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Barriers to Implementing Nutrition Programs

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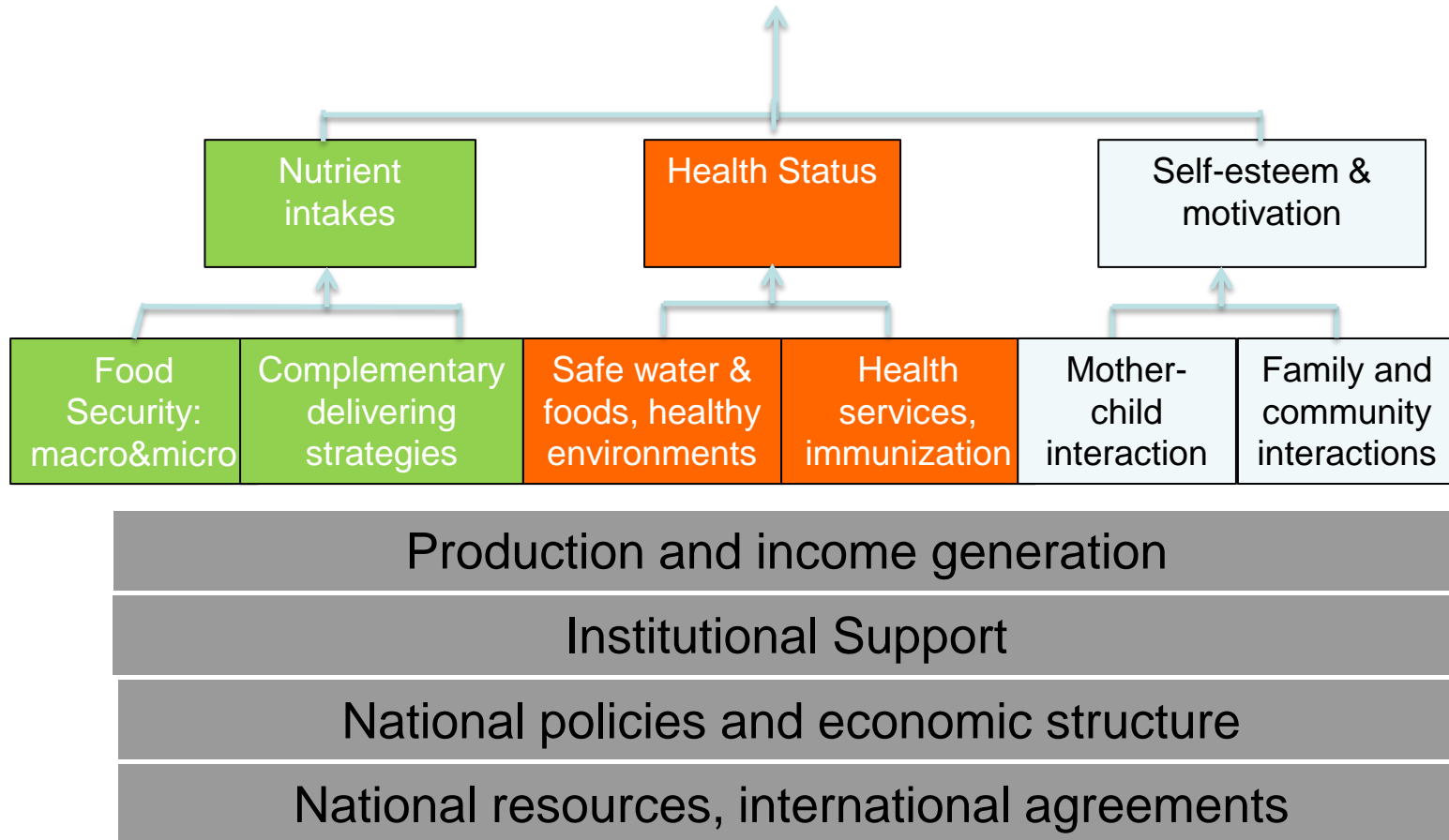
May 31th, 2016





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Causal determinants for physical, mental and emotional development



“Nutrition” specific strategies

“Nutrition” sensitive strategies

Modified from: UNICEF, Strategies for improving nutrition in developing countries, 1990; and Ruel, 2008.



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Immediate factors of “good nutrition”

Food

Health

Care

Macronutrients: Energy Protein Ess.fatty acids Ca, Mg P, K, Na	Micronutrients: Vitamins Minerals
Protecting: fiber, antioxidants, non-digestible oligosaccharides, others	

Hygienic environments Safe water Immunization	Treatment when sick Medicines Control of contaminants
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Stimulation Love Self-confidence Physical activity	Interaction with mother, siblings, family, community
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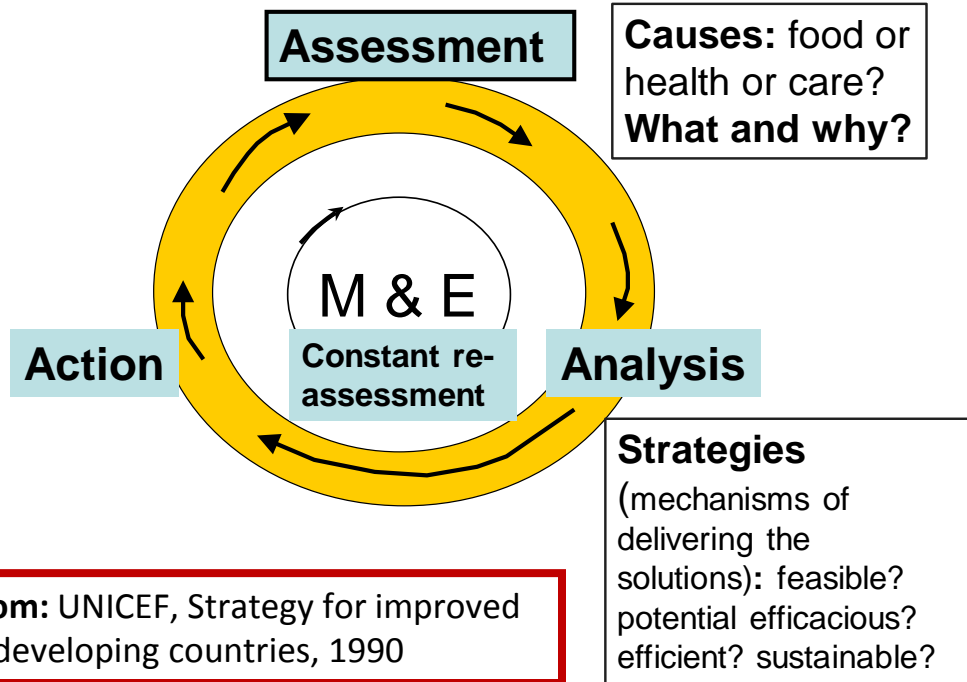
Concept taken from UNICEF, Strategies for improving nutrition in developing countries, 1990.

Although nutrients (foods) are insufficient to assure “good nutrition”, they are still essential.



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Designing of a program: The triple A approach



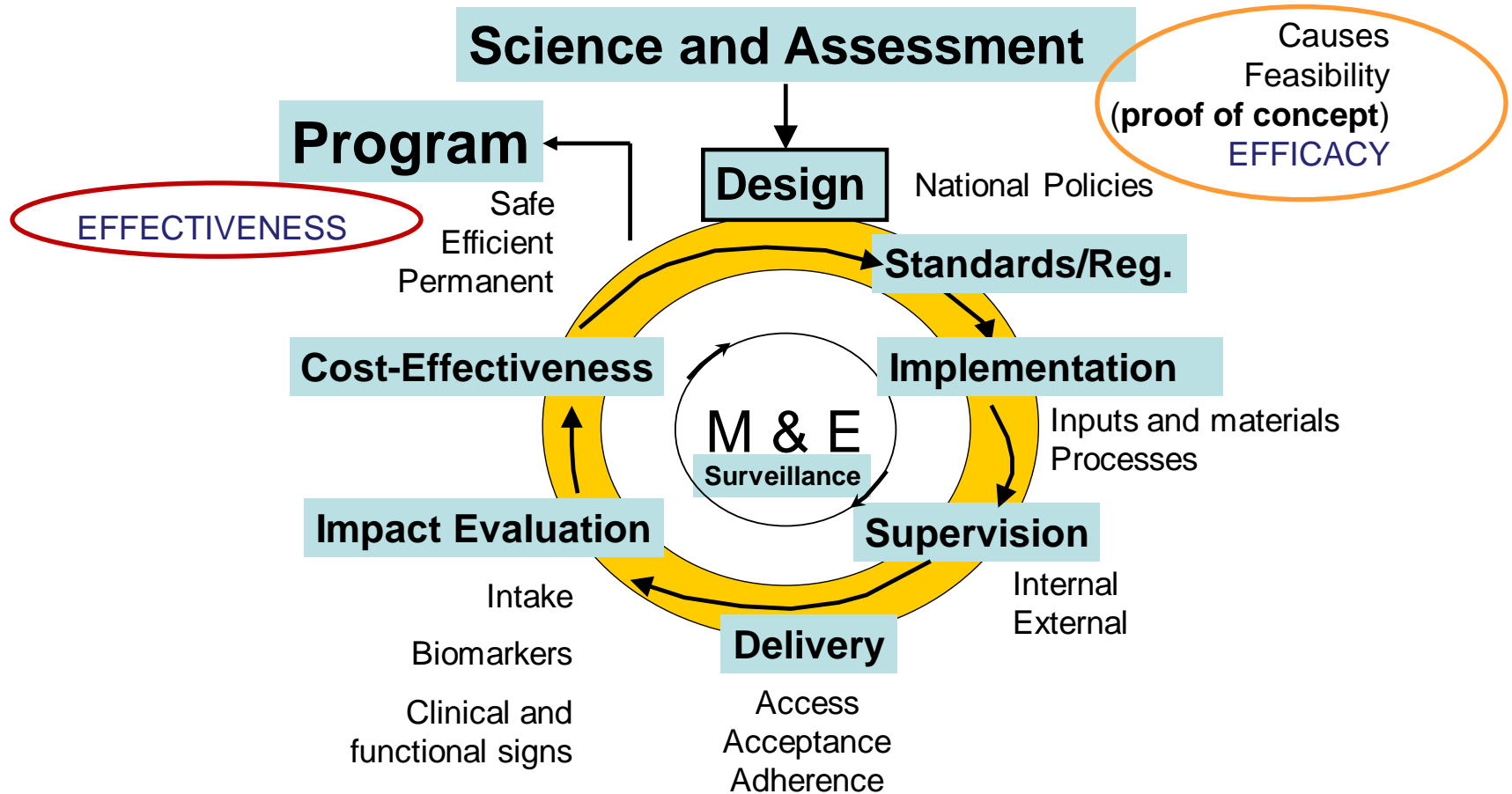
In memory of Urban Jonsson, 1938-2016. <http://wphna.org/our-members/urban-jonsson/>

Before acting, we need to characterize the problems (prevalence, magnitude, severity) and identify the causes, as well as to analyze the acceptance, feasibility and programmatic viability of the potential solutions.



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From efficacy to program effectiveness



There are roles and responsibilities for many institutions



1. Failing to see the “forest” for paying attention only to the “trees”
2. Acting before proper assessment and analysis
3. Little discussion to define institutional roles and responsibilities
4. Insufficient attention to supervision and monitoring
5. Usual inexistence of a permanent nutritional surveillance system