REFINE Resource Review: January 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 2019 and January 2020 are detailed below and are available on the REFINE website.

The goal of Research Engagement on Food Interventions 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 lauren.thompson@tufts.edu.

Ongoing Clinical Trials Added to REFINE

Community-based Clinical Trial With Microbiota-directed Complementary Foods (MDCFs) Made of Locally Available Food Ingredients for the Management of Children With Primary Moderate Acute Malnutrition, Bangladesh

- NCT04015999: To investigate the efficacy of complementary food made of locally available ingredients that can stimulate the proliferation of growth promoting gut microbiota, repair microbiota immaturity, promoting proliferation of beneficial bacteria, and improving metabolomic profile.
- Principal Investigator: Tahmeed Ahmed, International Centre for Diarrhoeal Disease Research, Bangladesh
- Anticipated Completion Date: June 2021

Comparison of Treatment of SAM in Children 6-59 Months With RUTF and RUSF in Umerkot, Sindh, Pakistan

- NCT04174846: To test the effectiveness of a chickpea-based specialized nutritious food Acha Mum, compared to a standard RUTF for the treatment of SAM.
- Principal Investigator: Dr Sajid Bashir Soofi, Aga Khan University
- Anticipated Completion Date: October 2021

Effect of a Fortified Balanced Energy-Protein Supplement on Birth Outcome and Child Growth in Houndé District, Burkina Faso (MISAME-3)

- NCT03533712: To assess the efficacy of a fortified balanced energy-protein (BEP) supplement for pregnant and lactating women to improve birth weight, fetal and infant growth.
- Principal Investigator: Dr. Patrick Kolsteren, University of Ghent
- Anticipated Completion Date: November 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.


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.


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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.