

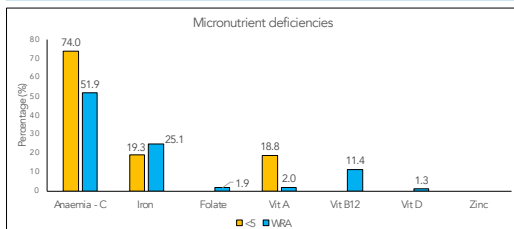
Africa Regional Dialogue on Data for Action in Food Fortification

Addis Ababa, Ethiopia | 28-30 October 2025

Mozambique Large-Scale Food Fortification (LSFF) Data Landscape



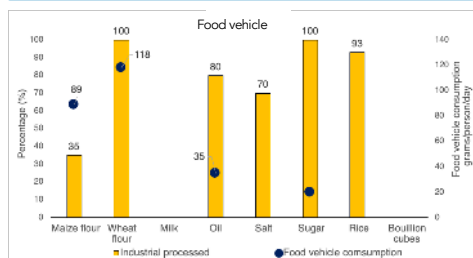
Data on selection of nutrients



Anemia - C: Anemia estimated using hemoglobin measured in capillary blood. Source: Anemia - C: Mozambique DHS (2023); Other micronutrient status data: Mozambique Micronutrient Survey (2012-13)

- Anemia in women of reproductive age (WRA) associated with iron, vitamin A, folate, and vitamin B12 deficiencies.
- Anemia in children under 5 (US) decreases with increasing age; associated with iron deficiency and inflammation.

Data on food vehicles



Source: Industrial processed: Key informant interview data captured in GFDx biannual survey (2017) and DInA KI for meeting preparations; Food vehicle consumption – median value, based on adult male equivalents from data collected in the Mozambique Micronutrient Survey (2012-13)

- Fortification of 5 foods is mandated: wheat flour, maize flour, salt, sugar and oil) to tackle the deficiencies within the region (vit. A, iron, zinc, and folate)

Nutrient	Fe	Zn	Vit A	Vit D	B1	B2	B3	B6	Folate	B12	Iodine	Std. Yr
Food vehicle												
Maize flour	✓✓	✓✓	✓✓	●	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓	●	2016
Wheat flour	✓✓	✓✓	✓✓	●	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓	●	2016
Milk	●	●	●	●	●	●	●	●	●	●	●	2016
Oil	●	●	✓✓	✓✓	●	●	●	●	●	●	●	2016
Salt	●	●	●	●	●	●	●	●	●	✓✓	✓✓	2000
Sugar	●	●	✓✓	●	●	●	●	●	●	●	●	2016
Rice	●	●	●	●	●	●	●	●	●	●	●	2016
Bouillon cubes	●	●	●	●	●	●	●	●	●	●	●	2016

✓✓ - Added to address known deficiency
✓X - Added but unknown deficiency status
● - Can potentially be added to the vehicle
● - No data / Not applicable

Source: Micronutrient status data; Legislation status; DInA key informant interview data

- In rural areas, 73 percent of fortifiable maize flour is milled at community mills.
- Rice consumption is high and almost 95% is imported from India and Pakistan.

Opportunities for data-driven decision-making



New Vehicle

- Consider small-scale maize flour fortification (as maize consumption is high but industrial production is low) to reach most of the population with nutrients.
- Standard for fortified rice developed; mandating rice fortification for imports considered as rice consumption is high and most of it is imported.



Monitoring

- Continue to strengthen recent monitoring efforts that confirm the need for strict monitoring, e.g., Pull Assessment 2025 (supported by UNICEF/Food Fortification Initiative):
 - Build on results from the 2025 Pull Assessment to focus on enforcement of maize, wheat flour, and sugar.
 - Consider excess in salt iodization monitoring as 40% of the brands had iodine content beyond the maximum recommended level by the national standard (55mg/kg).



Prioritization

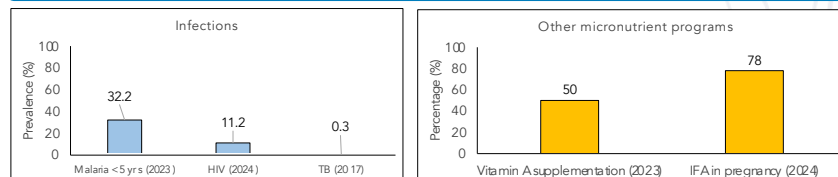
- Enforce monitoring of fortified foods at production and market by regulators.
- Adopt cost effective means of generating data for surveillance.

Impact of LSFF

- Contribution of the National Food Fortification Program (PNFA) to the daily Recommended Nutrient Intake (RNI) calculated by the proportion of households meeting at least 50 percent of the RNI:
 - Vitamin A: 45% percent in urban areas; 25% in rural areas.
 - Iron: 24% percent in urban areas; 20% percent in rural areas.
- Contribution of PNFA to the RNI within for all vulnerability groups:
 - Vitamin A: 45% and 24% among the least vulnerable in urban areas and rural areas, respectively.
 - Iron: 25% and 18% among the least vulnerable in urban areas and in rural areas, respectively.

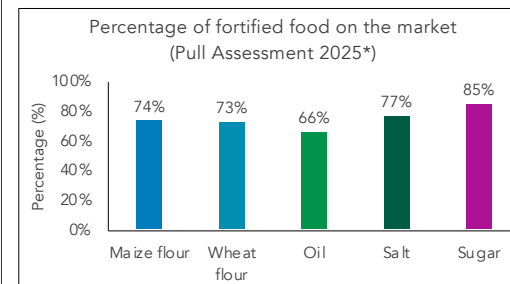
Source: Evaluation of the Coverage and Benefit Incidences of Food Fortification in Mozambique (2019)

Data on LSFF-Related health conditions & programs



Source: Malaria – Mozambique DHS (2023); HIV – UNAIDS Sentinel surveillance (2024); TB – WHO national TB prevalence surveys (2017); Vitamin A supplementation in – UNICEF Data Warehouse (2019); Iron-folic acid (IFA) supplementation – Nutrition Program Report (2024) [Relatório do Programa de Nutricao 2024 SIS-MA/ DHS 2]

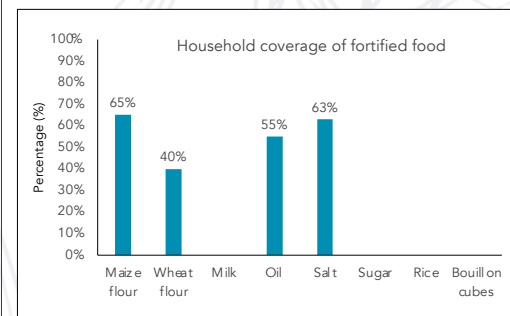
Compliance to fortification standards



Pull assessment * (2025)	Number of brands tested (Composite)	Required range (Standard) mg/kg	Average content (mg/kg)	% brands containing minimum requirement
Maize flour (iron)	14	20-41	13 (5-18)	0%
Wheat flour (iron)	10	33-65	12 (1-28)	0%
Oil (vit. A)	18	17.4-22.6	22 (5-34)	67%
Sugar (vit. A)	15	10-22	8 (0.7-17)	33%
Salt (iodine)	56	25-55	55 (0.6-177)	70%

Source: [Unpublished] Pull Study 2025 conducted in 4 major cities (July 2025).

Data on coverage of fortified food



Source: Mozambique DHS (2023)

Disclaimer

This country profile may not capture the full scope of the country's large-scale food fortification data value chain and reflects information gathered through key informant interviews and publicly available data as part of meeting preparations.