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Nutrition Intervention

: At the end of this unit, students will be able to: *f* Understand methods of intervention *f* Mechanisms of intervention *f* Describe the criteria for successful intervention When there is a nutritional problem in a community, if the magnitude and the causes of the problem are known, we will plan to do intervention. Methods of nutrition intervention *f* Food fortification *f* Food for work *f* Price subsidization *f* Supplementation *f* Family planning *f* Integration of nutrition with health *f* Price policy Mechanisms of nutrition interventions There are five principal mechanisms through which all interventions work.

Availability of food at local or regional level. Making the required foods more available with the respect to place and time. *f* Accessibility to food and availability of foodstuff at the household level. Making the required foods more accessible and available to the households *f* Food utilization at household level. Making better use of available foods. Food processing such as fermentation, preparing weaning food. *f* Distribution within the household. $\frac{3}{4}$ Intra household distribution of food $\frac{3}{4}$ Supplementation $\frac{3}{4}$ Education *f* Physiological utilization $\frac{3}{4}$ Health service activities and environmental sanitation $\frac{3}{4}$ Primary health care $\frac{3}{4}$ Environmental health Criteria used for successful interventions *f* Relevance of the intervention to solve the problem at hand *f* Feasibility *f* Integratability *f* Effectiveness *f* Ease in targeting *f* Cost effectiveness Ease in evaluation \boxtimes Long-term continuation