



# How investments can be designed to reach vulnerable rural populations

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# Why nutrition-sensitive agriculture interventions matter

- In 2023, about **735 million** people suffered from hunger, while nearly **700 million** people continued to live in extreme poverty surviving on less than US\$2.15 per day.
- **83.5%** of people living in poverty globally reside in rural areas,
- Sub-Saharan Africa - **60%** of the rural population are smallholder farmers.
- Rural youth face both **undernutrition** and **rising overweight**.
- Over **one billion women and adolescent girls** (age 15-49 years) suffer from undernutrition, micronutrient deficiencies or anemia, especially in rural areas



Children who are poorly nourished (1000 days) are likely to be stunted, have lower mental capacity and limited opportunities in life

Adolescents who are stunted have reduced physical labour capacities and lower educational attainments

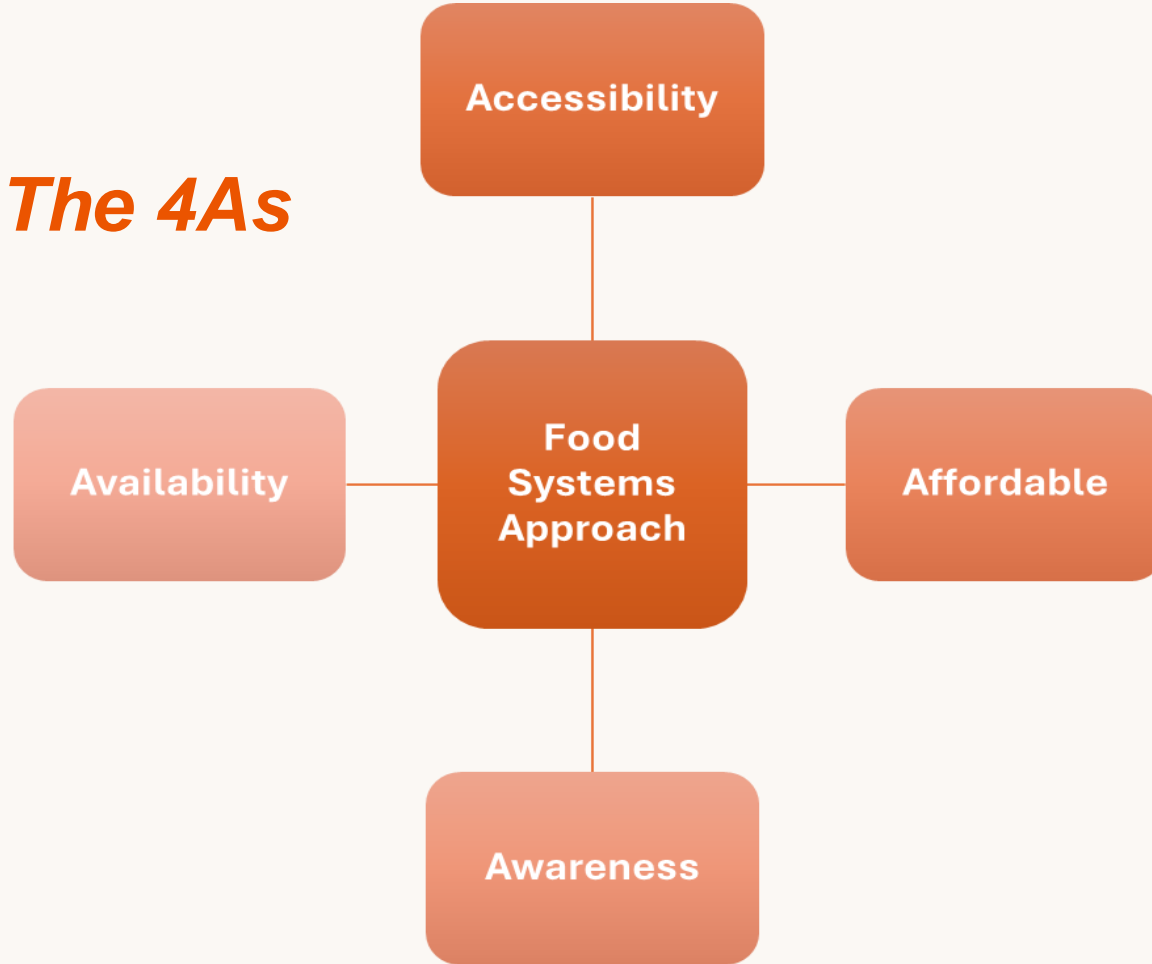
Malnutrition limits human capital and economic development, causing lower work productivity, lower earning capacity and reduced national economic growth

Mothers who are poorly nourished are more likely to have complications in pregnancy and to give birth to low-birth weight infants

Adults who are overweight/obese are at major risk of developing a broad range of chronic diseases (e.g. diabetes, hypertension, etc.)

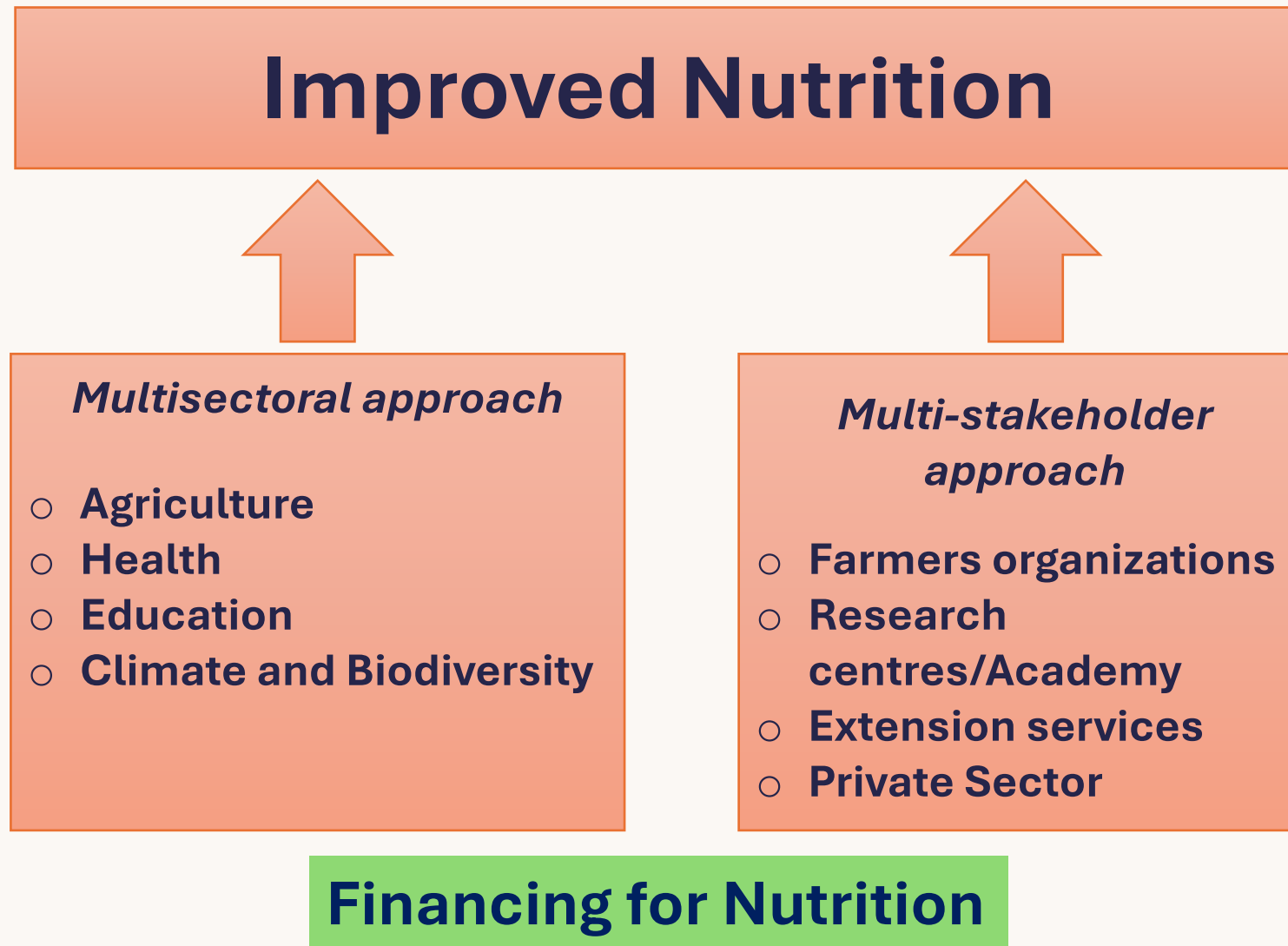
# IFAD's integrated food systems approach

## *The 4As*



- Inclusive targeting strategies
- Gender and youth quotas
- Interventions tailored to the needs and capacities of IFAD-funded projects' participants
- Community based interventions
- Rigorous monitoring and tracking of disaggregated data
- Policy and institutional mainstreaming

# Adopt a multisectoral & multi-stakeholder approach





# Project Focus: Kenya Cereal Enhancement Programme



The programme demonstrates a strong **multisectoral and cross-sectoral approach combining** interventions in agriculture, nutrition, health, gender, and economic empowerment.

The programme promoted the farming and consumption of diversified vegetables, fruits and livestock - improving household food security, nutrition and generating surplus income.

Project activities: Income-Generating Activities + Nutrition Education & SBCC, kitchen gardens, Community seed banks to for diversified diets & enhanced biodiversity, GALS methodology and gender/youth quotas to mainstream inclusion

## Results:

- ✓ 86.5% of targeted smallholder households reported increased income
- ✓ Women achieving Minimum Dietary Diversity (MDDW) rose from 55.6% to 70%
- ✓ 69.3% of households became food secure, up from a baseline of 32.5%.
- ✓ 76.4% of women achieving equitable workload, 73.7% occupying leadership roles, and increased access to assets, inputs, and decision-making.
- ✓ Youth were empowered via employment in agribusiness and agro-processing activities

# Conclusion

- **At IFAD we have learned that poverty and malnutrition are deeply intertwined in rural areas.**
- **Rural Smallholder farmers, Indigenous Peoples, Women and Youth face the greatest nutrition challenges**, including undernutrition, micronutrient deficiencies, and rising obesity.
- **IFAD addresses malnutrition with a comprehensive, food systems, multisectoral, multi-stakeholder approach**, working across agriculture, health, education, and environment and climate to promote the availability, accessibility, affordability, and awareness of diverse and nutritious foods.
- **Community-driven, inclusive and integrated approaches yield measurable success**

Thank You  
for Your Attention