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Professional Certificate in Nutrition in Humanitarian Aid

## Nutrition in Emergency Response Operations

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Acute Malnutrition – also known as wasting.

Related terms: Severe Acute Malnutrition (SAM), Moderate Acute Malnutrition (MAM).

Definition: A rapid loss of body weight and muscle mass, usually identified by a weight-for-height Z-score Acute Food Insecurity.

Related terms: Food Availability, Food Access, Food Utilisation.

Definition: A situation where households lack sufficient food for an active, healthy life for a period of 1-3 months.

Example: A community displaced by an earthquake that cannot access markets for three weeks.

Practical application: Conducting Household Food Insecurity Access Scale (HFIAS) surveys to prioritize assistance.

Challenges: Rapidly changing displacement patterns, insecurity that hinders data collection, and donor fatigue.

Adult Male Equivalent (AME).

Related terms: Household Rationing, Nutrient Requirements.

Definition: A conversion factor that standardises household members' energy needs to the requirement of an adult male ( $\approx 2500$  kcal/day).

Example: A family of two adults and three children may be calculated as 1.9 AME.

Practical application: Used to size food rations and calculate per-capita nutrient provision.

Challenges: Variability in activity levels, inaccurate age data, and assumptions that may underestimate needs of lactating women.

Anthropometry.

Related terms: MUAC, Height-for-Age, Weight-for-Height.

Definition: The measurement of the human body to assess nutritional status, including stature, weight, and circumferences.

Example: Using a calibrated tape to measure a child's mid-upper arm circumference in a primary health care post.

Practical application: Generates data for screening, monitoring, and evaluation of nutrition programmes.

Challenges: Inter-observer variability, equipment maintenance, and cultural sensitivities around physical measurements.

Beneficiary Targeting.

Related terms: Vulnerability Assessment, Inclusion Criteria.

Definition: The process of selecting individuals or households who receive nutrition assistance based on need, risk, and eligibility.

Example: Selecting pregnant women and children under five for supplementary feeding in a drought-affected region.

Practical application: Utilises rapid vulnerability assessment tools and community-based registers.  
Challenges: Stigmatisation, exclusion errors, and political pressure to broaden or narrow the beneficiary list.

Bio-fortification.

Related terms: Micronutrient Enrichment, Crop Improvement.

Definition: The breeding of staple crops to increase their micronutrient content, such as iron-rich beans or vitamin A-enhanced sweet potatoes.

Example: Distributing iron-bio-fortified beans in a refugee camp to reduce anaemia.

Practical application: Integrated into agricultural support components of multi-sectoral emergency responses.

Challenges: Seed availability, farmer acceptance, and the time lag between planting and harvest.

Calorie Density.

Related terms: Energy Density, Food Ration Planning.

Definition: The amount of energy (kilocalories) per gram of food, expressed as kcal/g.

Example: Rations with a calorie density of 4.5 kcal/g provide more energy per kilogram than those at 3.2 kcal/g.

Practical application: Guides formulation of therapeutic foods and supplementary rations to meet energy needs in limited volume.

Challenges: Balancing energy density with micronutrient adequacy and palatability.

Camp Coordination and Management (CCM).

Related terms: Humanitarian Cluster System, Nutrition Cluster.

Definition: A framework that organises humanitarian actors in refugee or IDP camps to coordinate service delivery, including nutrition.

Example: The Nutrition Cluster meeting weekly to discuss SAM case management protocols.

Practical application: Aligns nutrition activities with health, water, sanitation, and shelter sectors.

Challenges: Overlapping mandates, limited data sharing, and varying capacities of partners.

Case Management.

Related terms: SAM Treatment, Referral System.

Definition: The systematic process of identifying, treating, and following up on individuals with acute malnutrition.

Example: A health worker follows WHO guidelines to admit a child with SAM into an outpatient therapeutic programme.

Practical application: Uses standardised protocols, therapeutic foods, and discharge criteria.

Challenges: Inadequate referral pathways, stock-outs of RUTF, and caregiver non-adherence.

Cluster Approach.

Related terms: Sector Coordination, Humanitarian Architecture.

Definition: A system of sector-specific groups (clusters) led by UN agencies to coordinate humanitarian response, including the Nutrition Cluster.

Example: The Nutrition Cluster, led by UNICEF, convenes partners to harmonise feeding programmes.

Practical application: Facilitates joint planning, resource mobilisation, and information sharing.

Challenges: Fragmentation across clusters, competition for funding, and divergent operational standards.

Community-Based Management of Acute Malnutrition (CMAM).

Related terms: Outpatient Therapeutic Programme (OTP), Ready-to-Use Therapeutic Food (RUTF).

Definition: A decentralised model that treats uncomplicated SAM cases at the community level, reducing reliance on inpatient facilities.

Example: Community health volunteers screen children using MUAC and dispense RUTF at local health posts.

Practical application: Increases coverage, shortens time to treatment, and empowers local actors.

Challenges: Supervision quality, maintaining supply chains to remote sites, and ensuring accurate follow-up.

Complementary Feeding.

Related terms: Infant Feeding, Breastfeeding, Micronutrient Supplements.

Definition: The provision of foods and liquids in addition to breast milk for children aged 6-23 months to meet nutrient needs.

Example: Introducing fortified porridge to a 9-month-old while continuing breastfeeding.

Practical application: Education sessions on feeding practices, distribution of fortified blends, and monitoring growth.

Challenges: Cultural food taboos, limited access to nutrient-dense foods, and caregiver knowledge gaps.

Conditional Cash Transfer (CCT).

Related terms: Cash-Based Assistance, Voucher Systems.

Definition: Monetary assistance provided to households on the condition that they meet specific health or nutrition behaviours (e.g., attending growth monitoring).

Example: A family receives monthly cash only after the child's immunisation and growth check.

Practical application: Encourages utilisation of health services and improves household food security.

Challenges: Monitoring compliance, risk of cash misuse, and market inflation in crisis zones.

Co-ordinated Assessment.

Related terms: Rapid Needs Assessment, Joint Evaluation.

Definition: A collaborative process where multiple humanitarian actors gather and analyse data together to avoid duplication and ensure a comprehensive picture.

Example: Nutrition, health, and shelter partners jointly conduct a Household Vulnerability Survey.

Practical application: Produces shared baseline data for programme design.

Challenges: Differing methodologies, data ownership issues, and time constraints.

Daily Ration.

Related terms: Food Basket, Nutrient Requirements.

Definition: The amount of food (by weight or volume) that a person should receive each day to meet energy and nutrient needs in an emergency.

Example: A daily ration of 2 kg of blended cereal-legume mix for a non-pregnant adult.

Practical application: Used to calculate procurement quantities and logistics planning.

Challenges: Balancing caloric adequacy with cultural acceptability and storage constraints.

Disaster Risk Reduction (DRR).

Related terms: Preparedness, Resilience Building.

Definition: Strategies aimed at reducing the impact of hazards on populations, including nutrition-related vulnerabilities.

Example: Pre-positioning nutrition kits in flood-prone districts.

Practical application: Integrates nutrition indicators into early warning systems.

Challenges: Funding cycles, inter-sectoral coordination, and community engagement.

Emergency Nutrition Programme (ENP).

Related terms: Rapid Response, Humanitarian Intervention.

Definition: A short-term, targeted set of interventions designed to prevent and treat acute malnutrition following a crisis.

Example: Launching an ENP within two weeks of a cyclone to provide therapeutic feeding.

Practical application: Combines screening, treatment, and supplementary feeding under a unified management structure.

Challenges: Rapid mobilisation of staff, procurement lead-times, and ensuring quality control.

Food Fortification.

Related terms: Micronutrient Powder, Enrichment.

Definition: The process of adding essential vitamins and minerals to staple foods to improve nutritional quality.

Example: Adding iron and folic acid to wheat flour distributed in a refugee camp.

Practical application: Improves micronutrient intake without changing dietary habits.

Challenges: Monitoring compliance, stability of added nutrients, and regulatory approval.

Food Security Cluster.

Related terms: Nutrition Cluster, Logistics Cluster.

Definition: The sector within the humanitarian cluster system responsible for coordinating food assistance, including nutrition-specific interventions.

Example: The Food Security Cluster leads the development of a food-based response plan after a landslide.

Practical application: Aligns food distribution, market support, and nutrition monitoring.

Challenges: Overlap with Nutrition Cluster mandates, data sharing, and divergent funding streams.

Food-Based Intervention (FBI).

Related terms: Supplementary Feeding, Fortified Foods.

Definition: Nutrition programmes that use whole foods or fortified products to improve dietary intake, as opposed to therapeutic feeds.

Example: Providing micronutrient-sprinkled porridge to pregnant women.

Practical application: Addresses moderate malnutrition and prevents deterioration to SAM.

Challenges: Supply chain reliability, cultural acceptance, and ensuring adequate portion sizes.

Food-Aid Logistics.

Related terms: Supply Chain Management, Warehousing.

Definition: The planning, transport, storage, and distribution of food commodities in emergency settings.

Example: Coordinating air-lift of RUTF to a remote mountain camp.

Practical application: Ensures timely delivery of nutritious food to affected populations.

Challenges: Inaccessible terrain, customs clearance delays, and cold-chain requirements for certain products.

Food-Security Monitoring.

Related terms: Household Consumption Surveys, Market Price Tracking.

Definition: Ongoing collection of data to assess access to sufficient, safe, and nutritious food.

Example: Monthly HFIAS surveys tracking changes in household food access after a flood.

Practical application: Informs adjustments to assistance levels and targeting.

Challenges: Survey fatigue, data quality, and rapid market fluctuations.

Food-Supplementary Programme (FSP).

Related terms: Targeted Supplementary Feeding, Blanket Supplementary Feeding.

Definition: A programme that provides fortified foods to groups at risk of moderate acute malnutrition, such as pregnant women or children 6–23 months.

Example: Distributing fortified blended flour to lactating mothers in an IDP camp.

Practical application: Prevents progression to SAM and supports recovery.

Challenges: Identifying eligible beneficiaries, ensuring regular intake, and avoiding dependency.

Food-Weight Ratio (FWR).

Related terms: Ration Planning, Logistics.

Definition: The amount of food (in kilograms) required to feed one person for a given period, often expressed as kg/person/month.

Example: An FWR of 15 kg/person/month for a mixed ration.

Practical application: Used in budgeting and procurement calculations.

Challenges: Variability in energy needs, cultural preferences, and wastage rates.

Gender-Responsive Nutrition.

Related terms: Women's Empowerment, Male Involvement.

Definition: Nutrition interventions that consider gender dynamics, ensuring equitable access and addressing specific needs of women and men.

Example: Tailoring cooking demonstrations to include both mothers and fathers.

Practical application: Improves uptake of nutrition practices and reduces gender-based barriers.

Challenges: Deep-rooted cultural norms, limited female participation in decision-making, and data gaps on gender-specific outcomes.

Growth Monitoring and Promotion (GMP).

Related terms: Child Growth Charts, Nutrition Counseling.

Definition: Regular measurement of children's weight and height to detect growth faltering and promote corrective actions.

Example: Monthly weighing of children under five at a health post, followed by counselling for caregivers.

Practical application: Early detection of malnutrition and reinforcement of feeding practices.

Challenges: Inconsistent attendance, lack of trained staff, and equipment calibration issues.

### Health-Nutrition Linkages.

Related terms: Integrated Management of Childhood Illness (IMCI), WASH-Nutrition.

Definition: The interdependence of health status and nutritional outcomes, recognising that disease can exacerbate malnutrition and vice versa.

Example: Treating diarrhoea concurrently with SAM to improve recovery rates.

Practical application: Coordinated case management, joint training, and cross-referral mechanisms.

Challenges: Siloed programming, differing reporting systems, and limited resources for comprehensive care.

### Humanitarian Food Security and Nutrition Cluster (HFSC).

Related terms: Cluster System, Coordination Body.

Definition: The umbrella structure that brings together the Food Security, Nutrition, and Logistics clusters to ensure a coherent response.

Example: HFSC convenes a joint briefing on ration adequacy after a cyclone.

Practical application: Streamlines decision-making and reduces duplication.

Challenges: Balancing sector priorities, managing large stakeholder groups, and aligning funding timelines.

### Infant and Young Child Feeding (IYCF).

Related terms: Exclusive Breastfeeding, Complementary Feeding.

Definition: A set of practices that promote optimal nutrition for children from birth to 24 months, including breastfeeding and appropriate complementary foods.

Example: Promoting exclusive breastfeeding for the first six months in a camp health education session.

Practical application: Training of health workers, distribution of IYCF kits, and monitoring of feeding practices.

Challenges: Displacement-related stress, lack of privacy for breastfeeding, and misconceptions about infant feeding.

### Inter-Agency Standing Committee (IASC) Nutrition Guidelines.

Related terms: Standard Operating Procedures, Best Practices.

Definition: Internationally recognised protocols that provide evidence-based recommendations for nutrition interventions in humanitarian settings.

Example: Using the IASC "Guidelines for the Management of Acute Malnutrition" to design a SAM treatment protocol.

Practical application: Ensures consistency across agencies and aligns with donor expectations.

Challenges: Adapting guidelines to local contexts, keeping up with updates, and translating technical language for field staff.

### International Food Policy Research Institute (IFPRI).

Related terms: Nutrition Research, Policy Analysis.

Definition: A research organisation that generates evidence on food security and nutrition, influencing humanitarian policy and practice.

Example: Citing IFPRI studies on micronutrient deficiencies to justify fortified food distribution.

Practical application: Utilising research findings for advocacy and programme design.

Challenges: Translating academic results into actionable field interventions and ensuring relevance to acute

emergencies.

Kits-Based Distribution.

Related terms: Pre-packaged Rations, Household Food Packs.

Definition: The provision of pre-assembled food packages containing a balanced mix of staples, fortified items, and sometimes cooking fuel.

Example: Distributing a 10-kg kit containing rice, beans, oil, and a micronutrient powder to each household.

Practical application: Simplifies logistics, reduces distribution time, and ensures nutrient diversity.

Challenges: Packaging durability, cultural acceptability of food items, and weight management for transport.

Livelihoods-Based Nutrition Interventions.

Related terms: Cash-for-Work, Agricultural Support.

Definition: Programs that improve nutritional outcomes by strengthening income-generating activities and food production.

Example: Providing seeds and training to displaced farmers to grow nutrient-rich crops.

Practical application: Links food security with nutrition through income-enhanced food purchase power.

Challenges: Land tenure issues, market access, and the time lag between intervention and nutritional impact.

Logistics Cluster.

Related terms: Supply Chain Management, Food-Aid Logistics.

Definition: The UN-led coordination mechanism that oversees the procurement, transport, and storage of humanitarian commodities, including nutrition supplies.

Example: The Logistics Cluster arranges air freight for RUTF to a remote camp.

Practical application: Centralises transport contracts, warehousing, and customs facilitation.

Challenges: Coordination among multiple donors, limited infrastructure, and security constraints.

Micronutrient Deficiency.

Related terms: Iron-Deficiency Anaemia, Iodine Deficiency, Vitamin A Deficiency.

Definition: A lack of essential vitamins or minerals required in small quantities for normal physiological functions.

Example: High prevalence of night blindness among pregnant women due to vitamin A deficiency.

Practical application: Supplementation programmes, fortification, and dietary diversification.

Challenges: Limited diagnostic capacity, low awareness, and overlapping symptoms with other health conditions.

Mid-Upper Arm Circumference (MUAC).

Related terms: Anthropometry, Acute Malnutrition Screening.

Definition: A quick measurement of the upper arm to assess nutritional status, with cut-offs typically Minimum Dietary Diversity for Women (MDD-W).

Related terms: Dietary Diversity Score, Nutrition Surveillance.

Definition: An indicator that assesses whether women of reproductive age have consumed at least five out of ten defined food groups in the previous 24 hours.

Example: Survey shows only 30% of women meet MDD-W after a flood.

Practical application: Guides nutrition education and food assistance adjustments.

Challenges: Seasonal food availability, recall bias, and limited food group options in emergency settings.

Monitoring, Evaluation, and Learning (MEL).

Related terms: Impact Assessment, Data Quality Assurance.

Definition: A systematic process to track programme performance, assess outcomes, and incorporate lessons into future interventions.

Example: Conducting a mid-term evaluation of a SAM treatment programme to improve discharge criteria.

Practical application: Uses indicators, dashboards, and periodic reviews.

Challenges: Data collection fatigue, limited analytical capacity, and time constraints during acute phases.

Nutrition Cluster.

Related terms: Humanitarian Cluster System, Coordination Body.

Definition: The sector-specific group, usually led by UNICEF, that coordinates nutrition activities across agencies in an emergency.

Example: The Nutrition Cluster develops a joint action plan for therapeutic feeding.

Practical application: Aligns standards, shares resources, and facilitates joint trainings.

Challenges: Varying agency capacities, donor reporting requirements, and competition for funding.

Nutrition Emergency Preparedness (NEP).

Related terms: Contingency Planning, Stockpiling.

Definition: The set of activities undertaken before a crisis to ensure rapid, effective nutrition response, including pre-positioned supplies and trained staff.

Example: Maintaining a 3-month stock of RUTF in a regional warehouse.

Practical application: Reduces lead-time for programme launch after a disaster.

Challenges: Funding continuity, storage conditions, and staff turnover.

Nutrition Surveillance.

Related terms: Rapid Assessment, Ongoing Monitoring.

Definition: The systematic collection, analysis, and interpretation of nutrition data to detect trends and outbreaks of malnutrition.

Example: Weekly reporting of SAM admissions from health facilities.

Practical application: Informs early warning systems and triggers response escalations.

Challenges: Data timeliness, standardisation across sites, and integration with health information systems.

Outpatient Therapeutic Programme (OTP).

Related terms: CMAM, Ready-to-Use Therapeutic Food (RUTF).

Definition: A community-based service that provides treatment for uncomplicated SAM using RUTF on an outpatient basis.

Example: A child receives a daily packet of RUTF and returns weekly for MUAC check.

Practical application: Increases coverage and reduces inpatient burden.

Challenges: Ensuring adherence, managing default rates, and maintaining adequate RUTF supplies.

Participatory Vulnerability Assessment (PVA).

Related terms: Community Mapping, Rapid Needs Assessment.

Definition: A methodology that engages community members in identifying and prioritising their own vulnerabilities and needs.

Example: Residents draw maps of water sources and highlight households at risk of food insecurity.

Practical application: Generates locally relevant data for targeting nutrition interventions.

Challenges: Time-intensive, requires facilitation skills, and may be influenced by local power dynamics.

Passive Immunisation.

Related terms: Vitamin A Supplementation, Oral Polio Vaccine.

Definition: The provision of nutrients or biologically active compounds that boost immunity without stimulating an active immune response.

Example: Administering high-dose vitamin A capsules to children in a measles outbreak.

Practical application: Reduces morbidity and mortality associated with infections.

Challenges: Coverage gaps, supply chain management, and ensuring correct dosing.

Per-Capita Energy Requirement.

Related terms: Calorie Density, Food-Based Intervention.

Definition: The average amount of energy (kilocalories) needed per person per day, adjusted for age, sex, and activity level.

Example: 2100 kcal/day for a lactating woman in a moderate-activity setting.

Practical application: Basis for ration size calculations and nutrition programme design.

Challenges: Variability in individual needs, inaccurate demographic data, and changes due to disease burden.

Pregnancy-Specific Nutrition.

Related terms: Micronutrient Supplementation, IYCF.

Definition: Nutritional interventions tailored to the increased needs of pregnant and lactating women, including iron-folic acid tablets and calcium supplements.

Example: Providing a monthly pack of iron-folic acid tablets to pregnant women in an IDP camp.

Practical application: Reduces maternal anaemia and improves birth outcomes.

Challenges: Compliance, side effects, and supply chain interruptions.

Preparedness Phase.

Related terms: Emergency Nutrition Programme (ENP), Contingency Planning.

Definition: The period before a crisis when humanitarian actors develop plans, stockpile supplies, and train staff for potential emergencies.

Example: Conducting a simulation exercise for rapid SAM treatment deployment.

Practical application: Enhances readiness and reduces response time.

Challenges: Funding cycles, staff turnover, and maintaining up-to-date plans.

Primary Health Care (PHC) Integration.

Related terms: Nutrition Cluster, Health-Nutrition Linkages.

Definition: The incorporation of nutrition services—screening, counselling, and treatment—into routine primary health care facilities.

Example: Adding MUAC measurement to the child health card at the village clinic.

Practical application: Strengthens early detection and continuous care.

Challenges: Overburdened health workers, competing priorities, and limited training.

Programmatic Gap Analysis.

Related terms: Needs Assessment, MEL.

Definition: A systematic review that identifies discrepancies between identified nutrition needs and existing programme coverage.

Example: Finding that 40% of pregnant women lack access to iron supplementation despite a documented need.

Practical application: Guides resource allocation and programme redesign.

Challenges: Data quality, changing contexts, and stakeholder alignment.

Referral System.

Related terms: Case Management, Health-Nutrition Linkages.

Definition: A structured pathway that ensures individuals identified with nutrition problems receive appropriate higher-level care.

Example: A community health worker refers a child with SAM to the nearest OTP centre.

Practical application: Improves treatment outcomes and reduces loss to follow-up.

Challenges: Geographic barriers, transport costs, and communication breakdowns.

Re-Nutrition.

Related terms: Therapeutic Feeding, Recovery Monitoring.

Definition: The phase of nutritional rehabilitation where a previously malnourished individual regains weight and normal physiological function.

Example: Monitoring weight gain of 5 g/kg/day in a child receiving RUTF.

Practical application: Sets discharge criteria and informs programme success.

Challenges: Relapse risk, insufficient follow-up, and underlying disease.

Relief Food Basket.

Related terms: Daily Ration, Kit-Based Distribution.

Definition: A pre-defined set of staple foods and fortified items delivered to households during an emergency to meet basic nutritional needs.

Example: A basket containing rice, beans, oil, and a multi-micronutrient powder.

Practical application: Provides immediate food security while longer-term solutions are developed.

Challenges: Cultural appropriateness, storage, and ensuring equitable distribution.

Resilience-Building Nutrition.

Related terms: Livelihoods-Based Interventions, DRR.

Definition: Strategies that strengthen the capacity of communities to maintain adequate nutrition despite shocks.

Example: Training women in small-scale poultry rearing to diversify diets after a flood.

Practical application: Links short-term assistance with long-term nutrition security.

Challenges: Sustainability, market access, and climate variability.

### Risk Assessment.

Related terms: Vulnerability Assessment, DRR.

Definition: The systematic identification and analysis of hazards, exposure, and capacity to manage potential threats to nutrition.

Example: Mapping areas prone to drought that also have high rates of child stunting.

Practical application: Informs prioritisation of nutrition interventions.

Challenges: Data scarcity, rapidly changing contexts, and limited technical expertise.

### Safety-Net Ration.

Related terms: Minimum Consumption Package, Food Security.

Definition: The smallest amount of food provided to ensure basic caloric intake, often used as a last-resort measure.

Example: Delivering a 2-kg rice packet per household per month when supplies are scarce.

Practical application: Prevents extreme hunger while larger rations are organised.

Challenges: Inadequate nutrient diversity, potential for crowding out local markets, and low acceptability.

### Scale-Up Strategy.

Related terms: Programmatic Gap Analysis, MEL.

Definition: A plan to expand successful nutrition interventions to reach larger populations or additional geographic areas.

Example: Extending a successful supplementary feeding programme from three to ten camps.

Practical application: Utilises lessons learned, standardised protocols, and increased funding.

Challenges: Maintaining quality, adapting to new contexts, and logistic capacity.

### Screening Tool.

Related terms: MUAC, Growth Monitoring, Rapid Assessment.

Definition: A simple instrument or questionnaire used to identify individuals at risk of malnutrition.

Example: A two-step questionnaire that first asks about recent weight loss, then measures MUAC.

Practical application: Enables quick triage in mass-displacement settings.

Challenges: False positives/negatives, need for training, and cultural acceptance.

### Securing Supply Chains.

Related terms: Food-Aid Logistics, Logistics Cluster.

Definition: The process of ensuring uninterrupted flow of nutrition commodities from manufacturers to end-users.

Example: Establishing agreements with local transport firms to move RUTF across conflict zones.

Practical application: Reduces stock-outs and delays.

Challenges: Conflict, customs barriers, and fluctuating fuel costs.

### Supplementary Feeding Programme (SFP).

Related terms: Food-Based Intervention, Targeted Supplementary Feeding.

Definition: A nutrition programme that provides fortified foods to groups at risk of moderate acute malnutrition, usually children 6-59 months or pregnant women.

Example: Distributing a daily fortified porridge to children identified as MAM.

Practical application: Prevents progression to SAM and supports catch-up growth.

Challenges: Coverage identification, adherence, and ensuring adequate micronutrient content.

Targeted Supplementary Feeding (TSF).

Related terms: SFP, Nutrient-Dense Rations.

Definition: The provision of supplementary foods to specific high-risk groups, such as pregnant women, lactating mothers, or children with MAM.

Example: Providing a daily packet of fortified blended flour to lactating mothers.

Practical application: Tailors nutrient delivery to the most vulnerable.

Challenges: Accurate beneficiary identification, stigma, and potential for duplication.

Therapeutic Feeding.

Related terms: CMAM, RUTF, OTP.

Definition: The use of specially formulated, energy-dense foods to treat severe acute malnutrition.

Example: Administering 200g of RUTF daily to a child with SAM.

Practical application: Achieves rapid weight gain and reduces mortality.

Challenges: Supply chain reliability, taste acceptability, and monitoring for adverse events.

Transition Planning.

Related terms: Preparedness Phase, Resilience-Building Nutrition.

Definition: The process of moving from emergency-focused nutrition interventions to longer-term development-oriented programmes.

Example: Phasing out OTP services while strengthening community health nutrition components.

Practical application: Aligns donor timelines, builds local capacity, and prevents service gaps.

Challenges: Funding continuity, stakeholder coordination, and maintaining quality during handover.

UNICEF Nutrition Guidelines.

Related terms: IASC Nutrition Guidelines, Standard Operating Procedures.

Definition: Technical documents issued by UNICEF that outline best practices for nutrition interventions in humanitarian contexts.

Example: Following the UNICEF "Guidelines on Infant and Young Child Feeding in Emergencies" for IYCF promotion.

Practical application: Provides a reference for programme design, training, and monitoring.

Challenges: Adapting global guidance to local cultural contexts and resource constraints.

Undernutrition.

Related terms: Stunting, Wasting, Micronutrient Deficiency.

Definition: A condition where dietary intake does not meet the body's energy and nutrient requirements, leading to impaired growth and health.

Example: A prevalence of 30% stunting among children under five in a post-earthquake setting.

Practical application: Drives the need for supplementary feeding, micronutrient interventions, and health-nutrition integration.

Challenges: Multi-factorial causes, chronicity, and limited data in acute emergencies.

#### UNHCR Nutrition Strategy.

Related terms: Camp Coordination, Food-Security Cluster.

Definition: The framework adopted by the UN Refugee Agency to address nutrition needs of displaced populations, emphasizing screening, treatment, and preventive measures.

Example: Implementing a UNHCR-led CMAM programme in a refugee camp.

Practical application: Aligns protection and nutrition objectives, ensuring refugees receive adequate care.

Challenges: Coordination with host-government health services, resource constraints, and high-turnover populations.

#### Vulnerability Assessment.

Related terms: PVA, Risk Assessment.

Definition: The systematic identification of groups or individuals who are most at risk of adverse nutrition outcomes due to exposure, sensitivity, and adaptive capacity.

Example: Mapping households with chronically ill members and limited livelihood options.

Practical application: Informs targeting, programming, and resource allocation.

Challenges: Data collection in insecure areas, dynamic displacement, and ensuring participation.

#### WASH-Nutrition Linkage.

Related terms: Health-Nutrition Linkages, Integrated Programming.

Definition: The interrelationship between water, sanitation, hygiene, and nutrition, recognising that poor WASH conditions exacerbate malnutrition.

Example: Providing safe-water containers alongside therapeutic feeding to reduce diarrhoea-related relapse.

Practical application: Joint planning of hygiene promotion, water treatment, and nutrition education.

Challenges: Coordination across sectors, funding silos, and aligning timelines.

#### Weight-for-Age Z-Score (WAZ).

Related terms: Anthropometry, Growth Monitoring.

Definition: A statistical measure comparing a child's weight to a reference population of the same age, expressed in standard deviations.

Example: A WAZ of -2 indicates underweight status.

Practical application: Used in health surveys to assess chronic and acute undernutrition.

Challenges: Requires accurate age data, less sensitive to acute changes than MUAC, and may be confounded by stunting.

#### WHO/UNICEF Joint Statement on Acute Malnutrition.

Related terms: IASC Nutrition Guidelines, Standard Operating Procedures.

Definition: A collaborative document that outlines unified definitions, thresholds, and treatment protocols for acute malnutrition.

Example: Adoption of a MUAC < 115 mm as the cut-off for SAM across agencies.

Practical application: Promotes consistency in case detection and reporting.

Challenges: Harmonising national policies, updating training materials, and ensuring field compliance.