Addressing Undernutrition in External Assistance
An integrated approach through sectors and aid modalities

February 2011
Purpose

• to help transform aid programmes into ones that can achieve real progress in nutrition.

Target Audience

• Primarily, aid administrators working within country teams - delegations of the EU and offices of Member States.

• Additionally, through discussions, national counterparts and other stakeholders.
Overview of the document

Chap 1
Introduction

Purpose and scope. Consequences, scale and causes of undernutrition

Chap 2
Improving Nutrition through Thematic areas

Analyse how various thematic areas can contribute to improving undernutrition
- indicative programme entry points
- relevant nutrition indicators.
- case studies

Chap 3
Integrating Nutrition in programming

steps to build nutrition understanding in specific context, negotiating with stakeholders to make nutrition a priority, and how to progress to a plan for intervention

Chap 4
Nutrition in aid delivery methods

Key steps to include nutrition in general/global, sector and project approaches
The Conceptual Framework Sets the Scene

Short-term consequences: Mortality, morbidity, disability

Long-term consequences: Adult size, intellectual ability, economic productivity, reproductive performance, metabolic and cardiovascular disease

Maternal and child undernutrition

Inadequate dietary intake

Disease

Household food insecurity

Inadequate care

Unhealthy household environment and lack of health services

Income poverty: employment, self-employment, dwelling, assets, remittances, pensions, transfers etc

Lack of capital: financial, human, physical, social and natural

Underlying causes

Basic causes

Social, economic and political context

Immediate causes

Basic causes
A framework for action

Reduced maternal and child undernutrition

Adequate dietary intake of children and mothers

Children and mothers have access to food adequate in quantity & quality
Mothers adopt good infant and young child feeding practices
Children and mothers live in hygienic conditions

Adequate health status of children and mothers
Health security is ensured

Improving Access to Food
- Food production is increased and diversified
- Increased household purchasing power (via income generation or social transfers)
- Increased expenditure on food
- Food prices are fair for producers & consumers, including during seasonal changes

Improving Healthcare
- Access to quality health care is increased
- Promotion of breastfeeding
- Access to immunisation services
- Supplementation (e.g. micronutrients)
- Treatment of severe acute malnutrition
- Prevention / treatment of diseases

Increasing Education
- Access to quality education, especially for girls
- Behaviour change communication on infant and young child feeding
- Nutrition in the curriculum (from primary schools to higher education courses)

Water, Sanitation & Hygiene
- Improved water supply
- Improved water quality
- Prevention of water-borne diseases
- Improved hygiene

Institutional and Environmental Underpinnings
- Political commitment to respond to undernutrition
- Dedicated resources for nutrition (human, economic and organisational)
- Coherent and effective systems (leadership, national framework, coordination of relevant sectors and actors)

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The causes of undernutrition are multi-sectoral and multi-layered.

So...

Undernutrition will only be tackled effectively if all relevant sectors take responsibility to address the causes that they can influence.
Each sector has....

• Possible programme entry points
• Key outcome indicators relevant to nutrition (impact indicators are common to all sectors)
• Case study
Improving nutrition through food security (1)

Some entry points:

• Inclusion of nutrition objectives and indicators (e.g. food intake/diet quality and anthropometry) in monitoring & evaluation systems for policies, programmes and projects;

• Prioritize districts or groups most affected by undernutrition

• IGAs and facilitate access of poorest households to financial services

• Facilitate physical or economic access to markets

• Facilitate access to productive assets particularly to poorest households (e.g. Small livestock, transport)

• Women status: strengthen economic status; building enabling environment that promotes child care

• Controlling for potential negative impacts on nutrition (e.g. increase in food-borne or water-borne diseases, or in women’s workload to the detriment of child care)

• Fortification of staple foods (e.g. iron)
Improving nutrition through food security (2) – agriculture natural resource management

Some entry points:

• Securing ownership, access and management rights to land (e.g. forests, rangelands) and other productive resources for poor or marginalised groups (e.g. ethnic minorities, emergency-affected populations)

• Increase productivity by improving farming practices (e.g. improve soil fertilization, controlling erosion)

• Risk mitigation and management of water-related shocks (e.g. droughts, floods, extreme forms of water insecurity) through adequate infrastructure – storage and flood control, for instance

• Supporting adaptation to the effects of environmental changes (e.g. climate change)

• Increase household access to animal products through support to livestock/fisheries sectors (e.g. facilitate access to milk to households that do not own livestock)

• Bio-fortification.
Improving nutrition through food security (3): social transfers

Key entry points:

• Prioritising maternal and child benefits
• Prioritising areas or populations worst affected by undernutrition and addressing disparities
• Adapting the design of the social transfer, e.g. exemption from labour requirements for pregnant and lactating women
• Establishing links with other relevant programmes and services (e.g. health) by encouraging attendance or by considering establishing a condition for the transfer that requires service attendance
• Adapting the nature of the social transfer, e.g. providing food supplements in addition to a cash transfer
• Taking into account households’ purchasing power and the cost of a balanced diet when establishing the amount of the transfer by rapid disbursement of cash/vouchers in emergencies
Indicators especially relevant for food security actions

- Minimum dietary diversity (6 – 23 months)
- Individual dietary diversity score (women of reproductive age)
- Consumption of iron-rich or iron-fortified foods (6 - 23 months)
- Minimum acceptable diet (6 – 23 months)
- Iodisation of salt
- Coverage of minimum energetic requirements by households (2100 kcal/ p/ day)

In addition to basic indicators as household purchasing power, household access to food and share of food expenditure in household income
Integrating Nutrition in the Programming Phases

Understanding undernutrition in the context
• Is there a problem of undernutrition?
• Understanding the government’s response to undernutrition
• Understanding other stakeholders’ responses to undernutrition

Raising the National Profile of Nutrition

Shaping a Donor Response to Undernutrition
• Establishing priorities
• Specific approaches for humanitarian response, transition situations and fragile states

Designing Monitoring, Evaluation & Learning
Nutrition in Aid 
Delivery Methods

Budget support
General
Sector

Project Approach
Development Projects
Humanitarian Projects
Making aid-delivery methods nutrition-sensitive

**Situation Analysis**
Include analysis of nutrition situation in:
- national development plan, sector strategy or project proposal.

**Designing Assistance**
Include nutrition objectives and indicators in:
- national, sector or project priorities (e.g. targeting criteria).

**Monitoring**
Nutrition-relevant indicators are monitored in:
- context, sector financing agreements and project contracts.

**Learning**
Performance measurement linked to nutrition indicators; impact evaluation.
http://capacity4dev.eu/topic/fighting-hunger

A tool for international assistance in any context
• A tool for the Commission, ECHO and EU MSs
• A tool that promotes a multi-sectoral approach
• A tool that provides technical guidance

Nutrition becomes everyone’s concern