

## Evaluation

Day		Adequate	Medium	Inadequate	Remark
1	General concepts and malnutrition				
1	Why Nutrition matters?				
2	ENA approach				
2	IYCF				
2	PMTCT				
3	Contr. Vitamin A				
3	Contr. Anemia				
3	Contr. IDD				
3	Woman Nutrition				
4	ENA contacts				
4	BCC				
4	M & E				

		Very good	Medium	Not good	Remarks
1	Location				
2	Overall organization				
3	Facilitation				
4	Duration <ul style="list-style-type: none"> <li>- Too long</li> <li>- Too short</li> <li>- Adequate</li> <li>-</li> </ul>				

# ENA Training Course

## Post-Test: 30 minutes

### Malnutrition general concepts and definitions

1. Name two indicators used to assess PEM in a two-year old child.
2. What is the best indicator to reflect chronic malnutrition in children?
3. What is one way to assess PEM in a non-pregnant woman?
4. What are the best ways to assess micronutrient deficiencies?
5. What percent of Indonesian children under the age of five are chronically malnourished?
6. What are the key points in the life cycle that are critical for nutritional interventions?
- 7: What causes most of the short height seen in the majority of Indonesian women?

### Why nutrition matters?

- 8: What are the two major 'immediate' causes of child malnutrition in Indonesia?
- 9: What are the three major underlying causes of child malnutrition in Indonesia?
- 10: Under serious conditions of malnutrition, how much height can a young child 'lose' due to malnutrition by the age of 24 months?
- 11: Why is the wellbeing of women so important to ensuring good nutrition in young children?
- 12: To combat the growth faltering that occurs in the first year of life, where should we intervene?

13: Why does nutrition matter?

### The Essential Nutrition Actions

14: Name the one Essential Nutrition Action that is very important and NOT in the book "Nutrition Essentials"?

15: Name the seven Essential Nutrition Actions.

16: What are the 6 health contacts to implement ENA?

17: In what other health programs (three) could ENA be integrated?

### Infant and Young Child Feeding

18: For how many months should an infant in Indonesia be exclusively breastfed.

19: What is the infant feeding advice to give a mother with an infant less than 6 months who is sick?

20: What is the major factor influencing breastmilk production?

21: Should a woman empty one breast before the other, and why?

22: What percentage of calories does breastmilk provide from 12-24 months?

23: How many times a day, on average, should a child 6-8 months be fed? 9-11 months? 12-34 months?

24: What micronutrient is almost always deficient in complementary foods?

25: What does FADUA stand for?

### Infant Feeding in the context of HIV & AIDS

26: All babies born to HIV+ mothers will contract the HIV virus (please circle). True or False?

27: What is the percentage breakdown of the timing of MTCT?

28: What infant feeding options exist for HIV positive women?

Depending on the AFASS status, options include:

29: The best advice that a health worker can give to a well-to-do HIV+ mother is to exclusively breastfeed her infant (please circle). True or False

30: The best advice that a health worker can give to a HIV+ mother who has no running water in her house is to exclusively breastfeed her infant (please circle). True or False

31: What does AFASS stand for?

32: For an HIV positive mother who chooses to exclusive breastfeed, what are two very important factors she should take care of?

### Control of Vitamin A deficiency

33: Vitamin A deficiency is due to inadequate food intake and multiple infections. True or False?

34: What are the four strategies to control Vitamin A deficiency?

35: One action is to give one Vitamin A capsule 200 000 IU to women during pregnancy. True or False

36: The supplementation of vitamin A for children 6-59 months is done once a year. True or false?

37: Children 6-12 months should receive 100 000 IU of A vitamin. True or False?

### Control of Anemia

38: What parasites can cause anemia?

39: The supplementation regime of iron/folic acid for pregnant women is 30 tablets. True or False?

40: De-worming during the last quarter of the pregnancy is dangerous. True or False?

41: What are the four major strategies to control anemia?

#### Control of IDD

42: For what is thyroxine important?

43: Who is most at risk?

44: What is the current strategy recommended to control IDD?

#### Women's Nutrition

45: What physiological condition requires the most iron?

46: Pregnant women need to increase their caloric intake more than lactating women. True or False?

47: Focusing on pregnant and lactating women is the most important point in the life cycle to improve the nutrition of women.

48: Name three nutrition messages/actions for a pregnant women.

#### Behavior Change Communication and ENA

49: What is the major difference between Health Education and Behavior Change Communication?

50: Name three key target groups important to recognize in a BCC that aims to improve breastfeeding behaviors:

51: What are the three main 'communication channels' used in BCC for health promotion?

52: Give examples of inter-personal communication.

53: Promoting 'breastfeeding messages' through the radio has the highest likelihood of changing breastfeeding behavior than any other communication channel. True or False?

54: Cite three examples of IEC materials used for BCC to promote better IYCF.

55: Define what a 'Trial of Improved Practice' is.

### **Monitoring and Evaluation for ENA**

56: Please define the following indicators: Timely Initiation of Breastfeeding Rate (TIBF), Exclusive Breastfeeding Rate (EBR), and Timely Complementary Feeding Rate (TCFR).

57: Name four major components of a comprehensive M/E system.

58: Name two major types of indicators and explain their purpose.

59: What indicators can be used to assess the progress of a vitamin A deficiency control program involving supplementation?

60: What indicator can be used to assess the progress of a program aimed at controlling iodine deficiency disorders?

61: What indicator(s) can be used to assess the progress of an anemia control?