

## INDIVIDUAL NATIONAL CONSULTANT

### LANDSCAPE ANALYSIS FOR PREVENTION OF CHILDHOOD OBESITY IN MONGOLIA TERMS OF REFERENCE

#### 1. Background

Childhood obesity is a serious public health problem in Mongolia. The National Nutrition Survey 2017 revealed that 12% of children under 5 years of age, 29% of school-age children are overweight and obese. In addition, half of all adults (46.2%) of 15-49 years of age are overweight and obese. In addition, COVID-19 pandemic restrictions of movement significantly increased the risk of overweight among children and adults. Obesity can affect child's immediate health, educational attainment and quality of life.

For school children, increased exposure to and consumption of unhealthy “junk” foods and lower levels of physical activity are considered to be key drivers of weight gain. Mongolia's rapid economic growth and urbanization in recent years have produced a dietary transition towards consumption of unhealthy, Western-influenced, “junk” foods and reduced physical activity for both children and adults in urban and rural areas alike. The NNS V revealed high levels of consumption of sugar-sweetened beverages such as carbonated soda and sweetened teas by school children 6-11 years with 81% of children consuming these drinks at least once a week. Consumption of other “junk” items including fried snacks such as chips and crisps and sweet foods like cakes, cookies, and pies was nearly universal amongst children 6-11 years with 99% consuming these types of foods at least once in the previous week. In other side, Mongolians have unique eating patterns with predominantly high-energy diets from meat, dairy products, and grains, especially among traditional herders in rural areas who generally lack a diverse diet. These food consumption practices are linked to a high risk of overweight and obesity, but are traditionally balanced by a high level of physical activity which are decreasing nowadays.

Addressing and preventing the high and growing prevalence of overweight and obesity in Mongolian adults and children is vitally important to not only the health of the Mongolian people, but the Mongolian economy as obesity is linked to increased medical costs, reduced productivity, and reductions in educational attainment and achievement<sup>1</sup>. For example, obesity is a leading cause of cardiovascular disease which alone constitutes 55% of all hospitalizations in Mongolia and is responsible for 37% of all deaths in the country<sup>2</sup>.

Progress in tackling overweight and obesity in Mongolia has been very slow and not highly prioritized in the Government agenda. The National Nutrition Programme 2016-2025 has specific objectives to improve the nutritional status of children in preschools and schools. However, the programme implementation is slow due to the country economic difficulties since 2015.

---

<sup>1</sup> Hammond RA, Levine R. The economic impact of obesity in the United States. *Diabetes, metabolic syndrome and obesity: targets and therapy*. 2010; 3: 285-295. doi:10.2147/DMSOTT.S7384.

<sup>2</sup> S.Ariuntuya, Kh.Narantuya, S.Davaajargal, T.Enkhjargal, & T.Unurtsetseg. (2011). Health Indicator Mongolia 2011. Government of Mongolia

Since the start of the UNICEF Mongolia Country Programme 2017-2021, the childhood obesity prevention has been identified as the priority area for UNICEF nutrition programme and several actions including the nutrition and physical activity lessons in primary and secondary schools, school meal recipes and standards, modelling school canteens, promotion of healthy eating and physical activity for children in schools and kindergartens have been undertaken.

In line with the Global Programming Guidance on the Prevention of Overweight and Obesity in Children and Adolescents (2019), a comprehensive landscape analysis on childhood overweight and obesity is planned based on a standard protocol issued by UNICEF at global level. The study findings will be disseminated widely to stakeholders of the Government, Ministry of Health, other line ministries and relevant departments at national and provincial levels. The evidence generated through this analysis will be the basis for consultation and identification of priority actions and interventions for childhood obesity prevention in the country.

## **2. Work Assignment:**

The national consultant will work under the direct supervision of the Nutrition Officer. The consultant will operate in close cooperation with the Ministry of Health, WHO Mongolia, the National Centre for Public Health, and other relevant ministries and agencies as required.

The specific tasks include but not limited to:

- (i) To conduct a comprehensive landscape analysis on (i) the situation of obesity/overweight of children in Mongolia, using the latest available data; (ii) to take stock of the key stakeholders' capacities, policies, legislations, standards and programmes relating to woman and child<sup>3</sup> overweight and obesity prevention in Mongolia and association of maternal nutritional status with child nutritional status and birth outcomes.
- (ii) To disseminate, in convened stakeholder consultation meetings, initial findings of the study to elicit recommendations on priority policies and actions to effectively prevent child overweight and obesity in Mongolia.

### **SCOPE OF WORK**

The consultancy will look primarily at the overall national situation and policy framework, as well as factors and norms in the public that affect the obesity/overweight situation in Mongolia.

The study will reply to the following key questions:

- (1) What is the epidemiological situation with regards to overweight/obesity among children aged 0-18 years and women?
- (2) What are the key policy, legislation, standards and programmes that are in place to address overweight/obesity among children aged 0-18 years and women?
- (3) Who are the key stakeholders, what are their roles? And their capacity?

---

<sup>3</sup> Child refers to children and adolescents from 0-18 years of age.

- (4) What should be the key policy changes and actions by the key stakeholders?
- (5) What should be the focus of policy and public advocacy on this, and how?

## KEY DELIVERABLES

The consultancy will result in the following deliverables:

- (i) An up-to-date landscape analysis of overweight and obesity situation and prevention among children 0-18 years old and women in Mongolia.
- (ii) A set of policy advocacy and communication materials based on the landscape analysis (may include evidence summary, policy briefs etc.)
- (iii) An identified set of priority policies and actions for child overweight and obesity prevention, based on stakeholder consensus.

**Methodologies:** the methods set out in the UNICEF protocol and guide to gather and analyze the relevant information to complete the landscape analysis will be used (please see the UNICEF global protocol and guide as annex attached)

The consultancy will follow the below process:

### 1. Familiarization and preparation of the database

- The consultant will familiarise with the UNICEF Programming Guidance Global Programming Guidance on the Prevention of Overweight and Obesity in Children and Adolescents, and the UNICEF protocol and guide on how to conduct the landscape analysis.
- The consultant will use and adapt the UNICEF protocol and guide to set up a database to collect the relevant information for Mongolia.

### 2. Completion of the landscape analysis

- The consultant will follow the methods set in the UNICEF protocol to gather and analyse the relevant information to complete the landscape analysis. This includes collation of documents and data from internet searches and directly from government and other sources, interviews with key stakeholders etc. Elements of the landscape analysis include:
  - 1) Epidemiological situation with regards to overweight/obesity among children aged 0-18 years and women.
    - Review of available data from Multiple Indicator Cluster (MICS) surveys, school-based surveys and/or national nutrition surveys and other relevant documents.
    - Dis-aggregation of data across age and socioeconomic groups, geographical area and over time.
    - Analysis of connections between obesity/overweight and other forms of malnutrition.
    - Analysis of inequities by income, geography, ethnicity or gender.
    - Identification of gaps in data/knowledge.

- 2) Review of data on dietary intake, food availability, affordability and promotion among children aged 0-18 years and women.
  - Review and dis-aggregation (by group and time trends) of available data on dietary intake including potentially unhealthy food and drink e.g. savoury snack foods; confectionery; sugar-sweetened beverages; high fat and super processed food, low fruit and vegetable intake.
  - Inclusion of available data from market research reports related to sales and marketing of specific product categories. UNICEF EAPRO will support this aspect of the landscape analysis.
  - Review of available studies on the promotion, marketing and sale data of food including potentially unhealthy food and drink targeted at younger and school aged children e.g. studies conducted by academia, development partners and/or government. UNICEF EAPRO will support this aspect of the landscape analysis.
  - Review of current knowledge, attitudes and practices as well as social norms with regards to the consumption of unhealthy food and beverages e.g. studies conducted by academia, development partners and/or government.
  - Analysis of inequities by income, geography, ethnicity or gender.
  - Identification of gaps in data/knowledge.
- 3) Review of policy, legislation, standards and programmes that are in place to address overweight/obesity among children aged 0-18 years and women.
  - Review of strategies, programmes and action plans already in place that relate to the prevention of overweight in children.
  - Analysis of approaches being adopted e.g. children's rights approach.
  - Review of specific policies mentioned in the UNICEF programming guidance, including those that address food promotion, labelling, composition, retail, price as well as governance dimensions such as policy coordination, monitoring and evaluation. Specific attention should be given to review Code legislation, rules on marketing of commercial foods for infants/young children, restrictions on marketing of food to children, school food standards and policies on sale and promotion of unhealthy foods in and around schools, front of pack labelling and sugar-sweetened beverage taxation.
  - Review of services and key interventions available to prevent overweight via health, education, social welfare and WASH systems, as well as social and behaviour change communication strategies.
  - Identification of gaps.
- (6) Stakeholder mapping
  - Identification of the main stakeholders involved in the potential prevention of overweight and obesity in children including key ministries and agencies in government, political actors (e.g. parliamentary committees), the private sector,

academia, scientific/professional groups, consumer groups, food industry funded groups etc.

### 3. Preparation of communication materials

The consultant will prepare a set of policy advocacy and communication materials based on the landscape analysis. This includes a summary evidence paper, policy briefs and/or academic papers.

### 4. Identification of priority policies and actions through stakeholder workshop

The consultant will support organisation of a key stakeholder workshop and deliver key results of the study to build consensus on context specific priority policies and actions for child overweight and obesity prevention in Mongolia. The participants of the workshop will be officials from the Government Cabinet, the Ministry of Health, relevant line ministries and departments, civil society organizations, including Women, Trade, and Youth Union, donor community, development partners, nutrition and public health specialists in Mongolia and media.

#### Work Schedule:

The consultant will work for 3 months period on the above work assignment.

DELIVERABLES	DURATION (ESTIMATED # OF DAYS)	Time-frame	Payment Schedule*
Familiarization and preparation of the database	3 days	11 Dec 2020	
Completion of the landscape analysis (excel sheets completed)	30 days	18 Jan 2021	35% payment upon receipt of excel sheets completed
First draft report	5 days	25 Jan 2021	
Identification of priority policies and actions	7 days	3 Feb 2021	
Preparation and conduct the workshop	5 days	10 Feb 2021	35% payment upon workshop conducted
Preparation of communication materials	10 days	26 Feb 2021	
Final report	5 days	8 March 2021	30% payment upon receipt of

			the final report
<b>TOTAL</b>	<b>65 days</b>		

*\* Payment will be based on satisfactory completion of tasks and submission of deliverables duly authorized by the Supervisor.*

### 3. Product(s):

- Report on up-to-date landscape analysis of overweight and obesity situation and prevention among children 0-18 years old and women in Mongolia.
- A set of policy advocacy and communication materials based on the landscape analysis (may include evidence summary, policy briefs etc.)
- An identified set of priority policies and actions for child overweight and obesity prevention, based on stakeholder consensus.
- Final Report

### 4. Estimated Duration of Contract: From 7 December 2020 to 8 March 2021

### 5. Qualification or Specialized Knowledge/Experiences Required:

- An advanced university degree in Public Health Nutrition, Nutritional Epidemiology, International Health and Nutrition, Maternal and Child Nutrition, Social Sciences, Economics, Development Studies or a related nutrition field is required.
- A minimum of 10 years of relevant professional experience in the public health/nutrition policy programming and research at national and at the international level;
- Proven experience in conducting nutrition policy and programming landscape analyses including Infant and Young Child Feeding policy and programme, analyzing and synthesizing policy and programme information, and in conducting literature reviews on health and nutrition is a major asset.
- Good computer knowledge. Good working knowledge of Microsoft Windows, including Microsoft Office (Excel, Word, Access, PowerPoint), various email applications, data entry using proprietary databases, and using the internet for researches and reports i.e. analysis, proposal, etc.
- Advanced skills on analyzing relevant documents from various sources, statistic data analysis to generate/summarize required reports.
- Strong networking and communication skills (written and verbal) in English and Mongolian required.
- Familiar with the UN system and knowledge is desirable.

### 6. Assessment Criteria

For evaluation and selection method, the Cumulative Analysis Method (weight combined score method) shall be used for this recruitment:

Technical Qualification (max. 100 points) weight 80%

Financial Proposal (max. 100 points) weight 20%

Technical Evaluation (80%)	100 points
An Advanced University Degree in Public Health Nutrition, Nutritional Epidemiology, International Health and Nutrition, Maternal and Child Nutrition, or other nutrition-related science field.	25
Proven experience in conducting policy and programing landscape analyses, advanced skills on statistic data analysis to generate/summarize required reports, analyzing and synthesizing policy and programme information, and in conducting literature reviews on health and nutrition.	30
A minimum of 10 years of relevant professional experience in the public health/nutrition, policy research at the national level.	25
Knowledge of Infant and Young Child Feeding policy and programme landscape is an asset.	20
Financial evaluation (20%)	100 points

Only proposals which receive a minimum of **70** points under a technical evaluation will be considered technically compliant. The Contract shall be awarded to candidate obtaining the highest combined technical and financial scores, subject to the satisfactory result of the verification interview if needed.

7. **Contract Supervisor:** Nutrition Officer

8. **Working conditions:**

- The candidate selected will be governed by and subject to UNICEF's General Terms and Conditions for individual contracts.
- As per UNICEF policy, payment is made against approved deliverables. No advance payment is allowed unless in exceptional circumstances against bank guarantee, subject to a maximum of 30 per cent of the total contract value in cases where advance purchases, for example for supplies or travel, may be necessary.

- The consultant will be working from his/her own premises for the entire duration of contract while having UNICEF email address, and to bring all necessary laptop and computer accessories.
- Consultants are not entitled to payment of overtime and all remuneration must be within the contract agreement.
- Official travel involved: If the Consultant is required to travel locally, the office will issue TA for the consultant based on UN rate as per the latest travel policy. Consultant will be fully responsible for his/her travel, health, and life insurances.

**9. Nature of 'Penalty Clause' to be Stipulated in Contract:**

UNICEF reserves the right to withhold the consultancy fee in the case that the deliverables are not submitted on schedule or do not meet the required standard. Copyright and ownership of all documents produced will remain with UNICEF.