

# Addressing Undernutrition in External Assistance

An integrated approach through  
sectors and aid modalities

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EuropeAid





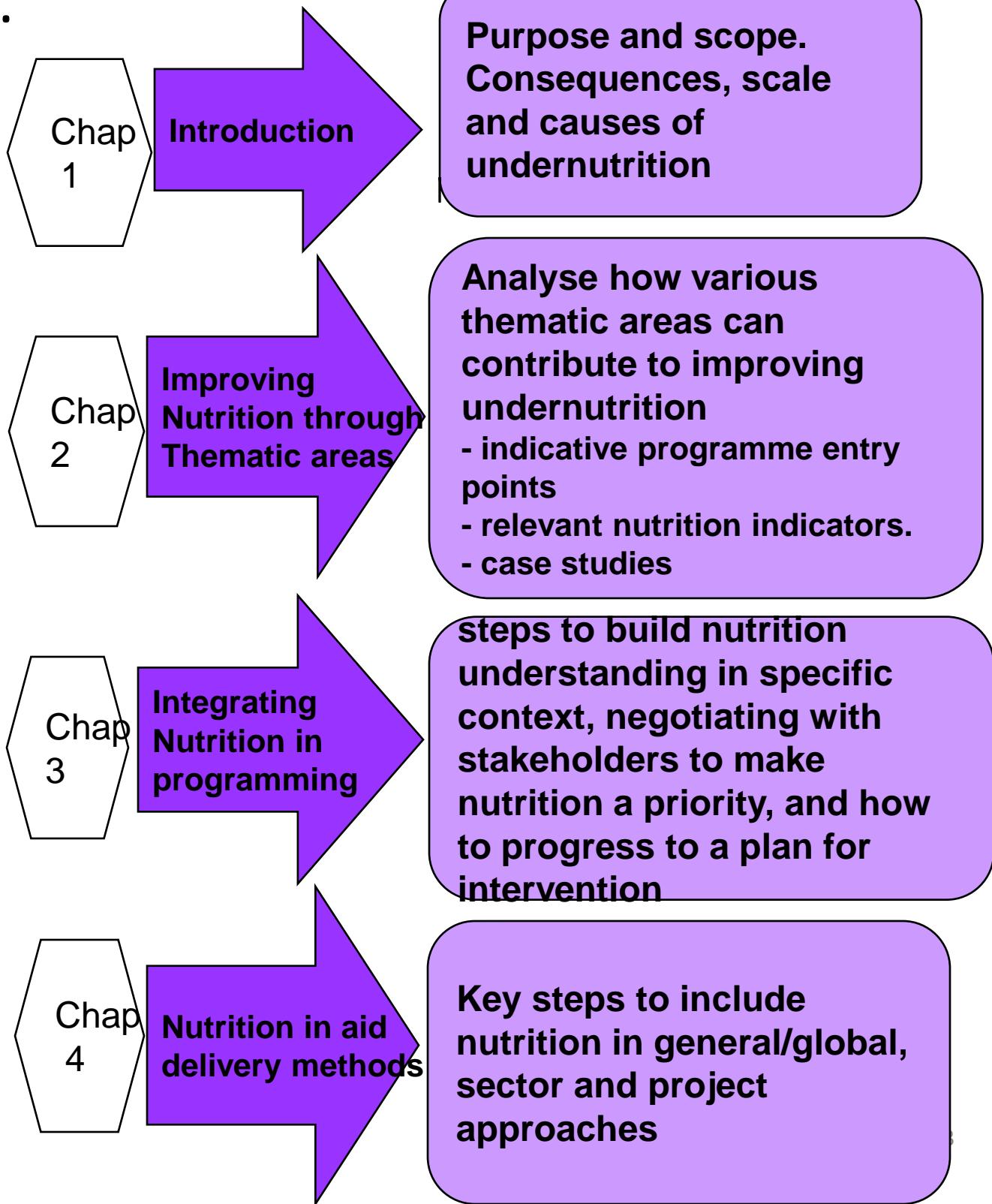
# Purpose

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

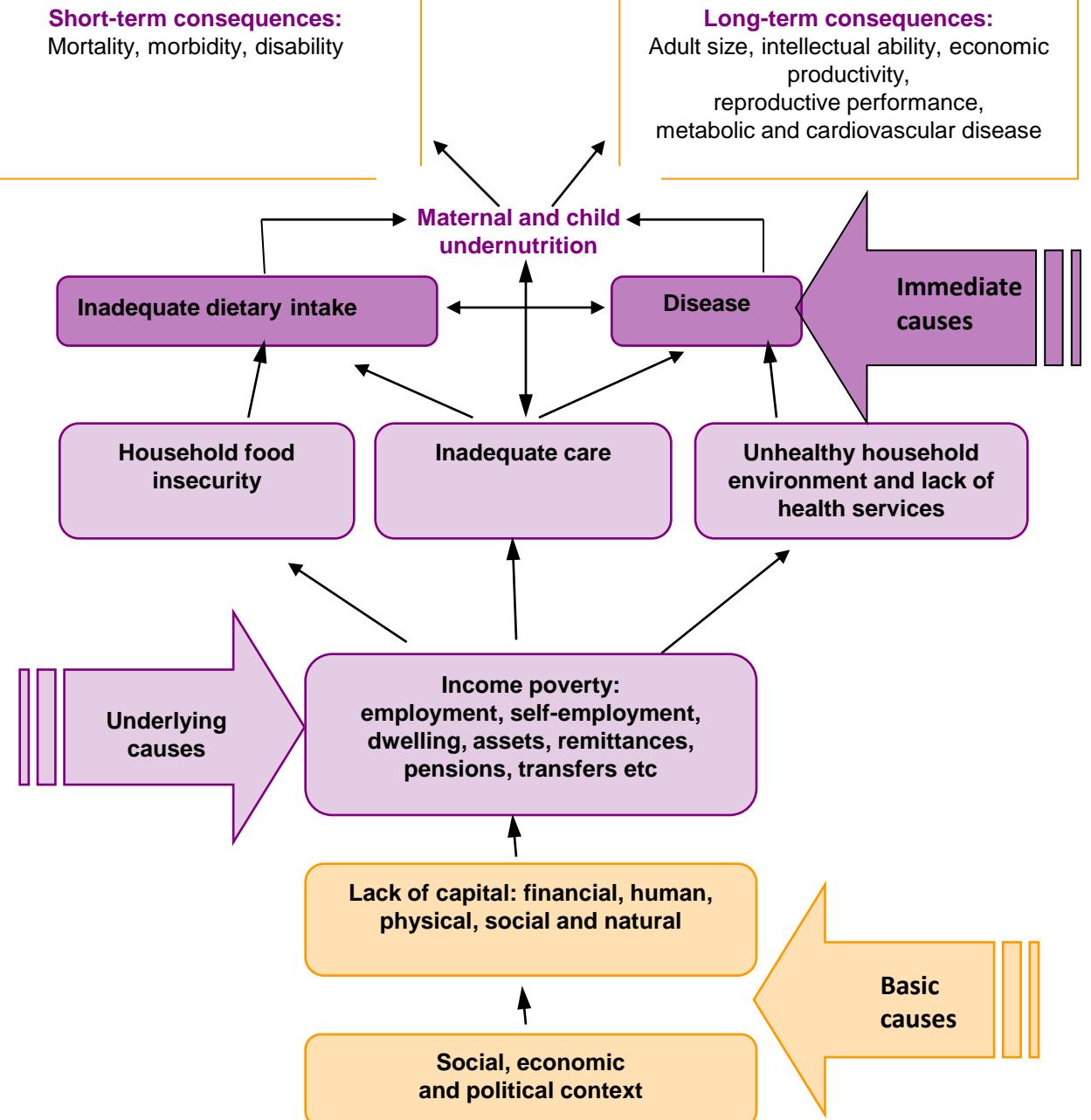
## Target Audience

- Primarily, aid administrators working within country teams - delegations of the EU and offices of Member States.
- Additionally, through discussions, national counterparts and other stakeholders.

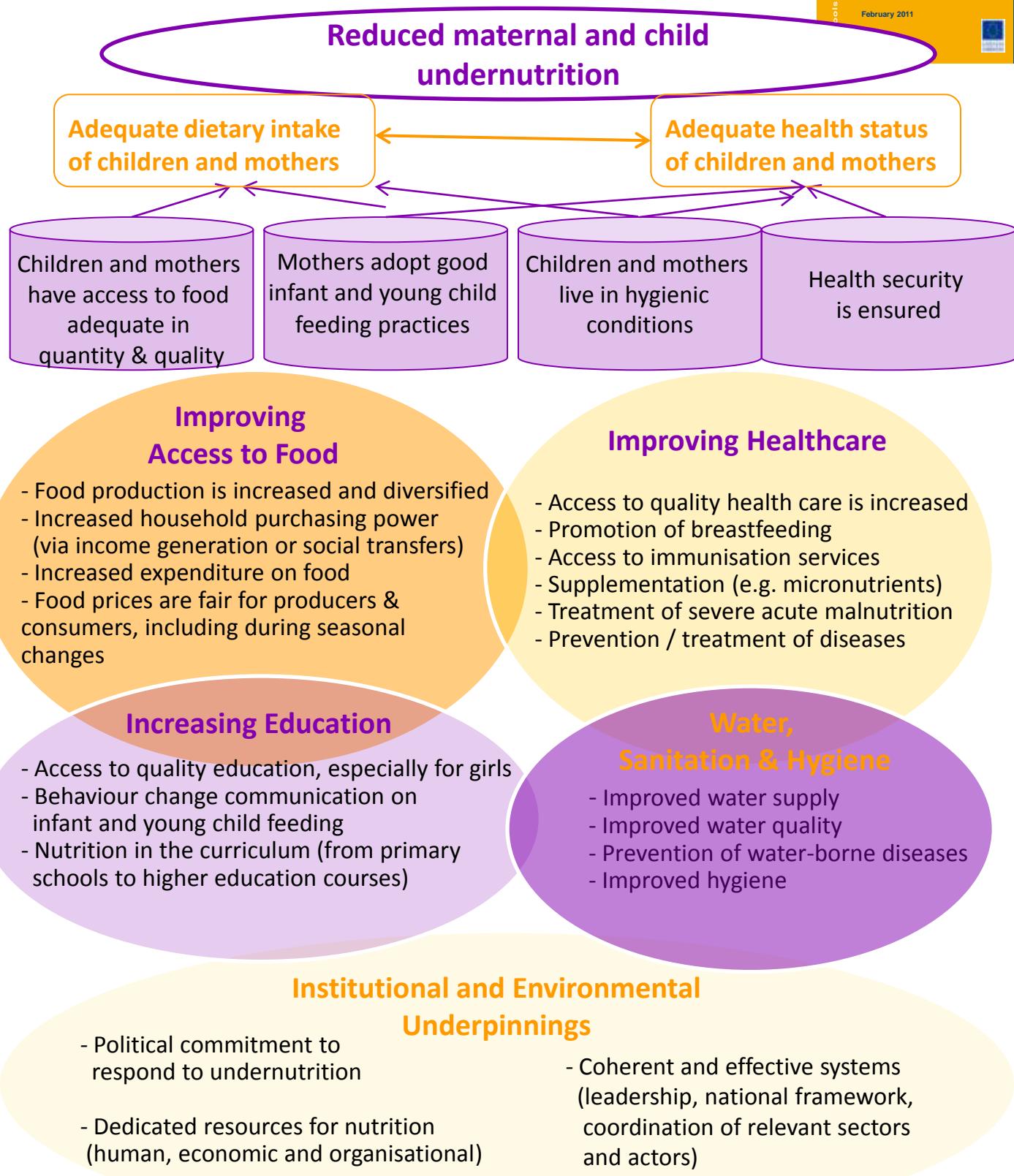
# Overview of the document



# The Conceptual Framework Sets the Scene



# A framework for action



# A Key Message



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 (eg. 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 (eg. 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 (eg : facilite access to milk to household 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

Tools and Methods Series  
Reference Document

Addressing Undernutrition  
in External Assistance  
An integrated approach through  
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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

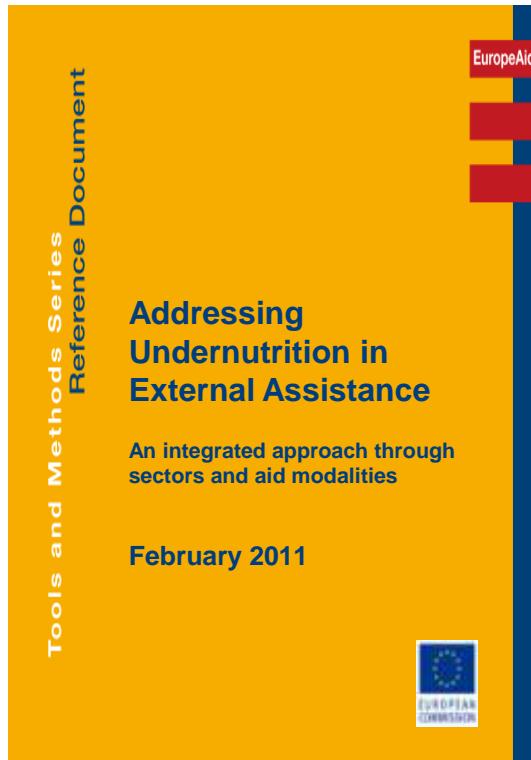
Include nutrition objectives and indicators  
in: national, sector or project priorities (e.g.  
targeting criteria).

## 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**