



## Effects of Nutrition Counselling and Unconditional Cash Transfers on Child Growth and Family Food Security in Somalia

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### INTRODUCTION

Malnourished youth in sub-Saharan Africa account for 33% of all malnourished children worldwide. About 39% of children are disabled, 10% are expendable and 25% are underweight. The pace of food shortages across Somalia is alarming, making her one of the scariest on the planet. Some 1.2 million children under the age of five in Somalia are severely malnourished, of whom 232,000 suffer from severe and severe health problems. Illness is a major risk for her children under the age of five, putting them at higher risk of illness and death.

### DESCRIPTION

Poor health has been shown to be multifactorial, and implementing a single program alone may not be sufficient to support significant reductions in under nutrition. One of the most commonly involved mediations to address hunger in a supportive environment is the movement of cash. Is divided into Money movements can be divided into three main classes: In Named Cash Move, assets are shown or “tagged” for explicit purposes, but no context is implemented. A new study on the impact of money movement shows that money movement does not always improve nutrition among young people. Only 3 of the 14 studies showed a very positive effect on the weight-for-age z-score (WAZ, i.e. underweight) and the weight-for-level z-score (WHZ, i.e., wasting). Nonetheless, some such studies have been conducted in compassionate settings or in uprooted people (IDPs). Food security is paramount to ideal development and is characterized as individuals who have “access to adequate, protected and nutritious food to lead a healthy and

vibrant life.” Various studies show that Money Move programs have positive food security outcomes, but the evidence for impacts on child nutrition is mixed and uncertain, especially in sub-Saharan Africa. To have a greater impact on child nutrition, there was a range of actions called “cash” that included additional parts such as feeding and caring for babies and young children during crises. Counselling primarily aims to promote and enhance parental information and work on child health and nutrition. Encouraging breastfeeding, implementing inter-relationships that address mutual care, zinc supplementation, vitamin A fortification, hand washing, and treating extreme hunger are recommended as essential measures to reduce infant malnutrition. An on-going nutrition school counselling program in Somalia to prevent malnutrition prepares local workers and advises parent representatives on child care.

### CONCLUSION

Over the past decade, cash transfer programs have become the norm in Somalia, with resettlement concentrations particularly in the southern and central parts of the country. The majority of fund transfer programs are temporary ventures, designed primarily to meet basic needs in a caring environment, fully contributing, and aimed at unhappy families. No previous studies have evaluated the impact of NC orders with or without cash transfers in Somalia. The purpose of this study was to assess the impact of NC and UCT on youth development and family food security in her IDP camps in Somalia. The general lack of measurable improvements in markers of development and food security is not surprising given poor financial and fostering practices.

<b>Received:</b>	30-May-2023	<b>Manuscript No:</b>	ipjfnph-23-16802
<b>Editor assigned:</b>	01-June-2023	<b>PreQC No:</b>	ipjfnph-23-16802 (PQ)
<b>Reviewed:</b>	15-June-2023	<b>QC No:</b>	ipjfnph-23-16802
<b>Revised:</b>	20-June-2023	<b>Manuscript No:</b>	ipjfnph-23-16802 (R)
<b>Published:</b>	27-June-2023	<b>DOI:</b>	10.21767/2577-0586.7.02.13

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**Citation** Nakua E (2023) Effects of Nutrition Counselling and Unconditional Cash Transfers on Child Growth and Family Food Security in Somalia. J Food Nutr Popul Health. 7:13.

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