



Delivering for Nutrition in South Asia: Equity and Inclusion

Capturing 10 years of field learnings for delivering nutrition care and support for girls and women in South Asia: Articles from ENN

Securing access to nutritious foods, along with essential nutrition services, positive nutrition practices and care is fundamental to girls' and women's nutrition, well-being and survival. For women who become pregnant, the chances of having a healthy pregnancy are higher if they are well-nourished even before conception.

In the past decade, there has been important progress made for delivering nutritious foods, nutrition services and social protection services in South Asia. However, inequities persist and millions of women and children under five years still face nutrition risks such as anaemia, underweight, obesity, and micronutrient deficiencies.

Solutions do exist. There has been evidence from efficacy and effectiveness trials on interventions that work, highlighting the various intersecting pathways that need to be addressed to achieve impact on nutritional status. Over the last ten years, Emergency Nutrition Network (ENN) has worked with others to improve knowledge, stimulate learning, build evidence, and support practitioners and decision-makers involved in nutrition to publish programmatic experiences and learning from South Asia, focusing on the nutrition of women and girls.

We collated field articles and reports published over the period 2013-2023 by ENN. Organised by theme and by country, this collection of over 50 articles from ENN's publications aims to capture ten years of field stories and evidence highlighting nutrition care for girls and women across seven countries in South Asia.



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Field Exchange is ENN's flagship magazine. It enables the publication of peer-to-peer programmatic experiences and the sharing of learning. Anyone can write articles for Field Exchange and we welcome suggestions for articles on nutrition policy, programming and research at any time. To find out more, please visit: <https://www.ennonline.net/fex/writeforus>.

AFGHANISTAN

- > Screening for maternal and child malnutrition ([Link](#))
- > Integrating antenatal nutrition into mobile clinics ([Link](#))
- > Addressing adolescent anaemia ([Link](#))
- > Addressing maternal nutrition service delivery gaps ([Link](#))

PAKISTAN

- > Multisector drought response ([Link](#))
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- > Maternal nutrition services at sub-national level ([Link](#))
- > Integrating nutrition into primary health care ([Link](#))
- > Developing a nutrition communications strategy ([Link](#))

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- > Fortifying school meals ([Link](#))
- > Linking female community health and nutrition workers ([Link](#))
- > Ensuring pregnancy weight gain ([Link](#))
- > Developing a maternal service package ([Link](#))
- > Combining a mid-day meal and health service package ([Link](#))
- > Bringing maternal nutrition services to scale ([Link](#))
- > Managing at risk mothers and infants under 6 months ([Link](#))
- > Supporting healthy growth in infants ([Link](#))
- > Early lessons from integrating health and nutrition for women & girls ([Link](#))
- > Improving eating habits at school ([Link](#))
- > Health System Strengthening to improve antenatal services ([Link](#))
- > Adapting the MAMI Care Pathway Package ([Link](#))
- > Realising rights and livelihoods among tribal populations ([Link](#))

SRI LANKA

- > Addressing the double burden of maternal malnutrition ([Link](#))
- > Promoting indigenous foods for healthier diets ([Link](#))

BHUTAN

- > Creating an enabling environment for malnutrition nutrition ([Link](#))
- > Addressing micronutrient gaps to reduce anaemia ([Link](#))

BANGLADESH

- > Building resilience to poverty & climate change ([Link](#))
- > Integrating health, nutrition and WASH ([Link](#))
- > Diet counselling for pregnant women ([Link](#))
- > Midday meals in schools ([Link](#))
- > Multisectoral responses to improve nutrition ([Link](#))
- > Implementing multi-sectoral programmes at sub-national level ([Link](#))
- > Strengthening information systems to improve maternal nutrition ([Link](#))
- > Delivering maternal nutrition interventions at scale ([Link](#))
- > Improving social protection programmes for nutrition ([Link](#))
- > Adolescent Girl Power Groups ([Link](#))
- > Improving adolescents' food choices ([Link](#))

NEPAL

- > Designing adolescent nutrition programmes ([Link](#))
- > What helped improve maternal anaemia? ([Link](#))
- > Integrating maternal nutrition into health service platforms ([Link](#))
- > Meeting global nutrition targets 2025 ([Link](#))
- > Nutrition sensitive agriculture ([Link](#))
- > Integrating family planning in nutrition programmes ([Link](#))
- > Nutrition sensitive WASH programming ([Link](#))
- > Multisector nutrition programming ([Link](#))
- > Municipal budget allocation for nutrition ([Link](#))
- > Nutrition sensitive permaculture ([Link](#))
- > Multisectoral nutrition programming at sub-national level ([Link](#))

MULTI-COUNTRY

- > Field Exchange Special Issue on Child Wasting in South Asia ([Link](#))
- > Nutrition Exchange South Asia Special Issue on Maternal Nutrition ([Link](#))
- > Improving maternal nutrition in South Asia ([Link](#))
- > South Asia and child wasting ([Link](#))
- > The double burden of malnutrition among young children ([Link](#))
- > Weekly iron & folic acid supplementation for adolescent girls ([Link](#))
- > Multiple micronutrient supplementation in pregnancy ([Link](#))