

# Handbook

## ERN4321/MAME4330

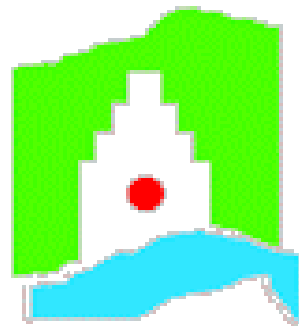
Spring 2010

*The World Nutrition Situation-  
Data and Issues*



*Study Programme in Nutrition/  
Department of Nutrition  
Faculty of Medicine*

**University of Oslo**



*Master in  
Food, Nutrition and Health*

**Akershus University College  
Lillestrøm**

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### 1. Introduction

The elective master level course ‘**The World Nutrition Situation - Data and Issues**’ has been developed as a collaborative course between the University of Oslo and the Akershus University College. The course is offered in the spring semester. It starts Tuesday January 5, 2009 and lasts for 6 weeks. This 10 study point course finishes with a written exam on Friday February 12. Assessment is by grades A-E.

#### Rationale

The course describes the world nutrition situation as well as the situation in selected countries. Prevailing nutritional problems including food and health related data will be discussed, as well as contextual information for analysing the causes of the problems. Such information is important as it should form the basis for how nutrition relevant goals are set and policies and programmes are planned and implemented at the global, regional, national and local level. The course also discusses how nutrition information is used as indicators for economic and social development, the potential for increased use of such information. We will further discuss concerns about quality, validity and relevance of such data. Various explicit or implicit frameworks and approaches determine the collection of data, and assumptions and short-cuts are often made. To make proper use of the opportunities provided by nutrition information it is necessary to have an in-depth knowledge of, and a critical view on the various types of data and the information sources in use.

#### Course content

The course will critically review some of the most recent statistics and analyses of the world nutrition situation. The sources and methodology used to obtain the statistics will be discussed as well as the explicit or implicit conceptual frameworks underlying the choice of data in various reviews of the world nutrition situation. Furthermore, we will discuss recommendations that have been developed on the basis of various data/information, as well as the reactions to these.

Note that some instructors have listed more literature than others. The students should clarify with each instructor which sources are the most relevant for each part.

## 2. Objectives

### **After the course, the participants should be able to:**

1. Review selected core issues in nutrition analysis, including
  - Measures of nutritional status and challenges with these
  - The new WHO global child growth standards
  - Assessment of food and nutrition security – issues in assessing and evaluating the outcome
  - Life course approach to nutrition: the underlying evidence
  - The nutrition transition
  - The double burden of nutrition related diseases, communicable and non-communicable
  - The Millennium Development Goals and their nutritional dimensions
  - Nutrition, breastfeeding and HIV/AIDS
2. Provide examples of alternative theoretical frameworks and models for food and nutrition security analysis;
3. Describe current trends in the global food and nutrition situation and the global burden of disease;
4. Describe and discuss societal factors affecting vulnerability to food and nutrition insecurity and poverty;
5. Describe how changes in diets, food insecurity, nutrition and livelihood insecurity may be monitored, including compiling and presenting data for national and international reports;
6. Provide an overview of the key UN agencies and private organizations as sources of important information on the global and national nutrition situation;
7. Describe relevant nutrition related outcomes from major intergovernmental conferences over the last three decades, with emphasis on the World Food Summits and the Millennium Summit, and their follow-up;
8. Be familiar with key periodicals, recurrent international technical and policy reports and web-sites of relevance to nutrition.

## 3. Forms of study and learning

Students are responsible for achieving the outlined learning objectives, and are expected to participate actively during the course and contribute to its success. A variety of tools will be used:

Lectures with subsequent discussions; self study; group work; daily retrospective summary of previous session; interactive exchange among students and between students and resource persons; oral student presentations; study visits to relevant institutions; systematic clarification of key terms in common use, and the final exam.

It is expected that students meet at the sessions scheduled.

***NOTE - NEW as of 2010: Students who are absent more than four sessions will NOT be allowed to take the exam***

## 4. Resource persons

### *Course Coordinator*

#### **Course Coordinator**

**Giske Ursin (GU), Professor**

Department of Nutrition

(Room 3143)

Tel: 22 85 13 79

E-mail: [giske.ursin@medisin.uio.no](mailto:giske.ursin@medisin.uio.no)

### *Course teachers*

#### **Anne Bærug (AB)**

**Leader of the Norwegian competence centre for breastfeeding**

Rikshospitalet

Tel. 23 07 54 02

[anne.berug@rikshospitalet.no](mailto:anne.berug@rikshospitalet.no)

#### **Wenche Barth Eide (WBE), Associate Professor (*emer.*)**

Department of Nutrition

(Rom 3139)

Tel.: 22 85 13 75

E-mail: [w.b.eide@medisin.uio.no](mailto:w.b.eide@medisin.uio.no)

#### **Siri Damman (SD), Policy Advisor**

Rainforest Foundation Norway

Grensen 9b, 0159 Oslo

Tel: 23109524

E-mail: [siri.damman@gmail.com](mailto:siri.damman@gmail.com)

#### **Anne Hatløy (AH), Researcher**

Institute for Applied International Studies (FAFO)

Tel. 22 08 86 23

E-mail: [anne.hatløy@fafo.no](mailto:anne.hatløy@fafo.no)

#### **Arne Oshaug (AO), Professor**

Akershus University College

(Room C332)

Tel: 64 84 91 93

E-mail: [arne.oshaug@hiak.no](mailto:arne.oshaug@hiak.no)

*Administrative personnel, responsible for master studies*

**Alieu S. K. Cham**

Department of Nutrition

Tel. 22 85 13 56

(Room 2200)

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**Helene Jeber**

Akershus University College

(Room C325)

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## **5. Practical information**

### **Structure of sessions**

The sessions are normally scheduled for 3 hours, with a half-hour coffee/tea break midway.

### **How to find and receive information**

Instructions on how to use the StudentWeb at the UiO can be found at:

<http://www.uio.no/studier/studentweb/hjelp/index.html>

For students at Akershus University College (AUC), see special information at their website <http://www.hiak.no/>

In order to be included in the email list for this course and to receive information that will be sent to the students, it is important that ALL students register and receive a student e-mail address in the Nutrition Department, if you have not already done so, or ensure that they provide their AUC or private address. (For the first option this may be done in the Information Centre, 1<sup>st</sup> floor, Domus Medica, through Silje Rosseland who is the responsible for IT matters).

We recommend that all students read their emails regularly, as this is the main information channel from the coordinators and other resource persons. (Students from UiO do not use Classfronter in this course for the time being.)

### **Semester fee, course registration etc**

The deadline for payment of semester fee to the UiO is usually February 1. Please refer to the UiO website for more information on how to pay semester fee, sign up for courses etc.

<http://www.uio.no/english/academics/registration/semesterfee.html> AUC students have to register within the AUC system. Information on semester fee, how it should be paid and the deadline for payment can be obtained from the admissions office of AUC.

The final examination is scheduled to take place at the Department of Nutrition, UiO. To be eligible to take exams, one has to pay the semester fee and sign up for the course within the deadline.

Students who have already paid semester fee at the AUC do not have to do so again at the UiO. A receipt of payment has to be submitted to the Senior Executive Officer at the Department of Nutrition in order to be exempted.

### **Exam**

The exam lasts for 3 hours. The exam consists of partially multiple choice problems, and partially problems that require shorter or longer written answers.

## 6. Time schedule

Classes are held from 13.15-16.00 at Department of Nutrition, Domus Medica, with two exceptions.  
Note location – as we will be switching between different rooms.

Week 1 Mon 4 Jan	<p><b>Tues 5 January</b> (Obj. 1, 2) <i>Room 2180</i></p> <p><b>Part 1:</b> Welcome and introduction:</p> <ul style="list-style-type: none"> <li>Review of objectives, time schedule, learning approaches and literature</li> </ul> <p>(GU/AO) (13.15 -14)</p> <p><b>Part 2:</b> Global nutrition challenges 1). Humming groups 2). Plenary discussion</p> <p>Introduction to ‘framework and model building’ (AO) (14.15 -16)</p>	<p><b>Wed 6 Jan</b> (Obj. 1, 2, 3) <i>Room 2180</i></p> <p><b>Part 1:</b> Creating models and frameworks for the causes of malnutrition. Discussion. (AO) (13.15 -14)</p> <p>(In the break: <i>Discussions of student assignments</i>)</p> <p><b>Part 2:</b> The life course approach to nutrition (GU) (14.15 -16)</p>	<p><b>Thurs 7 Jan</b> (Obj. 1, 5) <b>(Part 1 and 2: (NOTE: at FAFO, Borggata 2b))</b></p> <p>How to collect data? Examples from IDPs in Northern Uganda and Street Children and Child Beggars in West Africa. (AH) (13.15-16.00)</p>	Fri 8 Jan
Week 2 Mon 11 Jan	<p><b>Tues 12 January</b> (Obj. 1,5) <i>Room 2180</i></p> <p><b>Part 1 and 2:</b> Assessing the nutritional situation globally and within Norway:</p> <ul style="list-style-type: none"> <li>A discussion of global data sources</li> <li>Examples of dietary surveillance systems in Norway</li> </ul> <p>(GU) (13.15-16)</p>	<p><b>Wed 13 Jan</b> (Obj. 3, 4) <i>Room 2180</i></p> <p><b>Part 1 and 2:</b> “Underlying causes of poor nutrition”; definitions, concepts, operationalisation Food insecurity</p> <ul style="list-style-type: none"> <li>Inadequate care com., national; (UNICEF)</li> <li>Inadequate prevention and control of disease</li> </ul> <p>(AO) (13.15 – 16)</p>	<p><b>Thurs 14 Jan</b> (Obj. 1, 3, 6, 8) <i>Room 2180</i></p> <p><b>Part 1:</b> The new WHO global child growth standards (13.15-14.45) (AB) (Obj. 1)</p> <p><b>Part 2:</b> Changing awareness and emphasis regarding what are considered nutrition-relevant data. I. As reflected in successive relevant global conferences and summits, and in the Reports on the World Nutrition Situation (1<sup>st</sup> to 5<sup>th</sup>) - a historical perspective (WBE, AO) (15-16.00)</p>	Fri 15 Jan

<p>Week 3 Mon 18 Jan</p>	<p><b>Tues 19 Jan</b> (Obj. 3, 5, 6, 8) <i>Room 2180</i></p> <p>I. Changing awareness (cont. as needed from Thursday 14 Jan.)</p> <p>II. As emerging from the 2008-2009 Food Price Crisis and other crises impacting on nutrition, and current efforts to mitigate them.</p> <p>III. Highlights from World Summit on Food Security, 16-18 November 2009 (&amp; the parallel "People's Forum on Food Sovereignty"). (AO/WBE) (13.15-16)</p>	<p><b>Wed 20 Jan</b> (Obj. 1, 3, 4) <i>Room 2180</i></p> <p>Time for new thinking and action: towards an improved international institutional "architecture" for nutrition.</p> <p>Highlights and forward-looking from an EU/SCN meeting in Brussels 22-23 November. (AO) 12.00-13.45 – NOTE TIME!!!</p>	<p><b>Thurs 21 Jan</b> (Obj. 7, 8) <i>Room 2180</i></p> <p><b>Part 1:</b> Vulnerability, poverty and malnutrition; the case of indigenous peoples (SD) (13.15-15.00)</p> <p><b>Part 2:</b> TBD</p>	<p>Fri 22 Jan</p>
<p>Week 4 Mon 25 Jan</p> <p><b>Work with student assignments</b></p>	<p>Tues 26 Jan</p>	<p>Wed 27 Jan</p>	<p>Thurs 28 Jan</p>	<p>Fri 29 Jan</p>
<p>Week 5 Mon 01 Feb</p>	<p><b>Tues 2 Feb</b> (Obj. 1, 3) <i>Room 2180</i></p> <p><b>Part 1:</b> HIV/AIDS and nutrition (15.15-16.00) (TBD)</p> <p><b>Part 2:</b> <i>Student Presentations, part 1</i></p>	<p><b>Wed 3 Feb</b> (Obj. 1) <i>Room 2180</i></p> <p><b>Part 1 and 2:</b> <i>Student presentations</i> (13.15-16.00)</p>	<p><b>Thurs 4 Feb</b> (Obj. 1, 5, 8) <i>Room 2180</i></p> <p><b>Part 1 and 2:</b> Discussion of key concepts and terms, and of the achievements of the course objectives (AO, GU) (13.15-16.00)</p> <p>(All objectives, list of key concepts)</p>	<p>Fri 5 Feb</p>
<p>Week 6 <b>Study-week and exam</b> Mon 8 Feb</p>	<p>Tues 9 February</p>	<p>Wed 10 February</p>	<p>Thurs 11 February</p> <p><b>NOTE:</b> <b>Friday February 12</b> <b>FINAL EXAM</b> (NOTE: Course evaluations must be turned in at the start of the exam!)</p>	<p><b>Fri 12 Feb</b> <b>FINAL EXAM</b> <b>Room 2180</b> <b>9.00-12.00</b></p>

AB: Anne Bærug, Rikshospitalet  
 SD: Siri Damman, Rainforest Foundation Norway  
 WBE: Wenche Barth Eide, DN, UiO  
 AH: Anne Hatløy, Fafo  
 AO: Arne Oshaug, AUC  
 GU: Giske Ursin, DN, UiO  
 TBD: To be determined



## 7. Details of course

### ***Week 1: 5<sup>th</sup> -7<sup>th</sup> of January: Models and frameworks, malnutrition in a lifecourse perspective, challenges with nutrition measures as well as data collection***

The students will receive an introduction to theoretical models and frameworks. They will go through exercises to understand how these models help to focus and enhance understanding of a given problem or issue. They will learn to appreciate how the choice of model or framework is determined by the way a particular problem or issue is understood, and how these models and frameworks are instrumental in how problems are addressed.

We will discuss aspects of “life course approach to nutrition”, and challenges with measures of malnutrition. We will review symptoms and signs of malnutrition, the problems with the various measures, and be able to critically review nutrition related statistics and analyses.

The students will become familiar with ways in which data on the living standard in various populations may be sampled and used, and some of the methodological problems involved with sampling in certain populations.

We will also discuss the assignment the students will present in week 5 (February 3<sup>th</sup>).

### **a) 5<sup>th</sup>-6<sup>th</sup> of January: Models and framework**

#### *Learning objective*

- Provide examples of alternative theoretical frameworks and models for food and nutrition security analysis (objective 2)

#### *Literature*

- Eide WB (1982). The Nutrition Educator’s Role in Access to Food – From Individual Orientation to Social Orientation. *J. Nutrition Education* 14:14-17
- Jonsson U (1981). The causes of hunger. *Food and Nutrition Bulletin* 3, 1-9.

#### *Optional background literature*

- Furst T, Connors M, Bisogni CA, Sobal J, Falk LW (1996). Food Choice: A conceptual model of the process. *Appetite*, 26: 247-266.
- Oshaug A (1994). Nutrition security in Norway? A situation analysis. Supplement no 28 to *Scandinavian Journal of Nutrition/Näringsforskning* 38, 2-5.

### **b) 6<sup>th</sup> of January (part 2): The lifecycle approach to nutrition, malnutrition, challenges associated with measures of malnutrition and data sources**

#### *Learning objectives*

- Review selected core issues in nutrition analysis, including (objective 1)
  - Measures of nutritional status and challenges with these
  - Life course approach to nutrition: the underlying evidence
  - The double burden of nutrition related diseases; infectious and chronic:
- Describe current trends in the global food and nutrition situation and the global burden of disease (objective 3);
- Describe how changes in food and nutrition insecurity may be monitored, including

compiling and presenting data for national and international reports; (objective 5);

- Be familiar with key periodicals, recurrent international technical and policy reports and web-sites of relevance to nutrition (objective 8)

*Literature:*

- ACC/SCN Commission on the Nutrition Challenges of the 21st Century (2000). Ending Malnutrition by 2020: and Agenda for Change in the Millennium. Chapter 2: Global nutrition challenges: a life-cycle approach.  
<[http://www.unsystem.org/scn/Publications/UN\\_Report.PDF](http://www.unsystem.org/scn/Publications/UN_Report.PDF)>
- Darnton-Hill I, Nishida C, James WPT (2004). A life course approach to diet, nutrition and the prevention of chronic diseases. *Public Health Nutrition*: 7(1A), 101–121
- DeRose, Messer & Millman (1998). *Who's hungry? And how do we know?* Chapter 2: Measuring Hunger. Tokyo: United Nations University Press.  
<<http://www.unu.edu/unupress/unupbooks/uu22we/uu22we00.htm>>
- Mock, N. and Mason, J. (1999). Nutrition information systems for implementing child nutrition programs. *Asian Development Review*, vol. 17, nos. 1,2 pp 214-245
- SCN (2000). *The 4<sup>th</sup> Report on the World Nutrition Situation. Nutrition through the Life Cycle*. United Nations Administrative Committee on Coordination, Sub-Committee on Nutrition (ACC/SCN), Geneva, in Collaboration with the International Food Policy Research Institute (IFPRI). <http://www.unscn.org/layout/modules/resources/files/rwns4.pdf>
- UNICEF: *The State of the World's Children 2007– Women and Children: The Double Dividend of Gender Equality*. Statistics part <http://www.unicef.org/sowc/index.html>

*Optional background literature:*

- Latham (1997). *Human nutrition in the developing world*. Chapter 33: Assessment, analysis and surveillance of nutrition. Food and Nutrition Series – No. 29. FAO, Rome  
<[http://www.fao.org/documents/show\\_cdr.asp?url\\_file=/docrep/W0073E/W0073E00.htm](http://www.fao.org/documents/show_cdr.asp?url_file=/docrep/W0073E/W0073E00.htm)>.
- FANTA (2003). *Anthropometric indicators measurement guide*. Food and Nutrition Technical Assistance <<http://www.fantaproject.org/publications/anthropom.shtml>>
- Joint WHO/FAO Expert Consultation (2003). *Diet, nutrition and the prevention of chronic diseases*; WHO Technical Report series 916. WHO, Geneva, Switzerland  
[http://www.who.int/dietphysicalactivity/publications/trs916/en/gsfao\\_introduction.pdf](http://www.who.int/dietphysicalactivity/publications/trs916/en/gsfao_introduction.pdf)
- WHO (2004). *WHO Global Strategy on Diet, Physical Activity and Health, with resolution WHA57.17*  
<[http://www.who.int/dietphysicalactivity/strategy/eb11344/strategy\\_english\\_web.pdf](http://www.who.int/dietphysicalactivity/strategy/eb11344/strategy_english_web.pdf)>  
WHO 55.23 [http://www.who.int/gb/ebwha/pdf\\_files/WHA55/ewha5523.pdf](http://www.who.int/gb/ebwha/pdf_files/WHA55/ewha5523.pdf) [LINK?]
- Monteiro CA. et al. (2004). Socio-economic status and obesity in adult populations of developing countries: a review. *Bulletin of the World Health Organization*, 82(12):940-946  
<http://www.cpc.unc.edu/projects/china/Papers/Monteiro%20SES%20Obesity%20BWHO.pdf>

**c) 7<sup>th</sup> of January: How to collect data? Examples from IDPs in Northern Uganda and Street Children and Child Beggars in West Africa.**

*Learning objectives:*

- Describe how changes in food and nutrition insecurity may be monitored, including compiling and presenting data for national and international reports (objective 5)

*Literature:*

The students will have to read the parts related to *methods* in the following two reports. The rest of the reports are optional reading

- The Republic of Uganda (2007). Returning to Uncertainty? Addressing vulnerability on Northern Uganda. The Northern Uganda Livelihood Study. The Office of the Prime Minister, Fafo AIS (Fafo Institute for Applied International Studies, Oslo, Norway), the Ugandan Bureau of Statistics (UBOS) with United Nations Development Programme in Uganda. <http://www.fafo.no/nyhet/return2uncertainty.pdf>
- Hatløy A and Huser A (2005). Identification of street children. Characteristics of Street Children in Bamako and Accra. Fafo Research Program on trafficking and Child Labour. Fafo report 474. <http://www.fafo.no/pub/rapp/474/474.pdf>

***Week 2: 12<sup>th</sup> – 14<sup>th</sup> of January: Assessing the nutritional situation, underlying causes of poor nutrition, child growth standards and the role of international bodies in shifting focus to nutrition***

This week we will review sources of data on the nutritional situation both globally and within Norway. The students will broaden their insights on underlying causes of malnutrition: food insecurity, inadequate care and inadequate prevention and control of disease. They will learn about the new international WHO child growth standards and why they were developed. Finally the students will learn about the role of international key bodies in reporting on and creating attention around important nutrition themes from the 1970ies until today.

**a) 12<sup>th</sup> of January: Assessing the global nutrition status: sources of global data as well as dietary assessment in Norway**

*Learning objectives:*

- Become familiar with sources of data that can be used to assess the global nutrition situation
- Review selected core issues in nutrition analysis, including (Objective 1)
  - Approaches to measuring nutritional status
  - Life course approach to nutrition: the underlying evidence
  - The nutrition transition;
- Describe how changes in food and nutrition insecurity may be monitored, including compiling and presenting data for national and international reports (Objective 5)

*Literature:*

- Internet resources from the UN and International organizations (FAO/, WHO, UNICEF, UNDP, World Bank, FANTA)
- Presentation and other resources handed out that day

**b) 13<sup>th</sup> of January: “Underlying causes”: definitions, concepts, operationalisation**

*Learning objectives:*

- Review selected core issues in nutrition analysis, including (objective 1)
  - Assessment of food and nutrition security – outcome vs. process;
- Describe current trends in the global food and nutrition situation and the global burden of disease (Objective 3);
- Provide an overview of the key UN agencies and private organizations as sources of important information on the global and national nutrition situation (Objective 6);
- Be familiar with key periodicals, recurrent international technical and policy reports and web-sites of relevance to nutrition (Objective 8)

*Literature:*

- FAO (1996), *World Food Summit: Rome Declaration on World Food Security, and World Food Summit Plan Of Action*. FAO, Rome.  
[http://www.fao.org/documents/show\\_cdr.asp?url\\_file=/docrep/003/w3613e/w3613e00.htm](http://www.fao.org/documents/show_cdr.asp?url_file=/docrep/003/w3613e/w3613e00.htm)
- FAO (2005). *The State of Food Insecurity in the World (SOFI)*, Rome  
<[http://www.fao.org/documents/show\\_cdr.asp?url\\_file=/docrep/008/a0200e/a0200e00.htm](http://www.fao.org/documents/show_cdr.asp?url_file=/docrep/008/a0200e/a0200e00.htm)>
- Jonsson U (1981). The causes of hunger. *Food and Nutrition Bulletin* 3, 1-9.
- SCN (2004). *The 5<sup>th</sup> Report on the World Nutrition Situation*. United Nations Administrative Committee on Coordination, Sub-Committee on Nutrition (ACC/SCN), Geneva. <http://www.unscn.org/layout/modules/resources/files/rwns5.pdf>
- Oshaug A (1994). Nutrition security in Norway? A situation analysis. Supplement no 28 to *Scandinavian Journal of Nutrition/Näringsforskning* Chapter 3.7 (pp 27-29)
- WHO: *World Health Report(s) 2004, 2005, 2006* <<http://www.who.int/whr/en/>>

*Optional background literature:*

- Furst T, Connors M, Bisogni CA, Sobal J, Falk LW (1996). Food Choice: A conceptual model of the process. *Appetite*, 26: 247-266.
- Benson T (2004). Assessing Africa's Food and Nutrition Security Situation. 2020 Africa Conference brief 1 (*short version, handed out*)
- Maxwell S and Smith M (1992). Household Food Security: A Conceptual Review. Part I in: *Household Food Security: Concepts, Indicators, Measurements*. IFAD/UNICEF  
<<http://www.ifad.org/gender/tools/hfs/hfspub/>>
- SCN (2000). *The 4<sup>th</sup> Report on the World Nutrition Situation. Nutrition through the Life Cycle*. United Nations Administrative Committee on Coordination, Sub-Committee on Nutrition (ACC/SCN), Geneva, in Collaboration with the International Food Policy Research Institute (IFPRI). <http://www.unscn.org/layout/modules/resources/files/rwns4.pdf>
- UNICEF: *The State of the World's Children 2005– Childhood under threat*. Statistics part  
<http://www.unicef.org/sowc/index.html>

**c) 14<sup>th</sup> of January (part 1): The new WHO global child growth standards**

*Learning objective:*

- Review the new WHO global child growth standards (Objective 1)

*Literature:*

- Garza C, de Onis M. (2004). Rationale for developing a new international growth reference (pp 5-14). In the WHO Multicentre Growth Reference Study (MGRS). Rationale, planning, and implementation Mercedes de Onis (WHO), Cutberto Garza (UNU), Cesar G. Victora (Brazil), Maharaj K. Bhan (India), and Kaare R. Norum (Norway), guest editors. <http://www.unu.edu/unupress/food/fnb25-1s-WHO-1.pdf>
- WHO Multicentre Growth Reference Study Group (2006). Assessment of differences in linear growth among populations in the WHO Multicentre Growth Reference Study. *Acta Paediatr Suppl* 2006 Apr;450:56-65. [http://www.who.int/childgrowth/standards/Difference\\_linear\\_growth.pdf](http://www.who.int/childgrowth/standards/Difference_linear_growth.pdf)
- De Onis M, Onyango AW, Borghi E, Garza C, Yang H (2006). Comparison of the World Health Organization (WHO) Child Growth Standards and the National Center for Health Statistics/WHO international growth reference: implications for child health programmes. *Public Health Nutr* 2006 Oct;9(7):942-7. [http://www.who.int/childgrowth/publications/Comparison\\_implications.pdf](http://www.who.int/childgrowth/publications/Comparison_implications.pdf)

*Optional background literature*

- WHO Multicentre Growth Reference Study Group (2006). WHO Child Growth Standards based on length/height, weight and age. *Acta Paediatr Suppl* 2006 Apr;450:76-85. [http://www.who.int/childgrowth/standards/Acta\\_95\\_S450.pdf](http://www.who.int/childgrowth/standards/Acta_95_S450.pdf)
- WHO Multicentre Growth Reference Study Group (2004). Implementation of the WHO Multicentre Growth Reference Study in Norway. (pp 66-71) In the WHO Multicentre Growth Reference Study (MGRS): Rationale, planning, and implementation. Mercedes de Onis (WHO), Cutberto Garza (UNU), Cesar G. Victora (Brazil), Maharaj K. Bhan (India), and Kaare R. Norum (Norway), guest editors. UN University <http://www.unu.edu/unupress/food/fnb25-1s-WHO-1.pdf>

**a) 14<sup>th</sup> of January (part 2): The role of international actors and the changing focus in nutrition since the 1970'ies**

*Learning objectives:*

- Describe the outcomes relevant to nutrition from major intergovernmental conferences over the last three decades, with emphasis on the World Food Summits and the Millennium Summit, and their follow-up (Objective 7);
- Be familiar with key periodicals, recurrent international technical and policy reports and web-sites of relevance to nutrition (Objective 8)

*Literature:*

- Atkins P and Bowler I (2001). Food production and population. Chapter 9 in *“Food and Society. Economy, Culture and Geography”*.
- UN General Assembly (1974): Universal Declaration on the Eradication of Hunger and Malnutrition. Adopted on 16 November 1974 by the World Food Conference convened in Rome under General Assembly resolution 3180 (XXVIII) of 17 December 1973. <http://www.unhchr.ch/html/menu3/b/69.htm>
- Resolution V - Nutrition" from World Food Conference 1974
- FAO & WHO (1992): *World Declaration and Plan of Action for Nutrition, ICN*. <http://www.fao.org/ag/agn/nutrition/icn/icndec.htm>

- FAO (1996). *World Food Summit: Rome Declaration on World Food Security, and World Food Summit Plan Of Action*. FAO, Rome.  
[http://www.fao.org/documents/show\\_cdr.asp?url\\_file=/docrep/003/w3613e/w3613e00.htm](http://www.fao.org/documents/show_cdr.asp?url_file=/docrep/003/w3613e/w3613e00.htm)
- FAO (2002). *World Food Summit: five years later: Declaration*. FAO, Rome.  
<<http://www.fao.org/DOCREP/MEETING/005/Y7106E/Y7106E09.htm#TopOfPage>>
- Millennium Development Goals (MDG)  
<[http://millenniumindicators.un.org/unsd/mi/mi\\_goals.asp](http://millenniumindicators.un.org/unsd/mi/mi_goals.asp)>
- Additional literature handed out or referred to in class!

*Optional background literature*

- UN General Assembly (2001). Road map towards the implementation of the United Nations Millennium Declaration Report of the Secretary-General. Fifty-sixth session Item 40 of the provisional agenda. Follow-up to the outcome of the Millennium Summit.  
<<http://daccessdds.un.org/doc/UNDOC/GEN/N01/526/07/PDF/N0152607.pdf?OpenElement>>[LINK?]
- UN Millennium Project <<http://www.unmillenniumproject.org/>>
- Millennium Declaration <<http://www.un.org/millennium/declaration/ares552e.htm>>

***Week 3: 19<sup>th</sup> –21<sup>st</sup> of January: World nutrition situation over time, current food crisis and nutrition in vulnerable groups***

The students will learn about shifts in focus in international reports on the World Nutrition Situation over time, and will learn about current food crisis and international developments affecting nutrition and food security.

The students will broaden their understanding of hunger and poverty in the context of global and national policy, and the role of access to and control over resources as well as management of these. This will be exemplified with data on the indigenous people from the Americas.

**a) 19<sup>th</sup> – 20<sup>th</sup> of January: Highlights from summit, current food crisis and time for new thinking**

*Learning objectives:*

- Describe current trends in the global food and nutrition situation and the global burden of disease (Objective 3);
- Describe how changes in diets and food insecurity and nutrition and livelihood insecurity may be monitored, including compiling and presenting data for national and international reports (Objective 5);
- Provide an overview of the key UN agencies and private organizations as sources of important information on the global and national nutrition situation (objective 6);
- Be familiar with key periodicals, recurrent international technical and policy reports and web-sites of relevance to nutrition (lists to be composed during the course) (objective 8)
- Learn about current (2009) food price crisis and Food Summit.
- Describe current trends in the global food and nutrition situation and the global burden of disease (Objective 3)

*Literature:*

- SCN (2004). *The 5<sup>th</sup> Report on the World Nutrition Situation*. United Nations Administrative Committee on Coordination, Sub-Committee on Nutrition (ACC/SCN), Geneva. <http://www.unscn.org/layout/modules/resources/files/rwns5.pdf>
- SCN (2000). *The 4<sup>th</sup> Report on the World Nutrition Situation. Nutrition through the Life Cycle*. United Nations Administrative Committee on Coordination, Sub-Committee on Nutrition (ACC/SCN), Geneva, in Collaboration with the International Food Policy Research Institute (IFPRI). <http://www.unscn.org/layout/modules/resources/files/rwns4.pdf>
- SCN reports no 1-6; <<http://www.unsystem.org/scn/Publications/html/RWNS.html>>
- Additional literature handed out or referred to in class!

**b) 21<sup>st</sup> of January: Vulnerable groups and nutrition**

*Learning objective:*

- Describe current trends in the global food and nutrition situation and the global burden of disease (Objective 3);
- Describe and discuss societal factors affecting vulnerability to food and nutrition insecurity and poverty (Objective 4)

*Literature:*

- Damman S (2005). Nutritional vulnerability in indigenous children of the Americas. Chapter 5 in: *Exclusion and vulnerability in Indigenous People*. Eds: R. Eversole, J. McNeish, and A. Cindamore. Crop Poverty Series. London: Zed Books. Sen A (1990). Public Action to Remedy Hunger. Tanco Memorial Lecture, 2 August 1990, London
- Jonsson U (1997). *Malnutrition in South Asia*. Chapter 4 in: *Nutrition and Poverty*. In *Nutrition and Poverty*. Papers from the ACC/SCN 24<sup>th</sup> Session Symposium Kathmandu, March 1997. Administrative Committee on Coordination, Sub-Committee on Nutrition. Symposium Report, Nutrition Policy Paper # 16, November 1997  
<http://www.unsystem.org/scn/archives/npp16/index.htm>

*Optional background literature*

- Banik D (2007). *Starvation and India's Democracy*. Routledge Advances in South Asian Studies. Routledge. <http://www.routledge.com/books/Starvation-and-Indias-Democracy-isbn9780415407298>
- Benson T (2004). *Assessing Africa's Food and Nutrition Security Situation. Where Are We and How did We Get There?* International Food Policy Research Institute (IFPRI), 2020 Discussion paper 37. Washington D.C. <<http://www.ifpri.org/2020/dp/dp37/2020dp37.pdf>>
- Osmani S (1997). *Poverty and Nutrition in South Asia*. In *Nutrition and Poverty*. Papers from the ACC/SCN 24<sup>th</sup> Session Symposium Kathmandu, March 1997. United Nations Administrative Committee on Coordination, Sub-Committee on Nutrition. Symposium Report, Nutrition Policy Paper # 16, November 1997  
<http://www.unsystem.org/scn/archives/npp16/index.htm>

**c) TBD**

## ***Week 4: 26<sup>th</sup> – 28<sup>th</sup> January: Student Assignments***

### ***Week 5: 2<sup>nd</sup> – 4<sup>th</sup> of February: The HIV/AIDS epidemic as it relates to nutrition, and the monitoring of progress within nutrition internationally***

The students will understand the multifaceted problems that HIV/AIDS add to peoples' lives and in particular their nutrition situation.

The students will also make their own presentations based in their chosen subjects, and present the results to the class on the 3<sup>th</sup> of February.

At the end of the week we will have a discussion of key concepts and terms, and on whether the course objectives have been achieved.

#### **a) 2nd of February, part 2: Nutrition and HIV/AIDS**

*Learning objective:*

- Review selected core issues in nutrition analysis, including
  - Nutrition and HIV/AIDS

*Literature:*

- Haddad Lawrence and Gillespie Stuart (2001). Effective food and nutrition policy responses to HIV/AIDS: what we know and what we need to know (p 487-511), Published Online: 3 Jul 2001, DOI: 10.1002/jid.799  
<http://www3.interscience.wiley.com/cgi-bin/fulltext/84504069/PDFSTART>

*Optional background literature*

- Gillespie, Stuart (ed.) (2006). AIDS, poverty, and hunger: Challenges and responses. International Food Policy Research Institute, Washington, D.C.  
<http://www.ifpri.org/pubs/books/oc50.asp>

#### **b) 4<sup>th</sup> of February: Monitoring progress, summary**

Discussion of key concepts and terms

*Learning objectives:*

- Review selected core issues in nutrition analysis, including (Objective 1)
  - Approaches to measuring nutritional status
  - The ongoing work on the new global growth reference standards
  - The Millennium Development Goals and their nutritional dimensions;
- Review the key UN agencies and private organizations as sources of important information on the global and national nutrition situation (Objective 6);
- Review with key periodicals, recurrent international technical and policy reports and web-sites of relevance to nutrition (lists to be composed during the course) (Objective 8)

*Literature:*

- FAO (2003). Measurement and Assessment of Food Deprivation and Undernutrition FIVIMS. An Inter-Agency Initiative to Promote Information and Mapping Systems on Food Insecurity and Vulnerability. Proceeding. International Scientific Symposium,



Rome, 26-28 June 2002. Symposium Convened by the Agriculture and Economic Development Analysis Divisions

<http://www.fao.org/DOCREP/005/Y4249E/y4249e00.htm>

### **Week 6: Study week and exam (8<sup>th</sup> – 12<sup>th</sup> of February)**

Self studies followed by exam the 12<sup>th</sup> of February

## **8. Course evaluation**

Participants' evaluation of the course is important for its continuing improvement, and every participant is therefore required to hand in an evaluation form on the day of the exam. Evaluation forms will be handed out in the beginning of the last week and should be filled in and delivered to the exam supervisors in the morning of the exam day. Those who fail to do so must fill in the form before leaving the exam room. The evaluation is anonymous.

## **9. Reading material**

*Literature: (Partial, additional references or material can be handed out in class)*

ACC/SCN Commission on the Nutrition Challenges of the 21st Century (2000). Ending Malnutrition by 2020: and Agenda for Change in the Millennium. Chapter 2: Global nutrition challenges: a life-cycle approach.

[http://www.unsystem.org/scn/Publications/UN\\_Report.PDF](http://www.unsystem.org/scn/Publications/UN_Report.PDF)

Atkins P and Bowler I (2001). Food production and population. Chapter 9 in "*Food and Society. Economy, Culture and Geography*". Arnold.

Banik D (2007). Starvation and India's Democracy. Routledge Advances in South Asian Studies. Routledge. <http://www.routledge.com/books/Starvation-and-Indias-Democracy-isbn9780415407298>

Damman S (2005). Nutritional vulnerability in indigenous children of the Americas. Chapter 5 in: *Exclusion and vulnerability in Indigenous People*. Eds: R. Eversole, J. McNeish, and A. Cindamore. Crop Poverty Series. London: Zed Books.

Darnton-Hill I, Nishida C, James WPT (2004). A life course approach to diet, nutrition and the prevention of chronic diseases. *Public Health Nutrition*: 7(1A), 101–121

De Onis M, Onyango AW, Borghi E, Garza C, Yang H. (2006). Comparison of the World Health Organization (WHO) Child Growth Standards and the National Center for Health Statistics/WHO international growth reference: implications for child health programmes. *Public Health Nutr* 2006 Oct;9(7):942-7.

[http://www.who.int/childgrowth/publications/Comparison\\_implications.pdf](http://www.who.int/childgrowth/publications/Comparison_implications.pdf)

DeRose, Messer E & Millman S (1998). *Who's hungry? And how do we know?* Chapter 2: Measuring Hunger. Tokyo: United Nations University Press.

<http://www.unu.edu/unupress/unupbooks/uu22we/uu22we00.htm>

Drewnowski A and Popkin BM (1997). The Nutrition Transition: New Trends in the Global Diet. *Nutrition Reviews* 55(2):31-34.

Eide WB (1982). The Nutrition Educator's Role in Access to Food – From Individual Orientation to Social Orientation. *J. Nutrition Education* 14:14-17

FAO & WHO (1992). *World Declaration and Plan of Action for Nutrition, ICN*.

[http://www.who.int/nut/documents/icn\\_declaration.pdf](http://www.who.int/nut/documents/icn_declaration.pdf)

- FAO (1996). *World Food Summit: Rome Declaration on World Food Security, and World Food Summit Plan Of Action*. FAO, Rome.  
[http://www.fao.org/documents/show\\_cdr.asp?url\\_file=/docrep/003/w3613e/w3613e00.htm](http://www.fao.org/documents/show_cdr.asp?url_file=/docrep/003/w3613e/w3613e00.htm)
- FAO (2002). *World Food Summit: five years later: Declaration*. FAO, Rome.  
<http://www.fao.org/DOCREP/MEETING/005/Y7106E/Y7106E09.htm#TopOfPage>
- FAO (2003). Measurement and Assessment of Food Deprivation and Undernutrition FIVIMS. An Inter-Agency Initiative to Promote Information and Mapping Systems on Food Insecurity and Vulnerability. Proceeding. International Scientific Symposium, Rome, 26-28 June 2002. Symposium Convened by the Agriculture and Economic Development Analysis Divisions  
<http://www.fao.org/DOCREP/005/Y4249E/y4249e00.htm>
- FAO (2005). *The State of Food Insecurity in the World (SOFI)*, Rome  
[http://www.fao.org/documents/show\\_cdr.asp?url\\_file=/docrep/008/a0200e/a0200e00.htm](http://www.fao.org/documents/show_cdr.asp?url_file=/docrep/008/a0200e/a0200e00.htm)
- Garza C, de Onis M.(2004). Rationale for developing a new international growth reference (pp 5-14) In the WHO Multicentre Growth Reference Study (MGRS): Rationale, planning, and implementation. Mercedes de Onis (WHO), Cutberto Garza (UNU), Cesar G. Victora (Brazil), Maharaj K. Bhan (India), and Kaare R. Norum (Norway), guest editors. UN University. <http://www.unu.edu/unupress/food/fnb25-1s-WHO-1.pdf>
- Haddad Lawrence and Gillespie Stuart (2001). Effective food and nutrition policy responses to HIV/AIDS: what we know and what we need to know (p 487-511), Published Online: 3 Jul 2001, DOI: 10.1002/jid.799  
<http://www3.interscience.wiley.com/cgi-bin/fulltext/84504069/PDFSTART>
- Hatløy A and Huser A (2005). Identification of street children. Characteristics of Street Children in Bamako and Accra. Fafo Research Program on trafficking and Child Labour. Fafo report 474. <http://www.faf.no/pub/rapp/474/474.pdf>
- Jonsson U (1981). The causes of hunger. *Food and Nutrition Bulletin* 3, 1-9.
- Jonsson U (1997). *Malnutrition in South Asia*. Chapter 4 in: *Nutrition and Poverty*. In *Nutrition and Poverty*. Papers from the ACC/SCN 24<sup>th</sup> Session Symposium Kathmandu, March 1997. Administrative Committee on Coordination, Sub-Committee on Nutrition. Symposium Report, Nutrition Policy Paper # 16, November 1997  
<http://www.unsystem.org/scn/archives/npp16/index.htm>
- Mock N and Mason J (1999). Nutrition information systems for implementing child nutrition programs. *Asian Development Review*, vol. 17, nos. 1,2 pp 214-245
- Monteiro CA. et al. (2004). Socio-economic status and obesity in adult populations of developing countries: a review. *Bulletin of the World Health Organization*, 82(12):940-946  
<http://www.cpc.unc.edu/projects/china/Papers/Monteiro%20SES%20Obesity%20BWHO.pdf>
- Oshaug A (1994). Nutrition security in Norway? A situation analysis. Supplement no 28 to *Scandinavian Journal of Nutrition/Näringsforskning* 38, 2-5 and 27-29.
- SCN *Reports on the World Nutrition Situation* no 1-5 United Nations Administrative Committee on Coordination, Sub-Committee on Nutrition (ACC/SCN), Geneva, in Collaboration with the International Food Policy Research Institute (IFPRI).  
<http://www.unscn.org/en/publications/rwns>
- Sen A (1990). Public Action to Remedy Hunger. Tanco Memorial Lecture, 2 August 1990, London <http://www.thp.org/reports/sen/sen890.htm>
- The Republic of Uganda (2007). Returning to Uncertainty? Addressing vulnerability on

Northern Uganda. The Northern Uganda Livelihood Study. The Office of the Prime Minister, Fafo AIS (Fafo Institute for Applied International Studies, Oslo, Norway), the Ugandan Bureau of Statistics (UBOS) with United Nations Development Programme in Uganda. <http://www.fafo.no/nyhet/return2uncertainty.pdf>

UNICEF: *The State of the World's Children 2007*– Statistics part  
<http://www.unicef.org/sowc/index.html>

UN General Assembly (1974). Universal Declaration on the Eradication of Hunger and Malnutrition. Adopted on 16 November 1974 by the World Food Conference convened under General Assembly resolution 3180 (XXVIII) of 17 December 1973.  
<<http://www.unhchr.ch/html/menu3/b/69.htm>> NB: Resolution V - Nutrition" from the above World Food Conference 1974 will be handed out

Joint WHO/FAO Expert Consultation (2003): *Diet, nutrition and the prevention of chronic diseases*; WHO Technical Report series 916. WHO, Geneva, Switzerland  
[http://whqlibdoc.who.int/trs/WHO\\_TRS\\_916.pdf](http://whqlibdoc.who.int/trs/WHO_TRS_916.pdf)

WHO (2004). WHO Global Strategy on Diet, Physical Activity and Health, with resolution WHA57.17  
<[http://www.who.int/dietphysicalactivity/strategy/eb11344/strategy\\_english\\_web.pdf](http://www.who.int/dietphysicalactivity/strategy/eb11344/strategy_english_web.pdf)>  
> WHO 55.23 [http://www.who.int/gb/ebwha/pdf\\_files/WHA55/ewha5523.pdf](http://www.who.int/gb/ebwha/pdf_files/WHA55/ewha5523.pdf)

WHO: World Health Report(s) 2004, 2005, 2006 <<http://www.who.int/whr/en/>>

WHO Multicentre Growth Reference Study Group (2006). Assessment of differences in linear growth among populations in the WHO Multicentre Growth Reference Study. *Acta Paediatr Suppl* 2006 Apr;450:56-65.  
[http://www.who.int/childgrowth/standards/Difference\\_linear\\_growth.pdf](http://www.who.int/childgrowth/standards/Difference_linear_growth.pdf)

#### *Optional background literature*

Benson T (2004). Assessing Africa's Food and Nutrition Security Situation. Where Are We and How did We Get There? International Food Policy Research Institute (IFPRI), 2020 Discussion paper 37. Washington D.C.  
<<http://www.ifpri.org/2020/dp/dp37/2020dp37.pdf>>

FANTA (2003). *Anthropometric indicators measurement guide*. Food and Nutrition Technical Assistance <<http://www.fantaproject.org/publications/anthropom.shtml>>

Furst T, Connors M, Bisogni CA, Sobal J, Falk LW (1996). Food Choice: A conceptual model of the process. *Appetite*, 26: 247-266.

Gillespie, Stuart (ed.) (2006). *AIDS, poverty, and hunger: Challenges and responses*. International Food Policy Research Institute, Washington, D.C.  
<http://www.ifpri.org/pubs/books/oc50.asp>

Latham (1997). *Human nutrition in the developing world*. Chapter 33: Assessment, analysis and surveillance of nutrition. Food and Nutrition Series – No. 29. FAO, Rome  
[http://www.fao.org/documents/show\\_cdr.asp?url\\_file=/docrep/W0073E/W0073E00.htm](http://www.fao.org/documents/show_cdr.asp?url_file=/docrep/W0073E/W0073E00.htm)

Maxwell S and Smith M (1992). Household Food Security: A Conceptual Review. Part I in: *Household Food Security: Concepts, Indicators, Measurements*. IFAD/UNICEF  
<<http://www.ifad.org/gender/tools/hfs/hfspub/>>

Osmani S (1997). Poverty and Nutrition in South Asia. In *Nutrition and Poverty*. Papers from the ACC/SCN 24<sup>th</sup> Session Symposium Kathmandu, March 1997. United Nations Administrative Committee on Coordination, Sub-Committee on Nutrition. Symposium Report, Nutrition Policy Paper # 16, November 1997  
<http://www.unsystem.org/scn/archives/npp16/index.htm>

UN General Assembly (2001). Road map towards the implementation of the United Nations Millennium Declaration Report of the Secretary-General. Fifty-sixth session Item 40 of the provisional agenda. Follow-up to the outcome of the Millennium Summit.  
<http://daccessdds.un.org/doc/UNDOC/GEN/N01/526/07/PDF/N0152607.pdf?OpenElement>

UN Millennium Project <<http://www.unmillenniumproject.org/>>

- Millennium Declaration  
<<http://www.un.org/millennium/declaration/ares552e.htm>>
- Millennium Development Goals (MDG)  
<[http://millenniumindicators.un.org/unsd/mi/mi\\_goals.asp](http://millenniumindicators.un.org/unsd/mi/mi_goals.asp)>

WHO Multicentre Growth Reference Study Group (2004). Implementation of the WHO Multicentre Growth Reference Study in Norway. (pp 66-71) In the WHO Multicentre Growth Reference Study (MGRS): Rationale, planning, and implementation. Mercedes de Onis (WHO), Cutberto Garza (UNU), Cesar G. Victora (Brazil), Maharaj K. Bhan (India), and Kaare R. Norum (Norway), guest editors. UN University  
<http://www.unu.edu/unupress/food/fnb25-1s-WHO-1.pdf>

WHO Multicentre Growth Reference Study Group (2006). WHO Child Growth Standards based on length/height, weight and age. Acta Paediatr Suppl 2006 Apr;450:76-85.  
[http://www.who.int/childgrowth/standards/Acta\\_95\\_S450.pdf](http://www.who.int/childgrowth/standards/Acta_95_S450.pdf)

**Additional: Various Internet resources from the UN and International organizations (FAO/, WHO, UNICEF, UNDP, World Bank, FANTA)**

*The course literature is subject to possible update and revision*