

# Improving nutrition outcomes through linking HiNi beneficiaries to FSL interventions: A case study of Isiolo County

*Rationale, Methodology  
and Lessons learnt*



# Objectives of the Project

1. Strengthen and sustain the capacity of the MoH to offer quality HiNi services
2. Strengthen coordination mechanisms
3. To strengthen nutrition and food security information systems
4. Improve nutrition outcomes through scaled up WASH interventions
5. *Increase recovery and resilience of the target beneficiaries through integration with Food security and Livelihood programs*

# Rationale for the Linkage

- ✓ **Concentrating on knowledge** alone has shown to have less significant effect in improving nutrition outcomes  
*One mother said “You have taught us on how to feed our children on diverse foods, we totally agree with that but the main challenge is that we don’t have money to purchase the foods”*
- ✓ Support groups often get **monotonous** when they concentrate on knowledge aspects alone
- ✓ **Improving recovery and resilience** of the target beneficiaries is essential in boosting the nutrition outcomes

# Key Aspects of the Project

- ✓ Create sustainable forums where mothers discuss health and nutrition aspects and support each other
- ✓ Use mother to mother support groups as a key avenue to equip communities with knowledge & skills
- ✓ Create an enabling environment for the beneficiaries to generate income and/or produce cost effective foods
- ✓ Influence the income generated to be used to improve purchasing power of diverse foods

# Implementation Process

- ✓ Mobilise mothers to form peer support groups
- ✓ Capacity building on HiNi, group dynamics and clear by-laws
- ✓ Registration groups with the Ministry of Gender & social development
- ✓ Capacity build the groups on selecting viable income generating activities
- ✓ Facilitate the groups to develop a business plan
- ✓ Disburse seed funds
- ✓ Monitoring the income generating activities
- ✓ Follow up beneficiaries to ensure that the income generate is translated towards ensuring dietary diversity

# Tools and Methodology

- ✓ Group attendance register
- ✓ Groups capacity assessment tool
- ✓ Financial literacy training tools
- ✓ Financial monitoring tools



# Consideration of Cross Cutting Issues

## Gender

- ✓ Sensitizing men (indirect beneficiaries) on the involvement of women
- ✓ Ensuring that the IGA activities are sensitive to other commitments of the women

## Accountability

- ✓ Clear by-laws in place for each group
- ✓ Registration groups
- ✓ Regular monitoring and follow up

# Measurements of Processes and Outcomes

- ✓ Bi-monthly monitoring of attendance
- ✓ Monitoring of discussion modules
- ✓ Nutrition survey to determine nutrition status
- ✓ -Bi-annual audit of the progress of IGA activities conducted



# Main Results Achieved

- ✓ Sustained platform for mothers to actively discuss issues
- ✓ Increased attendance to meetings
- ✓ IGAs have enabled mother to have purchasing power for diverse diets
- ✓ Fathers are continuously appreciating the role that women play and
- ✓ The groups are more sustainable compared to groups without livelihood interventions

# Key Lessons

## 1. Enabling factors

- ✓ Continuous monitoring to ensure that mothers balance between nutrition activities and IGA activities
- ✓ Trainings and mentorship sessions including both nutrition and food security teams and staff
- ✓ Allowing mothers pursue IGAs of their choice
- ✓ Clear by-laws to prevent and manage group conflicts
- ✓ Sensitization of fathers and other community leaders
- ✓ Bi-monthly meetings providing adequate time for mothers to discuss health topics as well as monitor IGAs
- ✓ Equal sharing of duties among the women improved group cohesion

## 2. Hindering factors

- ✓ Measuring key nutrition outcome indicators in a small/pilot groups
- ✓ Determining/quantifying the actual impact of the IGA to household food security and dietary diversity
- ✓ Inadequate funding to do a major scale up
- ✓ Unreliable transport network





# Questions

