



NUTRITION ASSESSMENT SERVICES



ACTION AGAINST HUNGER'S NUTRITION ASSESSMENT SERVICES

OUR GOAL is to provide evidence and learning to support the delivery of more effective and accountable Health and Nutrition programming.

Want to understand the causes of malnutrition in your context?

Request a

NUTRITION CAUSAL ANALYSIS
or
NUTRITION DETERMINANTS ASSESSMENT

link nca



Want to know the nutrition status of the population?

Request a

SMART NUTRITION SURVEY



SMART

Want to meet the needs of your target population?

Request a

COVERAGE ASSESSMENT



Want to evaluate the cost of your nutrition intervention?

Request a

COST EFFICIENCY
or
COST EFFECTIVENESS ANALYSIS (CEA)



Always consider adding qualitative inquiries, which will help you understand the “how” and “why”.

Want a system to survey the nutrition situation?

Request a

NUTRITION SURVEILLANCE ANALYSIS
or
REAL-TIME MONITORING



Want to know how your programme is performing?

Request a

NUTRITION PROGRAMME EVALUATION



Want to understand infant and young child feeding practices in emergencies?

Request a

IYCF-E ASSESSMENT



Want to shape optimal behaviours in your context?

Request a

SOCIAL AND BEHAVIOUR CHANGE SUPPORT



NUTRITION ASSESSMENTS

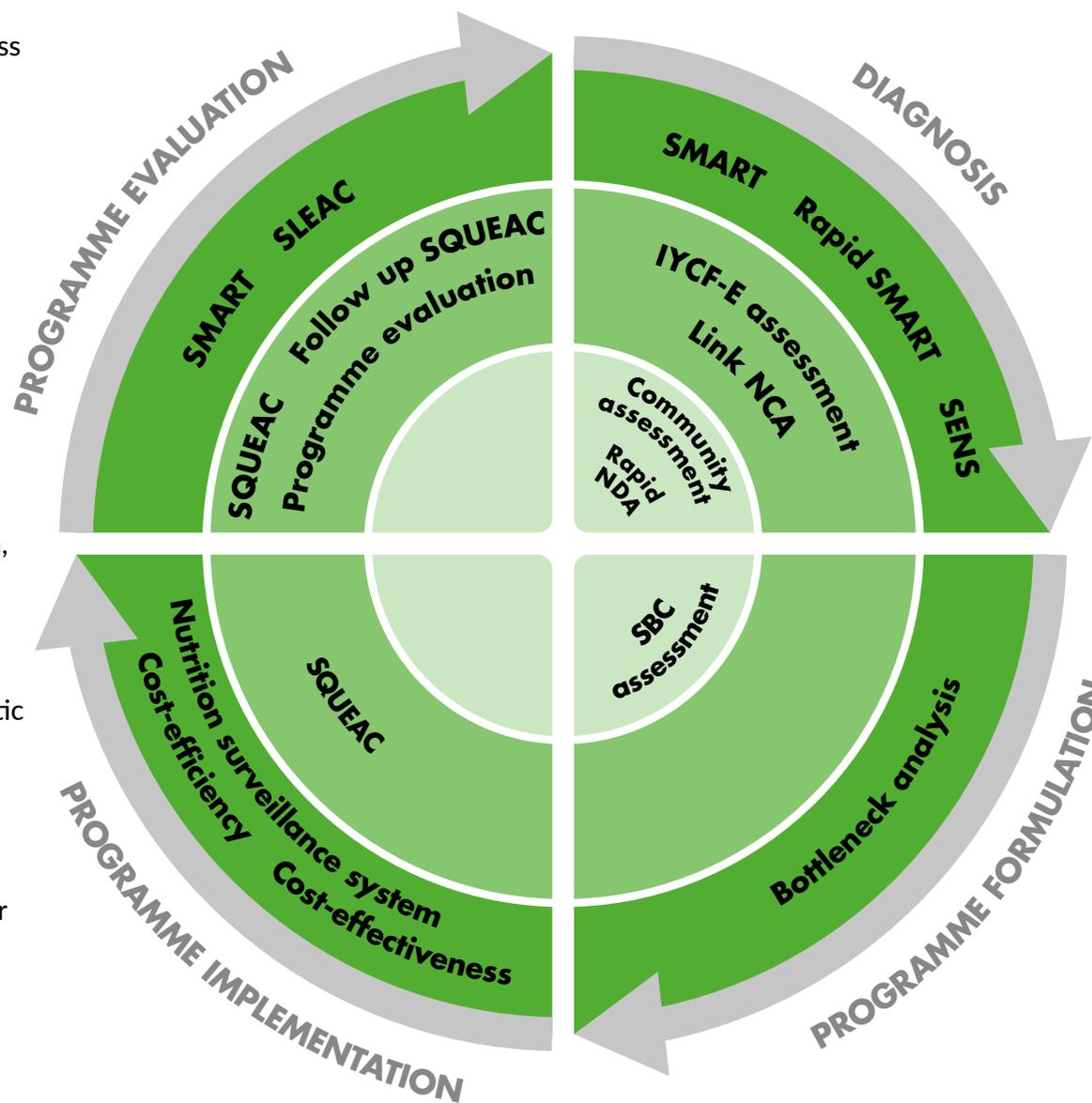
A Nutrition assessment is the systematic process of collecting and interpreting information in order to make decisions about the nature and cause of a public health nutrition situation. Nutrition assessments provide evidence to inform decisions, select priorities, and develop strategies and advocacy messages.

Over a number of years, many types of nutrition assessments have been developed and perfected. Each has a different aim, but all complement each other in a nutrition programme's project cycle.

For example, SMART nutrition surveys allow practitioners to quantify the scale of a problem, while Nutrition Causal Analyses show what might have caused it.

Meanwhile, coverage assessments (SQUEAC/SLEAC) evaluate the effectiveness of therapeutic and supplementary feeding programmes in terms of met need, allowing programmes to act on identified barriers to care, while Cost Effectiveness Analyses can shed light on how effective those interventions are from a financial perspective. A combination of some or all of these methodologies can contribute to a Nutrition Surveillance System.

The figure on this page indicates the ideal timing for each nutrition assessment within the nutrition programme's project cycle. Please note that certain assessments may need to be repeated regularly in order to tweak programmes according to constantly-changing events.



| DAC CRITERIA | |
|----------------|--------------------------|
| RELEVANCE | Link NCA SQUEAC/SLEAC |
| SUSTAINABILITY | Link NCA |
| EFFECTIVENESS | SQUEAC/SLEAC |
| IMPACT | SMART |
| EFFICIENCY | SQUEAC/SLEAC CEA |

| KEY |
|--------------|
| Qualitative |
| Mixed |
| Quantitative |

FIGURE 1: CYCLE OF NUTRITION ASSESSMENT REQUIRED FOR OPTIMAL PROGRAMMING

WHO ARE WE?



Action Against Hunger is a global humanitarian organization that takes decisive action against the causes and effects of hunger. As a lead organisation

in implementing Community Management of Acute Malnutrition programmes, we strive to improve the quality of nutrition programmes all over the world. Action Against Hunger's Nutrition Assessment Services provide direct and remote support with the planning and implementation of nutrition assessments, covering the entire project cycle of Community Management of Acute Malnutrition (CMAM) programmes. We are experts in a wide range of coverage assessment methodologies, including SQUEAC,

SLEAC, Community assessments and Bottleneck Analyses, Nutrition Causal Analyses (Link NCA), Rapid Nutrition Determinants Assessments (Rapid NDA) and SMART nutrition surveys. Our expertise also includes nutrition research design and implementation, including economic evaluations covering costing, cost-efficiency, and cost-effectiveness analyses. Action Against Hunger also has extensive experience in nutrition surveillance systems and the evaluation of nutrition programmes' performance.



WHO ARE WE?



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WANT TO UNDERSTAND CAUSES OF MALNUTRITION IN YOUR CONTEXT? REQUEST A NUTRITION CAUSAL ANALYSIS



Nutrition causal analyses (NCAs) seek to understand the multi-sectoral nature of nutrition determinants in a specific context, to inform tailored programmatic responses. Available methodologies differ mostly in study design and scale, which then reflect in the resource-intensiveness and the type and robustness of insights they are capable of producing.

The Link NCA is known for its robust, participative, mixed-method approach. Its key strength has been its ability to explain nutrition determinants and their interconnections in a studied context, using multiple data sources for the construction of rich, evidence-based narrative. The Link NCA performs best at district level in post-emergency, protracted crises settings. Over the years,

more than 55 studies across 29 countries have been completed in both rural and urban settings in multiple operational model variations.

Rapid Nutrition Determinants' Assessment (Rapid NDA) is a qualitative assessment of factors that influence the nutritional status of children in a specific context with the aim to include community perspectives in the process of filling and documenting key information gaps and in the development and/or adaptation of multi-sectoral nutrition security strategies and initiatives. The Rapid NDA was developed for small scale contexts (e.g. municipalities and/or communes) with limited resources, potentially also better adapted to emergency settings where more robust methods may not be appropriate or feasible.

WHAT RESOURCES DO I NEED?

Each methodology requires a variety of resources in order to be successfully conducted in line with methodological guidelines. The table below summarizes the outputs, resource requirements, and skills required to complete a nutrition determinants' study using each method.

| | LINK NCA | RAPID NDA |
|---|---|---|
| STUDY DESIGN | Mixed method | Qualitative |
| STUDY FOCUS | Wasting and stunting | Wasting |
| OUTPUTS | <ul style="list-style-type: none"> systematic literature review of available evidence on nutrition determinants in a studied context detailed qualitative narrative of 20 nutrition determinants based on community consultations, including seasonal and historical variations bivariate logistic and linear regressions based on primary and/or secondary data from cross-sectional surveys causal pathway triangulated categorization of determinants evidence-based recommendations | <ul style="list-style-type: none"> qualitative narrative on key nutrition determinants causal pathway categorization of determinants |
| DURATION (data collection and analysis) | 6 months | 2-3 weeks |
| SCALE | District | Municipality |
| COMPETENCIES REQUIRED BY STUDY LEAD | Qualitative research Quantitative data analysis (ENA + EpiInfo/ SPSS/STATA/R) | Qualitative research |

WANT TO MEET THE NEEDS OF YOUR TARGET POPULATION? REQUEST A SQUEAC OR SLEAC COVERAGE ASSESSMENT



Coverage assessments aim to measure the treatment coverage of CMAM services, in other words whether or not your programme is addressing the needs of all the acutely malnourished children. The ability to achieve sustained high levels of treatment coverage is one of the key success factors of CMAM.

Coverage assessment methods may be thought of as a set of tools that are adaptable to a

variety of contexts and needs. They can be used independently or consecutively to gather relevant data on the coverage of CMAM services.

The scale of the assessment (district, regional or national level), the amount of information needed, and previous coverage assessments in the area may influence the choice of the methodology in the area of interest.

WHAT RESOURCES DO I NEED?

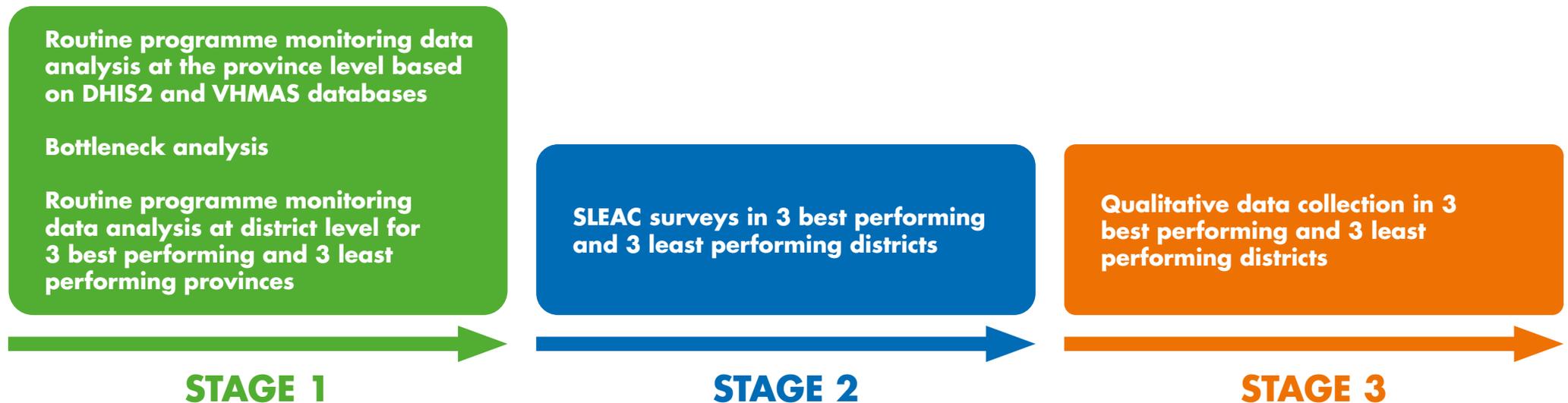
Each coverage methodology requires a variety of resources in order to be successfully conducted in line with methodological guidelines. The table below summarises the outputs, resource requirements and skills required to complete an assessment using each method.

| | SQUEAC | SLEAC | FOLLOW UP SQUEAC | BOTTLENECK ANALYSIS | COMMUNITY ASSESSMENT |
|----------------|--|--|--|---|---|
| OUTPUTS | Coverage estimate % Community profile Barrier information Action plan | Coverage classification (coverage estimate if appropriate) Barrier information | Coverage estimate % Updated barrier information | Barrier information Action plan | Community profile Barrier information Action plan |
| TIMING | 21 days | 5-7 days per district | 7-10 days | Health District: 1 day data collection per month + stakeholder consultations every 3 months | 5 days |
| SCALE | Health District | Regional or national | Health District | Health District, regional or national | Health District |

CASE STUDY

ZIMBABWE

In Zimbabwe, Action Against Hunger supported a national IMAM coverage assessment, using a novel approach, which allowed to draw national-level conclusions based on a reasoned selection of surveyed locations. The methodology was an adapted version of the Simplified Lot Quality Assurance Sampling Evaluation of Access and Coverage (SLEAC) approach, utilising mixed data collection methods over three iterative phases.



The first stage consisted of an analysis of routine programme monitoring data at the level of provinces, which was integrated into a bottleneck analysis to identify high and low performing provinces and districts. These findings were organised into a bottleneck analysis framework model, which served to select three best-performing and three least-performing provinces. Within these, further analysis was conducted at district level, allowing the identification of high and low performing districts.

In the second stage, a series of SLEAC surveys were conducted across the selected high and low performing districts to classify coverage and identify key barriers and facilitators of access and coverage from the community's perspective.

In the third stage, qualitative data was collected to better understand the identified barriers and facilitators and to formulate meaningful recommendations adapted to the context. Semi-structured interviews and focus group discussions were conducted with key informants who are directly or indirectly involved with the IMAM programme, including health facility staff and community health workers, key community figures, and caregivers of children under 5. Direct observations were also carried out at selected health facilities.

Data from all components was triangulated and key strategic priorities at the national and sub-national level were identified, providing actionable insights to guide policy and programmatic improvements.

WANT TO KNOW NUTRITION STATUS OF THE POPULATION? REQUEST A SMART NUTRITION SURVEY



SMART (Standardized Monitoring of Assessment and Relief in Transition) is a population-representative household-level survey methodology used to understand the severity and magnitude of a nutrition and public health situation. It is applicable in many contexts, including humanitarian crises, development settings, and among displaced populations.

WHAT RESOURCES DO I NEED?

Each SMART Methodology requires a variety of resources in order to be successfully conducted in line with methodological guidelines. The table below summarises the outputs, as well as resources and capacities required to complete each type of SMART assessment.

| | SMART+ | RAPID SMART | SENS |
|---|---|--|--|
| OUTPUTS | Acute Malnutrition (WHZ and MUAC), Stunting (HAZ), Underweight (WAZ), Mortality rate, and core health and morbidity indicators | Acute Malnutrition (WHZ and MUAC), Stunting (HAZ), Underweight (WAZ), and Mortality rate | Acute Malnutrition (WHZ and MUAC), Stunting (HAZ), Underweight (WAZ), and Mortality rate Health Indicators Anaemia level Feeding practices of infants and young children Access to food at household level Access to safe drinking water, toilets and hygiene practices at the household level Access to and use of mosquito nets at the household level |
| TIMEFRAME | Minimum 1 month | | |
| SCALE | District, Regional or National | Geographically delimited, small administrative unit | Camp level |
| COMPETENCIES REQUIRED BY ASSESSMENT LEAD | Certified training in SMART+, Quantitative data analysis (ENA + EpiInfo/SPSS/STATA/R) | Quantitative data analysis | Quantitative data analysis |

WANT TO KNOW NUTRITION STATUS OF THE POPULATION? REQUEST A SMART NUTRITION SURVEY



WHEN TO CONDUCT A SMART+ SURVEY?

SMART surveys are appropriate when recent population representative nutrition data is lacking and when results can be readily used to inform programming, influence activities, and determine actions. SMART+ is a new digital infrastructure for SMART surveys that is appropriate to use in these same contexts given survey managers are certified and trained in SMART+. SMART+ helps facilitate the full survey lifecycle and improves the time by which information is shared with decision-makers.

WHEN TO CONDUCT A RAPID SMART SURVEY?

Rapid SMART – rather than full SMART surveys – should only be considered in cases when the affected population:

- Lives in slums, settlements or neighbourhoods, group of villages
- Has similar access to public services and socio-economic patterns
- Lives in an insecure and/or limited access area where the survey team cannot spend a long time on the ground

AND is combined with at least one of the following factors:

- Limited time
- Emergency situation due to epidemics, drought, displacement, high insecurity in the zone
- Urgency for decision-making

Rapid information of nutritional situation in a representative and accurate manner is needed.

The goal of a rapid SMART survey is to quickly assess whether there is a malnutrition emergency, but they are less precise.

WHEN TO DO A SENS SURVEY?

SENS Surveys are appropriate for refugee camp settings when the aim is to collect household-based data on nutrition, health, food security and WASH, whilst maintaining quality standards for the measurement of nutrition indicators.

WANT TO EVALUATE THE COST OF YOUR NUTRITION INTERVENTION?

REQUEST A COST EFFICIENCY OR COST-EFFECTIVENESS ANALYSIS



As an operational organisation, Action Against Hunger conducts Cost-Efficiency and Cost Effectiveness Analyses (CEAs) to strengthen accountability, improve transparency, and better understand how resources are used in relation to programme outcomes. These costing analyses support programme management and inform strategic decision-making on resource allocation and priority setting.

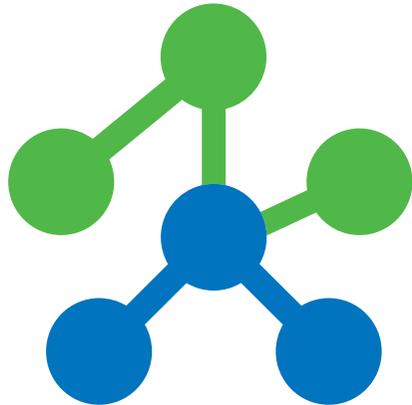
There are two types of cost analysis you can request, depending on your programme's goals and available data:

- **Cost-efficiency analysis asks:** “How much did it cost to deliver this activity?” It focuses on outputs such as “cost per child treated” or “cost per person reached.” This analysis is essential when the organization wants to compare delivery models, track spending, or improve operational efficiency.
- **Cost-effectiveness analysis asks:** “How much did it cost to achieve this result?” It focuses on outcomes such as “cost per case of malnutrition prevented.” This analysis is essential when the organization wants to measure impact typically through a research study or pilot with comparison groups, and wants to understand whether the intervention is worth the investment.

WHAT RESOURCES DO I NEED?

| | COST-EFFICIENCY ANALYSIS | COST-EFFECTIVENESS ANALYSIS |
|--|--|--|
| OUTPUTS | Cost per output | Cost per outcome |
| TIMEFRAME | Approximately 3 months over the project cycle | Approximately 3 months over the project cycle |
| SCALE | Project level | Project level |
| COMPETENCIES REQUIRED BY STUDY LEAD | Quantitative data analysis (e.g. Excel, STATA, R) Research | Quantitative data analysis (e.g. Excel, STATA, R) Research |

WANT A SYSTEM TO SURVEY THE NUTRITION SITUATION? REQUEST A NUTRITION SURVEILLANCE SYSTEM



A Surveillance System collates data collected over time on the same group of individuals so that:

1. the incidence of acute & chronic malnutrition and seasonal difference can be identified
2. causes of malnutrition can be identified for formulating & implementing intervention programs
3. existing programmes can be monitored & evaluated

There are no standardised methods for surveillance systems, as they have to be adapted to the context of the health system concerned. However, through its government support in several countries, Action Against Hunger has developed an expertise in surveillance systems.

WANT TO EVALUATE THE QUALITY OF YOUR NUTRITION PROGRAMME? REQUEST AN EVALUATION OF YOUR PROJECT



Action Against Hunger has extensive experience managing global and field-level research, both internally for the Action Against Hunger Network, and externally for UN agencies, NGOs and consortia. We have designed and conducted numerous performance and impact evaluations as well as value-for-money and cost-effectiveness studies; gender analysis and much more.

Technical capacities

We have experience with the following software for data collection and analysis:

- ODK
- KoboCollect
- Commcare
- NVivo
- R

**WANT TO UNDERSTAND INFANT AND
YOUNG CHILD FEEDING PRACTICES
IN EMERGENCIES?**

REQUEST AN IYCF-E ASSESSMENT



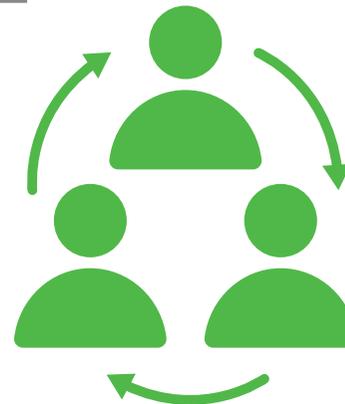
Recommended Infant and Young Child Feeding (IYCF) practices can prevent malnutrition, reduce disease burden, and save lives. However, emergencies can disrupt breastfeeding, complementary feeding, and care practices, putting infants and young children at heightened risk of mortality and morbidity. Conducting timely and reliable assessments of IYCF practices is essential for designing effective interventions and making informed decisions to protect and support the nutrition and health of this vulnerable group.

Based on the identified data gaps and contextual considerations, there are multiple IYCF-E assessment operational models, e.g. rapid assessments, in-depth qualitative assessments, quantitative assessments or a combination of these methods. The resource requirements will depend on the chosen model, scale and scope of the assessment.

In collaboration with FHI360, we developed the global IYCF-E Assessment guidance that we could guide you through.

**WANT TO SHAPE OPTIMAL BEHAVIOURS
IN YOUR CONTEXT?**

REQUEST A SOCIAL AND BEHAVIOUR SUPPORT CHANGE



Social and behaviour change (SBC) seeks to reduce structural barriers that prevent individuals from adopting optimal behaviours and communities from progressing towards greater equity and cohesion. Rooted in disciplines such as sociology, psychology, communication, and behavioural economics, SBC involves a range of strategies and interventions that drive change and support local action to build stronger societies. It enables practitioners and policymakers to design more impactful programmes by combining scientific knowledge with community perspectives.

Action Against Hunger has experience strengthening the capacity of nutrition practitioners to understand behaviours and to design, implement and evaluate effective SBC strategies for nutrition. We have experience in formative research methodologies, such as Barrier Analysis (BA), Knowledge, Attitudes and Practices (KAP) surveys and various participatory and community-based methods, providing greater depth of contextual understanding. We have a proven capacity in planning and strategy development, applying a sound SBC theory to multisectoral programming at all entry points of the ecological model.

QUALITATIVE RESEARCH

Qualitative research seeks to understand the “how” and the “why” associated with a particular behavior or phenomenon as opposed to “how much” or “how often” explored by quantitative methods. It explores relationships between these behaviors or phenomena and provides an insiders’ perspective into the question of interest. In nutrition, qualitative research is extremely valuable by providing insights into affected communities’ understanding of malnutrition

and their interaction with the condition, revealing their perceptions and lived experiences not only in relation to nutrition and care practices, but also across other interconnected sectors, such as gender, food security and livelihoods, and water, sanitation and hygiene. Qualitative research is a backbone of Link NCA, Rapid NDA, qualitative IYCF-E assessments as well as formative research for SBC.

INSIGHT BEYOND NUMBERS

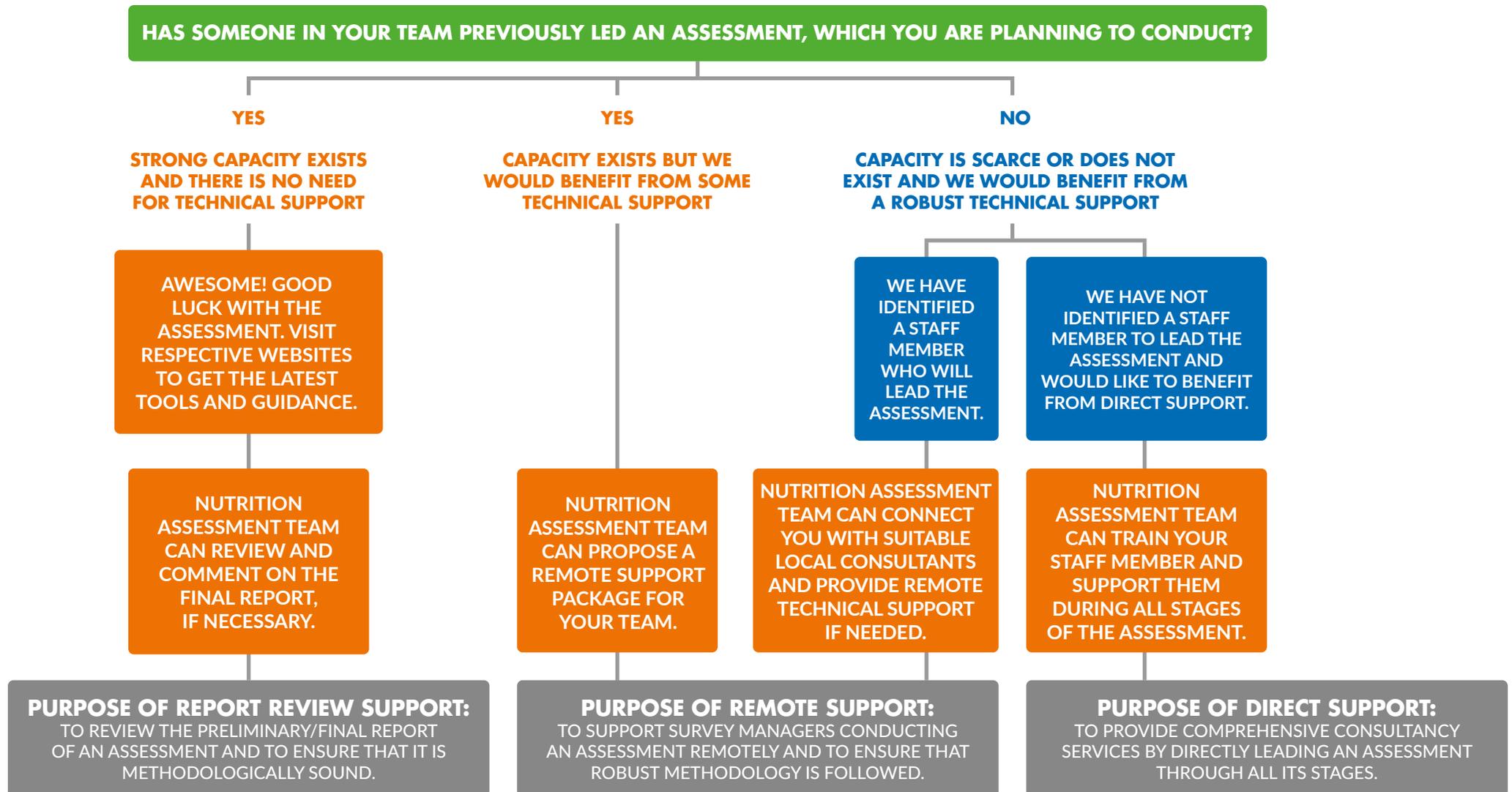
What are the benefits of the integration of the qualitative research in nutrition assessments?

| | |
|-------------------------------|--|
| LINK NCA | <p>Explains relationships between nutrition determinants and how they lead to malnutrition, allowing organization to prioritize interventions with a higher impact potential on the prevalence of malnutrition in the studied context</p> <p>Explains and contextualizes observed trends from quantitative surveys by providing, among other things, insights into seasonal and historical variations in measured indicators</p> <p>Engages affected communities in the analysis of nutrition determinants and a design of appropriate response</p> |
| COVERAGE | <p>Builds an in-depth understanding of barriers and boosters of coverage provides insight/justification of high/low coverage</p> <p>Provides elements for the formulation of tailored recommendations for the program improvement</p> |
| SMART | <p>Explains and contextualizes the prevalence of measured indicators, supporting a formulation of more meaningful recommendations for nutrition response</p> |
| COST-EFFECTIVENESS | <p>Adds contextual depth and insights, capturing stakeholder perspectives, and identifying hidden costs and benefits</p> <p>Helps to validate model assumptions as well as identify cultural or social factors affecting intervention impact</p> |
| NUTRITION SURVEILLANCE | <p>Clarifies inconsistencies or anomalies in quantitative trends, allows for nuancing and helps to avoid misinterpretation.</p> <p>Can uncover new, unexpected challenges, which have not been captured through surveillance systems.</p> |
| PROGRAMME EVALUATION | <p>Gives voice to programme users, including caregivers, community leaders, and program staff, to show how the programme was experienced by various target groups.</p> <p>Helps evaluators to understand to which extent the programme is acceptable and relevant and what might have been its unintended effects.</p> <p>Substantiates practical recommendations for improving program design, delivery, or sustainability.</p> |
| IYCF-E | <p>Allows for a comprehensive understanding of the complex social, cultural and environmental determinants of IYCF and a potential occurrence and/or increase of non-optimal practices during emergencies.</p> |

HOW CAN WE SUPPORT YOU?

The level of support required to conduct a nutrition assessment appropriate to your context will depend on the existing capacity and experience of your team.

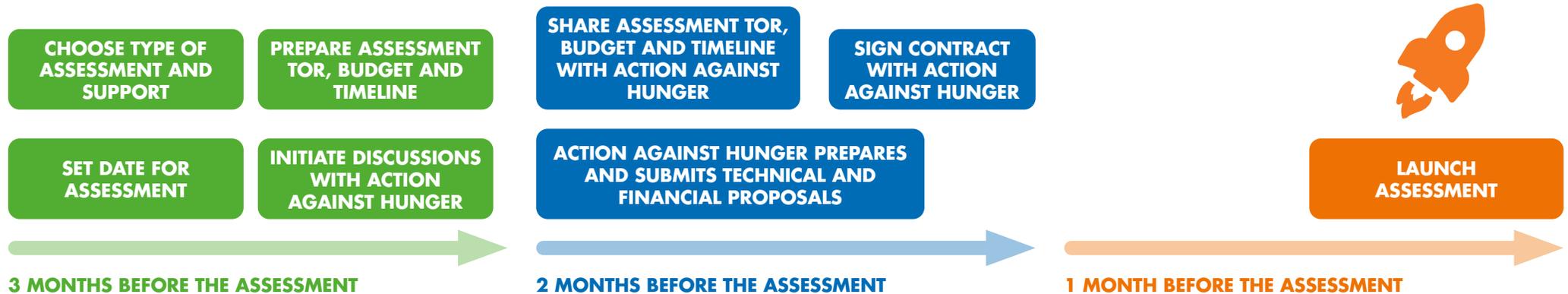
All the support we provide prioritises capacity transfer and on-the-job learning in order to pass on expertise to local teams and stakeholders. This decision tree can help you decide what kind of support you may need for your context.

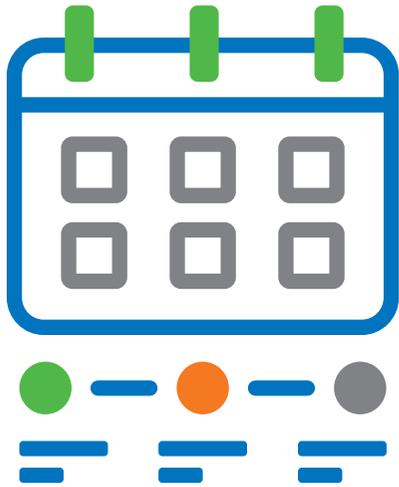


HOW CAN WE SUPPORT YOU?

The Nutrition Assessment Team gets a lot of requests for support so it is recommended to reach out to us as soon as you can to discuss the level of support you might need. As our support is provided at cost, we are happy to advise on cost options for your assessment, even as early as at project design stage.

Below is an approximate timeline for our support:



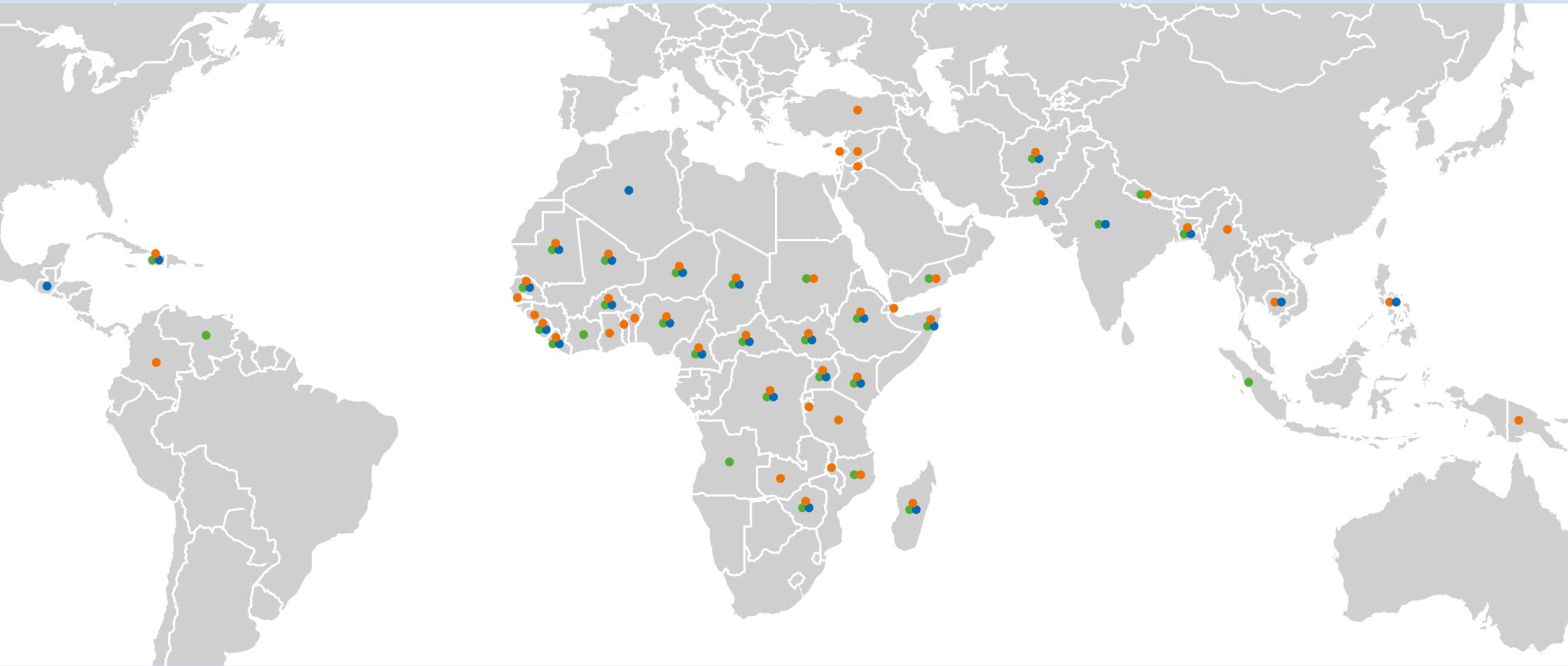


ESTIMATION OF LOE PER STAGE OF ASSIGNMENT

While each assignment and/or nutrition assessment is very unique and it is impossible to generalize a required level of effort, the following estimations might serve as a rough rule of thumb for budgeting reasons, especially at the project proposal stage, when nutrition assessments are integrated into a project log frame.

| | PREPARATORY PHASE | EVIDENCE REVIEW | PRIMARY DATA AND ANALYSIS PHASE | | DISSEMINATION |
|-----------|---|--|---|--|--|
| | | | Qualitative | Quantitative | |
| OUTPUTS | <ul style="list-style-type: none"> • Terms of reference • Inception report and/or survey protocol • Detailed budget and timeline | <ul style="list-style-type: none"> • Compilation of available data sources • Synthesis of extracted data | <ul style="list-style-type: none"> • Qualitative sampling framework • Data collection tools • Data collection team training modules • Detailed notes from KIIs and FGDs • NVivo database • Preliminary qualitative report | <ul style="list-style-type: none"> • Quantitative sample frame • Data collection tools • Data collection team training modules • Database • Preliminary quantitative report | <ul style="list-style-type: none"> • Final report • Executive summary • PowerPoint presentation |
| TIMEFRAME | 10–30 days depending on the type and scope of the assessment | 5–30 days depending on the scope of the review and volume of available data | 20 – 80 days depending on the scope, scale and type of the assessment | 20 – 40 days depending on the scope, scale and type of the assessment | 15 days |

EXAMPLES OF PORTFOLIO SUPPORT



 **SMART**

 **COVERAGE**

 **LINK NCA**