

Essential Nutrition Actions

IMPROVING MATERNAL,
NEWBORN, INFANT AND YOUNG
CHILD HEALTH AND NUTRITION



World Health
Organization

Essential Nutrition
Actions: improving
maternal, newborn,
infant and young child
health and nutrition

WHO Library Cataloguing-in-Publication Data

Essential nutrition actions: improving maternal, newborn, infant and young child health and nutrition.

1.Malnutrition – prevention and control. 2.Child nutrition disorders – prevention and control. 3.Infant nutrition disorders – prevention and control. 4.Maternal welfare. 5.Nutritional status. I.World Health Organization.

ISBN 978 92 4 150555 0

(NLM classification: WD 100)

© World Health Organization 2013

All rights reserved. Publications of the World Health Organization are available on the WHO web site (www.who.int) or can be purchased from WHO Press, World Health Organization, 20 Avenue Appia, 1211 Geneva 27, Switzerland (tel.: +41 22 791 3264; fax: +41 22 791 4857; e-mail: bookorders@who.int).

Requests for permission to reproduce or translate WHO publications – whether for sale or for non-commercial distribution– should be addressed to WHO Press through the WHO web site (www.who.int/about/licensing/copyright_form/en/index.html).

The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted lines on maps represent approximate border lines for which there may not yet be full agreement.

The mention of specific companies or of certain manufacturers' products does not imply that they are endorsed or recommended by the World Health Organization in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use.

Cover design by Elysium Creative Company. Formatting template by Blossoms Communications.

Printed by the WHO Document Production Services, Geneva, Switzerland.

Contents

Abbreviations	vi
Acknowledgements	ix
Preface	xi
Executive summary	1
Global nutrition challenges	2
Part I. Recommendations, rationale and evidence for nutrition actions	10
1. Interventions targeted at young infants (0–5 months)	11
1.1 Early initiation of breastfeeding	11
1.2 Exclusive breastfeeding	12
1.3 Counselling and support for appropriate feeding of low-birth-weight infants	15
1.4 Infant feeding in the context of human immunodeficiency virus	16
2. Interventions targeted at infants and young children (6–23 months)	20
2.1 Continued breastfeeding	20
2.2 Complementary feeding	20
2.3 Use of multiple micronutrient powders for home fortification of foods consumed by infants and young children 6–23 months	24
2.4 Vitamin A supplementation for children under five years	25
2.5 Vitamin A supplementation in children with measles	27
2.6 Daily iron supplementation for children 6–23 months	27
2.7 Zinc supplementation for diarrhoea management	29
2.8 Reaching optimal iodine nutrition in young children	30
2.9 Management of children with severe acute malnutrition	31
2.10 Management of children with moderate acute malnutrition	33
2.11 Nutritional care and support of HIV-infected children 6 months to 14 years	34

2.12	Nutritional care and support during emergencies	35
3.	Intervention targeted at women of reproductive age	38
3.1	Intermittent iron and folic acid supplementation in menstruating women	38
4.	Interventions targeted at pregnant women	40
4.1	Daily supplementation with iron and folic acid for women during pregnancy	40
4.2	Intermittent iron and folic acid supplementation for non-anaemic pregnant women	41
4.3	Vitamin A supplementation in pregnant women	42
4.4	Calcium supplements in pregnant women	43
4.5	Reaching optimal iodine nutrition in pregnant and lactating women	44
4.6	Nutrition care and support for pregnant women during emergencies	45
5.	Global intervention	48
5.1	Wheat and maize flour fortification	48
	Other interventions with an impact on nutrition	50
	References	52

Part II.	Effectiveness of large-scale nutrition programmes: evidence and implications	63
-----------------	---	-----------

1.	The evolution of evidence for the effects of nutrition interventions, 1960–2010	64
2.	What do we need to know?	69
3.	The impact on whom is being estimated?	70
4.	Shape of response curve	72
5.	Which components via what routes/platforms are included in effective programmes?	73
6.	Estimating nutrition improvement achieved and associated resources	76
6.1	Data sources and calculations	76
6.2	Do levels of resources relate to rates of improvement?	78
7.	Implications	79
7.1	Implications for programmes: limitations and caveats	79
7.2	Specific implications for designing future programmes and sustaining existing ones	80

8. Cash transfer programmes	82
8.1 Mechanisms, demand and supply-side	83
8.2 Coverage and resource intensities	83
8.3 Effect on nutrition outcomes	84
8.4 Linkage to direct nutrition programmes	84
References	86
Annexes	91
1. Components and platforms for 32 programmes with comparative data	92
2. Summary of cash transfer/conditional cash transfer programmes	94
3. Nutrition programme case studies ¹	

¹ Annex 3 is available only in the online version of this document.

Abbreviations

ACC	Administrative Committee on Coordination
ADB	Asian Development Bank
AGETIP	<i>Agence d'Exécution des Travaux d'Intérêt Public contre le Sous-emploi</i>
AIDS	Acquired immunodeficiency syndrome
AIN-C	<i>Atención Integral a la Niñez en la Comunidad</i>
ANW	<i>Anganwadi</i> worker
ARV	Antiretroviral
BA	<i>Bolsa Alimentação</i>
BFHI	Baby-friendly Hospital Initiative
BFP	<i>Bolsa Família</i> Programme
BIDANI	Barangay Integrated Development Approach for Nutrition Improvement
BINP	Bangladesh Integrated Nutrition Programme
BMI	Body-mass index
BRAC	Bangladesh Rural Advancement Committee
CBN	Community-based nutrition
CCT	Conditional cash transfer
CHD	Child health day
CHN	Community Health and Nutrition Project
CHNW	Community health and nutrition worker
CHW	Community health worker
CI	Confidence interval
cm	centimetre
CNC	Community nutrition centre
CNP	Community nutrition promoter (Bangladesh)
CNP	Community Nutrition Programme (Senegal)
Code	International Code of Marketing of Breast-milk Substitutes
CPP	Child Pastorate Programme
CSD	Child Survival and Development Programme
CSG	Child Support Grant
CT	Cash transfer
dL	decilitre
DRMFSS	Disaster Risk Management and Food Security Sector
EBF	Exclusive breastfeeding
ECD	Early childhood development
EEOS	Extended Enhanced Outreach Strategy
eLENA	electronic library of evidence for nutrition actions
ENA	Essential nutrition action
EOS	Enhanced Outreach Strategy
FA	<i>Familias en Acción</i>
FAO	Food and Agriculture Organization
FHP	Family Health Programme
FTE	Full-time equivalent
g	Gram
GDP	Gross domestic product
GNI	Gross national income
GoE	Government of Ethiopia

Gol	Government of India
HAZ	Height-for-age z score
HC	<i>Hogares comunitarios</i>
HEP	Health Extension Programme
HEW	Health extension worker
HH	Household
HIV	Human immunodeficiency virus
HNPSP	Health and Nutrition Population Sector Programme
HSDP	Health Sector Development Project
HSSP	Health Sector Strategic Plan
ICDS	Integrated Child Development Scheme Project
IDA	Iron deficiency anaemia
IDB	International Development Bank
IFE	Infant feeding in emergencies
ILO	International Labour Organization
IMCI	Integrated management of childhood illness
IU	International unit
IVACG	International vitamin A Consultative Group
JNSP	Joint Nutrition Support Programme
Kcal	Kilocalorie
Kg	Kilogram
l	Litre
LBW	Low birth weight
LHW	Lady health worker
m	Metre
mg	Milligram
MICS	<i>micro-enterprises</i>
mL	Millilitre
MNP	Micronutrient powder
MoH	Ministry of Health
MUAC	Mid upper-arm circumference
NCHS	National Center for Health Statistics
NEC	Necrotizing enterocolitis

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_28158

