

Foundational Concepts of Nutrition and Infant & Young Child Feeding (IYCF)

[Levels and trends in child malnutrition: Key findings of the 2021](#) edition: Child malnutrition estimates for the indicators stunting, wasting, overweight and underweight describe the magnitude and patterns of under- and overnutrition. UNICEF-WHO-WB Joint Child Malnutrition Estimates inter-agency group updates regularly the global and regional estimates in prevalence and numbers for each indicator. The key findings 2021 Edition includes global and regional trends and, for the first time, country-level estimates are also presented, with a summary of the enhanced methodology for deriving country-level model-based estimates for stunting and overweight. Country progress assessment towards the 2030 targets are provided with summaries by region. In 2020, globally, 149.2 million children under the age of 5 years of age were stunted, 45.4 million wasted, and 38.9 million overweight. The number of children with stunting is declining in all regions except Africa. More than half of all children affected by wasting live in Southern Asia and Asia as a whole is home to more than three-quarters of all children suffering from severe wasting. In terms of the targets, at country level, the greatest progress is being made towards the stunting target, with nearly two-thirds of countries seeing at least some progress. In contrast, for overweight, about half of all countries have experienced no progress or are worsening.

[Fact Sheets - Malnutrition - World Health Organization](#) Malnutrition, in all its forms, includes undernutrition (wasting, stunting, underweight), inadequate vitamins or minerals, overweight, obesity, and resulting diet-related noncommunicable diseases. 1.9 billion adults are overweight or obese, while 462 million are underweight.

Globally in 2020, 149 million children under 5 were estimated to be stunted (too short for age), 45 million were estimated to be wasted (too thin for height), and 38.9 million were overweight or obese.

Around 45% of deaths among children under 5 years of age are linked to undernutrition. These mostly occur in low- and middle-income countries. At the same time, in these same countries, rates of childhood overweight and obesity are rising.

The developmental, economic, social, and medical impacts of the global burden of malnutrition are serious and lasting, for individuals and their families, for communities and for countries.

[Micronutrient Facts | Nutrition | CDC](#) Micronutrients, often referred to as vitamins and minerals, are vital to healthy development, disease prevention, and wellbeing. With the exception of vitamin D, micronutrients are not produced in the body and must be derived from the diet. Though people only need small amounts of micronutrients, consuming the recommended amount is important. Micronutrient deficiencies can have devastating consequences. At least half of children worldwide younger than 5 years of age suffer from vitamin and mineral deficiencies. The World Health Organization recommends multiple types of interventions to address nutrition deficiencies. The role of six essential micronutrients is outlined in this website.

[2021 Global Nutrition Report](#) The 2021 Global Nutrition Report provides a concise data-focused update on the state of diets and nutrition in the world. Independent analysis of the best data on nutrition is critical for evidence-based, timely and effective actions to ensure we deliver on our global commitment to end poor diets and malnutrition.

IYCF-E toolkit The IYCF-E toolkit has been designed as a resourceful collection of information and practical tools to begin implementation of IYCF-E programmes for a rapid start-up in case of an emergency. The IYCF-E toolkit is envisioned to make available ready to use tools and resources that will allow advisors, managers, coordinators and officers to rapidly access needed technical input and begin implementation as soon as possible, without needing to spend time searching for certain tools. To learn more about how to easily navigate and use the IYCF-E toolkit, please view this short [explainer video](#)

Data on IYCF practices in a country What, when and how young children are fed during the first two years of life lay the foundation for survival, growth and development. Ideally, infants should be put to breast within one hour of birth, breastfed exclusively for the first 6 months of life and continue to be breastfed up to 2 years of age and beyond. Starting at 6 months, breastfeeding should be combined with safe, age-appropriate feeding of nutritious solid, semi-solid and soft foods. In 2021, UNICEF and WHO published a set of updated indicators for assessing infant and young child feeding practices during this critical window of birth to up to 2 years of age.

The Lancet Maternal and Child Nutrition: Executive Summary of The Lancet Maternal and Child Nutrition Series. 5 years after the initial series, The Lancet re-evaluate the problems of maternal and child undernutrition and also examine the growing problems of overweight and obesity for women and children and their consequences in low-income and middle-income countries (LMICs). Many of these countries are said to have the double burden of malnutrition— continued stunting of growth and deficiencies of essential nutrients along with the emerging issue of obesity. We also assess national progress in nutrition programmes and international efforts toward previous recommendations. The first paper examines the prevalence and consequences of nutritional conditions during the life course from adolescence (for girls) through pregnancy to childhood and discusses the implications for adult health. The second paper covers the evidence supporting nutrition-specific interventions and the health outcomes and cost of increasing their population coverage. The third paper examines nutrition-sensitive interventions and approaches and their potential to improve nutrition. The fourth paper discusses the features of an enabling environment that are needed to provide support for nutrition programmes, and how they can be favourably influenced. A set of Comments examine what is currently being done, and what should be done nationally and internationally to address nutritional and developmental needs of women and children in LMICs.

Bronze course on Resourcing Families for Better Nutrition Undernutrition is associated with around half of all deaths of children under five and is a major infringement of a child's right to grow up well-nourished and in good health. To help combat this, Save the Children has been pioneering an approach that involves combining regular cash transfers with nutrition-specific interventions during the critical first 1,000 days of life.

This course Learning Outcomes:

1. To know why Resourcing Families for Better Nutrition is important in improving the lives of the most marginalised children
2. To know how Resourcing Families for Better Nutrition works
3. To be confident to talk about, and engage on Resourcing Families for Better Nutrition with other staff, partners, donors
4. To be able to identify ways to integrate Resourcing Families for Better Nutrition into your work

[Integrated Community Case Management training video](#): In this webinar, Eric Swedberg, Senior Director, Child Health, Save the Children US, talks about integrated Community Case Management, health and nutrition's first common approach.

[How to Integrate Children's Participation in Health and Nutrition Programming](#): This Save the Children guide has been developed for Save the Children's health and nutrition staff and partners so they can better support the meaningful participation of children and young people in health and nutrition programmes.

It focuses on opportunities for children's involvement in maternal, newborn and child health and nutrition, especially at the community and primary healthcare levels. The guide also looks at opportunities to actively communicate with and listen to children under the age of five.

[A Learning Package for Social and Behavior Change Communication](#) This is a six-module learning package for facilitated, face-to-face workshops on social and behavior change communication (SBCC). Designed for communication practitioners in small and medium-sized development organizations, the modules comprise the following downloadable documents: 1) Practitioner's Handbook for each module, 2) Facilitator's Guide for each module along with an overall Facilitator's Preparation, and 3) Additional Resources. Module 0 introduces participants to SBCC. Modules 1 through 5 focus on one distinct step of C-Planning: 1: Understanding the Situation, 2: Focusing & Designing, 3: Creating, 4: Implementing & Monitoring, and 5: Evaluating & Replanning. These modules focus on building essential SBCC competencies, feature practical tools, use field examples, and create opportunities for participants to apply what they learn to their own programs. Facilitators may adapt the content to learners' profiles and the time available and substitute their own examples. Facilitator Preparation: Includes an overview of the approach, the course and resources for preparation, facilitation, field-testing, and evaluation.

[FAO- Key recommendations for improving nutrition through agriculture and food systems: \(English\)](#) Food systems provide for all people's nutritional needs, while at the same time contributing to economic growth. The food and agriculture sector has the primary role in feeding people well by increasing availability, affordability, and consumption of diverse, safe, nutritious foods and diets, aligned with dietary recommendations and environmental sustainability. Applying these principles helps strengthen resilience and contributes to sustainable development.

Design Considerations of and IYCF programme/ intervention including SBCC strategy

[Social and Behaviour Change: Insights and Practice](#) Every day we take dozens of decisions that influence the nutrition of our family members, friends, colleagues and our own. These decisions depend on the determinants for good nutrition of the UNICEF Framework and the four dimensions of Food and Nutrition Security: availability, access, use/utilization and stability. They are therefore very different in the North of Mali, a mega-city in India or rural Europe. At the same time there is more to food than the socio-economic facts. Food has cultural and religious dimensions; it can define affiliation to groups of society or status. Not only long-term well-being but also short-term personal satisfaction is linked to our food intake. These guidelines cover a topic that goes beyond these four dimensions by addressing the existing scope for behavioural changes in any given environment. Our joint vision to overcome hunger and malnutrition in all its forms by 2030 will only come true, if we not only strengthen the socio-economic capacities of people but also strengthen the capacities to make the right nutrition choices and stick to them. Information on

healthy diets is important but not enough to make a difference in the long run. We have to question our approach and develop it further based on evidence not assumptions. Sound analyses of the target group and the underlying factors of nutrition choices are key. Applying the knowledge of behavioural science helps to tap into the psychological and social effects. This tool guides you systematically with concrete examples to work on increasing motivation and breaking barriers for nutrition.

The COMPASS Learning Package for Social and Behavior Change Communication: This is a six-module learning package for facilitated, face-to-face workshops on social and behavior change communication (SBCC). Designed for communication practitioners in small and medium-sized development organizations, the modules comprise the following downloadable documents: 1) Practitioner's Handbook for each module, 2) Facilitator's Guide for each module along with an overall Facilitator's Preparation, and 3) Additional Resources. Module 0 introduces participants to SBCC. Modules 1 through 5 focus on one distinct step of C-Planning: 1: Understanding the Situation, 2: Focusing & Designing, 3: Creating, 4: Implementing & Monitoring, and 5: Evaluating & Replanning. These modules focus on building essential SBCC competencies, feature practical tools, use field examples, and create opportunities for participants to apply what they learn to their own programs. Facilitators may adapt the content to learners' profiles and the time available and substitute their own examples. Facilitator Preparation: Includes an overview of the approach, the course and resources for preparation, facilitation, field-testing, and evaluation. This Facilitator Guide provides insight into the content and activities for each module.

Webinar Series on Social and Behaviour Change (SBC) for Improved Agriculture and Nutrition

- Webinar #1: [Social and Behaviour Change Essentials](https://youtu.be/h746BaHKxi8) (recording available at <https://youtu.be/h746BaHKxi8>)
- Webinar #2: [How to Understand the Barriers and Motivators to Behaviour Change](https://youtu.be/lbpjRFOWyug) (recording available at <https://youtu.be/lbpjRFOWyug>)
- Webinar #3: [How to Use Formative Research to \(Re\)design Your SBC Strategy](https://youtu.be/EOyeB8o6jmg) (recording available at <https://youtu.be/EOyeB8o6jmg>)
- Webinar #4: [How to Design Effective SBC Messages and Materials](https://youtu.be/6Q5akiS8gz8) (recording available at <https://youtu.be/6Q5akiS8gz8>)
- Webinar #5: [Leveraging M&E Systems for Improved SBC](https://youtu.be/VqWPHFa3Fz0) (recording available at <https://youtu.be/VqWPHFa3Fz0>)

Infant and Young Child Feeding in Emergencies (IYCF-E) Toolkit: Rapid start-up for emergency nutrition personnel. <https://resourcecentre.savethechildren.net/library/infant-and-young-child-feeding-emergencies-iycf-e-toolkit-rapid-start-emergency-nutrition>

SBCC How-to Guides:

- [How to Develop a Logic Model](#)
- [How to Develop a Communication Strategy](#)
- [How to Do an Audience Analysis](#)
- [How to Do Audience Segmentation](#)
- [How to Conduct a Situation Analysis](#)
- [How to Conduct a Program Analysis](#)
- [How to Conduct Qualitative Formative Research](#)

[Infant and Young Child Feeding and Gender: A Training Manual for Male Group Leaders](#)

This manual is designed to provide male group leaders with the information and techniques they need to share information and encourage discussions on gender issues and optimal infant and young child feeding. There is a need to encourage men to engage in and support good infant and young child feeding practices, since prevailing gender roles often discourage men from engaging in this activity. Studies have shown that providing men with correct information and encouraging them to take an interest in their children's feeding practices can lead to improvements in infant feeding practices. The training curriculum described in the manual assumes strong facilitation skills on part of the participants. The manual describes a two-day training workshop that uses group activities, focused discussions, brainstorming, and role playing to introduce issues such as breastfeeding, complementary feeding, counseling and testing for HIV, and prevention of mother-to-child transmission of HIV. These issues are discussed in the context of prevailing gender roles and gender inequalities, spousal relationships, barriers to accessing quality health care, and other social norms and practices. At the end of the training session, men will hopefully be more aware of, and engaged in their children's feeding practices. They will also be more comfortable discussing infant and young child feeding issues with their families, as well as sharing their insights with other men.

[Integrating gender into a social and behavior change communication \(SBCC\)](#)

This I-Kit provides a step-by-step approach to integrate gender into an existing SBCC strategy or marketing plan. The I-Kit is designed to help users understand gender concepts, theories and frameworks, assess the current level of gender integration in a project and use a series of tools to uncover new information that can be applied to an existing SBCC strategy or marketing plan.

Recorded presentations on fundamentals of SBCC programming:

[Social and Behaviour Change Essentials](#) (recording available at <https://youtu.be/h746BaHKxi8>)

[How to Understand the Barriers and Motivators to Behaviour Change](#) (recording available at <https://youtu.be/lbpjRFOwyug>)

Implementation Considerations of and IYCF programme/intervention

[Infant and Young Child Feeding in Emergencies \(IYCF-E\) Toolkit: Rapid start-up for emergency nutrition personnel](#) The IYCF-E toolkit has been designed as a resourceful collection of information and practical tools to begin implementation of IYCF-E programmes for a rapid start-up in case of an emergency.

The IYCF-E toolkit is envisioned to make available ready to use tools and resources that will allow advisors, managers, coordinators and officers to rapidly access needed technical input and begin implementation as soon as possible, without needing to spend time searching for certain tools. To learn more about how to easily navigate and use the IYCF-E toolkit, please view this short [explainer video](#).

[Social and Behaviour Change Communication \(SBCC\) Guidance Manual for WFP Nutrition](#) WFP Nutrition has begun prioritizing social and behaviour change communications (SBCC) as one viable approach – albeit not the only one - to changing nutrition-related behaviours within the programmes that WFP supports. Developing detailed, yet useable SBCC guidance that can be adapted to the variety of programmes where WFP works was no easy task. This guidance manual was created using several different resources, including the scientific literature, global SBCC guidance resources, and direct inputs from WFP nutrition staff- including those who attended SBCC capacity-strengthening workshops

Nutrition-sensitive programming

[Unlocking WFP’s potential: Guidance for nutrition-sensitive programming:](#)

This summary outlines the essentials of what it means to be nutrition-sensitive in WFP programming. It was drawn from the WFP Interim Guidance for Nutrition-sensitive Programming that provides far more comprehensive explanations illustrated with case studies and is available on WFP Manuals.

The guidance integrates WFP’s approach to achieving Zero Hunger through the Integrated Road Map, and is strongly anchored in Sustainable Development Goal (SDG) 2 and WFP’s new 2017-2021 Nutrition Policy.

As part of the organisation’s effort to fight hunger and end all forms of malnutrition, and to support governments to achieve these aims, the guidance proposes a stepwise approach to integrating nutrition-sensitive actions in programming, strategies and policies.

[OMD Nutrition Bulletin 1: Nutrition sensitive programming: What and Why?:](#)

Why should we adopt a nutrition sensitive approach? The latest Lancet Series on Maternal and Child Nutrition (2013) – further confirmed that nutrition is crucial to both individual and national development. However, acknowledging the importance of nutrition is just the first step, and the challenge today is to ensure that all children can grow to reach their full potential. It is feasible - some countries, such as Brazil or Malawi, have been able to achieve impressive declines in stunting over the past two decades.

[YouTube Webinar: Draft Guidance for USAID-Funded Nutrition-Sensitive Programming:](#) Richard Greene, Sally Abbott, Jeannie Harvey and Diane DeBernardo present a new draft guidance for USAID-Funded Nutrition-Sensitive Programming. They also share examples from from the Strengthening Partnerships, Results, and Innovations in Nutrition Globally Project and the Integrating Gender and Nutrition within Agricultural Extension Services Project.

School Health and Nutrition

[The School Health and Nutrition Health Education Manual:](#) Developed by Save the Children for use in School Health and Nutrition (SHN) programs, this health education manual is a collection of lesson plans on 23 topics that make up a comprehensive SHN curriculum. Some of the topics include:

- Water, Sanitation, and Hygiene
- Nutrition

- Taking Care of our Bodies
- Preventing Disease and Injuries

Although not all SHN programs will use all 23 topics, the lessons in this manual represent priority topics for most programs, which should be included in a comprehensive health curriculum. Each lesson plan has been made to fit a 60 minute class session and is appropriate for children aged eight to ten. However, each lesson can and should be modified to fit the classroom time, context, and the schools that that Program Manager works with.

School Health and Nutrition Program Update: Issue 14 – 2018: 2018 marked the 20th year of SHN programming at Save the Children. In 1998, Save the Children made a commitment to SHN and piloted SHN programming using Child Sponsorship funding. It is exciting to know that those pilot programs proved so significant and effective that 20 years later, Save the Children is still supporting SHN programming in over 30 countries and reaching more than 1.6 million children with funding from Child Sponsorship, corporations, foundations, and bi-lateral donors.

School Health for All: An operational manual for integrating inclusive school health and nutrition: This manual provides practical principles and activities for planning and implementing vision screening and deworming in the education sector in Cambodia, Ethiopia, Ghana, and Senegal, based on the School Health Integrated Program. The manual is divided into four different sections aimed at different audiences:

Part 1: For Global Partnership for Education partners, including donors, country partners, civil society organizations, private organizations, and foundations

Part 2: For Ministry of Education staff who work with school health and nutrition programs

Part 3: For technical counterparts, such as health experts, who handle the technical aspects of implementation

Part 4: For anyone seeking to learn about school health and nutrition

Nutrition Education in Primary Schools: A planning guide for curriculum development: Well-nourished citizens is a primary indicator of the social and economic development of a nation. To accomplish this development, the people need to be educated about what an appropriate diet entails. Most eating habits are formed early in life, therefore it is important that children receive nutrition education in school to set them up for success later in life. However, such an education is commonly not offered to pupils in schools.

In order to fill this gap, the Food and Agriculture Organization of the United Nations has prepared this guide to assist educators in nutrition education and behaviour reform across the globe. The Planning Guide consists of a technical reader, a set of worksheets and a classroom curriculum chart.

[Infant and Young Child Feeding in Emergencies \(IYCF-E\) Toolkit: Rapid start-up for emergency nutrition personnel](#) Le kit d'outils IYCF-E a été conçu comme un recueil d'informations et d'outils pratiques permettant de commencer la mise en œuvre des programmes IYCF-E pour un démarrage rapide en cas d'urgence. La boîte à outils AIFE-E est conçue pour mettre à disposition des outils et des ressources prêts à l'emploi qui permettront aux conseillers, gestionnaires, coordinateurs et responsables d'accéder rapidement aux données techniques nécessaires et de commencer la mise en œuvre dès que possible, sans avoir à passer du temps à chercher certains outils.

[Guide de l'Animateur: Formation des agents de santé communautaire du Burkina Faso sur le genre](#)

Le but de ce guide d'animation est de soutenir les organisations de défense des droits de l'enfant dans leur travail sur les programmes de santé sensibles au genre. Les séances de formation sont conçues pour faciliter la participation des professionnels de la santé dans cette discussion, à la fois l'exploration du concept genre et l'identification des informations pertinentes pour leur travail. Les professionnels de la santé comprennent les médecins, les pharmaciens, les biologistes, les sages femmes, les accoucheuses brevetés et auxiliaires, les infirmiers chef de poste des Centre de Santé et de Promotion Sociale (CSPS), les agents de santé communautaire (ASC), etc. Ce guide constitue une adaptation du « Guide de l'animateur conçu pour la formation des Agents de Santé Communautaire du Mali sur le Genre, produit par Save the Children en 2013. La version malienne du guide a adaptée au contexte du Burkina Faso afin de répondre aux exigences et particularités du contexte local et du projet CLW, notamment en ce qui a trait à l'allaitement maternel exclusif.

[ARC - Module contenant un sujet critique 4: Santé sexuelle et de reproduction](#)

La santé sexuelle et de reproduction constitue un problème majeur qui affecte les aspects profonds de la croissance et du développement des enfants et des adolescents en toute sécurité. Il est capital de fournir un service de santé sexuelle et de reproduction aux enfants et aux adolescents concernés par des urgences, afin de ne pas en faire des doubles victimes. La santé sexuelle et de reproduction couvre un éventail de problèmes plus large que la planification familiale, car elle englobe les problèmes surgis à la fois avant et après les années de reproduction. Elle peut également comprendre les problèmes de recherche d'une identité sexuelle saine pour soi-même et la recherche d'un(e) partenaire, la santé de la mère et du nouveau-né, les maladies sexuellement transmissibles (MST), dont le VIH et le sida, les avortements sûrs et les soins liés à l'avortement. Souvent, les activités dans ce secteur se recoupent avec celles organisées dans le secteur de la violence fondée sur le genre (comprenant les pratiques traditionnelles nuisibles).

Dans ce module, nous avons préféré utiliser la notion de santé sexuelle et de reproduction plutôt que simplement celle de santé de reproduction ou de santé reproductive de l'adolescent car nous avons reconnu le fait que la santé reproductive des jeunes est déterminée par leur santé sexuelle et par leurs activités sexuelles; nous avons également constaté que les problèmes liés au comportement sexuel et à la sexualité sont fondamentaux pour leur santé de reproduction.

[FAO- Key recommendations for improving nutrition through through agriculture and food systems: \(Français en bas de page\)](#)

Les systèmes alimentaires répondent aux besoins nutritionnels de tous les individus, tout en contribuant à la croissance économique. Le secteur de l'alimentation et de l'agriculture joue un rôle primordial dans la bonne alimentation des populations en augmentant la disponibilité, l'accessibilité financière et la consommation d'aliments et de régimes alimentaires diversifiés, sûrs et nutritifs, conformes aux recommandations diététiques et à la durabilité environnementale. L'application de ces principes permet de renforcer la résilience et contribue au développement durable.

L'ESSENTIEL - NUTRITION ET SANTÉ Ce document, à vocation interne, a pour but d'aider à mieux comprendre les enjeux et avancées techniques et de préciser les différents positionnements d'ACF en matière de Nutrition-Santé. Il est destiné à l'ensemble des acteurs du siège et du terrain, quel que soit leur niveau d'expertise dans ce domaine. L'essentiel est composé de fiches techniques qui abordent chacune un thème précis en lien avec la Nutrition et la santé. Aussi il est préférable de l'utiliser comme un outil que l'on consulte au gré des sujets que l'on souhaite approfondir. Il ne faut pas le voir comme un ouvrage à lire du début à la fin, d'une traite.