



Nutrition in Humanitarian Assistance- LIVE ONLINE

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, 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 be delivered in Live on live modality: it will use interactive methodologies and multimedia tools, virtual work groups, review and discussion of case studies, video and lectures. The participants will be provided with a learning package at the end of the course and pre-lecture readings.

The course will organized on five days utilizing ZOOM platform and it will include 2 hours of self-study and 20 hours of live online sessions facilitated by two senior trainers. Timing will be adjusted based on the time zone of the participants

	Session 1	Session 2	Session 3	Wrap-up session
Day 1	<p>Understanding malnutrition in humanitarian settings Introduction to the concept and collection of students' expectations regarding the course. Why is nutrition important in humanitarian settings? Key definitions of different forms of malnutrition. Measuring malnutrition.</p>	<p>Conceptual framework on the causes of malnutrition Is lack of food the only reason? Causes and consequences of undernutrition, nutrition conceptual framework.</p>	<p>Nutrition in emergencies and humanitarian system Roles, responsibilities, networking and co-ordination system related to nutrition.</p>	<p>Wrap up of main concepts, final comments and session evaluation</p>
Day 2	<p>Assessing malnutrition and context analysis. 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.</p>	<p>Nutrition assessment methods (I) How to get the quantitative data related to malnutrition: the SMART methodology. How to get the qualitative data related to malnutrition. The NCA method.</p>	<p>Nutrition assessment methods (II) KAP survey: use and purpose in nutrition programs. Understanding and assessing dietary diversity.</p>	<p>Wrap up of main concepts, final comments and session evaluation</p>
Day 3	<p>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.</p>	<p>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? A different approach to community management of malnutrition/undernutrition: the PD/HEARTH approach.</p>	<p>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.</p>	<p>Wrap up of main concepts, final comments and session evaluation</p>
Day 4	<p>Programming nutrition interventions (II) Infant and Young Child Feeding programming.</p>	<p>IYCF and IYCF-E interventions. Supporting breastfeeding and optimal complementary feeding in emergencies. Differences between IYCF and IYCF- E</p>	<p>FOOD AID and Supplementary feeding programs Targeting vs blanket feeding. Food basket composition. The Hidden Hunger</p>	<p>Wrap up of main concepts, final comments and session evaluation</p>



	<p>What can be done at programmatic level to prevent malnutrition? How the 1000 days approach can save lives? What are the key actions to prevent malnutrition? Review of the IYCF WHO indicators.</p>	<p>programming. Supportive spaces for IYCF in emergencies. Community participation in IYCF: Maman Lumière and the Maman PB methods. The grandmother project.</p>	<p>Micronutrient deficiencies and its global impact.</p>	
<p>Day 5</p>	<p>Monitoring, Evaluation and Accountability in nutrition programming How to monitor, evaluate and being accountable when implementing nutrition programs.</p>	<p>Monitoring & Evaluation Why Monitoring is crucial and what should be taken into account while monitoring nutrition programs? What are the key performance indicators? How can they be monitored? SQUEAC and SLEAC methods EVALUATION: How to evaluate nutrition programs? What needs to be considered while evaluating nutrition interventions?</p>	<p>Accountability in nutrition programming How to be accountable when implementing nutrition interventions? Challenges and dilemmas related to nutrition; can food aid be abused and/or spoil the local market?</p>	<p>Wrap up of main concepts, final comments and session/course evaluation</p>