



ESSENTIAL NUTRITION ACTIONS

mainstreaming
nutrition through
the life-course



World Health
Organization





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PUBLICATION HISTORY

This publication is an update of the 2013 WHO publication entitled *Essential nutrition actions: improving maternal, newborn, infant and young child health and nutrition*.¹ It provides a compact list of nutrition-related interventions recommended by WHO. WHO recommendations aim to advise intended end-users (policy-makers, programme implementers and other stakeholders) what they can or should do in specific situations to achieve the best outcomes possible, individually or collectively.

A WHO guideline is any document developed by WHO containing recommendations for clinical practice or public health policy. WHO guidelines are developed in line with the *WHO handbook for guideline development* (2nd edition).²

¹ Essential nutrition actions: improving maternal, newborn, infant and young child health and nutrition. Geneva: World Health Organization; 2013 (http://apps.who.int/iris/bitstream/10665/84409/1/9789241505550_eng.pdf?ua=1).

² WHO handbook for guideline development, 2nd ed. Geneva: World Health Organization; 2014 (<http://apps.who.int/medicinedocs/documents/s22083en/s22083en.pdf>).

ABBREVIATIONS

ART	antiretroviral therapy
BMI	body mass index
DALY	disability-adjusted life-year
eLENA	e-Library of Evidence for Nutrition Actions
EVIPnet	Evidence-Informed Policy Network
IQ	intelligence quotient
IMCI	Integrated Management of Childhood Illness
MNP	multiple micronutrient powder
PCR	polymerase chain reaction
PPE	personal protective equipment
RUIF	ready-to-use infant formula
RUTF	ready-to-use therapeutic food
SDG	Sustainable Development Goal
SMART	specific, measurable, achievable, relevant, time-bound
TB	tuberculosis
UNICEF	United Nations Children's Fund
USA	United States of America
USAID	United States Agency for International Development
VMNIS	Vitamin and Mineral Nutrition Information System
WHO	World Health Organization

WHO continues to deliver support to countries through its norms and standards work and advocacy for multisectoral actions that are critical to the effective implementation of nutrition interventions at country level

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