

January 28, 2025

## **Training on healthy nutrition successfully continues across the country**

Nowadays, the Government of the Republic of Tajikistan constantly strives to improve and protect the health of the population and shows great interest in food security and healthy nutrition issues.

This year with the support of the Government of the Republic of Tajikistan by the State Institution "Agriculture Entrepreneurship Development" under the implementation of the "Strengthening Resilience of the Agriculture Sector Project" vitamins and micronutrients have been imported from abroad to protect the health of mothers and children, and the Ministry of Health and Social Protection ensures the availability of these vitamins and micronutrients to medical centers in cities and districts.

Starting in December 2024, specialists of the State Institution "of Agriculture Entrepreneurship Development " together with the organization "Avesta", according to the schedule, conduct training throughout the country.

On January 27 and 28 of the current year in the hall of the Ministry of Health and Social Protection of Population of the Republic of Tajikistan a training was held with the participation of family doctors, pediatric department, reproductive health specialists of Tursunzade, Hissar, Vahdat, Rogun, cities, as well as from Ashgabat, Shahrinav, Rudaki, Tajikabad, Sangvor, Lakhsh, Rasht and Faizabad districts.

At the training, scientists and experts in primary health care (PHC) presented issues related to micronutrient and vitamin supplementation of the target population, including pregnant women and children aged 6 to 59 months, through a presentation, as well as skills for their management, general information on basic nutritional indicators for pregnant women

and newborns, assessment of physical development of pregnant women, new approaches to assessing intrauterine growth and fetal development in PHC institutions, information on 5 key ways of food security, health status of pregnant women in the Republic of Tajikistan, strategic documents adopted at the national level on health protection of pregnant women, importance of iron sulfate and folic acid use during pregnancy, anemia, and experience of vitamin supplements use throughout the country and its results.

The aim of the training is to raise awareness of PHC's doctors about the best and correct use of vitamin supplements and micronutrients, to conduct information activities among target groups, about the need to use vitamin supplements and micronutrients by pregnant and lactating women, to study the issue of food fortification with vitamin and mineral powder for children aged 6 to 59 months.

Also, in accordance with the order of the Minister of Health and Social Protection of Population of the Republic of Tajikistan, trainings will be held in the coming days in Khatlon, Sughd and GBAO regions.



---

January 28, 2025

**The performance results of the Public Organization “Avesto”  
in the frame of project**

With the support of the Government of the Republic of Tajikistan, the State Institution “Agriculture Entrepreneurship Development” in the frame of sub-component 3.4 (nutrition improvement) of “Strengthening Resilience of the Agriculture Sector Project” for health promotion and improvement of population health, especially mothers and children, vitamins and micronutrients were imported into the country last year.

The State Institution “Agriculture Entrepreneurship Development” in cooperation with the Ministry of Health and Social Protection of Population of the Republic of Tajikistan to this date carried out a number of activities and currently, the distribution of medicine (vitamins and micronutrients) is actively proceeding throughout the country, as well as explanatory work is carried out by the Public Organization “Avesto”.

Therefore, on January 9 of this year, a working meeting was held at the State Institution on the results of the Public Organization “Avesto” activity for 2024.

The staff of the Public Organization “Avesto” and the State Institution “Agriculture Entrepreneurship Development” participated in the working meeting.

On the first issue of the agenda, the head of the Public Organization “Avesto” Abdulloeva Firusa Ganievna made comprehensive remarks on the import and distribution of vitamins and micronutrients throughout the country, development and publication of information materials, advertising activities through mass media, as well as holding round tables and consultative seminars among the population.

Then presentations on this issue were made by some participants.

---

January 28, 2025

### **Distribution of vitamins and micronutrients to Medical Centers**

Nowadays, the Government of the Republic of Tajikistan constantly strives to improve the health and protection of the population and shows great interest in food security and healthy nutrition issues.

Also, the Government of the Republic of Tajikistan has adopted a number of normative-legal documents and carries out effective activities in this area.

For this purpose, this year, with the support of the Government of the Republic of Tajikistan and the World Bank Group, the State Institution “Agriculture Entrepreneurship Development” in the frame of the Strengthening Resilience of Agriculture Sector Project, aimed at protecting the health of

mother and child has imported vitamins and micronutrients, such as S1550005 – 60 mg of iron + folic acid/PAC – (10×10) in the amount of 353,000.00 packs and S1580201 vitamin-mineral powder (SPRINKLE) PAC – 30 in the amount of 1 300,000.00 packs to the Republic of Tajikistan.

After importing these medical products into the Republic, quality was checked by specialists of the State Supervision Service of Health and Social Protection of the Population of Tajikistan of the Ministry of Health and Social Protection of Population of the Republic of Tajikistan.

It is foreseen micronutrients – ironic sulfate and folic acid for 353 000 pregnant women and vitamin supplements for 1 300 000 children aged 6 months to 59 months.

After checking the quality of imported medical products Certificate of Quality and Conformity issued by the State Supervision Service of Health and Social Protection of the Population of Tajikistan of the Ministry of Health and Social Protection of Population of the Republic of Tajikistan. Based on Certificate of Quality and Conformity for imported medical products permission was given for distribution to beneficiaries.

Nowadays, in accordance with the Order No. 560 dated August 20, 2024 of the Minister of Health and Social Protection of Population of the Republic of Tajikistan

“Distribution of micronutrients (SPRINKLE) and medical nutrition for children”, micronutrients and vitamin supplements are provided to beneficiaries at the Primary Health and Sanitation facilities (urban, regional, district reproductive health centers and children’s disease coordination rooms of urban, regional, district health centers).

.



---

January 28, 2025

**Working session on distribution of vitamins and micronutrients  
in the frame of “Strengthening Resilience of Agriculture  
Project”**

“The health of the nation is an invaluable asset, without  
which it is impossible to imagine the strength of the state”

Emomali Rahmon

Nowadays, the Government of the Republic of Tajikistan  
constantly strives to improve the health and protection of the  
population and shows great interest in food security and  
healthy nutrition issues.

As it is known, food issues are considered a critical issue  
not only in Tajikistan, but all over the world. In some  
countries, the population suffers from hunger, in others from  
food shortages, and in thirds people struggle with obesity.

For this purpose, this year, with the support of the  
Government of the Republic of Tajikistan and the World Bank

Group, the State Institution “Agriculture Entrepreneurship Development” in the frame of the Strengthening Resilience of Agriculture Sector Project, aimed at protecting the health of mother and child has imported vitamins and micronutrients, such as S1550005 – 60 mg of iron + folic acid/PAC – (10×10) in the amount of 353,000.00 packs and S1580201 vitamin-mineral powder (SPRINKLE) PAC – 30 in the amount of 1 300,000.00 packs to the Republic of Tajikistan.

Hence, on December 19, 2024 a meeting on the official distribution of vitamins and micronutrients was held in the hall of the Ministry of Health and Social Protection of the Population of the Republic of Tajikistan.

The meeting was attended by deputies and responsibilities of the Ministry of Health and Social Protection of Population of the Republic of Tajikistan, Head of the Department of Agrarian Policy and Food Security Monitoring of the Ministry of Agriculture of the Republic of Tajikistan, representatives of the World Bank Group, Acting Head of the United Nations Children’s Fund (UNICEF) Office in Tajikistan, Director and staff of the State Institution “Agriculture Entrepreneurship Development”.

The purpose of this event is to maintain public health, especially to improve the health status of mothers and children, as well as the proper use of micronutrients and vitamin supplements by target groups (pregnant women and children aged 6 months to 59 months).

The first deputy Minister of Health and Social Protection of Population of the Republic of Tajikistan, Mr. Muhsinzoda Gafur, opened the meeting and noted that the issue of mother and child health protection is one of the main priorities of the Government of the Republic of Tajikistan and the Ministry of Health and Social Protection of Population of the Republic of Tajikistan. The Ministry of Agriculture of the Republic of Tajikistan is also constantly taking necessary measures for

food safety and food production among the population.

The Ministry of Health and Social Protection of the Population of the Republic of Tajikistan has held a number of activities to prevent micronutrient deficiencies among children and women, and in order to improve the health of children and prevent infectious diseases, vitamin A supplementation has been carried out twice a year at the national level for children aged 6 to 59 months in the last 10 years.

After representative of World Bank Group Hasem Ibragim Hanbal, Deputy minister of Health and Social Protection of the Population of the Republic of Tajikistan, Zulfiya Abdusamatzoda, Head of the Department of Agrarian Policy and Food Security Monitoring of the Ministry of Agriculture of the Republic of Tajikistan Abdullozoda Ahmadjon, Acting Head of the United Nations Children's Fund (UNICEF) Office in Tajikistan, director of State Institution "Agriculture Entrepreneurship Development", Daler Satori made comprehensive remarks on this issue.

The State Institution presented a documentary film to the audience after the speeches.





---

January 28, 2025

**Visit of the technical working group to flour production and processing enterprises in Sughd region**

It is a matter of pride and honor that today, thanks to the independence of the Republic, there are more than 45 small and large enterprises producing and processing flour using modern methods (18 units in Sughd province, 20 units in Khatlon province and 7 units in RRS). These enterprises operate efficiently and provide food products to the population of the country.

On February 13 of the current year, members of the technical working group (representatives of the Ministry of Health and Social Protection of Population of the Republic of Tajikistan, Ministry of Industry and New Technologies, Ministry of Agriculture, State Institution "Agriculture Entrepreneurship Development", Agency "Tajikstandart" and staff of the World Food Program) held a meeting with the heads of flour production enterprises of Sughd region ("Khubjama Invest" LLC, "AZHR" LLC, "Grain Company" LLC, "Fati" LLC) under sub-component 3.4 which focuses on food fortification,

specifically on fortification of wheat flour.

Solehzoda Umed, a representative of the Ministry of Industry and New Technologies, opened the meeting and spoke on the importance of food fortification, especially wheat flour.

Then Inomjon Khaknazarov – Director of the Institute of Nutrition, Afzalsho Vokhidzoda – specialist of “Tajikstandart” agency, Abdulloeva Zarrina – nutrition specialist of the State Institution “Agriculture Entrepreneurship Development” and Believe Gunda – expert-technologist on food fortification of WFP made speeches. They presented information on the essence and enrichment of food products, especially wheat flour, and also highlighted that work is underway to create conditions for enrichment of wheat flour (premixes) with vitamins and minerals to increase the nutritional value of the product for low-income groups of the population, especially pregnant women, as well as children and adolescents suffering from malnutrition.

This was followed by a question and answer session on availability of premixes, setting up a micronutrient production line in the country and other issues that need to be addressed locally. Relevant experts provided detailed answers to these questions.

After the meeting, the members of the technical working group visited a number of wheat flour production enterprises.

The purpose of the visit of the technical working group was to get familiarized with the activities of these enterprises and to learn from the experience of developed countries in the field of food fortification.

The enterprises of Khubjam Invest LLC have been operating since 2018 and produce highest grade, first grade, second grade flour, as well as flour for animal feed. Its total production volume is 400 tones per day. This production provides permanent employment for more than 90 employees.

The enterprises of “Zernovaya Kompaniya” LLC started their activities in the era of independence and produce flour of the highest, first and second grades, as well as breadcrumbs for animal feed.

The total production volume of the enterprise is 500 tones per day and the enterprise provides permanent jobs for more than 150 employees.

The company’s employees also produce more than 55 types of bread and confectionery products from the flour produced and offer them to customers.

Ordi Fatir LLC started its operations in April 2016 and produces flour of the highest, first and second grades, as well as flour for animal feed. The total production volume of the products is 200 tones per day. This enterprise provides permanent employment for more than 50 employees.

It should be noted that all flour production enterprises import raw material (wheat) from the Republic of Kazakhstan, process it and provide it to the population of the country.

These enterprises operate in the Republic in accordance with the requirements of the standard of the Republic of Tajikistan, and the finished products are divided into groups with different quality. They are also packaged according to international standards and provided to the population of the country.



---

January 28, 2025

**Visit of the technical working group to flour production and processing enterprises in Sughd region**

It is a matter of pride and honor that today, thanks to the independence of the Republic, there are more than 45 small and large enterprises producing and processing flour using modern methods (18 units in Sughd province, 20 units in Khatlon province and 7 units in RRS). These enterprises operate efficiently and provide food products to the population of the country.

On February 13 of the current year, members of the technical working group (representatives of the Ministry of Health and Social Protection of Population of the Republic of Tajikistan, Ministry of Industry and New Technologies, Ministry of Agriculture, State Institution "Agriculture Entrepreneurship Development", Agency "Tajikstandart" and staff of the World Food Program) held a meeting with the heads of flour production enterprises of Sughd region ("Khubjama Invest" LLC, "AZHR" LLC, "Grain Company" LLC, "Fati" LLC) under sub-component 3.4 which focuses on food fortification,

specifically on fortification of wheat flour.

Solehzoda Umed, a representative of the Ministry of Industry and New Technologies, opened the meeting and spoke on the importance of food fortification, especially wheat flour.

Then Inomjon Khaknazarov – Director of the Institute of Nutrition, Afzalsho Vokhidzoda – specialist of “Tajikstandart” agency, Abdulloeva Zarrina – nutrition specialist of the State Institution “Agriculture Entrepreneurship Development” and Believe Gunda – expert-technologist on food fortification of WFP made speeches. They presented information on the essence and enrichment of food products, especially wheat flour, and also highlighted that work is underway to create conditions for enrichment of wheat flour (premixes) with vitamins and minerals to increase the nutritional value of the product for low-income groups of the population, especially pregnant women, as well as children and adolescents suffering from malnutrition.

This was followed by a question and answer session on availability of premixes, setting up a micronutrient production line in the country and other issues that need to be addressed locally. Relevant experts provided detailed answers to these questions.

After the meeting, the members of the technical working group visited a number of wheat flour production enterprises.

The purpose of the visit of the technical working group was to get familiarized with the activities of these enterprises and to learn from the experience of developed countries in the field of food fortification.

The enterprises of Khubjam Invest LLC have been operating since 2018 and produce highest grade, first grade, second grade flour, as well as flour for animal feed. Its total production volume is 400 tones per day. This production provides permanent employment for more than 90 employees.

The enterprises of “Zernovaya Kompaniya” LLC started their activities in the era of independence and produce flour of the highest, first and second grades, as well as breadcrumbs for animal feed.

The total production volume of the enterprise is 500 tones per day and the enterprise provides permanent jobs for more than 150 employees.

The company’s employees also produce more than 55 types of bread and confectionery products from the flour produced and offer them to customers.

Ordi Fatir LLC started its operations in April 2016 and produces flour of the highest, first and second grades, as well as flour for animal feed. The total production volume of the products is 200 tones per day. This enterprise provides permanent employment for more than 50 employees.

It should be noted that all flour production enterprises import raw material (wheat) from the Republic of Kazakhstan, process it and provide it to the population of the country.

These enterprises operate in the Republic in accordance with the requirements of the standard of the Republic of Tajikistan, and the finished products are divided into groups with different quality. They are also packaged according to international standards and provided to the population of the country.



---

January 28, 2025

**Examination of the Republic of the Philippines experience on the importance of food fortification**

Delegation of the working group of the Republic of Tajikistan on December 11 of the current year held a working meeting with the head of the World Food Program (WFP) office in the Republic of the Philippines in order to study the experience of the Republic of the Philippines on the importance of food fortification.

During the meeting there was an exchange of views on the importance of food fortification, preparation of normative and technical documents of the technological process, taking control samples, observing the quality of fortified products and other methods.

Then, the officials of the representative office presented information on the existence of legal regulations in force in this direction, as well as the responsible structures, including the National Food Administration of the Agricultural Department and Food and Nutrition Research Institute,

implementing policies for the realization of the fortification process.

After finalizing the reports of the above-mentioned bodies, the exchange of experience of this country was discussed by the ministries and departments. It was found that in order to realize the process of fortification on selection of products, prevention of diseases related to micronutrient deficiency (minerals and vitamins), monitoring on identification of the group of diseases is carried out by Food and Nutrition Research Institute.

Its director stated that the fortification process could prevent diseases related to micronutrient deficiencies. According to research conducted by the Center, and in accordance with the current legislation of the Republic of the Philippines, the following products are mandatorily fortified: rice, oil, salt and sugar.

This institute is responsible for implementing the product enrichment process in manufacturing plants through preventive and educational activities.

Following the results of the working meeting, the working group presented memorable gifts to the heads of these structures for the development of further cooperation.





---

January 28, 2025

On July 12, 2023, a round table on “Promotion of Wheat Flour Fortification Initiative and establishment of the National Premix Revolving Fund” was held in the hall of the National Library. The event included a presentation of sub-component 3.4 of the Strengthening Resilience of the Agriculture Sector Project on “Improving Nutrition”, with the participation of Project development partners and nutrition specialists.

The director of SI “Agricultural Entrepreneurship Development” Mr. Daler Satori highlighted in his introductory speech that the round table was being held as part of additional funding of Strengthening Resilience of the Agriculture Sector Project which included support for food fortification measures.

Then, according to the program of the event, the participants of the round table – representatives of interested ministries and sectoral agencies, discussed and presented their recommendations on the main directions of activity of the National Premix Revolving Fund and food fortification.

The Multisectoral Plan of Action for Nutrition in the Republic

of Tajikistan for 2021-2025, which is aimed at the practical implementation of health, food security, social protection, school nutrition strategies, as well as the Law “On Providing the Population with Fortified Foods” and the National Communication Program for the “First 1000 Days of a Child’s life in the Republic of Tajikistan for the period 2020-2024” and a number of programs, provides for specific tasks and activities aimed at improving the nutrition of the population, especially mothers.

The round table, where priority problems of supplies of fortified flour and iodized salt were discussed, was productive. As a result of this event, it was decided to hold regular meetings of the working group on healthy nutrition in the Republic of Tajikistan in the future.



