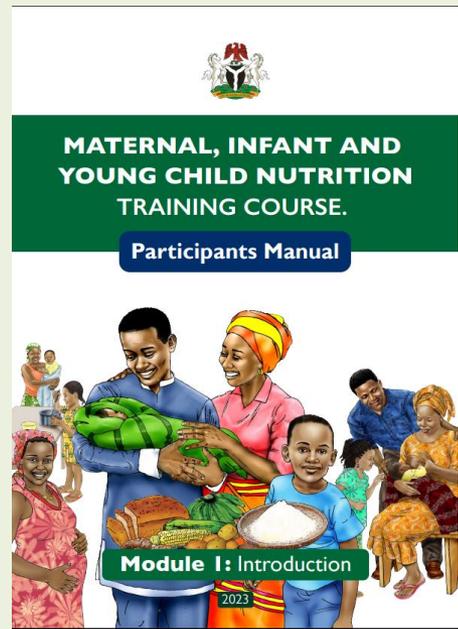
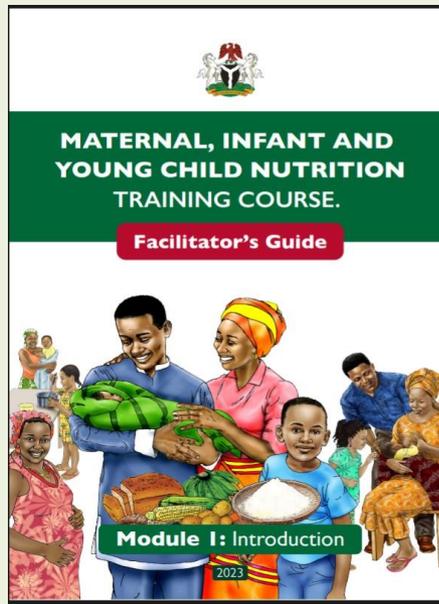
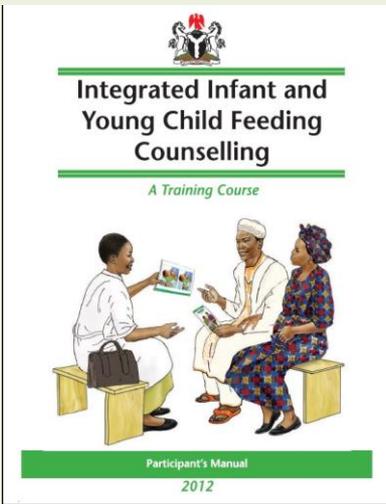
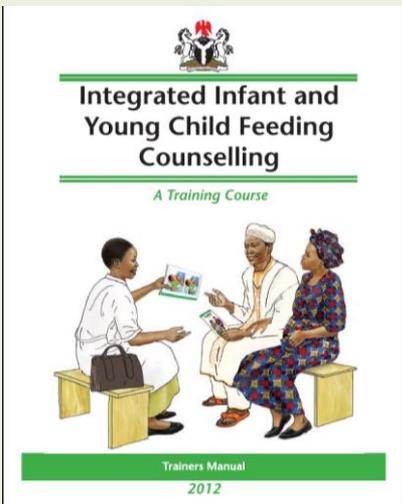
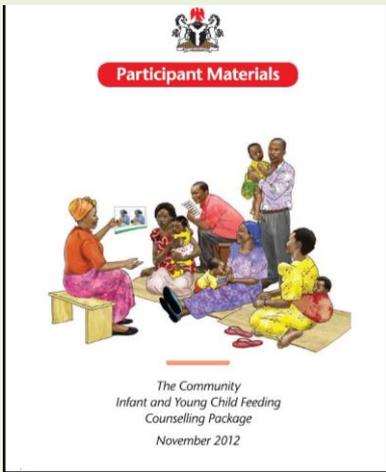
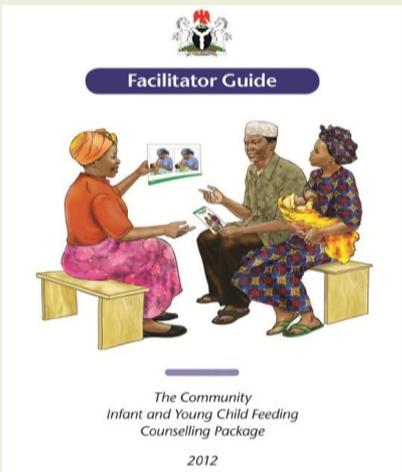


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Adequate **Nutrition**... Eat Right, Stay Healthy

TRANSITION: IYCF TO MIYCN



OLD INFANT & YOUNG CHILD FEEDING

NEW
MATERNAL INFANT AND YOUNG CHILD NUTRITION

INNOVATION IN MIYCN PROGRAM





INNOVATION IN MIYCN PROGRAM

Strategic Partnerships to Drive MIYCN programming:

- **Design, Delivery and Scale-up**

9,592 Trained on MIYCN practices towards institutionalising preventive management of malnutrition in the country:

- **Digital tracking** of quality of Training using mobile tools
- Promotion of **Baby-Friendly Initiatives** beyond health facilities to ALL settings
- Promotion of benefits of **Dietary Diversity** across life cycle
- Adoption of **ANC and PNC** platforms for supplementation and nutrition counseling
- Prioritising nutrition counselling in **BHCPF** designated PHC
- **Religious** platforms for community mobilisation
- **School-based** platforms for nutrition literacy



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CHALLENGES

- Competing **priorities** at the state level
- Limited **domestic** financing
- Inadequate **workforce** and training
- Weak community **demand** for services



RECOMMENDATIONS

- Integrate MIYCN in state **operational plans** with clear targets
- **Secure domestic** financing for MIYCN Programming
- **Scale up** MIYCN counseling through all PHCs
- Drive social **behaviour change** via media and community platforms
- Enhance **local production** of supplements and fortified foods
- Strengthen **data systems** for tracking MIYCN outcomes



CONCLUSION

- **MIYCN Program** is A Shared Responsibility
- “The **success** of our policies lies not in the papers they’re written on — but in the **lives they transform.**”
- This is our **collective challenge** and **opportunity** — to move from policy commitments to actions that reach **every woman and every child**, especially the most vulnerable



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Together, we can use **MIYCN** to break the cycle of **poverty and malnutrition**, and build a healthier and more productive population.

Thank You!