

# Global nutrition: Policies, systems, maternal-child health.

Sophia Patel\*

Department of Public Health, Riverside University, India

## Introduction

This systematic review explores the implementation of multi-sectoral nutrition programs in sub-Saharan Africa. It highlights key facilitators such as strong political will and community engagement, alongside barriers like inadequate funding and weak coordination across sectors. The findings underscore the critical need for context-specific strategies and robust policy frameworks to improve child nutrition outcomes in the region[1].

This systematic review examines the double burden of malnutrition (DBM) in children and adolescents across low- and middle-income countries. It identifies the co-existence of undernutrition and overweight/obesity within the same individuals, households, or populations, driven by rapid nutrition transitions and socio-economic inequities. The review emphasizes the urgent need for integrated nutrition policies that address both ends of the malnutrition spectrum[2].

This systematic review and meta-analysis investigates the impact of the COVID-19 pandemic on maternal and child nutrition in low-income and middle-income countries. It reveals significant disruptions to food systems, healthcare services, and livelihoods, leading to increased rates of malnutrition. The findings highlight the vulnerability of these populations to global health crises and the necessity for resilient health policies and nutrition support systems[3].

This global agenda outlines strategies for transforming food systems to enhance health and nutrition, particularly for children. It advocates for comprehensive approaches that address food environments, supply chains, and consumer behavior, while emphasizing the importance of sustainable and equitable food policies. The article underscores the interconnectedness of food systems, health, and environmental sustainability[4].

This systematic review evaluates the effectiveness of nutrition-specific interventions aimed at addressing malnutrition in adolescents. It identifies successful strategies such as micronutrient supplementation, nutrition education, and school-based feeding programs, while also pointing out gaps in current evidence and implementation. The review highlights the need for tailored, age-appropriate interventions and supportive health policies for adoles-

cent nutrition[5].

This systematic review examines the progress and persistent challenges in maternal and child nutrition across Africa, focusing on national policies and programs. It reveals diverse policy landscapes and varying degrees of implementation success, often hindered by resource limitations and weak governance. The review emphasizes the importance of strengthening national nutrition plans, improving program coverage, and fostering multi-sectoral collaboration to achieve sustainable improvements[6].

This article synthesizes lessons learned from global experiences in scaling up nutrition interventions during early childhood. It identifies critical success factors such as strong political commitment, robust health systems, and effective community outreach. The authors highlight that sustainable scale-up requires integrated approaches that combine nutrition-specific and nutrition-sensitive interventions, supported by enabling policy environments and adequate financing[7].

This systematic review investigates the impact of the global food environment on children's dietary intake and nutritional status. It finds that readily available, affordable, and heavily marketed unhealthy foods contribute to poor dietary quality and increased rates of overweight and obesity among children worldwide. The review calls for stronger regulatory policies and public health interventions to create healthier food environments that support optimal child nutrition[8].

This systematic review identifies effective policy actions for improving nutrition security in children and adolescents in sub-Saharan Africa. It highlights the importance of multi-sectoral approaches, including agricultural interventions, social safety nets, and targeted nutrition programs. The findings emphasize the need for context-specific and evidence-based policy design to address the complex drivers of nutrition insecurity in the region[9].

This article evaluates global progress and persistent challenges in integrating nutrition into sustainable development policies. It underscores that while there's growing recognition of nutrition's role in achieving sustainable development goals, effective policy implementation remains uneven. The authors call for stronger gover-

---

\*Correspondence to: Sophia Patel, Department of Public Health, Riverside University, India. E-mail: [sophia.patel@riverside.edu](mailto:sophia.patel@riverside.edu)

Received: 05-May-2025, Manuscript No. AAAFN-25-260; Editor assigned: 07-May-2025, Pre QC No. AAAFN-25-260 (PQ); Reviewed: 27-May-2025, QC No. AAAFN-25-260; Revised: 05-Jun-2025, Manuscript No. AAAFN-25-260 (R); Published: 16-Jun-2025, DOI: 10.35841/aaafn-8.2.60

nance, increased investment, and a holistic approach that links nutrition to broader environmental and socio-economic agendas[10].

## Conclusion

This collection of research underscores the critical and multifaceted nature of global nutrition challenges, focusing on sub-Saharan Africa and low- and middle-income countries. It highlights the importance of multi-sectoral and integrated nutrition policies to address issues like the double burden of malnutrition, the impact of global health crises like COVID-19, and the influence of food environments. Effective strategies involve transforming food systems, scaling up early childhood interventions, and tailoring programs for adolescents, all requiring strong governance, sustainable financing, and context-specific policy frameworks for improved child and maternal nutrition outcomes.

## References

1. Alemayehu TT, Yirga WG, Girmay TA. Implementation of multi-sectoral nutrition programs in sub-Saharan Africa: a systematic review. *BMC Public Health*. 2023;23:1334.
2. Mallika N, Usha R, Saurav G. The double burden of malnutrition in children and adolescents in low- and middle-income countries: a systematic review. *Lancet Glob Health*. 2022;10:e1784-e1795.
3. Dominika R-S, Małgorzata R, Iga M. Impact of COVID-19 on maternal and child nutrition in low-income and middle-income countries: a systematic review and meta-analysis. *Br J Nutr*. 2021;126:1475-1487.
4. Marie TR, Harold A, Robert EB. Transforming food systems for better health and nutrition for children: a global agenda. *Lancet Glob Health*. 2020;8:e957-e969.
5. Antonia O, Viviana F, Magdalena M. Addressing malnutrition in adolescents: a systematic review of the effectiveness of nutrition-specific interventions. *Public Health Nutr*. 2023;26:2137-2151.
6. Kenneth O, Catharine A, Leonard O. Progress and challenges in maternal and child nutrition in Africa: a systematic review of national policies and programs. *Nutrients*. 2022;14:2823.
7. Victor MA, Adugna TB, Patrick B. Scaling up nutrition interventions in early childhood: lessons from global experiences. *J Glob Health*. 2021;11:05007.
8. Stefanie V, Joanna B, Bridget K. The global food environment and its impact on children's dietary intake and nutrition: a systematic review. *Obes Rev*. 2020;21:e12937.
9. Aklilu D, Tesfaye A, Beyene W. Policy actions for improving nutrition security in children and adolescents in sub-Saharan Africa: a systematic review. *Front Public Health*. 2023;11:1119565.
10. Lawrence H, Marie TR, Mary A-N. Integrating nutrition into sustainable development policies: global progress and challenges. *Lancet Planet Health*. 2022;6:e225-e234.

**Citation:** Patel S. Global nutrition: Policies, systems, maternal-child health. *Arch Food Nutr*. 2025;08(02):260.