Abstract

The increasing frequency and intensity of disasters and humanitarian crises and its resulting suffering and losses represents a major threat to long term development, growth and poverty reduction, in particular in the poorest and developing countries. We can help people, households, communities and governments to better withstand increasing shocks and stresses. In other words, help them strengthen their resilience.

Resilience is a word that we hear more and more, but what is resilience? What does resilience add to existing disaster risk reduction (DRR) interventions? In this document you will find elements that address these questions and essential actions from the resilience building process.

Key Messages

- Resilience is multi-hazard, multi-sectorial, multi-partner and multi-level
- Participatory approach is essential
- Resilience integrates Disaster Risk Reduction, Climate Change Adaptation and poverty reduction.

Action contre la Faim is a global humanitarian organization committed to ending world hunger. Works to save the lives of malnourished children while providing to communities sustainable solutions to hunger.
What is resilience?
Resilience refers to the capacities of people, household, communities and the systems, on which they depend to resist, absorb, cope and adapt when exposed to hazard or a set of hazards while preserving, restoring or enhancing their food and nutrition security. (ACF, 2012, “Enhancing climate resilience and food & nutrition security: policy”)

Main capacities to support in resilience building:
- Absorptive capacities refer to interventions supporting risks preparedness, mitigation and prevention. These capacities are addressed through disaster risk reduction interventions.
- Transformative capacities refer to actions improving governance and enabling conditions.
- Adaptive capacities refer to long-term investment in livelihood.

Main principles of a resilience building process
- Reflection and analysis centered on multiple hazards involving multiple level response strategies (preparedness, early response, mitigation, prevention, adaptation, transformation, research and advocacy).
- Multi-sectoral approach: resilience is not a new activity but a process of adapted and combined good practices from different specialties for a common aim (includes Disaster Risk Reduction, Climate Change Adaptation, Food Security and livelihood, Nutrition and health, Social Behaviour Change, access to safe water, sanitation and hygiene, conflict management, natural resources management, social protection, gender).
- Community management of risks is crucial for effective resilience building. Participatory approach is the base for the development of local action plan.
- Resilience is a way to operationalize the link between relief, rehabilitation and development (LRRD) in a common framework. It goes beyond rehabilitation and aims at supporting the capacity of a system to continue to develop and improve despite shocks and stresses.
- Resilience building involve multiple partners at individual, household, community and system (institution and service) levels.

The Top 8 Essential Actions*
These actions can be combined into a coherent resilience building process

1. Analysing the interplay of climate-related shocks and stresses with food and nutrition security (e.g. Participatory Risk, Vulnerability and Capacity Analysis (PCVA)).
2. Strengthening early warning system and linking alerts to early response mechanisms (e.g. surveillance and early warning).
3. Enhancing institutional preparedness for early action (e.g. ACF Emergency Preparedness and Response Planning and national contingency planning)
4. Tackling seasonal peaks of under nutrition (e.g. analysis, seasonal thinking).
5. Risk-proofing all FSL, WaSH, Nutrition and Health, and Care practices programs (e.g. analysis of project sensitivity to shocks, climate-resilient livelihood and infrastructures).
6. Facilitating community-manage of risks and resilience building plans (e.g. community preparedness plan).
7. Conducting advocacy and supporting policy development: risk-sensitive policies and decision-making mechanisms, promote community-managed initiatives, and coordination with key national and global platforms (e.g. advocacy strategy).
8. Conducting applied research and strengthening evidence: make all best practices attractive and convert skills and knowledge into learning, experimentation and innovation.


Note: ACF is intervene at all levels, but with a special focus at individual, HH and community levels.
Is resilience DRR and Climate Change Adaptation (CCA)?

DRR and CCA are components of resilience, in a sense that resilience is the concept that integrates DRR, CCA and poverty reduction.

DRR approach may be the first step or the entry point for developing programmes aimed to build resilience of populations at-risk.

What does resilience add to existing Disaster Risk Reduction (DDR) interventions?

Resilience is the opportunity to design DRR outcomes which are more sustainable and flexible, and propose interventions contributing to improve durable livelihoods, adequate food and nutrition security and long-term environmental security.

### RESILIENCE: A STEP BEYOND DISASTER RISK REDUCTION

<table>
<thead>
<tr>
<th>Comparative between DRR and Resilience framework</th>
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<tr>
<td><strong>DRR Framework Components</strong></td>
<td><strong>Resilience Framework Components</strong></td>
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<tr>
<td>Hazard: specific-hazards (natural or man-made, e.g. drought, floods, epidemic, conflict)</td>
<td>Multi-hazard: any hazards (shocks or stresses, e.g. food prices fluctuations)</td>
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<td>Exposure: proximity, intensity, frequency, and interdependence of people and assets related to the shocks and stresses</td>
<td>Capability: abilities to adapt and learn about experiences, capacities for decision-making and problems solving, and capacities to use resources (income, commodities and assets) to adapt</td>
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<td>Vulnerability: human mortality, injury and other health effects, livelihoods &amp; economic loss and damages</td>
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<td>Specific level: specific target groups: households, communities and government</td>
<td>Multi-level and scale: interlink individual, households, communities and system</td>
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<td>DRR Framework Interventions</td>
<td>Resilience Framework Interventions</td>
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<tr>
<td>Governance and Advocacy: Policies, strategies, laws and budgets specific for DRR and Hyogo Framework for Action</td>
<td>Governance and Advocacy: multi-disciplinary and inter sectoral policies and institutions</td>
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<td>Awareness raising: build culture of safety</td>
<td>Learning process, knowledge and best practices sharing</td>
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<td>Hazard specific surveillance, early warning, contingency and preparedness planning</td>
<td>Multi-hazard and multi sectoral surveillance and early warning</td>
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<td>Risk Analysis: access to information on hazards and future risks using PCVA tools</td>
<td>Context Analysis: increase the knowledge of context, multi-hazards and uncertainty using PCVA tools</td>
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<td>Action planning focusing on preparedness, mitigation and prevention interventions (e.g. preparedness plan, contingency plan, disaster risk reduction plan)</td>
<td>Action planning integrating DRR planning and developing long term adaptation and transformation interventions (e.g. resilience plan, advocacy plan)</td>
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<td>Short and mid term preparedness and mitigation actions (hazard proofing): reducing underlying causes of vulnerability by improving emergency infrastructure, food security and nutrition, access to natural resources, and livelihoods</td>
<td>Long term interventions (adaptation): Improving economic status, income and livelihoods, diversified commodities and assets, inclusive and equitable development, sustainability, social cohesion, public health, ownership by communities &amp; local authorities and human right &amp; social justice</td>
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<td>Improve capacity building by sharing information and encouraging review and evaluation between multi actors</td>
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*https://intranet.acf-e.org/hq/tec/d/Disaster%20Risk%20Management/acf_2013_-_practical_manuel_pcva.pdf*
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