

Nutrition in Humanitarian Assistance

One-third of the world's population experiences some form of malnutrition, leading to increased rates of illness, mortality, and lost productivity. Inadequate maternal and child nutrition is the underlying cause of 3.5 million child deaths every year, and 45% of deaths in children under 5 years of age, most of them living in South Asia and Sub-Saharan Africa

This course intensive 5 day-long training course focuses on how to deliver nutritional support services to people affected by humanitarian crises. It also gives an overview of current best practices in nutrition in humanitarian settings and provides practical examples.

It is meant to provide knowledge and skills to improve the learner's practice and help preparing for the complexity of working in humanitarian settings. It is particularly suitable for people who wish to consolidate their knowledge and experience and who are keen to learn from and with others.

Who is this course for?

The course is aimed at management staff of international organizations and NGOs working in countries regularly affected by emergencies and chronic crises, wanting to gain more understanding on how to fight malnutrition, so it is ideal for project and program managers, as well as health workers, nutritionists, doctors, and nurses, eager to gain a more programmatic understanding of nutrition.

Course content

The course aims to provide an overview of nutrition interventions implemented in humanitarian settings. It will follow the project cycle steps, so focusing on how to assess malnutrition from a qualitative and quantitative point of view and contextualize underlying causes and challenges, how to design and plan the most suitable intervention and how to monitor it in an effective and efficient manner.

The course will include the following topics:

- a general review of the different types of malnutrition and their direct and underlying causes
- assessing and measuring malnutrition at population and individual level
- common nutritional interventions (CMAM and IYCF)
- monitoring and evaluation mechanisms of nutrition interventions

Additional issues discussed will include:

- remaining challenges and humanitarian dilemmas related to nutrition
- integrated programming; food security and WASH plus nutrition interventions; nutrition-specific and nutrition-sensitive interventions
- The Sphere guidelines and other relevant nutrition standards

The course content is based on the Harmonised Training Package of the Global Nutrition Cluster, the Lancet 2013 Nutrition series and Global Health and Nutrition policies agreed at the World Health Assembly in Geneva.

Methodology

The course will use interactive methodologies and multimedia tools, work groups, review and discussion of case studies, video and lectures. The training consists of 5 days in presence course. Participants will be provided with a learning package at the end of the course and pre-lecture readings. Participants who will attend all the modules will be granted a certificate by HumCap.

NUTRITION IN HUMANITARIAN ASSISTANCE- PROGRAM					
	Session 1	Session 2	Session 3	Session 4	Wrap-up session
	9.00 -11.00	11.15 -13.00	14.00- 15.45	16.00-17.30	17.30-18.00
Day 1	What is malnutrition in humanitarian settings? Introduction to the concept and collection of students' expectations regarding the course.	Understanding malnutrition General definitions and scale and impact of the problem worldwide.	Conceptual framework on the causes of malnutrition Is lack of food the only reason? Causes and consequences of undernutrition. <i>Case study from a refugee camp in Chad.</i>	Nutrition in emergencies and humanitarian system Roles, responsibilities, networking and co-ordination system related to nutrition.	Wrap up of main concepts, final comments and session evaluation
Day 2	Assessing malnutrition and context analysis What are the 'real' causes of malnutrition? How to estimate how big is the problem in your region of work? When should it be considered an emergency? Major indicators and definition of malnutrition associated assessment tools.	Nutrition assessment methods(I) How to get the quantitative data related to malnutrition. SMART methodology and KAP surveys.	Nutrition assessment methods (II) How to get the quantitative data related to malnutrition. SQUEAC methodology and the concept of 'coverage'. <i>Case study with the presentation of a SQUEAC from Mali.</i>	Nutrition assessment methods (III) How to get the qualitative data related to malnutrition. The NCA method and KAP surveys. <i>Case study with the presentation of a NCA from Pakistan.</i> <i>Review of KAP surveys from DR Congo.</i>	Wrap up of main concepts, final comments and session evaluation
Day 3	Programming nutrition interventions (I) What can be done at programmatic level to treat malnutrition? What are the options for programming an effective nutrition intervention? Presentation of main nutrition intervention options currently in use in the humanitarian setting.	Community Management of Acute Malnutrition (CMAM): interventions and related protocols What are they and how to practically implement them in the field? What are the related challenges and pitfalls? <i>Multimedia presentation of some examples and case studies from the field, mostly from Sub-Saharan Africa.</i>	Community participation in CMAM: how important it is and how it is achieved? The HEARTH approach. <i>Case study of CMAM HEARTH approach in Indonesia.</i>	Integration of CMAM with other programming. What are the advantages of integrated programming? Integration with other sectors – examples of nutrition sensitive interventions. Presentation of the Wash – WiN approach.	Wrap up of main concepts, final comments and session evaluation
Day 4	Programming nutrition interventions (II) What can be done at programmatic level to prevent malnutrition? What are the options for programming an effective nutrition intervention? Presentation of main nutrition intervention options currently in use in the humanitarian setting.	IYCF and IYCF-E interventions. Supporting breastfeeding and optimal complementary feeding. How the 1000 days approach can save lives and how it can be integrated in food security programs. <i>Case studies and examples from the Haiti earthquake response.</i>	Community participation in IYCF. How important is it and how is it achieved? The Maman Lumière and the Maman PB methods. The 'baby tents' in humanitarian settings. <i>Case studies and examples from Mali, Niger and Syria.</i>	Supplementary feeding programs For this session, two topics will be explored, as follows: - The Hidden Hunger micronutrient deficiencies and its global impact. <i>Case studies and examples from India and Afghanistan.</i> - Feeding the most vulnerable which vulnerable groups should be considered?	Wrap up of main concepts, final comments and session evaluation



				<i>Examples from Zimbabwe, supplementary feeding for HIV patients and Philippines Yolanda Typhoon response.</i>	
Day 5	Monitoring, Evaluation and Accountability in nutrition programming How to monitor, evaluate and being accountable when implementing nutrition programs.	Monitoring Why it is crucial and what should be taken into account while monitoring nutrition programs? What are the key performance indicators? How can they be monitored? Monitoring tools to identify bottlenecks for effective programming. <i>Presentation of practical examples from the field.</i>	Evaluation How to evaluate nutrition programs? What needs to be considered while evaluating nutrition interventions? <i>Case study: an evaluation of a WASH/Nutrition/Livelihood intervention in Pakistan.</i>	Accountability in nutrition programming Challenges and dilemmas related to nutrition; can food aid be abused and/or spoil the local market? Acute versus chronic malnutrition? Time to overcome the separation.	Wrap up of main concepts and final comments. Course evaluation and certificate.