



## Scaling-up Equitable Nutritional Care and Support for Girls and Women in South Asia

### Capturing 10 Years of Field Learnings for Delivering Nutritional Care and Support for Girls and Women in South Asia: Articles from ENN

Securing access to nutritious foods, along with essential nutrition services, positive nutrition practices and care is fundamental to girls' and women's nutrition, well-being and survival. In the past decade, there has been important progress made for delivering nutritious foods, nutrition services and social protection services for girls and women in South Asia. However, millions of women in South Asia continue to experience one or more nutrition risks, including anaemia, underweight, short stature, obesity, and deficiencies in micronutrients.

Solutions do exist. There has been evidence from efficacy and effectiveness trials on interventions that work, highlighting the various intersecting pathways that need to be addressed to achieve impact on nutritional status. Over the last ten years, Emergency Nutrition Network (ENN) has worked with others to improve knowledge, stimulate learning, build evidence and support practitioners and decision-makers involved in nutrition to publish programmatic experiences and learning from South Asia, focusing on the nutrition of women and girls.

We collated field articles and reports published over the period 2013–2023 by ENN. Organized by theme and by country, this collection of over 50 articles from ENN's publications aims to capture ten years of field stories and evidence highlighting nutrition care for girls and women across seven countries in South Asia.



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Country	Theme	Document Title	Resource Link	Year	Author
Afghanistan	Data	Screening for maternal and child malnutrition using sentinel-based national nutrition surveillance in Afghanistan	Integrating	2018	Admire Chinjekure, et al.
Afghanistan	ANC	Integrating nutrition services into mobile health teams: Bringing comprehensive services to an underserved population in Afghanistan	FEX 61	2019	Ahmad Nawid Qarizada, et al.
Afghanistan	Micronutrients	Addressing adolescent anaemia in Afghanistan through a school-based programme	NEX 12	2019	Dr Zakia Maroof, et al.
Afghanistan	Service delivery	Addressing maternal nutrition service delivery gaps in Afghanistan: Policy and programming opportunities	NEX-Asia-1_WEB_9-11.pdf (enonline.net)	2019	Dr Zakia Maroof, et al.
Bangladesh	Food systems	Barriers to resilience: chronic poverty, climate change and disasters in the southwest of Bangladesh	FEX 45	2013	Caitlin Macdonald, et al..
Bangladesh	Service delivery	Evaluation of an integrated health-nutrition-WASH project to reduce malnutrition prevalence in children under two in Bangladesh	FEX 51	2016	Monsurul Hoq, et al.
Bangladesh	SBCC	Designing a food plate for dietary counselling of pregnant women in Bangladesh	FEX 52	2016	Abu Ahmed Shamim, et al.
Bangladesh	Service delivery	Weekly menu for midday meal in Bangladeshi schools: Caregivers' choices	FEX_58_Bangladesh_p27.pdf (enonline.net)	2018	Abu Ahmed Shamim, et al.
Bangladesh	MAMI	C-MAMI tool evaluation: Learnings from Bangladesh and Ethiopia	FEX_58_CMAMI_ev_p62.pdf (enonline.net)	2018	Sarah Butler, et al.
Bangladesh	Service delivery	A multi-sector approach to improve nutrition: Experiences of the Nutrition at the Center project, Bangladesh	FEX 59 (enonline.net)	2019	Jahangir Hossain, et al.
Bangladesh	Service delivery	Multi-sector programmes at the sub-national level: Implementation of the National Plan of Action for Nutrition 2 – A case study in Sunamgunj and Rangpur, Bangladesh	MSP_Bangladesh_WEB.pdf (enonline.net)	2019	Dr Charulatha Banerjee, et al.
Bangladesh	Data	Strengthening nutrition information systems to improve maternal nutrition in Bangladesh	NEX-Asia-1_WEB_29-30.pdf (enonline.net)	2019	Dr Mustafizur Rahman, et al.
Bangladesh	Service delivery	Delivery of maternal nutrition interventions at scale and mainstreaming into the health system in Bangladesh	FEX 63 (enonline.net)	2020	Deborah Ash
Bangladesh	Service delivery	Improving social protection programmes to support mothers and young children's diets in Bangladesh: Combining cash transfers with behaviour change	NEX-Asia-2_30June2020_22-24.pdf (enonline.net)	2020	Dr Md Shah Nawaz
Bangladesh	SBCC	Improving adolescents' food choices: Learnings from the Bhalo Khabo Bhalo Thakbo ("Eat Well, Live Well") campaign in Bangladesh	FEX 66 (enonline.net)	2021	Inka Barnett, et al.
Bangladesh	Women's empowerment	Adolescent Girl Power Groups in Bangladesh: Placing gender equality at the centre of nutrition interventions	FEX 66 (enonline.net)	2021	Melani O'Leary, et al.
Bhutan	Service delivery	Creating an enabling environment for delivering maternal nutrition interventions in Bhutan	NEX-Asia-1_WEB_12-13.pdf (enonline.net)	2019	Laigden Dzed , et al.
Bhutan	Micronutrients	Addressing micronutrient gaps to reduce anaemia in Bhutan's young children: Early experiences in home fortification.	NEX-Asia-2_29June2020_11-12.pdf (enonline.net)	2020	Laigden Dzed, et al.
India	Food systems	Realising rights and livelihoods opportunities among tribal populations in rural India	livelihoodsindia.pdf (enonline.net)	2017	Salome Yesudas
India	Micronutrients	Fortifying school meals: Rice fortification to address anaemia in Odisha	NEX 7	2017	Shariqua Yunus Khan

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India	Women's empowerment	A partnership between female community health and nutrition workers in Rajasthan, India	NEX 10	2018	Piyush Mehra, et al.
India	ANC	Ensuring pregnancy weight gain: An integrated community-based approach to tackle maternal nutrition in India	FEX 61 (enonline.net)	2019	Sreeparna Ghosh Mukherjee, et al.
India	Service delivery	Development of a maternal service package for mothers of children with severe acute malnutrition admitted to nutrition rehabilitation centres in India	Layout 1 (enonline.net)	2019	Vani Sethi, et al.
India	ANC	Combing a mid-day meal, health service package and peer support in Karnataka state, India	NEX South Asia	2019	Uma Mahadevan, et al.
India	Service delivery	Harnessing the potential of India's medical colleges to bring maternal nutrition services to scale	NEX-Asia-1_WEB_6-8.pdf (enonline.net)	2019	Dr Sebanti Ghosh, et al.
India	MAMI	Managing at risk mothers and infants under six months in India – no time to waste	FEX 63 (enonline.net)	2020	Praveen Kumar, et al.
India	SBCC	Supporting healthy growth in infants in low-resource settings in Mumbai, India	FEX 63 (enonline.net)	2020	Rupal Dalal
India	ANC	Early lessons from Swabhimaan, a multi-sector integrated health and nutrition programme for women and girls in India	FEX 65	2021	Monica Shrivastav, et al.
India	Service delivery	Improving eating habits in India: The Eat Right School programme	FEX 66 (enonline.net)	2021	
India	ANC	Using flow charts and health systems strengthening to improve antenatal nutrition services in India.	Using flow charts and health systems strengthening to improve antenatal nutrition services in India   ENN (enonline.net)	2022	Vani Sethi, et al.
India	MAMI	Adapting the MAMI Care Pathway Package in India: Progress and direction	FEX 69	2023	Praveen Kumar, et al.
Nepal	Service delivery	A journey to multi-sector nutrition programming in Nepal: evolution, processes and way forward	FEX54	2017	Pradiumna Dahal, et al.
Nepal	Service delivery	Multi-sector programming at the sub-national level: A case study in Kapilvastu and Jumla districts in Nepal	Full case study- Synthesis document	2018	Dr Charulatha Banerjee, et al.
Nepal	Food systems	Nutrition-sensitive outcomes of a permaculture project in Nepal	FEX59	2019	Anne-Marie Mayer
Nepal	Service delivery	Breaking the cycle of malnutrition: Designing an adolescent programme in Nepal	NEX 12	2019	Min Raj Gyawali, et al.
Nepal	Micronutrients	Nepal's success story: What helped to improve maternal anaemia?	NEX-Asia-1_WEB_14-16.pdf (enonline.net)	2019	Dr Ram Padarath Bichha, et al.
Nepal	Service delivery	Integration of maternal nutrition into Nepal's health service platforms: What's happening?	NEX-Asia-1_WEB_26-28.pdf (enonline.net)	2019	Bhim Kumari Pun, et al.
Nepal	Financing	Municipal budget allocation and utilisation for nutrition in Nepal	FEX 62	2020	Shraddha Manandhar, et al.
Nepal	Micronutrients	Meeting the global nutrition targets 2025: Nepal's unfinished agenda	NEX 13	2020	Kiran Rupakhetee, et al.
Nepal	Food systems	The role of nutrition-sensitive agriculture in improving diets of young children: Homestead food production in Nepal	NEX South Asia	2020	Rojee Suwal, et al.

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Nepal	Service delivery	Integration of family planning in nutrition programming: experiences from the Suahara II programme in Nepal	FEX 64	2021	Basant Thapa, et al.
Nepal	Service delivery	Nutrition sensitive WASH programming to improve the nutritional status of women and children in Nepal	FEX 65	2021	Keshab Shrestha, et al.
Pakistan	Service delivery	Multi-sector, nutrition sensitive response to drought emergency in Pakistan	FEX55.pdf (enonline.net)	2015	Ali Dino Kunbher, et al.
Pakistan	Food systems	A cluster RCT to measure the effectiveness of cash-based interventions on nutrition status in Pakistan.	FEX-54-Web_30032017_corrected_63-64.pdf (enonline.net)	2016	Bridget Fenn
Pakistan	Food systems	Filling the Nutrient Gap in Pakistan: Insights to address malnutrition	NEX 8	2017	Dr Aliahmad Khan, et al.
Pakistan	ANC	Providing maternal nutrition services at sub-national level in Punjab Province, Pakistan	NEX-Asia-1_WEB_23-25.pdf (enonline.net)	2019	Dr Khawaja Masuood Ahmed , et al.
Pakistan	Service delivery	Integration of essential nutrition interventions into primary healthcare in Pakistan to prevent and treat wasting: A story of change.	FEX 63 (enonline.net)	2020	Dr Baseer Khan Achakzai, et al.
Pakistan	Service delivery	Wasting prevention and treatment- central to stunting reduction in Pakistan	FEX 63 (enonline.net)	2020	Saba Shuja, et al.
Pakistan	SBCC	Using an in-depth assessment of young children's diets to develop a Multisectoral Nutrition Communications Strategy in Punjab province, Pakistan	NEX South Asia	2020	Dr Muhammad Nasir, et al.
Sri Lanka	Double burden of malnutrition	Delivering care to address a double burden of maternal malnutrition in Sri Lanka	NEX-Asia-1_WEB_17-19.pdf (enonline.net)	2019	Dr Irosha Nilaweera, et al.
Sri Lanka	Food systems	'True Sri Lankan Taste' food outlets: Promoting indigenous foods for healthier diets	NEX12_English_20July19_11-12.pdf (enonline.net)	2019	Disna Rathnasinghe, et al.
Multi-country/ Regional		Nutrition Exchange (NEX) South Asia: Maternal nutrition	<a href="https://www.enonline.net/nex/southasia">https://www.enonline.net/nex/southasia</a>	2019	
Multi-country/ Regional	Service delivery	Improving Maternal Nutrition in South Asia: Implications for Child Wasting Prevention Efforts	FEX 63 (enonline.net)	2020	Zivai Murira and Harriet Torlesse
Multi-country/ Regional	Service delivery	South Asia and child wasting – unravelling the conundrum.	FEX 63 (enonline.net)	2020	Harriet Torlesse and Minh Tram Le
Multi-country/ Regional	Double burden of malnutrition	The double burden of malnutrition among young children in South Asia: Policy and programme options (2020)	NEX-Asia-2_29June2020_29-30.pdf (enonline.net)	2020	Dr Angela de Silva & Dr. Al Jawalhdh
Multi-country/ Regional	Service delivery	Multi-sector nutrition programming: 'Nutrition Smart Villages' in Bangladesh and India	FEX 65 (enonline.net)	2021	Sweta Banerjee
Multi-country/ Regional	Micronutrients	Weekly iron and folic acid supplementation and nutrition education for adolescent girls in Africa and Asia.	FEX 66 (enonline.net)	2021	Anjali Bhardwaj, et al.
Multi-country/ Regional	Micronutrients	Prevention of child wasting in Asia: Possible role for multiple micronutrient supplementation in pregnancy	FEX 63 (enonline.net)	2022	Kristen M. Hurley, et al.

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