

## Summary of WHO's Essential Nutrition Actions (ENA)

### Interventions for infants 0–5 months of age:

- Initiation of breastfeeding immediately after birth
- Exclusive breastfeeding for the first 6 months of life
- Counseling and support for appropriate feeding of low-birth-weight infants
- Infant feeding in the context of HIV
- Lifelong ART for HIV-positive mothers
- Exclusive breastfeeding for the first 6 months of life
- Appropriate complementary feeding starting at 6 months and continued breastfeeding for the first 12 months for infants who are negative or of unknown status and for up to 2 years and beyond for HIV-positive infants
  - Continued ARV prophylaxis for mothers and infants for 1 week after full cessation of breastfeeding
  - If HIV-positive mothers decide to stop breastfeeding, safe and adequate replacement feeds to enable normal growth and development

### Interventions for infants and young children 6–23 months of age:

- Continued breastfeeding
- Complementary feeding
- Use of multiple micronutrient powders for home fortification of foods consumed by infants and young children 6–23 months
- Vitamin A supplementation for children under 5 years
- Vitamin A supplementation in children with measles
- Daily iron supplementation for children 6–23 months
- Zinc supplementation for diarrhea management
- Reaching optimal iodine nutrition in young children
- Management of children with severe acute malnutrition
- Management of children with moderate acute malnutrition
- Nutrition care and support of HIV-infected children 6 months to 14 years
- Nutrition care and support during emergencies

**Intervention for women of reproductive age:**

- Intermittent iron and folic acid supplementation in menstruating women

**Interventions for pregnant women:**

- Daily supplementation with iron and folic acid
- Intermittent iron and folic acid supplementation for non-anemic pregnant women
- Vitamin A supplementation
- Calcium supplements
- Reaching optimal iodine nutrition in pregnant and lactating women
- Nutrition care and support for pregnant women during emergencies

**Global intervention:**

- Wheat and maize flour fortification

Source: WHO. 2013. *Essential Nutrition Actions: Improving Maternal, Newborn, Infant and Young Child Health and Nutrition*. Geneva: WHO.