

## Session 3: Food Security and Sustainable Crop Production

### Food Insecurity in Africa: the Situation Analysis

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By 1992 the nutritional status in Africa had become worse and was characterized by inadequate food production and availability, food shortage, famines, high rates of child and maternal malnutrition, specific nutrient deficiencies and low dietary intake. Additionally, there was inadequate access to clean water supply and sanitation. Since then, many African countries have achieved significant improvement in their nutritional status. However, progress was slow in some other African countries, especially in sub-Saharan region. Indicators of under-nutrition (preschool stunting, under-nutrition and wasting, vitamin A deficiency, anemia, iodine deficiency and caloric supply deficits), poverty rate and state of food insecurity clearly reflected the current unacceptable situation of nutrition of these countries. Each region in Africa has its different nutritional problems, challenges and priorities. Addressing the most common nutritional problems on the specific country level will eventually accelerate improving the nutritional status of the whole continent. Redirecting the political will and budget priorities towards the nutritional needs, supporting the economic productivity for the poorer countries to increase per capita income, emergency interventions for famines, refugees and displaced persons, enhancing food security through agricultural technologies to increase the productivity, combating hidden hunger of micronutrient deficiencies (especially iron, iodine, zinc and vitamin A through supplementation and fortification programs, controlling diet related chronic diseases (as diabetes, obesity and chronic heart diseases), population awareness and nutritional education will greatly help in changing the situation. Other measures that will improve the picture include capacity building and creation of leadership, enhancing data sharing process as well as data mining, establishing multi-national research umbrellas, promotion of primary education and incorporation of nutritional intervention into health sector programs.



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#### Academic Degrees

- 1993 Ph.D., High Institute of Childhood Studies, Ain Shams Univ., Cairo, Egypt
- 1989 MSc, Pediatrics Faculty of Medicine, Ain Shams Univ., Cairo, Egypt
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#### Field of Study

Child Growth and Development, Biological Anthropology, Pediatrics.