

Matrix of nutrition indicators (core and optional) recommended for direct nutrition interventions and programmes with demonstrated effectiveness on maternal and child malnutrition

Theme	Intervention Direct interventions with sufficient evidence for all countries	Recommended INDICATORS		
		Core		Optional
Promoting good nutritional practice	Promotion of breastfeeding	Wasting, IMR &/or LBW (proxy for IMR)	EXBF rates	Number of sessions conducted on behaviour change regarding breastfeeding
	Complementary feeding for infants after 6 months	Stunting, LBW (& as proxy for IMR)	Dietary Diversity	Number of sessions conducted on behaviour change regarding IYCF
	Improved hygiene practices including handwashing	Stunting	Number of households provided with new / improved drinking water sources	% of children (6-59 months)with diarrhoea in the 2 weeks
Increase intake of vitamin and minerals	Vitamin A fortification or supplementation	Stunting, wasting	% of children receiving Vitamin A supplements every six months	% of children (6-59 months)with measles, diarrhoea fever in the 2 weeks
	Multiple micronutrient powders	Stunting	% of children receiving micronutrient powders every six months?	% children with micronutrient deficiency disorders
	Therapeutic zinc supplements for diarrhoea	Stunting	% of children receiving therapeutic zinc supplements for treatment of diarrhoea	% of children (6-59 months)with diarrhoea in the 2 weeks
	De-worming drugs for children (to reduce losses of nutrients)	Stunting	% of children (12-34 months or 12-59 months) receiving de-worming	
	Iron-folate supplements for pregnant women to prevent and treat anaemia	LBW, maternal BMI	% of pregnant mothers in second and third trimester registered as having received iron folate supplements over the last 12 months.	% of pregnant women with IDA
	Iodized oil capsules where iodized salt is unavailable	LBW LBW (& as proxy for IMR), maternal BMI	% coverage of iodised capsules in population;	% of SAC with iodine deficiency
Provision of micronutrients through food fortification for all	Salt iodisation	LBW LBW (& as proxy for IMR), maternal BMI	% coverage of salt iodised in population;	% Goitre prevalence in total population; population mean urinary iodine
	Iron fortification of staple foods	LBW, maternal BMI	% of pregnant women and children < 5 with IDA	% coverage of fortified food in population
Therapeutic feeding for malnourished children	Treatment of severe undernutrition ("severe acute malnutrition") with ready-to-use therapeutic foods (RUTF).	Wasting (W/H or MUAC)	% coverage of nutrition rehabilitation programme (number of beneficiaries enrolled as proxy indicator)	Number of staff trained in emergency nutrition & IYCF
	Prevention or treatment for moderate malnutrition	Wasting (W/H & MUAC where considered necessary)	% coverage of supplementary feeding (number of beneficiaries enrolled as proxy indicator)	Number of staff trained in emergency nutrition & IYCF