



## Gender in Nutrition in Humanitarian Contexts, including Migration

**Four training sessions for  
Latin America and the Caribbean**

**2, 9, 23 and 30 May 2024  
9:00 – 11 am Panama time**

# Training organizers



## UNICEF LACRO



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# Training organizers



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# Housekeeping

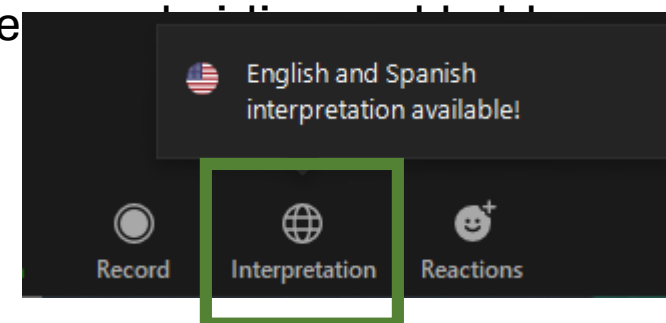


## English - Instructions to use ZOOM with interpretation service.

- 1. Click the icon “interpretation” available at the bottom of the screen.
- 2. Select the audio that you want to hear (English or Spanish).
- 3. Important for speakers: Please keep speaking in just one language. Do not switch between 2 languages v you speak.

## Español- Instrucciones para utilizar ZOOM con servicio de interpretación.

- 1. Haga click en el ícono de “interpretación” que se encuentra en la parte inferior de la pantalla.
- 2. Seleccione el audio que desea escuchar (inglés o español).
- 3. Importante para las personas que hablan: mantenga el uso de



# Housekeeping



## Language of the workshop

- Presentations/content on the screen will be shown in English
- Discussions will take place in Spanish and or English, depending on your language of preference.

## Questions

- Ask your questions in the chat along the sessions and during Q&A.

## Group work

- Automatic assignation to groups

## Folder of resources in UNICEF Sharedrive

At the end of the training, you will have access to:

- Presentations
- Recordings
- Resources/documentation



## Webinar Working Group



## Supporting Donors



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# Training Agenda



SESSION	DATE	TOPIC
1	May 2 <sup>nd</sup> , 2024 9-11 am Panama	<b>Gender in NiE: Basic definitions, frameworks, guiding principles and tools</b>
2	May 9 <sup>th</sup> , 2024 9-11 am Panama	<b>Gender-related situation analysis</b>
3	May 23 <sup>rd</sup> , 2024 9-11 am Panama	<b>Gender-transformative Nutrition programming</b>
4	May 30 <sup>th</sup> , 2024 9-11 am Panama	<b>GBV Mitigation in NiE</b>



# Session 1

## Introduction, basic definitions, frameworks, guiding principles and tools



## Objectives:

By the end of this session, participants will build key competencies and increase their understanding of:

- Gender and GBV and its consequences on Nutrition
- UNICEF's mandate, Nutrition Sector coordination and clusters
- Identify UNICEF and IASC key documents and gender commitments in Nutrition, and when and how to use them
- Utilize guidance to integrate Gender and GBV lens into the different stages of NiE including in migration

# Today's agenda

- 1. Warm-up activity
- 2. Setting the scene – Basic gender definitions
- 3. Why gender and nutrition are interconnected
- 4. Sharing country examples in the chat
- 5. Frameworks and guiding principles
- 6. Group work
- 7. Role of UNICEF Nutrition Sector Coordinators in relation to the frameworks
- 8. Take home messages
- 9. Closing quiz

# Opening remarks



**Yvette Fautsch**

Nutrition specialist, UNICEF LACRO



**Debla López**

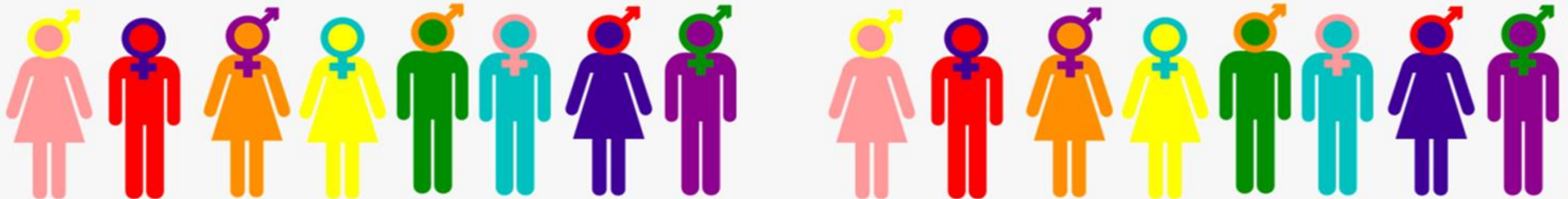
Gender specialist, UNICEF LACRO

# 1. Warm-Up Activity



Write your answers in the chat box to the following questions:

1. What obstacles do you think migrant women face in their daily lives?
2. Do you think the nutritional status of women and men are affected in the same way in emergencies?



## 2. Setting the scene – Basic gender definitions



**Maria Vianney Hidalgo Jimenez**  
Gender specialist, UNICEF LACRO

# Gender Basic Definitions (1/6)

**Sex:** refers to male and female different anatomical and physiological characteristics.

**Gender:** refers to the socially constructed identities that are associated with being male, female, and any other gender identity and the power relations that underlie them.



# Gender Basic Definitions (2/6)

<b>Gender roles/norms</b>	1	A	refers to policies and initiatives aimed at promoting equal opportunity by actively supporting groups or individuals who have historically faced discrimination or marginalization
<b>Gender equality</b>	2	B	is a critical examination of how differences in gender roles, needs, rights/entitlements affect men, women, boys, girls and any other gender identities in certain situations and contexts
<b>Affirmative actions</b>	3	C	refer to the behaviors, tasks and attitudes that a society considers appropriate for an individual based on their gender, It varies from society to society and can be changed. (WHO)
<b>Gender analysis</b>	4	D	refers to the equal rights, responsibilities and opportunities for all individuals regardless of their gender

**Link key terms with their corresponding definition.**

**Write your answers in the chat box. (The number with the letter)**

# Gender Basic Definitions (3/6)



**Gender roles/norms**



**Gender equality**



**Affirmative actions**



**Gender analysis**

1

2

3

4

A

B

C

D

refers to policies and initiatives aimed at promoting equal opportunity by actively supporting groups or individuals who have historically faced discrimination or marginalization

is a critical examination of how differences in gender roles, needs, rights/entitlements affect men, women, boys, girls and any other gender identities in certain situations and contexts

refer to the behaviors, tasks and attitudes that a society considers appropriate for an individual based on their gender, It varies from society to society and can be changed. (WHO)

refers to the equal rights, responsibilities and opportunities for all individuals regardless of their gender



# Gender Basic Definitions (4/6)

## **Gender roles/norms**

Refer to the behaviors, tasks and attitudes that a society considers appropriate for an individual based on their gender, It varies from society to society and can be changed. (WHO)

## **Gender equality**

Gender Equality is a broad concept and a development goal. It is achieved when men & women have equal rights, freedoms, conditions, and opportunities for realizing their full potential and for contributing to & benefiting from economic, social, cultural & political development.

## **Gender analysis**

Gender Analysis refers to the systematic gathering and analysis of information on gender differences and social relations to identify and understand the different roles, divisions of labor, resources, constraints, needs, opportunities /capacities, and interests of men and women, girls and boys in a given context.

# Gender Basic Definitions (5/6)

## Gender approach

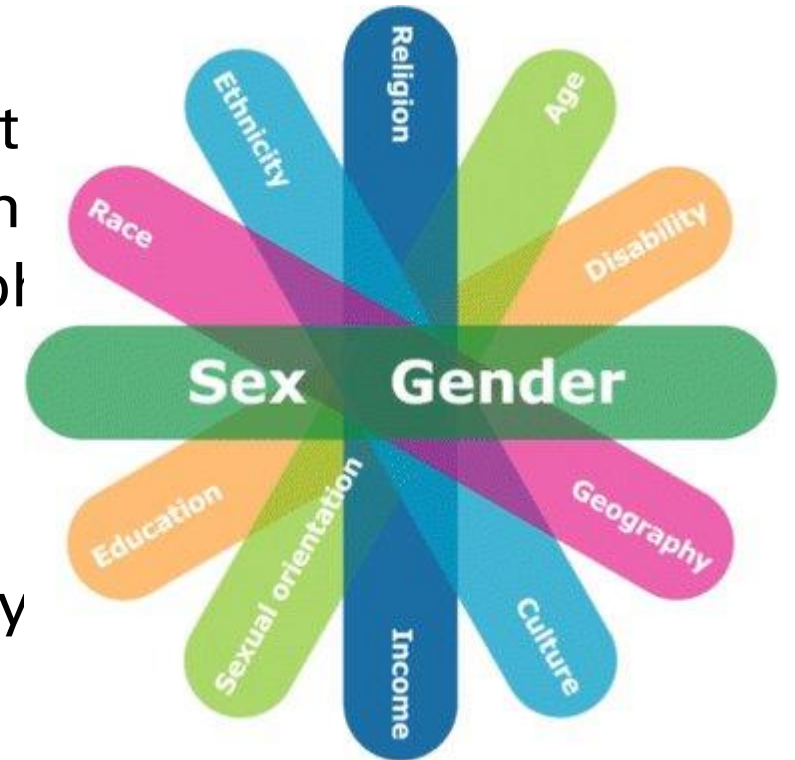
is the focus not on individual women and men but on what determines gender roles / responsibilities, access to resources, and decision-making potentials. It also emphasizes that the concept of gender is not interchangeable with women

## Empowerment

is the process by which people gain power and control over their own lives and acquire the ability to make choices.

## Intersectionality

Gender discrimination also interacts with other forms of social exclusion and discrimination to create and reinforce inequalities



Source: UN Women. Intersectionalizing gender policies

# Gender Basic Definitions (6/6)

## Gender-based violence

- is an umbrella term for ***any harmful act that is perpetrated against a person's will*** and is based on socially ascribed (i.e. gender) differences between males and females.
- includes acts that inflict physical, sexual or mental harm or suffering, threats of such actions, coercion and other deprivations of liberty. (IASC GBV guidelines)
- includes psychological, and economic violence, deprivation of opportunities and services and can occur in public or private settings.
- Examples include domestic violence, sexual harassment, intimate partner violence, rape, female genital mutilation, forced marriage, and honor killings, among others.



## 3. Why gender and nutrition are interconnected?



**Anna Maria Speciale**  
Gender Specialist



# Linkage between Gender/GBV and Nutrition -Facts

More than 1 billion women globally are experiencing at least one form of malnutrition

- During pregnancy, poor diets lacking in key nutrients – like iodine, iron, folate, calcium and zinc – can cause anemia, pre-eclampsia, hemorrhage and death in mothers.
- Undernutrition can also lead to stillbirth, low birthweight, wasting and developmental delays for children



- But there is a scarcity of global guidance and data on maternal nutrition
- Investments in the nutrition of women and girls prior to when/if they choose to enter pregnancy builds a positive intergenerational cycle.

# Linkage between Gender/GBV and Nutrition

In some contexts,

- If a woman eats before the husband she is not “a good wife”.
- Women’s aggregated work overload as a contributing factor to child undernutrition.
- Managing limited HH food supplies may contribute to intimate partner violence.
- Lack of food as a driver for forced marriage + increased risk of sexual exploitation & abuse.
- Humanitarian crises have different impacts on the levels of nutrition available to women, girls, men & boys, their feeding practices & their access to nutrition services.
  - Women are not allowed to go out alone to access services.
  - When nutrition centers are located near check points, women & girls might not feel safe to access the services.
  - Constraints on women’s mobility hamper their access to food distribution sites & ability to access adequate & consistent amounts of nutritious food



**What about your context ?  
Share any example in the chat box**



## 4. Frameworks and guiding principles





## UNICEF'S MANDATE

UNICEF's efforts to respond to Gender-based violence in Emergences (GBViE) are central to the agency's mission to protect the **health and well-being of children and women.**

### Core Elements

1. Support states, civil society and communities to prevent GBViE
2. Ensure that appropriate systems and services are available and sensitive to the needs of the survivors

# UNICEF institutional commitments

CRC Convention on the Rights of the Child



SDGs



Elimination of All Forms of Discrimination Against Women,

## UNICEF Strategic Plan 2022–2025

Renewed ambition towards 2030



United Nations

E/ICEF/2021/3



**Economic and Social Council**

Distr.: General  
23 July 2021

Original: English  
For information

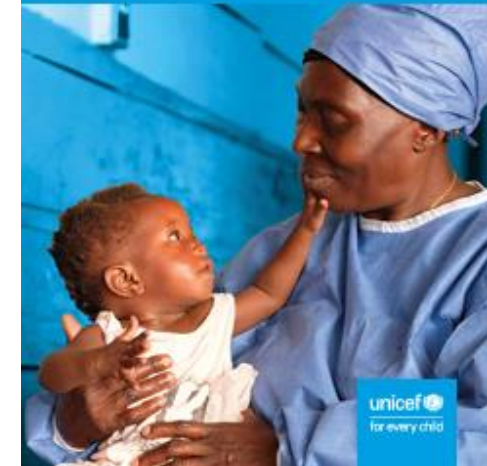
**United Nations Children's Fund**  
Executive Board  
Second regular session 2021  
7–10 September 2021  
Item 5 of the provisional agenda\*

### UNICEF Gender Action Plan, 2022–2025

#### Summary

Gender equality is essential to realizing the mandate of UNICEF to uphold the rights of all children. The UNICEF Gender Action Plan (GAP), 2022–2025, operationalizes the UNICEF Gender Policy, 2021–2030, by specifying how UNICEF will promote gender equality across its programmes and workplaces. It affirms that

## CORE COMMITMENTS FOR CHILDREN IN HUMANITARIAN ACTION



## CALL TO ACTION on Protection from Gender-Based Violence in Emergencies

Road Map 2021–2025

**WHO IS RESPONSIBLE FOR INTEGRATING GENDER EQUALITY IN HUMANITARIAN PROGRAMMING?**





**WE ARE ALL ACCOUNTABLE**

**UN Humanitarian Coordinators should ensure that they incorporate gender equality targets within response strategies at all levels**

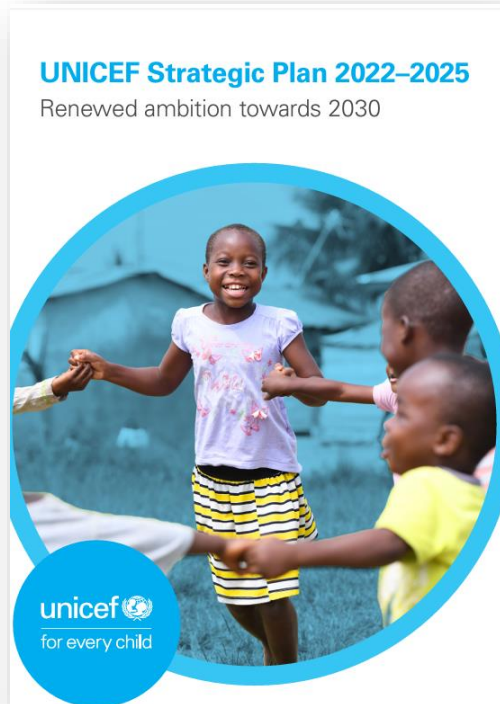
**As humanitarian field practitioners, team leaders and policymakers, it is our responsibility to make sure that the assistance and protection we provide meets the needs, capacities and priorities of women, girls, men and boys in an equitable and empowering way and that their rights are protected and promoted**



# Key Frameworks

	<b>UNICEF strategic plan 2022-2025</b> 	<b>CCC - Core commitment for children</b> 	<b>UNICEF Gender Action Plan 2022–2030</b> 	<b>Gender-Transformative Framework for Nutrition</b> 
<b>What</b>	Reflects UNICEF’s commitment to promoting the rights of all children, everywhere, as stated in the CRC, guided by the CCC <a href="#">in Humanitarian Action</a>	Is the core UNICEF Policy & Framework for humanitarian action	Implement the new gender policy (2021–2030). Is a framework & guide to specify how UNICEF will promote gender equality in its programs & workplaces	Apply systems thinking to critically examine the multi-sectoral drivers of malnutrition, while placing empowerment & gender equality at its centre
<b>What for</b>	Guide synchronized acceleration action towards SDG achievement- 5 interconnected Goal Areas [outcomes] of 18 Result Areas [outputs]	Contribute to the SDGs & include strategies to link humanitarian & development action, strengthen local capacity & systems & build resilience at all stages of humanitarian action	In all Goal Areas of the SP, commits to promoting gender-transformative approaches to programming recognizing & addressing the underlying drivers of gender inequality. Gender priorities across the lifespan, for adolescent girls' leadership & well-being	to recognize women & girls as right holders, focuses on them as a means to see better outcomes in children. as women’s & children’s rights to health & good nutrition are equally important & can both be met
<b>For whom</b>	UNICEF & partners	All UNICEF personnel, & partners to design programmes & partnership agreements	Leadership at all level, all personnel working in the 5 UNICEF goals areas	All nutrition partners
<b>When</b>	In all contexts, including humanitarian crises & fragile settings,	When planning, monitoring, reporting, for communication, advocacy, in all countries & contexts	In all countries & all context	In all responses to address the underlying causes of malnutrition
<b>How</b>	Applying <a href="#">nine "Change Strategies"</a>	With CCC Indicator Guidance, CCCs Monitoring Framework marks supported by accountability & reporting systems	Emphasis on gender transformative programming approaches: 1.Ending GBV 2.Investing in changing social norms across the life course 3. Partnerships with boys & men to promote positive masculinities	Provide an analysis using 3 empowerment components & 7 domains outlining relationship between diet & disease, as it relates to nutrition

# UNICEF Strategic Plan 2022-2025



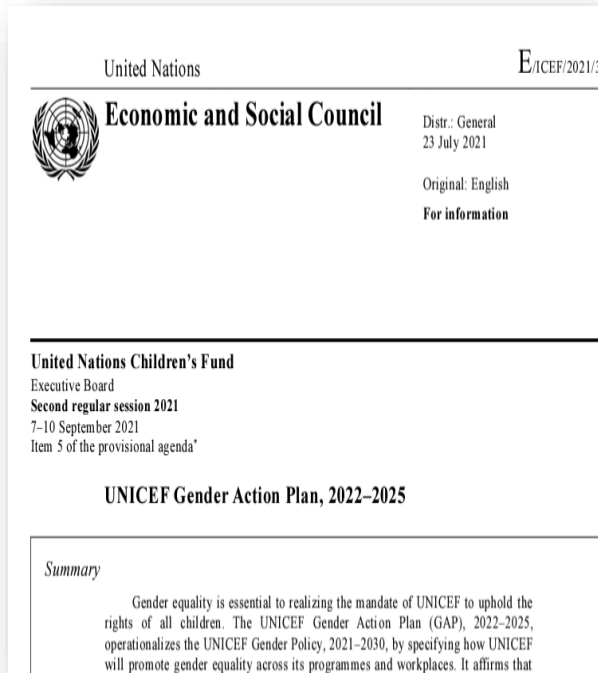
- **WHAT:** reflects UNICEF’s commitment to promoting the rights of all children, everywhere, as stated in the CRC & guided by the CCC [in Humanitarian Action](#).
- **WHAT FOR:** guide synchronized acceleration action towards SDG achievement- 5 interconnected Goal Areas [outcomes] comprising 18 Result Areas [outputs] to ensure that, every child, including adolescents:
  1. Survives & thrives with access to nutritious diets, quality primary health care, nurturing practices & essential supplies
  2. Learns & acquires skills for the future
  3. Is protected from violence, exploitation, abuse, neglect & harmful practices
  4. Has access to safe & equitable WASH services & supplies, & lives in a safe & sustainable climate & environment
  5. Has access to inclusive social protection & lives free from poverty
- **FOR WHOM:** UNICEF & partners
- **WHEN:** in all contexts, including humanitarian crises & fragile settings.

## UNICEF CCCs



- **WHAT:** core UNICEF Policy and Framework for humanitarian action. Guided by international humanitarian and human rights law, ([Convention on the Rights of the Child](#) (CRC))
- **WHAT FOR:** Contribute to the SDGs & include strategies to link humanitarian & development action, strengthen local capacity & systems & build resilience at all stages of humanitarian action.
- **FOR WHOM :** Mandatory policy for all UNICEF personnel, & its partners to design programmes & partnership agreements
- **WHEN:** reference framework when planning, monitoring & reporting & for communication, advocacy- apply in all countries & territories, all contexts, & to all children affected by humanitarian crisis
- **HOW:** CCC Indicator Guidance, [CCCs Monitoring Framework](#) marks supported by accountability and reporting systems for Operational Commitments

# UNICEF Gender Action Plan 2022-2025



- **WHAT:** From the new gender policy (2021–2030) articulating UNICEF vision for gender equality in programmes, workplaces & practices. The GAP (2022–2025): series of time-bound results that deliver lasting, transformative change for children, adolescents & women worldwide
- **WHAT FOR:** advances gender equality throughout the life course & promotes targeted actions to advance leadership & well-being of adolescent girls, as girls are both disproportionately affected by gender inequality + have tremendous potential to be leaders for change
- **FOR WHOM :** Leadership & all personnel working in the 5 UNICEF goals areas
- **WHEN:** In all countries & all context
- **HOW:** Emphasis on gender transformative programming approaches:
  - 1. Ending GBV is an organization-wide priority
  - 2. Investing in changing social norms across the life course &
  - 3. Partnerships with boys and men to promote positive masculinities



# UNICEF Gender Action Plan 2022–2025 results framework



**Goal Area 1**  
Health & Nutrition



**Goal Area 2**  
Education



**Goal Area 3**  
Child Protection



**Goal Area 4**  
WASH



**Goal Area 5**  
Social Protection

Cross-cutting organizational priorities

**Address gender-based violence**

**Gender equality programming for transformative results, including to address discriminatory gender norms**

**Gender-responsive workplaces and institutional accountability**

Gender priorities across the life course

Quality maternal health care and nutrition, and HIV testing, counselling and care

Gender-responsive education systems and equitable access to education for all

Addressing violence against girls, boys and women and harmful practices

Equitable water sanitation and hygiene systems

Gender-responsive social protection systems and care work

## Boys and men as allies for gender equality

Adolescent girls' leadership and well-being

Promote adolescent girls' nutrition and pregnancy care, and the prevention of HIV/AIDS and human papillomavirus

Advance girls' education, learning and skills, including science, technology, engineering, mathematics and digital skills

Eliminate child marriage and early unions

Promote accessible and dignified menstrual health and hygiene services, including tackling taboos about menstruation



# GENDER EQUALITY AND EMPOWERMENT OF GIRLS AND WOMEN



GENDER BASED VIOLENCE

**GBV prevention and risk mitigation for all is included in programmes, with a focus on the safety and resilience of girls and women.**



COMMUNITY ENGAGEMENT



ACCOUNTABILITY TO AFFECTED POPULATIONS (AAP)

**Adolescent girls, women and their respective organizations are actively engaged in the design and delivery of programmes**



GENDER

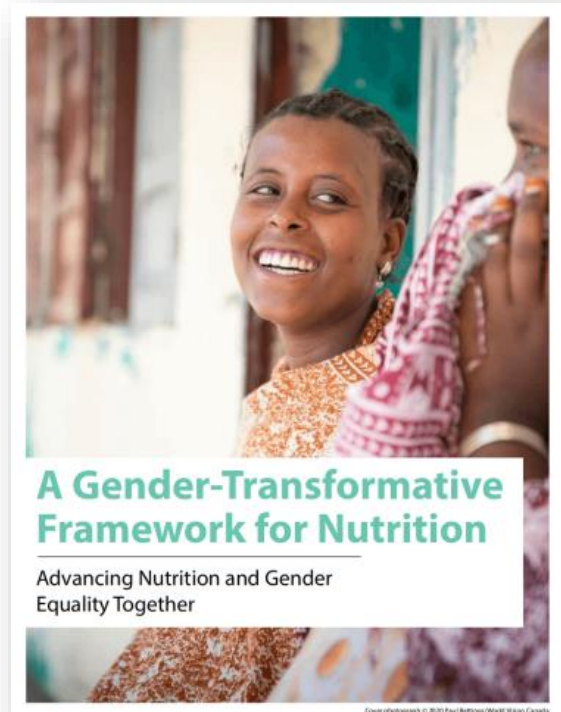


Gender-responsive programming, including a lens on adolescent girls

**Analyses, needs assessments, programming and enabling environments (e.g. partnerships, communications) respond to the distinct needs and experiences of girls, women, boys and men**

# Why a Gender-Transformative Framework for Nutrition?

- Every day, women & girls experience poor nutrition disproportionately. Nb of economic, social & cultural factors contribute to gender inequalities that limit access to optimal nutrition for women and girls.
- The biology of nutrition is wrapped up in the sociology & politics of how food is produced and consumed and how nutrition services are provided & used.
- Most nutrition initiatives fail to recognize women & girls as right holders, therefore unintentionally focuses on them as a means to see better outcomes in children.
- This perspective reinforces the gender stereotype that womanhood = motherhood. Creates an assumed separation, when in fact women's and children's rights to health and good nutrition are equally important and can both be met.

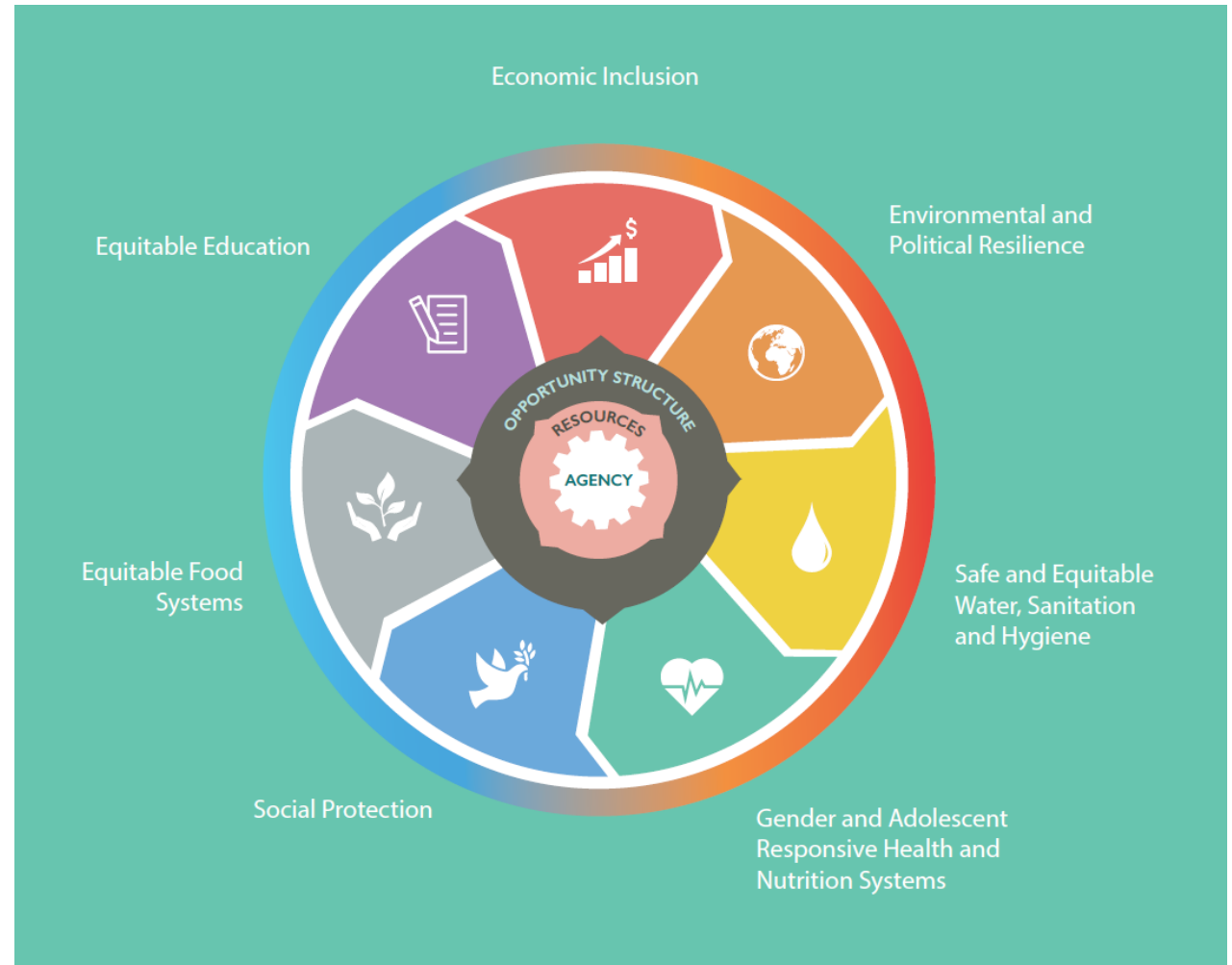


# The Gender Transformative Framework for Nutrition

Expands upon the multisectorial dimensions of malnutrition (UNICEF Framework)

Provides an analysis using:

- **3 empowerment components**
- **7 domains** that outline the relationship between diet and disease, as it relates to nutrition
- All pieces of the puzzle are important and critical for achieving the realized right to good nutrition and gender equality



## Group work – Break out rooms 10 minutes

**A. You will be divided in 7 groups corresponding to the following domains:**

1. Equitable Food Systems
2. Gender and Adolescent Responsive Health and Nutrition Systems
3. Equitable Education
4. Economic Inclusion
5. Safe and Equitable Water, Sanitation and Hygiene
6. Social Protection
7. Environmental and Political Resilience

**B. In groups, discuss and give examples on how gender affect the domain & impact nutrition.**

## Equitable Food Systems

Gender norms & power dynamics drive equitable nutrition security within food systems. Women's roles within food systems vary significantly, disproportionately, in all aspects of the value chain – spanning agricultural production, food processing, storage, retail, & consumption.

## Gender & Adolescent Responsive Health & Nutrition Systems

Health systems are the primary delivery channel for nutrition-specific interventions. UHC aims to ensure that all people have access to quality health & nutrition services. Women & girls face multiple GB barriers to high quality & acceptable health care.

## Equitable Education

Education of women & girls enables them to act on their right to good nutrition. Associated with better hygiene & care-seeking practices during illness, & reduced rates of stunting. Provides a protective space for girls – early marriage & related early pregnancy.

## Economic Inclusion

Women's economic empowerment is linked with positive impacts on nutrition, family planning, maternal & child mortality, delayed marriage, reduced GBV & improved education. Women's participation in paid economies is limited in many low-to-middle-income contexts relative to men's participation.

## Safe & Equitable Water, Sanitation & Hygiene

Access to WASH has a significant impact on nutrition. Women & girls are disproportionately responsible for water collection. Lack of HH toileting facilities forces women & girls to travel long distances to defecate or manage menstruation, making them vulnerable to violence.

## Social Protection

Women & girls experiencing violence & stress can have poorer nutrition outcomes. Gender inequalities create a persistent & pervasive environment of stress & trauma. Strategies for managing stress, building resilience, positive mental health, & social inclusion support gender equality & positive nutrition outcomes.

## Environmental & Political Resilience

Fragile & conflict-affected contexts have some of the highest rates of malnutrition. Vulnerability during instability & climate shocks reflects preexisting gender inequalities, limiting women & girls' access to resources & decision-making power

## 5. Role of UNICEF Nutrition Sector Coordinators in relation to the frameworks



**Sona Sharma**  
SBC Advisor,  
GNC, ACF-US

# Role of UNICEF Nutrition Sector Coordinators in relation to the frameworks

## MODULE 22

### Gender-Responsive Nutrition in Emergencies

#### PART 2: TECHNICAL NOTES

## 1. Providing operational support

- **Provide guidance** on the integration of gender and GBV into the different phases of nutrition programs using
  - 1) [technical note of chapter 22/HTP](#),
  - 2) GBV guidelines nutrition tag and
  - 3) the gender handbook/nutrition chapter.
- **Provide guidance** on the integration of GBV in the needs identification work such as inter-cluster and multi cluster initial rapid needs assessments, HNOs, PIC analysis,..

## MODULE 5 - Thematic Areas: Integrating Gender-Based Violence Interventions in NUTRITION



Global Protection Cluster  
GBV Prevention and Response

Guidelines for Integrating  
Gender-based Violence  
Interventions in  
Humanitarian Action

MAINSTREAMING  
ACCOUNTABILITY TO  
AFFECTED  
POPULATION  
AND CORE  
PEOPLE-RELATED  
ISSUES IN THE  
HUMANITARIAN  
PROGRAMME CYCLE  
THROUGH THE  
CLUSTER SYSTEM





# Role of UNICEF Nutrition Sector Coordinators in relation to the frameworks

## 2. Building the capacity of relevant nutrition stakeholders

- **Initiate and lead a cascade of trainings** on gender and GBV responsive nutrition programming for country- level coordinators and subsequently to program staff

## 3. Influencing and advocating

- **Advocate the integration** of gender and GBV as a good programming practice through sharing of knowledge around successful practices
- Incorporate GBV within HNO/HRP
- Work with HCTs on the integration of gender and GBV responsive nutrition programs from the onset of an emergency

# Take Home Messages

- Nutrition, gender and GBV are interlinked
- Women, girls, boys and men face distinct nutritional risks and vulnerabilities in humanitarian crises and have distinct opportunities to support the nutritional needs of their families and communities.
- Nutrition programs should use gender and GBV lens throughout the project cycle
- This is our collective responsibility for addressing gender equity & GBV



## Closing quiz

What is the importance of gender integration in nutrition programming ?

- a) It ensures equal distribution of resources
- b) It addresses underlying causes of malnutrition
- c) It promotes gender stereotypes
- d) It increases administrative burden



Thank you !