



Namibia Horticulture Trust

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Report on the Congress for Hidden Hunger in Stuttgart Germany during March 2013

1. Introduction

The International Congress on Hidden Hunger took place at The University of Hohenheim, Stuttgart during March 6-9, 2013.

The Congress was organized by the Institute of Biological Chemistry and Nutrition and the Food Security Center (FSC) at the University of Hohenheim.

Scientists from different areas, field workers, members of non-governmental organizations (NGOs) and representatives from administration, management and policy were invited to discuss different topics for four days at the University of Hohenheim, located in Stuttgart-Plieningen, Germany.

The congress was attended by people from 22 countries, 15 NGO's and the Private Sector.

2. Congress Topics

Global food security, micronutrient deficiency, how to access hunger and malnutrition, hidden hunger in Asia, the impact of vitamin A on human health, the global iodine status, the impact of HIV on household food security in Kenya, the NGO forum on Micronutrient forum and sight and life were on the topics list.

3. Hidden Hunger from assessment to solution

3.1 Objectives of the Congress

The objectives of the congress were:

- 1) To create awareness of the global problem Hidden Hunger
- 2) To get scientific issues on the agenda of policy makers, academicians, politicians and industry, as well as
- 3) To discuss solutions to address the worldwide micronutrient deficiencies

3.2 Activities during the conference

During the congress NHT presented the Namibia experience of “Urban and Peri Urban Horticulture in Namibia under the Social Fund for Development”.

Namibia was represented by:

Albert Fosso a trustee from NHT as a speaker.

The presentation was made to 93 of main speakers, panelists, chair persons and 45 free presentations speakers.

Experts during the congress:

David Nabarro, Chairman of the United Nations Global Food Security Committee

Joachim von Braun, Director of the Zentrums für Entwicklungsforschung in Bonn and former Director of the International Food Policy Research Institute (IFPRI)

Adam Drewnowsky, Washington University, who has been campaigning for efforts to combat hidden hunger for many years

Leslie Amoroso, Chair of the Food Security Panel of the FAO

Lindsay Ellen, Department of Agriculture, USA

Dan Raiten, National Institutes of Health (NIH), USA

Zulfiqhar Bhutta, Aga Khan University Karachi, Pakistan, expert on child mortality

Keith West, School of Public Health, Baltimore, a leading vitamin A researcher

Michael Zimmermann, ETH Zürich, leading expert on symptoms related to iodine deficiency

3.3 Conclusion and recommendations for the congress

3.4 Lessons learnt according to expectations

Micronutrient supplement to food fortified foodstuffs are needed where balanced diet are unavailable on a short or medium term basis.

We need to develop a holistic approach.

An investment of \$1.00 in nutrition can result in a \$30.00 return in increased health, schooling and economic productivity.

Fighting nutrition should be a top priority for policy makers & philanthropists.

The causes of malnutrition are interconnected to insufficient access to affordable nutritious food throughout the year, lack of good care, inadequate access to health, sanitation and a clean water service.

To implement a Sun approach (a focal point to bring together a multi stakeholder platform)

The many occurrences of hidden hunger due to:

| | |
|-----------|-------------------------------|
| Iron | Anemia |
| Zinc | Skin lesion, diarrhea, growth |
| Vitamin A | Blindness, measles, death |
| Iodine | Goiter |

The introduction of bio fortification:

Orange-flesh sweet potato in Mozambique

Orange-Maize in Zambia

The multiple micronutrient supplement deficiencies are unclear at present

The use of a Pupillary Dark Adaptometry to assess the Vitamin A deficiency

The need for a strong private sector

In catering for schools we need to attend to the lack of carotenoids and proteins

The need to facilitate the access of more land

Sun is a unique movement for the right to food & good nutrition

The German government is actively engaged in food security and nutrition through GIZ

Micronutrient supplements in fortified foodstuffs are needed where balanced diets are unavailable

Government should regulate and monitor decisions on nutrients to added to food

We need to develop an agriculture with a sustainable approach

The importance of sanitation and of clean water

The scarcity of data

Agriculture needs to be diversified

3.4 Photos



Albert Fosso NHT – Trustee and Technical Advisor



Congress for Nutrition in session



Congress attendees and friends of Albert