

REFINE Resource Review: October 2020

The **REFINE Resource Review** is a collection of materials to keep you updated on research related to food aid products and malnutrition. Resources identified and added between July and September 2020 are detailed below and are available on the [REFINE website](#).

The goal of Research Engagement on Food Innovations for Nutritional Effectiveness (REFINE) is to enhance the accessibility to, and exchange of, rigorous, operational and policy relevant research on **nutrition-directed interventions that improve nutrition in both emergency and non-emergency contexts**.

REFINE is a product of the [Food Aid Quality Review \(FAQR\)](#) project, which is funded by the United States Agency for International Development's Office of Food for Peace (USAID/FFP) and provides actionable recommendations on ways to improve nutrition among vulnerable populations for whom the direct distribution of food aid can make a significant impact.

Please direct all questions or comments to natalie.volin@tufts.edu.

Ongoing Clinical Trials Added to REFINE Roster

ELICIT 2.0: Pilot Study of the Effect of Maternal Protein Supplementation During Lactation on Childhood Growth, Tanzania

- [NCT04565314](#): A pilot study assessing the study team's ability to successfully deliver protein-containing food products (eggs or a balanced-energy protein supplement) to lactating mothers in the area and assessing whether consumption of these food products improves childhood growth in the 1st year of life. This study will evaluate the effectiveness of distribution and adherence on approximately 200 mother/child dyads.
- Principal Investigator: Mark D. DeBoer, MD, MSc., MCR, University of Virginia
- Anticipated Study Completion Date: June 30, 2022

cRCT to Improve Maternal Nutrition Service Delivery During ANC, Bangladesh

- [NCT04559711](#): A programme to improve maternal nutrition service delivery including multiple Micronutrient Supplementation (MMS) through public health ANC platforms. The investigators hypothesize that implementation of demonstration programme will result in 60% relative improvement in the coverage of 100+ MMS among women who received 4+ANC in the intervention areas compared to the coverage of 100+ IFA among women who received 4+ANC in comparison areas.
- Principal Investigator: Sk Masum Billah, MPH and the International Centre for Diarrhoeal Disease Research, Bangladesh
- Anticipated Study Completion Date: June 30, 2022

Published Food Aid Product Studies added to REFINE

This section includes publications from individual clinical trials testing food aid products, and reports and evaluations from programs using food aid products.

Azimi, F., Esmailzadeh, A., Alipoor, E., Moslemi, M., Yaseri, M. and Hosseinzadeh-Attar, M.J., 2020. **Effect of a newly developed ready-to-use supplementary food on growth indicators in children with mild to moderate malnutrition.** *Public Health*, 185, pp.290-297.
<https://doi.org/10.1016/j.puhe.2020.06.025>

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Bailey, I., Opondo, C., Lelijveld, N., Marron, B., Onyo, P., Musyoki, E.N., Adongo, S.W., Manary, M., Briend, A. and Kerac, M., 2020. **A simplified, combined protocol versus standard treatment for acute malnutrition in children 6–59 months (ComPAS trial): A cluster-randomized controlled non-inferiority trial in Kenya and South Sudan.** *PLoS medicine*, 17(7), p.e1003192. [10.1371/journal.pmed.1003192](https://doi.org/10.1371/journal.pmed.1003192)

Christian, P., Hurley, K.M., Phuka, J., Kang, Y., Ruel-Bergeron, J., Buckland, A.J., Mitra, M., Wu, L., Klemm, R. and West, K.P., 2020. **Impact evaluation of a comprehensive nutrition program for reducing stunting in children aged 6–23 months in rural Malawi.** *The Journal of Nutrition*. <https://doi.org/10.1093/jn/nxaa236>

Cliffer, I., Masters, W., Rogers, B., 2020. **Fortified blended flour supplements displace plain cereals in feeding of young children.** *Maternal and Child Nutrition*, e13089. <https://doi.org/10.1111/mcn.13089>

Khan, G.N., Kureishy, S., Ariff, S., Habib, M.A., Usmani, A.A., Mubarik, A., Hussain, M., Akbar, N., De Castro, P.R., Garzon, A.C. and de Pee, S., 2020. **Specialized nutritious food combined with cash transfers and social and behavior change communication to prevent stunting among children aged 6 to 23 months in Pakistan: Protocol for a cluster randomized controlled trial.** *JMIR Research Protocols*, 9(8), p.e19001. [10.2196/19001](https://doi.org/10.2196/19001)

Khan, G.N., Kureishy, S., Ariff, S., Rizvi, A., Sajid, M., Garzon, C., Khan, A.A., de Pee, S., Soofi, S.B. and Bhutta, Z.A., 2020. **Effect of lipid-based nutrient supplement—Medium quantity on reduction of stunting in children 6-23 months of age in Sindh, Pakistan: A cluster randomized controlled trial.** *PLoS one*, 15(8), p.e0237210. [10.1093/cdn/nzz051](https://doi.org/10.1093/cdn/nzz051). [10.1093/cdn/nzz051](https://doi.org/10.1093/cdn/nzz051). [OR25-06-19](https://doi.org/10.1093/cdn/nzz051)

Krebs, N.F., Hambidge, K.M., Westcott, J.L., Garcés, A.L., Figueroa, L., Tsefu, A.K., Lokangaka, A.L., Goudar, S.S., Dhaded, S.M., Saleem, S. and Ali, S.A., 2020. **Growth from Birth through Six Months for Infants of Mothers in the “Women First” Preconception Maternal Nutrition Trial.** *The Journal of Pediatrics*. [10.1016/j.jpeds.2020.09.032](https://doi.org/10.1016/j.jpeds.2020.09.032)

Roberts, S.B., Franceschini, M.A., Silver, R.E., Taylor, S.F., de Sa, A.B., C6, R., Sonco, A., Krauss, A., Taetzsch, A., Webb, P. and Das, S.K., 2020. **Effects of food supplementation on cognitive function, cerebral blood flow, and nutritional status in young children at risk of undernutrition: randomized controlled trial.** *bmj*, 370. [10.1136/bmj.m2397](https://doi.org/10.1136/bmj.m2397)

Rytter, M.J., Cichon, B., Fabiansen, C., Yameogo, C.W., Windinmi, S.Z., Michaelsen, K.F., Filteau, S., Jeppesen, D.L., Friis, H., Briend, A. and Christensen, V.B., 2020. **Thymus size in children with moderate malnutrition: a cohort study from Burkina Faso.** *Pediatric Research*, pp.1-10. <https://www.nature.com/articles/s41390-020-1057-5>

Stark, H., Omer, A., Wereme N'Diaye, A., Sapp, A.C., Moore, E.V. and McKune, S.L., 2020. **The Un Oeuf study: Design, methods and baseline data from a cluster randomised controlled trial to increase child egg consumption in Burkina Faso.** *Maternal & Child Nutrition*, p.e13069. <https://onlinelibrary.wiley.com/doi/epdf/10.1111/mcn.13069>

Zaidi, S., Das, J.K., Khan, G.N., Najmi, R., Shah, M.M. and Soofi, S.B., 2020. **Food supplements to reduce stunting in Pakistan: a process evaluation of community dynamics shaping**

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uptake. *BMC public health*, 20(1), pp.1-11.

<https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-020-09103-8>

Other Publications Added to REFINE Library

The REFINE Library is a collection of resources relating to food-supported interventions, including systematic reviews, meta-analyses, organizational documents, and general discussion pieces on key topics related to food aid products and interventions.

No library items identified in this issue.

REFINE Search and Selection Criteria

Search Criteria for consideration for REFINE:

- **Condition:** malnutrition OR undernutrition OR stunting OR stunted OR wasting OR wasted
- **Intervention:** supplement OR food OR RUF OR RUTF LNS OR “nutrition program”

Selection Criteria for Inclusion in REFINE:

- **Interventions:** Those that use food aid products, use foods that have been nutritionally enhanced, or study specific ingredients that are intended for use in food aid.
- **Study population:** Restricted to those without chronic conditions that confound nutritional health (e.g., diabetes, HIV/AIDS, etc.)
- **Outcome measures:** Eligible studies report outcome measures including birth weight, weight gain, height gain, weight-for-age, height-for-age, weight-for-height/length, mid-upper arm circumference, lean body mass, recovery, mortality, default, nutritional intake, cognitive abilities, and product acceptability. Studies investigating the intergenerational effects of an intervention are considered if outcomes measures include wasted or stunted status of the participants, or body composition in addition to another measure of recovery.