**Appendix 1: Definitions**

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| Adult: Any person more than 19 years of age as defined by the World Health Organisation (WHO).  |
| Adolescent: Persons aged 10–19 years (inclusive), being the period of human growth and development that occurs after childhood and before adulthood, as defined by the WHO. |
| Body mass index (BMI): A measure of weight adjusted for height being calculated as weight in kilograms divided by the square of height in metres. |
| Child: Any person 19 years of age and below (less than 20 years of age) as defined by the WHO. |
| Infant: Any child who has not yet had his/her first birthday, as defined by the WHO. |
| Mid-upper arm circumference (MUAC): An anthropometric measurement used in the nutritional assessment of children aged 6 months or older. It is the circumference of the upper arm at the midpoint between an imaginary line drawn from the acromion to the olecranon.  |
| Moderate acute malnutrition (MAM): Defined by moderate wasting (low weight-for-height/ length between -2 and -3 standard deviation [SD]) or MUAC between 11.5 cm and 12.4 cm.4 Page 2 of 7 Original Research http://www.safpj.co.za Open Access  |
| Malnutrition: The cellular imbalance between the nutrients and energy supply and the body’s demands to ensure growth, maintenance and specific functions. |
| Neonate: First 28-day period of life as defined by the WHO. |
| Obesity: More than 3 SD weight-for-height median of the National Center for Health Statistics (NCHS)/WHO international reference for children aged under 5 years and more than 2 SD BMI-for-age and sex in children aged over 5 years (equivalent to BMI 30 kg/m2 at 19 years). |
| Overnutrition: The excess intake of nutrients and energy that cannot be expended results in overweight and obesity.  |
| Overweight: More than 2 SD weight-for-height median of the NCHS/WHO international reference for children aged under 5 years and more than 1 SD BMI-for-age and sex in children aged over 5 years (equivalent to BMI 25 kg/m2 at 19 years). |
| Severe acute malnutrition (SAM): The severest form of undernutrition, defined by the presence of bilateral pitting pedal oedema or severe wasting (very low weight for length/ height less than −3 SD) or MUAC <11.5 cm (in children aged 6–59 months), being associated with other clinical signs such as poor appetite. |
| Severe Thinness: More than 3 SD below BMI-for-age and sex in children aged over 5 years.6  |
| Stunting: More than 2 SD below the international reference median value of height/length-for-age.6  |
| Thinness: More than 2 SD BMI-for-age and sex in children aged over 5 years. |
| Undernutrition: The outcome of insufficient food intake and repeated infectious diseases, and includes being underweight for age, stunted, wasted and micronutrient malnutrition. |
| Underweight: More than 2 SD below the international reference median value of weight-for-age. |
| Wasting: Loss of weight because of inadequate nutrient intake with more than 2 SD below the international reference median value of weight-for-height in children aged under 5 years. |
| *Z*-score: The deviation of an individual’s value from the median value of a reference population divided by the SD of the reference population. |