

## CORE Nutrition Working Group


# Nutrition Resources Guide

The following list was compiled and reviewed by members of the CORE Nutrition Working Group in order to offer resources that have proven useful and reliable for Child Survival and Health programming. The list is divided into sections by [Technical References/Manuals](#), [Micronutrients](#), [Nutrition in Emergencies](#), [Food Security](#), and [Breastfeeding and Infant and Young Child Feeding](#). Each section includes a list of web sites that provide further resources in that particular area.

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### Technical References/Manuals

*Nutrition Essentials: A Guide for Health Managers*. Tina Sanghvi, ed. BASICS, 1999.

This comprehensive guide has been developed to help program managers integrate nutrition with other health services and to strengthen nutrition in ongoing primary health care programs. Major topics covered include: (1) priority nutrition interventions; (2) planning nutrition interventions in the district; (3) technical guidelines for integrating nutrition in health services; (4)  ming community partnerships; (5) communications activities for improving nutrition; (6) supporting nutrition interventions; and (7) nutrition protocols.

Download this guide at:

[http://www.basics.org/publications/abs/abs\\_nutrition.html](http://www.basics.org/publications/abs/abs_nutrition.html)

*Nutrition for Developing Countries Second Edition*. Felicity Savage King and Ann Burgess. Oxford University Press, 1995.

*Nutrition for Developing Countries* is a textbook of nutrition—covering the essential facts about nutrients, nutrient needs, foods, and meals—and a guide for nutrition workers. It explains in clear, simple language and practical detail how nutrition workers can help families with nutrition problems, how to treat malnourished children, and how to work in communities and in schools.

Order this book at:

<http://www.oup.co.uk/isbn/0-19-262233-1>

*Improving Child Health Through Nutrition: The Nutrition Minimum Package*. Tina Sanghvi and John Murray. BASICS, 1997.

Changing the behaviors of caretakers and families will be critical to reducing malnutrition and other childhood illnesses. The top six interventions have been called the Minimum Package of nutrition interventions and constitute the core nutrition interventions that should be considered for all primary health care programs.

Download this publication at:

[http://www.basics.org/publications/abs/abs\\_focus.html](http://www.basics.org/publications/abs/abs_focus.html)

*Implementing and Evaluating Nutrition Interventions for Managers of PVO Child Survival Projects: A Guide to Manuals, Guidebooks, and Reports.* Jennifer Wagman and Peter Winch, eds. Child Survival Technical Support Project, 1999.

This guide reviews over 100 tools, manuals, and reports on nutritional interventions, including micronutrient interventions. The practical manuals and guides are summarized in terms of their content and their intended user. Guidance is provided on which resources are most appropriate for use by PVOs in different programmatic situations (program planning, implementation, and evaluation).

Download this guide at:

<http://www.childsurvival.com/documents/csts.cfm - nutrition>

*What Works? A Review of the Efficacy and Effectiveness of Nutrition Interventions.* Lindsay Allen and Stuart Gillespie. ADB and ACC/SCN Nutrition Policy Paper no. 19, September 2001.

This review of nutrition science and program literature will help in selecting nutrition interventions either as stand-alone activities or components in integrated social welfare programs. The paper emphasizes what works and why. This publication covers various issues, including: discussion on micronutrient deficiencies -- Vitamin A, iodine, and anemia; ways to avert low birth weight; measures to improve maternal nutrition, child growth, and cognitive development; comprehensive review of the efficacy and effectiveness of supplementation and fortification trials; impact of food-based approaches to improve maternal and child nutrition; and recommendations on a core program of proven efficacy and effectiveness and a level of investment in operations to improve evidence-based nutrition programming.

Download this publication at:

[http://www.adb.org/Documents/Books/Nutrition/What\\_Works/default.asp](http://www.adb.org/Documents/Books/Nutrition/What_Works/default.asp)

*Anthropometric Indicators Measurement Guide.* B. Cogill. Academy for Educational Development, FANTA Project, 2003.

This newly revised guide provides information on the anthropometric impact indicators and the annual monitoring indicators for Maternal and Child Health/Child Survival (MCH/CS) and income related activities. The focus is on the collection and reporting of indicators to improve program management and document progress towards the achievement of results.

Download this guide at:

<http://www.fantaproject.org/publications/anthropom.shtml>

*Anthropometric Survey Manual.* Davis, Robb and Tuli, Karunesh. Catholic Relief Services (CRS), 1998.

This manual was developed to assist CRS's Field Offices engaged in Food Assisted Child Survival activities respond to USAID/BHR/FFP's requirement that result reports include anthropometric data from population based surveys. While the manual is designed to guide Field Offices in this specific type of programming, it also provides an array of useful information and resources for all those conducting population-based anthropometric surveys.

Request this publication at:

[http://www.catholicrelief.org/publications/pub\\_request.cfm](http://www.catholicrelief.org/publications/pub_request.cfm)

*Health, Food and Nutrition Toolkit*. UNHCR, Health and Community Development Section, 2001.

CD Rom developed by the Health and Community Development Section to assist field-based actors to effectively co-ordinate, assess, plan, implement, monitor and evaluate quality health, food and nutrition programs in refugee situations. Includes UNHCR checklists, guidance materials and other useful report forms that should be adapted to meet the needs of each situation. Also included in the Toolkit is the Essential Reference Materials Collection. This collection contains guidelines, field manuals and reference documents on food, health and nutrition published by UNHCR, other UN sister agencies, and NGO's.

Request a copy of this CD Rom at:

<http://www.the-ecentre.net/toolkit/home.htm>

**Suggested Web sites for further resources:**

[World Health Organization: Nutrition Disorders](#)

[UNICEF](#)

[LINKAGES Project](#)

[Basic Support for Child Survival: Publications: Nutrition](#)

[Food and Nutrition Technical Assistance Project](#) 

[Child Survival Technical Support Project: Documents](#)

[UN Subcommittee on Nutrition](#)

[Sharing U.S. Technology to Aid in the Improvement of Nutrition \(SUSTAIN\) Project: Publications & Stories](#)

[World Bank Group: Health, Nutrition & Population](#)

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**Micronutrients**



*Preventing Micronutrient Deficiencies: Tools for Policymakers and Public Health Workers*. Institute of Medicine, National Academy Press, 1998.

*Preventing Micronutrient Deficiencies* provides a conceptual framework based on past experience that will allow funders to tailor programs to existing regional/country capabilities and to incorporate within these programs the capacity to address multiple strategies (i.e., supplementation/fortification/food-based approaches/public health measures) and multiple micronutrient deficiencies.

Order this publication at:  
<http://www.nap.edu/catalog/5962.html>

*The MICAH Guide, A Practical handbook for Micronutrient and Health Programmes.*  
World Vision Canada.

*The MICAH Guide* has been prepared by the World Vision Canada **MIC**ronutrient **And Health (MICAH)** team to help standardize the monitoring and evaluation of micronutrient programmes in various countries in Africa. It is based on UNICEF's *Practical Handbook for Multiple-Indicator Surveys* from which several chapters have been included with modifications to make them appropriate for micronutrient surveys.

Download this guide at:  
[http://www.worldvision.ca/home/InternationalPrograms/research\\_&\\_publications.cfm](http://www.worldvision.ca/home/InternationalPrograms/research_&_publications.cfm)

*Guidelines for the Use of Iron Supplements to Prevent and Treat Iron Deficiency Anemia.* Rebecca Stoltzfus and Michele Dreyfuss. International Nutritional Anemia Consultative Group (INACG), 1998.

Order this publication at:  
<http://inacg.ilsa.org/publications/pubslst.cfm?pubentityid=17&publicationid=239>

*Vitamin A Supplements: A Guide to Their Use in the Treatment and Prevention of Vitamin A Deficiency and Xerophthalmia, Second edition.* WHO/UNICEF/IVACG Task Force. World Health Organization, 1997.

The guide is addressed to program managers and administrators and aims to answer all practical questions concerning how much vitamin A should be given to different age and population groups, how often, and in what form.

Order this guide at:  
<http://www.who.int/bookorders/anglais/detart1.jsp?sesslan=1&codlan=1&codcol=15&codcch=2303>

**Suggested Web sites for further resources:**  
[Micronutrient Initiative](#)

[Helen Keller International](#)

[International Vitamin A Consultative Group](#)

[MOST \(the USAID Micronutrient Project\)](#)

[INACG](#)

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## Nutrition in Emergencies

*Food Scarcity and Famine: Assessment and Response.* Helen Young. Oxfam Practical Health Guide Series, 1992.



This is a detailed guide to the accurate assessment of the nutritional needs of populations suffering from the effects of food scarcity and famine. The book provides information on initial assessments and surveys, on distribution and targeting, and emphasizes the importance of finding out the root causes of food scarcity.

Order this publication at:

<http://styluspub.com/books/book2177.html> or  
<http://62.173.95.217/oxfam/index.asp?TAG=&CID=>

*The Management of Nutrition in Major Emergencies.* World Health Organization, 2000.

This manual is intended to help health, nutrition, and other professionals involved in the management of major emergencies with a nutritional component, whether at local, national, or international level. By improving understanding among the health professionals and intersectoral personnel who are collectively responsible for ensuring adequate nutrition in emergency-affected populations, the manual should promote coordinated and effective action.

Order this publication at:

<http://www.who.int/bookorders/anlais/home1.jsp?sesslan=1>

### **Suggested Web sites for further resources:**

[The Sphere Project](#)

[Emergency Nutrition Network](#)

[World Health Organization: Nutrition Disorders](#)

[Medecins Sans Frontieres: Nutrition Guidelines for Emergencies](#)

[Valid International](#)

[Food and Nutrition Technical Assistance Project](#)

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## **Food Security**



*Rapid appraisal methods for the assessment, design, and evaluation of food security programs.* Gilles Bergeron. International Food Policy Research Institute (IFPRI), March 1999.

Download this publication at:

<http://www.ifpri.org/themes/mp18/techguid/tg06.pdf>

*Measuring nutritional dimensions of household food security.* Saul S. Morris. International Food Policy Research Institute (IFPRI), March 1999.

Download this publication at:

<http://www.ifpri.org/themes/mp18/techguid/tg05.pdf>

*Improving the Nutrition Impacts of Agriculture Interventions: Strategy and Policy Brief.*  
Patricia Bonnard. Academy for Educational Development, FANTA Project, 2001.

This brief presents recommendations for improving consumption and nutrition impacts of agricultural interventions in four areas: improving cross-sectoral integration, enhancing impacts on food access, increasing impacts on nutrition, and monitoring performance.

Download this publication at:

[http://www.fantaproject.org/publications/nut\\_agbrief.shtml](http://www.fantaproject.org/publications/nut_agbrief.shtml)

*Household Livelihood Security Assessments: A Toolkit for Practitioners.*

Frankenberger, Timothy; Becht, James; Luther, Kristina; McCaston, M. Katherine.  
TANGO International. CARE, 2002.

Guidelines prepared for CARE on methods of assessing Household Livelihood Security. The document begins with an introduction to the concept of Household Livelihood Security and how it has evolved, and explains how assessing HLS is a cornerstone for helping to design development programs. The document then explains the different stages of Household Livelihood Security Assessment. It begins with a look at pre-assessment activities such as identifying stakeholders, then examines how to create livelihood security profiles and provides information on data gathering methods. The document finishes with an explanation of Data Analysis and Report Writing skills required when using the HLS Assessment process.

Download this publication at:

[http://www.kcenter.com/phls/HLSA Toolkit\\_Final.PDF](http://www.kcenter.com/phls/HLSA Toolkit_Final.PDF)

### **Suggested Web sites for further resources:**

[Food and Nutrition Technical Assistance Project](#)

[The Food Aid Management Group](#)

[International Food Policy Research Institute](#)

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## **Breastfeeding and Infant and Young Child Feeding**

*Helping Mothers to Breastfeed.* Felicity Savage King. ECHO.

This manual is based partly on the book *Breastfeeding in Practice* by Elisabet Helsing and Felicity Savage King (OUP, 1982). It also draws heavily on the experience and publications of the Breastfeeding Information Group (BIG) in Nairobi. Helping Mothers to Breastfeed is written for health workers in Kenya, and the group who has been responsible for monitoring its production hopes that it fulfills most of their needs.

Order this book at:

[http://www.echonet.org/shopsite\\_sc/store/html/Helping MothersBreastfeed.html](http://www.echonet.org/shopsite_sc/store/html/Helping_MothersBreastfeed.html)



*Guidelines for Appropriate Complementary Feeding of Breastfed Children 6-24 Months of Age -- Facts for Feeding.* Academy for Educational Development, LINKAGES Project, October 2001.

Provides feeding guidelines for children 6 to 24 months of age.

Download this publication at:

<http://www.linkagesproject.org/publications/index.php?series=5>

*Birth, Initiation of Breastfeeding, and the First Seven Days after Birth - Facts for Feeding.* Academy for Educational Development, LINKAGES Project, September 2002.

Identifies actions health care providers can take during the first week postpartum to help the mother and baby establish and maintain good breastfeeding practices.

Download this publication at:

<http://www.linkagesproject.org/publications/index.php?series=5>

*Breastmilk: A Critical Source of Vitamin A for Infants and Young Children- Facts for Feeding.* Academy for Educational Development, LINKAGES Project, October 2001.

Recommends national, community, and household level practices to improve vitamin A status of infants, young children, and pregnant and lactating women.

Download this publication at:

<http://www.linkagesproject.org/publications/index.php?series=5>

*Recommended Practices to Improve Infant Nutrition during the First Six Months- Facts for Feeding.* Academy for Educational Development, LINKAGES Project, September 2001.

Provides infant feeding guidelines for the first six months of life. Provides guidelines for activities appropriate to local conditions.

Download this publication at:

<http://www.linkagesproject.org/publications/index.php?series=5>

*Complementary feeding: Family foods for breastfed children.* World Health Organization, 2000.

This manual provides information to help the health provider to understand more about the nutritional value of foods locally available, and can be used as a tool when advising and counseling families on child feeding.

Download this booklet at:

[http://www.who.int/child-adolescent-health/publications/NUTRITION/WHO\\_FCH\\_CAH\\_00.6.htm](http://www.who.int/child-adolescent-health/publications/NUTRITION/WHO_FCH_CAH_00.6.htm)

*The Breastfeeding Answer Book, 3rd Revised Edition.* Nancy Mohrbacher and Julie Stock. La Leche League International, January 2003.

Order this book at:

<http://www.la lecheleague.org/books/bab.html>

*Breastfeeding and HIV/ AIDS- Frequently Asked Questions.* Academy for Educational Development, LINKAGES Project, May 2001.

Reviews the latest information on the transmission of HIV via breastfeeding and provides programmatic guidance for field activities.

Download this publication at:

<http://www.linkagesproject.org/publications/index.php?series=6>

*The Lactational Amenorrhea Method (LAM)- Frequently Asked Questions.* Academy for Educational Development, LINKAGES Project, September 2001.

Focuses on LAM as a modern, temporary family planning method for women who breastfeed, and is addressed to the child survival and family planning health care providers.

Download this publication at:

<http://www.linkagesproject.org/publications/index.php?series=6>

*Generating Indicators of Appropriate Feeding of Children 6 through 23 Months from the KPC 2000+.* Mary Arimond and Marie Ruel. Academy for Educational Development, FANTA Project, 2003.

This report suggests small modifications to the KPC 2000+ Infant and Child Nutrition module and tabulation plan to improve the ability to measure, interpret, and analyze several key infant and young child feeding practices of children in the 6 through 23 month age range. The authors also make recommendations for presenting infant and young child feeding practices survey results.

Download this publication at:

<http://www.fantaproject.org/downloads/pdfs/indicatorsKPC.pdf>

*Meeting the Challenge to Improve Complementary Feeding.* SCN/United Nations, 2003.

This issue focuses on the critical period of complementary feeding, and its importance to achieving the Millennium Development Goals (MDGs). It includes a compilation of articles which depict the challenges and possibilities to improve complementary feeding for young children.

Download this publication at:

<http://www.unsystem.org/scn/Publications/html/scnnews.html>

*Guiding Principles for Complementary Feeding of the Breastfed Child.* Pan American Health Organization/World Health Organization, 2003.

Adequate nutrition during infancy and early childhood is fundamental to the development of each child's full human potential. Complementary feeding is defined as the process starting when breast milk alone is no longer sufficient to meet the nutritional requirements of infants, and therefore other foods and liquids are needed, along with breast milk. The guidelines in this document can be used as the basis for developing recommendations on complementary feeding.

Download this article at:

[http://www.paho.org/English/AD/FCH/NU/Guiding\\_Principles\\_CF.htm](http://www.paho.org/English/AD/FCH/NU/Guiding_Principles_CF.htm)

### **Suggested Web sites for further resources:**

[WHO: Child and Adolescent Health & Development: Nutrition, Infant & Young Child](#)

LINKAGES

La Leche League International

Food and Nutrition Technical Assistance Project