The Department of Nutrition, Exercise and Sports (NEXS) works in the area of international nutrition to improve health through better nutrition. This includes alleviation of undernutrition among women and children to improve maternal health, pregnancy outcomes, child growth and development, and survival. It also includes improving nutritional status among individuals with HIV and tuberculosis to improve survival, working capacity and quality of life, and to reduce risk of later chronic diseases.

Research: The research focuses on undernutrition among vulnerable groups, such as women and children, and individuals with HIV and tuberculosis. The aim of the research is to develop strategies to prevent and treat undernutrition, and hence to improve health.

Examples of ongoing research projects at the unit:

- **TreatFOOD**: This research project aimed to develop and test food supplements for children with moderate acute malnutrition. A 2x2x3 factorial trial on the effect of food matrix, soy quality and milk protein has just been completed among 1600 small children in Burkina Faso. Stable isotope techniques were used to assess the effects on lean mass accumulation. In addition, the effects on anaemia, morbidity, physical activity, etc are also assessed.

- **GREEINSECT**: This research project aims to investigate how mass-production of selected insect species can be developed in Kenya as a nutritious food source, as well as a novel protein source for animal feed. The project contributes to research capacity building in Kenya by supporting PhD studies in the fields of insect production, food product development and economy.

The research is carried out in collaboration with researchers at partner institutions in countries in Africa and Asia, and with humanitarian organizations. In addition to doing relevant research, an important aim is also to build research capacity at the partner institutions.

Education: NEXS is responsible for the Master-course *Nutrition in Global Health*, which is a part of the MSc Programme in Agricultural Development.

The themes within the course include:

- Infant and child nutrition
- Prevention and treatment of undernutrition
- Nutrition and infections
- Nutrition transition and the double burden
- Nutrition intervention strategies

Competencies: The Paediatric and International Nutrition Group at NEXS collaborate with researchers at partner institutions in Africa and Asia, as well as researchers at other Danish and Northern universities. Other partners include UN organisations such as the WHO, IAEA, UNICEF, WFP and humanitarian organisations such as MSF.

In the field of international nutrition the group has special expertise and competencies in performing studies in developing countries, for the purpose of establishing a scientific basis for development programmes that may contribute to alleviating malnutrition.