



Food and Nutrition Security in Rakhine State

Project Name	Food and Nutrition Security in Rakhine State Myanmar	1 NO POVERTY	ZERO HUNGER	3 GOOD HEALTH AND WELL-BEING
Commissioned by	Federal Ministry for Economic Cooperation and Development (BMZ)			
Project Region	Townships in North and Central Rakhine	5 GENDER EQUALITY	6 CLEAN WATER AND SANITATION	13 CLIMATE ACTION
Project Partners	International and National NGOs, Local CSOs			
Duration and Budget	2016~2026, with a budget of up to € 17.9 million	Sustainable Development Goals		

Background

Rakhine State, situated in western Myanmar and bordering Bangladesh, remains one of the country's least developed regions, with high poverty rates. Around 50% of children under five year of age suffer from chronic malnutrition, which can lead to irreversible physical and cognitive impairments. Due to compounded factors of conflicts and natural disasters, over 2 million people are at risk of severe malnutrition.

Opportunities and Challenges

Food insecurity and malnutrition continue to severely impact vulnerable populations in rural Rakhine State, particularly women and children. High malnutrition rates and child mortality are persistent issues. Key contributing factors include poor dietary diversity, inadequate hygiene, and limited access to essential health services. Additionally, the region faces challenges such as limited income opportunities, restricted market access, frequent natural disasters, and ongoing political instability hindering food and nutrition security.

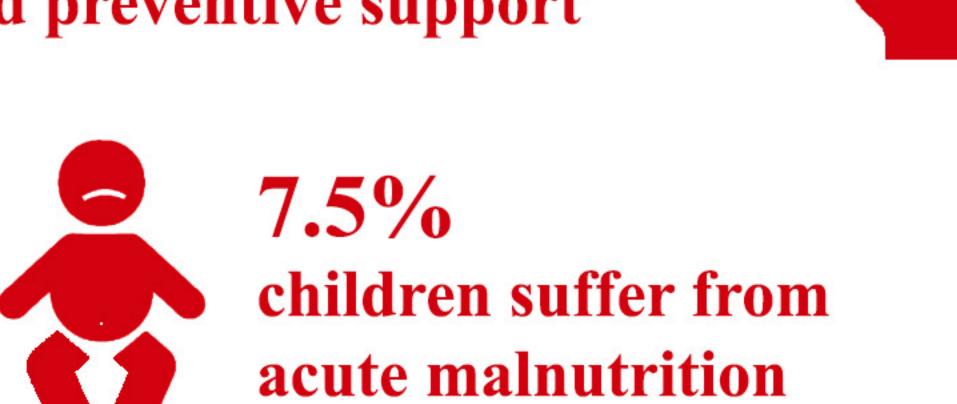
Early childhood nutrition, especially within the **first 1,000 days** (from conception to age two), is critical for long-term cognitive development, educational success, future earning potential, and overall health. Malnutrition during this period can lead to irreversible health issues and increase the risk of premature death. Hence, improving the nutritional status of adolescent girls, women, and young children is crucial for sustainable national development. Better nutrition supports intellectual capacity, boosts economic productivity, and reduces the prevalence of non-communicable diseases within the affected communities.

Objective

Aligned with the German government's Strategy on Transitional Development Assistance (TDA), the project aims to enhance dietary and hygiene practices in selected regions of Rakhine State, particularly among women aged 15 to 49 and children between 6 and 23 months.

The project prioritizes women's needs by incorporating gender-responsive approaches to improve their overall nutritional and economic well-being. In the aftermath of Cyclone Mocha, the initiative supports a "green" recovery, leading to climate-resilient food production and water infrastructure in local communities.







affected by severe

flooding (Typhoon Yagi)

Approach

32.54%

Insufficient Food

Consumption

The project addresses the complex causes of malnutrition in Rakhine State by prioritising women's needs, promoting climate awareness, and implementing a multi-dimensional approach. To ensure comprehensive impact, the project combines nutrition-sensitive and nutrition-specific interventions across important areas, including: Nutrition and Health, Agriculture, Sustainable Aquaculture, Water, Sanitation, and Hygiene (WASH), and Climate Change Adaptation.

The project is further elaborating synergies between the interlinked areas:

- Increased access to safe aquatic proteins, enhancing nutritional outcomes, particularly during the critical early years (the 1,000-day approach).
- Improve food availability and nutrition security by processing and adding value, which also generates higher incomes.

The project is implemented in collaboration with both national and international partners, and local CSOs, including such as Youth and Community Development Network (YCDN), Relief International (RI), etc. Additionally, a network of volunteers has been established in various ethnic villages within the implementation areas. These volunteers play a critical role in supporting on-the-ground efforts and facilitating swift responses to emerging needs.

Key Activities

The project focuses on 147 villages across Sittwe, Kyauktaw, Thandwe and Pauktaw Townships, and other areas in Rakhine State, reaching a total population of approximately 200,000 people. It specifically targets around 35,000 women of reproductive age (15-49 years) and 12,000 children under two years old. The project activities encompass five interlinked areas:











Contact Person

Dr. Florian Muehlbauer Head of Project florian.muehlbauer@giz.de

Health and Nutrition

Improving the access to and quality of advisory services regarding nutrition-relevent basic health services by constructing and renovating sub-rural health centers, strengthening the skills of health advisory actors in the sector, and contributing to health, nutrition, and hygiene awareness campaigns to the communities. Disease prevention activities include installing community handwashing stations and distributing IEC materials in the project villages.

Agriculture

Increasing the diversity of food production in the target areas by providing technical advice and agricultural inputs to support the cultivation and utilization of nutrient-rich vegetables and fruits in home gardens. It also includes facilitating processing and cooking demonstrations for women to promote knowledge of nutritious and safe food items, including fish, through nutrition awareness sessions.

Water, Sanitation, and Hygiene (WASH)

Enhancing drinking water facilities and their maintenance and improving hygiene practices, by rehabilitating and upgrading water facilities, drilling deep wells, and small-piped water distribution systems, providing water filters, and constructing low-cost sanitary latrines for the communities and schools.

Sustainable Aquaculture

Aiming at poverty reduction and improving the nutritional status of the local population through increasing sustainable aquaculture, by building the capacity of local small-scale fish farmers (SFF) and processors on the best production methods, post-harvest handling, and processing of aquaculture products.

Adaptation to Climate Change

Enhancing climate resilience among farmers and their communities by implementing effective climate adaptation strategies and establishing inclusive disaster risk management systems at the village level, thereby improving preparedness and response to climate-related challenges.

Health and Nutrition: Achievements

	HEALTHCARE INFRASTRUCTURE
	INFRASTRUCTURE

74,400 community members

villages

+2,400 women are empowered with digital health knowledge

new sub-rural health centers renovated sub-rural health centers



BREASTFEEDING & 1,000 DAYS CAMPAIGN

1,644 pregnant women

5,760 provisions of antenatal care (ANC) and postnatal care (PNC)

NUTRITION &
HYGIENE AWARENESS

women advisory actors volunteers villages auxiliary midwives

Agriculture: Achievements

DISTRIBUTION OF PLANTS AND FRUIT TREES

250 +17%HHs received speical plants mushroom farms 13,479 table gardens HHs received

integrated farms demonstration plots

376



FOOD COOKING DEMONSTRATION

+11,000+1,200participants training sessions 23.8% in 2019 29.1% in 2022

Minimum Acceptable Diet (MAD)

Water, Sanitation, and Hygiene (WASH): Achievements

+65,000 beneficiaries

+12,000HHs received

villages

4,728

3,017 low-cost sanitary latrines

safely managed water facilities

water committees

water filters

461

hand-washing station

Sustainable Aquaculture: Achievements

1,047

villages

+1.600beneficiaries (68% women) trained

in hygiene practices on processing

smokers (Fish & Shrimp)

feed mills



juvenile fish

shrimp larvae

WISH Ponds

6,749 total hectares of area (Inland and Coastal)

mangrove-friendly aquaculture plots

Adaptation to Climate Change: Achievements

213 agriculture farmers were trained for climate change adaptation practices

50 small-scale aquaculture farmers were trained for climate change adaptation practices

7 villages (Disaster Risk Reduction Committee were formed and capacitated)

Deutsche Gesellschaft fur Published by

Internationale Zusammenarbeit (GIZ) GmbH

Registered offices Bonn and Eschborn, Germany

Food and Nutrition Security in Rakhine State No. 84, Pan Hlaing Street, Sanchaung Township, Yangon, Myanmar. T +95 1 230 555 0-1, +95 1 230 555 2

giz-myanmar@giz.de

www.giz.de

Author (s)

Dr. Florian Muehlbauer, Zin Aung Htwe

December 31st 2024

GIZ is responsible for the content of this publication.

Addresses of the BMZ offices

BMZ Berlin BMZ Bonn

DahlmannstraBe 4 StresemannstraBe 94

10963 Berlin, Germany 53113 Bonn, Germany

T +49 (0) 228 99 535-0 T + 49(0)3018535-0

F +49 (0) 228 99 535-3500 F +49 (0) 30 18 535-2501

www.bmz.de

Federal Ministry for Economic On behalf of

Cooperation and Development (BMZ)

Division Crisis Management; Transitional Development

Assistance; Reconstruction; Infrastructure in Crisis Situation