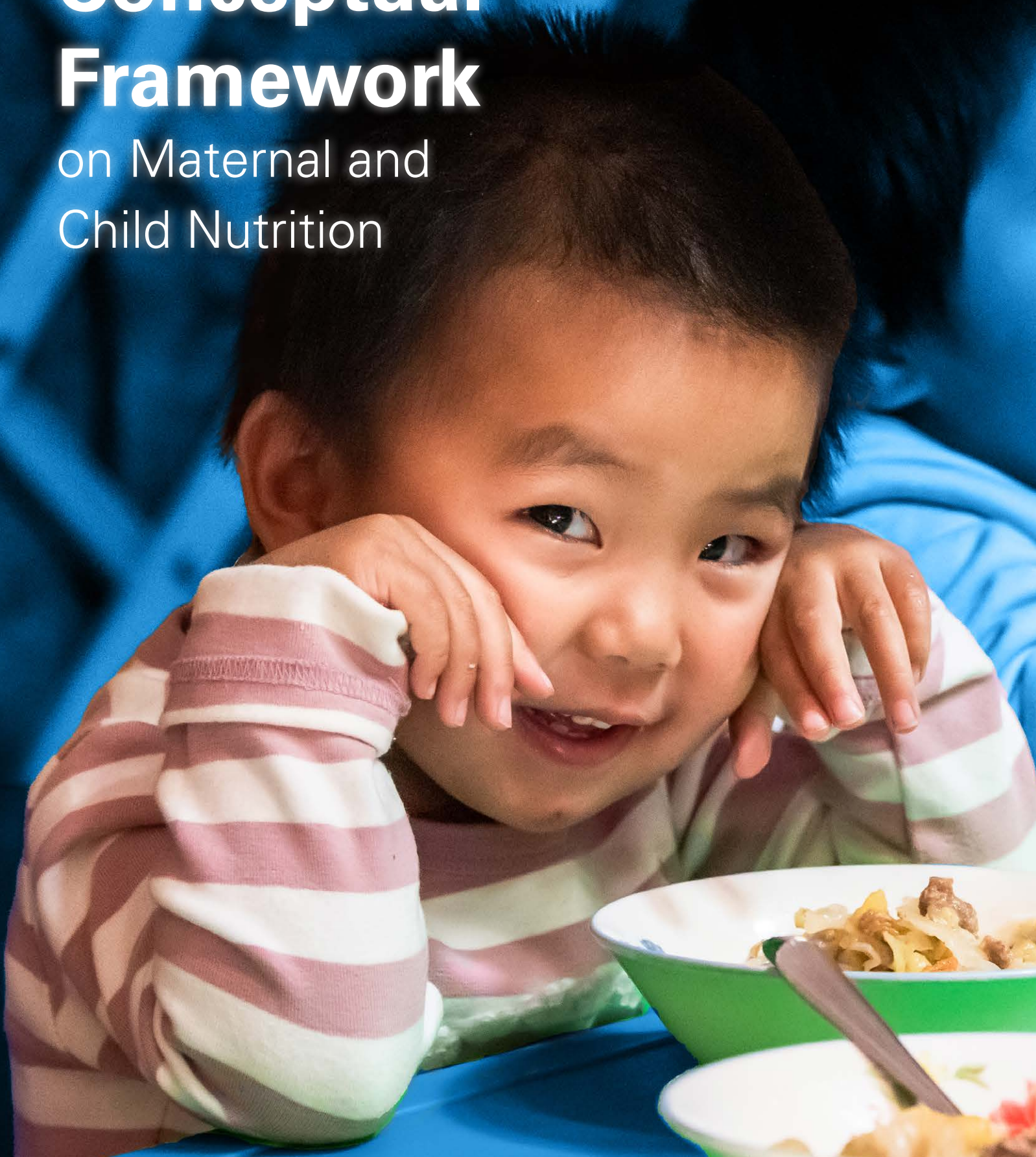


UNICEF Conceptual Framework

on Maternal and
Child Nutrition

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UNICEF Conceptual Framework on Maternal and Child Nutrition

The **UNICEF Nutrition Strategy 2020–2030** is guided by UNICEF’s Conceptual Framework on the Determinants of Maternal and Child Nutrition, 2020. The 2020 Framework builds on UNICEF’s 1990 conceptual work, acknowledges the increasing triple burden of malnutrition – undernutrition, micronutrient deficiencies, and overweight – and highlights the role of diets and care as immediate determinants of maternal and child nutrition.

The **outcomes** resulting from improved nutrition for children and women manifest in the short and long term and include:

- **In childhood and adolescence** – Improved survival, health, physical growth, cognitive development, school readiness and school performance.
- **In adulthood and for societies** – Improved survival, health, productivity and wages in adults, and improved prosperity and social cohesion for societies.

The **immediate determinants** of maternal and child nutrition are diets and care, which influence each other.

- **Diets:** Good diets are driven by adequate foods and adequate feeding and dietary practices to support good nutrition for children and women.
- **Care:** Good care is driven by adequate services and adequate services to support good nutrition for children and women.

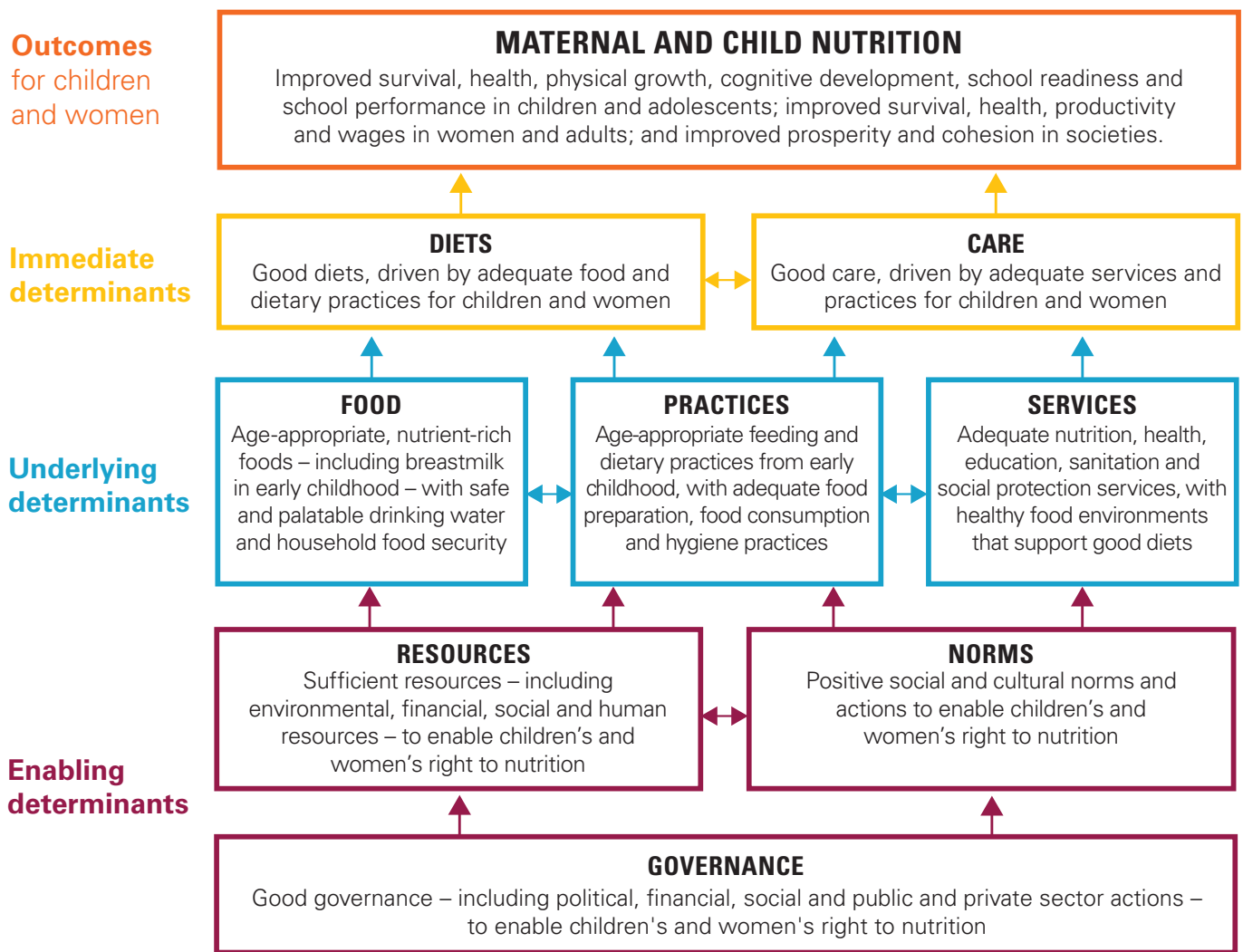
The **underlying determinants** are the food, practices and services available to children and women in their households, communities and environments to enable good nutrition.

- **Food**, which comprises age-appropriate, nutrient-rich foods – including breastmilk and complementary foods for children in the first two years of life – with safe and palatable drinking water and household food security all year round for all children and women.
- **Practices**, which comprises age-appropriate feeding and dietary practices – including breastfeeding, responsive complementary feeding and stimulation in early childhood – with adequate food preparation, food consumption and hygiene practices for all children and women.
- **Services**, which comprises adequate nutrition, health, sanitation, education and social protection services, with healthy food environments and healthy living environments that prevent disease and promote adequate diets and physical activity for all children and women.

The **enabling determinants** are the political, financial, social, cultural and environmental conditions that enable good nutrition for children and women. In the 2020 Conceptual Framework, the enabling determinants are organized into three categories:

- **Governance:** Good governance refers to the political, financial, social and public and private sector actions to enable children’s and women’s right to nutrition.
- **Resources:** Sufficient resources refer to the environmental, financial, social and human resources needed to enable children’s and women’s right to nutrition.
- **Norms:** Positive norms refer to the gender, cultural and social norms and actions needed to enable children’s and women’s right to nutrition.

The Framework uses a positive narrative about what contributes to good nutrition in children and women and provides conceptual clarity on the enabling, underlying and immediate determinants of adequate nutrition, their vertical and horizontal interconnectedness, and the positive survival, growth, development, learning, economic and social outcomes resulting from **improved maternal and child nutrition**.



UNICEF Conceptual Framework on the Determinants of Maternal and Child Nutrition, 2020. A framework for the prevention of malnutrition in all its forms.

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November 2021

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Published by:

UNICEF

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New York, NY 10017, USA

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Website: www.unicef.org/nutrition

Photography: Cover: © UNICEF/Eric Pasqualli

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