

Summary of Recommendations

Delivering vitamins and minerals to large populations involves commitment, coordination, planning and cooperation – all held together by strong and durable partnerships. Key partners in micronutrient interventions include national governments, non-governmental organizations, donors, aid agencies, foundations, industry, community leaders, and the agricultural sector.

The following provides a number of priority actions for each intervention that should be undertaken by national governments, industry and international organizations.

Vitamin A

- ✓ Scale up the delivery of integrated package of health services, including twice yearly vitamin A supplementation for children aged between 6 months and five years, to achieve at least 80% coverage on a recurrent basis.
- ✓ Target the hard-to-reach through complementary strategies, such as special outreach programmes, to reach the final 20% who have not been reached through regular programmes.
- ✓ Improve programme sustainability by mobilizing resources in national budgets to cover costs pertaining to vitamin A supply and local distribution.
- ✓ Establish integrated delivery strategies, monitoring of programmes, and tracking of progress.

Salt Iodization

- ✓ Enact mandatory legislation and ensure adequate resources are made available to enforce it.
- ✓ Build financial sustainability to transition from a donor-supported to a market-supported supply of iodate.
- ✓ Undertake strategic advocacy and communication efforts through media, health systems, and schools.
- ✓ Strengthen population-monitoring systems so that programme adjustments can be made as habits and diets change over time.
- ✓ Create incentives for processors to iodize their salt.

Food Fortification

- ✓ Set and monitor national standards for food fortification programmes and ensure standards are enforceable, so that all producers have equal financial obligations.
- ✓ Identify and train fortification champions from both public and private sectors to build on success to date and help rapidly expand fortification efforts.
- ✓ Launch communication and public education initiatives to create a market demand for products and support for government investment.

Summary of Recommendations *Continued*

Multiple Micronutrient Supplements for Children

- ✓ Scale up availability of multiple micronutrient supplements for in-home use, such as Sprinkles, in non-malaria endemic regions.
- ✓ Direct research efforts to find safe and cost-effective ways to improve iron intake by young children in malarial areas.

Supplements for Women of Child-bearing Age

- ✓ Expand and scale up iron and folic acid supplementation for all women of child bearing age, with special focus on pregnant women.
- ✓ Bring increased focus on improving adherence rates, through community outreach, counselling, and related efforts.
- ✓ Explore the feasibility of providing women with multiple vitamin and mineral supplements.

Zinc Supplementation for Diarrhoea Management

- ✓ Incorporate zinc supplementation into national diarrhoea management policy.
- ✓ Ensure zinc supply.
- ✓ Identify public and private delivery strategies.
- ✓ Create demand through social marketing campaigns.
- ✓ Provide adequate financing for start-up.

Food-based Approaches

- ✓ Research best practices for community-based programmes – including nutrition-education approaches and operational solutions that can be replicated and supported by local institutions.
- ✓ Integrate micronutrient interventions with existing health, nutrition, and food security programmes.
- ✓ Provide regionally based technical assistance to ensure quality programme delivery.