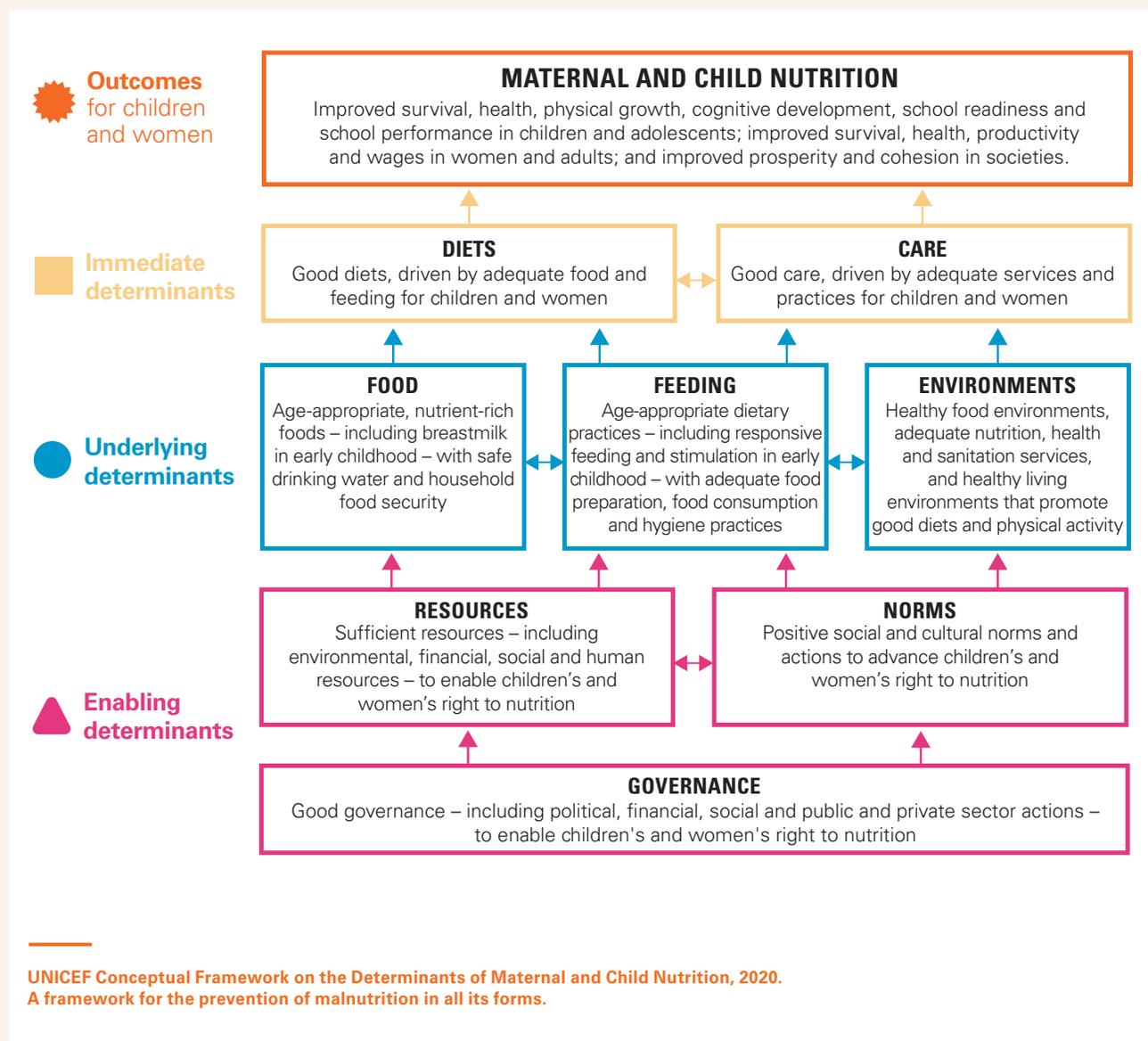


CONCEPTUAL FRAMEWORK

The UNICEF Nutrition Strategy 2020–2030 introduces UNICEF’s Conceptual Framework on the Determinants of Maternal and Child Nutrition, 2020. The Framework, which builds on previous conceptual work by UNICEF, acknowledges the triple burden of malnutrition driven by poor diets and poor care services and practices, and highlights the role of diets and care as immediate determinants of maternal and child nutrition.

Using a positive narrative about what contributes to good nutrition in children and women, the Framework provides conceptual clarity on the enabling, underlying and immediate determinants of adequate nutrition, their vertical and horizontal interconnectedness, and the positive survival, growth, development, performance and economic outcomes resulting from improved maternal and child nutrition.



A SYSTEMS APPROACH TO NUTRITION

To support our goal and objectives, the Strategy calls for a systems approach to nutrition. This approach aims to activate the five systems – **food, health, water and sanitation, education, and social protection** – with the greatest potential to deliver nutritious diets, essential nutrition services and positive nutrition practices for children, adolescents and women. We aim to make these five systems better equipped and more accountable for maternal and child nutrition. For each system, our Strategy identifies the result that we intend to achieve and our priority areas of engagement.

Working with the food system: UNICEF works with food systems to protect, promote and support diets, services and practices that prevent child malnutrition in all its forms. We prioritize five areas of engagement, advocacy and support: (1) adequate foods and diets for children in national guidelines and standards; (2) better foods and diets for children through actions in food supply chains; (3) healthy food environments for children through public sector policies; (4) healthy food environments where children live, learn, eat, play and meet; and (5) improved food and feeding practices for children.

Working with the health system: UNICEF works with health systems to protect, promote and support diets, services and practices that prevent and treat child malnutrition through primary health care. We prioritize five areas of engagement, advocacy and support: (1) essential services to prevent and treat malnutrition; (2) health workforce capacity to deliver essential nutrition services; (3) nutrition supplies for essential nutrition services; (4) information systems for maternal and child nutrition; and (5) financial resources for maternal and child nutrition in the health system.

Working with the water and sanitation system: UNICEF works with water and sanitation systems to protect, promote and support diets, services and practices that prevent child malnutrition in all its forms. We prioritize five areas of engagement, advocacy and support: (1) free, safe and palatable drinking water for healthy diets; (2) safe sanitation services and practices for good nutrition; (3) safe hygiene practices for good nutrition; (4) capacity of the water and sanitation workforce for nutrition; and (5) synergistic community-based programmes for nutrition, water and sanitation.



Improving maternal and child nutrition requires a systems approach

Working with the education system: UNICEF works with education systems to protect, promote and support diets, services and practices that prevent malnutrition in school-age children. We prioritize five areas of engagement, advocacy and support: (1) policies and programmes to improve nutrition through schools; (2) school curricula to improve nutrition literacy and promote physical activity; (3) provision of essential nutrition services through the school system; (4) healthy food environments in and around schools; and (5) financial resources for nutrition in the education system.

Working with the social protection system: UNICEF works with social protection systems to protect, promote and support diets, services and practices that prevent malnutrition among vulnerable children. We prioritize five areas of engagement, advocacy and support: (1) evidence on poverty, malnutrition and social protection; (2) public financing for maternal and child nutrition; (3) social policies for maternal and child nutrition; (4) nutrition-responsive social protection systems for children and women; and (5) shock-responsive social protection systems for maternal and child nutrition.