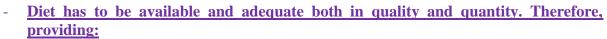
## **Uni IX – Problem 2 – Nutrition: Food and Nutrition in Disasters**



- Enough energy.
- Macronutrients: carbohydrates, fats and proteins.
- **Micronutrients**: vitamins, minerals and electrolytes.

  Notice that special needs of infants and young children must be met.
- Statistical data shows that as health and nutrition situation deteriorate to become catastrophic (کارٹی) 

  crude mortality rate will increase and the mortality rate for children under five years of age will also be highly increased (double the crude mortality rate).

Nutrition situation	Recommended actions
Acute malnutrition rate > 15%	Emergency food aid:  General food ration-food basket ( توفير حصص من الأغذية الأساسية) which aims to:  Ensure emergency affected populations have adequate food intakes thus reducing acute malnutrition and death  Food basket: consists of adequate food commodities (سلع to meet a family's basic nutritional needs.  Blanket supplementary feeding which aims to:  Rehabilitate ( اعادة تأهيل) acute malnourished people in order to reduce morbidity (disease) and mortality (death)  Complement (پُكَمِّلُ على) the general food ration  Provide food supplements to high risk groups  Therapeutic feeding (indicated for severely malnourished people)
Acute malnutrition rate 10%- 14%	<ul> <li>No general rations</li> <li>Targeted supplementary feeding (for specific people who need it)</li> <li>Therapeutic feeding (indicated for severely malnourished people)</li> </ul>
Acute malnutrition < 10%	No emergency food and nutrition intervention

## - What does the local and nutrition assessment aid in?

- To determine if food emergency exists including the cause and magnitude of this emergency (severity of the malnutrition, geographic extent الامتداد الجغرافي للحالة and size of affected population).
- To provide information about how to reduce the nutrition emergency based on the available data.
- To provide these information to decision makers and government authorities (both local and national).
- To asses local capacity and capacity on non-governmental organization and UN agencies to respond.

# - What are the causes of food and nutrition emergencies?

- Natural disasters or wars (a man-made disaster).
- Extreme poverty (especially of marginalized populations).
- HIV/AIDS
- Collapse of food distribution network due to economic crisis.
- Lack of the provision of emergency food distribution to a population experiencing a food shortage.

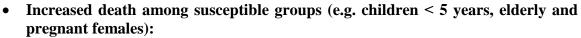
### - What do nutrition emergencies result in?

#### • Malnutrition:

- ✓ <u>Marasmus</u>: there is extreme wasting (with little muscle and fat left); the child's skeleton is clearly visible and there is lack of appetite in severe cases.
- ✓ <u>Kwashiorkor</u>: edema of both feet; hair is falling; puffy moon face; dry scaly skin and apathy (اللامبالاة و عدم الاكتراث).
- **Micronutrient deficiencies** (e.g. iron, iodine, vitamin A or B-vitamins). These micronutrient deficiencies can be corrected by the following actions:
  - ✓ Fortifying (strengthening) oil with vitamin A.



- ✓ Distributing iodized salt.
- ✓ If feasible (إذا كان ذلك ممكناً), the targeted population should produce vegetables and fruits.



- Notice that you have to support breastfeeding in emergencies because breastfeeding has many advantages:
  - ❖ Providing all infant's needs for the first six months of his life. Infants should continue breastfeeding alongside complementary feeding until the second year of life.
  - ❖ Protects against infections (e.g. diarrhea and acute respiratory infections).
  - **.** Cheap.
  - ❖ Hormones produced during breastfeeding help the mother to relax.

