



**SOCIO-ECONOMIC IMPACT OF GLOBAL CRISES IN MONGOLIA**

**21 NOVEMBER 2022 | WORKSHOP**

# **Rapid Assessment of the Impact of Russia-Ukraine Conflict on Nutrition of Pregnant and Lactating women in Mongolia-Preliminary Findings**

**SUVD Batbaatar  
UNFPA**



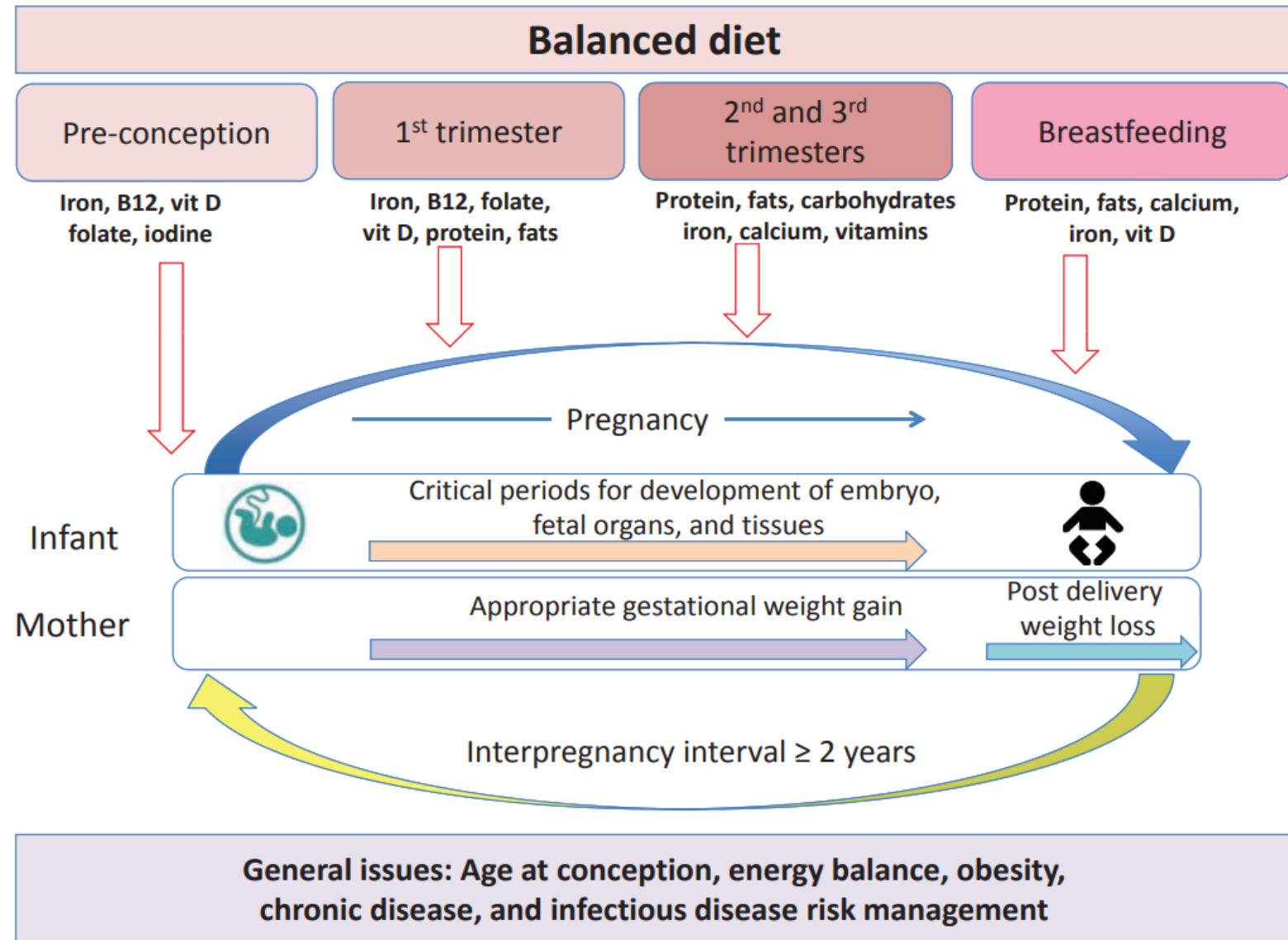
# Rapid Assessment of the Impact of Russia-Ukraine Conflict on Nutrition of Pregnant and Lactating women in Mongolia-Preliminary Findings"

Mongolia  
21 November 2022

# Background

Malnutrition can have a detrimental effect on the health women and newborn causing prematurity, low birth weight (LBW), fetal development issues, maternal anaemia and more negative consequences.

Therefore, it is important to take public health preventive actions to mitigate its consequences.



*Source: Mark A. et al., FIGO recommendations on adolescent, preconception, and maternal nutrition: "Think Nutrition First"*

**Goals:** To examine the impact of the war in Ukraine on the nutritional status of vulnerable pregnant and lactating women.

Implementation of standard recommendations on food intake and micronutrient supplements for pregnant women provided through public health facilities

**Market availability and supply chain of micronutrients, Iron/FA**

Perception and practice of health service providers on multi-micronutrients, Iron/FA

**Consumption practice of multi-micronutrients and specifically, Iron/FA supplements by vulnerable pregnant and lactating women**

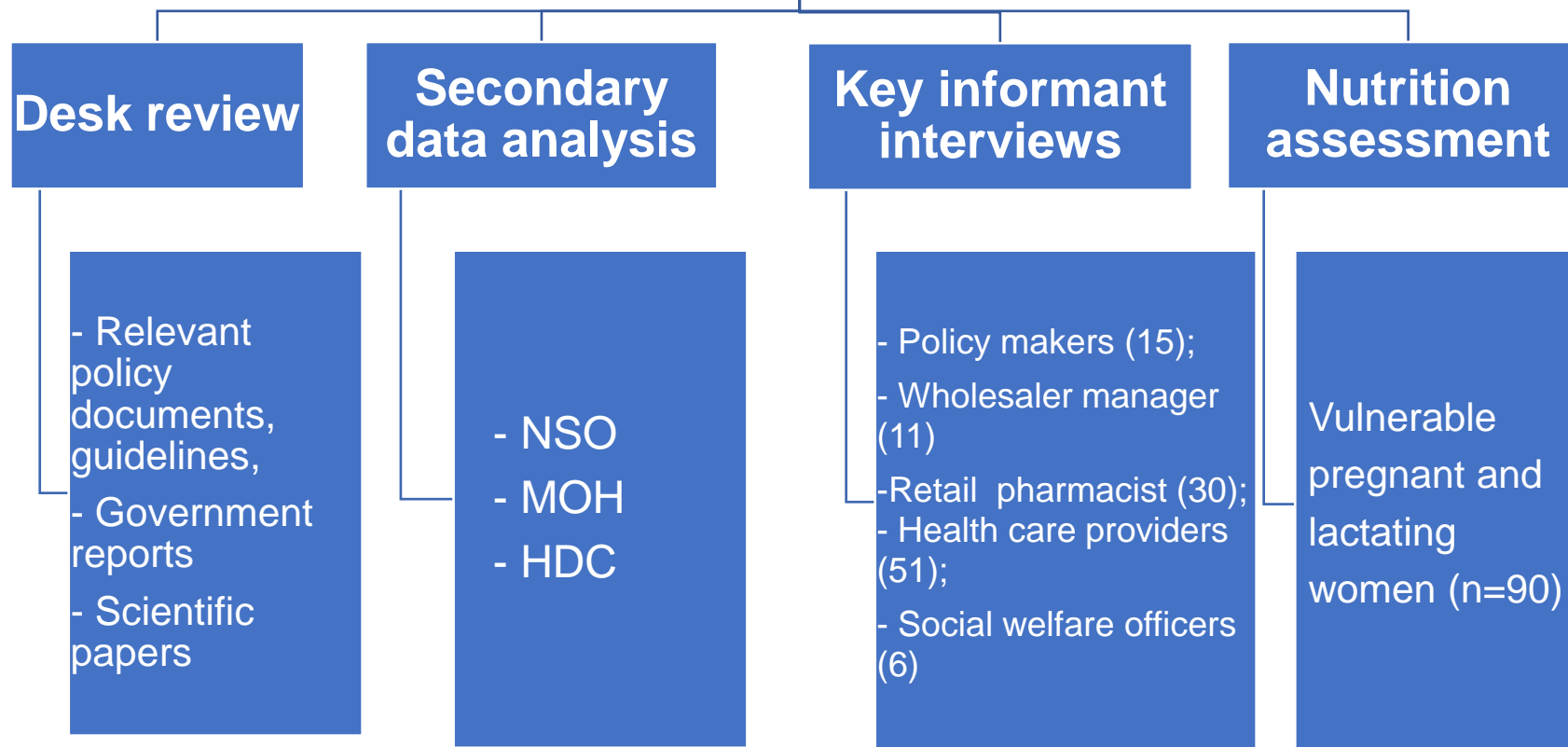
**Data analysis ongoing:** We further explore more on cost analysis, perception of service providers, possible indirect effects and continue nutritional status analysis

**Assessment methodology:** Qualitative (KII, Observation), Quantitative (questionnaire\*)

## Selected sites



## Data collection



## Vulnerability criteria:

- Less than 20 years old woman
- Income less than 250,000 MNT
- Unemployment

Source: ANC guideline – MOH order 318

\* Source: FIGO nutrition checklist for pre-pregnancy/early pregnant women

# Recommended iron and folic acid (FA) supplementation in pregnant and lactating women

	Folic acid	Iron
Supplement composition	400 µg (0.4 mg)	30-60 mg elemental iron
Frequency	One supplement daily	One supplement daily
Target group	All pregnant women	All pregnant women
Duration	100 days or 100 pills	400 days or 400 tablets
Start	As early is possible	During pregnancy and after birth 6 month
<i>Source: ANC guideline – MOH order 318</i>		
<b>Current price during the assessment</b>		
Price a tablet	100-150 MNT	1,040 – 1,500 MNT
Total cost	10,000 – 15,000 MNT	416,000 – 600,000 MNT

100% out of pocket

# Result 1.1. Market availability and supply chain of micronutrients, and Iron/FA

## Finding 1

## Cause

## Root cause

Folic acid not available in all pharmacies and wholesale

Multivitamins, containing Folic acid are available

Iron tablet available in all pharmacies and wholesale

Iron injection available in pharmacies not available in wholesale market

Supply chain interruption

Inability to import supplements from Ukraine and Europe

# Result 1.2. Market availability and supply chain of micronutrients, Iron/FA

## Finding 2

## Cause

## Root cause

### Cost increased:

Iron injection by 11%

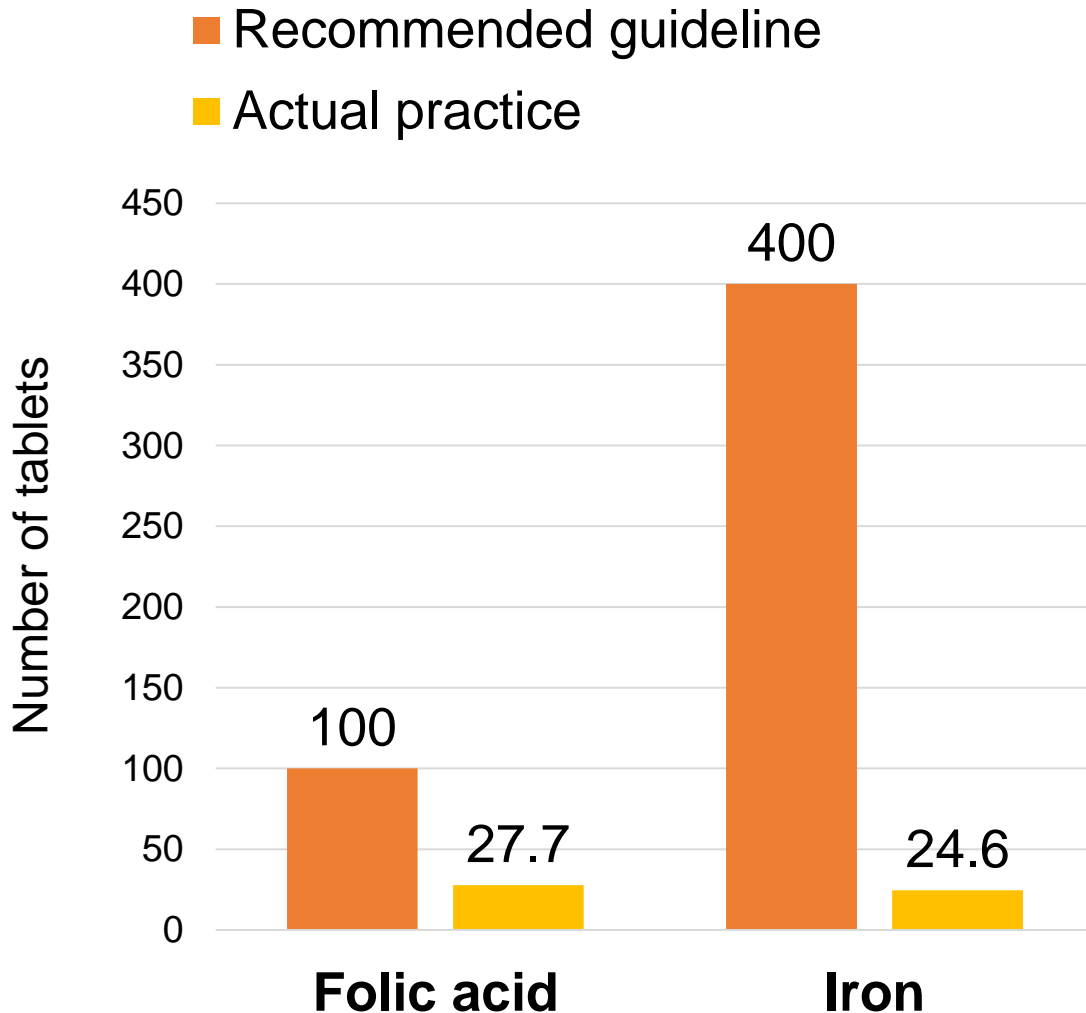
Iron pill 3% as compared to Jan, 2021

Suppliers increased the price of supplements

- Increasing inflation rate
- Shipment cost increase because of:
  - Choose air freight (20-30% more expensive)
  - Increasing price of fuels
- Increasing price of fuels



# Result 2. Consumption practice of Iron/FA supplements by vulnerable pregnant and lactating women



## Current nutritional practices

Recommended food intake for pregnant and lactating women	Not consuming % (n)
<b>Meat</b> (2-3 times per week) <i>Vit B12, iron and protein</i>	3.3% (n=3)
<b>Dairy products</b> (everyday) <i>Calcium supplementation</i>	27.8% (n=25)
<b>Fruit and vegetable</b> (everyday 2-3 portions) <i>Antioxidants, micronutrients and fiber</i>	43.3% (n=39)
<b>Whole grain carbohydrate</b> (at least once a day) <i>Fiber</i>	63.3% (n=57)
<b>Fish</b> (1-2 times per week) <i>Omega 3 / 6 polyunsaturated fatty acids, vitamin D and iodine</i>	100.0% (n=90)

**Note:** FIGO nutrition checklist for pre-pregnancy/early pregnant women

## Preliminary conclusion

1. Iron, especially folic acid supplies to the Mongolian pharmaceutical market has been disrupted and this situation is likely to escalate due to the stock-outs.
2. Their prices continue to increase and will likely increase
3. Iron supplements taken by pregnant and lactating mothers are insufficient to prevent anaemia of pregnancy and reduce risk of normal foetal development.

## Recommendation

Government support to increase availability of the iron and folic acid for pregnant and lactating women:

- Revision of medicine registration system for different products, containing iron and folic acid supplements
- Tax reduction for importing iron and folic acid supplements
- Allocate funding to supply iron and folic acid to vulnerable pregnant and lactating women (approx. 7,4- 8,6 million USD)