

PART 4: TRAINING RESOURCE LIST

The training resource list is part four of four parts contained in this module. It provides a comprehensive list of reference material relevant to this module including guidelines, training courses and reference manuals. Part four provides background documents for trainers who are preparing training material.

What can you expect to find here?

1. An inventory of existing **guidelines** and **manuals** listed alphabetically by agency name with details about their availability
2. A list of known **training resources** listed alphabetically by agency name with details about:
 - Overall content
 - Intended use
 - Target audience
 - Length of time the course session has been designed for

Guidelines and manuals

Many nutrition manuals and guidelines contain sections on micronutrient malnutrition. The list presented here contains selected documents which are dedicated to or have sections with particular relevance to the contents of this module. Useful reference information on diagnosis and treatment is also available in many standard medical textbooks. Please also see the additional resources included in the resource list from module 14.

1. **FSNAU and FAO (2005) *Micronutrients in Somalia a Pocket Guide*. Nairobi: FSNAU**
Availability: downloadable pdf format in English
Contact: <http://www.fsnau.org/products/manuals-guides>
GUIDELINES including information on micronutrients and the disorders that result from their deficiency as part of a strategy to counter malnutrition problem in Somalia through short and longer term interventions aimed at prevention. The guidelines are applicable outside Somalia and are accompanied by Flip Charts for training use.
2. **MI and CDC (2007) *Indicators and Methods for Cross-sectional Surveys of Vitamin and Mineral Status*. Washington: Micronutrient Initiative**
Availability: downloadable pdf format in English
Contact: <http://www.micronutrient.org/English/publicationlibrary.asp?x=1>
MANUAL for designing surveys of iron, iodine and vitamin A status.
3. **NutVal Software**
This ration calculation spreadsheet can downloaded and used with Microsoft Excel. The current version is designed to work with Excel 2003.
Availability: Freeware available for download
Contact: <http://www.nutval.net/>

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4. **SCN (2007) *Assessing micronutrient deficiencies in emergencies. Current Practice and future directions.* United Nations Standing Committee on Nutrition. Nutrition Information in Crisis Situations.**
Contact: <http://www.unscn.org/en/publications/nics/index.php#Supplements>
5. **UNHCR, UNICEF, WFP, and WHO (2003) *Food and Nutrition Needs in Emergencies* Geneva: UN.**
Availability: downloadable pdf format in English
Contact: <http://www.who.int/nutrition/publications/emergencies/en/index.html>
MANUAL
Chapter 1: Context and purpose
Chapter 2: Overview of approach
Chapter 3: Basic principles
Chapter 4: Planning a ration
Chapter 5: Monitoring and follow-up
6. **UNICEF, UNU, and WHO (2001) *Iron deficiency anaemia: assessment, prevention and control. A guide for programme managers***
Availability: downloadable pdf format in English
Contact: http://www.who.int/nutrition/publications/micronutrients/anaemia_iron_deficiency/en/index.html
7. **WFP (2005) *Food and Nutrition Handbook***
Manual designed for use in WFP training course on NIE
Contact: http://foodquality.wfp.org/Portals/0/WFP_Food%20and%20Nutrition%20Handbook.swf
8. **WHO (1999) *Pellagra and its prevention and control in major emergencies* Geneva: WHO.**
Availability: downloadable pdf format in English
Contact: <http://www.who.int/nutrition/publications/micronutrients/en/index.html>
MANUAL
Chapter 1: Introduction and scope
Chapter 2: History of pellagra
Chapter 3: Pellagra
Chapter 4: Niacin
Chapter 5: Recommended Daily Allowance (RDA)
Chapter 5: Sources of niacin and its stability in food
Chapter 6: Recent outbreaks of pellagra and lessons learnt
Chapter 7: Strategies to prevent pellagra in large populations affected by emergencies
Chapter 8: Conclusions and recommendations
9. **WHO (1999) *Scurvy and its prevention and control in major emergencies* Geneva: WHO.**
Availability: downloadable pdf format in English
Contact: <http://www.who.int/nutrition/publications/micronutrients/en/index.html>
MANUAL
Chapter 1: Introduction
Chapter 2: Scurvy
Chapter 3: Vitamin C
Chapter 4: Recommended Daily Allowance (RDA)
Chapter 5: Sources of vitamin C
Chapter 6: Strategies to prevent scurvy in large refugee populations
Chapter 7: Costs
Chapter 8: Conclusions and recommendations

10. **WHO (1999) *Thiamine deficiency and its prevention and control in major emergencies* Geneva: WHO.**
Availability: downloadable pdf format in English
Contact: <http://www.who.int/nutrition/publications/micronutrients/en/index.html>
MANUAL
Chapter 1: Introduction
Chapter 2: Thiamine deficiency
Chapter 3: Thiamine, the vitamin
Chapter 4: RDA for thiamine
Chapter 5: Sources of thiamine
Chapter 6: Factors influencing content and utilisation of thiamine in foods
Chapter 7: Strategies to prevent thiamine deficiency in large populations affected by emergencies
Chapter 8: Conclusions and recommendations
11. **WHO (2000) *The Management of Nutrition in Major Emergencies* Geneva: WHO.**
Availability: downloadable pdf format in English
Contact: <http://www.who.int/nutrition/publications/emergencies/en/index.html>
MANUAL
Chapter 1: Meeting nutritional requirements
Chapter 2: Major nutritional deficiencies in emergencies
Chapter 3: Assessment and surveillance of nutritional status
Chapter 4: Nutritional relief: general feeding programmes
Chapter 5: Nutritional relief: selective feeding programmes
Chapter 6: Prevention and control of communicable diseases
Chapter 7: The context: emergency and preparedness and response programmes
12. **WHO (2004) *Nutrient requirements for people living with HIV/AIDS: Report of a technical consultation. World Health Organization, Geneva, 13-15 May 2003***
Availability: downloadable pdf format in English
Contact: <http://www.who.int/nutrition/publications/hiv aids/en/index.html>
GUIDELINES that contains the current consensus view on the nutritional requirements of people living with HIV/AIDS. Please note that knowledge in this area is evolving and these recommendations may well be subject to change in the near future.
13. **WHO, UNICEF, and ICCIDD (2007) *Assessment of iodine deficiency disorders and monitoring their elimination. A guide for programme managers, 3rd edition***
Availability: downloadable pdf format in English
Contact: http://www.who.int/nutrition/publications/micronutrients/iodine_deficiency/en/index.html
14. **WHO (1996) *Indicators for assessing vitamin A deficiency and their application in monitoring and evaluating intervention programmes***
Availability: downloadable pdf format in English
Contact: http://www.who.int/nutrition/publications/micronutrients/vitamin_a_deficiency/en/index.html

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Training Courses**15. FSNAU and FAO (2000). *Micronutrient Flip Chart.***

Availability: downloadable pdf format in English

Contact: <http://www.fsnau.org/products/manuals-guides>

FLIP CHARTS on micronutrients designed for training for mid-level management of health workers with a health background. A facilitator's script with questions is included. This was designed for use in Somalia but can be applied elsewhere.

16. UNHCR and UCL-CIHD (2003) *Micronutrient Malnutrition – Detection, Measurement and Intervention: A Training Pack for Field Staff.* Geneva: UNHCR

Availability: downloadable PowerPoint files in English

Contact: www.ucl.ac.uk/cihd/research/nutrition/tools

A TRAINING COURSE on micronutrient malnutrition made up of POWER POINT presentations, Handouts and Photo cards aimed at raising awareness of micronutrient deficiencies among health and nutrition field staff. Material from this course has been used extensively in the design of this module.

Session 1: Important Nutrition Concepts

Session 2: Micronutrient Deficiency Diseases

Session 3: Detection and Prevention

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