



From the editor: Lucy Maroncha

## Theme of the Month: Nutrition

Malnutrition in Kenya remains a big public health problem, facing a double burden of over-nutrition and under nutrition. According to the Nutrition Action Plan 2012-2017, Kenya has high stunting rates standing at 35% and is currently experiencing a rise in diet-related non-communicable diseases. This includes diabetes, cancers, kidney and liver complications that are attributed to the consumption of foods low in fiber and high in fats and sugars.

Malnutrition leads to increased loss of productivity and lives, not only threatening the development of a nation but also as a threat to human rights according to Sustainable Development Goal 3. This makes it a priority health and political intervention that calls for a need to rally all multi-sectorial stakeholders to address nutrition issues.

The National Nutrition Action plan therefore calls for community empowerment to claim their right to good nutrition by participating towards realization of this right. The solutions to malnutrition are practical, basic and have to be applied at scale and prioritized in the national development agenda, according to the National Nutrition Action Plan.

To this effect, KANCO through a consortium of partners, Grace Africa and Scaling Up Nutrition (SUN) are implementing the Pwani Lishe Bora project, supported by the European Union. These partners came together to address nutrition issues among women and girls of reproductive age 15-49 years and children below 2 years in Mombasa County. From inception