**Assignments One**

1. **Bearing in mind the definition of monitoring and evaluation, what is the importance of M&E to Nutrition and food security projects**

**Monitoring** refers to an organized process of overseeing and checking the activities undertaken in a project, to ascertain whether it **can achieve** the planned results or not. Conversely, **Evaluation is** a scientific process that gauges the success of the project or program in meeting the objectives.

Monitoring and Evaluation are the two management tools that help in keeping a control on the business activities as well as raising the level of performance. **Monitoring** refers to an organized process of overseeing and checking the activities undertaken in a project, to ascertain whether it can achieve the planned results or not. Conversely, **evaluation** is a scientific process that gauges the success of the project or program in meeting the objectives.

The primary difference between monitoring and evaluation is that while monitoring is a continuous activity, performed at the functional level of management, evaluation is a periodic activity, performed at the business level.

Importance of Monitoring and Evaluation to Nutrition and Food security Projects involved number of advantages to why it is important for each nutrition and food security project to have a strong M&E plan. The importance includes the following: -

* First, monitoring and evaluation (M&E) are importance for assessing that the project is achieving set target
* Help in the design of strategic nutrition and food security programme
* Highlights clear nutrition and food security unforeseen gaps in an ongoing project
* Evaluation of Nutrition and Food Security interventions. It is M&E in Nutrition and Food security that would clearly state what are the milestones of the project and what are the final outputs.
* Monitoring and Evaluation of Nutrition and food security will strengthen the milestones of the project defines the final
* With tons of information pilling up, it is not easy to keep track to what is relevant and what can be come useful in the future
* Monitoring of nutrition and food security outcomes and impacts. Outcomes and impacts are more difficult to assess
* M&E benefits the key actors involved in community development in the following ways:

In comparative way of way analyzing the benefits looking and Monitoring and evaluation separately, the table below presents some basic narratives.

|  |  |
| --- | --- |
| **MONITORING** | **EVALUATION** |
| * This is the regular systematic collection and analysis of information to track the progress of program implementation against pre-set targets and objectives. It aims to answer the question “did we deliver?” * Monitoring; Clarifies program objectives, Links activities and their resources to objectives, translates objectives into performance indicators and sets targets, * Routinely collects data on these indicators, compares actual results with targets * And Reports progress to managers and alerts them to problems * Monitoring gives information on where a policy, program or project is at any given time (or over time) relative to respective targets and outcomes. Monitoring focuses on efficiency, and the use of resources. * While monitoring provides records of activities and results, and signals problems to be remedied along the way, it is descriptive and may not be able to explain why a problem has arisen, or why a particular outcome has occurred or failed to occur. | * This is the objective assessment of an ongoing or recently completed project, program or policy, its design, implementation and results. It answers the question “What has happened as a result?” * Evaluation Analyses why intended results were or were not achieved, assesses specific casual contributions of activities to results, examines implementation process, explores unintended results, provides lessons, highlights significant accomplishments or program potential and offers recommendations for improvement * Evaluation looks at the relevance, effectiveness, efficiency and sustainability of an intervention. It will provide evidence of why targets and outcomes are or are not being achieved and addresses issues of causality. * Evaluation deals with questions of cause and effect. It is assessing or estimating the value, worth or impact of an intervention and is typically done on a periodic basis – perhaps annually or at the end of a phase of a project or program. |

**2.Discuss the tools used in M&E of nutrition and food security projects**

The below are the tools used in M&E of nutrition and food security projects: -

* **Availability: -**

In its narrow definition, availability is a measure of the amount of food that is and will be physically available in a population during a certain period. It is most likely related with production and market availability.

* **Accessibility: -**

The accessibility dimension embraces Sen’s core thesis that food availability does not guarantee that everyone is free from hunger (Sen 1981). As a result, food availability is an insufficient predictor for food and nutrition security. The fact that the undernourished population has increased by 9 percent

despite the 12 percent increase of global food production since 1990 (Barrett 2010) implies that food insecurity occurred at a time of abundance.

* **Utilization: -**

Utilization is a measure of a population’s ability to obtain sufficient nutritional intake and nutrition absorption during a given period. How the population derives a sufficient intake and absorption of micronutrients can be assessed from their diet variety and from the anthropometric outcomes. Poor diet diversification is often associated with micronutrient deficiency and is a strong predictor for child stunting and maternal nutritional status (Ruel 2003, Savy et al. 2005, Ruel et al. 2010).

* **Stability: -**

Stability refers to the stability of the three dimensions above: availability, access, and utilization always without risks. The main risks which might have adverse effects on availability, access and utilization are extreme weather events, energy scarcity, economic and social disruption and

malfunctioning global markets. The stability dimension recognizes that the food and nutrition

security status may change. This dimension emphasizes the importance of having mechanisms in

place to assure the availability, access, and utilization which might change with risks. Promoting and supporting sustainable and resilient production systems, investing in rural development, and

improving market governance are the key route to address such risks

* **Relationships and overlaps between FNS indicators: -**

Based on the classification of FNS indicators provided in this section, it is then possible to identify the nature of the overlaps and of other relationships between the (groups of) state-of-the-art indicators.

Firstly, anthropometric indicators and medical and biomarkers are the most fundamental

indicators of nutritional outcomes. They mostly follow medical guidelines in the identification of their critical values (cut-off points).

* **Recommendations for Food Secure and conclusion: -**

Improving and monitoring food and nutrition security requires many elements. First, a clear and

universally agreed upon definition of food and nutrition security must be identified, where we reviewed existing definitions, and in the review of concepts related to FNS produced under Food Secure. Food and nutrition security exists when all people always have physical, social and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life (CFS 2009). There are four dimensions to FNS: availability, access, utilization and stability (the latter also includes the notion of vulnerability).

**3.Briefly discuss the evolution of food and nutrition security concerns. In your opinion are the strategies being put in place asserting food security**

According to the historical hot spring conference of FAO in 1943, in which the concept of a ‘‘secure, adequate, and suitable supply of food for everyone’’ was accepted internationally, bilateral agencies of donor countries such as the US or Canada, which were created in the 1950s, then started disposed the agricultural surplus commodities overseas. The evolution of food and nutrition security concerns entails that from 1940 to 1950s, there was an initiative to deals in programme that support in **food surplus disposal**, this has later led to **food for development in the 1960** resulting creation World Food Programme in 1963. The evolvement of Food and Nutrition security then later led to the **food assurance in the 1970,** for example, the food crisis of 1972 to 1974 was reported to have marked a dramatic turning point from the past area of food abundancy of donor countries to highly unstable food supplies and prices. As a result, food security insurance schemes, which assured international access to physical food supplies, were developed in the 1970s. hence after word broadened food security in the 1980s and finally freedom for hunger and malnutrition in the 1990s.

In the 1960s, when it was acknowledged that food aid may be a barrier of development for self-sufficiency, the concept of food for development was introduced and institutionalized. The creation of the World Food Program (WFP) in 1963 is one prominent example. organizations and agencies and food availability surveillance in recipient countries.

According to AB Quizon concept on Evolving Food Security, the following were the clear shifts in Food Security Evolution as stated,

* The concept of “food security” (FS) has evolved widely over the years. Earlier concepts focused on **physical availability of food,** regardless of whether people had access or not.
* The 1974 World Food Summit defined food security as: “availability at all times of adequate world food supplies of basic foodstuffs to sustain a steady expansion of food consumption and to offset fluctuations in production and prices”.
* In 1983, FAO expanded its FS concept to include economic access by vulnerable people to available supplies: “… ensuring that all people at all times have both physical and economic access to the basic food that they need”.
* In 1986, the World Bank report “Poverty and Hunger” further elaborated the FS concept to include the adequacy of food: “… access of all people always to enough food for an active, healthy life”. The Report also made a distinction between chronic food insecurity, brought about by structural poverty and low incomes, and transitory food insecurity, which is caused by natural disasters, economic collapse or conflict.
* In the mid-1980s, there was a shift in focus towards rights and entitlements, influenced by Amartya Sen’s 1981 seminal study “Poverty and Famines” that showed how “famines thrive even without a general decline in food availability”. Steering clear of the concept of food security that focuses on food supply, Amartya Sen’s work instead placed emphasis on consumption and the entitlement, which focuses on ownership and exchange. Entitlement is defined as “the set of alternative commodity bundles that a person can command in a society using the totality of rights and opportunities that he or she faces”.

**4.Discuss the common indicators of nutritional status**

**Children under 5** **nutrition indicators**

* Wasting. Due various impacts nutritional deficiencies, a child wasting can be happened to the nutritional balance of the diet is not in place.
* Stunting growth, a child may grow at abnormal rate than expected ad this can be due to impact of nutritional imbalances
* Underweight, the weight of the given child and age are compared a standardized form to see if the child his health of has some difficulties which might due to poor child health or nutrition.

**Adult and adolescent nutrition indicators**

* Body Mass Index
* Low birth Weight
* Mid -Upper Arm circumference (MUAC)

**5.Taking examples from your country, discuss the causes of food insecurity in rural areas.**

Cause of food insecurity in South Sudan. South Sudan is a country rich with resources and diverse in ethnicity. It got its independent in 2011 and immediately got into a war within itself from 2013. This war is among the multiple other factors which leads to why the populations in the rural areas remains poor and in fragile state of poverty. The includes the following bullet points thought not in exhaustion.

* Localized intercommunal conflicts
* Impact of natural calamities on livelihoods
* Limited asset ownership
* Poor diets and health care (child and women)
* Loss of labor and income
* Limited health services and increased medical expenses
* Loss of productive age family members
* High incidences of water-borne diseases
* Time and recurring poverty
* Restricted access to productive assets
* High dependence on agriculture for food (seasonality of livelihood)
* Cattle raiding, seasonal availability of livestock products
* Dependence on livestock renders counties with high dependence highly food insecure
* High market reliance in times of seasonal depletion of harvests
* Natural calamities including flooding and prolong dry spelt are among the key causing factors of food insecurity