Gender & Nutrition
Quick Guide

Roles & Responsibilities
Gender affects the roles of women and men (and girls and boys) in relation to nutrition; with responsibility for household food security and nutrition often assigned to women (and girls). At the same time, gender-related inequalities – like access to income, mobility, decision making ability – affect if, and how, women can fulfil this responsibility.

Impact on Nutritional Status
The perceived ‘value’ of women and girls, and men and boys, may determine coping strategies (who is the first to reduce food intake) or habits (who eats first) in the household; impacting – positively or negatively – on nutritional status.

Men and Boys
Gender roles may prevent boys and men from acquiring food preparation skills, which may render them vulnerable to hunger and malnutrition in times of crisis.

Gender in nutrition-specific programming

Promote women’s leadership, at all levels.
Ensure women’s and men’s meaningful participation that supports shared responsibility for the nutrition, health and well-being of themselves and the people for whom they care.
Integrate – collect, analyze and use information on – the corporate (CRF) indicators for the gender equality cross-cutting result (C.3).

Gender in nutrition-sensitive programming

Participatory Gender & Nutrition Analysis
Integrate gender analysis in all nutrition assessments and use participatory gender analyses to inform programming. Ask about:

Roles & Responsibilities
- What are specific nutritional needs of women, of men, of girls and of boys?
- What socio-cultural practices impact their nutritional status?
- What is the division of responsibilities for nutrition, including food procurement, purchase and preparation?

Resources
- What economic resources, nutrition information and services are available to, and accessed by, women and men?
- What coping strategies are used by women and by men (and girls and boys)?

Participation & Power
- Who influences decisions in the household, school, community – and which decisions?
- What roles do women and men (girls & boys) have in school feeding? Who is compensated, and how?

Capacities & Vulnerabilities
- What is the nutritional status of women, men, girls and boys? What affects their nutritional status?
- What is the knowledge of women and men (girls & boys) about nutrition?
- Which factors enhance, and which limit, their access to nutritious food?

Programme Design & Implementation
- Ensure that women and men (and girls and boys) meaningfully participate in both activities and decision-making. Strengthen women’s leadership, at all levels.
- Sensitise and train men and women (separately and together) on good care and nutrition practices.
- Challenge, rather than reinforce, discriminatory practices; and recognise and accommodate unpaid care and domestic work in programme activities.
- Use nutrition-specific activities as entry points to discuss, and address, gender equality issues.

Monitoring & Reporting
- Use corporate gender equality cross-cutting indicators.
- Disaggregate all person-related data by sex and age.
- Integrate gender into nutrition advocacy.