

OAFLMUN'26

**UNICEF
STUDY GUIDE**



unicef

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Letter from Secretary-General

Dear Participants of OAFLMUN'26,

It is my pleasure to announce OAFLMUN'26. First and foremost, I would like to express my sincere gratitude to everyone who has given their utmost effort in organising this conference. As the Secretary-General of this conference, I am truly delighted and honoured to welcome you all. Our conference will be held at Özkent Akbilek Science High School from April 24th to April 26th.

Allow me to briefly introduce myself. My name is Ecrin İrem Gültop, and I am currently an 11th-grade student at Özkent Akbilek Science High School. I have been participating in Model United Nations conferences since December 2022. Throughout these experiences, I have witnessed genuine friendships, effective crisis management, proper approaches to diplomacy, and, undoubtedly, true leadership. Now, it is my turn to help a new generation of participants experience these remarkable opportunities.

The 2026 edition of OAFLMUN will host the following committees: NATO, HCC, UNWOMEN, JCC, UNSC, UNICEF, UNODC, and DISEC. I look forward to welcoming you all to an unforgettable conference experience where diplomacy, leadership, and collaboration will truly come to life.

Yours sincerely,

Ecrin İrem Gültop

Secretary-General of OAFLMUN'26

Letter from Under Secretary General

Dear Delegates,

My name is Banu Okan and I will be serving as the Under Secretary General of this committee. Throughout this conference, you will work to address one of the world's most urgent humanitarian challenges: child malnutrition. You are expected to talk on real world issues, propose sustainable solutions, and design coordinated international strategies to ensure every child has access to proper nutrition, healthcare, and support. I hope that you will enjoy your time in this conference and have a great 3 day experience.

I want to thank my close friends Elif Tunca and Volkan Ünver for always supporting me in every MUN I have attended to and in this conference as well. And I also want to thank my close friends Çınar, Erem, Özgür, Pars and Merthan for supporting my every decision. I want to share my thanks to our dear executive of OAFLMUN26 as well, I believe it will be a wonderful conference for everyone with their hard work.

For any questions please dont hesitate to mail me from Okanbanu1@hotmail.com. Ill always answer as soon as I can.

Sincerely

Banu Okan

Letter from Academic Assistant

Dear Delegates

My name is Volkan Ünver and I will be serving as the Academic Assistant of this committee along with my dear friend Elif Tunca. It is an honor and a pleasure to welcome you all.

As an Academic Assistant, I am here to ensure the committee runs as smoothly as possible and that all delegates involved have a productive and enjoyable experience. Please do not hesitate to address any questions or seek any guidance from us at any time.

I want to thank my dear close friend Banu Okan for inviting me to make this wonderful committee with her along with our dearest friend Elif Tunca.

I wish you all a memorable and pleasant experience.

Sincerely,

Volkan Ünver

Letter from Academic Assistant

Dear Delegates

My name is Elif Tunca and I will take place as an Academic Assistant in this conference along with my dear Volkan Ünver.

I wish all delegates to have a wonderful experience in this conference. Im sure it will be a good experience for you

I want to thank my dear friend Banu Okan for inviting me to be there for her with Volkan Ünver. It is an honor for me to be here. Please dont hesitate to speak within this conference and have a joyful experience.

Sincerely

Elif Tunca

FIRST CHAPTER: INTRODUCTION TO UNICEF

WHAT IS UNICEF?

The United Nations Children's Fund (UNICEF) is one of the most important international organizations dedicated to protecting the rights and well-being of children around the world. Established in 1946, after World War II, UNICEF was originally created to provide emergency aid to children affected by war. However, over time, the problems grew and UNICEF became a very big world organization with the new wars going on all over the world. Not only war, but many children get effected from crisis, poverty, natural disasters, and many more.

Today, UNICEF works in more than 190 countries and territories, focusing on ensuring that every child has access to basic needs such as healthcare, education, clean water, nutrition, and protection from violence. Its efforts are especially concentrated in vulnerable regions, where poverty, conflict, and inequality prevent children from reaching their full potential.

HISTORY OF UNICEF

The United Nations Children's Fund was established in 1946, shortly after World War II, at a time when millions of children across Europe and Asia were left homeless, fighting with poverty and lack of food, healthcare, and in urgent need of help. Originally named the United Nations International Children's Emergency Fund, its main purpose was to provide immediate relief such as food, medicine, and shelter, to children affected by the war.

In its early years, UNICEF focused heavily on emergency aid, including distributing milk and vaccines to children in devastated regions. However, as conditions slowly improved in Europe, the organization began to shift its attention toward developing countries, where children continued to face extreme poverty, disease, and lack of access to education.

By 1953, UNICEF became a permanent part of the United Nations system, and its name was shortened to the United Nations Children’s Fund, “UNICEF” remained the same. From this point on, its mission expanded beyond emergency response to more long-term development, including improving healthcare systems, promoting education, and supporting child welfare programs.

Past actions taken by UNICEF about this Agenda Item

Over the past decades, UNICEF has played a leading role in combating child malnutrition through a combination of emergency response, long-term development strategies, and global coordination efforts.

Like Global Nutrition Programmes. UNICEF has implemented large-scale nutrition programmes in over 130 countries, focusing on both the prevention and treatment of malnutrition. These programmes aim to improve access to nutritious, affordable food for children, while also promoting proper feeding practices and maternal nutrition. The target groups were children and pregnant women.

The following action being Treatment of Severe Acute Malnutrition (SAM). One of UNICEF’s most impactful actions has been the global scale-up of treatment for severe malnutrition, particularly through the use of Ready-to-Use Therapeutic Food. This approach has reduced mortality rates in high-risk regions

In the past, UNICEF has taken so many actions towards children's safety and well-being. While listing every vital past action would be unnecessary, there are a few that should be mentioned:

Promotion of Breastfeeding and Early Childhood Nutrition

Micronutrient Supplementation Programmes

Emergency Nutrition Interventions

SECOND CHAPTER

Introduction of the Agenda

Agenda Item: Combating Child Malnutrition in Developing Countries through Sustainable and Coordinated International Action.

Introduction

Child malnutrition continues to be one of the most urgent and complex challenges facing the international community, particularly in developing countries where poverty, food insecurity, and limited access to healthcare make the problem more vital. Millions of children suffer from various forms of malnutrition, including stunting, wasting, underweight, and deficiencies in essential vitamins and minerals, which have long-lasting effects on their physical growth, cognitive development, and overall well-being. These impacts not only threaten individual health but also block broader social and economic development, creating cycles of poverty and inequality.

Addressing child malnutrition is therefore not only a humanitarian imperative but also a critical component of achieving sustainable development and promoting human capital. Effective solutions require a coordinated, multisectoral approach that combines immediate interventions, such as therapeutic feeding, micronutrient supplementation, and vaccination programs that have been used in the past successfully with long-term strategies that improve maternal and child nutrition, strengthen healthcare systems, promote food security, and ensure access to clean water. In this context, international cooperation, political commitment, and community engagement are essential to create sustainable frameworks that can protect children, reduce malnutrition rates, and guarantee that every child has the opportunity to survive, grow, and thrive.

DEFINITION OF KEY TERMS

Malnutrition: It's the main term for this agenda item. Malnutrition refers to a condition that arises when a person's intake of nutrients is either insufficient, excessive, or imbalanced, resulting in negative effects on health, growth, and development in that person's body, this becomes more vital in children. In the context of global child welfare, it most commonly includes undernutrition such as wasting, stunting, and underweight as well as deficiencies in essential vitamins and minerals like iron, vitamin A, and iodine.

However, malnutrition also has the term; overnutrition, where excessive calorie intake leads to overweight and obesity. Malnutrition is both a cause and a consequence of poverty, food insecurity, inadequate healthcare, and poor sanitation, and it significantly increases

vulnerability to disease, impairs cognitive development, and limits long-term economic productivity. Addressing malnutrition therefore requires a comprehensive, multisectoral approach involving food systems, healthcare access, education, and social protection mechanisms.

Stunting: Stunting refers to impaired growth and development in children resulting from chronic malnutrition, particularly during the most critical periods of early life from pregnancy through the first two years.

It is typically identified by low height-for-age and reflects long-term deficiencies in nutrient intake, repeated infections, and inadequate maternal and child care. Beyond physical growth, stunting often has irreversible consequences for cognitive development, learning capacity, and future economic productivity.

Stunting is not only a health issue but also a development challenge, closely linked to poverty, food insecurity, and limited access to healthcare. Addressing stunting therefore requires integrated strategies, including improved maternal nutrition, breastfeeding promotion, access to diverse and nutritious foods, clean water and sanitation, and strengthened healthcare systems.

Wasting: Wasting is a severe form of undernutrition, a child having a very low weight for their height, often as a result of acute and recent weight loss. It typically occurs when a child does not receive enough food over a short period of time or suffers from illnesses such as diarrhea that lead to rapid nutrient loss.

Wasting is particularly dangerous because it significantly weakens the immune system, making children far more vulnerable to infections and increasing the risk of mortality. Unlike stunting, which reflects long-term nutritional deprivation, wasting indicates an urgent and life-threatening condition that requires immediate intervention. Addressing wasting involves emergency feeding programs, access to therapeutic foods, timely healthcare services, and measures to prevent disease outbreaks, especially in fragile and conflict-affected settings where children are at the highest risk.

Food Security: Food security refers to a condition in which all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their needs and preferences for an active and healthy life. It is built on four key dimensions:

Availability: Enough food is produced and supplied.

Access: Individuals can afford and obtain it.

Utilization: The body can properly absorb nutrients, supported by clean water and healthcare.

Stability: These conditions are consistent over time.

In the context of global development, food security is closely linked to poverty reduction, agricultural systems, climate change, and political stability. Lack of food security can lead to hunger, malnutrition, and increased vulnerability to disease, particularly among children and other at-risk populations.

REGIONAL OVERVIEW

Child malnutrition varies widely across the globe, reflecting differences in economic development, social conditions, and environmental challenges.

In Sub-Saharan Africa, malnutrition rates are among the highest worldwide. Stunting and wasting affect a large portion of children, particularly in countries such as Nigeria and South Sudan, where over 30 percent of children under five are stunted. Factors such as political instability, food insecurity, and limited access to healthcare exacerbate these conditions.

In South Asia, stunting remains prevalent despite notable economic growth. Maternal undernutrition, cultural feeding practices, and disparities between urban and rural populations contribute to high rates of malnutrition. Countries like India and Pakistan report stunting in approximately 35–38 percent of young children.

Progress in these regions has been supported by school feeding programs, local agricultural initiatives, and targeted maternal and child health interventions. Understanding these regional differences is essential for policymakers and UNICEF delegates to design context-specific solutions, recognizing that strategies effective in one region may not directly translate to another.

CURRENT GLOBAL SITUATION

Globally, child malnutrition remains a major public health challenge despite progress in recent decades. As of 2025, approximately 149 million children under five are stunted, and around 45 million suffer from wasting. Micronutrient deficiencies including iron, vitamin A, and iodine deficiencies, affect hundreds of millions more.

Stunting has gradually declined since 2000, whereas wasting often rises sharply in areas affected by humanitarian crises, conflict, or natural disasters. Recent events, including the COVID-19 pandemic and climate-related disasters, have increased food insecurity in many developing countries, heightening the vulnerability of affected populations. Conflict and displacement continue to limit access to food, clean water, and essential healthcare. At the same time, climate change reduces crop yields and drives up food prices. Economic inequality further exacerbates these challenges, leaving some populations at greatest risk.

MAJOR ORGANIZATIONS INVOLVED

A diversity of international and national actors coordinates efforts to combat child malnutrition worldwide. UNICEF plays a leading role by supporting child nutrition programs, promoting breastfeeding, providing community health services, and monitoring global nutrition indicators.

The World Food Programme (WFP) complements these efforts through emergency food aid, school feeding initiatives, and specialized nutrition interventions in areas affected by food insecurity. The World Health Organization (WHO) sets global nutrition guidelines, tracks trends, and assists countries in developing effective policies.

Numerous international NGOs, including Save the Children, Action Against Hunger, and World Vision, work at the community level by delivering therapeutic foods, implementing feeding programs, and promoting nutrition education. National governments and regional bodies are critical in developing multi-sectoral strategies that integrate health, agriculture, and education.

Challenges and Limitations

While solutions may seem straightforward, implementation often faces significant limitations and challenges.

One major challenge is limited financial resources. Many developing countries struggle with constrained national budgets and rely heavily on international aid, which can be unpredictable or politically influenced. This makes it difficult to sustain long-term nutrition programs. Closely linked to this is the issue of weak healthcare infrastructure, where shortages of trained personnel, medical supplies, and health facilities limit the ability to detect and treat malnutrition early.

Another key limitation is food insecurity driven by external factors, such as climate change, natural disasters, and conflict. These disrupt food production and distribution systems, making it harder to ensure consistent access to nutritious food. In conflict zones especially, humanitarian access may be restricted, preventing aid from reaching vulnerable populations.

You should also consider the lack of coordination among stakeholders. Governments, NGOs, UN agencies, and local actors often operate with overlapping mandates or differing priorities, leading to inefficiencies or duplication of efforts. Additionally, cultural practices and

lack of education can affect nutrition outcomes, for example, limited awareness about breastfeeding, child feeding practices, or dietary diversity.

Finally, data limitations and monitoring challenges can block progress. In many regions, there is insufficient or outdated data on malnutrition rates, making it difficult to design targeted and effective policies. Weak governance and corruption may further reduce the impact of allocated resources.

Overall, everyone within the committee must recognize that addressing child malnutrition is not only a technical issue but also a complex political, economic, and social challenge that requires realistic, coordinated, and context-sensitive solutions.

POSSIBLE SOLUTIONS

In addressing child malnutrition in developing countries, delegates should focus on realistic, sustainable, and cooperative solutions.

One key approach is strengthening healthcare systems, including improving access to primary healthcare, training community health workers, and expanding early detection and treatment programs for malnutrition. Alongside this, promoting maternal and child nutrition interventions such as breastfeeding, micronutrient supplementation, and school feeding programs can significantly improve outcomes during critical stages of development.

Another essential solution is enhancing food security through sustainable agriculture. This includes investing in climate-resilient farming techniques, supporting smallholder farmers, and improving food distribution systems to ensure access to diverse and nutritious foods. Delegates should also emphasize international cooperation and funding mechanisms, encouraging partnerships between governments, UN agencies, NGOs, and the private sector to ensure more stable and coordinated support.

Education plays a crucial role as well. Expanding nutrition education and awareness campaigns can help communities adopt healthier feeding practices and improve long-term outcomes. Additionally, improving water and hygiene infrastructure is vital too, as clean water and proper sanitation directly affect nutrient absorption and disease prevention.

And, it is expected that delegates not forget that they should give details about everything they talk about.

Questions to be Addressed

1) How can stunting, wasting, underweight, and micronutrient deficiencies be effectively identified and tracked? What indicators or data systems can be improved or created to track malnutrition rates accurately at local and national levels

2) Which programs have proven most effective in preventing and treating malnutrition? How can healthcare systems be strengthened, especially in rural and conflict-affected areas, to ensure timely intervention and treatment?

3) How can governments, UN agencies, NGOs, and the private sector coordinate efforts to combat malnutrition? What policies or frameworks can ensure long-term, sustainable impact?

4) How can sustainable agriculture and food production systems help improve access to nutritious foods for vulnerable populations? What strategies can improve the affordability and distribution of healthy food in rural and urban areas?

5) How can national and local governments design nutrition policies that balance urgent interventions with long-term child health goals? Which mechanisms ensure these policies are monitored and implemented effectively?

6) How can awareness campaigns and educational programs promote proper child feeding, hygiene, and nutrition, and how can communities, schools, and local leaders be involved in implementing these programs?

7) What are the main obstacles to combating malnutrition, What are the key barriers to reducing child malnutrition in developing countries, and how can international cooperation and targeted funding help overcome them in developing countries?

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Most of the datas can be found from official sites of UNICEF, WHO, WFP, FAO, Global Nutrition Report.