

Nurturing Development with Animal-Source Foods

THE ISSUE

Stunting, a measure of chronic malnutrition, is associated with reduced survival rate, cognitive and motor development, economic productivity, and higher adult poverty. Globally, nearly 1 in 4 children under 5 is stunted.

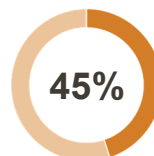
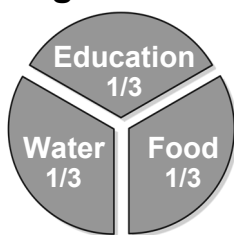


Of the 7 billion people in the world,
2 billion suffer from
micronutrient malnutrition¹

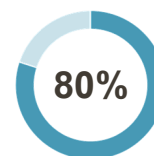


Stunted mothers
are more likely to have **stunted children**²

Factors contributing to
improving nutrition globally:³



of deaths are caused by undernutrition in children under 5⁴

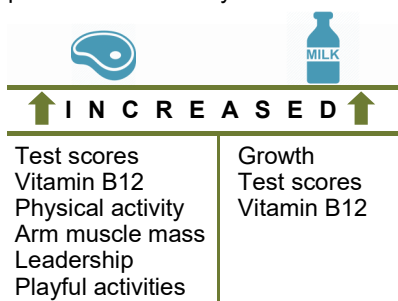


of cases of stunting and wasting in under fives are in South Asia and Sub-Saharan Africa⁵

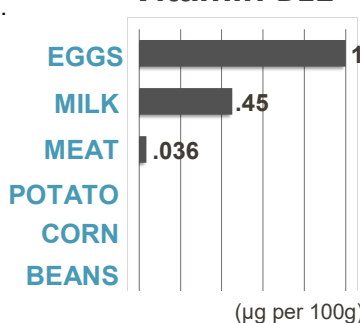
There is clear evidence of the benefits of animal-source food (ASF; milk, meat, eggs) consumption, especially among children and pregnant and lactating women.

THE IMPORTANCE OF ASF

In a study of **meat** or **milk** supplementation in Kenyan children's diets⁶ ...



Vitamin B12⁷



More than plant foods, animal-source foods have **micronutrients** (e.g., vitamins A, B12) **critical for growth, neurological function, and immunity**⁸

In a study in Ecuador, eating **one egg/day** at 6 months of age for a period of 6 months **reduced stunting** by **46%**⁹



THE WAY FORWARD

Future research and development efforts should focus on improving human health and nutrition of the vulnerable through animal-source foods.

RESEARCH

- Evaluate the influence of maternal ASF nutrition interventions on the mother, infant, and childhood nutrition status¹⁰
- Increase the evidence base of the role ASF plays in cognitive and psychomotor development¹¹
- Increase collaboration among livestock, nutrition, and health communities to improve (or to facilitate) pathways to improved nutrition through ASF¹¹

DEVELOPMENT

- Continue to increase implementation of nutrition-sensitive approaches in agricultural development projects¹²
- Increase the availability of ASF through technology development and extension¹³
- Implement innovative behavior change strategies to increase ASF consumption at the household level¹⁴

Feed the Future Innovation Lab for Livestock Systems

Based on the 2017 Global Nutrition Symposium presentations, available at www.livestocklab.ifas.ufl.edu

Sources: 1. WHO, 2009, Micronutrient malnutrition | 2. Prendregast & Humphrey, 2014 | 3. Smith & Haddad, 2013 | 4. WHO, 2016, Children: reducing mortality | 5. WHO, 2017, Joint child malnutrition estimates 2017 | 6. Demment, 2013, Presentation at UF | 7. USDA Food Consumption Database, 2017; Dror & Allen, 2011; Neumann, Murphy, Gewa, Grillenberger, & Bwibo, 2007 | 8. USDA Food Consumption Database, 2017; Dror & Allen, 2011; Neumann et al., 2007 | 9. Iannotti et al., 2017 | 10. Allen, 2017 | 11. Wright, 2017 | 12. Lancet, 2013 | 13. Borin, 2017 | 14. Aakesson, 2017