

# MERA : MATRICE SANTÉ & NUTRITION

## MERA: HEALTH & NUTRITION MATRIX

10 décembre 2025  
December 10 th



# Introduction



## Global Nutrition Cluster



# Agenda



- **Introduction** – Ouverture par le GNC
- **Présentation** par le groupe de travail du REH des origines de la matrice / **Presentation** by the REH working group on the origins of the matrix
- **Présentation** de la structure de la matrice santé & nutrition : **Presentation** of the health & nutrition matrix structure
  - 1. **Pourquoi** une matrice santé & nutrition? / **Why** a health & nutrition matrix?
  - 2. **Approche** de santé publique par pilier / **Pillar-based** public health approach
  - 3. **Exemples** / **Examples**
- **Discussion**
- **Conclusion**



# The REH and the WG Environmental assessments

## Le REH et le GT Evaluations environnementales



REH

### Réseau Environnement Humanitaire

Depuis 2012, restructuré en 2021

Humanitaires et acteurs du développement francophones pour **réduire l'empreinte environnementale de l'aide**

Plus de 300 membres et plus de 30 organisations

4 groupes de travail pour la mise en œuvre : déchets, carbone, achats durables et évaluations environnementales



REH

### Réseau Environnement Humanitaire (Humanitarian Environment Network)

Since 2012, restructured in 2021

Francophone humanitarians & development workers to **reduce environmental footprint of aid**

300+ members and 30+ orgs

4 working groups to operationalise : waste, carbon, sustainable procurement and environmental assessments



# The REH and the WG Environmental assessments

## Le REH et le GT Evaluations environnementales



### GT évaluations environnementales

Depuis 2021

Sensibilisation aux évaluations environnementales  
Soutien au développement et à la diffusion du NEAT+  
Exploration d'autres outils (CEDRIG, EST)  
Développement de la MERA



### Environmental Assessments WG

Since 2021

Sensitization on environmental assessments  
Support to NEAT+ development and dissemination  
Exploration of other tools (CEDRIG, EST)  
Development of MERA



## MERA Matrix – Why ?

The aim of the **MERA (Multi-sectoral Environmental Risks Analysis) matrix** is to help project developers and technical advisors to become **aware of the environmental risks** that their project may entail, and to quickly come up with **recommendations to mitigate the negative environmental impact of their project**



### Quoi

Identifier les risques environnementaux potentiels et les mesures d'atténuation associées. Pour les activités dans les domaines de la SAME, EHA, Shelter, SMPSS et Santé-Nutrition<sup>2</sup>



### What

This matrix is intended to identify potential environmental risks and its associated mitigation measures. For activities in FSL, WASH, Shelter and MHPSS



### Comment

Les risques et les mesures d'atténuation associées répertoriés dans la matrice sont classés par secteur d'intervention, puis par sous-secteur et par activité au sein de chaque secteur.



### How

The risks and associated mitigation measures listed in the matrix are organised by sector of intervention (FSL, WASH, Shelter, MHPSS), then by sub-sector and by activity within each sector.

## MERA Matrix – Why ?

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### Quand

La MERA doit être utilisée lors de la conception de projet afin de pouvoir intégrer les ressources adéquates dans votre proposition et de mettre en œuvre efficacement les mesures d'atténuation des risques environnementaux.



### When

MERA shall be used during project design to be able to integrate adequate resources in your proposal in order to effectively implement environmental risks mitigation measures.




### Qui

Chefs de projet, coordinateurs de projet et conseillers techniques



### Who

Project managers, project coordinators and technical advisors



# What it is not : not a new tool, but a practical alternative Ce que ce n'est pas : pas un nouvel outil, mais une alternative pratique

- La matrice **ne remplace pas les évaluations environnementales** (ex : NEAT+, EST, etc.), mais peut être complémentaire.
- La matrice ne fournit pas une liste **exhaustive** des risques environnementaux et des mesures d'atténuation.
  - Cette matrice **n'est pas spécifique à un contexte particulier.**
  - Elle peut servir de base pour réviser/compléter d'autres outils.

- The matrix **does not replace environmental screenings** (ex: NEAT+, EST etc.) but can complement them.
- The matrix does not provide an **exhaustive** list of environmental risks and mitigation measures.
  - This matrix is **not context specific.**
  - It can serve as a basis to review other tools.



# Now let's look at the Matrix! Maintenant, jetons un oeil la matrice !



On the REH website: <https://www.environnementhumanitaire.org/en/ressource/multi-sectoral-matrix-of-environmental-risk-analysis-and-mitigation-measures-mera-reh-environmental-assessments-wg-october-2024/>

A screenshot of the REH website page. The header is green with the REH logo, the text 'Réseau Environnement Humainitaire', a search bar, and navigation links like 'MEMBERS' CORNER', 'WHO ARE WE?', 'NEWS', 'RESOURCES', 'JOIN THE REH', and 'CONTACT'. The main content area has a dark grey sidebar with 'USEFUL LINKS' and a list of links: 'DOWNLOAD THE MERA MATRIX IN ENGLISH (EXCEL)', 'DOWNLOAD THE MERA MATRIX IN FRENCH (EXCEL)', 'DOWNLOAD THE MERA MATRIX IN SPANISH (EXCEL)', 'MERA PRESENTATION SHEET', 'FEEDBACK FORM EN', 'FEEDBACK FORM FR', 'FEEDBACK FORM ESP', and 'LINK TO THE PRESENTATION SESSION'. The main text describes the MERA matrix and provides contact information for the Working Group. Green arrows point from the text on the right to the corresponding links in the sidebar.

Accédez à la matrice au format Excel ici

Access the matrix in Excel format here

Méthodologie et informations complémentaires

Detailed methodology & more info

Donnez votre avis

Provide feedback



# Comment utiliser la matrice MERA / How to use the MERA matrix

## Approche méthodologique recommandé

- ❑ Organiser un **atelier** réunissant toutes les principales parties prenantes locales (personnel du projet, partenaires locaux, représentants des communautés etc.) pour **contextualiser la discussion**
- ❑ Une fois que les risques environnementaux et les mesures d'atténuation correspondantes ont été classés par ordre de priorité, discuter de la manière dont ils peuvent être **intégrés** dans le projet
- ❑ Définir les **mesures adéquates** pour mettre en œuvre ces mesures d'atténuation (RH, logistiques, matérielles, financières...)
- ❑ Intégrer les mesures et le budget associé dans votre proposition

## Recommended methodological approach

- ❑ Organize a **workshop** gathering all the key local stakeholders (NGO program and support staff, local partners staff, representatives of communities, etc.) to **contextualize the discussion**
- ❑ Once environmental risks and corresponding mitigation measures are prioritized, discuss how they can be **integrated** into project design
- ❑ Define the **adequate resources** to implement those mitigation measures (human resources, logistic, material, finance, etc.)
- ❑ Integrate the measures and associated budget in your proposal

# Maintenant, regardons la matrice ! / Now let's look at the Matrix!

Food Security and Livelihoods (FSL)			
Sub-sector	Activity	Potential environmental risks	Mitigation measures
Food assistance	In-kind food distribution	Increased greenhouse gas emissions and other negative environmental impacts through the whole food supply chain	<ul style="list-style-type: none"> <li>Quantify GHG emissions to ensure appropriate movement planning. For instance, the Humanitarian Carbon Calculator is a tool that can support the quantification.</li> <li>Rationalise movement planning: limit truck movements, consider truck and other shipments pooling initiatives, use lower-emissions and electric vehicles whenever feasible. Agro-fuels, on the other hand, are not recommended as they may compete with food crops.</li> <li>Preposition food stocks.</li> <li>Include sustainability criteria when evaluating tenders. Establish minimum requirements for working with suppliers. Include environmental standards in the procurement tenders (i.e., sustainable palm oil certification). Prioritise supplies with an environmental impact traceability.</li> <li>Identify procured items' emission impacts and identify what can be substituted with a lower impact.</li> <li>Rationalise packaging volumes with suppliers to reduce the number of transport journeys required for equivalent transport quantities.</li> <li>Proper/accurate needs assessments to prevent resale of distributed inputs in the market (double transport would increase carbon footprint).</li> <li>Procure from companies that certify traceability of environmentally friendly production.</li> <li>Seek procurement of agro-ecological products.</li> <li>Ensure appropriate standard procedures for commodity transportation and storage (FIFO, training at the household level, safe storage infrastructure).</li> </ul>
Food assistance	In-kind food distribution	Improper food storage and/or untreated/composted food waste can create hygiene and health problems for people, plants and animal	<ul style="list-style-type: none"> <li>Ensure safe disposal of contaminated and spoiled food items.</li> <li>Consider other use for spoiled foods (ex. fertilizer making, feed for animals, etc.).</li> <li>Ensure appropriate design of distribution rounds and dimensioning of distribution site.</li> </ul>
Food assistance	In-kind food distribution	Overcrowding at distribution site and impacts on grassland	<ul style="list-style-type: none"> <li>Provide access to safely designed sanitation facilities with proper treatment systems and sanitation chains</li> <li>Minimize clearing of land in order to minimize soil erosion, adverse hydrological changes and habitat degradation</li> <li>Organize awareness sessions at distribution sites to sensitize recipients on the fragile natural resources and locally relevant environmental impacts of human activity (cooking, food production, food purchases, etc.)</li> <li>Ensure appropriate dimensioning of grazing areas for livestock if beneficiary population is pastoralist</li> </ul>
Food assistance	In-kind food distribution	Additional deforestation induced by increased use of wood and charcoal for cooking food aid items	<ul style="list-style-type: none"> <li>Distribute clean cooking energy and energy-efficient stoves as standard items (through in-kind, cash or voucher).</li> <li>Distribute selected food items that have a reduced time of cooking, and make sure people are aware about meal preparation and cooking practices that have the potential to reduce cooking time (ex. soaking legumes and pulses for several hours, etc.).</li> <li>Ensure appropriate awareness-raising around risks, impacts of deforestation and ways to combat it.</li> <li>Conduct awareness about tree planting and management of wood resources.</li> <li>Consider embedding integrated programs that support proper management and recovery of trees and forests (afforestation, FMNR -farmer managed natural regeneration training, reforestation, circular bioeconomy, Integrated Natural Resource Management, permaculture, etc.).</li> <li>As an indirect measure not directly related to food assistance, promote IGAs in a more sustainable manner : bee keeping, crop/vegetable farming, livestock rearing, seed pressing, charcoal production, all have sustainable and environmentally friendly ways of being done. IGAs that could contribute to the sustainable management of natural resources and minimise overexploitation.</li> <li>Undertake a waste audit to understand waste volumes and types to inform the potential for waste recycling and any related livelihood activities or cooperation with private enterprises or linked to the national level systems. For instance, the WREC tool developed by the Logistics Cluster can be used to support the auditing (see</li> </ul>

5 →

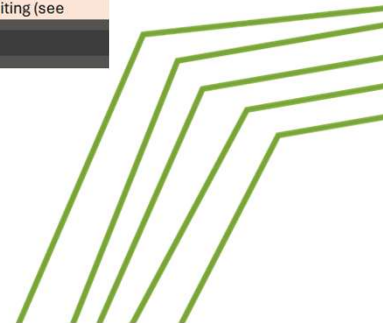
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# Comment utiliser la matrice MERA / How to use the MERA matrix

## Etapes

1

- Ouvrir l'onglet secteur correspondant

2

- Filtrer par sous-secteur/étape/activité en rapport avec le projet envisagé

3

- Sélectionner les risques environnementaux dans votre contexte

4

- Sélectionner les mesures d'atténuation les plus pertinentes pour chacun de ces risques

5

- Si nécessaire, ajoutez des colonnes à la matrice pour répondre à vos besoins

## Steps

1

- Open the corresponding Sector tab

2

- Filter by sub-sector/stage/activity related to your planned project

3

- Select the priority environmental risks concerning your context

4

- Select the most relevant mitigation measures for each of those risks

5

- If needed, add columns to the matrix to fit your needs

Cette matrice a été élaborée en collaboration avec les acteurs santé et nutrition, et revue par le REH, les membres du GNC ainsi que les ONG partenaires du secteur santé et nutrition.

This matrix was developed in collaboration with health and nutrition stakeholders and reviewed by the REH, GNC members and NGO partners in the health and nutrition sector.



- **Pourquoi** une matrice santé & nutrition? /
- **Why** a health & nutrition matrix?

## System Building Blocks / Piliers du système de santé

### SYSTEM BUILDING BLOCKS

SERVICE DELIVERY

HEALTH WORKFORCE

INFORMATION

MEDICAL PRODUCTS, VACCINES & TECHNOLOGIES

FINANCING

LEADERSHIP / GOVERNANCE

### Éléments constitutifs du système

PRESTATION DE SERVICES  
DE SANTÉ

PERSONNEL DE SANTÉ

SYSTÈME D'INFORMATION  
SANITAIRE

VACCINS, TECHNOLOGIES  
ET PRODUITS MÉDICAUX

SYSTÈME DE  
FINANCEMENT DE LA  
SANTÉ

DIRECTION ET  
GOUVERNANCE



## MERA

Exemple Formation /  
Training (4)

Exemple Nutrition  
(18)

Exemple Santé  
/Health (34)

Exemple Pharmacie  
(6)

Exeemple SI / HIS (61)



# Discussion



# Conclusion

Dissémination à travers les différents réseaux,  
Utilisez, testez la matrice et faites vos retours, positifs et points de difficultés au  
REH,  
Les matrices sont régulièrement revues et améliorées grâce aux retours des  
utilisateurs

Dissemination across different networks. Use, test the matrix and send your feedback, both positive and negative, to the REH. The matrices are regularly reviewed and improved based on user feedback.



RESEAU ENVIRONNEMENT HUMAINITAIRE

Have questions? Des questions:  
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