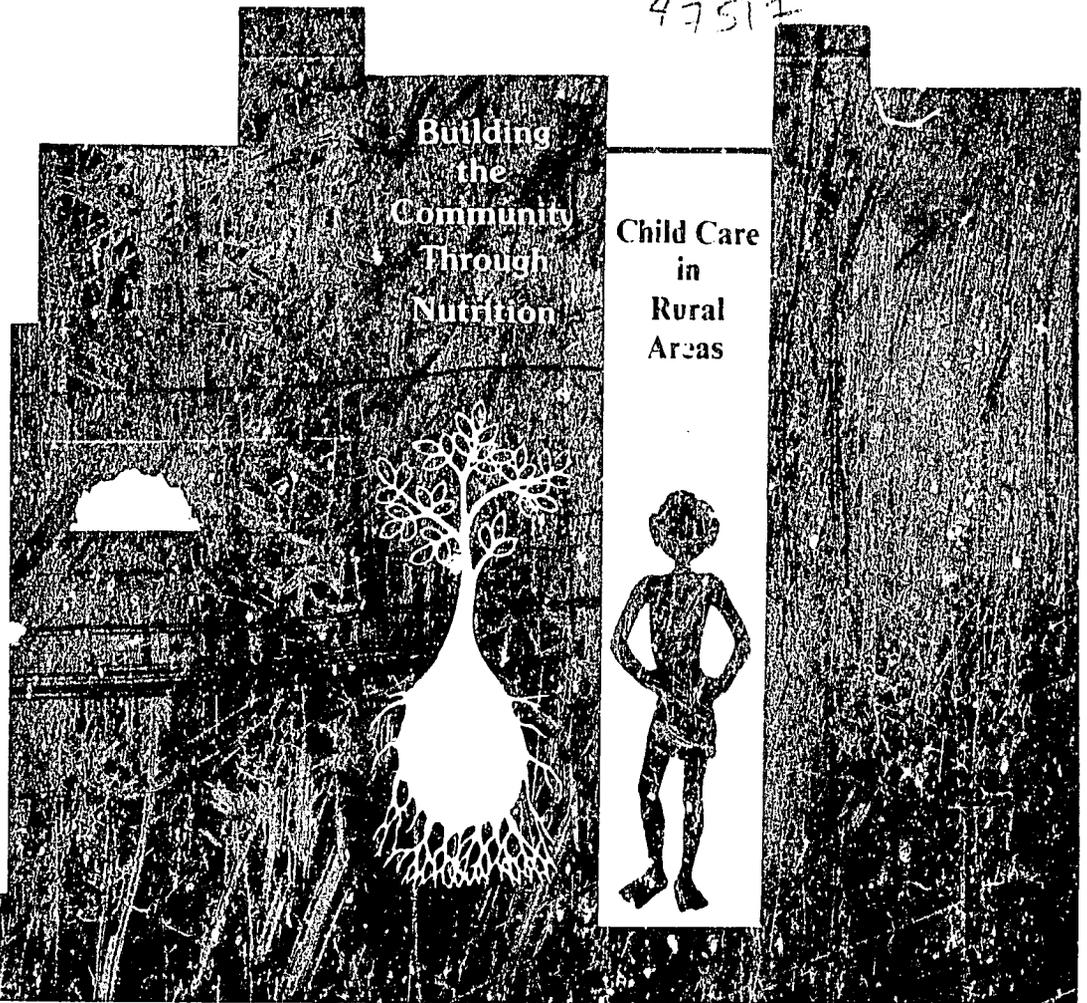


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nutrition training manual catalogue

for

*health professionals, trainers and field workers
in developing countries*

**Ron Israel
Peter Lamptey
Editors**

~~Agency for International Development
Library
Room 105 SA-18
Washington, D.C. 20523~~

edc

an International Nutrition Communication Service publication

nutrition training manual catalogue
for
health professionals, trainers and field workers
in developing countries

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INTRODUCTION

About the Catalogue

This catalogue reviews 116 training manuals whose focus is nutrition in developing countries. It provides the user with a guide to identifying texts and curricula appropriate to his or her specific topic, task, region, target group, and language. It also recommends reference manuals which provide an overview to a particular program area and suitable for a general audience. The Nutrition Training Manual Catalogue is meant to assist health professionals, trainers, and field workers who want to learn more about nutrition-related problems in developing countries and to teach others how to deal with them. The Catalogue identifies manuals that are exemplary in terms of their technical content and/or teaching methodology. It describes their strengths and uniqueness, and presents a taste of their format and style. The Catalogue is not all-inclusive. New texts and revised editions of old manuals are being published constantly, and it is a difficult task to keep abreast of the literature. Still, we believe the Catalogue has reviewed most of the outstanding curricula in nutrition for developing countries, published over the last fifteen years.

The term "manual" is used loosely in the Catalogue. It includes textbooks, instructional guides, curriculum modules, and course outlines. It excludes formal school curriculum. Some of the listings have been used widely in training courses in the field. Some have been published but never used. The manuals were collected through public notice, referral, correspondence, and personal contacts. Although the editors intended to verify the use of each listing, this proved an impossible task. A decision was made to include certain texts, deemed worthy by our reviewers, even though their actual use may have been limited.

The reviews stress the positive and unique qualities of each manual. The listed manuals were preselected for review by INCS staff. Many others were excluded because of factual errors, lack of stylistic clarity, or insufficient information about nutrition topics. Criticism of each listing is minimal because we did not want to obscure the value of a given manual with critical debate over a minor point in the text. We believe the major goal of the Catalogue is the dissemination of information about training resources that are currently underutilized.

Lessons Learned

Editing this catalogue has enabled us to identify the following curriculum development needs related to the training in nutrition of health professionals, trainers, and field workers in Third World countries.

Improved Teaching Methodologies: A major weakness in the majority of manuals is the absence of a strong teaching methodology. A manual is a training tool, and should be used to sensitize and teach others the skills that are described. That is why we chose to categorize manuals according to their emphasis on either technical content or teaching methodology. Often one does not find lesson plans for conveying information, especially in the more technical manuals. When teaching and learning objectives are mentioned, they are seldom correlated with a training process or a trainee's job description.

Job Specific Curricula: There is a wide range of health professionals and field workers who carry out nutrition-related activities. They include pediatricians, nutritionists, nurses, midwives, primary health care workers, extension agents, home economists, et al. Many of the manuals in our catalogue seem to be written with an expectation that their target audience will do everything from constructing solar dryers to weighing babies. Given the fact that most of the target groups have non-nutritional responsibilities as well, these expectations seem unreasonable. A manual should begin with a careful task analysis of its target audience, and structure its content accordingly.

Training Course and Curriculum Evaluations: To our knowledge, most of the manuals in this catalogue have not been evaluated in terms of their effectiveness in the field. This is especially true of those that have highly technical content. It seems to us that a small investment in an evaluation of the effectiveness of various types of manuals (and training courses) would be appropriate and would yield a series of concrete recommendations for trainers and curriculum developers to follow. The current approach to nutrition training by UNICEF and WHO is to make nutrition a part of primary health care training. But is this strategy realistic? Is it working? What are the alternatives? Has any country undertaken a systems approach as a way of targeting its nutritional training needs?

Problem-Oriented Modules: In addition to job-specific curricula, there is also a need for very short modules which provide information on ways of solving particular problems, e.g. when to begin weaning, how to prepare home gardens, etc. Most manuals tend to be encyclopedic in content, when all someone might be looking for is a simple solution to a specific problem. The development of short problem-oriented modules, easily adaptable and capable of being clipped in a loose-leaf notebook, would be a welcome resource for those in the field.

Culturally Relevant Curricula: A classic criticism of most nutrition-training curricula is that they are too didactic and not sensitive to local conditions. We did not find this assertion to be entirely true. Many manuals, for example, now include sections that describe ways in which local foods can be used to maximize nutrition. What is lacking are materials that work within traditional belief systems to communicate nutrition messages, and in language relevant to the educational background of the target group. Some manuals may speak of learner participation in a top-down linguistic style. In the design of future manuals, greater use should be made of anthropological insight.

In addition, our review has enabled us to identify several gaps in the literature:

Subject Matter Gaps (topics in need of curricula): Little has been written, and much needs to be said, about food and nutrition program management (except for the disaster relief literature). Maternal nutrition and nutrition and communicable disease interaction are two other notable areas of neglect. Nutrition education has been approached in terms of its hardware, e.g. how to make and use support materials, but recent advances in the software processes of survey design, message pretesting, and formative evaluation have yet to be put in manual form. Information about various household nutrition-appropriate technologies should be adapted in a curriculum for trainers, in view of the often-heard criticism that the main impediment to effective use of such technologies is a lack of training material on how to assess the need for (and persuade target groups to adopt) specific technologies.

Location Gaps (areas of the world with little indigenous training curricula): The Near East and French-speaking African countries in the Sahel.

Language Gaps (translation needs): Arabic; French.

Format

The manuals are classified according to subject matter, author, title, publication date, language, number of pages, location, target group, stylistic emphasis, sponsor, and source.

Projects as diverse as primary health care and social welfare have nutrition-related agendas and curricula. The eight program categories (our primary classification) reflect the broad variety of existing training programs. The categories are: General Nutrition, Primary Health Care, Mother and Child Feeding, Nutrition Assessment and Surveillance, Nutrition Education, Nutrition Appropriate Technology, Nutrition Rehabilitation and Special Deficiencies, and Program Management. An outline of the relevant content for each category is found in Appendix A.

Program categories are not exclusive in terms of content. There is occasional overlap, as in "Primary Health Care" where workers are given very generalized training in a great many topics. Classification by category is meant to reflect the focus of activity and task which each manual supports, not points covered in the text. A given topic will be treated differently from category to category, depending on its generic classification. For example, clinical assessment of nutrition status will receive detailed attention in manuals dealing with "Nutrition Surveillance and Assessment" versus a broad overview when covered by texts whose subject matter is "General Nutrition."

Each program category contains a "Recommended Reference Manual" and an "Identification Table." The Recommended Reference Manual has been selected because it provides an overview to the knowledge and skills of a particular category. The Identification Table is a guide which enables the reader to identify quickly the resource most appropriate to his specific needs, i.e. topic, task, region, target group, and language.

"Location" refers to the country or region for which the manual is written. Occasionally, liberty is taken to extend coverage of a manual beyond its intended location. For example, *Nutrition and Health Care for the Young Child*, by Khan et al., originally developed for Pakistan, was thought to be appropriate for other Asian countries. The Catalogue also includes several manuals that have been developed for use in the United States which have great relevance for conditions in the Third World.

Each manual was catalogued according to the "Emphasis" of its subject matter. This was deemed important because of the distinction between "technical content" and "teaching methodology" which the editors feel are relevant criteria for judging the usefulness of each listing. (For more discussion about this issue, see the "Lessons Learned" section of this Introduction.)

There also are procurement references, i.e., names of sponsors, publishers, and sources from which each manual can be obtained. A complete list of addresses for these references appears in Appendix B. Those interested in obtaining a listed manual should write first to the source (if designated) or to the sponsor or publisher. Unfortunately, we were unable to verify cost in most instances, so the reader is advised to make appropriate inquiries.

A classification is made according to the target group for which the material was intended: "health professionals," "trainers," or "field workers." Surprisingly, information about target audience was left out of most manuals, and so an editorial decision had to be made. Manuals for "health professionals" generally are quite technical and assume a high degree of literacy and academic training; "trainers" manuals usually focus on teaching methodologies (though ideally every manual should be accompanied by instructions on how to teach); "field worker" listings emphasize simplicity of style and language, and usually have accompanying visuals and graphics.

Reviewers

Over 75% of the reviews are by professionals from Third World countries. Our reviewers represented the fields of nutrition, nutrition planning, nutrition education, and public health. They include: Naomi Baumslag, Roy Brown, Marie Bustillo, Mellon Duffy, Marion Frazao, Marcia Griffiths, Nancy Heims, Guillermo Herrera, Patrice Jelliffe, Peter Lamptey, Esther Mayou, Mark Niehter, Anne-Maryse Pierre Louise, Michele Pierre-Louis Denis, Julio Salinas, Michelle Siegal, and Marian Zeitlin.

The Catalogue has been reviewed by the following members of the Steering Committee and Advisory Board of the International Nutrition Communication Service (INCS): Thomas Cooke and Richard Manoff, Manoff International; Phyllis Dobyns, Save the Children Federation; Derrick and Patrice Jelliffe, UCLA School of Public Health; Charles Myers, Education Development Center; Lyra Srinivasan, a Non-Formal Education Consultant; Marian Tompson, La Leche League International; Joe Wray, Harvard School of Public Health and Columbia University; and Marian Zeitlin, Tufts University Nutrition Institute.

INCS is a project funded by the United States Agency for International Development (USAID) which provides support to nutrition education projects in developing countries.

Inquiries

INCS does not disseminate materials directly. If you cannot procure the manuals by writing to the addresses in Appendix B, please let us know and we will try to connect you with an alternative source. INCS does provide assistance in the design, implementation, or evaluation of nutrition training projects in Third World countries. For further information, please contact:

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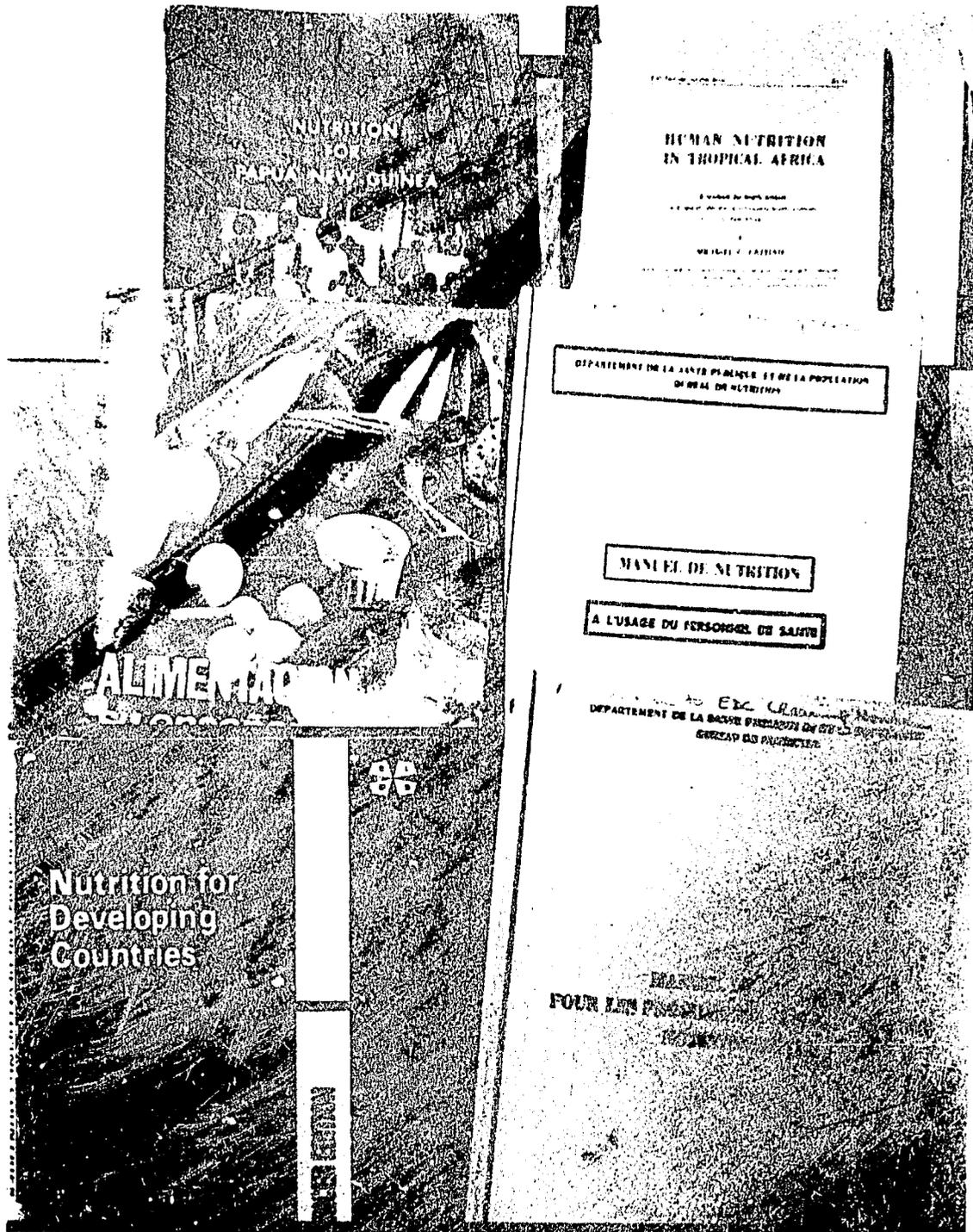
Copies of this catalogue can also be acquired from:

Ms. Gayle Gibbons
Clearinghouse on Infant Feeding and Maternal Nutrition
American Public Health Association
1015 Fifteenth Street, NW
Washington, DC 20005 USA
Telephone: (202) 789-5712

Acknowledgements

The production people, who helped put this catalogue together, are just as important as the technical staff. They include: Molly Bang, Barbara Kelezewski, Mary Jane Neuendorffer, Bob Oliver, and Lesley Sharp. Special thanks go to Gayle Gibbons, of the American Public Health Association, and Rose Bechtel, of the Intermediate Development Research Centre, who helped us acquire a number of the manuals.

GENERAL NUTRITION



GENERAL NUTRITION

	Health Professionals	Trainers	Field Workers	English	French	Spanish	International	Africa	Asia	Caribbean	Latin America
Reference Manual King, et al., <i>Nutrition for Developing Countries</i> , 7	●	●	●	●				●			
Bailey, K.V., <i>Manual on Public Health Nutrition</i> , 7	●			●				●			
Fountain, D.E. and Guevert, E., <i>Infirmier: Comment Bâtir la Santé; un Manuel à l'Usage du Personnel Infirmier Ouvrant dans les Centres de Santé Urbains et Ruraux</i> , 8	●				●			●			
Haïti, Bureau de Nutrition, Département de la Santé et de la Population, <i>Manuel de Normes Pour Les Programmes d'Intervention Nutritionnelle</i> , 8	●				●					●	
Haïti, Bureau de Nutrition, Département de la Santé Publique et de la Population, <i>Manuel de Nutrition à l'Usage de Personnel de Santé</i> , 9	●				●					●	
King, et al., adapted by Fonseca, Nuri G., <i>Alimentación su enseñanza a nivel familiar</i> , 9			●			●					●
Latham, Michael C., <i>Human Nutrition in Tropical Africa</i> , 10			●	●				●			
Leedam, Elizabeth, <i>Community Nursing Manual, A Guide for Auxiliary Public Health Nurses</i> , 10	●			●			●				
Papua New Guinea, Nutrition Section, Department of Public Health, <i>Nutrition for Papua New Guinea</i> , 11			●	●					●		
Philippine Medical Association, <i>Applied Nutrition Course for Physicians</i> , 11	●			●					●		
Rohde, et al <i>Training Course for Village Nutrition Programs</i> , 12		●		●					●		
Sinclair, Christina, <i>A Bibliography for Provincial Nutrition Workers in Papua New Guinea</i> , 12			●	●					●		
Solon, Florentino S. and Florentino, Rodolfo F., <i>Physician's Manual on Malnutrition</i> , 12	●			●					●		

GENERAL NUTRITION

• Manual	King, Maurice; King, Felicity; Morley, David; Burgess, Leslie; Burgess, Ann, <i>Nutrition for Developing Countries</i> , 1972, English, 120 pages.
location	Maize, cassava and millet areas of English-speaking Africa, but applicable to any developing country
target group	Reference Manual - Recommended for All
emphasis	Technical Content and Teaching Methodology
review	This is a classic text in the nutrition of Third World countries. It deals with technical matters in a straightforward way. An author's count of 5,000 words taken from sections randomly distributed through the book showed that only 440 different words were used. The book begins with a section on "growth" that teaches the reader how to use the "Road to Health" growth chart. There is an interesting reproduction of a local events calendar from Malawi used to chart important dates in a child's life. There is an emphasis on protein as the most important nutrient for development. Two chapters are devoted to infant and young child feeding with instructions on how to breastfeed, prepare appropriate weaning foods and (if need be) feed the non-breast fed baby (a range of alternatives are described, such as cup feeding, spoon feeding, and the use of sterilized bottles). Examples of locally available food resources are drawn from the African context (groundnuts and cassava, etc.). The "food-path" is a major analogy used in the book. "We can think of food as going along a path from the fields and gardens where it is grown to the body of the child who eats it. We call these paths food-paths and think about the things that may block them and cause malnutrition." The final chapters contain instructions for developing a nutrition education plan for the community. Suggestions are made for designing a curriculum, and the use of audio-visual aids, such as flannelgraphs, are briefly mentioned.
sponsor	War on Want
publisher	Oxford University Press
source	War on Want or Oxford University Press

• Manual	Bailey, K.V., <i>Manual on Public Health Nutrition</i> , 1975, English, 79 pages.
location	West Africa
target group	Health Professionals
emphasis	Technical Content
review	This manual is intended as a guide for African health professionals engaged in nutrition activities in the field. It provides advice to help diagnose nutrition disorders, undertake nutrition surveillance and simple nutrition surveys, organize nutrition rehabilitation services and supplementary feeding programs, and undertake nutrition training activities. There is a strong section on diagnosing malnutrition, which discusses both the clinical and anthropometric signs of PEM; it emphasizes that "moderate to mild malnutrition" (the submerged part of the iceberg) is 5-10 times greater than severe malnutrition (the tip of the iceberg). International standards for growth, and African food composition tables, are also provided.
sponsor/ publisher/ source	WHO Regional Office, Congo-Brazzaville

GENERAL NUTRITION

- **Manual** Fountain, D.E. and Guevart, E., *Infirmier: Comment Bâtir la Santé; un Manuel à l'Usage du Personnel Infirmier Oeuvrant dans les Centres de Santé Urbains et Ruraux* (Nurse: How to Build Health: a Manual for Nursing Personnel Working in Urban and Rural Areas), 1977, French, 255 pages.

location Zaire

target group Health Professionals

emphasis Technical Content

review A great deal of this manual for nurses in developing countries is devoted to nutrition. It is one of the few manuals that relates agriculture and small scale technology concerns to nutrition. There are instructions on how to protect plants against erosion side by side with suggestions for incorporating the use of growth charts in primary health care clinics. The importance of education as a prevention tool is underscored throughout the text. There are separate chapters on nutrition and education for environmental sanitation. A chart on page 110 offers a community nutrition diagnosis "aux champs," "sur la route," "à la maison," and "dans l'organisme." The chart is a checklist that assesses the potential of education to deal with the various causes of personal and community malnutrition. Each substantive section of the manual concludes with a series of review questions, e.g. "Comment mesurer correctement la circonférence de bras d'un enfant?"

source Unpublished document. For further information write:
Dr. E. Guevart, Zaïre

- **Manual** Haïti, Bureau de Nutrition, Département de la Santé Publique et de la Population, *Manuel de Normes pour les Programmes d'Intervention Nutritionnelle* (Manual of Standards for Nutrition Intervention Programs), 1979, French, 156 pages.

location Haïti

target group Health Professionals

emphasis Technical Content

review This manual is for senior level health professionals. It sets forth the Ministry of Health standards for a wide range of nutrition-related subjects: growth standards for children and pregnant women; treating malnutrition in clinics and hospitals; the distribution of vitamin A capsules. There is also a series of activities for the health professional to follow in dealing with malnutrition in a variety of settings: a local community, a field clinic, or a rehabilitation center. The manual stresses the use of intravenous treatment and drugs to treat diarrheal disease. It also recommends the use of the Haitian sponsored AK-1000 as a weaning supplement.

**sponsor/
publisher/
source** Département de la Santé Publique et de la Population, Ministère de la Santé Publique, Haïti

GENERAL NUTRITION

-
- **Manual** Haïti, Bureau de Nutrition, Département de la Santé Publique et de la Population. *Manuel de Nutrition à l'Usage de Personnel de Santé* (Nutrition Manual for Health Personnel), 1979. French, 124 pages.
- location** Haïti
- target group** Health Professionals
- emphasis** Technical Content
- review** This manual is designed for health professionals in the field. It begins by documenting the extent of nutrition-related problems in Haïti, e.g. 24.1% of children under five suffer from 2nd degree protein-energy malnutrition and 38% of pregnant mothers are afflicted with nutrition-related anemia. The physiological basis of nutrition is then discussed, followed by a series of dietary prescriptions for different age groups. For the mother who is physically unable to breastfeed, there is a chart of various milk products, i.e. "lait cru," "lait pasteurisé," "lait évaporé non sucré," "lait condensé sucré," "lait entier en poudre," "lait écémé en poudre," "lait maternisé." Instructions are given on how to prevent kwashiorkor and marasmus and how to manage complicated cases of PEM in a hospital. There are also dietary guidelines for treating people with diabetes, obesity, gastroenteritis, tuberculosis, ulcers, hepatitis, cardiovascular trouble and renal problems.
- sponsor** Département de la Santé Publique et de la Population, Ministère de la Santé Publique, Haïti.
-
- **Manual** King, Maurice; King, Felicity; Morley, David; Burgess, Leslie; Burgess, Ann; adapted by Fonseca, Nuri G., *Alimentación su enseñanza a nivel familiar* (Nutrition: teaching at a family level), 1978. Spanish, 266 pages.
- location** Central and Latin American countries
- target group** Field Workers
- emphasis** Technical Content
- review** This is an adaptation of *Nutrition for Developing Countries* published in 1972 by the same authors. It is an excellent manual for health workers, and focuses on nutrition. The early chapters (1-6) on basic nutrition concepts assume some previous knowledge of biology. These chapters focus mainly on protein-energy malnutrition, and mention only briefly problems such as anemia, and xerophthalmia. Chapters 7 and 8 on infant nutrition are particularly good with practical instructions given in detail. For example, the health worker is urged to recommend that a spoonful of powdered milk or ground peanuts be added to the child's customary cornmeal porridge. There are also interesting instructions on how to make tin-can strainers and graters for preparing baby food. The recommended foods (cassava, peanuts, mangoes) are habitually consumed in Central America, but are not as common in the non-tropical parts of Latin America. Further adaptation would seem to be in order to make the manual useful for those areas.
- publisher** published for Oxford University Press by Editorial Pax-México
- source** Editorial Pax-México or write to Oxford University Press for distributor nearest you

GENERAL NUTRITION

-
- **Manual** Latham, Michael C., *Human Nutrition in Tropical Africa*, 1978, English, 268 pages.
- location** East Africa
- target group** Field Workers
- emphasis** Technical Content
- review** "In East Africa the problem is not so much a lack of food as a lack of knowledge about food." So begins this information-filled manual for assistant medical officers, medical assistants, health inspectors, nurses, and midwives. The manual's second chapter is an excellent discussion of food habits and their role in nutrition. This manual is one of the few that balances a discussion of food taboos by praising some traditional food habits that have a beneficial nutritional effect: consumption of animal blood and curdled milk, the use of wild green leaves such as sesame, and traditional parboiling of grain. The section on nutritional requirements of vulnerable groups is unique in its discussion of nutrition in pregnancy, lactation, and the preschool child (whose schools often fail to provide them with a midday meal). Section III, "Disorders of Malnutrition," discusses specific dietary deficiencies, e.g. kwashiorkor, pellagra, beri beri, and prescribes specific actions (ranging from dietary treatment to policy measures) for their treatment and prevention. The appendices contain useful "recommended intake" and "food composition" geared to East African situations.
- sponsor/
source** Food and Agriculture Organization of the United Nations (FAO),
World Health Organization (WHO), and United Nations Children's Fund (UNICEF)
-
- **Manual** Leedam, Elizabeth, *Community Nursing Manual, A Guide for Auxiliary Public Health Nurses*, 1972, English, 224 pages.
- location** International
- target group** Health Professionals
- emphasis** Technical Content
- review** The strength of this manual lies in its technical discussion (Annex 1) of the nutritional value of foods commonly found in the tropics. The foods are categorized in eight groups: roots and plantains, cereals, legumes, vegetables, fruits, animal foods, oils and fats, and other foods. Under each category, many specific foods are discussed in some detail. For example, cassava (manioc) is described as only a stomach-filling carbohydrate with no protein. It does, however, contain some calcium. Cassava leaves contain iron, vitamin C and a little protein, and if taken with the cassava root, help increase the plant's nutritional value. Nutrition-related diseases are given a similar bibliographical treatment in this manual. Kwashiorkor, marasmus, anemia, xerophthalmia, beri-beri, riboflavin deficiency, pellagra, scurvy, and rickets are identified in terms of signs and symptoms, prevention and treatment. The manual places a disproportionate emphasis (though not an advocacy) on artificial feeding vis-a-vis breastfeeding.
- publisher/
source** McGraw-Hill International Book Company
International Health Services Series

GENERAL NUTRITION

• Manual	Papua New Guinea, Nutrition Section, Department of Public Health, <i>Nutrition for Papua New Guinea</i> , 1975, English, 191 pages.
location	Papua New Guinea
target group	Field Workers
emphasis	Technical Content
review	This manual is for field workers from various departments in Papua New Guinea who are involved in nutrition-related activities. It begins with the admonition that "only if all field workers join together as a team to fight malnutrition will progress in Papua New Guinea stand on a firm footing." The manual's strength and uniqueness rest in sections devoted to adult nutrition. It is one of the few manuals to suggest dietary guidelines for adult men and women. There are dietary tables, and recipes based on local foods, for an adult town dweller and a "man living on the coast." Dietary suggestions for young children are based on local foods with complementary nutrients, e.g. sago, peanuts, pumpkin, and passion fruit. The manual also stresses the use of nutrition appropriate technologies, for example, the tin sieve as a way of removing the skin from soaked beans. There is an extensive section on how to grow local nutritious foods, e.g. sago palms and various varieties of taro potato. Parts of the manual, such as the sections on "growth" and "The Food-Path" are local adaptations of <i>Nutrition for Developing Countries</i> by M. King, F. King, D. Morley, L. Burgess, and A. Burgess. Each chapter ends with a short section on "What to Teach the Community," a summary of the most important teaching message. For example, at the end of the chapter on malnutrition, field workers are advised to teach the community "why underweight children are important," and "malnutrition can be prevented and cured by food alone."
sponsor/ publisher/ source	Nutrition Section, Konedobu University, Papua New Guinea

Manual	Philippine Medical Association, Nutrition Center of the Philippines, <i>Applied Nutrition Course for Physicians</i> , 1977, English, 358 pages.
location	Philippines
target group	Health Professionals
emphasis	Technical Content
review	This manual is designed as a refresher course on nutrition for physicians in the Philippines. Twenty-one short units are designed to be mailed to the physician every fortnight. The units are grouped according to three main subject areas: "Normal Nutrition" (7 units), "Nutrition in Disease" (9 units), and "Public Health Nutrition" (5 units). Each unit contains a short list of questions highlighting the important points of the subject, a descriptive text, "self-check section" to evaluate the knowledge acquired, and a brief summary of what will be contained in the next unit. The units on a whole are quite well done. However, the balance of the course is related to overconsumption-related problems (e.g. gastrointestinal disorders, dietary management of cardiovascular disease, etc.) and explaining the basic nutrition concepts. More attention could have been devoted to educating physicians on ways of coping with the country's public health nutrition problems (the unit on "Nutrition Education" estimates that approximately 1/3rd of the nine million Philippine preschool children will not attain full growth and development). The unit on "Nutrition and Pregnancy" is quite good. It covers metabolic changes in pregnancy and lactation, the relationship of maternal nutrition to pregnancy outcome, and cites data on maternal nutritional status in the Philippines today. (A recent FNRI eight-region survey concluded that 83.5% of pregnant women and 55.9% of nursing mothers are anemic.)
sponsor publisher/ source	Nutrition Center of the Philippines

GENERAL NUTRITION

- **Manual** Rohde, J.; Ismail, D.; Sadjimin, T.; Suyadi, A. and Tugerin. *Training Course for Village Nutrition Programs*, 1978. English, 35 pages.

location Indonesia

target group Trainers

emphasis Technical Content and Teaching Methodology

review The objective of the ten-day course outlined in this manual is "to train people as trainers ... of volunteers who will organize and carry out village level nutrition programs." For each topic area, very specific objectives for the trainee are enumerated. For example, under the topic "Nutritional First Aid," trainees who complete the course should be able to diagnose and properly treat vitamin A deficiency; provide prophylactic vitamin A to all children under five every six months; provide Fe-folate tablets to pregnant women; train mothers in proper early home-treatment of diarrhea. A series of lessons, involving both didactic and participatory learning experiences, are outlined. For example, nine activities over a fourteen-hour period are listed to teach trainers how to organize, conduct, and monitor a weighing program. Participants are shown how to construct a growth chart, choose growth standards, evaluate accuracy, etc. This is one of the few manuals that attempts to address the problem of teaching others to teach nutrition.

publisher Rockefeller Foundation, Indonesia

- **Manual** Sinclair, Christina. *A Bibliography for Provincial Nutrition Workers in Papua New Guinea*, 1979. English, 30 pages.

location Papua New Guinea

target group Field Workers

emphasis Bibliography

review This bibliography represents an excellent resource for auxiliary workers in Papua New Guinea. It contains a mixture of classic texts (Berg, Jelliffe and Jelliffe, etc.) with very specific materials that have been developed in-country, e.g. "Basic Talks on Nutrition" published by the Department of Health. This sort of reference guide should be done by other countries. Its only shortcoming is a lack of comment on the contents of each reference.

**sponsor/
publisher/
source** Department of Health, College of Allied Health Sciences,
Papua New Guinea

- **Manual** Solon, Florentino S. and Florentino, Rodolfo F., *Physician's Manual on Malnutrition*, 1976. English, 130 pages.

location Philippines (and other South East Asian countries)

target group Health Professionals

emphasis Technical Content

review This manual is designed to be a physician's guide to the management of malnourished children who need to be institutionalized. It is a set of instructions for the medical and dietary management of nutrition rehabilitation. A highlight of the manual is a list of surveillance activities including a rapid ecological visit to the community, house visits to observe consumption habits, anthropometric surveys, special surveys for nutritional deficiency disorders like anemia, background information-gathering on health and vital statistics, etc. However, the manual does not contain enough information on how to carry out these activities. There is a good account of "fluid and electrolyte therapy" of the severely malnourished child, and a description of the difficulties of diagnosing and treating a dehydrated, kwashiorkor infant (who is dehydrated but edematous).

**publisher/
source** Nutrition Center of the Philippines

PRIMARY HEALTH CARE



PRIMARY HEALTH CARE

	Health Professionals	Trainers	Field Workers	English	French	Spanish	International	Africa	Asia	Caribbean	Latin America
Reference Manual World Health Organization, Nutrition Unit, <i>Guidelines for Nutrition Training of Primary Health Care Workers and Other Community Workers</i> , 15	●	●	●	●			●				
Australian Department of Health, <i>Aboriginal Health Worker Training Program Post-Basic Health Course Teachers Guide</i> , 15		●	●	●					●		
ballidin, et al., <i>Child Health, a Manual for Medical Assistants and Other Rural Health Workers</i> , 15			●	●				●			
Berner, et al., <i>Manual for Underfive Clinics in Malawi</i> , 16			●	●				●			
de Sweemer, et al. (editors), <i>Manual for Child Nutrition in Rural India</i> , 17			●	●					●		
Echeverri, et al., <i>Manual de Medicina Para la Familia Campesina</i> , 17			●			●					●
Ericsson, Sif and Adjou-Moumouni, B.S.F., <i>Training Course for Village Health Workers</i> , 18		●		●	●			●			
Galea, J. and Ase, K.N., <i>Manual for Community Health Worker</i> , 18			●	●					●		
Galea, J. and Ase, K.N., <i>Manual for Health Worker (Male) (Vol. 1)</i> , 19		●		●					●		
Headlam, Susan, <i>Childcare</i> , 19			●	●					●		
King, et al., <i>Primary Child Care: A Guide for the Community Leader, Manager and Teacher</i> , 20		●		●			●				
King, et al., <i>Primary Child Care: A Manual for Health Workers</i> , 21			●	●			●				
McLeod, Peggi; Wall, Melita (editors), <i>Manual Para Lideres de Salud</i> , 21			●			●					●
Manley, Gretchen and Gryzmala, Anthony M., <i>Village Health Promoter (2 volumes)</i> , 22		●		●	●	●	●				
Mertens, Paul E. (editor), <i>Handbook for Health Personnel in Rural Liberia</i> , 22			●	●				●			
Morley, David, <i>Paediatric Priorities in the Developing World</i> , 23	●			●			●				
Philippine Nutrition Center, <i>Barangay Nutrition Manual</i> , 23			●	●					●		
Soetarto, et al., <i>Manual for the Family Nutrition Improvement Fieldworker</i> , 24			●	●					●		
Solomon Islands, Ministry of Health and Social Welfare, <i>Village Health Aid (sc. Aide) Manual</i> , 24			●	●					●		
Werner, David, <i>Donde No Hay Doctor</i> , 25			●	●	●	●					●
Wood, C.H., <i>A Student's Guide to Community Health</i> , 25			●	●				●			
World Health Organization, <i>Nutrition et Soins de Santé Primaires</i> , 26		●			●			●			
World Health Organization, <i>The Primary Health Worker</i> , 26		●	●	●			●				

PRIMARY HEALTH CARE

- **Manual** World Health Organization, Nutrition Unit, *Guidelines for Nutrition Training of Primary Health Care Workers and Other Community Workers*, 1980, English, 136 pages.
- location** International
- target group** Reference Manual - Recommended for All
- emphasis** Teaching Methodology
- review** This is the most comprehensive manual to date for the nutrition training of primary health workers. It contains nine curriculum modules: "Getting to Know the Community;" "Measure and Monitor the Growth and Nutrition of Children;" "Breast Feeding;" "Diets for Young Children;" "Nutrition for the Mother;" "Identification and Prevention of Common Nutritional Deficiencies;" "Diarrhea and Nutrition;" "Nutrition and Infections;" and "Motivating and Planning for Action." Each has a specific set of learning objectives for trainers. For example, after completing the breastfeeding part of the course, the trainer is supposed to be able to "determine existing community practices in infant feeding, especially those relating to breastfeeding; encourage breastfeeding; explain and demonstrate breastfeeding; help the mother overcome engorgement of the breast, sore nipple, and the fear of inadequacy of milk; and explain the high risk of bottle feeding." Each learning objective has a set of specific instructions. Various methods, such as discussion, demonstration, practice, etc., are suggested as ways to train for each objective; and a series of performance indicators, i.e. test questions, are given as a basis for assessing the trainer's comprehension. This manual is a prototype and will have to be adapted to local conditions. Given appropriate cultural modifications and some good technical backstopping, it will make an excellent resource for trainers of trainers.
- sponsor/
publisher/
source** World Health Organization (WHO)

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- **Manual** Australian Department of Health, *Aboriginal Health Worker Training Program Post-Basic Health Course Teachers Guide*, 1977, English, unpagged.
- location** Australia
- target group** Trainers
- emphasis** Teaching Methodology
- review** This is a trainer's course outline used for teaching Australian Aborigines how to become health workers. The curriculum has eight units. Food and nutrition are dealt with in the unit titled "Man and His Environment." Seventeen different topics are listed along with appropriate teaching objectives, activities, and suggested audio-visual aids. The topics are geared to the cultural setting of the Aborigine. For example, Topic 2.24 is "our eating habits-our food supply." The objective of this topic is to enable students to understand how Aboriginal eating habits have changed with changes in lifestyle. The activities include a discussion about the sources of the present-day Aboriginal food supply. Other topics are more practical and involve students in discussions of how local foods are prepared and stored. The Post-Basic Health Course is for graduates of a Basic Health Skills Course which was not available for review, but which can be obtained from the same sponsor/publisher listed below.
- sponsor/
publisher** Australian Department of Health (NT Division)

PRIMARY HEALTH CARE

- **Manual** Balldin, Bo; Hart, Richard; Huenges, Rolf; Versluys, Zier, *Child Health, a Manual for Medical Assistants and Other Rural Health Workers*, 1973, English, 416 pages.
 - location** Tanzania (and other East African countries)
 - target group** Field Workers
 - em:phasis** Technical Content
 - review** This manual offers instructions to the reader on childhood disease prevention, assessment, and cure. It is intended for "medical assistants" in Tanzania, but is detailed enough to be appropriate for "assistant medical officers" and doctors. There is a short but compact section on Nutrition (5.1-5.9) which offers guidelines for feeding infants and young children, including appropriate infant feeding techniques for a mother who cannot breastfeed, e.g. how to prepare water for the formula, how to sanitize bottles. Fairly technical prescriptions for diagnosis of malnutrition are also given, e.g. "the clinical signs of kwashiorkor include pitting oedema, flaky paint dermatosis, reddish hair, diarrhea," etc. Instructions for treatment, unfortunately, are not as elaborate. Chapter 8, "Health Education," stresses didactic lectures coupled with practical demonstrations.
 - sponsors** African Medical and Research Foundation (AMREF) Kenya
Child Health Department, KCMC, Tanzania
 - source** AMREF
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- **Manual** Berner, Hans; Lundgren, Sture; Jere, Stanley, *Manual for Underfive Clinics in Malawi*, 1978, English, 162 pages.
- location** Malawi
- target group** Field Workers
- emphasis** Technical Content and Teaching Methodology
- review** The Underfive Clinic is the main instrument through which the Government of Malawi seeks to achieve its child health objectives. There is a clinic (either static or mobile) attached to each Ministry of Health "health unit." This manual provides detailed instructions to the field workers, who staff these clinics, on how to carry out their activities. As one would assume, a great deal of emphasis is placed on nutrition. Two large chapters (#3 and #5) deal with surveillance and assessment. This is one of the few manuals to describe the use of the spring scale in weighing. The health worker is taught how to plot and read growth charts and counsel clients. Examples are given of abnormal growth charts alongside a list of recommended action steps, such as "more frequent visits for weight checks," "encourage supplemental feeds in the form of porridge." Instructions are included for developing a special nutrition clinic for mothers of extremely malnourished children. Trainers are taught to teach mothers how to assess the causes of their children's malnutrition, monitor their growth and prepare weaning foods from local foodstuffs, such as "likuni phala" made from beans, groundnuts, and maize. The manual also contains guidelines to the maintenance of refrigerators and cold boxes, which could be used for the development of milk banks. The manual is highly detailed and instructional in style. It is somewhat didactic but provides the field worker with a clear understanding of how to carry out the work of the clinic.
- sponsor/
publisher/
source** Ministry of Health, Department of Maternal and Child Health, Malawi

PRIMARY HEALTH CARE

- **Manual** de Sweemer, Cecile; SenGupta, Nandita K.; Takulia, Sheila B. (editors). *Manual for Child Nutrition in Rural India*, 1978, English, 271 pages.
- location** India
- target group** Field Workers
- emphasis** Technical Content and Teaching Methodology
- review** This manual is a local adaptation of *Nutrition in Developing Countries* by M. King, F. King, D. Morley, L. Burgess and A. Burgess. (Reviewed in this catalogue.) It is an excellent example of how to adapt a prototype material. All of the examples and case studies have been given Indian names. The drawings are of Indian people and Indian villages. The foods that are suggested for weaning and maternal nutrition are distinctly Indian: wheat chappati, bajra, dal. In short, it is almost impossible to detect that the text was not explicitly developed for an Indian primary health care project.
- sponsor/
publisher** Rural Health Research Centre, Narangwal, Punjab, India
- source** Voluntary Health Association of India (VHAI)
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- **Manual** Echeverri, O.; Dalazar L., de; Alzate, A.; Manrique, F., de; Jaramillo, J.; and Villota, S., *Manual de Medicina Para la Familia Campesina* (Medical Manual for the Rural Family), 1977, Spanish, 102 pages.
- location** Colombia
- target group** Field Workers
- emphasis** Technical Content and Teaching Methodology
- review** This manual is intended for use by families living in rural areas of Colombia. It covers different aspects of primary health care, such as "Home Care for the Sick," "Common Ailments of the Rural Worker," etc. Information about nutrition is contained in Chapter I, "The Health of the Rural Child." Five nutrition-related behavioral objectives are listed for rural families to follow: to produce foodstuffs for family consumption; to give children nutritious foods; to save children from diseases; to insure timely treatment of parasites and diarrhea; to have clean water and a hygienic latrine. Parents are then reminded that they may not be able to accomplish these objectives because of lack of money, lack of knowledge (about nutrition), failure to vaccinate their children, failure to properly treat diarrhea, or have a clean water supply and hygienic latrine. A series of activities are prescribed for parents to undertake to overcome these barriers. For example, they can go to the Family Health Union to get seeds to plant vegetables. They can feed babies maternal milk and appropriate weaning foods such as Bienertarina and Colombiarina.
- sponsor/
publisher/
source** Servicio Seccional de Salud, Departamento del Cauca, Colombia
and
Centro de Investigaciones Multidisciplinarias Desarrollo Rural, Colombia

PRIMARY HEALTH CARE

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- **Manual** Ericsson, Sif and Adjou-Moumouni, B.S.F., *Training Course for Village Health Workers* (working draft), 1979, English and French, 276 pages.
- location** West and Central Africa
- target group** Trainers
- emphasis** Teaching Methodology
- review** This manual contains an outline for a three-month course to train trainers of village health workers. The course is divided into seven modules. Each module consists of a series of lessons or "session plans" defined in terms of performance objectives for the village health worker and specific activities for the trainer to carry out to reach those objectives. For example, in the nutrition module, one performance objective is "with given children in the village, the VHW will identify children who show some sign of malnutrition." After an instructor-led demonstration and discussion of malnourished children, the trainee is asked to participate in the activities of the local clinic for an hour. As mothers bring the children in, the trainee is asked to check the children for nutritional deficiencies. The trainer is asked to evaluate the trainee's actions and judgements. The strength of the manual is in its teacher-oriented format. In terms of the nutrition content, however, there is perhaps too much stress placed on diagnosis and cure of malnutrition and not enough on surveillance and prevention.
- sponsor/publisher** World Health Organization, Regional Training Center, Togo
USAID, REDSO
and
Boston University Health Policy Institute
- source** sponsors
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- **Manual** Galea, J. and Ase, K.N., *Manual for Community Health Worker* (2nd edition), 1978, English, 195 pages.
- location** India
- target group** Field Workers
- emphasis** Technical Content
- review** The Community Health Worker Scheme (CHW's now referred to as Voluntary Health Worker - VHW) was initiated in 1977. It seeks to train one community representative for each 1000 population as a part-time semi-professional health worker responsible for elementary curative and preventive health services. The short nutrition section of the CHW manual accords primary attention to the underfive group. Early signs and symptoms of malnutrition are briefly discussed as are indicators of children at greatest risk. Elementary methods of anaemia surveillance and the procedure for using a mid-arm circumference color code tape are described in some detail. Instructions are provided on how to organize a community for periodic administration of vitamin A capsules to children, administered by the more senior level multi-purpose health worker (MPHW). One criticism is that the list of indicators for greatest risk is so lengthy that all impoverished children would be identified. Only the most important indicators should be listed, e.g. children spaced very closely, mothers with insufficient breastmilk, twins.
- sponsors** Ministry of Health and Family Planning, India, and World Health Organization, India
- publisher** National Institute of Family Planning, India
- source** sponsors or publisher

PRIMARY HEALTH CARE

• Manual	Galea, J. and Ase, K.N., <i>Manual for Health Worker (Male)</i> (Volume I), 1977, English, 253 pages.
location	India
target group	Trainers
emphasis	Technical Content
review	This manual and its companion <i>Manual for Health Worker (Female)</i> , not available for review, are meant as guides to the training of India's new multi-purpose health worker (MPHW). The nutrition section stresses dietary needs of pregnant and lactating women, infants 1-12 months and children 1-5 years. Practical advice is given on how to derive optimal benefit from local foods (the sprouting and fermenting of grains, the mixing of pulses and cereals) and how to use local weights and measures when explaining the preparation of a planned diet to villagers. Emphasis is placed on the planting of kitchen gardens; some basic rules for planning a garden are included. The use of weight-for-age chart, mid-arm circumference tape and Tallquist anaemia test are described. Ferrous sulfate, folic acid and vitamin A supplements are discussed in respect to dosage, side effects and the recording of prescribed courses of therapy. The section does not prepare the field worker to confront or work with indigenous beliefs habits, although a suggestion is made to become familiar with local dietary habits. General comments made in the text refer to traditional habits in a negative light and a dichotomy is implicitly drawn between traditional food habits and the advice of nutrition experts.
sponsors	Ministry of Health and Family Planning, India and World Health Organization, New Delhi
publisher	National Institute of Family Planning, India
source	sponsors or publisher

• Manual	Headlam, Susan, <i>Childcare</i> , 1980, English, 58 pages.
location	Bangladesh
target group	Field Workers
emphasis	Technical Content
review	This is a short manual to guide para-professionals who work in Underfive Clinics in Bangladesh. It contains brief instructions on how to diagnose and treat a variety of illnesses. It is one of the few manuals to have a section on Childhood Anemia. The author traces anemia back to an iron-poor diet, chronic diarrhea, hookworm, and malaria. The field worker is urged to diagnose as anemic those children who look pale (especially the insides of their eyelids, gums and fingernails), are weak and easily tired, and/or like to eat dirt. Other subjects covered by the manual include breastfeeding, weaning, and vitamin A deficiency.
sponsor/ publisher	World Relief, Illinois
source	Christian Hospital, Bangladesh

PRIMARY HEALTH CARE

• Manual	King, Maurice; King, Felicity; and Martodipoero, Soebagio, <i>Primary Child Care: A Guide for the Community Leader, Manager and Teacher</i> , 1979, English, 194 pages.
location	International
target group	Trainers
emphasis	Technical Content
review	This is meant as a management aid for public health officials using the manual <i>Primary Child Care: A Manual for Health Workers</i> by the same authors, also reviewed in this catalogue. This "Manager's Guide" consists of a series of implementation and evaluation steps for the "microplan" proposed in the accompanying Health Workers Manual. The bulk of the manual is devoted to three lengthy questionnaires designed as evaluation instruments to pretest, self-evaluate, and post-test the trainee's knowledge. The questions are all multiple choice. For example, Gloria (36 months, 9 kg) is very thin. There is very little fat under her skin. Her legs are swollen with oedema and her skin is peeling. Which of these is the best diagnosis for her? A-Keratomalacia, B-Underweight Child, C-Kwashiorkor, D-Marasmus, E-Marasmic Kwashiorkor? The authors state that they prepared such a comprehensive list of questions because "we have found that schools have great difficulty in preparing a sufficient number of good ones." In contrast to the excellent comprehensive list of evaluation questions, there is a short chapter on implementation that briefly touches organizational issues such as goal-setting, job descriptions, information systems, etc.
sponsor	World Health Organization (WHO)
publisher	Oxford University Press
source	sponsor, publisher, or Foundation for Teaching Aids at Low Cost (TALC)

PRIMARY HEALTH CARE

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| • Manual | King, Maurice; King, Felicity; and Martodipoero, Soebagio, <i>Primary Child Care: A Manual for Health Workers</i> , 1980, English, 315 pages. |
| location | International |
| target group | Field Workers |
| emphasis | Technical Content |
| review | This manual was commissioned by the World Health Organization and developed primarily in Indonesia over a five-year period. It contains a selection of appropriate technologies for primary child care taken from all over the world. It is written with only two hundred words, which are used in various combinations to communicate essential information. It relies on the "joule" as a measurement of energy (instead of calories). The manual emphasizes the curative aspects of primary health care. Chapter 7, "The Malnourished Child," is the only section completely devoted to nutrition. The chapter is highlighted by a series of messages for the field worker to internalize, e.g. "growth is more important than position on the weight chart," "if the child of a poor mother is not breast fed, he will probably die," etc. This chapter conveys as much information as some books, for example, how to use a growth chart, how to measure for arm circumference, how to treat severe malnutrition at home (using nasogastric rehydration). The manual takes the point of view that if a poorly nourished mother becomes pregnant, she should go on breastfeeding. The development of a nutritious locally based "porridge" or weaning food is stressed. There is also an excellent chapter on diarrhea which discusses amoebic dysentery, dysentery caused by worms, and diarrhea caused by giardia, malnutrition, cholera, malaria and measles. Clinical symptoms and appropriate treatment are described. Throughout the book there is a focus on teaching mothers how to cure their children. The manual is meant to be used in conjunction with a companion "Manager's Guide," also reviewed in this catalogue. |
| sponsor | World Health Organization (WHO) |
| publisher | Oxford University Press |
| source | sponsor, publisher, or Foundation for Teaching Aids at Low Cost (TALC) |
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|------------------------------|---|
| • Manual | McLeod, Peggii; Wall, Melita (editors), <i>Manual Para Lideres de Salud</i> (Health Leaders Manual), 1977, Spanish, 262 pages. |
| location | Nicaragua |
| target group | Field Workers |
| emphasis | Technical Content |
| review | This manual contains basic information for local leaders who will serve as rural health promoters. Nutrition is not presented as a separate subject, but is discussed in several places, particularly in the sections entitled, "La Mujer Embarazada" and "Cuidado Del Niño." The value of breastfeeding is emphasized. There is information about the preparation of locally grown weaning foods ("tambien agregue mogo de cereales, como cebada o avena"); a section on the prevention and treatment of anemia; and advice on when to refer a dehydrated child to the hospital for treatment. The manual is a useful introduction into nutrition-related topics for the primary health care worker. Additional support materials would seem to be necessary, however, if he or she is to deal with any one topic in a thorough way. |
| sponsor | Ayuda Mordial de la Iglesia Cristiana Reformada Nicaragua |
| publisher/
source | PROVADENIC, Nicaragua |

PRIMARY HEALTH CARE

• Manual	Manley, Gretchen and Gryzmala, Anthony M., <i>Village Health Promoter</i> , 1978, English, French, Spanish, 2 volumes.
location	International
target group	Trainers
emphasis	Technical Content and Teaching Methodology
review	This manual is designed to equip the village health worker with basic primary health care skills. It consists of two volumes: a student's guide and a trainer's manual. Each approaches the same subject matter from a different angle. Nutrition-related topics are scattered throughout the text. They include chapters on food, diarrhea, nutritional surveillance, and health education. The student's guide consists of didactic information about each topic reinforced by simple visuals. The chapter on Food, for example, describes complementary nutrition from the three food groups, the signs of marasmus, and kwashiorkor, and the use of the Quac-stick for nutritional surveillance. Pictures of appropriate foods, malnourished children, etc. accompany the text. The trainer's manual postulates a series of learner objectives (e.g. he or she will know how to ensure a proper diet for young children), suggested activities for disseminating the information, and review questions to evaluate the trainee's knowledge. Some of the teaching activities are presented in full. For example, there is a short play called "Shopping Expedition," in which two women have a dialogue about nutrition-related subjects while buying foods in a local market. The trainer is expected to use the dialogue in a role-playing exercise with the trainees.
sponsor	U.S. Agency for International Development (USAID)
publisher/ source	Project Concern International
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Manual	Mertens, Paul F. (editor), <i>Handbook for Health Personnel in Rural Liberia</i> , 1980, English, 174 pages.
location	Liberia (and other English-speaking West African countries)
target group	Field Workers
emphasis	Technical Content
review	This was written as a guide for health personnel in rural Liberia, specifically to help them prevent, assess and cure major health problems. Nutrition is dealt with only briefly, within a section called "Community Health and Preventive Medicine." The theme of "mixed food equals good food" is stressed: fufu and pal butter with fish, rice and cassava leaf soup with beans, etc. There is also a good deal of instruction on use of Road to Health Charts, i.e. how to teach mothers to adjust their infant's diet according to the curve of the chart. There is little mention, however, of issues relating to maternal nutrition.
sponsor/ publisher	Liberian Ministry of Health and Social Welfare

PRIMARY HEALTH CARE

- **Manual** Morley, David, *Paediatric Priorities in the Developing World*, 1973, English, 470 pages.
 - location** International
 - target group** Health Professionals
 - emphasis** Technical Content
 - review** This manual is intended to identify priority areas of concern for the paediatrician working in developing countries. It advocates preventive medicine (although a third of the text deals with the curative treatment of diseases) and is targeted toward infants and young children in rural areas. In terms of nutrition, the manual has an excellent section on breastfeeding. A discussion of breast milk's physiological benefits and its superiority over artificial substitutes is followed by a pictorial guide to lactation education. The Morley "Road to Health" weight chart is explained. *Paediatric Priorities* is one of the few manuals to present information on the interaction between nutrition and infectious disease. For example, physicians are advised that during respiratory infections the child requires even more frequent meals if energy and protein intake is to be maintained. Measles is identified as a disease that causes loss of weight and precipitates malnutrition in a nutritionally vulnerable population.
 - publisher** Butterworth and Company Ltd.
 - source** publisher or Foundation for Teaching Aids at Low Cost (FALC)
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- **Manual** Philippine Nutrition Center, *Barangay Nutrition Manual*, 1977, English, 152 pages.
- location** Philippines
- target group** Field Workers
- emphasis** Technical Content
- review** This manual uses the format of a comic strip to illustrate how a field worker can implement a nutrition program at the provincial ("Barangay") level. The format makes reading the text an almost entertaining experience. The reader watches the field worker tackle challenge after challenge (e.g. identify malnourished children, develop a community garden, etc.) as Superman would take on the evil forces in the cosmos. The emphasis on visualization enables the reader to see how many technical activities get carried out: weighing babies, developing special diets for severely malnourished children, etc.
- sponsor/
publisher/
source** Nutrition Center of the Philippines

PRIMARY HEALTH CARE

- **Manual** Soetarto, A.; Hendrata, L.; Rohde, J.; Satoto; and Sardjimin, T., *Manual for the Family Nutrition Improvement Fieldworker*, 1979. Indonesian (English translation of text available), 84 pages.
- location** Indonesia
- target group** Field Workers
- emphasis** Technical Content and Teaching Methodology
- review** This is heavily task-oriented. It is geared to real work which the field worker in Indonesia must perform. It begins by listing some basic behavioral change objectives for field workers to help implement: "all babies will be breast fed by their mothers up to the age of two years or more, and receive supplementary food according to their needs;" "every pregnant mother and breastfeeding mother will eat 1-2 dishes more than usual of nutritious food." The manual also has a series of practical methods that field workers can use to teach mothers about nutrition. For example, there is one demonstration that uses a mother with a healthy child, but limited resources, to describe to other mothers how she feeds her infant. An extensive section at the end of the manual is devoted to individual counseling of mothers, based on the age and weight of their child. This is one of the few attempts by any program to link the outcome of growth-monitoring with specific educational messages.
- sponsors** Government of Indonesia and UNICEF
- publisher/
source** Government of Indonesia
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- **Manual** Solomon Islands, Ministry of Health and Social Welfare, *Village Health Aid (sc. Aide) Manual*, 1978, English, 368 pages.
- location** Solomon Islands
- target group** Field Workers
- emphasis** Teaching Methodology
- review** This manual is intended for use by Village Health Aides in the Solomon Islands. Its major nutrition-related section is Chapter 3, "Child Health - Nutrition." The chapter tells the field worker how to diagnose "the badly-fed child" and what feeding habits to promote to foster "the well-fed child." A series of learning objectives are postulated, e.g. at the end of his training the Village Health Aide should be able to "say at which age a baby needs other foods as well as breast milk; tell in what cases a child suffering from severe malnutrition would be sent to a hospital or clinic," etc. The methodology employed to achieve these objectives tends to be didactic, and sometimes overly rigid. The field worker is instructed to advise the mother to do a series of activities: "to continue to breastfeed, to watch her child so that he eats well, etc." Five months is the suggested age for supplementation (which may not be the case for every child). The chapter concludes with sound advice on nutrition appropriate technology, for example, "food such as rice should be protected against rats by storing it in a place which is closed on all sides; meat and bread should be eaten the same day or the next day." Experienced technical backstopping would make this manual extremely useful.
- sponsor/
publisher/
source** Ministry of Health and Social Welfare, Solomon Islands

PRIMARY HEALTH CARE

- **Manual** Werner, David, *Donde No Hay Doctor* (Where there is No Doctor) (4th edition enlarged), 1980, Spanish (also available in English and Portuguese, French edition expected in July, 1981), 476 pages.
- location** Latin America in general, especially Central America
- target group** Field Workers
- emphasis** Technical Content
- review** This is an excellent manual on primary health care aimed at the rural health worker or any member of the community. It focuses on health, not only as an individual problem, but also as a problem of the community. The manual's philosophy is summed up in the phrase, "Great changes can be carried out only when people make themselves responsible for their own health and the health of their community." The author believes basic health care should not be delivered but encouraged. "Neighborliness, cooperation and caring" are seen as the key to good health. Despite its decentralized participatory admonitions, the bulk of the manual is devoted to presenting straightforward technical information. Information on nutrition is scattered throughout the text. Dietary suggestions are given to maximize the nutritional status of different age groups. Mothers are warned against feeding only maize and rice to their children. "Lo puede enfermar o hacer que no crezca, ni ande, ni hable a tiempo, que se vuelva tontito para siempre o que se muera. ES PRECISO QUE EL NIÑO COMA ALGO DE PROTEINA." There are instructions on how to use a Road to Health Chart to diagnose a child's condition. There is also a section that analyzes the principal causes of diarrhea and prescribes appropriate treatments.
- sponsor/
publisher/
source** Hesperian Foundation
publisher or Foundation for Teaching Aids at Low Cost (TALC)
additional sources for Spanish edition:
Editorial Pax-México
A.S.E.C.S.A., Guatemala
Editorial Cuatro Vientos, Chile
additional source for Portuguese edition:
Edições Paulinas, Brasil
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- **Manual** Wood, C.H., *A Student's Guide to Community Health*, 1974, English, 200 pages.
- location** Tanzania
- target group** Field Workers
- emphasis** Technical Content
- review** This is meant as an aid for Medical Assistants in Tanzania. Most of its nutrition-related content is contained in Chapter 5, "Applied Nutrition." The emphasis in this chapter is on understanding and utilizing local food resources. The Medical Assistant's major nutrition responsibilities are to: describe the food pattern in the area; estimate the amount of nutrients in the main foodstuffs and compare these with requirements; determine the food consumption pattern of different population groups and find out each group's major dietary deficiencies; and prepare from local resources, improved diets for vulnerable groups. There are also additional responsibilities in the area of surveillance and assessment. A Table is provided that lists the nutrient value of Tanzanian foodstuffs. A useful sample Market Survey Form can be used by the Medical Assistant to assess the food resources of the local market. There is also an interesting chart analyzing Tanzanian local beer ("pombe") aimed at debunking the myth of its nutritional worth. Appendix I is "A Short Guide To Nutrient Requirements," culled from FAO and British Medical Association sources.
- sponsor/
publisher/
source** African Medical and Research Foundation (AMREF), Kenya

PRIMARY HEALTH CARE

• Manual	World Health Organization (Organisation mondiale de la Santé), <i>Nutrition et Soins de Santé Primaires</i> (Nutrition and Primary Health Needs), 1980, French, 17 pages.
location	French West African Countries
target group	Trainers
emphasis	Teaching Methodology
review	This manual gives instructions for setting up a course in nutrition for primary health care workers. Various modules for such a course are outlined including: collection of baseline data; surveillance methods; nutrition education; nutrition rehabilitation; and inter-ministerial collaboration. There also is a sample weight chart and a questionnaire for assessing infant feeding habits.
sponsor	World Health Organization (WHO). (Organisation mondiale de la Santé), Bureau régional de l'Afrique
publisher/ source	World Health Organization (WHO)

• Manual	World Health Organization, <i>The Primary Health Worker</i> , 1977, English, 338 pages.
location	International
target group	Trainers and Field Workers
emphasis	Technical Content and Teaching Methodology
review	This is a prototype manual on primary health care designed for local adaptation. Each section begins with a series of learning objectives followed by a set of instructions targeted to specific health and nutrition problems. The nutrition-related chapters are "Child Health: Nutrition" (#3), "Village and Home Sanitation" (#5) and "Community Development" (#7). The chapter on child health begins by postulating a set of learning objectives for the "well-fed child": list four reasons why breastfeeding is best for babies; say at which age a baby needs other foods as well as breast milk; list the food to give a baby at age four months, five months, one year; demonstrate what to write on the growth chart; say why the growth chart is useful. Unfortunately the instructions that follow do not teach how to achieve all of these objectives. In fact the manual leaves out entirely many important nutrition-related topics, such as maternal nutrition, food preparation, etc. Part II, a short section of 30 pages, contains some instructions for training village health workers. These include techniques for trainers and trainees getting to know each other and techniques for communicating information. There are even instructions for developing a lesson plan, something rarely found in most manuals. It is unfortunate that this section was so small and came at the end of a text formally devoted to the trainee. It makes for some confusion in assessing for whom this manual is intended. A useful appendix proposes guidelines for local adaptation of the manual, e.g. deciding upon problems to be tackled by Primary Health Care Workers, deciding upon skills authorized for PHWs, etc.
sponsor/ publisher/ source	World Health Organization (WHO)

MOTHER AND CHILD FEEDING



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	Health Professionals	Trainers	Field Workers	English	French	Spanish	International	Africa	Asia	Caribbean	Latin America
Reference Manual											
Jelliffe, Derrick B., <i>Child Nutrition in Developing Countries</i> , 29	●	●	●	●	●		●				
ACC Sub-Committee on Nutrition, <i>Dietary Management of Young Infants Who Are Not Adequately Breastfed</i> , 30	●		●	●			●				
Amestica, et al., <i>Manual de Fomento para la Lactancia Materna</i> , 30			●			●					●
Baum, J.D, et al., <i>A Guide to Human Milk Banking</i> , 31	●			●			●				
Cameron, Margaret and Hofvander, Yngve, <i>on Feeding Infants and Young Children</i> , 31	●			●			●				
Caribbean Food and Nutrition Institute, <i>Feeding the Weaning Age Group: Guidelines for the Caribbean</i> , 32	●			●						●	
Chatterjee, B. and Khalakdina, M., <i>Handbook for Balasovikas</i> , 32			●	●					●		
Ebrahim, C.J., <i>Breastfeeding - The Biological Option</i> , 33	●			●			●				
Ebrahim, C.J., <i>Practical Mother and Child Health in Developing Countries</i> , 33	●			●			●				
Gadagbe, E.Z., <i>Conseils de Santé à la Famille Africaine</i> , 33			●		●			●			
Gally, Esther, <i>Manual Práctico Para Parteras</i> , 34	●					●					●
Ghosh, Shanti, <i>The Feeding and Care of Infants and Young Children</i> , 34	●			●					●		
Haire and Haire, <i>Nurse's Contribution to Successful Breastfeeding</i> , 35	●			●			●				
Jelliffe and Jelliffe, <i>Human Milk in the Modern World</i> , 35	●			●		●	●				
Khan, Mushtaq and Baker, Jean, <i>Nutrition and Health Care for the Young Child</i> , 36	●			●					●		
Lawrence, Ruth A., <i>Breastfeeding: A Guide for the Medical Profession</i> , 36	●			●			●				
Liberia, Preventive Medical Services Project, <i>Breastfeeding. A Practical Guide to Prevention of Vitamin A Deficiency: Signs Management of Lactation</i> , 37		●		●				●			
Lopez, Silvia and Rapp, Emily, <i>Breastfeeding Counselor's Curriculum</i> , 37			●			●					●
Luke, Barbara, <i>Maternal Nutrition</i> , 38	●			●			●				
Minett, Nancy, <i>Health and Nutrition Education, Developing "Small Talks"</i> , 38			●	●				●			
Pan American Health Organization, <i>Guidelines to Young Child Feeding in the Contemporary Caribbean</i> , 39		●		●						●	
Peace Corps, <i>Health and Sanitation Lessons (Africa)</i> , #27 (Reprint Series); <i>Health and Sanitation Lessons (Africa) - Visual Aids</i> , #27b (Reprint Series); <i>Community Health Education in Developing Countries</i> , Manual Series #8, 39		●		●				●			
Peace Corps, <i>Fiches d'Education Sanitaires la Consultation Préventive et les Accouchées</i> , 39		●			●			●			
Plan Nacional Alimentación y Nutrición, <i>Manual de Lactancia Materna</i> , 40			●			●					●
Ritchie, Jean A.S., <i>Manual on Child Development, Family Life, Nutrition</i> , 40			●	●				●			
Storms, Gayle E. and Appel, Diane, <i>¿Bien Nutrido o Desnutrido? Enseñando la Nutrición en el Campo, una Guía</i> , 41		●				●					●
Venkatachalam, P.S. and Rebello, L.M., <i>Nutrition for the Mother and Child</i> , 41			●	●					●		
Walia, et al., <i>Practical Mother and Child Health Care</i> , 42			●	●					●		
Wisconsin Department of Health and Social Services, <i>Feeding Infants: A Nutrition Monograph for Health Professionals</i> , 42	●			●			●				

MOTHER AND CHILD FEEDING

- **Manual** Jelliffe, Derrick B., *Child Nutrition in Developing Countries*, 1968, English (also available in French), 200 pages.
- location** International
- target group** Reference Manual - Recommended for All
- emphasis** Technical Content
- review** This is a classic text in its field. It begins by describing the complex multiple factors responsible for child malnutrition, such as increasing urbanization, antiquated agriculture and inadequate food production, poverty, etc. There follows a clear description of the human diet and types of malnutrition. Tropical foods are discussed in terms of eight basic categories: roots and plantains, vegetables, cereals, legumes, fruits, animal protein foods, oils and fats, and miscellaneous. Chapter V explores in depth the causes, symptoms, and treatment of protein calorie malnutrition. Dr. Jelliffe emphasizes the importance of breastfeeding to combat malnutrition. He advocates that the introduction of semi-solids should occur in relation to the growth and nutrition of the child. "Exclusively breast fed infants usually grow extremely well during the first four to six months of life," he points out. The book contains an appendix on locally based weaning food recipes from around the world, e.g. "tutu" from Brazil, "kichri" from India, maize porridge in Uganda. There is also a chapter that briefly describes how to plan and conduct a nutrition education program for the community. The text, unfortunately, omits much mention of the nutritional problems of mothers, which could be considered to be of equal importance to their offspring. The author is in the process of updating this manual, and will include information on maternal nutrition in his forthcoming edition.
- sponsor/
publisher** United States Agency for International Development, Office of the War on Hunger
- source** Superintendent of Documents, U.S. Government Printing Office
ask for stock # 044-001-00029-2, Cat. # S 18.8:C43
Public Health Service Publication # 1822

MOTHER AND CHILD FEEDING

- **Manual** ACC Sub-Committee on Nutrition, *Dietary Management of Young Infants Who Are Not Adequately Breastfed*, 1979, English, 30 pages.
- location** International
- target group** Health Professionals/ Field Workers
- emphasis** Technical Content
- review** This manual suggests guidelines for health workers in the dietary management of infants aged 0-6 months who are not breast fed or who are not being adequately breast fed. It addresses populations whose hygienic and economic conditions make formula feeding hazardous. It suggests close monitoring, by weekly or fortnightly weighing and then home visits, for children in these populations who are not breast fed. Where possible the manual urges re-establishment of lactation in the mother or the use of a breastfeeding surrogate. If this is impossible, non-human milk may be used. Annexes #1 and 2 present excellent guidelines to the preparation and use of a variety of infant formula and animal milk products, including cow, goat, camel, buffalo, yak, and ewe milk. Quantities per feed, assuming five feeds a day, are given for each entry. The pros and cons of various feeding utensils are discussed. The teaspoon is viewed as carrying the least risk of contamination. The manual also describes the basic components of a nutritionally adequate infant gruel—a basic staple (preferably made from a cereal flour), a protein-rich supplement (preferably a milk or milk product; pulses or oil seeds as a last resort), an energy supplement (oil, butter or sugar), and a mineral and vitamin supplement (from fruit juice or boiled mashed green leaves, low in fibre).
- sponsor/
publisher/
source** ACC Sub-Committee on Nutrition, United Nations
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- **Manual** Amestica, Hilda, et al., *Manual de Fomento para la Lactancia Materna* (Manual for the Promotion of Breastfeeding), 1979, Spanish, 122 pages.
- location** Chile
- target group** Field Workers
- emphasis** Technical Content
- review** This manual addresses a series of issues in maternal and infant nutrition: “factores de mayor influencia en la duración de lactancia materna,” “necesidades nutricionales de la madre,” etc. Relevant clinical and socio-cultural information is provided in response to each issue, e.g. the biochemical composition of human milk, the mechanics of the prolactin reflex, etc. Then follows a series of recommended messages for the health worker to disseminate, e.g. “indicar anticonceptivos que no interfieran en la producción de leche,” “recordar que ganancia de peso durante el embarazo es un indicador útil de nutrición materna. Idealmente la embarazada debe subir 12,5 Kgs. en los 9 meses de embarazo.” The manual has an interesting section on the decline of breastfeeding in Chile. According to the text, only 30-42% of low income mothers practice exclusive breastfeeding during their child’s first two or three months of life. The manual also has a chapter describing existing laws within Chile designed to protect mother and infant. Mothers are entitled to salary-reimbursable leave six weeks prior to their child’s birth and twelve weeks after. Another statute entitles a pregnant woman to change her job if it is hazardous to her health.
- sponsor/
publisher** Ministerio de Salud, Chile

MOTHER AND CHILD FEEDING

- **Manual** Baum, J.D.; Fisher, Chloe and Smith, Alison, *A Guide to Human Milk Banking*, 1980, English.
 - location** International
 - target group** Health Professionals
 - emphasis** Technical Content
 - review** This is perhaps the only manual in existence that prescribes standards and principles of organization for human milk banks. Such banks are used in the care of low birth weight and pre-term babies. The authors advocate freezing as the best method of storing and preserving human milk. There are instructions on how mothers of premature infants can express milk for their babies by use of a breast pump. Drip breast-milk is another resource for a bank. Drip breast-milk differs from expressed milk in its composition and in particular its lower fat and energy content. However, it is easily collected by lactating mothers in their homes, frozen at home and transported to the hospital in insulated containers with freezer packs. The authors warn that non-pasteurized milk must be monitored for the presence of organisms which indicate that something has gone seriously wrong with the method of milk collection. These guidelines were developed at the Oxford Human Milk Bank in Great Britain, but are applicable anywhere. Milk banks were popular in the United States and elsewhere before the development of infant formula. The authors of the manual have improved the technology behind milk banks. They believe earlier systems tended to destroy many of the nutrients in human milk by relying on boiling or pasteurization followed by terminal autoclaving.
 - publisher/
source** John Radcliffe Hospital, Department of Paediatrics, University of Oxford
-

- **Manual** Cameron, Margaret and Hofvander, Yngve, *Manual on Feeding Infants and Young Children*, 1976 (revised edition in preparation), English, 184 pages.
- location** International
- target group** Health Professionals
- emphasis** Technical Content
- review** This well known manual is intended primarily for professional people who have some basic knowledge of nutrition, child health, and home economics but who lack specific experience in the field of young-child nutrition in developing countries. With the information provided, the authors hope it will be possible to prepare simple training materials in local languages. A section of the manual is devoted to practical advice on how such materials can be developed. Much of the manual is concerned with a discussion of weaning foods and the weaning process. Chapter Five, for example, discusses the "nutritional value of food and its use during the first five years." In Chapter Twelve, a discussion of weaning foods prepared at home makes the distinction between "double mixes" and "multi-mixes." Double mixes contain a staple food and a supplemental food, often legumes, to reduce overall bulk and meet infant protein needs. The use of legumes as a supplemental food often proves difficult because of digestibility. Multi-mixes consist of three main ingredients: the staple food, beans, and whatever animal product is available. Multi-mixes reduce the quantity of beans needed to give protein value to a meal. Seventy-five weaning food recipes are included, utilizing staples and complementary foods from various countries on all five continents. There are also chapters on breastfeeding, formula feeding, nutrition education, and nutrition appropriate technology (e.g. Chapter Ten, "The Care of Food and Utensils").
- sponsor/
publisher** Protein Calorie Advisory Group, United Nations
- source** U.N. distributor nearest you

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- **Manual** Caribbean Food and Nutrition Institute, *Feeding the Weaning Age Group: Guidelines for the Caribbean*, 1979, English, 27 pages.
 - location** Caribbean
 - target group** Health Professionals
 - emphasis** Technical Content
 - review** These Guidelines were developed at the request of the Third Conference of Ministers Responsible for Health in the English-speaking Caribbean. The recommendations focus on two approaches to improve weaning foods: utilization of the family pot, and local manufacturing. Utilization of the family pot involves educating families about the multi-mix principle for developing household weaning foods and the psychology involved in feeding young children. Also encouraged are dissemination of appropriate household technologies for preparation and storage of weaning foods, and promotion of backyard gardens as a means of supplementing the portion of the family pot food supply fed to the weaning age child. Three commercial manufacturing techniques are described: low-cost Extrusion Cooking (the Brady Cooker); manual extrusion frying; and manual texturizing (the village texturizer). Estimates can be derived for the quantity of manufactured food required if the following information is known: the number of children who are in the weaning age range (from six months up to three years); the average daily energy requirement of a child in the weaning age group; and the energy content of the weaning food to be used.
 - sponsor/publisher/source** Caribbean Food and Nutrition Institute (CFNI), Jamaica
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- **Manual** Chatterjee, B. (Director) and Khalakdina, M. (Project Officer), *Handbook for Balasevikas*, 1975, English, 98 pages.
- location** India
- target group** Field Workers
- emphasis** Technical Content and Teaching Methodology
- review** This manual is intended for a literate female worker who supervises an Integrated Child Development Services Program (ICDS). The "Balwadi Scheme," as it is commonly known, focuses on 0-6-year-olds and pregnant lactating women. Nutrition surveillance, supplementation, and education constitute one of the program's six components. The nutrition section of the balasevika handbook discusses the functions of classes of nutrients and dietary requirements of various age groups. Practical advice is given on how to conduct a nutrition interview in a non-threatening manner and estimate dietary intake by a simple recall technique requiring periodic follow-up. Emphasis is placed on first analyzing existing food patterns and then upgrading and working with common food preparations. The hygienic implications of using a drip-cloth (ghutti) and a feeding bottle for infants are discussed, as is the necessity for burping (not a prevalent behavior pattern in many parts of India). Practical advice is offered on how to make greater use of common foods such as ragi, bajra, roasted grains and groundnuts to upgrade the diet of preschoolers. On the whole, this is an excellent manual.
- sponsor** Central Institute of Research and Training in Public Cooperation, India

MOTHER AND CHILD FEEDING

- **Manual** Ebrahim, C.J., *Breastfeeding - The Biological Option*, 1978, English, 86 pages.
 - location** International
 - target group** Health Professionals
 - emphasis** Technical Content
 - review** This is a detailed and well-written manual on the technical aspects of breastfeeding. Some chapters require graduate school knowledge of public health nutrition, e.g. "Breastfeeding and the Mechanism of Secretion;" others are quite appropriate for nurses, midwives and public health workers: "Breastfeeding and the Mother," "Lactation and the Baby," and "Lactation and the Health Worker."
 - sponsor** Catholic Fund for Overseas Development
 - publisher** Macmillan Press Ltd. (Tropical Community Health Manuals)
 - source** publisher or Foundation for Teaching Aids at Low Cost (TALC)
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- **Manual** Ebrahim, G.J., *Practical Mother and Child Health in Developing Countries*, 1978, English, 130 pages.
 - location** International
 - target group** Health Professionals
 - emphasis** Technical Content
 - review** This manual is intended for a community health nurse in a rural health center. Yet the language is often highly technical and the prescribed environment is the hospital. Nutrition-related sections deal with "The Low Birth Weight Baby," "Breast-Feeding," "Growth and Development," "Weaning," and "The Underfives Clinic." It is more a text than a manual, more a description of problems and solutions than a set of instructions.
 - publisher** Macmillan Press Ltd. (Tropical Community Health Manuals)
publisher or Foundation for Teaching Aids at Low Cost (TALC)
-

- **Manual** Gadagbe, F.Z., *Conseils de Santé à la Famille Africaine* (Health Advice for the African Family), 1973, French, 126 pages.
- location** Togo
- target group** Field Workers
- emphasis** Technical Content and Teaching Methodology
- review** This manual contains a series of teaching lessons for health educators in Togo. Many are related to nutrition, e.g. "Le Lait Maternel," "Le Kwashiorkor," etc. Each lesson consists of a teaching objective, materials (usually illustrations), key messages ("Idées Essentielles"), a short teaching lesson and a series of questions to engage the learner. For example, there is a lesson entitled "La Purée du Repas Familial," which teaches the mother how to prepare a weaning food puree from the family pot. There is an illustration of a child eating "la pâte et la sauce," and a short lecture that can be given. Reference is made to the Applied Nutrition Appendix of the manual which provides a series of weaning food recipes. At the conclusion of the lesson, mothers are asked "Comment peut-on préparer des purées de bébé?" and other questions that test their knowledge and promote discussion.
- sponsor/
source** Ministère de la Santé Publique et des Affaires Sociales, République Togolaise - Togo
and
Peace Corps

MOTHER AND CHILD FEEDING

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- Manual** Gally, Esther, *Manual Práctico Para Parteras* (Practical Handbook for Midwives), 1977, Spanish, 575 pages.

location Mexico (and other Central and South American countries)

target group Health Professionals

emphasis Technical Content

review The nutrition information contained in this manual for midwives is excellent, both in its basic nutrition concepts and in its practical dietary detail. Recommendations on infant feeding follow up-to-date concepts, for example, "the newborn should be put to the breast immediately after birth." The manual explains exactly when and how to introduce supplementary feeding, with clear instruction on how to prepare foods, and how to improvise food preparation utensils such as making a sieve and a grater out of tin cans. The section on infant diarrhea and oral rehydration is highly appropriate. It stresses diarrhea nutrition interaction, gives direct instructions on domestic treatment of diarrhea, explains how to make up oral rehydration solution (by adding a pinch of salt and a teaspoon of sugar to a glass of water), and also explains when medical attention is required, i.e. when the child is very young and when there are signs of dehydration.

sponsor Editorial Pax-Mexico

publisher GALE, Mexico

 - Manual** Ghosh, Shanti, *The Feeding and Care of Infants and Young Children*, 1976, English and Hindi, 114 pages.

location India

target group Health Professionals

emphasis Technical Content

review This manual is an Indian adaptation of *Manual on Feeding Infants and Young Children* (Margaret Cameron and Yngve Hofvander, 2nd edition, 1976, Protein Calorie Advisory Group of the United Nations System). There is an excellent chapter on "Maternal Nutrition," based on Dietary Allowances for Indians developed by the Indian Council of Medical Research, e.g. prescribing that mothers in poor communities who do hard work need "on average about 300 extra calories a day during the last trimester of pregnancy." However, the reference to Indian standards is not consistent, and "the Harvard Standard" is used as a basis for the anthropometric assessment of growth of children. There is a thorough discussion of the pros and cons of various breastfeeding substitutes, and a short chapter at the end of the manual identifies priority themes for a nutrition education campaign.

**publisher/
source** Voluntary Health Association of India (VHAI)

MOTHER AND CHILD FEEDING

- **Manual** Haire, D. and Haire, J., *Nurse's Contribution to Successful Breastfeeding*, 1974, English, 72 pages.
- location** International
- target group** Health Professionals
- emphasis** Technical Content
- review** This manual is intended for use by nurses in hospitals in the United States, but is relevant to mothers in urban areas of the Third World who may be abandoning breastfeeding. The "instructions for nursing your baby" and the "checklist for counseling breastfeeding mothers" are appropriate for mothers in all cultures. The manual stresses the importance of colostrum as the primary source of nourishment during the pre-lactal period. It takes a strong pro-breastfeeding posture, going so far as to advise mothers to "avoid the use of breastfeeding pamphlets put out by companies with a product to sell." It recommends that nipple pain can be avoided by nursing on demand and by keeping the nipple in the baby's mouth until the infant lets go. It tells the nurse to tell the mother that the sooner the baby nurses after delivery, the less engorgement there will be.
- sponsor/
publisher/
source** International Childbirth Education Association
-
- **Manual** Jelliffe, Derrick B. and Jelliffe, E.F. Patrice, *Human Milk in the Modern World*, 1978, English (Spanish version also available), 500 pages.
- location** International
- target group** Health Professionals
- emphasis** Technical Content
- review** This is more a textbook than a manual. However, it is included in this catalogue because of its detailed encyclopedic-like information about a subject central to the nutritional well-being of those in developing countries. The text summarizes almost all of the available literature on topics related to human milk ranging from mammalian antecedents and adaptive suckling to mother-infant interactions. The book starts from the premise that bottle feeding, with formulas based on cow's milk, has become so widespread that the majority of health professionals have been taught little about the nutritional value of human milk and breastfeeding. Human milk's anti-infective properties are also described fully, e.g. the immunoglobulins, lysozyme, the bifidus factor and lactoferrin that are present. There is a strong argument that human milk has economic significance for developing countries: for example, to supply cow's milk formulas for all the young babies in India would require an additional herd of 114 million lactating cows. An historical review of the trend away from breastfeeding is provided along with statistical data on the worldwide consequences of early weaning which can cause a deterioration in nutrition and an increase in infectious disease. The only shortcoming of the book is the absence of a practical how-to-do-it chapter on lactation education which would have been a welcome complement to the technical information that is presented.
- sponsor/
publisher/
source** Oxford University Press

MOTHER AND CHILD FEEDING

• Manual	Khan, Mushtaq and Baker, Jean, <i>Nutrition and Health Care for the Young Child</i> , 1979, English, 127 pages.
location	Pakistan (and other Asian countries)
target group	Health Professionals
emphasis	Technical Content
review	This manual is a Pakistani interpretation of <i>Manual on Feeding Infants and Young Children</i> (by Margaret Cameron and Yngve Hofvander, 2nd edition, 1976, Protein Calorie Advisory Group of the United Nations System). It discusses infant and child health within the social, cultural, and economic environment of Pakistan. For example, reference is made of survey data (Micronutrient Survey of Pakistan, 1976: 77) which indicate that weaning practices in Pakistan contribute to the overall high levels of malnutrition among young children in the country. More than half the children studied were receiving only tea, milk or other liquids at one year of age. An Appendix details weaning food recipes from food available in common Pakistani households: "suji kheer," "dalia," "egg rice," etc. The knowledge content of this book is adequate to meet the requirements of public health professionals, and yet simple enough to be understood by village-level health personnel. It is more a textbook than a training manual. It has little information on training processes, message design or materials development.
sponsors	The Asia Foundation, Pakistan and Church World Services, Pakistan
publisher/ source	Health Publications Ltd., Pakistan

• Manual	Lawrence, Ruth A., <i>Breastfeeding: A Guide for the Medical Profession</i> , 1980, English, 367 pages.
location	International
target group	Health Professionals
emphasis	Technical Content
review	This manual is intended for physicians, nurses, and other health care professionals, and provides information about breastfeeding. It is quite technical while at the same time well written. It covers almost everything related to its topic, ranging from the anatomy of the human breast through the physiology of lactation to breast milk banks and wet-nursing. There is an excellent section on the anti-infective properties of human milk, discussing in detail macrophages, lymphocytes, immunoglobulins, the bifidus factor, and the "antistaphylococci factor," etc. The manual assesses the effects of a range of drugs on breast milk quality. For example, can the drug be safely given to the infant directly? Is there a risk of sensitization, even in the small dosages of a drug that might pass into the milk? The manual advises to: avoid using the long-acting form of the drug; schedule the doses so the least amount gets in the milk; watch the infant for any unusual signs. Caffeine is included in the list of drugs which could have harmful effects on the infant. The manual is written primarily for a Western audience but much of its technical content is relevant world-wide. Some of the recommendations need to be modified to fit settings in developing countries. For example, mothers support-groups like La Leche League are described as a major factor in reinforcing successful breastfeeding, but these groups are not yet found in many developing countries.
publisher/ source	C.V. Mosby Co.

MOTHER AND CHILD FEEDING

- **Manual** Liberia, Preventive Medical Services Project, Ministry of Health and Social Welfare, *Breastfeeding, A Practical Guide to Management of Lactation*, (undated), English, 12 pages.
- location** Liberia
- target group** Trainers
- emphasis** Technical Content and Teaching Methodology
- review** This manual is unequivocally pro-breastfeeding, vis.: it states that a mother can make enough milk, even for twins, by allowing frequent nursing; it advises continuing to breastfeed if the mother is pregnant or is sick with a serious illness such as leprosy or tuberculosis; it favors relactation when the mother has stopped breastfeeding for some time. Although training instructions are not included, the "Practical Guide" is organized into subsections that make it easily divisible into lessons: "How Lactation Begins," "The Let-Down Reflex," "Engorgement," "Things That Cause the Mother to Have Less Milk," etc. The manual's appendix is filled with graphic resources that the trainer can invoke to promote breastfeeding, e.g. a checklist of factors which may cause the mother to have less milk, a chart illustrating the "proper method of expressing milk from the breast," etc. The manual provides an excellent explanation of the mechanics of breastfeeding. It does not cover the importance of breastfeeding to the health of the baby, or of the mother's diet during lactation. It contains one outdated piece of advice: to apply Tincture of Benzoin Compound to treat sore nipples; this has since been found to have a drying effect.
- source/
publisher** Continuing Education Project, Ministry of Health and Social Welfare, Liberia
-
- **Manual** Lopez, Silvia and Rapp, Emily, *Breastfeeding Counselor's Curriculum*, 1981, Spanish (in draft).
- location** El Salvador
- target group** Field workers
- emphasis** Technical Content and Teaching Methodology
- review** This curriculum for breastfeeding counselors was developed by the CALMA Project which operates a Breastfeeding-Mothers Support Center in El Salvador. The text is written in exhaustive detail, and contains up-to-date scientific information on all aspects of breastfeeding. It covers breastfeeding physiology, psychology, nutrition and economics. It also provides practical information on the relationship between breastfeeding and pregnancy, birth control and weaning. A full range of practical advice is offered for every imaginable kind of lactation problem; for example, seventeen possible reasons are provided for counseling a mother who believes she has insufficient milk: does she get enough rest? does she feed on demand? does she give supplementary formula? and so on. The sections of the curriculum that deal with teaching methodology are also quite thorough. The authors explain that the health promoter's objective is to get the message across that "mothers should breastfeed for at least one year." To achieve this objective, the curriculum recommends a variety of activities for the counselor to follow, such as talks, flip-charts, etc. There is also a description of group dynamic techniques that can be used by the counselor to develop breastfeeding-mother support groups. The curriculum was developed in conjunction with consultants from La Leche League and the International Nutrition Communication Service.
- sponsor/
publisher/
source** CALMA El Salvador

MOTHER AND CHILD FEEDING

- **Manual** Luke, Barbara, *Maternal Nutrition*, 1979, English, 224 pages.
- location** International
- target group** Health Professionals
- emphasis** Technical Content
- review** This textbook presents a comprehensive overview of the field of maternal nutrition. It was written for a Western audience, but much of it is applicable to problems in developing countries. The book begins by providing guidelines for the nutritional assessment of the antepartum patient. Age, height and pregravid weight are viewed together. The author emphasizes that pregravid weight and weight gained or lost during pregnancy are the two most important clinical parameters predictive of infant birth weight. Various nutritional disorders during pregnancy are described including iron deficiency anemia and lactose intolerance. The author demonstrates a clear relationship between fetal malnutrition and brain development. A final chapter is devoted to dietary requirements during lactation. This is a highly technical "state of the art" work on an often neglected subject.
- publisher/
source** Little, Brown, and Company
-
- **Manual** Minett, Nancy, *Health and Nutrition Education, Developing "Small Talks"*, 1979, English, 48 pages.
- location** Sierra Leone (and other English-speaking West African countries)
- target group** Field Workers
- emphasis** Teaching Methodology
- review** This is an excellent auxiliary-level curriculum designed to meet the educational needs, health and nutrition of pregnant and lactating women in villages. It consists of a series of action photos in flip-chart form, e.g. a mother breastfeeding, preparing rice pap, etc., a set text, and a series of discussion questions. Each lesson is well written and highly specific. For example, "If your breast gets hard or swollen, or if you get a sore on your breast, do not stop breastfeeding your baby. You should squeeze the milk out into a clean cup to give the baby until the swelling or the sore gets better. You can feed the milk to the baby with a small spoon. Then your baby will not lose the milk from your breast. The sore will not make the milk bad and the baby needs the milk. When the sore gets better, or the swelling goes down, you can start giving that breast to the baby again."
- sponsor/
publisher
source** CARE/Freetown Office, Sierra Leone, West Africa
publisher or
CARE or
The Government Printing Department, Sierra Leone

MOTHER AND CHILD FEEDING

• Manual	Pan American Health Organization, <i>Guidelines to Young Child Feeding in the Contemporary Caribbean</i> , 1970, English, 16 pages.
location	English-speaking Caribbean
target group	Trainers
emphasis	Technical Content
review	These guidelines were developed at a Conference on Young Child Feeding in the Contemporary Caribbean held at the University of the West Indies, Mona, Jamaica, under the auspices of the Caribbean Food and Nutrition Institute. The guidelines cover "maternal nutrition," "preparation for breastfeeding," "nutrition of the newborn- establishment and maintenance of breastfeeding," "artificial feeding (including vitamin and mineral supplements)," "weaning and transition to family diet." The Guidelines are presented in short outline form. The section on "nutrition for the newborn" is particularly good. It discusses the advantages of breastfeeding and outlines a program of activities that countries can undertake to promote breastfeeding practice: nutrition education in schools, ante-natal and child welfare clinics, maternity and post-natal hospital wards, special demonstration education activities for teenage girls, curriculum change in medical and nursing schools, restrictions on commercial milk product advertising on government premises, especially hospitals, health clinics, and schools, etc.
sponsor/ publisher	Pan American Health Organization (PAHO)
source	PAHO or Caribbean Food and Nutrition Institute (CFNI)

• Manual	Peace Corps, <i>Health and Sanitation Lessons (Africa)</i> , #27 (Reprint Series); <i>Health and Sanitation Lessons (Africa)</i> , Visual Aids, #27B (Reprint Series); <i>Community Health Education in Developing Countries</i> , Manual Series #8; <i>Fiches d'Education Sanitaire: la Consultation Préventive et le Accouchées</i> , Niger Peace Corps, 1971-78, English and French, 54-209 pages.
location	Africa
target group	Trainers
emphasis	Teaching Methodology
review	These four Peace Corps manuals are designed to offer technical information, lesson plans, and training guides to assist Peace Corps workers in understanding and promoting health education in their villages. Two underlying assumptions set the tone for the manuals: (1) community involvement is the foundation for an effective program, and (2) health education must incorporate and work with all relevant community systems and include a wide scope of community people, not solely those whose behavior is to be changed. The most innovative aspect of the nutrition components of these manuals is the varied range of nutrition education activities recommended for extension workers. For example, the manual <i>Community Health Education in Developing Countries</i> describes a home-visit campaign to chart food practices and initiate kitchen gardens. The three other manuals share a common format. The four lesson guides which take a particular subject, e.g. "le lait maternel," present a goal, a series of essential ideas and messages, supportive visual aids, and questions for discussion and evaluation. The simplicity of the lessons makes them usable in a variety of settings: home visits, clinics, community meetings, and schools.
sponsor/ publisher/ source	Peace Corps, Information Collection and Exchange

MOTHER AND CHILD FEEDING

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|---|---|
| • Manual | Plan Nacional de Alimentación y Nutrición, <i>Manual de Lactancia Materna</i> (Breastfeeding Manual), 1979, Spanish, 59 pages. |
| location | Colombia |
| target group | Field Workers |
| emphasis | Technical Content and Teaching Methodology |
| review | This manual provides basic information on the advantages of breastfeeding, lactation education, weaning and appropriate technology for the non-breastfeeding mother. It stresses five themes: "La leche materna es el mejor alimento para el niño; la mayoría de las madres pueden dar seno a sus hijos; como resolver problemas si se presentan durante la lactancia materna; al final de los cuatro meses el niño, además de la leche materna necesita de otros alimentos; (and) algunos niños no pueden recibir leche de su propia madre." A section on teaching methodology is modeled after the <i>Manual for Health Promoters</i> developed by the Voluntary Health Association of India. The learning strategy focuses on motivating the audience to participate and include their knowledge in the teaching. There are guidelines for initiating a learning group to break down the barriers between instructor and participant. The manual is accompanied by a set of posters to reinforce the major messages. |
| sponsor/
publisher/
source | Plan Nacional de Alimentación y Nutrición, Colombia |
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- | | |
|---------------------|--|
| • Manual | Ritchie, Jean A.S., <i>Manual on Child Development, Family Life, Nutrition</i> , 1978, English, 209 pages. |
| location | English-speaking African countries |
| target group | Field workers |
| emphasis | Technical Content and Teaching Methodology |
| review | This manual is an excellent complement to the book by the same author, <i>Learning Better Nutrition</i> (1967), reviewed in this catalogue. It is also more recent, and written (and illustrated) specifically for African use. The approach is extremely practical, and designed to help field workers bridge the gap between what they learn in training courses and what they subsequently deliver to the families they work with. At the end of each subject are practical guides for discussion of that topic with the families, a very useful innovation. There are also special sections on appropriate technology, small-scale industries, cooperatives, the management of home and family resources, etc. designed to capture the interest of the husband. The chapters on child development (including social and mental) and on breastfeeding are exceptionally detailed and well illustrated. There are also detailed recipes for preparing locally based nutritious foods, e.g. "simsim" mix (Sierra Leone), soya bean agaka (East Africa), "moinmoin" (West Africa), etc. Although there is relatively little on evaluation, there are recommended concrete indicators of success for the field worker to look for in the section "How Do We Know If Things Are Improving:" that mothers learn to make cereal pulse green vegetable mixes for small children; that the age at which families give supplements to breast milk becomes five months instead of 10 months, that birth intervals are extended from 1.5 to 2.5 years, etc. |
| sponsor | Food and Agriculture Organization of the United Nations (FAO),
The African Training and Research Centre for Women, Ethiopia |
| source | FAO |

MOTHER AND CHILD FEEDING

- **Manual** Storms, Gayle E. and Appel, Diane, *¿Bien Nutrido o Desnutrido? Enseñando la Nutrición en el Campo, una Guía*, (Well-Nourished or Malnourished? Teaching of Nutrition in the Field, a Guide), 1975, Spanish, 71 pages.
- location** Honduras
- target group** Trainers
- emphasis** Technical Content and Teaching Methodology
- review** This loose-leaf manual was prepared by two Peace Corps workers in Honduras in collaboration with CARE. It is based on the content of a course given by the authors to homemaker club leaders in Colón, Honduras. It focuses on infant and young child nutrition. The course schedule includes seven lessons given during the first three days of the course, two days devoted to practical demonstrations about the preparation of various foods, and a final day devoted to a course evaluation and to organization of various community improvement projects. The syllabus includes detailed instructions for the teacher on how to present the subject matter. The feeding of infants and children is well described, with emphasis being placed on the hygienic handling of food, the boiling of water (which may not be practical in areas of fuel scarcity) and the cleanliness in preparation. The curriculum is supposed to be taught in conjunction with Spanish-language movies available through CARE (Películas Carlos Campesino).
- sponsor/
publisher/
source** CARE/ Honduras or
Peace Corps
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- **Manual** Venkatachalam, P.S. and Rebello, L.M., *Nutrition for the Mother and Child*, 1978 (3rd edition), English, 70 pages.
- location** India
- target group** Field Workers
- emphasis** Technical Content
- review** This manual was prepared as a tool for auxiliary health personnel working in Health Centers and Maternal and Child Health Centers in India. It specifies nutritional needs of mothers during pregnancy and lactation, and of infants and preschool children. It also contains dietary recommendations for each of these groups. A highlight of the text is a section called "Cheap Nutritious Diets for Children." This section has a series of "exchange recipes," based on modifications (such as decreasing the spices) of what a family ordinarily consumes, e.g. sprouted Bengal gram porridge, wheat-based chappati. The dishes are recommended for preschool children, but many would make very good weaning foods. The manual emphasizes animal milk as the best supplement to breast milk. However, the authors admit that in India "the cost of fresh milk is prohibitive."
- sponsor** Indian Council of Medical Research, India
- source** Voluntary Health Association of India (VHAI)

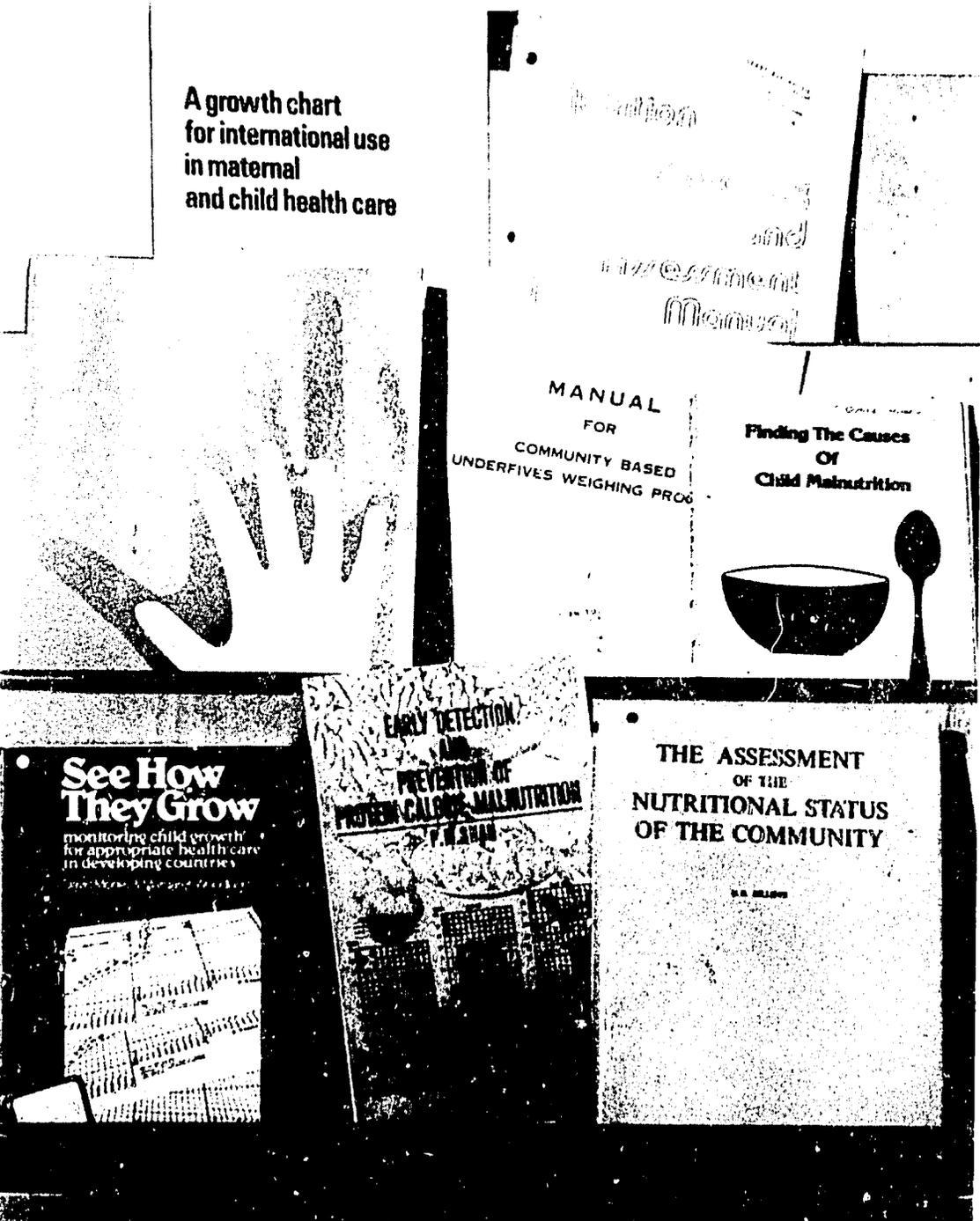
MOTHER AND CHILD FEEDING

- **Manual** Walia, B.N.S.; Shah, P.M.; and Shah, Kusum P., *Practical Mother and Child Health Care*, 1979, English, 124 pages.
 - location** India
 - target group** Field Workers
 - emphasis** Technical Content and Teaching Methodology
 - review** This manual is intended for female multi-purpose workers, who have responsibility for implementing MCH programs in primary health care centres in India. In the words of the authors, the manual is intended "to give practical instructions to these workers on how to get on with their work." The female multi-purpose worker is the lowest level worker in the Indian health care delivery system. The language of the manual is clear enough to communicate to her how to do her varied tasks, which include recording of vital statistics, selection of children and mothers at risk, running supplemental nutrition programs for mothers and children, imparting health education, etc. Each section has a series of instructions, followed by a set of practical exercises, against which the field worker can measure her progress. An example of this: "prepare a local events calendar for your own area; using the calendar prepared by you, determine the ages of five children belonging to poor illiterate parents."
 - publisher** Priya Adarkar, India
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- **Manual** Wisconsin Department of Health and Social Services, *Feeding Infants: A Nutrition Monograph for Health Professionals*, 1978, English, 54 pages.
- location** International
- target group** Health Professionals
- emphasis** Technical Content
- review** The intended audience for this manual is the health professional in Western countries. However, much of the information is relevant to the Third World. There is a discussion of the nutritional advantages of breast milk over cow's milk and commercial prepared formulas; for example, the extra nutrients in cow's milk and formula create a larger renal solute load and so place a strain on the immature kidneys of even a full-term infant. The manual also contains recommendations for the diet of a nursing mother, e.g. an additional 500 calories and 20 grams of protein per day. There is a section on nutrient supplementation in infancy. Vitamin D and iron are recommended as supplements to breast milk. Suggestions for the practical application of solid foods are given, including techniques for home preparation, food hygiene, and the psychology of feeding. Adaptation of this manual for use in developing countries should include the use of local food and recipes for infant feeding; the cultural adaptation of food preparation guidelines (foods can be mashed instead of blended); and a greater emphasis on the need to promote breastfeeding.
- sponsor/
publisher/
source** Wisconsin Department of Health and Social Services

NUTRITION ASSESSMENT AND SURVEILLANCE

A growth chart for international use in maternal and child health care



NUTRITION ASSESSMENT AND SURVEILLANCE

	Health Professionals	Trainers	Field Workers	English	French	Spanish	International	Africa	Asia	Caribbean	Latin America
Reference Manual Morley, David and Woodland, Margaret, <i>See How They Grow (monitoring child growth for appropriate health care in developing countries)</i> , 45	●	●	●	●			●				
Brown and Brown, <i>Finding the Causes of Child Malnutrition</i> , 45			●	●	●		●				
Burgess and Burgess, "Field Workers Guide to a Nutritional Status Survey," 46	●			●			●				
Center for Disease Control, U.S. Department of Health and Human Services, <i>Weighing and Measuring Children: A Training Manual for Supervisory Personnel</i> , 46		●		●			●				
Indonesia, Yayasan Sejahtera, <i>Manual for Community Based Underfives Weighing Program</i> , 47			●	●					●		
Jelliffe, Derrick B., <i>The Assessment of the Nutritional Status of the Community</i> , 47	●			●			●				
Shah, P.M., <i>Early Detection and Prevention of Protein Calorie Malnutrition</i> , 48	●			●					●		
Valadian, Isabelle and Porter, Douglas, <i>Physical Growth and Development from Conception to Maturity</i> , 48	●			●			●				
Wisconsin Department of Health and Social Services, <i>Nutrition Screening and Assessment Manual</i> , 49	●			●			●				
World Health Organization, <i>A Growth Chart for International Use in Maternal and Child Health Care</i> , 49	●			●			●				

NUTRITION ASSESSMENT AND SURVEILLANCE

• Manual	Morley, David and Woodland, Margaret, <i>See How They Grow (monitoring child growth for appropriate health care in developing countries)</i> , 1979, English, 265 pages.
location	International
target group	Reference Manual - Recommended for All
emphasis	Technical Content and Teaching Methodology
review	The authors have pioneered the development and use of Road to Health charts in Third World countries. In this text, they explain to health professionals, in easily understandable language, how to use the chart to diagnose, prevent, and treat malnutrition. The initial chapters describe the chart, and how mothers can use it to keep a home-based record of their child's growth. Emphasis is placed on periodic visits of field staff to monitor home use of the charts. Weight curves of malnourished children are described in detail. Actual charts are displayed as examples along with drawings of children with various nutrition-related diseases. For example, cases of rickets, or vitamin D deficiency, are often precipitated by a child starting to grow rapidly. The text's final chapter emphasizes a "stimulating and loving environment" as being just as important as nutrition in affecting a child's growth. Various rules of conduct are recommended: "give praise and recognition for effort rather than achievement," "encourage play," "give him ever greater responsibility," etc.
sponsor	Catholic Fund for Overseas Development
publisher	Macmillan Press Ltd. (Tropical Community Health Manuals)
source	Macmillan Press Ltd. or Foundation for Teaching Aids at Low Cost (TALC)

• Manual	Brown, Judith and Brown, Richard, <i>Finding the Causes of Child Malnutrition</i> , 1979, English (French edition also available), 73 pages.
location	International
target group	Field Workers
emphasis	Technical Content
review	This manual was written to answer three questions: How do you measure community malnutrition? What are the food problems in your community? Which problems should you attack? There are detailed instructions on how to measure arm circumference (using colored strips or bracelets), how to find a child's age (using number of teeth and or a community calendar), and how to measure weight-for-age and weight-for-height. Chapter 2 contains three sets of questions to determine the food problems of a community. The questions relate to production patterns, consumption, and feeding practices. Guidelines are given for deriving a representative sample of the target community, e.g. about 1/5th of all people in a given community are under five years of age. The style of the manual is quite didactic with the authors insisting in certain instances that their suggestions be followed to the letter: "in a village of 8,000 people, you must walk through the community, put a mark on every eighth house, and measure all the children in that house." The style is appropriate for an exercise that demands precision. The manual concludes with several case studies that illustrate how nutrition programs must be based on an analysis of each community's problems.
sponsor/ publisher/ source	Task Force on World Hunger Presbyterian Church of the United States

NUTRITION ASSESSMENT AND SURVEILLANCE

- **Manual** Burgess, H.J. and Burgess, A., "Field Worker's Guide to a Nutritional Status Survey," 1975, English, an article, 23 pages.
- location** International
- target group** Health Professionals
- emphasis** Technical Content
- review** This journal article qualifies for inclusion in this catalogue because it is perhaps the only guide to date on a very important subject--the nutrition status survey. The article covers everything from instrument design to staffing and field organization requirements. It begins by suggesting a series of factors for determining sample size, e.g. expected prevalence of the main disease, level of accuracy of the required results (the so-called "confidence limits"), and the proportion of the total population included in the sample. The article also details the format for various diagnostic tests, such as stool and urine samples, and hair roots. It concludes with an appendix containing a fully coded survey instrument.
- source/
publisher** *American Journal of Clinical Nutrition*, 28:1294-1321, 1975.
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- **Manual** Center for Disease Control, U.S. Department of Health and Human Services, *Weighing and Measuring Children: A Training Manual for Supervisory Personnel*, 1980, English, 44 pages.
- location** International
- target group** Trainers
- emphasis** Technical Content and Teaching Methodology
- review** This manual is designed to assist training supervisors to train and evaluate their staffs in the accurate and precise clinical weighing and measuring of children. It was developed for use in the United States but could be used in developing countries with modifications in the growth standards. The first section describes why measurement errors occur and how they can be corrected. There are three general causes of measurement inaccuracy: faulty equipment, errors in technique (not properly extending young children for length measurements, not having the child's line-of-sight perpendicular to the measuring surface), and lack of motivation (personnel in many instances do not feel inclined to strive for maximum obtainable accuracy). The second half of the manual contains a detailed "guide to pediatric weighing and measuring." The reader is given instructions on how to prepare the balance-beam scale, measure for length and stature, etc. Descriptions of training exercises, trainee and trainer worksheets, and reference charts are included to facilitate the dissemination of this technical information. This is an excellent manual whose only shortcoming is its failure to cover less technical assessment procedures relevant to developing countries, such as arm circumference measurement.
- sponsor/
publisher/
source** Center for Disease Control (CDC), Nutrition Division,
U.S. Department of Health and Human Services

NUTRITION ASSESSMENT AND SURVEILLANCE

- **Manual** Indonesia, Yayasan Indonesia Sejahtera, *Manual for Community Based Underfives Weighing Program*, 1976, Indonesian (English translation), 23 pages.
 - location** Indonesia
 - target group** Field Workers
 - emphasis** Technical Content and Teaching Methodology
 - review** This manual is designed to help the field worker carry out a weighing program based on Road to Health growth charts. It begins by describing the different sections of the chart. For each section, the field worker is provided with messages that he/she needs to communicate to the mother to get her to use the chart correctly. For example, "The mother should be constantly reminded that she can follow the growth of her child if she looks closely at the line indicating her child's weight change which is drawn on the card each month." A large chapter in the manual is entitled "Preparation for and Implementation of the Weighing Session." The chapter begins by stating, "The very basis of the weighing program is the community. Thus whether the person succeeds or not largely depends on the understanding and support of community members." While this is an excellent beginning, it would have been useful to include examples of ways to get people involved, for example by getting them to discuss their ideas of healthy children, weight gain, etc. The manual concludes with a chapter on "Problems Which May Be Met in the Weighing Sessions": a decrease in the number of children attending, the absence of sufficient volunteer workers, and the failure of mothers to pay attention to the motivational part of the session.
 - sponsor/publisher/source** Yayasan Indonesia Sejahtera (YIS), Indonesia
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- **Manual** Jelliffe, Derrick B., *The Assessment of the Nutritional Status of the Community*, 1966, English, 271 pages.
- location** International
- target group** Health Professionals
- emphasis** Technical Content
- review** This manual is concerned with clinical, anthropometric, biochemical, and dietary procedures for assessing the nutritional status of a community, focusing on techniques appropriate for field conditions in developing countries. It provides a detailed glossary, with photographs, of the clinical signs of protein-calorie malnutrition, xerophthalmia, scurvy, pellagra, rickets, goiter, and anemia. A discussion of anthropometric measurement touches all bases, i.e. measurement techniques based on weight-for-height, weight-for-age, head, arm and chest circumference. Jelliffe emphasizes the development of local reference standards wherever possible. The author suggests that such standards can be developed to cover the vulnerable first five years of life through cross-sectional methods, i.e. measure at least 30 children of each three-month period and calculate the means (averages) plus or minus twice the standard deviation. Standards for boys and girls may be considered together in these early years. The manual also describes biochemical tests that can be used to assess protein, vitamin A, D, B12, etc. The concluding chapter describes how to plan and carry out a nutrition survey, describing instrument design, sampling techniques, equipment needed, and training procedures for surveyors. This is the most comprehensive manual that has been written (to date) on nutrition assessment.
- sponsor/publisher** World Health Organization (WHO)

NUTRITION ASSESSMENT AND SURVEILLANCE

• Manual	Shah, P.M., <i>Early Detection and Prevention of Protein Calorie Malnutrition</i> , 1974, English, 75 pages.
location	India
target group	Health Professionals
emphasis	Technical Content
review	This manual begins by describing how to detect malnutrition in its early stages. It explains how to use weight charts and Quac-sticks as instruments to chart growth. There is a detailed discussion of the benefits of breastfeeding, and how to deal with related problems (e.g. the prescription of lanolin for cracked nipples). The problems associated with bottle feeding are also pointed out: the use of diluted milk formula, use of "gripe-water" bottles, lack of fuel for proper sanitation, etc. There is insufficient information about proper techniques for bottle feeding. The text also analyses problems that lead to poor attendance at child welfare clinics in India, such as inconvenient working hours and the addition of a "chore" to an already overburdened mother. Appendix V contains an interesting "local events calendar" to help determine the age of a child.
publisher	Popular Prakashan Pvt. Ltd., India
source	Voluntary Health Association of India (VHAI)

• Manual	Valadian, Isabelle and Porter, Douglas, <i>Physical Growth and Development from Conception to Maturity</i> , 1977, English, 539 pages.
location	International
target group	Health Professionals
emphasis	Technical Content and Teaching Methodology
review	This is a self-instructional manual for health professionals interested in specializing in the field of growth and development. Although the content matter is highly technical, its excellent use of language and its teaching methodology make the manual appropriate for the paraprofessional as well as the medical expert. Each subject (unit) is defined by a series of titled short statements followed by several checklist questions to test the user's knowledge. For example, the first two units cover basic principles of growth and development and methods of assessing growth. Within the first unit there is the following statement under the caption <i>Weight Loss During the First Postpartum Days</i> - "In the first three or four postpartum days, sometimes an infant loses as much as 10% of its birth weight. This is generally attributed to water loss as the infant adjusts to extrauterine environment." The reader's comprehension is then tested when he or she is asked to check an answer to the statement: "It would be normal, therefore, for an infant who weighed ten pounds at birth to weigh as little as (9?, 8?, 7?) pounds at three days." The unit on the "Digestive System" has a great deal of nutrition-related information such as information about the properties of colostrum, the physiological effects of cow's milk and artificial formulas, and a description of sucking and rooting behavior.
publisher/ source	Little, Brown and Company, Inc.

NUTRITION ASSESSMENT AND SURVEILLANCE

- **Manual** Wisconsin Department of Health and Social Services, *Nutrition Screening and Assessment Manual*, 1979, English, 111 pages.
 - location** International
 - target group** Health Professionals
 - emphasis** Technical Content
 - review** This manual is a comprehensive nutrition assessment and screening tool designed for use in Wisconsin, U.S.A., but applicable anywhere with slight modification. It covers topics such as identification of persons in need of medical or nutritional intervention; the monitoring of individual growth and nutrition status; growth chart plotting instructions; National Center for Health Statistics Growth Chart Standards for weight, height, and head circumference (by sex and age up to 18 years); methods of dietary evaluation (food frequency, 24-hour recall, food record, diet history); biochemical and clinical signs of malnutrition; and a resource list for nutrition surveillance equipment. Some of the modifications, necessary for use of this manual in developing countries, include: changes in referral criteria appropriate to the country's nutrition problems and health resources, the use of local reference standards, and modification of the U.S.-oriented feeding questionnaires.
 - sponsor/
publisher/
source** Wisconsin Department of Health and Social Services
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- **Manual** World Health Organization, *A Growth Chart for International Use in Maternal and Child Health Care*, 1978, English, 36 pages.
- location** International
- target group** Health Professionals
- emphasis** Technical Content
- review** This is a guide for primary health care professionals on the use of an international child growth chart. The chart was designed by a WHO consultative group led by Dr. John Kevany, Department of Social Medicine, Trinity College Medical School, St. James' Hospital, Dublin, Ireland. The reference values for weight and height for age are based on United States Department of Health, Education and Welfare data (with the assumption that countries or regions will eventually develop their own local reference standards). The complete growth record of the child is recorded on two distinct, but interrelated, charts. One is a Home Chart, designed for both sexes, with two weight curves and with space for recorded information about the subject's personal characteristics. It is meant to be filled out by mothers, kept in the home, and brought to the health center with each visit. The second is a more complex Service Chart which is filled out by the health care worker and kept at the health clinic. The Service Chart tracks changes in height in addition to weight for age. Detailed instructions are given on how to fill out each of the charts. Unfortunately there are few guidelines given as to how the health worker can teach the mother to use the home chart, an essential process if the chart is to have an educational impact.
- sponsor/
publisher** World Health Organization (WHO)
- source** write to WHO for distributor nearest you

NUTRITION EDUCATION



NUTRITION EDUCATION

	Health Professionals	Trainers	Field Workers	English	French	Spanish	International	Africa	Asia	Caribbean	Latin America
Reference Manual Zeitlin, Marian E., and Formacion, Candelaria S., <i>Nutrition Intervention in Developing Countries, Study 2: Nutrition Education</i> , 53	●	●	●	●			●				
Bertrand, Jane T., <i>Communications Pretesting</i> , 53		●		●			●				
Center for Educational Development in Health, <i>Systematic Course Design for the Health Fields</i> , 54		●		●			●				
Haïti, Département de la Santé Publique et de la Population, Ministère de la Santé Publique, <i>Thèmes d'Education Nutritionnelle pour les Mamans</i> , 54			●		●					●	
Holmes, Alan C., <i>Visual Aids in Nutrition Education</i> , 55		●		●			●				
INCAP-División de Nutrición Aplicada, <i>Informe Sobre Seminario de Enseñanza de la Nutrición, en las Escuelas de Enfermería</i> , 55	●						●				●
Keene, et al., <i>Training Health and Nutrition Workers</i> , 56		●		●			●				
Laugesen, Helen, <i>Better Child Care</i> , 56			●	●						●	
Ritchie, Jean A.S., <i>Learning Better Nutrition</i> , 57		●		●			●				
Schweser, Helen O'Brien, <i>A Manual for Community Health Education for the Caribbean</i> , 57	●			●			●				
Shack, Kathryn W. (editor), <i>Teaching Nutrition in Developing Countries or The Joys of Eating Dark Green Leaves</i> , 58		●		●			●				
van Veen, Marjorie Scott and Close, Kathryn A., <i>Nutrition Education in Child Feeding Programs in the Developing Countries</i> , 58			●	●	●	●	●				

NUTRITION EDUCATION

- **Manual** Zeitlin, Marian E. and Formacion, Candelaria S., *Nutrition Intervention in Developing Countries, Study 2: Nutrition Education*, 1981, English, 349 pages.
- location** International
- target group** Reference Manual - Recommended for All
- emphasis** Technical Content
- review** This is really a guidebook for planning, implementing and evaluating nutrition education programs in developing countries. It is Volume II of a six-volume series on nutrition interventions commissioned by the United States Agency for International Development. The manual begins by identifying nutrition education target groups, e.g. mothers, school children, medical and agricultural professionals, food processors, distributors and commercial advertisers, politicians, planners and heads of ministries. Each group is discussed in terms of the appropriate channels of communication needed to reach them. Strategies for goals-setting and problem-diagnosis are discussed, with emphasis placed on involvement of the target community in all phases of project development. An interesting section describes how to design educational messages. The authors stress that such messages will have no important effect unless (1) the people they are intended for are willing and able to take the recommended actions and (2) the actions have the desired consequences. The channels of communication for transmitting nutritional advice are described, i.e., the reader learns rules and techniques related to face-to-face education, mass media, adult literacy, curriculum design and teacher training. A section on evaluation prescribes Knowledge, Attitudes, Behaviors and Nutrition Status as indicators of a project's effectiveness. The final section is devoted to a Philippines Case Study which used radio for teaching messages about the enrichment of rice porridge. The manual is filled with useful tables, charts and worksheets for the would-be educator, such as a 24-hour recall form for diets of infants from 6-24 months, and a question sheet for one-to-one counseling of a mother of a preschool age child.
- sponsor** Harvard Institute for International Development (HIID) (for USAID)
- publisher/
source** Oelgeschlager, Gunn and Hain Publishers, Inc.

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- **Manual** Bertrand, Jane T., *Communications Pretesting*, 1978, English, 143 pages.
- location** International
- target group** Trainers
- emphasis** Technical Content
- review** Although there are few specific references to nutrition in this manual, it is included in this catalogue because of the importance of pretesting to nutrition education. (Regrettably there has yet to be a manual which specifically relates pretesting processes to nutrition problems.) The text defines the pretest in terms of its ability to provide information on the "effectiveness" of the material. The components of "effectiveness" are listed as attraction, comprehension, acceptability, self-involvement, and persuasion. A series of survey instruments are included as examples of pretests for radio spot announcements, posters, pamphlets, television spots, and movies. Guidelines are given for determining the sample to be used, selecting and training interviewers, pretesting the questionnaire, obtaining the support of local authorities and conducting interviews in the field. There is also information on how to code and analyze the data. This is an essential reference book for the nutrition educator and others in the development communications field.
- sponsor/
publisher/
source** Community and Family Study Center
Communication Laboratory
University of Chicago

NUTRITION EDUCATION

- **Manual** Center for Educational Development in Health, *Systematic Course Design for the Health Fields*, 1979, English, 185 pages.

location International

target group Trainers

emphasis Teaching Methodology

review This manual presents a systems approach to the design of training courses for health professionals. It shows the trainer how to use job analysis, evaluation, and various teaching methods to create courses tailored to the specific background and functions of the health professional in a given locality. Job descriptions are defined in terms of tasks which the health professional performs. In generic terms, these tasks may include making decisions, interacting with others, providing a service, producing a product, evaluating, making judgements, planning, and implementing. Once the job is defined, it becomes necessary to develop a series of performance indicators against which the success or failure of the course design can be judged. Next, the curriculum developer must choose appropriate teaching methods for his or her course (e.g. lecture, movie, case study, field visit, etc.) based on the goals of the teacher: to provide a frame of reference, to transmit information, to demonstrate skills, etc. Section III of the manual gives two examples of course design that relate to nutrition: the promotion of breastfeeding and nutrition education for public health workers.

**sponsor/
publisher/
source** Boston University Health Policy Institute
Center for Educational Development in Health

- **Manual** Haïti, Département de la Santé Publique et de la Population, Ministère de la Santé Publique, *Thèmes d'Education Nutritionnelle pour les Mamans* (Nutrition Education Themes for Mothers), 1979, French, 67 pages.

location Haïti

target group Field Workers

emphasis Technical Content and Teaching Methodology

review This is a set of lessons that field workers can use to instruct mothers about practical aspects of nutrition. Each lesson begins by identifying materials such as demonstration foods, weight scales, etc., which the field worker will need to get the message across. The use of a flannelgraph for instructional purposes is stressed. A model dialogue, between field worker and mother, is given as a guide to auxiliaries in discussing each topic with the community. For example: *Instructeur*: "Quand vous êtes arrivées ici vous croyiez qu'il fallait des piqûres et des médicaments pour traiter les enfants mal nourris; avez-vous changé d'idée?" *Mères*: "Il faut des repas bien balancés." There are some excellent instructions for nutrition sanitation, e.g. the use of earthenware pots, with carbon and sand filters, to store water.

**sponsor/
publisher** Département de la Santé Publique et de la Population,
Ministère de la Santé Publique, Haïti

NUTRITION EDUCATION

- **Manual** Holmes, Alan C., *Visual Aids in Nutrition Education*, 1978, English, 154 pages.
 - location** International
 - target group** Trainers
 - emphasis** Teaching Methodology
 - review** This is one of the few instructional guides to the hardware of nutrition education. Today it is fashionable to stress the software aspects of educational methodologies, how to design and pretest messages, program broadcasts, etc. This manual explains how to construct the educational aids used to disseminate nutrition educators' information. It contains specific instructions on how to construct (and use) leaflets and handouts, booklets, posters, wall charts, turnover charts, pull charts, overlay charts, flash cards, strip cartoons, pop-up cards, printed curtains, "chalk and talk boards," flannelgraphs, plastographs, and magnet boards, card games, photographs, moving pictures, filmstrips, and slides and print media. There is also a chapter on the creation of "stories and plays" for nutrition education. The instructions are extremely practical and geared to the needs of the worker in the field, often accompanied by diagrams. For example, the trainer is advised to use the rough side of a dark blanket thrown over a piece of hardboard to make a flannelgraph. The author's instructions on the use of each aid are brief and emphasize didactic instruction. However, software deficiencies may be overlooked in view of the value of the text as a how-to-make-it kit for audio-visual aids.
 - sponsor/
publisher** Food and Agriculture Organization of the United Nations (FAO)
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- **Manual** INCAP División de Nutrición Aplicada, *Informe Sobre Seminario de Enseñanza de la Nutrición, en las Escuelas de Enfermería*, (Report on the Nutrition Education Seminar in Nursing Schools), 1975, Spanish, 48 pages.
- location** Central American countries
- target group** Health Professionals
- emphasis** Teaching Methodology
- review** This report contains suggestions for updating and improving the teaching of nutrition in nursing schools in Central America. Annex 7 outlines areas of knowledge for a curriculum through a simple question and answer format. For example, "¿Cómo alimentar al enfermo que requiere dieta especial?-el desnutrido; el que tiene problemas del aparato digestivo; el enfermo grave; el recién operado; el que sufre de enfermedades metabólicas; el obeso; el cardiaco; el enfermo renal." At present the teaching of nutrition in nursing schools in Central America represents only 0.7 to 2.4% of the total curriculum. Seminar participants made some controversial recommendations for curriculum revision, specifically "la idea de que la ciencia de nutrición debe constituir el eje integrador de todo el curriculum en enfermería." They also recommended that nurses participate at a national and regional level in the planning, programming, execution, and evaluation of the nutrition components of health programs.
- sponsors/
source** Instituto de Nutrición de Centro América y Panamá (INCAP), Panamá and Pan American Health Organization (PAHO)

NUTRITION EDUCATION

- **Manual** Keene, Martha; Muller, Solange; Terreri, Nancy; and Srinivasan, Lyra, *Training Health and Nutrition Workers*, 1981, English.
 - location** International
 - target group** Trainers
 - emphasis** Teaching Methodology
 - review** This manual outlines an approach to participatory techniques in nutrition education developed by Lyra Srinivasan and Save the Children Federation. It is based on the philosophy that nutrition education means involving the learner in both identifying his or her own problems and developing solutions to them. Trainers get trained by the same processes that they will use in working with villagers. The manual consists of a series of activities which trainers can use in a workshop setting. For example, there is "Johari's Window," a technique used to promote community needs assessment. The "Window" consists of four frames: an open window containing information available to everybody; a frame reflecting the trainer's views, judgements and knowledge which villagers might not know or share; a frame reflecting villagers' views, opinions, feelings and knowledge which trainers might not know or share; and a fourth blank frame for information unknown to all but acquired by the facilitator and the people in the process of working together. "Johari's Window" helps build consensus among villagers about their nutrition-related problems. Other activities include "Open-ended Stories," a "Food Habits Chart," a "Composting Guide," etc. The techniques are excellent for those interested in pursuing a community development approach to nutrition education.
 - sponsor/publisher/source** Save the Children Federation (SCF)
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- **Manual** Laugesen, Helen, *Better Child Care*, 1977, English, 48 pages.
- location** India
- target group** Field Workers
- emphasis** Technical Content and Teaching Methodology
- review** This manual is intended for health workers who teach parents and caretakers of children. It consists of a series of photographs around which are clustered simple descriptions of infant feeding, nutrition diagnosis, oral rehydration, etc. For example, there is a picture of a mother eating with a sleeping baby on her lap and a full plate of food in front of her. The text states, "After a baby is born, mother needs to eat as much food as possible. Then she will produce enough milk for her baby. Mother does not need special food at this time. She can eat the food she normally eats. But she needs to eat green leafy vegetables every day." The manual is described as a "memory aid" for any health worker giving child care advice. It is intended for use "in people's homes, in balwadis, schools, health centers, mahila mandals and in any place where workers teach parents about child care." With modifications appropriate to local conditions, the manual could be used internationally. Its small size and clearly focused messages make it an extremely marketable product.
- sponsor/publisher/source** Voluntary Health Association of India (VHAI)

NUTRITION EDUCATION

• Manual	Ritchie, Jean A.S., <i>Learning Better Nutrition</i> , 1979 (6th printing), English, 264 pages.
location	International
target group	Trainers
emphasis	Teaching Methodology
review	This is a reprint of a manual prepared in 1967. All the references date back to the 30's, 40's, 50's and 60's. It remains popular because it is one of the few texts that teach people how to teach nutrition. Most of the book is devoted to describing techniques for communicating to various target audiences. For example, there is a chapter entitled "Training in Food Science and Applied Nutrition," which describes training programs for full-time auxiliary nutrition workers, for food nutrition specialists, and for workers in other professions. There is a chapter to help the trainer choose appropriate educational methods, techniques, and aids: demonstrations, drama, role playing, the use of flannel-graphs, etc. The concluding chapter lists examples of successful nutrition education programs: nutrition education through the Home Life Improvement Extension Service in Japan, a "multiple approach" project in Taiwan, an applied nutrition program in the State of Orissa, India, etc. Although this manual was developed almost fifteen years ago, it contains information about educational technologies in fashion today, e.g. the use of mass media, active learning, and participatory programming.
sponsor/ publisher/ source	Food and Agriculture Organization of the United Nations (FAO)

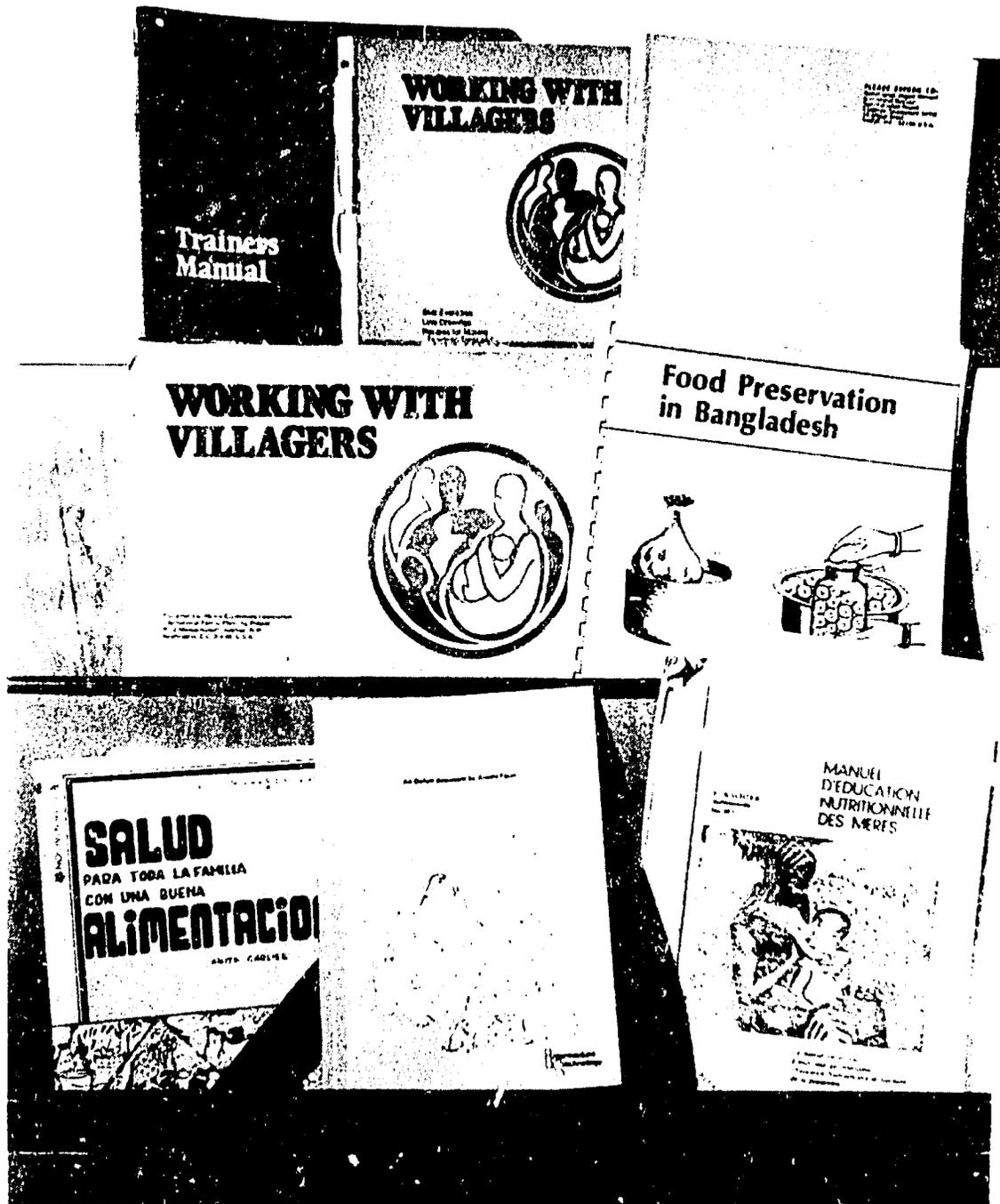
• Manual	Schweser, Helen O'Brien, <i>A Manual for Community Health Education for the Caribbean</i> , 1976, English, 251 pages.
location	International
target group	Health Professionals
emphasis	Technical Content
review	This manual outlines the nutrition education roles and functions of a variety of health professionals, community organizers, school teachers, and agricultural extension agents. It begins with the assumption that "food and nutrition education is not the prerogative of one single discipline." The role of the nutritionist, for example, is to determine the nutritional needs of the country; to develop a national nutrition policy in association with food and agricultural policies; to initiate training programs for professional and auxiliary personnel; to produce resource materials for nutrition education campaigns, etc. The role of the agricultural extension agent is to promote strong viable programs of research on nutrition, on increased food production, on food conservation and food processing, on methods of marketing and distribution; to coordinate the planning of food production with national nutritional needs; to train communities in nutrition appropriate technologies: household level food production, processing, storage, preparation, and sanitation. Although this manual was developed for the Caribbean, its application is international. This is a useful reference material for those trying to develop a national nutrition education campaign.
sponsor/ publisher/ source	People-to-People Health Foundation, Inc.

NUTRITION EDUCATION

- **Manual** Shack, Kathryn W. (editor), *Teaching Nutrition in Developing Countries or The Joys of Eating Dark Green Leaves*, English, 1977, 193 pages.
 - location** International
 - target group** Trainers
 - emphasis** Technical Content
 - review** This manual is a summary of a Workshop on teaching nutrition, sponsored by Meals for Millions Foundation, that took place June 12-18, 1977. The manual is really a series of case studies of successful nutrition education projects. It emphasizes participatory techniques (presentations by Therese Drummond, Noreen Clark and Nancy Terreri), training (Susan Emrich, Ofelia C. Bartolome et al.) and mass media (Tom Cooke, Annette Jere, E. Jackson Allison Jr. and Maria Teresa Cerquiera). Some of the presentations offer detailed instructions on program development, implementation and evaluation. For example, Bartolome describes the steps in a participatory process for selecting trainers. Vivian Beyda tells how to field-test prototype teaching aids for conquering xerophthalmia. Marian Zeitlin describes procedures for evaluating nutrition education programs (the KABNS model, i.e. Knowledge Attitudes Beliefs and Nutritional Status). Most of the presentations are less directive and more descriptive of various project experiences. Still, the information is worthwhile because it communicates a sense of the advantages and disadvantages of various approaches to nutrition education.
 - sponsor/
publisher/
source** Meals for Millions Foundation
publisher or Volunteers in Technical Assistance (VITA)
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- **Manual** van Veen, Marjorie Scott and Close, Kathryn A., *Nutrition Education in Child Feeding Programs in the Developing Countries*, 1976, English, French, Spanish, 56 pages.
 - location** International
 - target group** Field Workers
 - emphasis** Technical Content and Teaching Methodology
 - review** This manual is intended for field workers involved with feeding programs in developing countries. It provides a guide to teaching mothers and children, who use these programs, about ways of improving their diet. The field worker is provided with a list of questions to help him/her assess the nutritional needs of the target group: what type of foods do the children eat? what are the locally available foods? is potable water readily available? etc. A series of dangerous beliefs and customs are identified, along with suggestions for ways of coping with them, such as the custom of feeding the adults, especially the man, first can be dealt with by setting aside food from each meal for the infants. The manual also lists ten basic teaching principles which any field worker can follow: build a plan with realistic objectives, respect the ideas of mothers and infants, etc. The P.I. 480 Feeding Program provides free food for millions of people in Africa, Asia, Latin America, and the Near East. This is one of the few materials that have been produced that attempt to build a nutrition education component into P.I. 480.
 - sponsor/
source** United States Agency for International Development (USAID),
Office of Nutrition, Bureau of Technical Assistance

NUTRITION APPROPRIATE TECHNOLOGY



NUTRITION APPROPRIATE TECHNOLOGY

	Health Professionals	Trainers	Field Workers	English	French	Spanish	International	Africa	Asia	Caribbean	Latin America
Reference Manual United States Department of Agriculture, Extension Service, <i>Homemaking Handbook for Village Workers in Many Countries</i> , 61	●	●	●	●			●				
American Home Economics Association, <i>Working with Villagers</i> (3 volumes), 61		●		●			●				
Boyce, E., <i>Community Health Aide Manual</i> , 62			●	●			●				
Carlier, Anita, <i>Salud Para Toda La Familia Con Una Buena Alimentación</i> , 62			●			●					●
Catholic Relief Services, <i>Lessons in Nutrition and Health for Mothers</i> , 63		●		●					●		
Islam, Meherunnesa, <i>Food Preservation in Bangladesh</i> , 63		●		●					●		
Jardin, Claude and Crosnier, Jacques, <i>Un Taro, Un Poisson, Une Papaye, Manuel d'Education Alimentaire et de Nutrition Appliquée</i> , 64		●			●				●		
Pacey, Arnold, <i>Gardening for Better Nutrition</i> , 64		●		●			●				
Papua New Guinea, Department of Public Health, <i>Environmental Health and Sanitation</i> , 65			●	●					●		
Sommers, Paul, <i>Home Gardens: Handbook for Programme Officers</i> , 65		●		●					●		
VITA, <i>Village Technology Handbook</i> , 66		●		●			●				
Wachter, E., <i>Manuel d'Education Nutritionelle des Mères</i> , 66	●				●			●			

NUTRITION APPROPRIATE TECHNOLOGY

• Manual	United States Department of Agriculture, Extension Service, <i>Homemaking Handbook for Village Workers in Many Countries</i> , 1963, English, 237 pages.
location	International
target group	Reference Manual - Recommended for All
emphasis	Technical Content
review	This excellent manual was put together by Extension Service specialists in the United States Department of Agriculture in the early nineteen-sixties. Unfortunately, it is currently out of print (though xerox copies can be obtained through U.S.A.I.D.'s Distribution Center). It is one of the best manuals to date on the subject of nutrition appropriate technology. There are extensive sections on home gardens, food storage and preservation, the cooking stove and environmental hygiene. The manual provides down-to-earth guidelines for utilizing simple technologies that save time and improve nutrition-related practices. For example, the villager is urged to consider five factors in deciding where to put a garden: nearness to water, nearness to the house or compound, sun, good soil and "the lay of the land." The manual supports the use of smokeless stoves because they give good heat and save fuel, are made mostly with earth, are simple to build, and because "women generally like its shape and the way it operates." Techniques for drying, salting and pickling vegetables are provided. There are even instructions for starting a family poultry flock. The manual is laced with photographs and simple instructional diagrams, such as an illustration that demonstrates how to make a home made sieve. One section describes techniques for teaching technologies to villagers, "work with the whole family, find leaders in the village and help them to be teachers too, help people help themselves," etc. The manual provides various management aids, such as a "Home Garden Observation Form," to help the Village Extension Worker.
publisher	United States Agricultural Extension Service
source	USAID Report Distribution Center

• Manual	American Home Economics Association, <i>Working With Villagers</i> , 1977, English, 3 volumes.
location	International
target group	Trainers
emphasis	Technical Content and Teaching Methodology
review	This is a manual for home economics field workers who are working in family planning projects in developing countries. It consists of three volumes: Trainers Manual, Prototype Lessons, Media Resources Book. The Trainers Manual contains a series of activities to enable the field worker to understand village problems, use the prototype lessons and stimulate village participation in problem solving. Several of the prototype lessons relate to nutrition: for example, lesson #1, "Breastfeeding," #2, "Feeding and Weaning of Babies," #7, "Increasing Home and Community Food Supply." Each lesson states a problem, then some learner objectives: "things for the field worker to do" to increase learner participation and build skills and criteria to evaluate whether or not the lesson was successful. The lesson on "Increasing Home and Community Food Supply" is intended to be run in conjunction with an agricultural extension agent. Unfortunately, the learner objectives are all knowledge- as opposed to skills-oriented, e.g. the learner is expected to "explain some new ways of increasing family and community food supply." The Media Resources volume, in contrast, is filled with skills exercises to enable the field worker to make art supplies and construct visuals: how to make a flannelgraph, basic cutting, etc.
sponsors	The East-West Communication Institute and American Home Economics Association (AHEA)
publisher/ source	AHEA

NUTRITION APPROPRIATE TECHNOLOGY

- **Manual** Boyce, E., *Community Health Aide Manual*, 1972, English, 400 pages.
- location** Alaska
- target group** Field Workers
- emphasis** Technical Content
- review** This manual for community health aides is part of an American Federal program designed to improve the health of native people in Alaska. The major nutrition focus of the manual is on water food preparation and storage. The manual continually encourages the active participation of the community health aide (CHA) by asking "can you give one example of each of the needed food groups that you eat in your village?" and other like questions. Food hygiene is stressed with pictures demonstrating sanitation techniques. There are explicit instructions on how to store water and make it safe (boiling, bleach). Lists of various Alaskan foods are given and divided into nutrient categories. A final section details what a CHA needs to know to assess the nutritional status of a family: family meal patterns, kinds of food, food resources of the family, etc.
- sponsor/
publisher/
source** U.S. Department of Health, Education and Welfare
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- **Manual** Carlier, Anita, *Salud Para Toda La Familia Con Una Buena Alimentación (Health for All the Family with Good Nutrition)*, 1979 (3rd edition), Spanish, 54 pages.
- location** Peru
- target group** Field Workers
- emphasis** Technical Content and Teaching Methodology
- review** This manual is directed at mothers and other community members in rural areas of Peru. The message presented throughout the book is "let's cooperate and help ourselves," rather than "follow these scientific rules." The text contains simple clear instructions on how to eat well and hygienically in order to keep the whole family healthy. The information is given as a concept, several simple examples follow, then a catchy phrase sums up all the information. How to prepare a balanced meal is one important concept offered. First, readers are told to mix one part beans with two parts cereals, then are given the names of local dishes that are prepared in that way, and the instructions are reinforced with the catchy phrase, "granos con menestras hacen una comida balanceada y reemplaza a la carne." The manual incorporates the use of traditional medicine. A chart is given for herbs which can be taken for various ills. "Cebada," "hinojo," "anis," and "comino" are suggested as a means of increasing a mother's milk supply.
- sponsor** Instituto de Estudios Andinos, Perú

NUTRITION APPROPRIATE TECHNOLOGY

- **Manual** Catholic Relief Services, *Lessons in Nutrition and Health for Mothers*, 1979, English, 142 pages.
- location** India
- target group** Trainers
- emphasis** Technical Content and Teaching Methodology
- review** This manual describes a series of teaching lessons developed by Catholic Relief Service nutritionists for low income mothers at MCH centers in India. Each begins with a one page outline of the lesson, appropriate teacher and student activities, and visual aids. The manual has separate chapters on the food needs of various family members including adolescents and adults. Meal planning and food preparation are stressed. Pregnant women are advised to eat more, particularly pulses, dairy products (if available), and seasonal fruits and vegetables. Liberal amounts of pulses, beans, groundnuts, green leafy vegetables, and seasonal fruits are recommended for teenagers. The manual also teaches breastfeeding and appropriate weaning practices. An appendix lists over twenty local weaning food recipes including maize and green gram Dhal-Kichari, Bajra infant food, and others. There are also recommendations for food demonstration classes, including specific instructions for the preparation of soybean and groundnut milk and curd.
- sponsor/
publisher/
source** Catholic Relief Services (CRS), India
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- **Manual** Islam, Meherunnesa, *Food Preservation in Bangladesh (A Manual for Instructors)*, 1977, English, 51 pages.
- location** Bangladesh
- target group** Trainers
- emphasis** Technical Content and Teaching Methodology
- review** This is a guide to household-level canning, bottling and storage of fruits and vegetables in Bangladesh. Traditionally, preservation in Bangladesh has been confined to "pickles, preserves, chutneys and sauces." This manual describes how almost any kind of available fruit and vegetable can be preserved. Women (the manual's target audience) are urged to make use of fruit droppings, seconds, and vegetables which have no market due to a seasonal glut. The manual also provides a lesson plan for teachers of the techniques described and a lexicon of preservation terminology: "hot pack," "cold pack," "head space," etc. There are also instructions for setting up a small cottage industry for preservation production.
- sponsor** UNICEF, Women's Development Program, Bangladesh
- publisher** UNICEF
- source** UNICEF, Bangladesh or New York

NUTRITION APPROPRIATE TECHNOLOGY

- **Manual** Jardin, Claude and Crosnier, Jacques, *Un Taro, Un Poisson, Une Papaye, Manuel d'Education Alimentaire et de Nutrition Appliquée* (A Taro, A Fish, A Papaya, A Food Education and Applied Nutrition Manual), 1975, French, 476 pages.
 - location** Tropical Oceania (Melanesia, Polynesia, Micronesia)
 - target group** Trainers
 - emphasis** Technical Content and Teaching Methodology
 - review** This manual is for fairly senior level auxiliary workers, particularly in the non-health fields of social work, agricultural extension, etc. It is consumer-oriented and shows how local resources can be used to meet basic nutrition needs. Advice is geared to specific regions within Tropical Oceania: coastal villages which rely on taro, Chinese yams, manioc, banana, sweet potato, breadfruit, and occasional animal products; interior villages which rely on taro, banana, yams, sweet potato, "sago," bush nuts, leaves, and shoots; the coral islands and atolls which rely on breadfruit, sweet potato, arrow root, taro, coconut and fish; and the peri-urban areas which have a diet of rice, bread, biscuits, cornmeal, sugar, and a little meat and fish. The text contains charts for combining foods to obtain proper nutritional balance and information about appropriate technology for food storage. There is also a series of practical exercises which field workers can use to teach people how to get nutritional value for their food dollar. The manual strongly recommends that the teaching of nutrition be incorporated into other school subjects such as geography, the social sciences, and natural science.
 - sponsor/publisher/source** Commission du Pacifique Sud, New Caledonia Nouvelle-Calédonie Food and Agricultural Organization of the United Nations (FAO)
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- **Manual** Pacey, Arnold, *Gardening for Better Nutrition*, 1975, English, 64 pages.
- location** International
- target group** Trainers
- emphasis** Technical Content
- review** This is one of the few manuals that approaches the subject of home gardening from a nutritional point of view. The author goes into detail (Chapter 4) on the "Choice of Crops for Improved Nutrition." Traditional home gardens have tended to stress either green vegetables for their vitamin and mineral content, or particular beans and legumes for their protein content. Pacey stresses mixed cultivation. He points out that concentration on just one rich source of protein (soya beans) or of minerals (spinach) may produce food which the body cannot use efficiently. The manual outlines the resources needed to start a home garden in a developing country situation (an appropriate site, fencing and gardening tools); it also describes how to structure a plot, prepare a seedbed, make compost, and a variety of other gardening techniques. There are also tables listing specific vegetables and legumes and the climatic conditions under which they grow best. The manual discusses various strategies for training villagers to make home gardens. In Africa, there is a need to reach women who do much of the work involved in producing food for the family. In other areas of the world, the manual argues for incorporating gardening into community development schemes as a way of building broad-based support.
- sponsor/publisher/source** Intermediate Technology Publications Ltd. and OXFAM

NUTRITION APPROPRIATE TECHNOLOGY

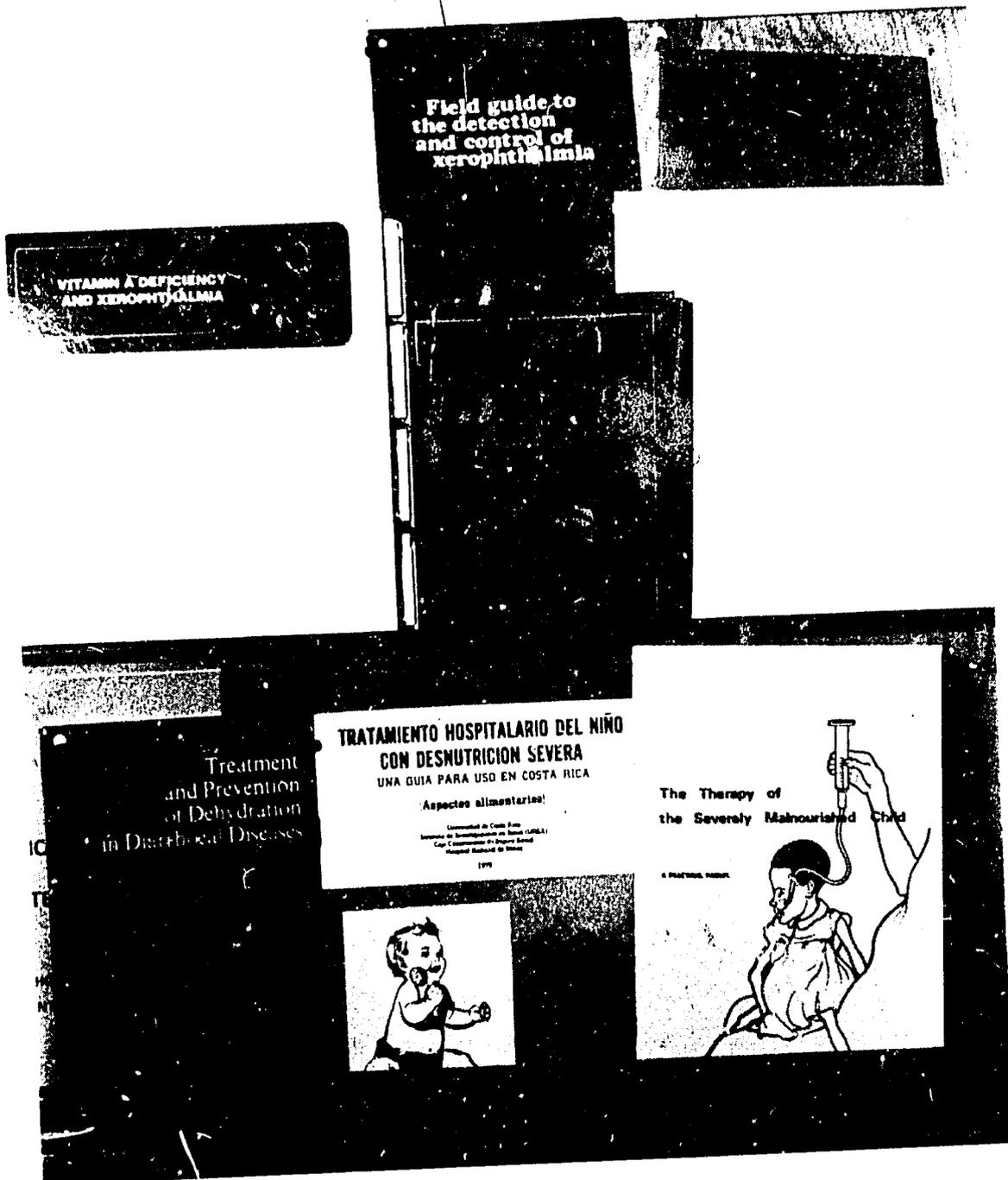
- **Manual** Papua New Guinea, Department of Public Health, *Environmental Health and Sanitation*, 1972, English, 79 pages.
 - location** Papua New Guinea
 - target group** Field Workers
 - emphasis** Technical Content
 - review** This manual is written for auxiliary health workers in Papua New Guinea. It describes the main environmental factors influencing health, and proposes methods of improving village sanitation. "Food Hygiene" is the heading of the section of the manual relating to nutrition. Bad hygiene in the home is regarded as a major cause of foodborne illnesses. Thus, recommendations are made regarding the use of well water, proper waste disposal, insect vermin control, personal kitchen utensil cleanliness. The most thorough and unique aspect of the manual is its treatment of the body's use of basic nutrients in relation to common foods consumed in Papua New Guinea. Appropriate quantities of local food stuffs (the sweet potato, taro, yam, plantain, etc.) are recommended for children and adults. Coconut "may be one reason for the low prevalence of kwashiorkor in coastal regions compared to highland areas of Papua New Guinea."
 - sponsor/
publisher/
source** Department of Public Health, Papua New Guinea
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- **Manual** Sommers, Paul, *Home Gardens: Handbook for Programme Officers*, 1980, English, 59 pages. (in draft).
- location** Asia
- target group** Trainers
- emphasis** Technical Content
- review** This manual provides a framework for the development of policies and programs that relate to home gardens. The first section outlines the socio-economic factors which must be taken into account when assessing the need for home gardens. The author points out that nutritional considerations must be balanced against the need for income. In planning a home garden project, it is necessary to know how much money the target group spends on food per week, which items are usually purchased, and the proximity of the home garden to the market place. The economic data must be balanced with dietary information and available horticultural technology and skill to determine each garden's appropriate design. The "mixed home-garden," found throughout much of Southeast Asia, is praised. Under this scheme, gardens are grown in a multi-story form resembling a tropical rain forest. In a mixed garden there is a layering of crops ranging from low-growing and trailing plants, such as sweet potatoes and herbs, to tall fruit trees like bananas and papayas. By utilizing different light levels and root zones, the mixed garden is able to establish a stable recycling pattern of nutrients. By interspersing annuals and perennials, a balance is achieved between an economic need for market crops and household nutritional consideration. This manual has several useful appendices including a list of tropical materials that can be used as mulching material and organic fertilizer and a table correlating specific vegetables to various nutrients.
- sponsor/
publisher/
source** United Nations Children's Fund (UNICEF)

NUTRITION APPROPRIATE TECHNOLOGY

- **Manual** VITA, *Village Technology Handbook* (3rd edition), 1970, English, 387 pages.
- location** International
- target group** Trainers
- emphasis** Technical Content
- review** This handbook describes techniques and equipment which can be made and used in a village for the village's development. Some of the technologies described are geared to the individual. Others are more complex and require cooperative effort and/or government input. Techniques relevant to food and nutrition needs include a sand-filter system for water purification, several varieties of smokeless stoves, a method for salting fish, etc. Unfortunately there is no space devoted to home gardening or food preparation. Nor is there mention made as to how these technologies can be applied. The text contains appropriate diagrams, which could seem overly technical to a layman, e.g. see the diagram of a "trickling sand filter." There are, however, some nice photos of food storage devices, such as the Philippine open-shelter household storage system and the Ethiopian hung baskets.
- sponsor/
publisher/
source** Volunteers in Technical Assistance (VITA)
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- **Manual** Wachter, E., *Manuel d'Education Nutritionnelle des Mères* (Nutrition Education Manual for Mothers), 1973, French, 94 pages.
- location** Zaïre
- target group** Trainers
- emphasis** Teaching Methodology and Technical Content
- review** This manual uses language and teaching methods that can be read and understood easily. It stresses the use of traditional foods to combat malnutrition. Recipes for feeding the mother and young child are prescribed, based on local plants such as cassava leaves, peanuts, maize, and makayabo roots. Each section has a series of relevant questions and practical demonstrations around which the field worker can engage the mother in a dialogue. The use of proverbs and education by analogy are stressed. For example: "Une maison construite sur une bonne fondation résiste aux pluies, aux éboulements et à l'érosion. Un enfant bien nourri les premières années de sa vie — un enfant avec une bonne fondation — pas de maladies — excellente croissance — et intelligence."
- sponsor/
publisher** Commissariat d'Etat à l'Education Nationale du Zaïre

NUTRITION REHABILITATION AND SPECIAL DEFICIENCIES



NUTRITION REHABILITATION AND SPECIAL DEFICIENCIES

	Health Professionals	Trainers	Field Workers	English	French	Spanish	International	Africa	Asia	Caribbean	Latin America
Reference Manual											
Sommer, Alfred, <i>Field Guide to the Detection and Control of Xerophthalmia</i> , 69	●	●	●	●			●				
Cash, Richard and Beyda, Vivian, <i>Manual: Training Health Workers in the Recognition, Treatment, and Prevention of Vitamin A Deficiency: Signs and Symptoms of Nutritional Blindness</i> , 69		●		●			●				
de Ville de Goyet, et al., <i>The Management of Nutritional Emergencies in Large Populations</i> , 70	●			●			●				
Hay, R.W. and Whitehead, R.G., <i>The Therapy of the Severely Malnourished Child</i> , 70	●			●			●				
Helen Keller International, <i>Training Manual for Field Workers, Vitamin A Deficiency and the Eye</i> , 71	●			●			●				
Murillo, Sandra and Vargas, William, <i>Tratamiento Hospitalario Del Niño Con Desnutrición Severa: Una Guía Para Uso En Costa Rica</i> , 71		●		●					●		
Picuo, et al., <i>Malnutrition and Gastroenteritis in Children: A Manual for Hospital Treatment and Management</i> , 72	●					●					●
World Health Organization, <i>A Manual for the Treatment of Acute Diarrhoea</i> , 72	●			●						●	
World Health Organization, <i>Treatment and Prevention of Dehydration in Diarrhoeal Diseases</i> , 73	●			●			●				
		●		●			●				

NUTRITION REHABILITATION AND SPECIAL DEFICIENCIES

- **Manual** Sommer, Alfred. *Field Guide to the Detection and Control of Xerophthalmia*, 1978. English, 47 pages.
- location** International
- target group** Reference Manual - Recommended for All
- emphasis** Technical Content
- review** This manual provides simple, practical guidelines for clinicians, nurses and public health officials involved in the diagnosis and prevention of vitamin A deficiency. It is a good model for those manuals which address specific nutrition problems. The manual begins by discussing the natural sources of vitamin A: fish liver, poultry, meat and dairy products. Carotenes, potential precursors present in green leafy vegetables, red palm oil, yellow fruits, etc., can be converted to vitamin A (retinol) in the gut. The metabolism of vitamin A and its relationship to malnutrition are then technically described. The clinical manifestations of vitamin A deficiency (e.g. Bitot's spots, corneal ulcers, etc.) are illustrated by a series of color photographs. The section on the "epidemiology" of the deficiency emphasizes the severe forms of the disease in the young child, and the high vulnerability of children born to mothers deficient in vitamin A. The section on "assessment" deals in detail with practical field problems associated with surveys, such as selection of parameters to be measured (clinical, biochemical and dietary), sampling procedures, collection, analysis and interpretation of data. The manual ends with very useful appendices describing how to conduct eye examinations, collect and handle blood samples in the field, and design field survey forms.
- sponsor** Grant from United States Agency for International Development (USAID) to Helen Keller International (HKI)
- publisher/
source** World Health Organization (WHO)

-
- **Manual** Cash, Richard and Beyda, Vivian. *Manual: Training Health Workers in the Recognition, Treatment, and Prevention of Vitamin A Deficiency: Signs and Symptoms of Nutritional Blindness*, 1977. English, 43 pages.
 - location** International
 - target group** Trainers
 - emphasis** Technical Content
 - review** This is an instructor's manual to a five-day (twenty hour) course on the treatment and prevention of xerophthalmia. Its principal method of instruction is a set of one hundred slides which accompany the text. Upon completion of the course, the trainee will be able to identify the causes of xerophthalmia; identify the conditions that predispose a child to xerophthalmia (diarrhea, measles, protein-calorie malnutrition, etc.); identify the clinical signs and symptoms of vitamin A deficiency disease (nightblindness, Bitot spots and corneal scars); and perform a xerophthalmia screening examination. The manual itself is the transcription of a lecture meant to accompany presentation of the slides. An introductory section entitled "Notes for Instructors" explains how the slide lecture format can best be utilized to disseminate information, e.g. "it is a good idea to pause for a moment after a new slide comes on to let the audience look at and study it before continuing the narrative."
 - sponsor/
publisher/
source** Helen Keller International (HKI) and The Nutrition Foundation

NUTRITION REHABILITATION AND SPECIAL DEFICIENCIES

-
- **Manual** de Ville de Goyet, C.; Seaman, J.; and Geijer, U., *The Management of Nutritional Emergencies in Large Populations*, 1978, English, 98 pages.
- location** International
- target group** Health Professionals
- emphasis** Technical Content
- review** This manual is to be used by public health professionals when managing nutritional emergencies. Food shortage, caused by major crop failure, war, civil conflict or natural disaster is the major characteristic of such emergencies. The manual begins by outlining the nutrient requirements of populations living in emergency conditions. There are practical guidelines on how to survey and assess the nutritional status of disaster victims, e.g. the use of weight-for-height is advocated (rather than weight-for-age) because of the urgent need to identify the acutely malnourished. There are thorough discussions of food distribution strategies grouped under four headings: "general distribution of dry food" to people who are unable to prepare their own meals; "mass feeding" using food prepared from a central kitchen; "supplementary feeding" providing extra food to vulnerable groups; and "therapeutic feeding" prescribing specific dietary treatment for the severely malnourished. There are also chapters on "camp administration" and "communicable diseases." This is the only manual that the editors have found which deals with the topic of nutritional emergencies. It does justice to its topic.
- sponsor/
publisher** World Health Organization (WHO)
-
- **Manual** Hay, R.W. and Whitehead, R.G., *The Therapy of the Severely Malnourished Child*, 1973, English, 49 pages.
- location** Uganda
- target group** Health Professionals
- emphasis** Technical Content
- review** This manual is primarily intended for use by health professionals in nutritional rehabilitation centers in Uganda. The manual recommends different types of treatment according to the degree to which the child is malnourished. Outpatient nutrition education is recommended for mothers of children with moderate malnutrition; mildly malnourished children are admitted to an "mwanamugimu" -- a special residential nutritional rehabilitation center where their mothers cook for them and watch them recover; severely malnourished children are given "ward treatment," i.e. put under doctor's supervision and given a special diet. A protein/calorie-centered recipe is prescribed for the severely malnourished child. It employs a mixture of dried skimmed milk powder, cotton seed oil, sugar, potassium chloride and magnesium hydroxide mixed with water. There are charts for determining how many feedings a day a child should receive (depending on his weight and age). The text does not offer recipes from local Ugandan foodstuffs that can be used for treating moderately malnourished children; nor is there any mention of follow-up activities for the child after he/she leaves the center.
- sponsor/
publisher** National Food and Nutrition Council of Uganda

NUTRITION REHABILITATION AND SPECIAL DEFICIENCIES

- **Manual** Helen Keller International, *Training Manual for Field Workers, Vitamin A Deficiency and the Eye* (in draft), 1981, English, 20 pages.
 - location** Bangladesh
 - target group** Trainers
 - emphasis** Teaching Methodology
 - review** This manual describes a series of activities that can be used to train field workers in the detection, prevention, and cure of vitamin A deficiency (night blindness, xerophthalmia). It is meant to be used in conjunction with other Helen Keller training aids, e.g. "Know the Signs and Symptoms of Xerophthalmia," that contain a great deal of technical information about vitamin A deficiency. The manual begins by outlining twelve training objectives for those who complete the training, e.g. be able to identify local foods rich in vitamin A, be able to administer vitamin A capsules, know when to refer a child to a health facility, etc. Each training activity is designed to help trainees achieve one or more of the objectives. The activities are varied, ranging from a lecture to a field trip to a local hospital, to participatory exercises in materials development. In conclusion there is a quiz to tell the trainer what has been learned, and what might be emphasized in follow-up sessions.
 - sponsor/
publisher/
source** Helen Keller International (HKI)
-

- **Manual** Murillo, Sandra and Vargas, William, *Tratamiento Hospitalario Del Niño Con Desnutrición Severa: Una Guía Para Uso En Costa Rica* (Hospital Treatment for the Severely Undernourished Child: A Guide for Use in Costa Rica), 1979, Spanish, 13 pages.
- location** Costa Rica
- target group** Health Professionals
- emphasis** Technical Content
- review** This manual contains concise, clear guidelines for the nutritional rehabilitation of children in a hospital setting. It is modeled after standards established by the Caribbean Food and Nutrition Institute in Jamaica. It is adequate for physicians, nurses and dieticians. The text characterizes the severely malnourished child as being dehydrated, anemic, apathetic, anorexic, irritable and beset by diarrhea and nutrition-related infections. The prescribed treatment focuses on a gradual administration of formula-based calories during the first week of hospitalization, at the end of which the child should be receiving 200 Kcal and 4 grams of protein per kg of body weight per day. The second phase requires feeding the child freely (but not overfeeding) with solid foodstuffs (grains, vegetables, legumes and fruit) and milk. The authors favor high energy/high fat/low protein formulas, and do not discuss other options. The use of high energy/intermediate fat/high protein formulas is an alternative that has been tried successfully in nutrition rehabilitation centers in Chile and Argentina.
- sponsor/
publisher** Instituto de Investigaciones en Salud (INISA), Costa Rica

NUTRITION REHABILITATION AND SPECIAL DEFICIENCIES

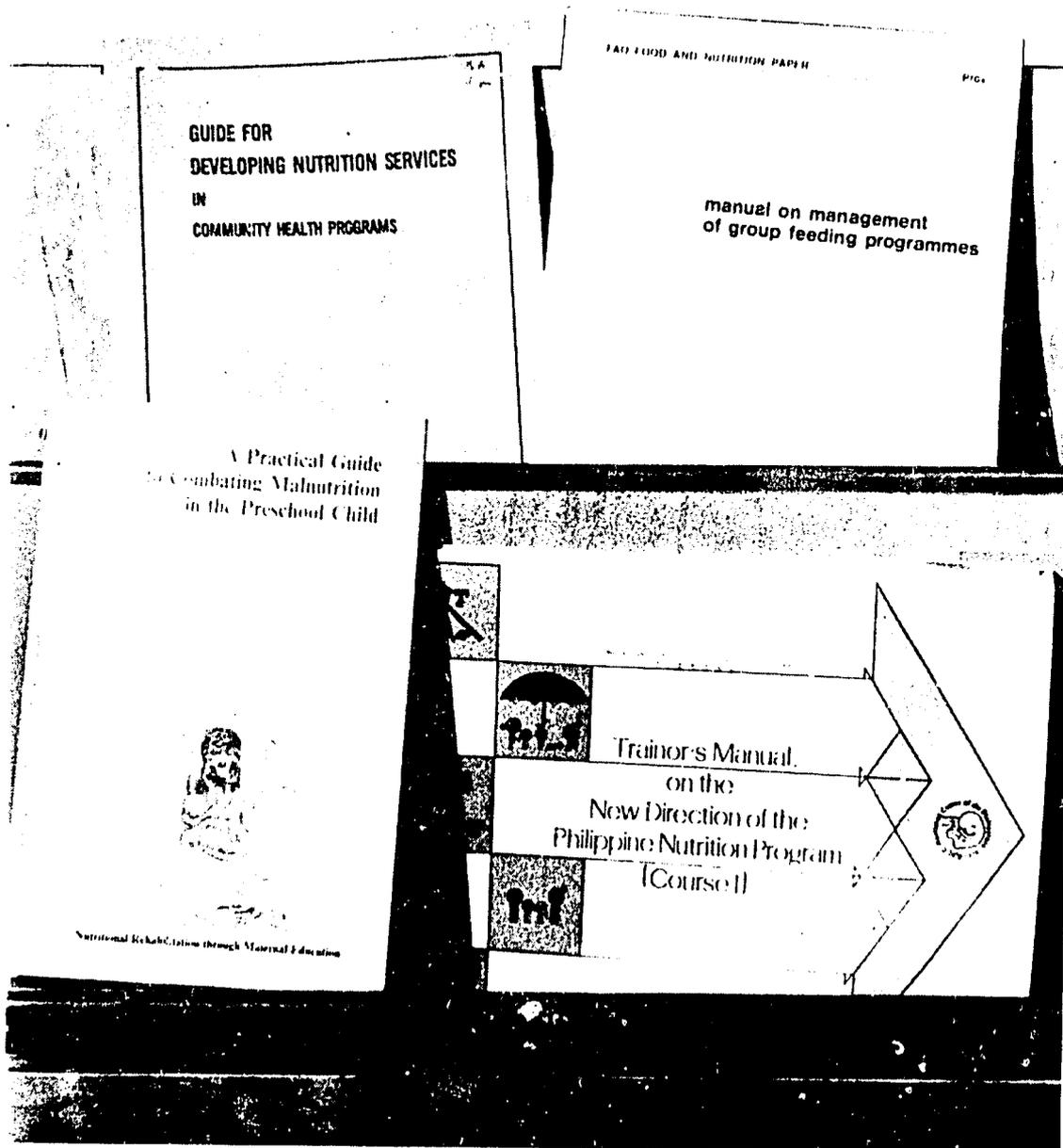
- **Manual** Picuo, E.; Alleyne, G.A.O.; Brooke, O.; Kerr, D.S.; Miller, C.; Jackson, A.; Hill, A.; Bogues, J.; and Patrick, J., *Malnutrition and Gastroenteritis in Children: A Manual for Hospital Treatment and Management*, 1978, English, 42 pages.
 - location** Caribbean
 - target group** Health Professionals
 - emphasis** Technical Content
 - review** This manual is intended for use in hospitals as a guide to the management of severely malnourished children (with or without diarrhea). It begins by outlining procedures for intravenous feeding of the acutely ill child, from initial rapid infusion to a maintenance scheduled 12-24 hours after admission. Chapter III is devoted to rehabilitation after the acute phase has passed. The manual emphasizes calorie intake as the major factor determining the rate of "catch-up" growth. It advocates the use of high calorie milk and formula feeds, and provides guides to their use according to body weight. Also discussed are the diagnosis and management of common complications associated with malnutrition, such as skin lesions, hypoglycemia, parasitic infestations and continuing or recurrent diarrhea. There is no mention, however, of nutrition education for the mother as part of the rehabilitation program.
 - publisher** Caribbean Food and Nutrition Institute (CFNI), Jamaica
 - sponsor** Tropical Metabolism Research Unit and Department of Pediatrics, Jamaica
 - source** publisher or sponsor
-

- **Manual** World Health Organization, *A Manual for the Treatment of Acute Diarrhoea*, 1980, English, 25 pages.
- location** International
- target group** Health Professionals
- emphasis** Technical Content
- review** This is a guide to the preparation and use of Oral Rehydration Salts (ORS) in treating diarrheal disease in developing countries. ORS packets currently are being distributed by many Third World countries through WHO and UNICEF. The manual emphasizes that acute diarrhea, irrespective of etiology, can be treated safely and effectively at all ages by ORS. ORS is a solution of glucose, sodium chloride, sodium bicarbonate, and potassium chloride. It is well absorbed in the small intestine when given orally even during copious diarrhea. The manual describes how dehydration and fluid deficit are assessed. It provides guidelines, in accordance with body weight, for rehydration therapy and maintenance therapy. It discusses the use and misuse of medicines in diarrhea treatment. Annex #5 offers "answers to questions on oral rehydration therapy often asked by health workers." For example, ORS is advocated over simple solutions containing sugar and salt because it provides potassium (to replace the potassium losses associated with all acute diarrhea) and bicarbonate (to correct the base-deficit acidosis). Feeding the patient who has diarrhea is advocated in order "to repair whatever nutritional deficit arises."
- sponsor/
publisher** Diarrhoeal Diseases Control Program, World Health Organization (WHO)
- source** sponsor or WHO distributor nearest you

NUTRITION REHABILITATION AND SPECIAL DEFICIENCIES

• Manual	World Health Organization, <i>Treatment and Prevention of Dehydration in Diarrhoeal Diseases</i> , 1976, English, 31 pages.
location	International
target group	Trainers
emphasis	Technical Content
review	The five steps of diarrhea and its management — dehydration, rehydration, sustenance, cure, and prevention — are explained, using an analogy of a “leaking pot.” “The person with diarrhea is like a pot of salt water with a hole in its bottom. A dead patient is like an empty pot. It is most important to keep the pot full.” There are tables to help the field worker “decide whether dehydration is mild or severe,” and “what kind of fluid” to give. Although the instructions are clear, they sometimes are technical and require basic knowledge of pharmacology and weights and measures. Annexes #1 and #2 give detailed instructions on how to give fluids (mouth, nasogastric tube, intravenous, intraperitoneal).
sponsor/ publisher source	World Health Organization (WHO)

PROGRAM MANAGEMENT



PROGRAM MANAGEMENT

	Health Professionals	Trainers	Field Workers	English	French	Spanish	International	Africa	Asia	Caribbean	Latin America
Reference Manual Food and Agriculture Organization of the United Nations, <i>Manual on Management of Group Feeding Programmes</i> , 77	●	●	●	●			●				
Addy, Hutton and Anang. Joseph, <i>Training Programme for Technical Officers (Nutrition)</i> , 77		●		●				●			
Colombia, National Institute of Nutrition, <i>A Practical Guide to Combating Malnutrition in the Preschool Child</i> , 78	●			●			●				
Macagba, Rufino L., <i>Health Care Guidelines for Use in Developing Countries</i> , 78	●			●			●				
Philippines, Nutrition Center Communications Department, <i>Trainor's Manual on the New Direction of the Philippines Nutrition Program (Course 1)</i> , 79		●		●					●		
U.S. Department of Health, Education and Welfare, <i>Guide for Developing Nutrition Services in Community Health Programs</i> , 79	●			●			●				

PROGRAM MANAGEMENT

• Manual	Food and Agriculture Organization of the United Nations, <i>Manual on Management of Group Feeding Programmes</i> , 1980, English, 124 pages.
location	International
target group	Reference Manual - Recommended for All
emphasis	Technical Content
review	The purpose of this manual is to provide guidelines for organizing training courses on the management of group feeding programs (GFP). FAO sees it as a prototype manual that can be adapted to the needs of any country. The first part of the manual describes four categories of GFP: supplementary feeding of vulnerable groups, i.e. pregnant and lactating women and preschool children; institutional feeding at schools, youth camps and vocational training centers; the feeding of workers; and emergency feeding. The second part of the manual deals specifically with principles and techniques of management that can be applied to GFP's. Needs assessment, program planning, implementation and evaluation are discussed. There are guidelines for preparing and securing a budget, program timing, goal-setting, supervision and monitoring, and reporting. The section on evaluation is particularly good. Indicators of program quality are listed for activities ranging from coverage of "at risk" population (% of "at risk" individuals in vulnerable groups who are enrolled in GFP) to foods distributed (amounts of each type of food in the daily ration compared to amounts specified in program plan). Fourteen annexes contain useful references for GFP program managers, e.g. annex 12, the effect of storage, preparation and cooking on the nutritive value of food; annex 14, guidelines for using local utensils to measure GFP foods. This manual is a good model of a curriculum that deals with nutrition program management.
publisher	Food and Agriculture Organization of the United Nations (FAO), Food Policy and Nutrition Division
sponsors	Deutsche Welthungerhilfe/ The Freedom from Hunger Campaign of West Germany and FAO
source	sponsors

• Manual	Addy, Hutton and Anang, Joseph, <i>Training Programme for Technical Officers (Nutrition)</i> , English, 1974 (draft), 41 pages.
location	Ghana
target group	Trainers
emphasis	Teaching Methodology
review	This is a curriculum guide for a three-year course to be given to Ghanaian Nutrition Technical Officers. The Technical Officer is charged with taking part in investigations designed to identify nutritional problems of the district and help plan, carry out, and evaluate applied nutrition and nutrition education programs. The Training Programme outlines learning objectives and syllabi for a variety of nutrition and nutrition-related courses: public health nutrition, basic nutrition, survey preparation, health education, agriculture, etc. It also describes an internship training program which each Officer must undertake, attaching himself or herself to projects in Nutrition Rehabilitation Centers, Child Welfare Clinics, etc. Although the curriculum for this course is quite comprehensive, it unfortunately is not accompanied by a teacher's guide with suggestions on how each subject can be taught. Some parts of the curriculum appear to be tangential to Ghana's nutrition needs, e.g. the nutritional management of diabetes mellitus.
sponsor/ source	Nutrition Division, Ministry of Health, Ghana

PROGRAM MANAGEMENT

- **Manual** Colombia, National Institute of Nutrition, *A Practical Guide to Combating Malnutrition in the Preschool Child*, 1970, English, 74 pages.
- location** International
- target group** Health Professionals
- emphasis** Technical Content
- review** This is intended as a guide for organizations and individuals who wish to develop, operate, and evaluate nutritional rehabilitation or mothercraft centers. The 23 authors are scientists, physicians, and nutritionists who are connected with such centers throughout the world. They take the position that hospital facilities in developing countries are woefully inadequate to handle the number of malnourished children needing attention. Mothercraft centers are a practical alternative. They offer child day-care, maternal education, and the serving of a well balanced diet of local foods. The manual describes how such centers are organized and provides guidelines for staff selection, location of the center, admission policies, and criteria for patient follow-up. Involvement and education of the mother receive top priority in terms of the focus of the center and evaluation of its effectiveness. Appendices provide organizational charts of nutrition rehabilitation centers in Haiti, Colombia, and the Philippines; a list of standard equipment found in most centers (e.g. food grinders, scales, blenders, etc.) and examples of menu. There is also a suggested checklist for supervisor visits, including cleanliness of the tables, floors, bookkeeping procedures, adequacy of nutrition education, etc.
- sponsor** National Institute of Nutrition, Colombia
- publisher** Appleton-Century-Crofts
- source** sponsor or publisher
-
- **Manual** Macagba, Rufino L., *Health Care Guidelines for Use in Developing Countries*, 1978, English, 114 pages.
- location** International
- target group** Health Professionals (administrators)
- emphasis** Technical Content
- review** This manual offers a methodology for developing a program to improve the health of a developing-country population. It begins by postulating three important program goals: improvement of health of children under five years old; improvement of health of pregnant women and care before, during, and after delivery; and improvement of the health of the whole family and the community. Specific programmatic objectives are listed for each subject, many of which are nutrition-related: nutrition education of mothers, supplementary feeding of underfives, etc. A section of the text provides guidelines for quantifying goals -- how to add dates and numbers that are appropriate for existing resources. A sample time chart is given. The manual also has a section on how to set up a reporting system for a community health care program. There is an extensive list of program performance measurements. Finally, there are three organizational charts for programs based on house visits, mothers' classes, or mobile clinics.
- sponsor/
publisher/
source** World Vision International

PROGRAM MANAGEMENT

- **Manual** Philippines, Nutrition Center, Communication Department, *Trainer's Manual on the New Direction of the Philippine Nutrition Program (Course I)*, 1975, English, 135 pages.
- location** Philippines
- target group** Trainers
- emphasis** Technical Content and Teaching Methodology
- review** This manual outlines an "echo training" system for the Philippine national nutrition program. The program operates at five levels: national, regional, provincial, municipal, and Barangay. The manual contains a series of lessons that can be used to train personnel at any level. Lesson #1 orients the trainee to incidence and frequency of malnutrition in the Philippines. For example, we learn that 3.5 million of the 8.5 million Filipino children, six months to six years are suffering from varying degrees of malnutrition. Lesson #2 is an orientation to the structure and function of the National Nutrition Council. Lesson #3, the longest chapter, is a guide to implementing the national nutrition program in the municipality. The trainee learns about five different interventions available to him: food assistance, nutrition information and education, food production, health protection, and family planning. Instructions are given on how to organize local committees to carry out each intervention, and on how to evaluate program outcomes. Subsequent lessons describe programming planning for each intervention in greater detail. Every lesson prescribes a series of teaching goals and objectives, and a range of materials to support the instruction. Appendices provide the trainees with access to the resources of the national nutrition program. For example, there is a handout sheet for the municipal mayor that describes how to set up a municipal production shop for nutri-pak which is a food product for malnourished children.
- sponsor/publisher/source** Nutrition Center of the Philippines
-
- **Manual** U.S. Department of Health, Education and Welfare, *Guide for Developing Nutrition Services in Community Health Programs*, 1978, English, 86 pages.
- location** International
- target group** Health Professionals
- emphasis** Technical Content
- review** This manual was developed to assist health planners and health professionals plan and organize nutrition services as part of Community Health programs. It begins by describing how to make a community-based plan, e.g. how to set program goals, identify required resources, develop a timetable and appropriate program activities, etc. It then describes the range of nutrition services that can be provided, including screening and assessment, dietary counseling, and nutrition education. Criteria are suggested for assessing the quality of services provided such as the structure of the facilities and equipment, process of care (referring to the interaction between patients and providers), and the adequacy of patient records and program reports. The manual obviously is oriented toward the nutrition situation in developed countries. The major nutrition problems and the screening and assessment techniques are very location-specific. However, a good manual on program management for nutrition programs in developing countries still needs to be written. Until one is, the guide may be a reference for those concerned with questions of organization and management.
- sponsor/publisher/** U.S. Department of Health, Education, and Welfare (HEW)

APPENDIX A: PROGRAM CATEGORY DEFINITIONS

The editors have chosen categories for the manuals to reflect the content of the eight program areas in this catalogue. There is some content overlap between various categories. For example, clinical assessment of nutrition status will receive detailed attention in manuals dealing with "Nutrition Surveillance and Assessment," versus a broad overview when dealt with in texts whose subject matter is "General Nutrition."

General Nutrition

(Manuals that provide an overview of the nutrition field, stressing clinical and biochemical concepts)

- Basic nutrition concepts, e.g. proteins, calories, carbohydrates, etc.
- Epidemiology of malnutrition
- Infant and child feeding
- Nutrition of the mother
- Nutrition and infection interaction: nutrition of the sick child, e.g. diarrhea and oral rehydration at home
- Nutrition rehabilitation
- Nutrition education
- Applied nutrition

Primary Health Care

(Manuals that have nutrition-related tasks for the primary health care worker)

- Maternal care: nutrition education of women, especially during pregnancy and lactation, food supplementation, fortification, etc. Primary health care for mothers during the child-bearing period, including antepartum and postpartum and family planning
- Child Health and Nutrition: the primary health needs of children, breastfeeding/bottle feeding; weaning
- Communicable diseases as they interact with nutrition status
 - Measles
 - Diarrhea
 - Respiratory infections
 - Parasitic infestations such as malaria, Guinea worm, schistosomiasis, etc.
 - Whooping cough
 - Poliomyelitis
 - Tuberculosis

Mother and Child Feeding

(Manuals which emphasize requirements and techniques for feeding pregnant and lactating mothers and infants 0-6 months of age)

- Breastfeeding and human milk: physiology, composition, properties and benefits
- Formula-feeding: types, limitations, problems, preparation; other infant foods
- Weaning: factors involved
- Feeding the sick child: need to maintain fluid and nutrient intake in children with diarrhea, vomiting, fever, etc.
- Nutrient value of local foods
- Food preparation for young children: use of multi-mixes, improvement of the local diet
- Assessment of the nutrition status of young children
- Nutrient requirements of pregnant and lactating women
- Food taboos and fads as they affect the nutrition of mothers and children
- Recommended foods and recipes for mothers
- Food fortification and supplementation programs

Nutrition Assessment and Surveillance

(Manuals that provide information on how to measure and monitor nutrition status)

- Clinical assessment of nutrition status
- Anthropometric assessment of nutrition status, including the use of various equipment
- Biochemical measurements
- Dietary measurements
- Special surveys - agricultural, food consumption, etc.
- Use of health statistics: use of demographic morbidity and mortality data
- Use of "Growth Chart": monitoring the growth and health of children in the community
- Interpretation of survey data and referral criteria

Nutrition Education

(Manuals describing techniques and methodologies for teaching nutrition)

- Beliefs and practices surveys
- Message design
- Materials development
- Mass media campaigns
- Training and curriculum development
- Non-formal education and participation technique
- School curriculum development and teacher training

Nutrition Appropriate Technology

(Manuals that describe the design and applications of village and household technologies that can be used to improve food quality and availability)

- Home and community gardens
- Household storage and preservation
- Village level and household food processing
- Food preparation, particularly weaning foods
- Appropriate technology for the non-breastfeeding mother
- Nutrition sanitation

Nutrition Rehabilitation and Special Deficiencies

(Manuals that teach how to treat severely malnourished children and ways of treating and preventing specific nutrition-related diseases)

- Epidemiology of malnutrition
- Diagnosis of malnutrition especially PEM and other relevant nutrition deficiencies in the community
- Medical management of the severely malnourished in hospital or community-based centers
- Dietary management of the severely malnourished
- Nursing management
- Assessment of recovery, discharge criteria
- Nutrition education of the mother
- Follow-up of the rehabilitated child and mother
- Community-based nutrition, intervention programs, e.g. nutrition education, nutrition surveillance, food supplementation
- Vitamin A deficiency and xerophthalmia
- Diarrhea and rehydration
- Famine and nutrition problems of natural and man-made disasters, e.g. floods, refugees, typhoons, earthquake, war, etc.
- Problems such as goiter, rickets, and other deficiencies

Program Management

(Manuals to guide the nutrition program manager in basic techniques of project planning, implementation, and evaluation)

- Project planning
- Community organization
- Managerial skills, e.g. budgeting, accounting, supervision
- Evaluation

APPENDIX B: ADDRESSES

-A-

Agency for International Development
(U.S.A.I.D.)
See: United States Government

American Home Economics
Association (AHEA)
International Family Planning Project
2010 Massachusetts Avenue NW
Washington, D.C. 20036 USA

American Journal of Clinical
Nutrition
American Institute of Nutrition
9650 Rockville Pike
Bethesda, MD 20014 USA

Appleton-Century-Crofts
Educational Division
Meredith Corporation
New York, NY USA

The Asia Foundation
550 Kearny Street
San Francisco, CA 94108 USA
See also: Pakistan

Australian Department of Health
(NT Division)
c/o Government of Australia
Canberra, Australia

-B-

Bangladesh

Christian Hospital
Chandroghara
Chiltagong Hill Tracts
Bangladesh
See also: UNICEF

Boston University Health Policy
Institute
Center for Educational Development
in Health
53 Bay State Road
Boston, MA 02215 USA

Brazil

Edições Paulinas
Caixa Posta 8.107
01098, São Paulo, SP, Brazil

Butterworth

Central Office

Butterworth & Co., Publishers. Ltd.
88 Kingsway
London WC2B 6AB, U.K.

Africa

Butterworth & Co. Pty. Ltd.
152-154 Gale Street
Durban, South Africa

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Butterworth & Co. Ltd.
2265 Midland Avenue
Scarborough, Toronto, Ontario
M1P 4S1, Canada

Butterworths Publishers, Inc.
19 Cummings Park
Woburn, MA 01801 USA

Pacific

Butterworths Pty. Ltd.
586 Pacific Highway
Chatswood, Sydney NSW 2067,
Australia

-C-

CARE
660 First Avenue
New York, NY 10016 USA
See also: Sierra Leone

Caribbean Food and Nutrition
Institute (CFNI)
See: Jamaica

Catholic Fund for Overseas
Development
1011 First Avenue
New York, NY 10022 USA

Catholic Relief Services (CRS)
1011 First Avenue
New York, NY 10022 USA
See also: India

Chile

Editorial Cuatro Vientos
Calle Raul Labbé 40-Lo Barnechea
Santiago 10, Chile

Ministerio de Salud
Conjo Nacional para la Alimentación
(CONPAN)
Santiago, Chile

Church World Service
475 Riverside Drive
New York, NY 10027 USA
See also: Pakistan

Colombia

Centro de Investigaciones
Multidisciplinarias
Dessarollo Rural
Cali, Colombia

National Institute of Nutrition
Bogotá, Colombia
Plan Nacional de Alimentación y
Nutrición
Bogotá, Colombia
Servicio Seccional de Salud
Departamento del Cauca
Cali, Colombia
Community and Family Study Center
Communication Laboratory
University of Chicago
Chicago, IL USA
Costa Rica
Instituto de Investigaciones en Salud
(INISA)
Caja Costarricense de Seguro Social
Universidad de Costa Rica
Hospital Nacional de Niños
San José, Costa Rica

-D-

Deutsche Welthungerhilfe
See: Germany

-E-

The East-West Communication
Institute
East-West Center
1777 East-West Road
Honolulu, HI 96822 USA

El Salvador
CALMA
Urbanización La Esperanza
Diagonal 2
Polígono "L." #226
San Salvador, El Salvador

Ethiopia

The African Training and Research
Center for Women
United Nations Economic
Commission for Africa
P.O. Box 3005
Addis Ababa, Ethiopia

-F-

Food and Agriculture Organization of
the United Nations (FAO)
See: United Nations

Foundation for Teaching Aids at Low
Cost (TALC)
Institute of Child Health
30 Guilford St.
London WC1N 1EH, U.K.

Freedom From Hunger Campaign of
West Germany
See: Germany

-G-

Germany

Deutsche Welthungerhilfe
(The Freedom from Hunger
Campaign of West Germany)
Government of West Germany
Bonn, Federal Republic of Germany,
BDR

Ghana

Nutrition Division
Ministry of Health
Accra, Ghana

Guatemala

A.S.E.C.S.A.
Apartado Postal 27
Chimaltenango, Guatemala

-H-

Haiti

Département de la Santé Publique et
de la Population
Bureau de Nutrition
Ministère de la Santé Publique
Port-au-Prince, Haïti

Harvard Institute for International
Development (HIID)
1737 Cambridge Street
Cambridge, MA 02138 USA

Helen Keller International (HKI)
22 West 17th Street
New York, NY 10011 USA

The Hesperian Foundation
P.O. Box 1692
Palo Alto, CA 04302 USA

Honduras

CARE Honduras
Apartado Postal #729
Tegucigalpa, D.F., Honduras

-I-

India

Catholic Relief Services (CRS)
USCC India Program
2, Community Center
East of Kailash
New Delhi 110 024, India

Central Institute of Research and
Training in Public Cooperation
Hauz Khas
New Delhi 110 016, India

Indian Council for Medical Research
National Institute of Nutrition
Hyderabad 500 007, India

Ministry of Health and Family
Planning
Department of Family Planning
New Delhi 110 001, India

National Institute of Family Planning
L-17 Green Park
New Delhi 110 016, India

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33c Tardeo Road
Popular Press Building
Bombay 400 034, India

Priya Adarkar
Orient Longman Ltd.
Kamani Marg
Ballard Estate
Bombay 400 038, India

Rural Health Research Centre
Narangwal
Punjab, India

Voluntary Health Association of
India (VHAI)
C-14 Community Centre S.D.A.
New Delhi 110 016, India

Indonesia

Government of Indonesia
Direktorat Gizi
Departemen Kesehatan
Jalan Prapatan #110
Jakarta, Indonesia

Pediatrics Department
Gadja Mada University
Yogyakarta, Indonesia

Rockefeller Foundation
P.O. Box 63
Yogyakarta, D.I.Y., Indonesia

Yayasan Indonesia Sejahtera (YIS)
Jalan Kramat 6 #11
Jakarta, Indonesia

Intermediate Technology Publications,
Ltd.
9 King Street
London WC2E 8HN, U.K.

International Childbirth Education
Association
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