

# Strengthening the links between nutrition and resilience

## Improving Nutrition Services in the Care of the Ill and Vulnerable Newborn and Child Workshop

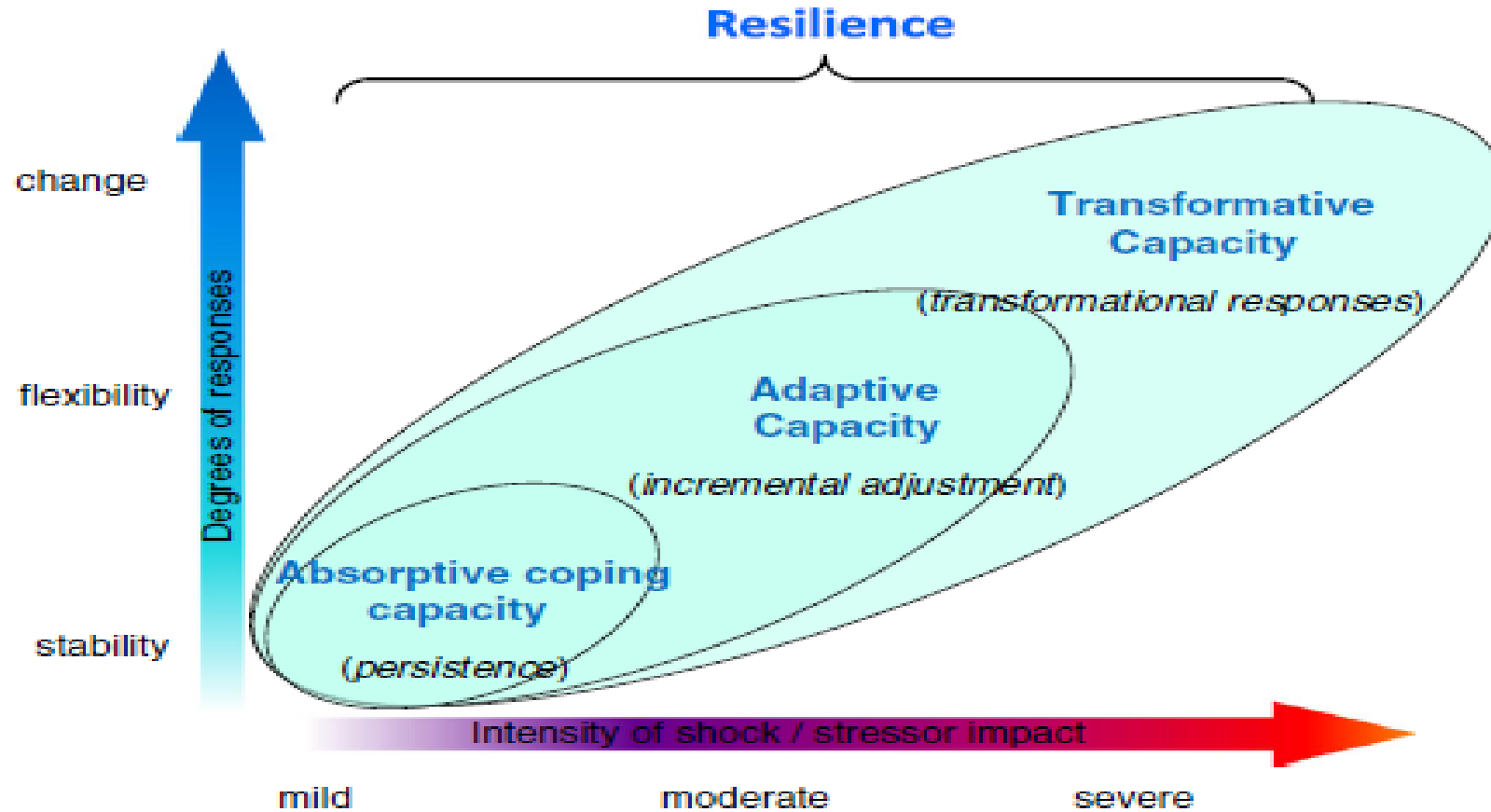
30 October–2 November 2018  
Accra, Ghana

photo by Kate Holt/MCSP

# Resilience

- “The ability of people, households, communities, countries, and systems to **mitigate, adapt to, and recover** from shocks and stresses while adapting and **transforming** their communities and livelihoods to withstand future events.”
- Targets individuals and groups living in poverty
- Young children and women are most vulnerable to hunger or other stresses
- Dimensions of Resilience (*defined by Béné and colleagues (2012)*):
  - **Absorptive capacity:** withstand threats and minimize exposure to stressors through preventative measures and appropriate coping strategies
  - **Adaptive capacity:** adapt to new options in the face of crisis by making proactive and informed choices
  - **Transformative capacity:** transform the set of livelihood choices available by creating a fundamentally new system (or way of life) when conditions require it. There is a systemic change.

# Resilience is as a result of the three dimensions



Strengthening resilience requires strengthening these overlapping capacities


Source: Derived from Béné et al. (2012)

Christophe Béné, 2015

# Nutrition and Resilience- Interlinked

- Nutrition is an input to and an outcome of strengthened resilience
  - **Nutrition Resilience:** good nutrition results in a more a resilient person, or household
  - **Resilience for Nutrition:** a resilient person or household results in good nutrition
- Focus on the most vulnerable people: provide a safeguard to the poorest, most vulnerable and food insecure people in the event of shocks
- Local and national ownership and leadership
  - Ethiopia's Productive Safety Net Program
  - Brazil
- Multi-stakeholder/multi-level approach
- Combine humanitarian relief and development
- Put greater emphasis on longer term preventative measures rather than short term curative responses.

# Nutrition-Friendly Resilience programming

- Need to focus on individuals in addition to households- targeting 1000 Days households with PLW and 0-24 months children.
  - USAID/NOURISH- Cambodia
  - USAID/Growth Through Nutrition and ENGINE-Ethiopia
- Viewing absorptive, adaptive, and transformative capacities of individual or household with a nutrition lens:
  - absorptive capacity if, in the face of a shock, negative nutritional coping strategies are not very common.
  - adaptive capacity could mean being able to access foods that meet nutritional requirements from sources that are more reliable in the face of climate change or crisis.
  - transformative capacity might refer to being able to alter the sources and types or varieties of food in the face of a crisis while maintaining or improving nutritional status.
- Nutrition education to address the dimensions of resilience and to empower households through:
  - improving feeding practices  prevention of undernutrition as well as increased human capital;
  - helping households in their decision making on what foods to produce and purchase, and consume

# Nutrition-Friendly Resilience programming

- Diversification of food intake and livelihoods as a nutrition-sensitive risk-reduction intervention
  - contribute to the prevention of malnutrition
  - contribute to income generation through growing more nutritious crops
  - reduce vulnerability to shocks through diversifying food production, livelihoods, and economic alternatives
- Link food and agriculture interventions with social protection measures to improve nutrition and strengthen resilience
  - providing families with either cash, food, or livelihood alternatives to protect the families' nutritional status when they cannot afford to buy nutritious food

# Relevance for Nutrition of Sick Children

- Well nourished child resilient to negative effects of illnesses
- Households practicing optimal IYCF practices
- Maintain consumption of diversified foods
- Access to management of acute malnutrition and WASH services
- Resources/means for quality foods and health services