

GLOSSARY

Body mass index (BMI). A measure of adult nutritional status, essentially thinness, defined as weight in kilograms of an adult divided by the square of the height in meters.

Capacity assessment. A structured and analytical process whereby the various ingredients and influences of capacity are assessed within a broader systems context.

Complementary feeding. The process of introducing semisolid foods into the diet of young children, in addition to continued breastfeeding, from around six months of age.

Disability-adjusted life year (DALY). A measure of the consequence of a particular condition of ill health or malnutrition, which combines years of life lost to premature death with years lived with a disability of specified severity and duration. One DALY is thus one lost year of healthy life.

Effectiveness. The impact of an intervention under real world conditions, when programs are scaled up to reach large populations.

Efficacy of an intervention. Essentially its potential effect, or its impact under ideal conditions, when the components of the intervention are delivered directly to all individuals in the target group.

Governance. The norms, traditions, and institutions through which a country exercises authority for the common good.

Height for age. An indicator of the degree of stunting of a child (see Stunting), defined as his/her height in relation to the median height of a reference population of that age.

Low birth weight (LBW). Weighing less than 2,500 grams at birth.

Prelacteal feeding. This is the potentially harmful practice of delaying breastfeeding and feeding the newborn such foods as milk, honey, or sugar water. These prelacteal feeds are unnecessary and can introduce infection in the baby. They also interfere with the physiology of lactation and delay establishment of breast milk.

Social capital. The ability of individuals to secure benefits as a result of membership in social networks or other social structures. The strong ties connecting family members, neighbors, and close friends can be referred to as “bonding” social capital. The weak ties connecting individuals to work colleagues, fellow members of religious or civic organizations, and business associates can be referred to as “bridging” social capital, which implies horizontal connections, to people with similar economic status and political power. “Linking” social capital refers to vertical ties between the poor and people in positions of influence in formal organizations, such as the state.

Stunting. The anthropometric index height-for-age reflects linear growth achieved pre- and postnatally with its deficits indicating long-term, cumulative effects of inadequacies of nutrition and/or health. Shortness in height refers to a child who exhibits low height-for-age that may reflect either normal variation in growth or a deficit in growth. Stunting refers only to shortness that is a deficit, or linear growth that has failed to reach genetic potential as a result, most proximally, of the interaction between poor diet and disease. Stunting is defined as low height-for-age, i.e., below -2 standard deviations (SD) (or -2 Z scores) of the median value of the National Center for Health Statistics/World Health Organization International Growth Reference for length- or height-for-age

Total goiter rate (TGR). The prevalence of goiter—enlargement of the thyroid gland—in a specific population group, usually expressed as a percentage. Goiter reflects significant iodine deficiency in the population.

Triple A cycle. Pioneered by UNICEF (UNICEF 1990), this is a participatory decision-making process whereby the problem of malnutrition is assessed (in terms of its nature, extent, and distribution) and its causes analyzed, along with the available resources to combat it, followed by a decision on an appropriate mix of actions.

Underweight. The anthropometric index weight-for-age represents body mass relative to age. Weight-for-age is influenced by the height of the child and his or her weight and is thus a composite of stunting and wasting (which makes its interpretation difficult). In the absence of wasting, both weight-for-age and height-for-age reflect the long-term nutrition and health experience of the individual or population. General lightness in weight refers to a child having a low weight-for-age. Lightness may represent either normal variation or a deficit. Underweight specifically refers to lightness that is a deficit and is defined as low weight-for-age, i.e., below -2 SD (or -2 Z scores) of the median value of the National Center for Health Statistics/World Health Organization International Growth Reference for weight for age.

Wasting. A recent and severe process that has produced a substantial weight loss, usually as a consequence of acute starvation and/or severe disease. Chronic dietary deficit or disease can also lead to wasting. The anthropometric index weight-for-height reflects body weight relative to height. Thinness refers to low weight-for-height and may indicate normal variation or a deficit in weight. Wasting refers to thinness that is a deficit, defined as low weight-for-height, i.e., below -2 SD (or -2 Z scores) of the median value of the National Center for Health Statistics/World Health Organization International Growth Reference for weight for height. The statistically expected prevalence of wasting (as with underweight and stunting) is between 2 and 3 percent, given the normal distribution of wasting rates.

Weight for age. An indicator of the degree of underweight of a child (see Underweight), defined as his/her weight in relation to the median weight of a reference population of that age.

Weight for height. An indicator of the degree of wasting of a child (see Wasting), defined as his/her weight in relation to the median height of a reference population of that age.

Z-Score. The standard deviation of an international growth reference for an anthropometric indicator (such as weight-for-age, height-for-age, or weight-for-height).

ABBREVIATIONS

BMI	body mass index
CGIAR	Consultative Group on International Agricultural Research
CHD	coronary heart disease
DALY	disability-adjusted life year
FFE	Food For Education Program
Hb	hemoglobin
GDP	gross domestic product
GMP	growth monitoring and promotion
HIV	human immuno-deficiency virus
ICCIDD	International Council for the Control of Iodine Deficiency Disorders
ICDS	Integrated Child Development Services
IDA	iron deficiency anemia
IDD	iodine deficiency disorders
IUGR	intrauterine growth retardation
LBW	low birth weight
MIS	management information system
NIDS	national immunization days
NIS	nutrition information system
NGO	nongovernment organization
PRC	People's Republic of China
RETA	regional technical assistance
TGR	total goiter rate
UNICEF	United Nations Children's Fund
VAD	vitamin A deficiency
WHO	World Health Organization