Training course on Nutrition-Sensitive Social Protection Programs

Professional Development Training Course Outline

Category	Social Protection	**Duration**	10 Days
Base Fee	$3,000 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Nutrition-Sensitive Social Protection Programs are a strategic and powerful approach to combating malnutrition in all its forms, from stunting and wasting to micronutrient deficiencies and overweight/obesity. While social protection broadly aims to reduce poverty and vulnerability, a nutrition-sensitive approach specifically recognizes the complex, multi-sectoral drivers of malnutrition and designs interventions that actively address these underlying causes. It moves beyond simply providing income support to integrate complementary actions that directly influence dietary quality, health-seeking behaviors, hygiene practices, and access to nutritious foods and essential services, thereby maximizing positive impacts on nutritional outcomes, particularly for women and children. This specialized field emphasizes the importance of understanding the pathways through which social protection can improve nutrition and leveraging its potential to achieve food and nutrition security. Training Course on Nutrition-Sensitive Social Protection Programs is meticulously designed to equip with the advanced theoretical insights and intensive practical tools necessary to excel in Nutrition-Sensitive Social Protection Programs. We will delve into the foundational concepts of malnutrition and its determinants, master the intricacies of designing social protection interventions that directly improve nutrition outcomes, and explore cutting-edge approaches to targeting, complementary services, and multi-sectoral coordination. A significant focus will be placed on understanding legal and policy frameworks, fostering cross-sectoral collaboration, ensuring gender-responsive and child-sensitive programming, and navigating the practical challenges of implementing nutrition-sensitive initiatives in diverse contexts, including fragile and crisis-affected settings. By integrating interdisciplinary perspectives, analyzing real-world complex case studies, and engaging in hands-on design and simulation exercises, attendees will develop the strategic acumen to confidently champion and implement nutrition-sensitive social protection, fostering unparalleled health, well-being, and human capital development.

Programme Curriculum

Training Course on Nutrition-Sensitive Social Protection Programs

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Course Objectives

Upon completion of this course, participants will be able to:

1. Analyze the fundamental concepts of **malnutrition in all its forms** and its underlying determinants.
2. Comprehend the strategic importance and potential of **social protection in improving nutritional outcomes**.
3. Master the principles and components of **nutrition-sensitive social protection programs**.
4. Develop expertise in designing **cash transfer programs with nutrition objectives** (e.g., Cash Plus Nutrition).
5. Formulate strategies for linking social protection with **essential nutrition-specific interventions and services**.
6. Understand the critical role of **behavior change communication (BCC)** in nutrition-sensitive social protection.
7. Implement robust approaches to **data collection, monitoring, and evaluation** for nutritional impacts.
8. Explore key **policy, legal, and institutional frameworks** that support nutrition-sensitive social protection.
9. Apply methodologies for ensuring **gender-responsive and child-sensitive approaches** in nutrition programming.
10. Develop strategies for fostering **multi-sectoral coordination and partnerships** for food and nutrition security.
11. Analyze the **challenges and opportunities** of implementing nutrition-sensitive social protection in diverse contexts, including emergencies.

12. Design a preliminary **nutrition-sensitive social protection program** for a specific context.
13. Examine **global best practices and lessons learned** from successful nutrition-sensitive social protection initiatives.

Target Audience

This course is essential for professionals working on social protection and nutrition:

1. **Social Protection Policymakers & Program Managers:** Designing and implementing social safety nets.
2. **Nutrition Specialists:** Working on public health nutrition programs.
3. **Health Sector Professionals:** Involved in maternal and child health.
4. **Food Security Experts:** Focusing on food systems and access to food.
5. **Government Officials:** From ministries of social welfare, health, agriculture, and planning.
6. **UN Agency Representatives:** From UNICEF, WFP, FAO, WHO.
7. **Civil Society Organizations & NGOs:** Implementing nutrition and social protection programs.
8. **Researchers & M&E Specialists:** Studying the impact of interventions on nutrition outcomes.

Course Duration: 10 Days

Course Modules

Module 1: Understanding Malnutrition in All Its Forms

- Define malnutrition: stunting, wasting, underweight, micronutrient deficiencies, overweight, and obesity.
- Analyze the immediate, underlying, and basic determinants of malnutrition (UNICEF framework).
- Discuss the critical windows of opportunity for nutrition interventions (e.g., first 1,000 days).
- Explore the long-term consequences of malnutrition on human capital and economic development.
- Overview of global and national trends in malnutrition.

Module 2: The Strategic Role of Social Protection in Improving Nutrition

- Explain how social protection can address the underlying determinants of malnutrition.
- Discuss the pathways through which social protection impacts nutrition: income effect, access to services, behavior change.
- Analyze the evidence base on the positive impacts of social protection on nutritional outcomes.
- Explore the cost-effectiveness of investing in nutrition-sensitive social protection.
- Introduce the concept of "nutrition-sensitive" as distinct from "nutrition-specific."

Module 3: Principles of Nutrition-Sensitive Social Protection

- Deep dive into the core principles that guide nutrition-sensitive social protection design and implementation.
- Focus on integrating nutrition objectives into program design.
- Discuss targeting mechanisms that prioritize nutritionally vulnerable households (e.g., pregnant and lactating women, young children).
- Ensuring adequacy and predictability of benefits to meet nutritional needs.
- Strategies for promoting dietary diversity and access to nutritious foods.

Module 4: Cash Transfer Programs with Nutrition Objectives

- Design and implementation of cash transfer programs specifically aimed at improving nutrition outcomes.

- Explore "Cash Plus Nutrition" approaches: combining cash with behavior change communication, nutrition counseling, or food supplements.
- Discuss conditionalities related to nutrition-specific behaviors (e.g., clinic visits, growth monitoring).
- Analyzing the appropriate transfer values, frequency, and payment modalities for nutrition impact.
- Case studies of successful cash transfer programs with strong nutrition outcomes.

Module 5: Linking Social Protection with Nutrition-Specific Interventions

- Strategies for effectively linking social protection beneficiaries to essential nutrition-specific services:
    - Antenatal care and postnatal care.
    - Infant and Young Child Feeding (IYCF) counseling.
    - Micronutrient supplementation (e.g., iron-folic acid, Vitamin A).
    - Management of acute malnutrition (e.g., Community-based Management of Acute Malnutrition - CMAM).
- Discuss the role of referral pathways and integrated service delivery models.
- Case studies of successful linkages between social protection and nutrition services.

Module 6: Behavior Change Communication (BCC) for Nutrition

- The critical role of BCC in promoting positive nutrition, health, and hygiene behaviors.
- Designing effective BCC strategies for social protection beneficiaries.
- Discuss key messages related to dietary diversity, breastfeeding, complementary feeding, and hygiene.
- Exploring various communication channels and approaches (e.g., community groups, home visits, mass media).
- Integrating BCC into social protection program delivery.

Module 7: Nutrition-Sensitive Social Protection in Emergencies

- Analyzing the heightened nutritional vulnerabilities in humanitarian crises (natural disasters, conflicts, pandemics).
- Designing shock-responsive social protection (SRSP) that is inherently nutrition-sensitive.
- Discuss rapid nutritional assessments and targeting for acute malnutrition in emergencies.
- Strategies for ensuring rapid and appropriate food and cash assistance to prevent and treat malnutrition.
- Case studies of nutrition-sensitive SRSP in diverse emergency settings.

Module 8: Data, Monitoring, and Evaluation for Nutritional Impacts

- Designing robust M&E frameworks for nutrition-sensitive social protection programs.
- Developing nutrition-specific indicators (e.g., dietary diversity, anemia prevalence, stunting rates).
- Strategies for collecting accurate and timely data on nutritional outcomes.
- Using participatory M&E approaches that engage communities and caregivers.
- Analyzing data to assess the impact of social protection on nutritional status and behaviors.

Module 9: Policy, Legal, and Institutional Frameworks for Nutrition-Sensitive SP

- Identifying and analyzing national policies and legal frameworks that support nutrition-sensitive social protection.
- Discussing the alignment of national social protection policies with national nutrition strategies.
- Strengthening institutional mandates and capacities for nutrition-sensitive social protection.
- Advocating for policy coherence and multi-sectoral coordination for food and nutrition security.
- Developing national action plans for nutrition-sensitive social protection.

Module 10: Multi-Sectoral Coordination and Partnerships for Nutrition

- Fostering effective coordination between social protection, health, agriculture, education, and other nutrition-relevant sectors.
- Developing clear roles, responsibilities, and communication protocols for integrated nutrition action
- Discuss the role of national nutrition platforms and coordination bodies.
- Building strong partnerships with UN agencies, civil society organizations, and local communities.
- Lessons learned from multi-sectoral collaboration for nutrition outcomes.

Module 11: Gender-Responsive and Child-Sensitive Approaches to Nutrition

- Analyzing the gendered dimensions of malnutrition and its impact on women and girls.
- Designing gender-responsive nutrition-sensitive social protection interventions.
- Ensuring child-sensitive approaches that prioritize the nutritional needs of infants, young children, and adolescents.
- Discuss the role of social protection in empowering women as decision-makers on household food and care practices.
- Strategies for addressing intra-household food distribution and care inequities.

Module 12: Food Systems, Climate Change, and Future Directions

- Exploring the linkages between social protection, food systems, and sustainable diets.
- Discussing the impact of climate change on food security and nutrition, and the role of adaptive social protection.
- Analyzing the role of social protection in promoting resilient food systems.
- Exploring emerging trends and innovations: digital solutions for nutrition, fortified foods, community-led approaches.
- Developing a roadmap for continuous progress in nutrition-sensitive social protection.

Training Methodology

- **Interactive Workshops:** Facilitated discussions, group exercises, and problem-solving activities.
- **Case Studies:** Real-world examples to illustrate successful community-based surveillance practices.
- **Role-Playing and Simulations:** Practice engaging communities in surveillance activities.
- **Expert Presentations:** Insights from experienced public health professionals and community leaders.
- **Group Projects:** Collaborative development of community surveillance plans.
- **Action Planning:** Development of personalized action plans for implementing community-based surveillance.
- **Digital Tools and Resources:** Utilization of online platforms for collaboration and learning.
- **Peer-to-Peer Learning:** Sharing experiences and insights on community engagement.
- **Post-Training Support:** Access to online forums, mentorship, and continued learning resources.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call +254769199797

Certification

Upon successful completion of this training, participants will be issued with a globally recognized certificate.

Tailor-Made Course

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	04 Dec 2026	Online	$2,000
23 Nov 2026	04 Dec 2026	Physical	$3,000
23 Nov 2026	04 Dec 2026	Physical	$6,000
23 Nov 2026	04 Dec 2026	Physical	$6,000
23 Nov 2026	04 Dec 2026	Physical	$12,000
23 Nov 2026	04 Dec 2026	Physical	$9,000
23 Nov 2026	04 Dec 2026	Physical	$12,000
23 Nov 2026	04 Dec 2026	Physical	$12,000

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