

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

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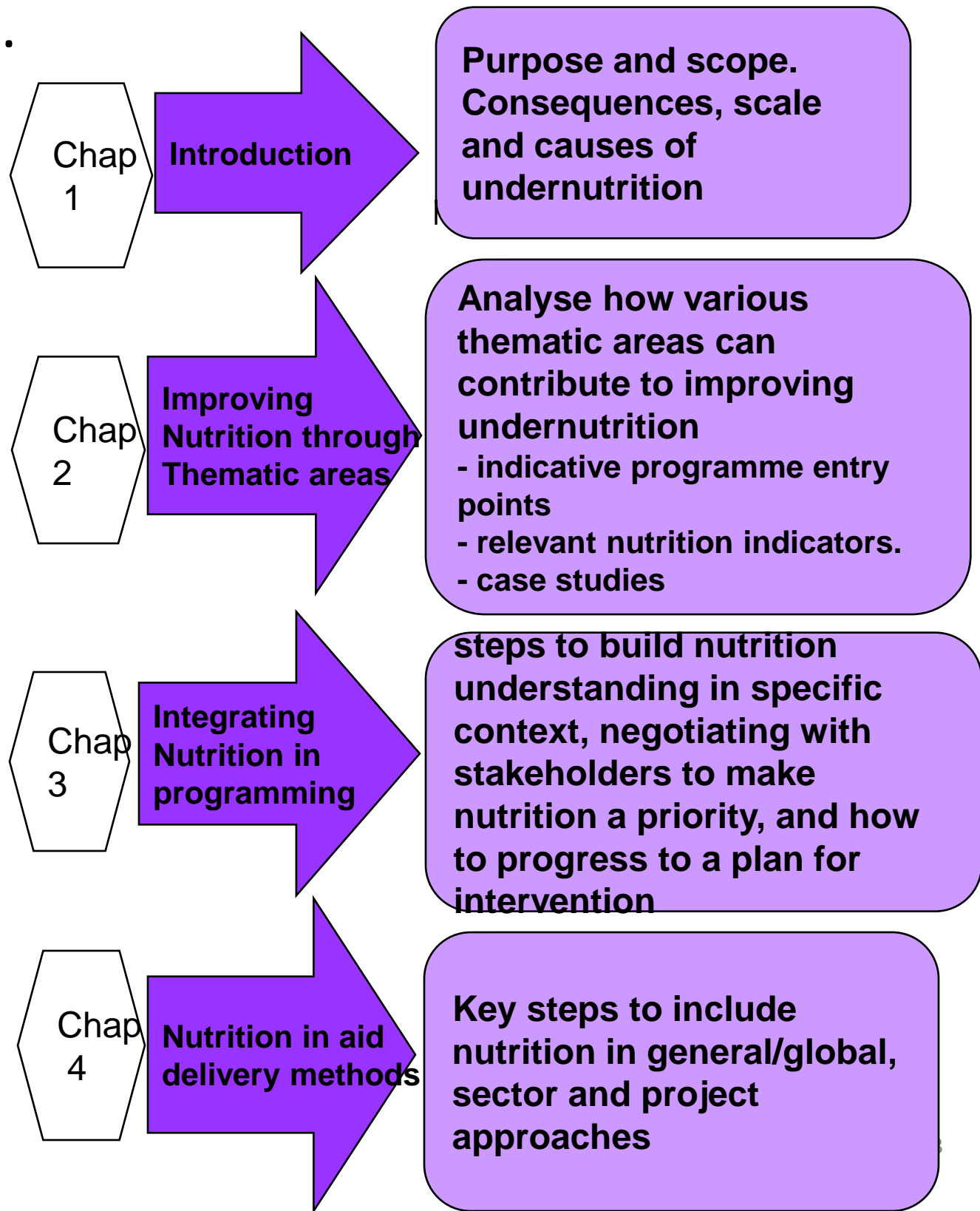
Purpose

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

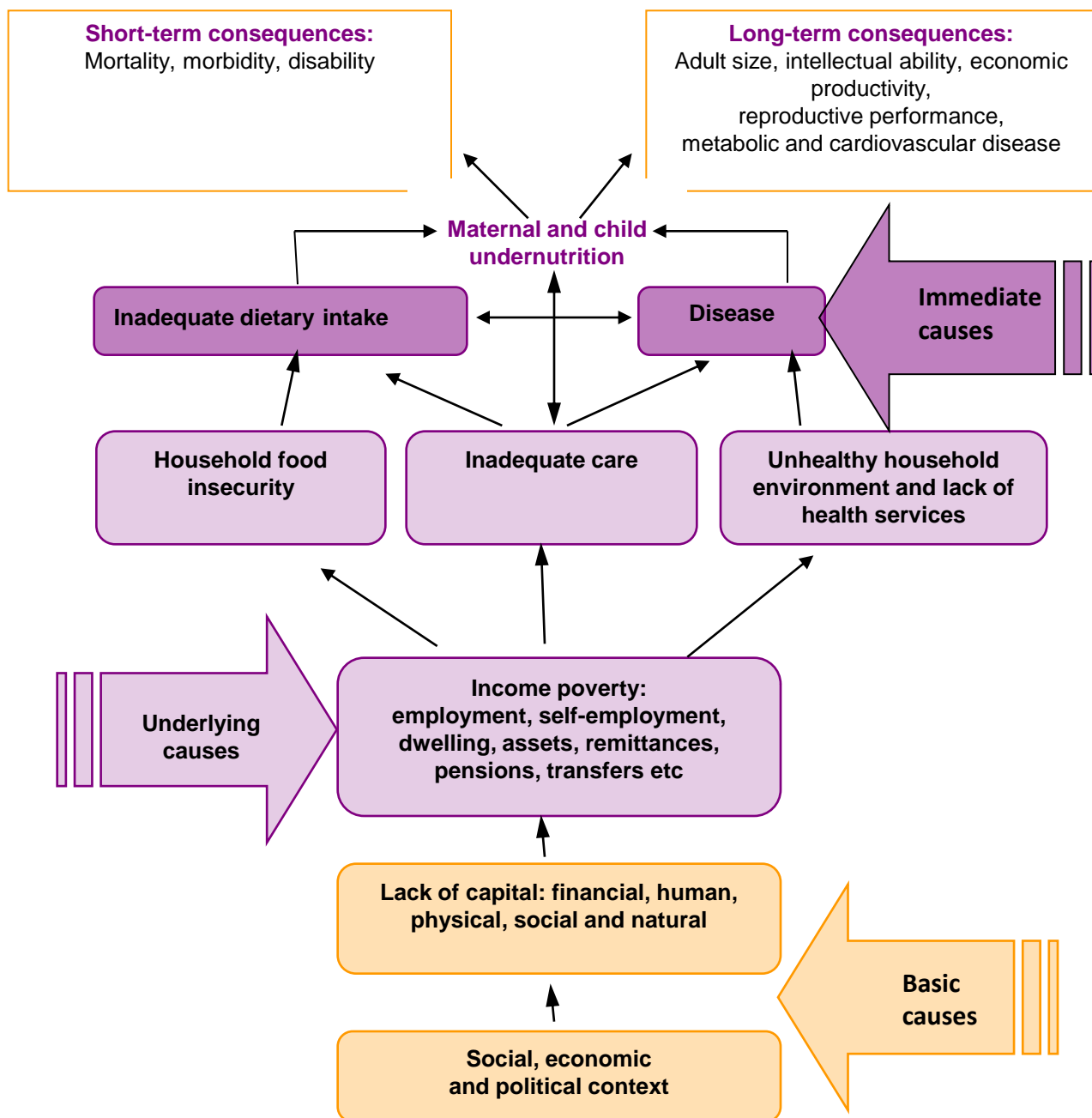
Target Audience

- 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



Reduced maternal and child undernutrition

Adequate dietary intake
of children and mothers

Adequate health status
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

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)

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 : facilitate 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

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

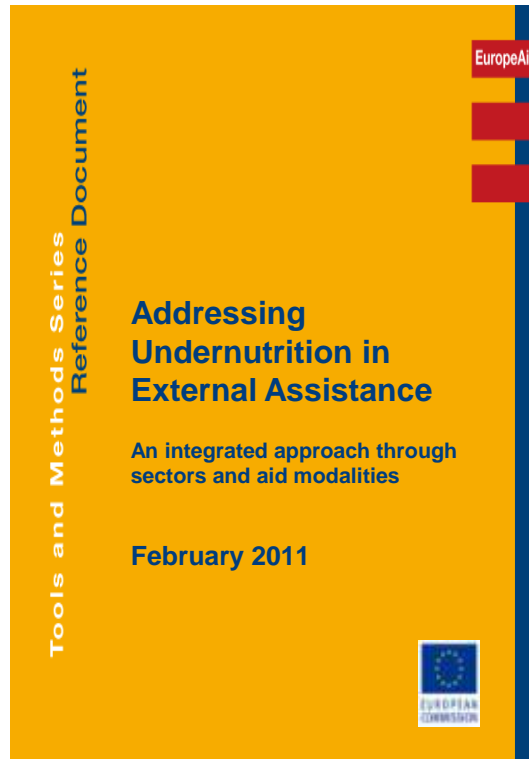
Include nutrition objectives and indicators
in: national, sector or project priorities (e.g.
targeting criteria).

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