

Nutrition in Syria



WFP Syria

Basic concepts on Nutrition and current nutritional situation in Syria

Nutrition, Food and Nutrient

Nutrition

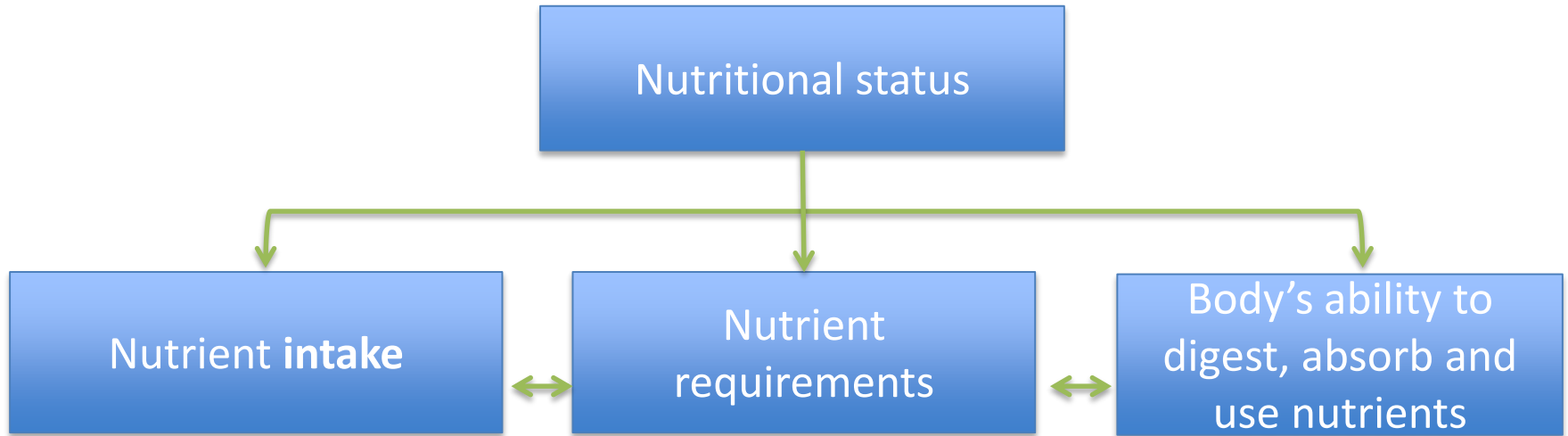
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Nutrition

“The intake of [food](#), and the interplay of biological, social, and economic processes that influence the growth, function and repair of the body.”



Nutritional Status

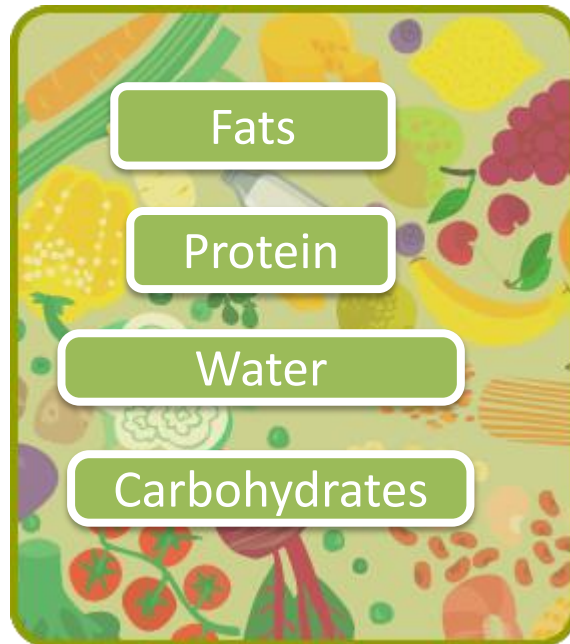


Nutrient Intake

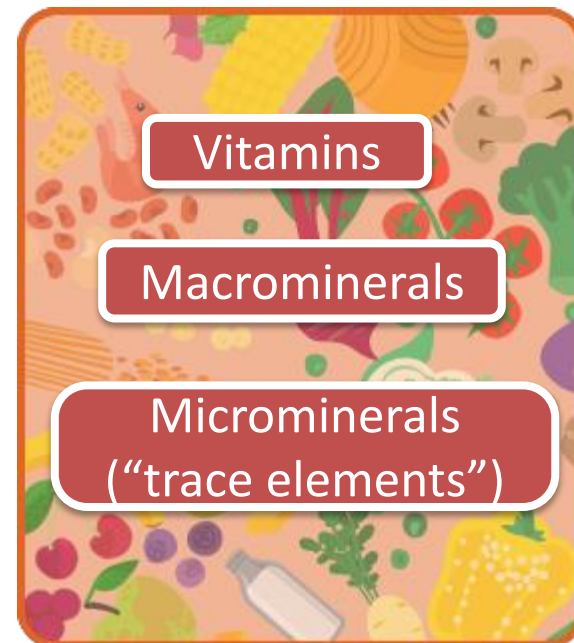
Nutrient intake refers to the different nutrients taken in by the body.

There are 2 main types of nutrients:

Macronutrients



Micronutrients



Nutrient Requirements

The different nutrients needed by the body for energy, growth and repair, and protection from disease.

2'100 Kcal :

- **MACRONUTRIENTS**
 - > 50% from carbohydrates
 - 10 - 13% from proteins
 - < 20 from fat
- **MICRONUTRIENTS:** Vitamins and minerals

Nutrient Requirements

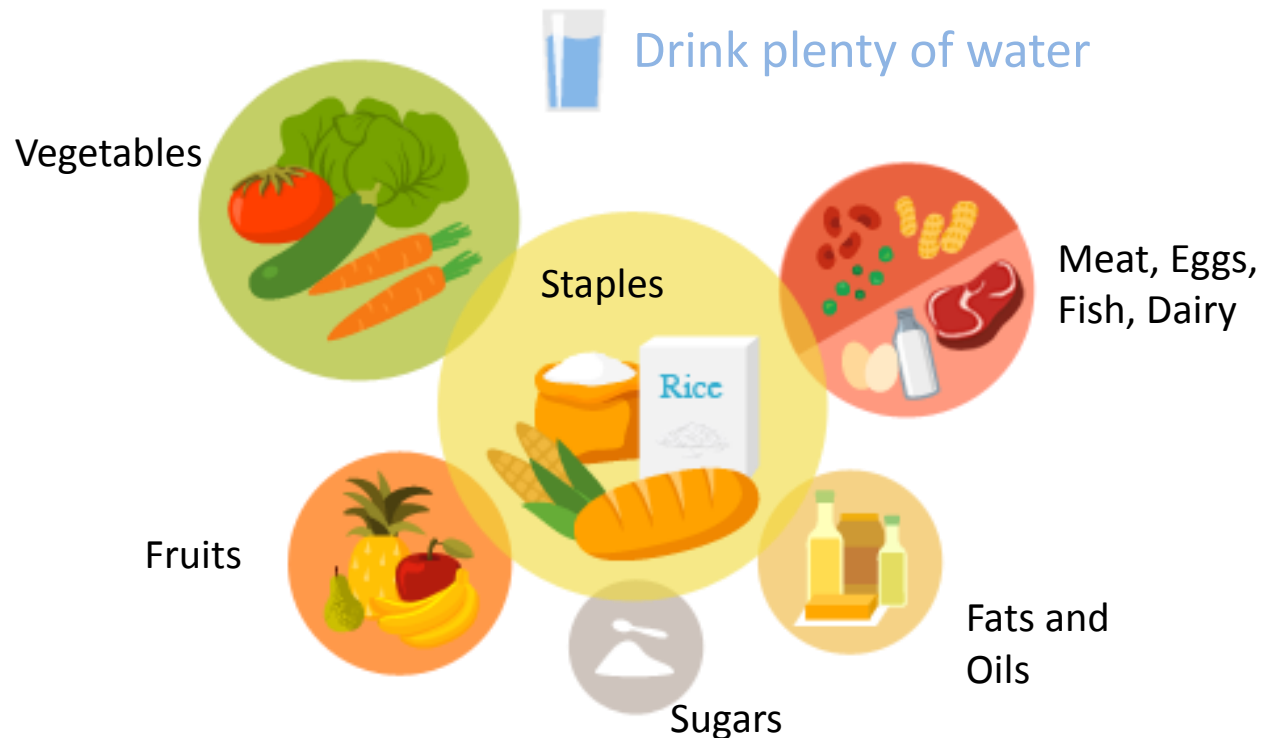


Differ according to the age, gender, level of physical activity, height, weight, stage of life, and health status of each individual.

A Balanced Diet

A diet that provides an **adequate amount and variety of food** to meet a person's energy and nutrient requirements for a healthy and active life.

It must be composed of a **variety of foods from different food groups**:

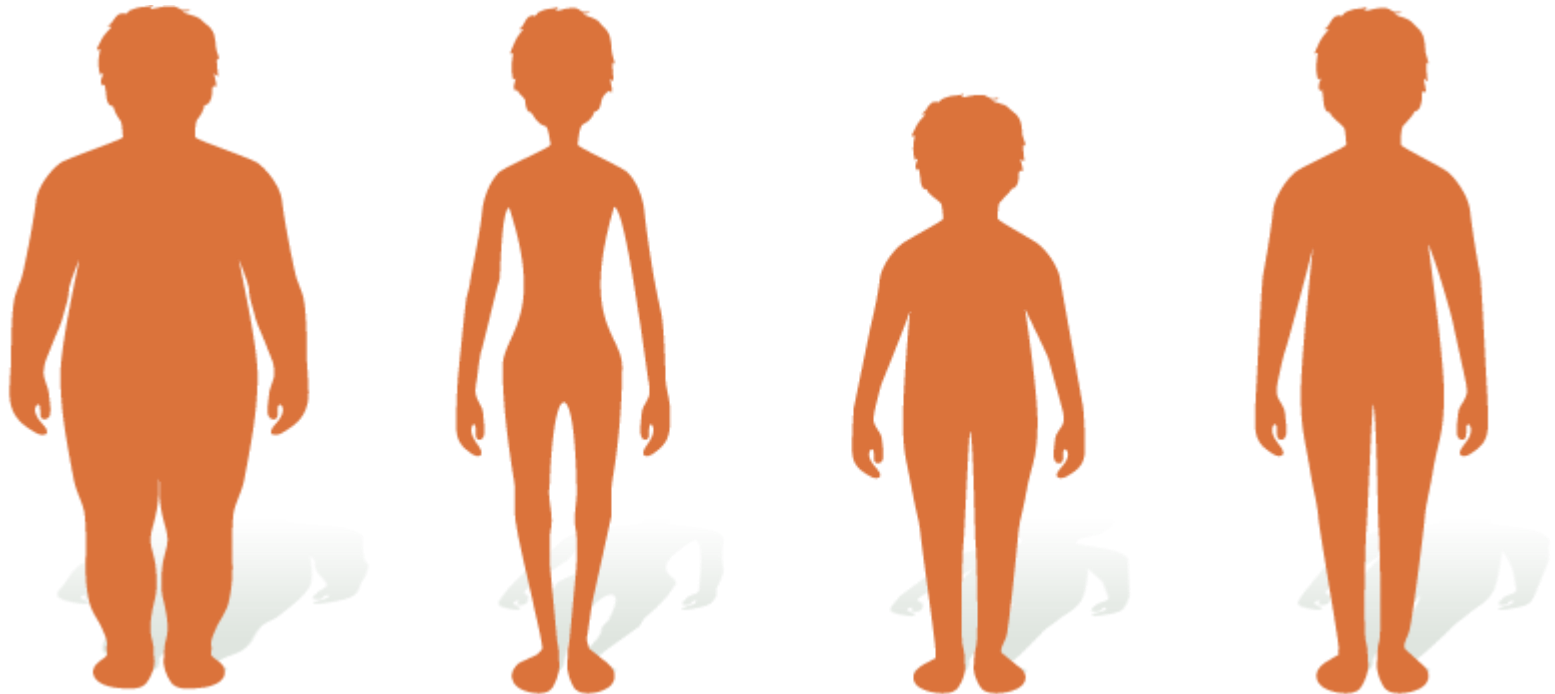


Malnutrition

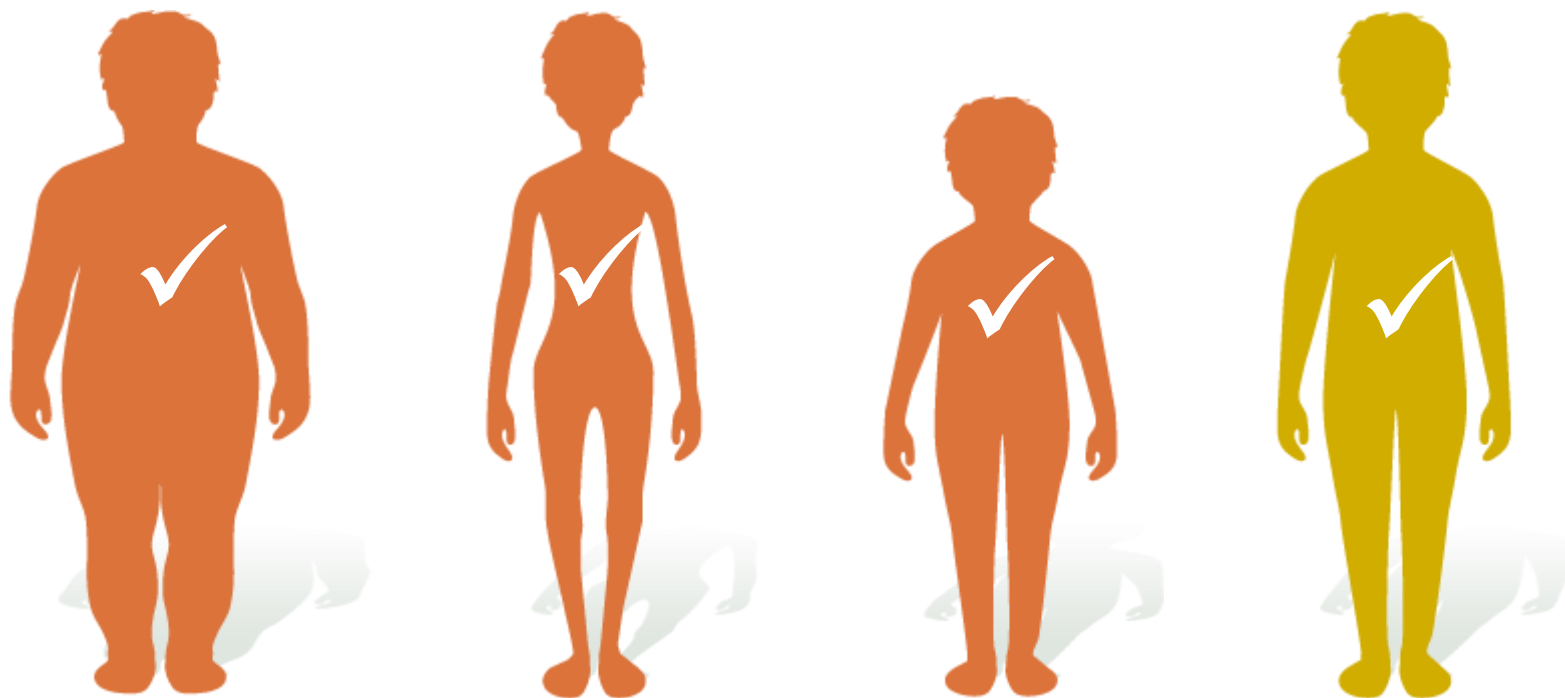


Identifying Those with Malnutrition

Below are 4 children who are the same age. Who do you think may be malnourished?



Identifying Those with Malnutrition



What is Malnutrition and What Does it Include?

Malnutrition

The term malnutrition :

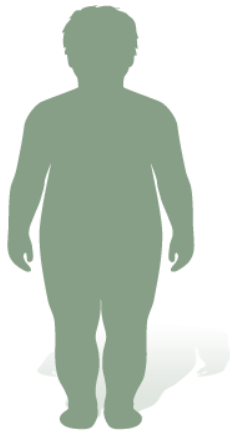
“Occurs when the nutrient and energy intake does not meet or exceeds an individual’s requirements to maintain growth, immunity and organ function.

Malnutrition includes overweight and obesity, undernutrition, as well as micronutrient deficiencies.”

Overweight and obesity

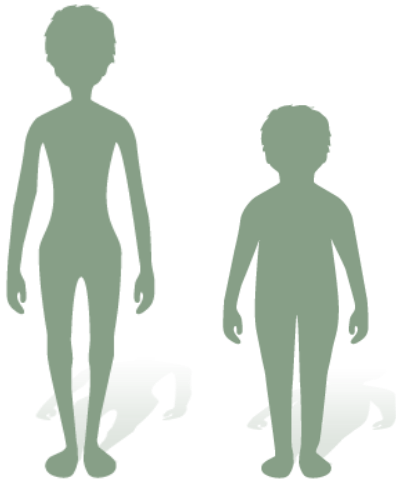
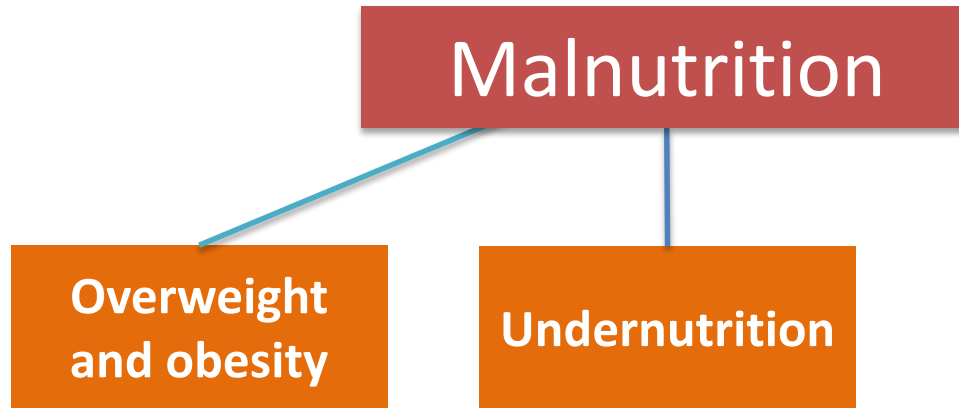
Malnutrition

Overweight
and obesity



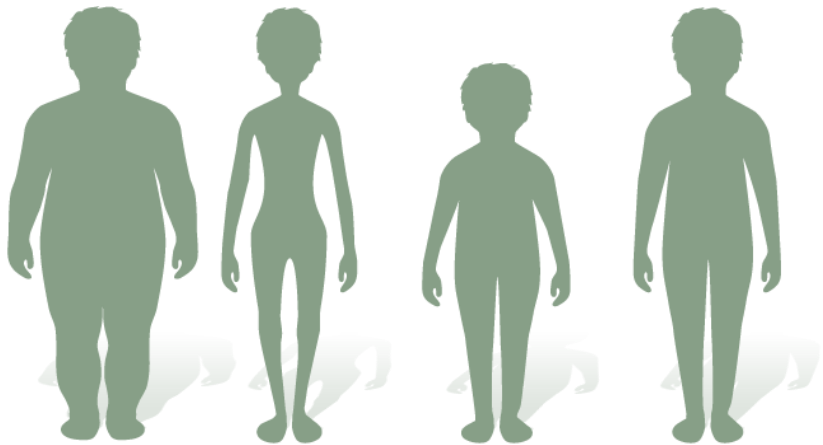
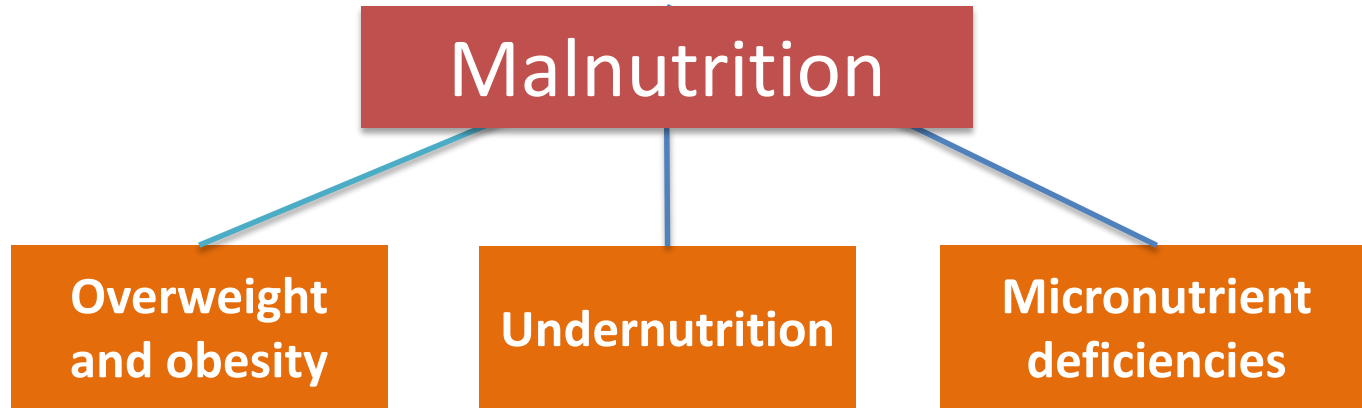
“Body weight that is above normal for height as a result of an excessive accumulation of fat. It is usually a result of excessive food intake relative to dietary nutrient requirements.”

Undernutrition



“The outcome of insufficient food intake to meet dietary energy requirements, and/or poor absorption and/or poor biological use of nutrients consumed as a result of repeated infectious disease.

Micronutrient deficiencies



“Lack of vitamins, minerals and/or trace elements required in small amounts which are essential for the proper functioning, growth and metabolism of a living organism.”

Types of Undernutrition

Acute

- Acute shortage of food and/or disease
- Recent rapid weight loss
- Results in wasting
- Is reversible
- Children and adults can become wasted
- Typical for emergencies

Chronic

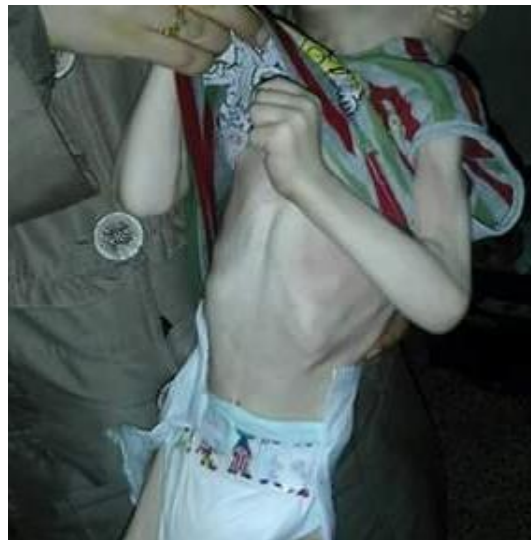
- Chronic shortage of nutrients or presence of multiple infections
- Occurs over a long period
- Results in stunting
- Irreversible once children are 2 plus
- Adults cannot become stunted
- Is common in underdeveloped but relatively stable settings

Types of Undernutrition

- **Chronic Malnutrition:** Can be prevented but cannot be treated.
- **Acute Malnutrition:** Can be prevented and treated.

Severe Acute Malnutrition in SYRIA

- Is characterised by **extreme weight loss**, resulting in **low weight for height, and/or bilateral oedema**.
- High risk of morbidity & mortality
- **Global Acute Malnutrition Rate : 7.2%**
- **Northern Syria : Idleb 1.1%, Aleppo 1.3%, Hama 2.4%**
- **Gaps in current data**- Besieged and hard to reach areas



Moderate Acute Malnutrition in SYRIA

- Is characterised by moderate **weight loss**, not easily noticeable without measurements
- Might go untreated

**Acute malnutrition is a major risk-factor for child mortality
(MAM child is 3-4 times more likely to die than a healthy child)**

Chronic Malnutrition (or Stunting)

- Long-term malnutrition as a result of inadequate intake or repeated infections, or both.
- Low height for age
- Can impair physical and/or mental development.

SYRIA Stunting Rate

Pre-crisis: 23%

Current: 22.3%

Hama: 26%



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Two girls, both 5 years old, in Kabul.
The girl on the left suffers from stunting.

Micronutrient Deficiencies

Three leading Micronutrient Deficiencies during crisis:



Iron

Group 1

- Low hemoglobin
- Pale palms and inner eyelids
- Fatigue and reduced work productivity



Pale palms

Vitamin A

Group 2

- Night blindness
- Slow bone development
- Weak immune system



Night blindness

Iodine

Group 3

- Extreme fatigue
- Goiter
- Severe risk of brain impairment during fetal development and in the first few years of life



Goiter

Micronutrient Deficiencies in Syria



Pre-Crisis:

Vitamin A
8.7%



Iodine
12.9%



Iron
29.2%

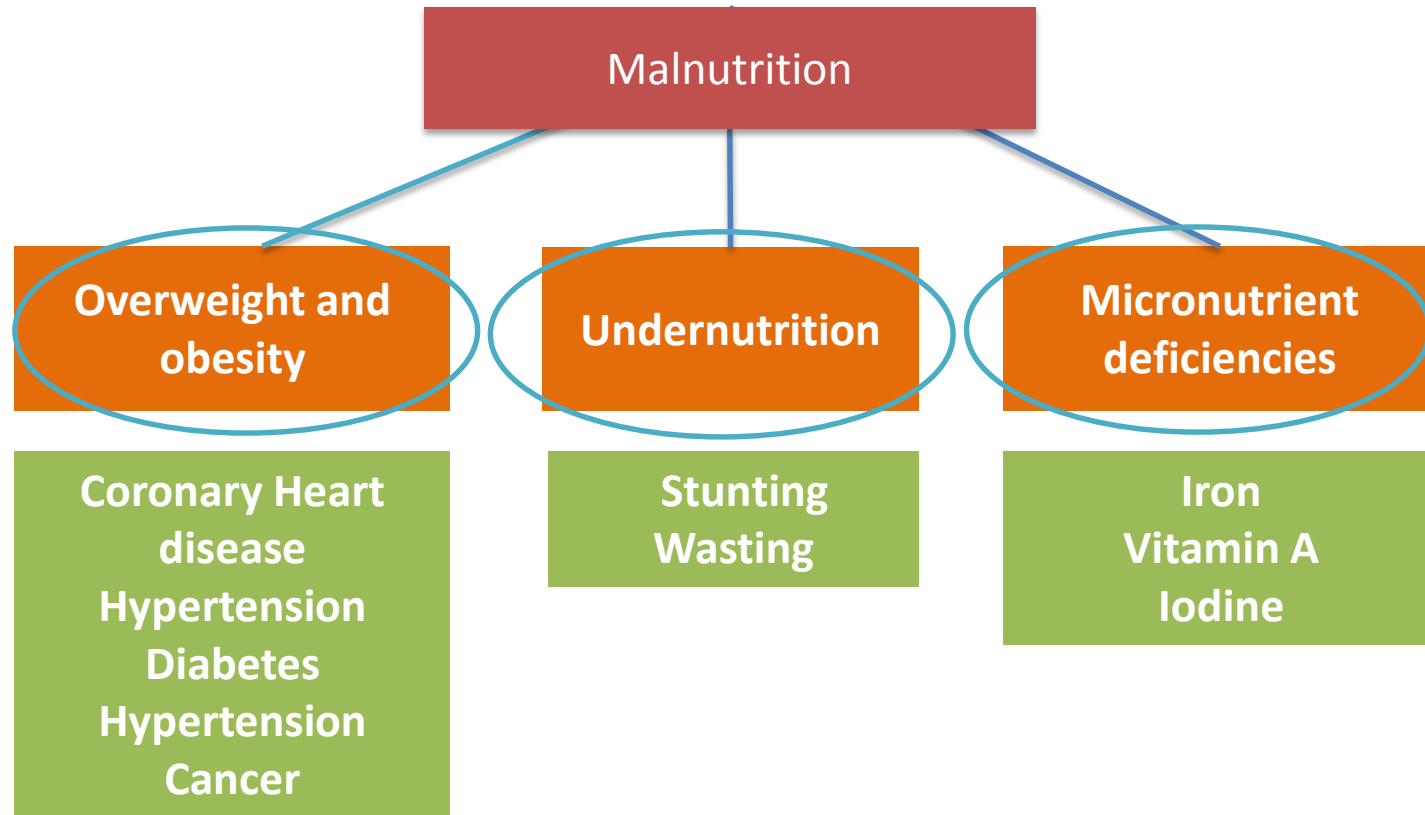
**Current
Situation:**

Iron deficiency Anaemia

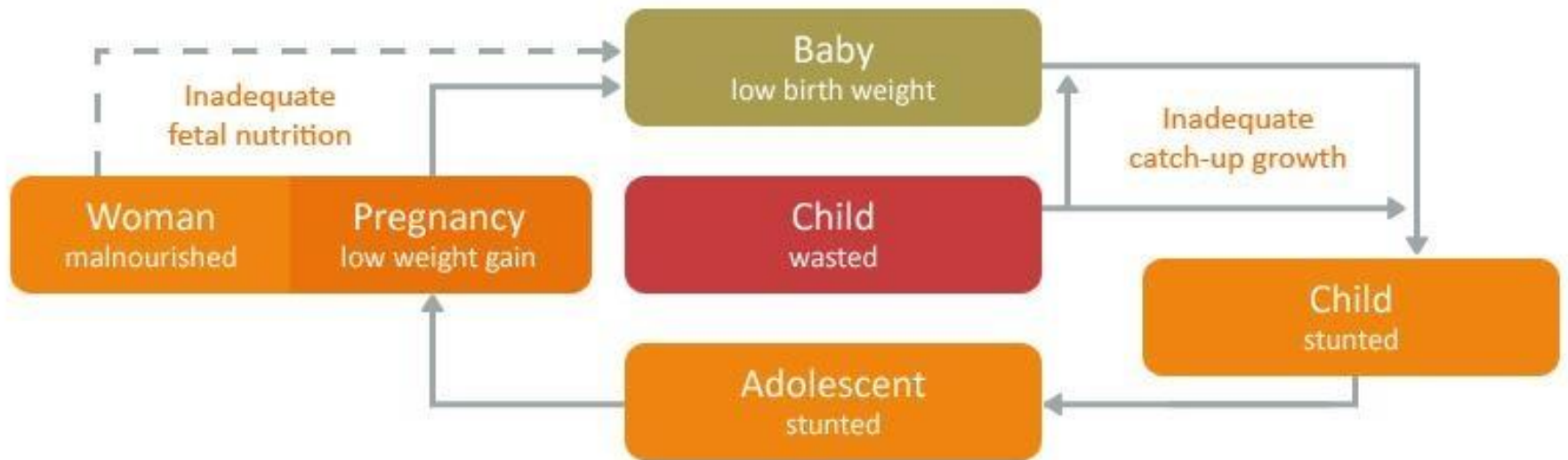
**Syrian Refugees,
children 6-59 months:
48.7%**

**IDPs in Idleb & Aleppo,
children 6-59 months:
37%**

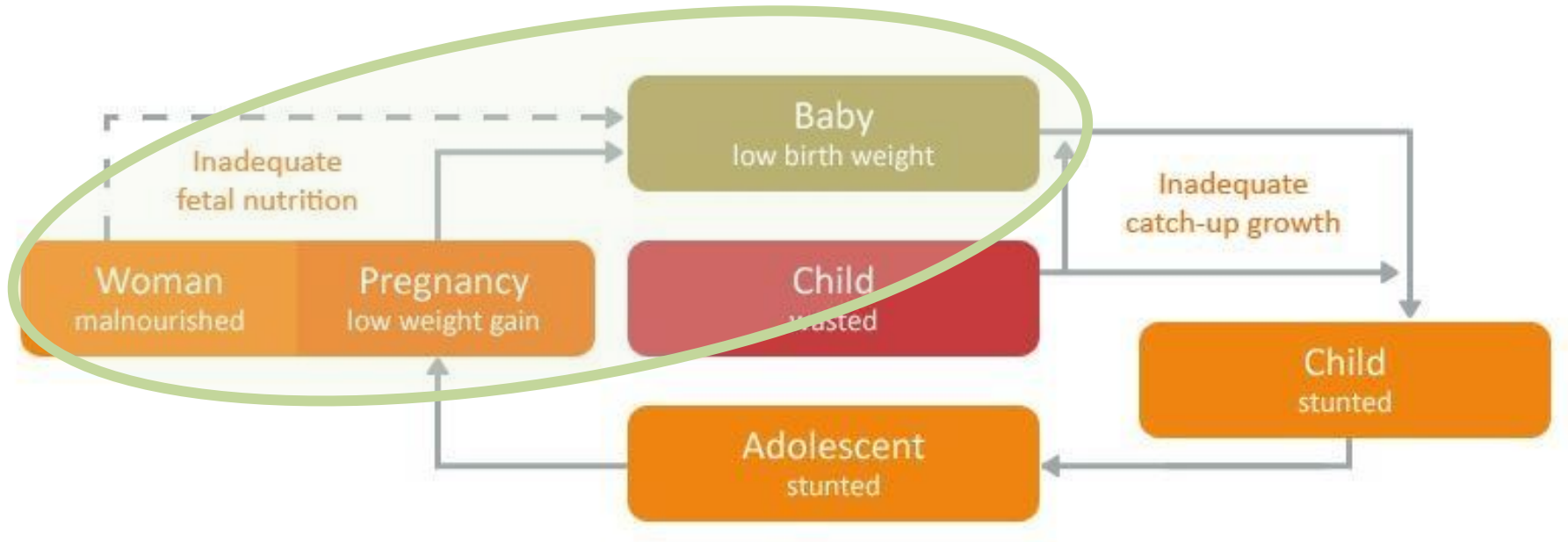
Triple burden of malnutrition in Syria



Malnutrition Throughout the Life Cycle



The 1000 days



Causes of Malnutrition

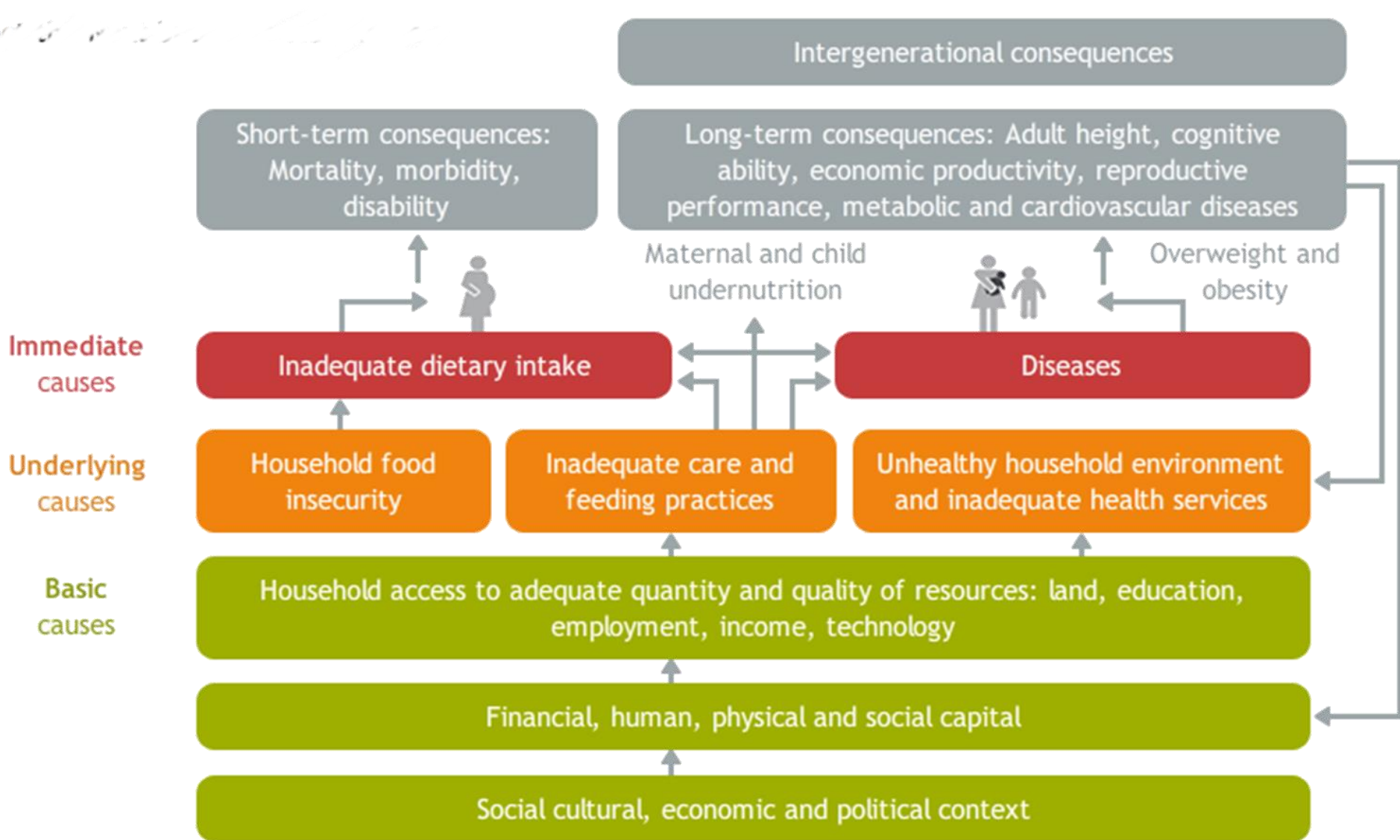
Nutritional status is influenced by **multiple and interrelated factors**.

The most important factors can be grouped under these broad categories:

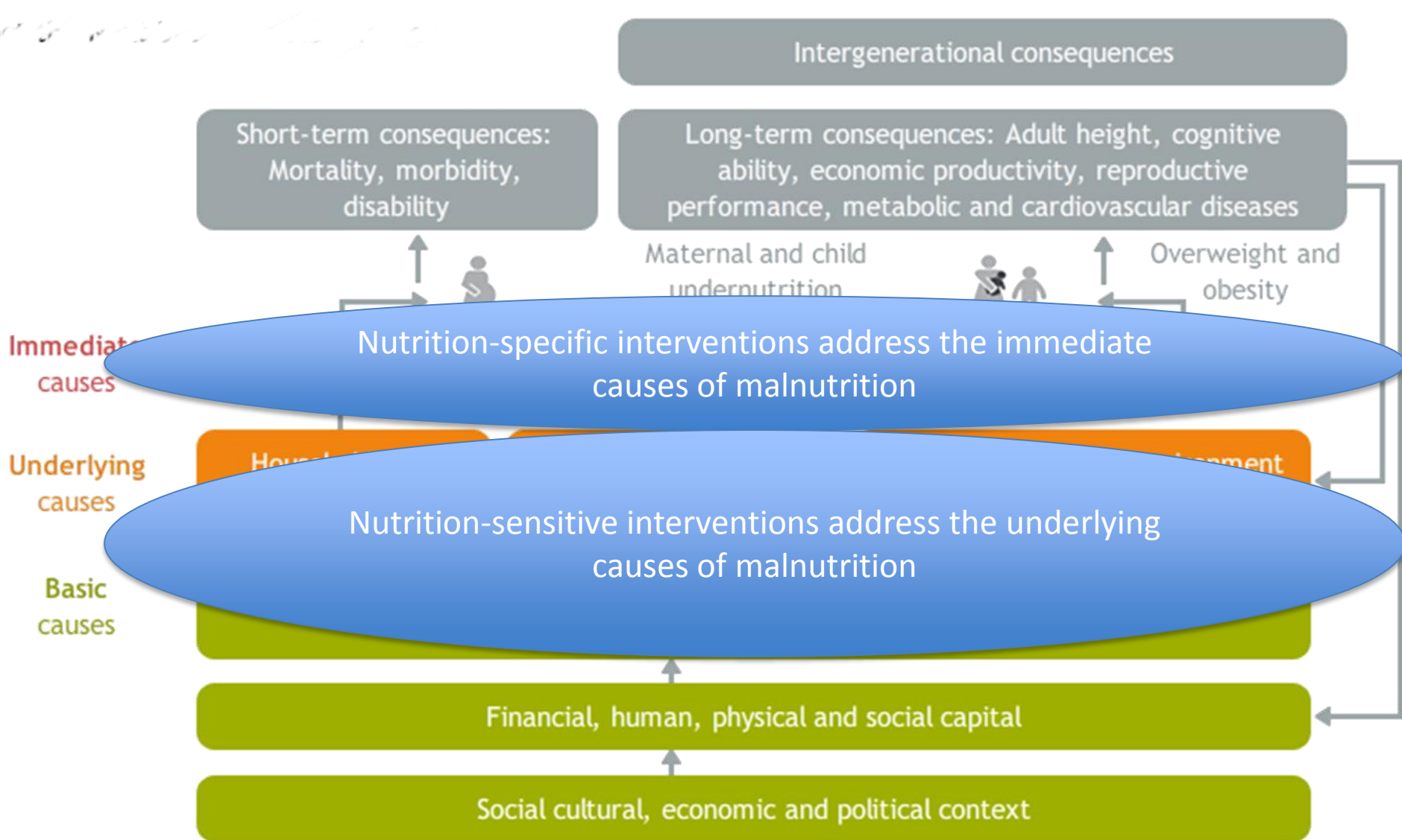
- FOOD
- HEALTH AND SANITATION
- CARE AND FEEDING PRACTICES



UNICEF Malnutrition Conceptual Framework



Nutrition-sensitive interventions



WFP's response

- WFP programmes aim to target the most vulnerable groups of population. These programmes can be classified into:
 - **1- Nutrition Specific Interventions:**
 - Prevention of acute malnutrition and micronutrient deficiencies
 - Treatment of acute malnutrition
 - **2- Nutrition Sensitive interventions**
 - General Food Distribution
 - School Feeding Programme
 - Fresh Food Vouchers for Pregnant and Lactating women

Take home messages



- Determinants of malnutrition are multi-sectoral: food intake, access to food, health, care, water and sanitation, gender...
- Agreeing on malnutrition causes leads to design joint actions