

**The Harmonised Training Package (HTP): Resource Material for Training  
on Nutrition in Emergencies**

**Glossary of Terms used throughout Modules**

Accountability	The means by which individuals or organisations report to a recognised authority (or authorities) and are held responsible for their actions.
Acute malnutrition	Acute malnutrition, also known as wasting, develops as a result of recent rapid weight loss or a failure to gain weight. In children, it is measured through the weight for height nutritional index (WFH) or mid-upper arm circumference (MUAC). In adults, it is measured by body mass index (BMI) or mid upper arm circumference. The degree of acute malnutrition is classified as either moderate or severe.
Acute respiratory infection(ARI)	ARIs can be of the Upper Respiratory Tract, causing common cold, otitis media and pharyngitis and of the Lower Respiratory Tract, causing bronchitis and pneumonia. Lower Respiratory Tract Infections are a major cause of excess morbidity and mortality in developing countries and emergency situations.
Adequate basic ration	An adequate ration meets the population's minimum energy, protein, fat and micronutrient requirements for light physical activity, and is nutritionally balanced, diversified, culturally acceptable, fit for human consumption and easily digestible for children and other affected vulnerable groups.
Admission and discharge criteria	Set standards by which decisions may be made about admitting individuals onto a programme or discharging them from a programme.
Anaemia	The condition of having less than normal number of red blood cells or less than normal quantity of haemoglobin in the blood. The oxygen carrying capacity of the blood is therefore decreased. Anaemia is caused by lack of iron, folate or vitamin B12. Symptoms include tiredness, breathlessness on exertion and pallor. Anaemia also contributes to decreased resistance to infections.
Angular stomatitis	A sign of riboflavin (vitamin B <sub>2</sub> ) deficiency characterised by inflammation and cracking in the corners of the mouth.
Anthropometric status	A proxy indicator of nutritional status based on the use of body measurements, either directly (e.g. MUAC) or in combination (e.g. BMI, WFH). The presence and/or degree of malnutrition are classified using cut off points and/or growth standards or population reference values.
Anthropometry	The use of body measurements to assess and classify nutritional status in an individual.
Antiretroviral therapy	The use of antiretroviral drugs to maximally suppress the HIV virus (a retrovirus that causes AIDS) and stop the progression of HIV disease.
Ariboflavinosis	A condition caused by deficiency of riboflavin(vitamin B <sub>2</sub> ) in the diet characterised by sore throat with redness and swelling of the mouth and throat, angular stomatitis and glossitis (swollen tongue with changed colour).
Artificial feeding	Feeding of an infant with food other than mother's milk.
Baby Friendly Hospital Initiative	A global effort to implement practices that protect, promote and support breastfeeding in health facilities.
Barrier analysis	A rapid assessment tool that can help identify why recommended healthy behaviours are reluctantly adopted or not adopted at all.
Behaviour change communication	The strategic use of communication to promote positive health and nutrition outcomes, based on evidence based theories and models of behaviour change.
Beri beri	A medical condition caused by thiamine (vitamin B <sub>1</sub> ) deficiency. Types of beriberi include wet beri beri, which affects the cardiovascular system, dry beri beri, which affects the nervous system and infantile beri beri, commonly found in children in

	developing countries. Symptoms of infantile beri beri are crying, but not loudly and without tears.
Bilateral pitting oedema	Swelling due to excess fluid retention on both sides of the body. Bilateral pitting oedema of the feet is a sign of severe acute malnutrition and is verified when thumb pressure applied on top of both feet for three seconds leaves a pit (indentation) in the foot after the thumb is lifted. Also known as nutritional oedema, kwashiorkor or oedematous malnutrition.
Birth rate	The proportion of births in a defined population.
Bitot's spots	Clinical sign of vitamin A deficiency characterised by dryness accompanied by foamy accumulations on the conjunctiva that often appear near the outer edge of the iris.
Blanket feeding	Feeding of all persons or households in an affected population without targeting specific individuals or sub groups.
Blanket supplementary feeding programme	Nutrition programmes that target a food supplement to all members of a specified at risk group, regardless of whether they have moderate acute malnutrition. Blanket supplementary feeding programmes are usually implemented in combination with a general food distribution. They primarily aim to prevent deterioration in the nutritional status of at-risk groups.
BMI-for-age	A nutritional index based on anthropometry, used for the assessment of acute malnutrition in adolescents. It relates BMI to age in order to take into account changes in anthropometric measurements during puberty.
Body Mass Index (BMI)	A nutritional index based on anthropometry, used for the assessment of acute malnutrition in adults. It is measured using body mass index or weight/height <sup>2</sup> (kg/m <sup>2</sup> ).
Breastmilk substitute	Any food being marketed or otherwise represented as a partial or total replacement for breastmilk, whether or not suitable for that purpose.
Cash transfer	The provision of money to beneficiaries (individuals or households). This may be either as emergency relief intended to meet their basic needs for food and non-food items or services, or to buy assets essential for the recovery of livelihoods.
Cholera	An infection of the small intestine that is caused by the bacterium <i>Vibrio cholerae</i> . The main symptoms are profuse watery diarrhoea and vomiting.
Chronic malnutrition	Chronic malnutrition, also known as stunting, is a sign of 'shortness' and develops over a long period of time. In children and adults, it is measured through the height for age nutritional index.
Clinical sign	An observable symptom that is evident upon examination.
Cluster	A group of individuals selected in a sample on the basis of a common criterion (e.g. living within a particular neighbourhood).
Cluster sampling	A technique that organises a population into smaller geographical areas, called "clusters", which are then selected and used as representation of the wider area.
Code violations	Actions that are not in keeping with the provisions of the International Code of Marketing of Breast-milk Substitutes.
Codex Alimentaris	A collection of internationally recognised standards, codes of practice, guidelines and other recommendations relating to foods, food production and food safety. Its texts are developed and maintained by the Codex Alimentarius Commission, a body established in 1963 by the Food and Agriculture Organization (FAO) and the World Health Organization (WHO).
Cold chain	A system to transport vaccines safely from manufacture to recipients. Temperature controlled storage and transport is required at international, national, and sub-national levels and uses freezers, fridges and cool boxes.
Colostrum	The first thick yellow milk secreted by the breasts in the last few weeks of pregnancy

	and the first two to three days after childbirth, until breastfeeding is established. Colostrum contains high levels of protein and antibodies.
Commercial baby food	Branded jars or packets of semi-solid or solid foods, teas and juices.
Community based management of acute malnutrition (CMAM)	An approach for managing acute malnutrition that includes the management of severe acute malnutrition in inpatient care and outpatient care, the management of moderate acute malnutrition, and community outreach (for community mobilisation, early detection and referral of acute malnutrition and home follow-up of problem cases). Also known as CTC.
Community Participation	The active involvement of the community in the planning, management, implementation, monitoring and evaluation of services and projects.
Community-based Therapeutic Care (CTC)	An approach for managing acute malnutrition that includes the management of severe acute malnutrition in inpatient care and outpatient care, the management of moderate acute malnutrition, and community outreach (for community mobilisation, early detection and referral of acute malnutrition and follow-up of problem cases). Term sometimes used interchangeably with CMAM.
Complementary feeding	The addition of age-appropriate, adequate and safe solid or semi-solid food to breastmilk or a breastmilk substitute to the diet of an infant starting at six months and up to <24 months (<2 years).
Confidence interval	A statistical term that reflects the error introduced by the sampling method and the sample size. Confidence intervals are usually associated with a probability of 95 per cent, which is equivalent to saying that if the survey is done 100 times the value will be within the range of the confidence interval 95 times out of 100.
Conjunctiva	A transparent mucous membrane that covers the white of the eye (sclera). The conjunctiva lines the inner surfaces of the eyelids.
Continued breastfeeding	Continuation of breastfeeding, in addition to complementary food, after the age of six months.
Coping strategies	Strategies employed by individuals or households during crises to preserve productive assets which are needed to sustain a living in the future.
Cormic index	An anthropometric standard used to adjust for the effect of differences in body shape on the calculation of BMI. It measures the ratio of leg-length to trunk length by dividing sitting height by standing height.
Corn soy blend (CSB)	Type of fortified blended food.
Counselling	Listening to an individual and helping them decide what is best for them among various options or suggestions; in addition, helping them to have the confidence to carry out their decisions.
Coverage	The proportion of the target population reached by an intervention. Coverage is a key indicator for monitoring and evaluating interventions.
Cretinism	Severe mental and physical disability that occurs in the offspring of women with severe iodine deficiency in the first trimester of pregnancy.
Crude Mortality Rate	The proportion of a defined population who die each day expressed over 10,000. This is the most useful indicator in determining the severity of an emergency situation.
Cut-off points	Specific values that are defined for nutritional indices based on objective criteria, which are used in classification of individual anthropometric status.
Defaulter	A person (child or adult) who fails to complete a course of medical treatment or intervention. In CMAM a child that fails to attend for follow up for 3 consecutive weeks is discharged as a defaulter.
Dehydration	Excessive loss of body fluids.

Diarrhoea	The presence of three or more loose or fluid stools over a 24 hour period, accompanied or not by blood, mucous or fever. Diarrhoea is caused by various bacteria or by viruses, or may be a symptom of other infections. Diarrhoea is one of the major killers of young children in developing countries and in emergencies.
Do no harm	A fundamental principle for humanitarian interventions based on the premise that humanitarian actors must strive to do no harm or to minimize the harm that they may inadvertently do simply by being present or providing assistance.
Dry feeding	Food provided in the form of a dry (take home) ration.
Early warning system	An information system designed to monitor indicators that may predict or forewarn of impending food shortages or famine.
Emergency school feeding	Food provided either as a cooked meal or supplement in school or as a take-home ration to improve school attendance and performance, and to alleviate hunger.
Endemic disease	An infectious disease that occurs throughout the year in a population, such as malaria, worms or chest infections.
Energy	A measure of total food intake, measured in calories or kilocalories. Energy is needed for the essential body functions, growth and physical activities.
Enrichment	When micronutrients lost or removed during food processing are added back or restored in the final product (e.g., wheat flour is enriched with vitamin B1, niacin and iron).
Entitlement	The amount to which a person has a right.
Epidemic	An outbreak of an unusually high number of cases of a disease within a certain time or area.
Epidemiology	The study of health-event patterns in a society.
Essential fatty acids (EFAs)	Fatty acids that cannot be constructed within an organism from other components by any known chemical pathways, and therefore must be obtained from food sources, such as flaxseed oil and sunflower oil.
Evaluation	The systematic assessment of the progress of a piece of work over time. It is a basic and universal management tool for identifying the strengths and weaknesses in a programme.
Exclusive breastfeeding	Giving/receiving only breastmilk and no other liquids or solids, not even water, with the exception of oral rehydration solution, drops or syrups consisting of vitamins, mineral supplements or medicines recommended from birth to six months of age.
Exit strategy	The intended plan for how and when a programme should close down or handover to other implementers after a period of time. This strategy should be defined from the outset of the programme, including indicators for when the exit strategy should begin, what activities should be involved, and how the progress will be monitored.
Foetus	The developing unborn child inside the mother's uterus.
Follow-on/follow-up formula	Specially formulated milks for infants of six months and over.
Food access	Income or other resources are adequate to obtain sufficient and appropriate food through home production, buying, barter, gathering, etc. Food may be available but not accessible to people who do not have adequate land to cultivate or enough money to buy it.
Food aid	The international sourcing of concessional resources in the form of or for the provision of food.

Food assistance	A term for a wide range of interventions that aim to ensure the consumption of sufficient, safe and nutritious food when food consumption would otherwise be insufficient or inadequate to avert excessive mortality, emergency rates of acute malnutrition or detrimental coping mechanisms. This includes ensuring food availability, access to nutritious food, proper nutrition awareness, and appropriate feeding practices. Food assistance may involve the direct provision of food, but may utilise a wider range of approaches, including the transfer or provision of relevant services, inputs or commodities, cash or vouchers, skills or knowledge.
Food availability	Sufficient quantities of appropriate food are physically available. The food may come from domestic production, commercial imports or food assistance.
Food basket	See Ration below.
Food diversity	A diet containing a wide range of different types of foodstuffs, used as a measure of household food access.
Food economy approach	A framework for analysing household food security. Its focus lies in identifying and quantifying households' means of access to food.
Food fortification	The process of adding micronutrients to food stuffs, during or after processing, to bring micronutrient levels over and above amounts in the original food product.
Food security	All people, at all times, have sustained physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for a healthy and active life.
Food taboos	Food that is not eaten for cultural or religious reasons.
Food utilisation	Food is properly used through appropriate food processing and storage practices, adequate knowledge and application of nutrition and child care principles, and adequate health and sanitation services. Some agencies also consider how food is shared within the household, compared with each person's nutrient requirements. Utilisation also refers to biological use of food at the individual level, linked to a person's health.
Food-for-work	Food given as payment for work performed in the context of a supervised public works programme, to address acute food insecurity and create community capital.
Fortificant	The vitamins and minerals added to fortified foods.
Fortified blended foods (FBFs)	A mixture of cereals and other ingredients (such as soya beans preferably de-hulled, pulses, oil seeds, dried skimmed milk, and possibly sugar) that has been milled, blended, pre-cooked by extrusion or roasting, and fortified with a pre-mix of adequate amount and with a wide range of vitamins and minerals. Fortified blended foods include Corn Soya Blend and Wheat Soy Blend.
Fortified foods	Food to which micronutrients have been added during or after processing to a food, bringing the micronutrients to levels over and above the amounts in the original food product.
F75	Therapeutic milk developed for use in the stabilisation phase (or phase 1) of treatment of severe acute malnutrition. Used in inpatient care only.
F100	Therapeutic milk developed for use in the rehabilitation phase of treatment of severe acute malnutrition. Used in inpatient care only.
General Food Distribution (GFD)	Free distribution of a combination of food commodities to an emergency affected population.
Global acute malnutrition (GAM)	A population-level indicator referring to overall acute malnutrition defined by the presence of bilateral pitting oedema or wasting defined by WFH < -2 z-score (WHO standards or NCHS references) for children 6-59 months. Global acute malnutrition is divided into moderate and severe acute malnutrition (GAM = SAM + MAM).
Goitre	Swelling of the thyroid gland in the neck caused by iodine deficiency.

Growth monitoring and promotion	An individual child's growth (weight-for-age) is measured at intervals in health centres or in the community and the results plotted on a 'Road to Health' chart and counselling given to promote optimal growth in the child.
Growth reference	Nutritional indices are compared to expected anthropometric values for an individual of the same sex and age. A growth reference reflects the expected values in a reference population.
Growth standard	Nutritional indices are compared to expected anthropometric values for an individual of the same sex and age. A growth standard is based on prescriptive criteria and involves value or normative judgments.
Healthcare system	All organisations and institutions involved in the delivery of health services, including governmental, non-governmental, private organisations and institutions.
Height-for-age / length-for-age	A nutritional index that relates length or height to a child's age. This indicator can help identify children who are stunted (short) due to prolonged undernutrition or repeated illness. Length for age is measured in children less than 2 years/less than 87cm. Height for age is measured in children 2 years/87cm and above.
HIV-positive	Infected with Human Immunodeficiency Virus (HIV).
Home-based care	Programmes to care for the chronically ill (often HIV and/or TB affected) by providing support to sick people at home.
Home-modified animal milk	A breastmilk substitute for infants up to six months prepared at home from fresh or processed animal milk, suitably diluted with water and with the addition of sugar and micronutrients.
Human Immunodeficiency Virus (HIV)	A virus that attacks the immune system. After a period of time, if no treatment is given the effect of a weakened immune system will manifest itself through opportunistic infections, weight loss and low grade fever, progressing to the development of Acquired Immunodeficiency Syndrome (AIDS), which is the most advanced stage of HIV infection.
Humanitarian imperative	The premise that humanitarian action should be based on need and need alone.
Humanity	To prevent and alleviate human suffering wherever it may be found and to protect life and health and ensure respect for the human being.
Immunity	Acquired resistance to a pathogen as a result of previous exposure to the pathogen or immunisation .
Impartiality	Aid is given regardless of the race, creed or nationality of the recipients and without adverse distinction of any kind. Aid priorities are calculated on the basis of need alone.
Incidence	The number of persons falling ill during a given period in a specified population, i.e. the number of new cases.
Independence	The concept that humanitarian aid is not a partisan or political act and should not be viewed as such. Aid will not be used to further a particular political or religious standpoint.
Indicators	Quantitative or qualitative factors or variables that provide simple and reliable means to measure achievement or to reflect the changes connected to an operation.
Infant	A child less than 12 months old.
Infant and Young Child Feeding	The feeding of infants (aged less than 12 months) and young children (aged from 12 to <24 months).
Infant formula	A breastmilk substitute formulated industrially in accordance with applicable Codex Alimentarius standards to satisfy the normal nutritional requirements of infants up to six months of age.

Infant formula equipment	Bottles, teats, syringes and baby cups with or without lids and/or spouts.
Information, education and communication (ICE)	Methods of providing people with an informed base for making choices. Nutrition information refers to knowledge, such as information about new foods that are being introduced in an emergency situation. Nutrition education refers to training or orientation for a particular purpose such as support for breastfeeding. Nutrition communication refers to the method by which information is imparted.
Inpatient care (in CMAM)	The care of patients whose condition requires admission to hospital. Patients with complicated severe acute malnutrition are treated in inpatient care before continuing treatment in outpatient care. Alternative terms are Inpatient therapeutic care, Phase I, therapeutic feeding unit, therapeutic feeding centre or stabilisation centre.
International code	The International Code of Marketing of Breast-milk Substitutes was adopted as a global public health strategy by the World Health Assembly in 1981. This code recommends restrictions on the marketing of breastmilk substitutes, such as infant formula, to ensure that mothers are not discouraged from breastfeeding and that substitutes are used safely if needed.
Iodine deficiency disorders	A range of abnormalities including goitre and cretinism. Iodine is an essential trace element that is needed for production of thyroid hormone.
Kangaroo care	A technique practiced on newborn, usually preterm, infants wherein the infant is held, skin-to-skin, with an adult.
Kilocalorie (Kcal)	A unit of energy. It is the energy necessary to raise the temperature of 1 kg of water by 1° Celsius (1.8 degrees Fahrenheit).
Key informant	Knowledgeable person on a subject, community or situation.
Kwashiorkor	A form of severe undernutrition also referred to as oedematous malnutrition. Kwashiorkor is associated with growth failure (in children) and characterised by oedema, loss of appetite, thin, sparse or discoloured hair and skin with discoloured patches that may crack and peel.
Lactose intolerance	A clinical syndrome of one or more of the following: abdominal pain, diarrhea, nausea, flatulence, and/or bloating after the ingestion of lactose or lactose-containing food substances.
Lipid-based nutrient supplements (LNS)	A range of fortified, lipid-based products where lipids (fats) are the primary source of energy. All LNS provide a range of vitamins and minerals, but unlike most other multiple micronutrient supplements, LNS also provide energy, protein and essential fatty acids (EFA). LNS include RUTF (a large daily ration with relatively low micronutrient concentration) as well as highly-concentrated supplements to be used for "point of use" fortification.
Livelihood Zone	A geographical zone that contains households that are said to be generally of the same livelihood type, determined by considering geography, markets/trade and production/animal rearing.
Livelihoods	The capabilities, assets and strategies required for a means of living. That is, to achieve food and economic security through a variety of economic or productive activities. Households are assumed to have different types of assets and adopt livelihood strategies to achieve livelihood outcomes.
Logical framework	A results based management tool used to plan, monitor and evaluate projects. It makes explicit the logic of connecting a project's activities with its overall goal.
Low birth weight	A birth weight of less than 2.5 kg.

Macronutrients	Nutrients that humans consume in the largest quantities which provide bulk energy and are needed for a wide range of body functions and processes. The three macronutrients are fat, protein and carbohydrate.
Malaria	An infectious disease caused by protozoan parasites from the Plasmodium family that is most commonly transmitted by the sting of the Anopheles mosquito or, very infrequently, by a contaminated needle or transfusion. Malaria is a major killer disease in developing countries and emergency situations, of which falciparum malaria is the most deadly type.
Marasmic-kwashiorkor	A form of severe undernutrition diagnosed by the presence of severe wasting and bilateral oedema.
Marasmus	A form of severe undernutrition referred to alternatively as non-oedematous malnutrition. A child with marasmus is severely wasted and has the appearance of "skin and bones."
Measles	A highly communicable viral infection spread from person to person via respiratory droplets. Symptoms include fever, cough, runny nose, red eyes and generalised, maculopapular, erythematous rash. Measles can increase susceptibility to other infections.
Median	The middle value in a rank-ordered series of values.
Micronutrient deficiency	A lack or shortage of a micronutrient, such as a vitamin or mineral, that is essential in small amounts for the proper growth and metabolism of a human or other living organism.
Micronutrients	Nutrients required by humans and other living things throughout life in small quantities to orchestrate a whole range of physiological functions, but which the organism itself cannot produce.
Mid Upper Arm Circumference (MUAC)	An anthropometric measure that indicates the nutritional status of the individual. It measures the circumference of the left arm mid way between the shoulder and the elbow (olecranon process), using a lightweight flexible tape with either colours or numbers.
Mixed feeding	Breastfeeding while also receiving water-based drinks, food-based fluid, semi-solid or solid food or non-human milk, before the age of 6 months.
Moderate acute malnutrition (MAM)	Acute malnutrition, also known as wasting, develops as a result of recent rapid weight loss or a failure to gain weight. The degree of acute malnutrition is classified as either moderate or severe. Moderate malnutrition is defined by a MUAC between 115 mm and < 125 mm or a WFH between -3 z-score and < -2 z-score of the median (WHO standards) or WFH as a percentage of the median 70% and < 80% (NCHS references).
Monitoring	The ongoing task of collecting and reviewing programme-related information during the implementation of a program or project.
Morbidity	A diseased state, disability, or poor health due to any cause.
Mortality	The state of being subject to death.
Mortality rates	A measure of the number of deaths (in general or due to a specific cause) in a population, scaled to the size of the population per unit time.
Multiple anthropometric failures	When an individual is classified with more than one form of undernutrition at the same time, often referred to as the composite index of anthropometric failure.
Neonatal death	Death in the first four weeks after birth.
Nutributter	A lipid-based nutrient supplement in the form of a ready to use paste intended to fortify the foods of young children aged between 6 and 24 months.
Nutritional index (plural: indices)	The range of anthropometric indicators that are used in the classification of anthropometric status. These indicators are either based directly on measurement



	(e.g. MUAC) or are calculated based on the combination of measurements (e.g. BMI, WFH).
Nutritional screening	A process to identify an individual who may be malnourished or at risk of malnutrition.
Nutritional status	The internal state of an individual as it relates to the availability and utilisation of nutrients at the cellular level.
Nutritional surveillance	The process of collecting data and generating regular information on nutritional status and its determinants, for policy development, programme planning and management.
Oedema	Swelling from excessive accumulation of watery fluid in cells, tissues or serous cavities. Bilateral pitting oedema is a sign of severe acute malnutrition (SAM).
Opportunity cost	A benefit, profit, or value of something that must be given up to acquire or achieve something else. Since every resource (e.g. land, money, time) can be put to alternative uses, every action, choice, or decision has an associated opportunity cost. Opportunity cost is a key concept in economics that plays a crucial part in ensuring that scarce resources are used efficiently.
Outcome indicator	A measure or sign of change that takes place as a result of an intervention and shows progress towards intended or unintended effects.
Outpatient Therapeutic Programme (OTP)	A component of Community-based Therapeutic Care (CTC) or Community-based Management of Acute Malnutrition (CMAM) where children with severe acute malnutrition without medical complications are treated in a community health facility through the provision of routine medical treatment and nutrition rehabilitation with Ready to Use Therapeutic Food (RUTF). Children attend outpatient care at regular intervals (usually once a week) until recovery is achieved (usually two months). The term OTP is sometimes used to describe CTC or CMAM.
Peer counsellors	An individual who has experiences, knowledge, and coping skills, to assist others with their related experiences, for example, mothers with young children.
Pneumonia	An inflammatory condition of the lung, especially of the alveoli (microscopic air sacs in the lungs) or when the lungs fill with fluid (called consolidation and exudation). Pneumonia is a major cause of excess morbidity and mortality in children in developing countries and in emergency situations.
Prevalence	The total number of cases of a disease in a given population at a specific time.
Process indicator	A measure or sign of whether planned activities are being carried out and how they are being carried out. Also called a performance indicator.
Proxy	An observable and measurable dimension that is used to represent the status of something that cannot be measured directly.
Qualitative	Related to quality and based on people's perceptions or judgements.
Quantitative	Numerical, expressed as an amount (quantity).
Rancid	Having the disagreeable odour or taste of decomposing oils or fats; rank.
Rapid Assessments	Rapid assessment methods have the potential to generate information which can be used to both plan and develop health policies and programmes, as well as to deliver and improve services. The approach is typically used in situations where data are needed extremely quickly, where time or cost constraints rule out the use of other more conventional research techniques, and where organisations require current, relevant data to develop, implement, monitor or evaluate health programmes.
Ready to use foods (RUF)	RUF can be eaten without further preparation or cooking. Most RUF have very low moisture content and so can be stored without refrigeration. They are typically energy-dense, mineral and vitamin-fortified foods and can be used for the treatment or prevention of various types of undernutrition.

Ready to Use Infant Formula (RUIF)	A breastmilk substitute formulated industrially in accordance with applicable Codex Alimentarius standards to satisfy the normal nutritional requirements of infants up to six months of age that does not require reconstitution with water.
Ready to Use Supplementary Food (RUSF)	Energy-dense, mineral and vitamin-fortified foods that are designed to provide the quantities of macro and micronutrients needed for the treatment or prevention of moderate acute malnutrition. RUSFs can be eaten without further preparation or cooking and are given as a supplement to the ordinary diet. They have very low moisture content and so can be stored without refrigeration.
Ready to Use Therapeutic Foods (RUTFs)	Energy-dense, mineral and vitamin-fortified foods that are designed to provide the quantities of macro and micronutrients needed for the treatment of severe acute malnutrition. RUTFs have a similar nutrient composition to F100. Most RUTFs are lipid based pastes that can be consumed easily by children from the age of six months without further preparation or cooking. RUTFs have very low moisture content and so can usually be stored without refrigeration. RUTF are not suitable for phase 1 treatment of complicated severe acute malnutrition in a TFC or SC, where a liquid feed, such as F75, is required.
Recommended daily allowance	The average daily dietary intake level that is sufficient to meet the nutrient requirements of nearly all (approximately 98 per cent) healthy individuals.
Reference population	Also known as growth standards and based on surveys of healthy children, whose measurements represent an international reference for deriving an individual's anthropometric status.
Rehabilitation phase	The third phase of treatment for complicated severe acute malnutrition or initial treatment for uncomplicated severe acute malnutrition, its aim is to promote rapid weight gain and to regain strength through regular feeds of high nutrient and energy dense foods (F100 or RUTFs). It is ideally implemented as outpatient treatment.
Re-lactation	The re-establishment of breastfeeding in someone who has previously breastfed.
Replacement feeding	The process of feeding a child who is not breastfeeding with a diet that provides all the nutrients the child needs until the child is fully fed on family food. During the first six months of life, replacement feeding should be with a suitable breastmilk substitute, usually with infant formula, given exclusively (not mixed with breastmilk or other foods). After six months the suitable breastmilk substitute should be complemented with other foods.
Reproductive health	The sector that addresses the reproductive processes, functions and system at all stages of life.
Rickets	A disease caused by vitamin D deficiency, characterised by defective bone growth and resulting in bowing of the legs when severe, occurring mainly in children.
Safety net	Transfer programmes targeted in some manner to the poor and those vulnerable to shocks to prevent them from falling below a certain poverty level. Safety nets mostly include transfers, such as in-kind food, cash or vouchers and they can be provided conditionally or unconditionally.
Sample	A selected subset of a population. A sample can be random or non-random and representative or non-representative.
Sample, random	A sample of persons chosen in such a way that each one has the known (and often the same) probability of being selected.
Sample, representative	A sample whose characteristics correspond to those of the original or reference population.
Sampling interval	The interval that separates two statistical items selected in a systematic sample, or two clusters in a cluster sample.
School census	Nutrition monitoring undertaken in schools usually through measuring height-for-age (stunting) every couple of years.

School feeding	Provision of meals or snacks to school children to improve nutrition and promote education.
Scurvy	A disease caused by vitamin C deficiency, characterised by swollen and bleeding gums, and slow healing or reopening of old wounds.
SD score	See Z score.
Seasonality	Seasonal variation of various factors that affect nutritional status, such as disease, different sources of food and the agricultural cycle.
Selective feeding programmes	Targeted supplementary feeding or therapeutic care programmes that admit individuals based on anthropometric, clinical or social criteria for correction of acute malnutrition.
Sentinel sites	A place from which in-depth data are gathered and the resulting analysis is used to inform programs and policies affecting a larger geographic area. The concentration of resources in defined geographical areas produces a rich source of information that would be cost-prohibitive if implemented on a wider scale.
Severe acute malnutrition (SAM)	Acute malnutrition, also known as wasting, develops as a result of recent rapid weight loss or a failure to gain weight. The degree of acute malnutrition is classified as either moderate or severe. A child with severe acute malnutrition is highly vulnerable and has a high mortality risk. Severe acute malnutrition is defined by the presence of bilateral pitting oedema or severe wasting, defined by MUAC < 115mm or a WFH < -3 z-score (WHO standards) or WFH < 70% of the median (NCHS references)).
Sitting height to standing height ratio	see Cormic Index
Skin to skin contact	Close contact between the baby's naked skin and that of his/her caregiver, usually the mother.
Spill-over	Where an activity or process affects those who are not directly involved in it with positive or negative consequences. In the context of infant feeding in emergencies, negative spill-over describes a situation when breastmilk substitutes distributed as part of a humanitarian programme are sold.
Stabilisation phase	The initial phase of inpatient treatment for complicated severe acute malnutrition, its aim is to stabilise and readjust patient's metabolism through use of special foods (F75) and medical treatment. It allows close monitoring of the patient and urgent treatment of complications. It is also known as Phase 1 treatment or the initiation phase.
Standard deviation	A measure of the variation around the mean value of a distribution. A standard deviation is equal to the square root of the sum of the squares of deviations from the mean.
Standards	Desired levels of programme delivery and impact in terms of quality.
Stunting	Stunting, also known as chronic malnutrition, where a child fails to grow in height over a long period of time. The definition of being stunted is length/height-for-age < -2 z-score and of severe stunting length/height-for-age < -3 z-score.
Supplemental milk	Expressed breastmilk or an artificial milk, usually infant formula.
Supplementary feeding	The provision of food to the nutritionally or socially vulnerable in addition to the general food distribution to treat or prevent malnutrition.

Supplementary feeding programme	Nutrition programmes that aim to prevent individuals with moderate acute malnutrition from developing severe acute malnutrition, to treat those with moderate acute malnutrition and to prevent the development of moderate malnutrition in individuals. Supplementary feeding programmes can be blanket or targeted.
Supplementary suckling	A technique used to induce lactation by providing supplemental milk to the infant while he or she is suckling. When suckling, the child gets supplemental milk from a tube attached to the mother's nipple. Suckling stimulates breastmilk production, which eventually replaces supplemental milk.
Supplementation	Provision of nutrients either via a food or as a tablet, capsule, syrup, or powder to boost the nutritional content of the diet.
Survey	A systematic canvassing/investigation of persons to collect information, often from a representative sample of the population.
Systematic sampling	A sampling method whereby subjects are selected using a fixed interval between subjects.
Targeted Supplementary Feeding Programme	Nutrition programmes that provide nutritional support to individuals with moderate acute malnutrition. They generally target children under five, malnourished pregnant and breastfeeding mothers, and other nutritionally at-risk individuals in the presence of a general food distribution. The objectives are primarily curative and aim to rehabilitate individuals with moderate acute malnutrition, prevent individuals with moderate acute malnutrition from developing severe acute malnutrition, prevent malnutrition in at risk individuals and rehabilitate referrals from the treatment of severe acute malnutrition.
Targeting	Restricting coverage of an intervention to those identified as the most vulnerable.
Teratogenic	Able to disturb the growth and development of an embryo or foetus.
The Code	The International Code of Marketing of Breast-milk Substitutes, which was adopted as a global public health strategy by the World Health Assembly in 1981. The code recommends restrictions on the marketing of breastmilk substitutes, such as infant formula, to ensure that mothers are not discouraged from breastfeeding and that substitutes are used safely if needed.
Therapeutic care	Feeding and medical treatment to rehabilitate severely malnourished children.
Therapeutic milk	Milk-based products developed to meet the energy, macronutrient and micronutrient needs of severely malnourished children and promote metabolic balance (F75) and weight gain (F100).
Traditional birth attendants	A traditional and local pregnancy and childbirth care provider.
Transition phase	The second phase of inpatient treatment for complicated severe acute malnutrition, which aims to adapt progressively to the large amounts of food and nutrients that will be offered in the rehabilitation phase (outpatient or inpatient) and to monitor the patient.
Unaccompanied children	Children without the guiding company of adults.
Under-Five Mortality Rate	The proportion of children under age five in a defined population who die each day, expressed over 10,000. The Under Five Mortality Rate is a more sensitive indicator than the Crude Mortality Rate.
Undernutrition	An insufficient intake of energy, protein or micronutrients, that in turn leads to nutritional deficiency. Undernutrition encompasses stunting, wasting and micronutrient deficiencies.

Underweight	Wasting or stunting or a combination of both, defined by weight-for-age below the -2 z-score line.
Unimix	Type of fortified blended food that contains maize (corn) flour, soy beans, oil, milk powder, and sugar, plus vitamins and minerals.
Visible wasting	A range of clinical signs of acute malnutrition, including a thin “old man” face, loose skin around the buttocks that look like “baggy pants,” and prominent ribs.
Vulnerability	The characteristics of a person or group in terms of their capacity to anticipate, cope with, resist and recover from the impact of a natural (or human-made) hazard.
Wasted	Weight-for-length/height or BMI-for-age below the -2 z-score line. Severely wasted is below the -3 z-score line.
Wasting	See Acute malnutrition.
Weight for Height (WFH)	A nutritional index used to assess wasting that shows how a child's weight compares to the weight of a child of the same length/height and sex in the WHO standards or NCHS references. The index reflects a child's current nutritional status and can be classified as moderate or severe.
Weight for height/length (WFH/WFL)	A nutritional index used to assess wasting that shows how a child's weight compares to the weight of a child of the same length/height and sex in the WHO standards or NCHS references. The index reflects a child's current nutritional status.
Weight-for-age	A nutritional index that shows how a child's weight compares to a child of the same age and sex in the WHO standards or NCHS references. The index is used to assess whether a child is underweight or severely underweight, but it is not used to classify a child as overweight or obese.
Wet feeding	Food aid provided in the form of a cooked ration to be consumed on site.
Wet nursing	Breastfeeding by a woman of a baby that isn't her own.
Wheat soya blend	Type of blended food.
Xerophthalmia	A condition caused by vitamin A deficiency that includes a range of eye signs including night blindness, Bitot's spots and corneal ulceration.
Young Child	Child aged 12 to <24 months (<2 years).
Z-score	An indicator of how far a measurement is from the median, also known as a standard deviation (SD) score. The reference lines on the growth charts (labelled 1, 2, 3, -1, -2, -3) are called z-score lines; they indicate how far points are above or below the median (z-score = 0).





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