

# Transforming programming to improve nutrition outcomes

## Four new TASC guidance notes pave the way

Four new guidance notes, commissioned by the Foreign Commonwealth Development Office (FCDO) and developed under DAI's [Technical Assistance to Strengthen Capabilities \(TASC\)](#), were published today and detail the latest evidence on how to improve nutrition programming and policies. The four notes, below, will be used to support staff and/or implementing bodies who are planning or already engaging in nutrition relevant interventions through a range of sectors.

- [Improving How to Reach Those Most-at-risk of Malnutrition: A Guidance Note](#)
- [Aligning Food System Activities with Healthier Diets for Low-Income Households: A Guidance Note](#)
- [How to Promote Better Nutrition Through Social Assistance: A Guidance Note](#)
- [Monitoring and Evaluation of Nutrition-Relevant Programmes: A Guidance Note](#)

The first note, [Improving How to Reach Those Most-at-risk of Malnutrition: A Guidance Note](#), identifies key population groups that are most nutritionally at-risk in different settings, the drivers of elevated malnutrition risk, and how to address the nutritional needs of at-risk groups.

The second note, [Aligning Food System Activities with Healthier Diets for Low-Income Households: A Guidance Note](#), supports organisations and practitioners to design programmes and policies that enable the world's most vulnerable people to eat more diverse, healthier diets, while also meeting climate and economic objectives.

[How to Promote Better Nutrition Through Social Assistance: A Guidance Note](#), identifies how to use social protection programmes to target those most at risk of malnutrition, improve diets and address other nutrition determinants.

The final note, [Monitoring and Evaluation of Nutrition-Relevant Programmes: A Guidance Note](#) and associated [indicator tool](#), supports accurate measurement of programme outcomes and impacts for all target populations. It explains how to use the data generated through M&E efforts to reflect the contribution made by nutrition programmes, and to improve them as necessary to increase effectiveness.

Nutrition is a basic human right, not a luxury, and yet many people around the world do not consume adequately healthy diets. According to the [2021 Global Nutrition Report](#), an estimated 149.2 million children are currently stunted (a form of chronic [long-term] undernutrition), 45.4 million are wasted (a form of acute malnutrition), and over 40% of all men and women (2.2 billion people) are now overweight or obese. Adolescent girls (10–19 years) and women of reproductive age (15–49 years) also bear a heavy malnutrition burden. It is estimated that 571 million girls and women of reproductive age are anaemic, largely due to iron-deficiency.

The COVID-19 pandemic has compounded the problem, spurring further malnutrition and impeding the achievement of the Sustainable Development Goal targets for achieving zero hunger. These documents will foster programmes and policies that ensure the world's most vulnerable people obtain healthy diets and improved nutrition outcomes.