



## Direct nutrition interventions

*Transform Nutrition’s research is structured around three questions. Here we describe our first enquiry, into direct nutrition interventions.*

**? How can direct interventions targeted at the window of opportunity be prioritised, scaled up and sustained in different settings?**

Considerable progress has been made in recent years to understand the causes and consequences of undernutrition. However, approaches for scaling up direct interventions are not well understood. In particular, we need to know more about scaling up programmes that offer adequate quality and intensity, and are targeted at a child’s first 1,000 days.

Direct nutrition interventions target the immediate causes of undernutrition; dietary intake and the prevention or cure of disease. The Lancet recommended 16 interventions for implementation at scale in countries with a high burden of undernutrition.

Despite progress in understanding the technical aspects of nutrition intervention design, there is

a dearth of actionable research on how to scale-up and sustain such interventions. To address this we are finding out:

**? How essential ingredients of direct nutrition interventions (e.g. capacity, commitment, quality, intensity and scale) are in place, and effectively combined in real-world contexts?**

**? What is the appropriate scale and scope of private sector involvement in undernutrition reduction, including its strengths and limitations?**



Frederic Courbet / Panos for Save the Children

### **To this end we will:**

- identify mechanisms for alleviating constraints to scaling up;
- investigate private sector involvement in scaling up direct nutrition interventions;
- investigate operational features that enhance, or detract from, quality service delivery;
- analyse cost-effectiveness of bundles of direct interventions.



## Indirect nutrition

### interventions

*Transform Nutrition’s research is structured around three questions. Here we describe our second enquiry, into indirect nutrition interventions.*

Direct interventions need to be complemented by interventions that address the underlying causes of undernutrition. These are sometimes called indirect interventions. The question that our research is framed around is:

**How can social protection, agriculture and women’s empowerment programmes have a greater impact on reducing undernutrition, during the critical window of opportunity?**

To find out we’re focusing on three areas:

- social transfers and social protection;
- food security and agriculture; and
- women’s empowerment.



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*The questions we’re addressing are:*

? What are the mechanisms by which the synergistic effects of social protection and direct nutrition interventions can be maximised?

Under what conditions is agricultural growth most likely to lead to reductions in undernutrition?

? How can interventions that increase agricultural productivity and agricultural incomes be designed in such a way that they increase their impact on undernutrition?

? How can gendered-governance interventions create conditions under which undernutrition can be rapidly reduced?

? In a given context, where should the balance of effort lie; in creating opportunities that directly empower women, in making governance more gender sensitive, or more broadly in terms of influencing wider gender norms?