



- Diet has to be available and adequate both in quality and quantity. Therefore, providing:

- **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 (كارثي) → 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
<b>Acute malnutrition rate &gt; 15%</b>	Emergency food aid: <ul style="list-style-type: none"> <li>• General food ration-food basket ( توفير حصص من الأغذية الأساسية ) which aims to:                             <ul style="list-style-type: none"> <li>✓ Ensure emergency affected populations have adequate food intakes thus reducing acute malnutrition and death</li> <li>✓ Food basket: consists of adequate food commodities (سلع) (غذائية) to meet a family's basic nutritional needs.</li> </ul> </li> <li>• Blanket supplementary feeding which aims to:                             <ul style="list-style-type: none"> <li>✓ Rehabilitate (إعادة تأهيل) acute malnourished people in order to reduce morbidity (disease) and mortality (death)</li> <li>✓ Complement (يُكْمَل على) the general food ration</li> <li>✓ Provide food supplements to high risk groups</li> </ul> </li> <li>• Therapeutic feeding (indicated for severely malnourished people)</li> </ul>
<b>Acute malnutrition rate 10%-14%</b>	<ul style="list-style-type: none"> <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>
<b>Acute malnutrition &lt; 10%</b>	<ul style="list-style-type: none"> <li>• No emergency food and nutrition intervention</li> </ul>

- 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 assess 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:**
  - ✓ Marasmus: 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.
  - ✓ Kwashiorkor: edema of both feet; hair is falling; puffy moon face; dry scaly skin and apathy (اللامبالاة وعدم 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.
- **Increased death among susceptible groups (e.g. children < 5 years, elderly and pregnant females):**
  - ✓ 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.