

Updated Essential Nutrition Actions Operational Framework

Developed in 1997, the Essential Nutrition Actions (ENA) framework has been implemented in Africa, Asia and Latin America. It is a tool for **advocacy, planning, training and delivery** of an integrated package of interventions to reach the high coverage (>90%) needed to **achieve public health impact**. As such, partners are now promoting the framework to support the realization of **Scaling Up Nutrition (SUN)** objectives on the ground.

Implementation emphasizes a “life cycle” approach, aiming to deliver the right services and messages to the right person at the right time using all relevant program platforms, within and outside the health system. The components are the proven actions identified by the 2008 and 2013 Lancet Series on Maternal and Child Undernutrition and also those recommended by the World Health Organization (2013), including both **nutrition-specific** and **nutrition-sensitive** platforms encompassing women’s nutrition, infant and young child feeding, and combatting deficiencies in the key micronutrients: vitamin A, iron, zinc, calcium and iodine. They target the **first 1,000 days of life** from conception through age two as well as adolescence, when nutrient requirements increase and risks of undernutrition elevate, with potentially lifelong consequences of deficiencies.

Implementation entails a multi-channel **social and behavior change communication (SBCC)** to promote and support the adoption of “**small do-able**” actions, giving emphasis to interpersonal counseling and negotiation (supporting individual mothers and caregivers, especially in the context of their daily routines, to adopt new practices) community support group facilitation, and reinforced and social mobilization events. The negotiation/counseling techniques are adapted from the **Trials for Improved Practices (TIPS)** and go beyond just conveying messages to providing support for the adoption of optimal behaviors.

Implementing the ENA framework at the country level includes building networks of partnerships across sectors so that intervention practices and messages are harmonized and all groups use similar materials and job aids.

What’s New - Essential Nutrition Actions and Essential Hygiene Actions

The updated ENA-EHA training, developed from feedback at a pilot training of trainers workshop funded by the USAID Technical and Operational Performance Support (TOPS) Program in December 2014, builds on the ENA 2010 Training Trilogy, keeping the overall format of the materials. The 2015 revised version also:

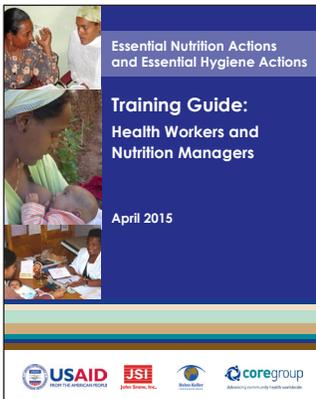
- Includes the latest **ENA recommendations from World Health Organization** across the life cycle; in particular, nutrition for adolescents, non-pregnant and non-lactating women, revised micronutrient protocols, and the importance of working beyond the health sector.
- Includes promotion of the **Essential Hygiene Actions** as inextricably linked to improved nutrition, going beyond hand washing to food hygiene, animal hygiene, safe water, and simple hand washing stations.
- Incorporates suggestions for ways that **Homestead Food Production** can contribute to improved nutrition and how agriculture in general can be made nutrition-sensitive.
- Gives greater attention to moving **beyond nutrition education to promotion of social and behavior change**. Includes exercises throughout to build participants’ skills in counselling and negotiation to support caregivers to adopt improved practices, including role plays, field practicums, using illustrations to animate group discussions and individual counselling, facilitating community support groups, and applying these skills across both ENA and EHA.
- Guides **nutrition managers** through practical exercises to **build their training skills** and provides them with a tool to train **community workers across all sectors** to promote high impact nutrition and hygiene.
- Provides an **operational and practical tool** for translating 2013 Lancet recommendations and SUN aspirations into action on the ground.



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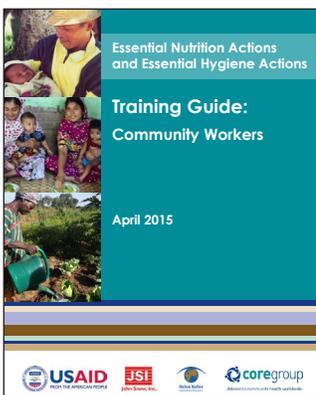
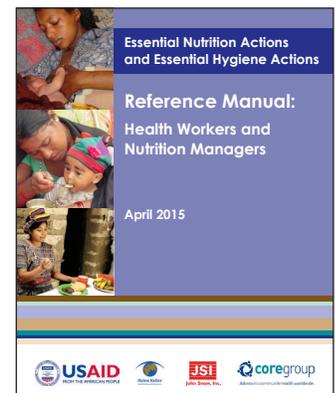


ENA Training Materials



The **Essential Nutrition Actions and Essential Hygiene Actions Training Guide: Health Workers and Nutrition Managers** introduces health professionals to the most up-to-date hygiene and nutrition information, and **how to deliver nutrition** through health visits. The training guide applies a **participatory approach**, reflecting the considerable evidence that adults learn best by practicing and reflecting on their experiences. It thus emphasizes exercises to improve **skills in counseling** that support clients to adopt optimal nutrition practices. Women's nutrition and infant feeding in the context of HIV are also addressed. Guidelines to **link the prevention of malnutrition with treatment** via the Integrated Management of Acute Malnutrition are also included. It can also be conducted with **nutrition managers** to equip them to provide supportive supervision to health and community workers.

The **Essential Nutrition Actions and Essential Hygiene Actions Reference Manual: Health Workers and Nutrition Managers** accompanies the aforementioned training manual and contains **reference information** such as UNICEF's conceptual framework, **contact points** at which to deliver essential nutrition actions and essential hygiene actions, **technical guidance** on adolescent and women's nutrition, family planning, infant and young child feeding, nutrition in the context of HIV, strategies for improving hygiene and sanitation, protocols for prevention of micronutrient deficiencies, integrated management of acute malnutrition, **guidelines for counseling and negotiation** with mother and caregivers, guidelines for facilitating community support groups, and checklists for conducting supportive supervision at community level. The information is intended to **improve health worker performance in the delivery of appropriate services and counseling** at each consultation.



The **Essential Nutrition Actions and Essential Hygiene Actions Training Guide: Community Workers** strengthens the capacity of community workers to deliver and promote the essential nutrition and hygiene actions. It introduces **technical content** within **hands-on sessions to practice counseling and negotiation**, using role plays and field practice. It guides community workers in understanding why and how to integrate messages on nutrition and hygiene into their **different program platforms** using a life cycle approach to deliver the right message to right person at the right time.

The **Essential Nutrition Actions and Essential Hygiene Actions Reference Materials on Key Practices: Community Workers** accompanies the Community Worker training as a **job aid**, covering **key concepts for each of the nutrition and hygiene practices** as well as some ideas on how **Homestead Food production (HFP)** can be developed to improve household dietary quality and diversity. The reference book:

- Provides **illustrations** with **background information** to help Community Workers explain how the recommended practices improve the nutrition and health of women and children.
- Gives simple tips on how to **promote optimal behaviors** with mothers, husbands, mothers-in-law, caregivers, and other household members.
- Provides **discussion topics** for **counseling sessions** and **group meetings**.

