

## Introduction

Maternal and child nutrition is a pressing global concern that demands urgent attention. The lack of adequate nutrition during the critical early stages of life can have far-reaching consequences, including stunted growth, impaired cognitive development, and increased vulnerability to diseases. In recognition of the severity of this issue, nutrition-sensitive interventions and programs have emerged as powerful tools to accelerate progress in improving maternal and child nutrition [1].

Unlike traditional approaches that focus solely on providing direct food and nutrient supplementation, nutrition-sensitive interventions take a more holistic and comprehensive approach. These interventions aim to address the underlying determinants of malnutrition [2], including factors such as food security, healthcare, education, sanitation, and gender equality. By integrating nutrition into various

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### **Integration of agriculture and food systems**

Nutrition-sensitive interventions emphasize the integration of agriculture and food systems to improve maternal and child nutrition.

These interventions promote sustainable agricultural practices that enhance the production and availability of diverse and nutrient-rich foods. By supporting small-scale farmers, improving market access, and strengthening value chains, these interventions contribute to increased availability and accessibility of nutritious foods. Diversifying diets with locally grown and culturally appropriate foods is crucial for addressing nutrient deficiencies and improving overall maternal and child health [9].

### **Health and nutrition education**

Education plays a pivotal role in improving maternal and child nutrition outcomes. Nutrition-sensitive interventions include comprehensive health and nutrition education programs that empower mothers and caregivers with knowledge about optimal feeding practices, the importance of balanced diets, and appropriate hygiene and sanitation practices. By disseminating accurate and culturally relevant information, these programs enable individuals to make informed decisions regarding their own nutrition and the nutrition of their children [10]. Education also helps dispel myths and misconceptions surrounding nutrition, leading to behavior change and healthier practices.

### **Water, sanitation, and hygiene (WASH)**

Nutrition-sensitive interventions recognize the crucial role of water, sanitation, and hygiene (WASH) in improving maternal and child nutrition. Access to clean water and sanitation facilities, along with proper hygiene practices, reduces the risk of waterborne diseases and improves overall health outcomes. Interventions that integrate WASH components, such as promoting handwashing with soap before meals and breastfeeding, contribute to the prevention of diarrhoea and other illnesses that can hinder proper nutrition. By addressing WASH issues, these interventions complement efforts to enhance nutritional outcomes [11].

### **Women's empowerment and gender equality**

Promoting women's empowerment and addressing gender inequalities are essential aspects of nutrition-sensitive interventions. Women often play a central role in household nutrition and caregiving. Interventions that focus on women's empowerment aim to improve their access to education, healthcare services, and income-generating activities. By empowering women, these interventions enable them to make informed decisions about their own health and nutrition, as well as for their children. Additionally, addressing gender