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| **National Nutrition consultant to support MOHS in developing the Food Based Dietary Guidelines (FBDGs)**  **Section in Charge**: Health and Nutrition  **How does the consultancy relate to work plan:** The Food Based Dietary Guideline for Myanmar was developed by MoHS with UNICEF support in 2007. However, this guideline was for general population and lacks specific statements for specific target groups such as infants and young child, pregnant women, school-age children, etc. Having the updated and specific FBDGs for specific target groups is critical for Myanmar to offer country-specific advice on locally available foods, food groups and dietary patterns for improved nutrition status and reduced burden of related disease among general population. Due to above facts, the development of national food based dietary guidelines, including for PLWs and children under 2 year has been agreed as a priority under the new MYWP 2020-21.  **Outcome reference:**  Outcome 1 – By 2022, more children under five and women of reproductive age equitably access and utilize evidence-based health, HIV & nutrition interventions, including adoption of key behaviours, especially among vulnerable populations in most deprived states/ regions, conflict-affected and peri-urban areas  **Output reference:**  Output 006 – By 2022, MOHS and other partners at national and sub-national level, including non-state actors, have increased capacity to legislate, plan and budget effectively for the scaling-up of evidence-based nutrition specific interventions with equity. | | |
| 1. Background:   Despite poverty reduction and macroeconomic growth over the last decade, Myanmar remains in the stage of public health concern regarding high prevalence of maternal and children malnutrition. Myanmar suffers the double burden of malnutrition because of high rate of undernutrition and increasing trend of over nutrition and diet-related chronic diseases with marked disparity at the states, regional and township levels. “Myanmar loses an estimated 11% of GDP each year due to poor nutrition”. According to two Cost of Diet studies (WFP and IFPRI), at national level, 60% households cannot afford a nutritious diet due to poverty. Further, food availability, regional differences, cost, food preferences and cultural backgrounds aggravate malnutrition.  Under the umbrella of the Myanmar Sustainable Development Plan, the Government of Myanmar has prioritized access, availability, production and efficient use of food as a strategy to tackle food insecurity and malnutrition. The Multisectoral National Plan of Action on Nutrition (MS-NPAN) promotes healthy and balanced diets to address malnutrition among pregnant and lactating women, adolescents and children.  Myanmar is currently working based on a draft set of FBDGs, available online. The Technical Taskforce will be formed which composed on technical experts from the Ministry and UN agencies to guide and review the scientific process and results.  This consultancy proposes to revisit these FBDGs and undertake a rigorous consultation process, present a globally accepted methodology for analysis (FAO-WHO), and package for piloting, use and dissemination. In the absence of evidenced based national dietary guidelines for healthy population, a graphic food plate developed by LEARN (2015) is being used to offer advice on food & nutrition to general population for the time being but is not adequate to ensure optimal use of available foods for improved nutritious status among most vulnerable children and women. Based on the evidence review, a country report will be prepared and submitted to the Steering Committee and the Technical Task Force members for their input. This report should identify the priority problems to be addressed by the FBDGs After reviewing the country report, the recommendations will be submitted to NNC and task force members. Consensus should be reached by the experts on steering the future direction of food choice, diet patterns for improved nutrition and health. It should be forward looking including policy recommendations. | | |
| * Objectives of the consultancy:   The purpose of this consultancy is to contribute to the process of developing the food based dietary guidelines (FBDG) for Myanmar in close consultation with National Nutrition Centre, MoHS who leads the process, Health Literacy Promotion Unit, and technical partners including FAO, WFP, WHO, UN Network, and UNICEF. This is a joint UN effort to support MoHS to develop a FBDG, and its roll out and dissemination which is critical for MoHS to fight against all types of malnutrition. The Nutrition consultant will be responsible for providing support to NNC and FBDG technical task force members mainly at the national level and at sub-national levels sometimes if requires. The following are the specific tasks.   * To perform evidence-based literature review, by working closely with the Technical Task Force (TTF), and identify all relevant recent literature in order to carry out a situation analysis on Myanmar relating to the areas outlined under point 1 in the “Description of assignment” below. This will involve working closely with the FBDGs technical task force members to ensure all relevant sources are identified and collected. * An evidence review country report will be prepared and submitted to the Steering Committee and the TTF members for review and identifying the priority problems to be addressed by the FBDGs. After revision, the evidence review country report with recommendations will be submitted to NNC and TTF for endorsement. Consensus would be reached to steer the future direction of food choice, diet patterns for improved nutrition and health, FBDG development and its policy recommendations would be forward looking.   **Description of Assignment**   * Support setting-up a FBDG Technical Task Force and jointly agree on Terms of Reference, respective responsibilities, and work programme, together with the FAO National Nutrition Specialist. * Review global evidence on diet, health and diseases relationships and evaluate the magnitudes of linkage between diet, health and diseases, identify priority problems to be addressed by the FBDGs, by working closely with the FAO National Nutrition Specialist and the TTF. * Summarize the information gathered, taking into account the strength of the evidence gathered by following a good practice for evidence reviews. * Write an Evidence Report to establish dietary guidelines for improved diet, nutrition and health that underpins the principles of FBDGs development for Myanmar, working closely with the FAO National Nutrition Specialist. * Obtain review comments from the TTF members on the Evidence Report, making revisions as needed. * Co-lead a Consensus Development Workshop to validate the information collected in the Evidence Report with other experts (external to the technical task team), together with the FAO National Nutrition Specialist. * Identify parameters and key messages in the FBDGs, with the FAO National Nutrition Specialist, in consultation with the TTF. * Coordinate with the TTF and other consultants to develop an implementation strategy that includes a roll-out and communication plan. Test key messages together with a food graphic, and link them to nutrition education, agriculture and food policies and a tool for integrated strategy to improve food security, food safety, nutrition and health * Support dissemination and work with creative agency on visualization in close collaboration with the FAO National Nutrition Specialist. | | |
| 1. Geographic Area:   The Consultant will be based in Nay Pyi Taw and work closely with National Nutrition Centre (NNC), Ministry of Health and Sports, technical taskforce, and FAO regional team. The consultant will be expected to travel widely to the field according to the agreed plan with NNC and technical task force members. Regular meetings and phone calls with NNC and technical taskforce members will be conducted. | | |
| 1. Duration : Full time office hours consultant for 11 months between September, 2020, to July, 2021. | | |
| 1. Supervisor: As the consultant is contracted by UNICEF, he/she will report to the P4 UNICEF Nutrition specialist as the primary supervisor and management reporting line, but work day to day under guidance and direction of the Acting Director of NNC and technical task force. The UNICEF P4 Nutrition specialist, Acting Director, NNC, and technical task force will collaborate and coordinate closely to guide, support and monitor the work of the consultant and necessary guidance will be provided to deliver the tasks affectively. | | |
| 1. Type of Supervision/support required from UNICEF: Consultant will receive a joint briefing from NNC and UNICEF at the beginning of assignment, then regular discussions through meetings, email, and phone as required. | | |
| 1. Description of assignment: Deliverables and deadlines are summarised below. | | |
| **Tasks** | **End Product/deliverables** | **Duration/**  **Deadline** |
| Support NNC to develop the National Food Based Dietary Guideline by reviewing the evidence and in consultation with technical task force.  To perform evidence-based review to develop the National Food Based Dietary Guidelines (FBDGs). The Consultant and Technical Task Force (TTF) will perform the evidence review on the following.   1. Risk factors and problems associated with diet – for the country 2. Food – Part 1: food consumption, dietary patterns, nutrients intake (in the country) 3. Foods part 2: availability, access, safety (in the country) 4. Policy review 5. National programme review 6. Behaviour and food -related habits (knowledge, attitudes, practices) 7. Other behaviour pattern 8. Food environment and settings 9. Food sustainability 10. Dietary patterns and health outcomes 11. Food composition tables | Upon completion of detailed work plan and first consultative meeting with NNC, UNICEF and technical taskforce. | By end of September 2020 (10% of payment) |
| Evidence-based review on at least three areas out of eleven (mentioned on the left column) completed | By end of October 2020 (10% of payment) |
| Evidence-based review on at least three areas out of eleven (mentioned on the left column) completed | By end of November 2020 (10% of payment) |
| Evidence-based review on at least three areas out of eleven (mentioned on the left column) completed | By end of December 2020 (10% of payment) |
| Evidence-based review on at least two areas out of eleven (mentioned on the left column) completed | By end of January 2021 (10% of payment) |
| Evidence Report document to inform the development of FBDGs for Myanmar was drafted. | By end of February 2021 (10% of payment) |
| The validation workshop about the information collected in the Evidence Report document with other technical task force and external experts | By end of March 2021 (10% of payment) |
| Parameters and key messages for FBDG are identified and implementation strategy that includes a communication plan developed. | By end of May 2021 (10% of payment) |
| A tool for integrated strategy to improve food security, food safety, nutrition and health including the draft document on advocacy and dissemination strategy for varied audiences (health professionals, trainers, and media people) is developed. | By end of June 2021 (10% of payment) |
| Key messages together with a food graphic, and link them to nutrition education, agriculture and food policies are tested. And, the visualization document and key messages are disseminated. Together with FAO consultant, the FBDG guidance is translated into Myanmar language. | By end of July 2021 (10% of payment) |
| 1. Advertisement / Invitation / Request for Expression of Interest   Consultancy will be advertised through UNICEF website and HR network with EOI. | | |
| 1. Selection process (EOI to be attached to TOR)   The Consultant will be identified by UNICEF based on a standard competitive selection process | | |
| Qualification and specialized knowledge/experience required for the assignment:   * Completed Master's degree from an accredited academic institution preferably in Nutrition, Public Health or any discipline related to Nutrition * Minimum of 3 years professional experience in health and nutrition; In lieu of Master’s degree, a Bachelor’s degree could be acceptable with 5 years of relevant experience in nutrition, health and related sectors * Excellent knowledge of Myanmar health system is mandatory * Knowledge and experience in nutrition, food security or health related surveys and assessments an asset * Knowledge and experience on FBDG is an asset * Knowledge and experience with development of nutrition and food security guidelines is an asset * Knowledge and experience in working with UN and NGOs is an asset * Proactively establish and maintain working relations, and share ideas through technical task force and promote synergies with other sectors * Facilitation and capacity-building skills * Ability to write clearly and precisely in English. Fluency in spoken English also required. * Ability to take initiatives and work independently and systematically. * Ability to work well with others and in a multiple partner environment * Excellent interpersonal, communication and presentation skills * Ability and willingness to travel as assigned * Knowledge of health system strengthening approach is an asset * Strong skills in using Excel and Powerpoint | | |
| 1. Other conditions:   The consultant is expected to work using his/her laptop. Consultant is expected to be based in Nay Pi Taw in order to be available for frequent meeting with the NNC, MoHS, technical task force, and FAO. Consultant will also be provided an office space in Nay Pyi Taw once office space is available. As the consultant is expected to be based in NPT, travel/DSA costs will only be paid forin-country travel to elsewhere. .  **Life and health insurance**  UNICEF does not provide or arrange life or health insurance coverage for consultants and individual contractors, and consultants and individual contractors are not eligible to participate in the life or health insurance schemes available to United Nations staff members. Consultants and individual contractors are fully responsible for arranging, at their own expense, such life, health and other forms of insurance covering the period of their services as they consider appropriate. The responsibility of UNICEF is limited solely to the payment of compensation for service-incurred death, injury or illness as per the provisions detailed below.  **Insurance for service-incurred death, injury or illness**  Consultants and individual contractors who are authorized to travel at UNICEF expense or who are required under their contract to perform services in a UNICEF or United Nations office shall be provided with insurance coverage, through a UNICEF-retained third party insurance provider, covering death, injury and illness attributable to the performance of official UNICEF duties. Compensation in the event of service-incurred death, injury or illness shall be equivalent to amounts stipulated in the agreement between UNICEF and the insurance provider.  **Ethical principles:**  Research methods used should be consistent with UNICEF Ethical And Principle Guidelines for the reporting on children and young people under 18 years old. <http://childethics.com>  **Payment**   |  |  |  |  | | --- | --- | --- | --- | | **No** | **Deliverables** | **Timeline** | **% of Payment** | | **1** | Upon completion of detailed work plan and first consultative meeting with NNC, UNICEF and technical taskforce. | **September 2020** | **10%** | | **2** | Evidence-based review on at least four areas out of sixteen (mentioned on the left column) completed. | **October 2020** | **10%** | | **3** | Evidence-based review on at least four areas out of sixteen (mentioned on the left column) completed. | **November 2020** | **10%** | | **4** | Evidence-based review on at least four areas out of sixteen (mentioned on the left column) completed. | **December 2020** | **10%** | | **5** | Evidence-based review on at least four areas out of sixteen (mentioned on the left column) completed | **January 2021** | **10%** | | **6** | Evidence Report document to inform the development of FBDGs for Myanmar was drafted. | **February 2021** | **10%** | | **7** | The validation workshop about the information collected in the Evidence Report document with other technical task force and external experts | **March 2021** | **10%** | | **8** | Parameters and key messages for FBDG are identified and  Implementation strategy that includes a communication plan developed. | **May2021** | **10%** | | **9** | A tool for integrated strategy to improve food security, food safety, nutrition and health including the draft document on advocacy and dissemination strategy for varied audiences (health professionals, trainers, and media people) is developed. | **June 2021** | **10%** | | 10 | Key messages together with a food graphic, and link them to nutrition education, agriculture and food policies are tested.  The visualization document and key messages are disseminated. Together with FAO consultant, the FBDG guidance is translated into Myanmar language. | **July 2021** | **10%** |   **Confidentiality:**  The documents produced during the period of this consultancy will be treated as strictly confidential, and the rights of distribution and/ or publication will reside solely with UNICEF.  The contract signed with the Consultant will include the other general terms defined by UNICEF. | | |
| 1. Nature of Penalty Clause to be stipulated in the contract:   UNICEF Myanmar reserves the right not to pay the Contractor or withhold part of the payable amount if one or more requirements established for this assignment is not met or deadline set for the accomplishment of the tasks is missed. | | |