

Sierra Leone



Policies, Interventions and Actions

Multi-sector Strategic Plan to Reduce Malnutrition in Sierra Leone 2019–2025

The goal of the new multi-sector strategy is to reduce malnutrition in Sierra Leone and to contribute to the African Union’s Africa Regional Nutrition Strategy (2015-2025), the UN Sustainable Development Goals by 2030 and the UN Global Strategy for Maternal, Newborn, Child and Adolescent Health (2016-2030) by accelerating and scaling-up nutrition action across all sectors in Sierra Leone. Specifically, the strategy aims to: (1) reduce the prevalence of stunting to 25 per cent; (2) reduce wasting to less than 5 per cent among children under 5 years, and; (3) reduce the prevalence of iodine and vitamin A deficiency by 20 per cent among children under 5 years, adolescents, pregnant and lactating women and women of reproductive age.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2019-2025
Target age group:	Adults and children
Organisation:	Government
Linked document:	Download linked document

Sierra Leone developed and published their dietary guidelines in 2016.

An independent consultant provided technical direction in the drafting of the FBDGs, under the overall supervision of the FAO Chief Technical Adviser and FAO Representative in Sierra Leone, and the technical guidance of FAO's Food and Nutrition Division in Rome. The consultant worked in collaboration with a task force including representatives from the Ministries of Agriculture, Forestry and Food Security and Health and Sanitation, as well as other key stakeholders in the country. The process involved data collection, analysis, interpretation and compilation, including desk reviews to understand the health and nutrition situation in the country. This was followed by a multistakeholder workshop for content identification, consumer research to test understanding of the proposed dietary guidelines, and a series of meetings with the Ministries of Agriculture and Health to discuss graphic materials that would be used for the FBDGs and Food Guide, proposed messages and implementation plan for food, nutrition and health education. The draft guidelines were validated and reviewed by representatives from the task force, WHO, SUN initiative and FAO. (Available only in English language)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Linked document:	Download linked document
References:	https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/sierra-leone/en/

Sierra Leone Food-Based Dietary Guidelines for Healthy Eating

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Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016 (ongoing)
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Nutrition Technical Committee

National Multisectoral stakeholder mechanism in place (such as Coalition, Taskforce, Committee) for Obesity or Nutrition (including obesity)

Categories:	Evidence of a multi-sectoral national coordination mechanism for obesity or nutrition (including obesity)
Year(s):	2000 (ongoing)
Target age group:	Adults and children
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/27111 (last accessed 04.08.22)

GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	extranet.who.int
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en