

CHILD NUTRITION

GLOSSARY OF KEY TERMS



Anaemia

Too little haemoglobin in the blood cells, or too few red blood cells. Haemoglobin carries oxygen to the body. A person with anaemia is tired, breathless, pale, and has poor resistance to infection.

Anthropometric measurements

Measurements of height, length, weight, mid upper arm circumference, skin fold thickness or other body measurements. They are often described by comparing the ratio of one to another e.g. weight-for-height. These measurements can be compared to international norms for healthy people of that age and gender, and this information is used to assess nutritional status.

Complementary feeding

Giving correct foods to infants after the age of 6 months in addition to breastmilk or infant formula, to complement (go well with) breastmilk, as they provide extra nutrients needed by the baby from 6 months of age.

Exclusive breastfeeding

Infants receive only breast milk and no other liquids or solids, usually for the first six months.

Growth monitoring

The weighing, taking height/length and measuring MUAC (mid upper arm circumference) of a child and plotting on the appropriate graphs in the Road to Health Booklet. The curves for weight for height, weight for age and height for age are assessed to determine if the child is growing well.

Low birthweight

Defined as weight at birth of less than 2500 grams.



Macronutrients

Macronutrients are required by the body in relatively large amounts; namely protein, carbohydrate and fat.

Micronutrients

Micronutrients are needed by the body in very small amounts. Vitamins and minerals are micronutrients.

Malnutrition

Impairment of health resulting from a deficiency, excess or imbalance of nutrients. It includes over-nutrition, which is excess of one or more nutrients, usually of energy, and under-nutrition, which refers to a deficiency of energy and / or one or more essential nutrients.

Mixed feeding

The practice of giving a baby who is less than 6 months old food and / or liquids other than breastmilk. Also describes the practice of giving a formula fed baby who is less than 6 months old, solids or other liquids before the age of 6 months.

Overweight

Children who are too heavy for their height: when their weight-for-length or height z score is more than 2 Standard Deviations above the median compared to the WHO child growth standards. Increases the risk of diet-related diseases.

Stunting

Children who have a healthy weight for their height, but are shorter than they should be at that age: length or height-for-age z score is more than 2 Standard Deviations below the median compared to the WHO child growth standards. Stunted growth can affect cognitive development.

Wasting

Children who are too thin for their height: weight-for-length or height is more than 2 Standard Deviations below the median compared to the WHO child growth standards. This shows current severe undernutrition or severe disease.



SELECTED M & E TERMS

Annual Average Rate of Increase (AARI)	The average relative percent increase per year in prevalence or rate. Thus, a positive sign indicates increase or upward trend, while a negative sign indicates reduction or downward trend.
Annual Average Rate of Reduction (AARR)	The average relative percent decrease per year in prevalence or rate. Thus, a positive sign indicates reduction or downward trend, while a negative sign indicates increase or upward trend.
Data	The information that we collect about a project. Data can be collected in many ways, including with surveys, interviews or research.
Evaluation	Measures how well the project activities have achieved the project's objectives and how much changes in outcomes can be directly linked to a project's interventions.
Indicator	A unit of measure that demonstrates change, and tracks the progress and success of a programme.
Inputs	The financial, human, and material resources used for a development intervention
Impact	Positive and negative, primary and secondary long-term effects produced by a development intervention, directly or indirectly, intended or unintended.
Objective	The intended physical, financial, institutional, social, environmental, or other development results to which a project or program is expected to contribute.

SELECTED M & E TERMS

Outcome

The likely or achieved short-term and medium-term effects of an intervention's outputs

Monitoring

Collecting project information regularly to measure the progress of your project or activity. This helps to track performance over time and to make informed decisions about the effectiveness of projects and the efficient use of resources.

Quantitative Indicator

Measures a number, percentage or ratio. Quantitative indicators answer questions about "how much" or "how many."

Qualitative Indicator

Measures what people think, believe or feel, and uses a number of interactive tools and methods to gather this data.

Results

These are the numbers or percentages that you have already achieved

Theory of Change

A theory of change explains how the activities undertaken by an intervention (such as a project, program or policy) contribute to a chain of results that lead to the intended or observed impacts.

