

PART 4: TRAINING RESOURCE LIST

The training resource list is the fourth 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 4 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

Please note that some of these have been developed prior to 2006. As such, they do not reflect recent changes in anthropometric assessment following the introduction of the 2006 WHO Growth Standard (0-59 months), the 2007 WHO Growth Reference for older children and adolescents, nor the 2009 Joint Statement on the use of the WHO Growth Standard in the assessment of severe acute malnutrition and the use of MUAC <115mm in the definition of severe acute malnutrition.

Guidelines and manuals

1. **FANTA (2003). *Anthropometric Indicators Measurement Guide*. Washington: FANTA.**
Guidelines on how to collect and analyse anthropometric data through nutrition surveys. These guidelines were designed for maternal and child health programme monitoring and draw extensively on materials from the Anthropometry Resource Centre, funded by the Food and Agriculture Organization's Southern African Development Community (SADC). The guideline includes a glossary of related terms in the references section. Of particular relevance:
Part 1. Introduction
Part 2. Anthropometric and annual monitoring indicators
Part 3. Collecting anthropometric data through surveys
Part 4. Weighing and measuring equipment
Part 5. Taking measurements
Part 6. Comparison of anthropometric data to reference standards
Part 7. Data analysis
Availability: downloadable pdf version in English
Contact: www.fantaproject.org

TRAINING RESOURCE LIST

2. **FSAU & FAO (2005). *Nutrition, a Guide to Data Collection, Analysis, Interpretation and Use*. Rome: FAO.**
Manual aimed at mid-level managers in all sectors who would like to better understand nutrition information and its use. The manual sets out all the steps involved in nutrition data collection and analysis including practical guidance for use by survey enumerators, health facility workers and other field workers. Additional materials have also been prepared to support the use of the manual during training. Of particular relevance:
Chapter 3. Measuring nutritional status
Chapter 4. Methods of nutritional assessment and analysis
Chapter 5. Analysis and interpretation of the nutrition situation
Appendices
Availability: downloadable pdf format in English.
Contact: www.fsnao.org
3. **HelpAge International and African Regional Development Centre (2001). *Addressing the Nutritional Needs of Older People in Emergency Situations in Africa: Ideas for Action*. Nairobi: HelpAge International.**
Report bringing together some of the key issues affecting the nutrition of older people in emergencies and offers some suggestions for ways in which the rights and needs of older people can be more effectively addressed. The report is divided into six main sections that seek to provide an overview of the main nutritional issues facing older people in emergencies and that give recommendations for ways in which these can be addressed. The report draws on nutrition protocols used for other age groups, adapting them to reflect the needs of older people. Recommendations are made on the basis of research from various countries and from field experience that shows the ways in which older people are excluded and gives examples of how action can be taken to promote their inclusion. The report highlights the gaps that exist in knowledge and information about the nutritional needs of older people and presents recommendations as to how these might be addressed. Of particular relevance:
Chapter 5. Risk Factors affecting the Nutritional Status of Older People in Emergencies
Availability: Downloadable pdf format in English
Contact: www.helpage.org and www.unscn.org
4. **ODI/Young and Jaspars (2006). *The Meaning and Measurement of Malnutrition in Acute Emergencies*. Network Paper No. 56. London: ODI.**
Technical paper aimed at non-technical humanitarian actors, especially decision-makers, to understand, interpret and use nutritional data by looking at how it is collected, analysed and used. It also looks at how technical issues are linked to pragmatic institutional constraints. Of particular relevance:
Chapter 1. Introduction
Chapter 2. Basic concepts
Chapter 3. The uses of data on acute malnutrition
Chapter 4. Estimating malnutrition in emergency-affected populations
Chapter 5. Interpretation and decision-making
Availability: Downloadable pdf file in English
Contact: www.odi.org.uk
5. **SCN & CDC (2000). *Adolescents: Assessment of Nutritional Status in Emergency-affected Populations*. Geneva: SCN.**
This supplement discusses the assessment of undernutrition in adolescents in emergency situations with a focus on acute undernutrition. The World Health Organization (WHO) defines adolescents as persons aged 10 to 19 years old. This is one of the few publications on this age group. Of particular relevance:
Chapter 1. Introduction and background to anthropometry
Chapter 2. Current WHO recommendations
Chapter 3. Which anthropometric index?
Chapter 4. Possible solutions for the future
Annex 1: Median and 70% of median weight for various heights, for male and female adolescents
Availability: Downloadable pdf format in English
Contact: www.unscn.org

6. **United Nations Standing Committee on Nutrition (2000). *Adults: Assessment of Nutritional Status in Emergency-affected Populations*. Geneva: SCN.**

This supplement describes simple techniques suitable for the assessment of the nutritional status of adults aged 20 to 60 years in emergency-affected populations. The BMI (body mass index), MUAC (mid-upper arm circumference) and clinical models are assessed for their usefulness in determining the prevalence of chronic undernutrition in adults at the population level, and also for screening severely undernourished adults for entrance to feeding clinics.

Of particular relevance:

Chapter 2. Measuring nutritional status in adults

Chapter 3. Clinical signs for screening acute malnutrition

Chapter 5. General summary: suggested indicators for assessing adult undernutrition in the field

Availability: Downloadable pdf format in English

Contact: www.unsystem.org/SCN

7. **WFP (2005). *Food and Nutrition Handbook*. Rome: WFP.**

Manual designed to enable staff to assess and analyze the nutrition situation in their country or region. It aims to help manage the design, implementation, monitoring and evaluation of interventions. It is designed as a standalone document, but can be used with the WFP basic training course in nutrition in emergencies. Of particular relevance:

Chapter 5. Measuring malnutrition and nutrition surveys

Chapter 6. Food and nutrition assessments

Availability: Cannot be downloaded. Printed version available in English

Contact: www.wfp.org

8. **WFP & CDC (2005). *A Manual: Measuring and Interpreting Malnutrition and Mortality*. Rome: WFP.**

Manual is for World Food Programme (WFP) staff and aims to provide guidance on issues relating to nutrition and mortality surveys, and to standardise survey methodologies. It is aimed at WFP staff involved in nutrition-related data collection and intervention as well as WFP consultants and partners. A six-day training course has been developed to accompany it (separate reference). Of particular relevance:

Chapter 1. Defining and measuring malnutrition

Chapter 2. Defining and measuring mortality

Chapter 3. Designing a survey

Chapter 4. Using and interpreting survey results for decision making

Chapter 5. Ethical issues

Chapter 6. The end point: example of a good survey report

Availability: Downloadable pdf version in English.

Contact: www.wfp.org

9. **WHO Anthro (Version 3.1 June 2010) and macros**

This freely available software can be run on personal computers and mobile devices with Windows operating systems.

The software has three modules: anthropometric calculator, individual assessment, and nutritional survey. Macros for statistical software packages (SPSS, SAS and STATA) are also provided in order to support nutrition survey data analysis.

A manual for use of the software is also provided. Of particular relevance:

Anthropometric calculator function

Availability: Downloadable pdf manual and software in English.

Contact: www.who.int

Training courses

10. **FANTA (2008). *Training guide for community-based management of acute malnutrition (CMAM)*. Washington DC. FANTA.**

The training guide was developed for health care managers and health care providers working in CMAM programmes.

It provides an overview of key concepts related to planning and implementation of CMAM programme relevant to both emergency and non-emergency contexts. A trainer's guide as well as participant handout material has been developed.

Of particular relevance:

Module 2: Defining and Measuring Acute Malnutrition.

Availability: Downloadable pdf version in English.

Contact: www.fantaproject.org

TRAINING RESOURCE LIST

11. **FAO (2007). *FAO Food Security Information for Action Distance Learning Material – Food Security Information Systems and Networks; Reporting Food Security Information; Nutritional Status Assessment and Analysis.***

Rome: FAO

Distance learning materials designed for self-paced e-learning, developed by international experts to support capacity building and on-the-job training and workshops at national and local level in food security information systems and networks. Free of charge registration provides access to the materials. As of 31 October 2010, twelve separate courses are available. Of particular relevance:

Nutritional status assessment and analysis (2 hours)

Availability: CD-Rom in English and French

Contact: www.fao.org

12. **WHO (2006). *Training course on Child Growth Assessment.* Geneva: WHO (Final update in 2008).**

This course has been designed for health care providers who measure and assess the growth of children or supervise these activities. It teaches the skills and knowledge needed to measure the weight and length/height of children; plot and interpret growth measurements; and counsel mothers about growth and feeding. Course participants may include paediatricians, family practice physicians, nurses, clinical officers, health assistants, and nutritionists working in the public and private sectors. The core of the course includes three instructional modules intended to be completed in sequence, for example, in a 3.5-day training session. Of particular relevance:

Module B. Measuring a child's growth

Module C. Interpreting growth indicators

Module D. Counselling on growth and feeding

Availability: Downloadable pdf in English.

Anthropometry training video demonstrates measurement of child weight, length, height and arm circumference, and adult weight and height (available in English, French, Spanish).

Availability: downloadable file in English, Spanish, French; forthcoming in Russian and Albanian. Also on CD-ROM and in print plus an anthropometry training video

Contact: www.who.int

Other resources:

13. **ENN, UCL-CIHD, ACF (2010). *Management of Acute Malnutrition in Infants (MAMI) Project: Technical Review: Current evidence, policies, practices & programme outcomes.* London. ENN.**

The MAMI project was an interagency effort that aimed to investigate the management of acutely malnourished infants under 6 months in emergency programmes in order to develop the evidence base for effectively managing acute malnutrition in this age group. The scale of the problem, review of operational guidelines and treatment, as well as key issues to be explored are detailed in the full report.

Availability: Downloadable in English.

Contact: www.ennonline.net

14. **FANTA (2006) *Out with the old? In with the New? Implications of the new 2006 Child Growth Standards.* Washington DC. Fanta Project.**

This powerpoint presentation provides information on what the new WHO child growth standards are, why they were developed, and how the new WHO child growth standards may affect population-level data for program monitoring, evaluation, and decision making.

Availability: Downloadable in English.

Contact: www.fantaproject.org

15. **IASC Global Nutrition Cluster, and Standing Committee on Nutrition (SCN) Task Force on Assessment, Monitoring, and Evaluation. (2009) *Fact sheet on the implementation of 2006 WHO Child Growth Standards for emergency nutrition programmes for children aged 6-59 months.* Geneva: UNSCN.**

The fact sheet is aimed at policy makers, donors and field workers in order to address the most common questions related to the introduction of the new WHO GS.

Availability: Downloadable pdf in English, French, Arabic and Spanish.

Contact: www.unscn.org

16. **IASC Global Nutrition Cluster, and Standing Committee on Nutrition (SCN) Task Force on Assessment, Monitoring, and Evaluation. (2009). *Fact sheet on MUAC*. Geneva: UNSCN.**

The fact sheet is part of an effort to compile key information on food and nutrition security indicators or measures. It is aimed at policy makers, donors, and field workers.
Availability: Downloadable pdf in English.
Contact: www.unscn.org
17. **SCN Working Group on Nutrition in Emergencies (2007). *Draft Statement on the Use of the WHO 2006 Growth Standards in Emergency Nutrition Programmes*. Geneva: SCN.**

Draft statement issued on behalf of all the agencies (United Nations and non-governmental) who are members of the working group.
Availability: Downloadable pdf format in English
Contact: www.unscn.org
18. **WHO (1995). *Physical status: the use and interpretation of anthropometry. Report of a WHO Expert Committee. Technical Report Series No. 854*. Geneva: WHO.**

The report covers the evidence base and major recommendations for the use and interpretation of anthropometric indicators for all age groups.
Availability: Downloadable pdf in English.
Contact: www.who.int
19. **WHO, WFP, IASC, UNICEF. (2007). *Joint Statement on Community-Based Management of Severe Acute Malnutrition*. Geneva: WHO.**

The joint statement endorses the community-based management of acute malnutrition approach as an effective method to treat severe acute malnutrition.
Availability: Downloadable pdf in English and French.
Contact: www.who.int and www.unicef.org
20. **WHO and UNICEF. (2009). *WHO child growth standards and the identification of severe acute malnutrition in infants and children A Joint Statement by the World Health Organization and the United Nations Children's Fund*. Geneva: WHO and UNICEF.**

The joint statement presents rationale and recommended cut-off points for the identification of severe acute malnutrition in children 6-60 months of age using weight for height Z-scores with the new WHO Growth Standards and MUAC. It also briefly introduces programmatic implications of the operationalization of these recommendations.
Availability: Downloadable pdf in English and French.
Contact: www.who.int and www.unicef.org
21. **Young, Helen and Susanne Jaspars (2009). *Review of Nutrition and Mortality Indicators for the IPC: Reference Levels and Decision-making*. Geneva: UNSCN.**

The document provides a review of a range of anthropometric indicators, their strengths and weaknesses, and thresholds for action. The review was specifically in reference to the use of nutrition and mortality indicators in the Integrated Phase Classification (IPC) system, but provides an up to date summary of anthropometric indicators.
Availability: Downloadable pdf in English.
Contact: www.odi.org.uk

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