

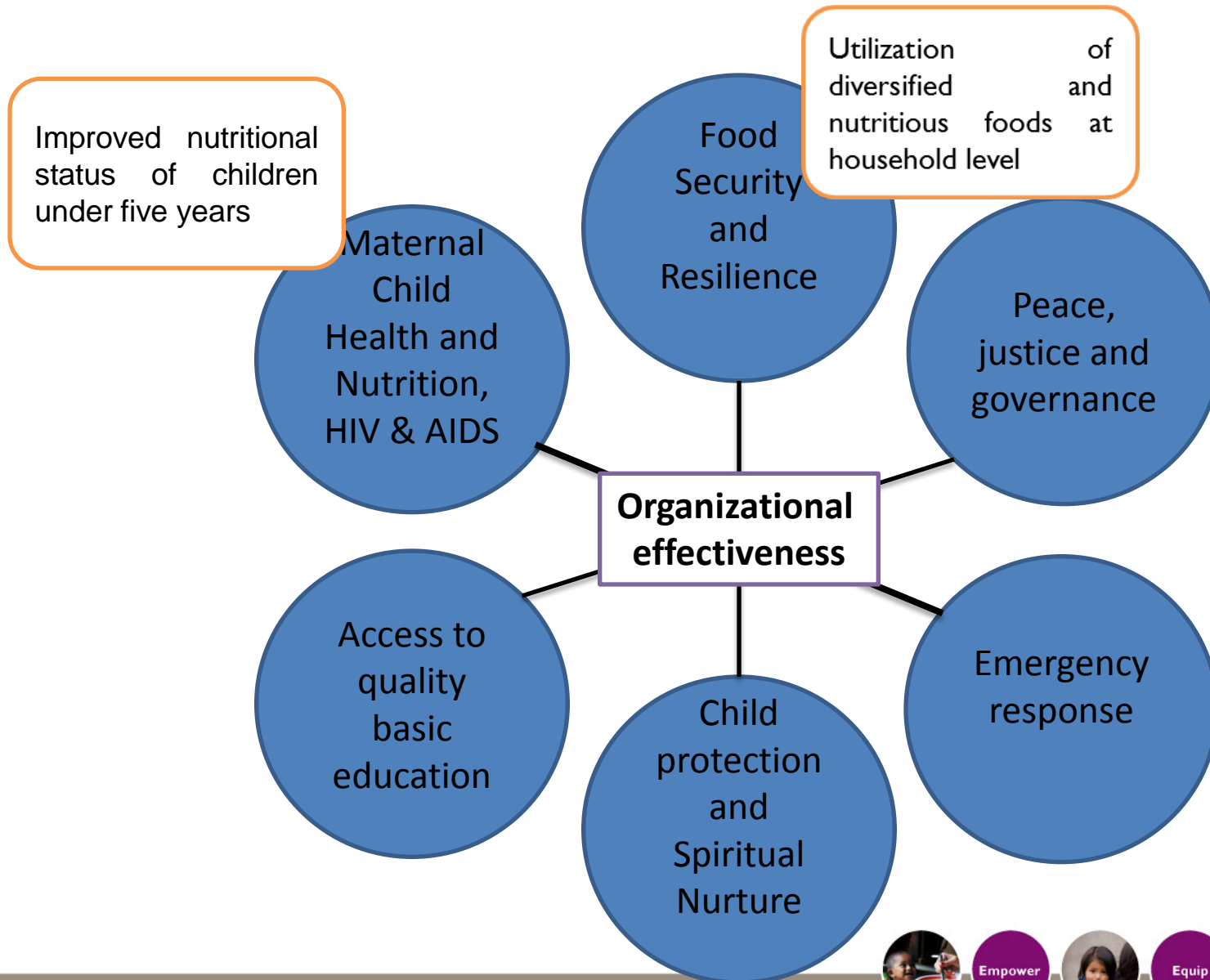


Integrating Nutrition and Food Security
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Empower • Equip • Advocate

WVK NO Strategy FY13-15

World Vision
Kenya



Main features of the case study project

Result: Address Social Determinants of Health

Overall objective:

To Improve the well-being of targeted communities through multiple platforms with direct application, linkages, and integration at the community and household levels through food security, economic strengthening and nutrition

Specific Objective:

Improved food security and nutrition for marginalized, poor and underserved populations

Project Design Process:

Multi- sectoral approach used in designing process



Main food security and nutrition issues addressed by the project

- Improve food production through farming
- Cooking demonstration on utilization of drought tolerant nutritious crops
- Promote rearing of small stock
- Promote adoption of best nutrition practices



Implementation process and activities

- Capacity building of vulnerable (OVC, PLWH) households on improved agronomic practices and access to quality nutritious planting materials
- Capacity building on post - harvest management and cooking demonstrations
- Promote the rearing of small stock with market linkages for improved incomes
- Promote best practices in addressing malnutrition through Positive Deviance Hearth (PD/ Hearth) approach
- Capacity building on management of malnutrition
- Nutrition surveillance and growth monitoring



Nutrition Education- PD/ Hearth

Target beneficiaries:

- ❖ Primary- Children 6-36months & their caregivers
- ❖ Influencers- Men/fathers, community opinion leaders

Mobilization stage

- ❖ Health, Agriculture, Provincial Administration stakeholders involved at both district, division, locational and village levels

Nutrition Education/ Hearth Sessions

- ❖ Community Health Workers and Health Extension workers facilitate the sessions
- ❖ Agriculture Extension workers train caregivers on kitchen gardening, agronomic practices and small stock rearing

Nutrition Education- PD/ Hearth

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During Graduation of Rehabilitated Children

- ❖ Agriculture provide farming inputs and seedlings (OFSP, iron rich beans, cassava)

At Follow up

- ❖ MoH, follow up feeding practices, growth monitoring, sanitation and Hygiene
- ❖ Agriculture follow on kitchen gardening



Food Security Linkage at Child Graduation



- Increased understanding on benefits of locally available foods for improved nutrition
- Increased awareness for community on malnutrition and its causes
- Empowerment of care givers on addressing malnutrition using locally available foods and resources
- Linkage of nutrition and hygiene and sanitation practices
- Diversified food production
- Involvement of men/fathers to understand malnutrition and its causes

Two thirds reduction in underweight prevalence among children who participated in the programme

Nutritional impact monitoring

	Admission	1 month	3 month	6 month	12 month
Prevalence of underweight	47.3%	31.1%	19.5%	19.1%	17.4%
Prevalence of moderate underweight	23.4%	18.6%	11.0%	9.6%	9.3%
Prevalence of severe underweight	23.9%	12.4%	8.5%	9.6%	8.1%

Some key indicators:

- Weight gain for malnourished children
- Households with malnourished children linked to food security and economic empowerment



Programmatic

- Challenge to integrate related sectors (food security, Economic Empowerment etc) in a health project....
- Collaboration between health and agriculture did not automatically happen until results of first PD/ hearth sessions

Individual/ Household Level

- Personal taste and preference limiting consumption of nutritious foods e.g. rabbits and sardines ('omena')
- Cultural beliefs which limit consumption of nutritious foods e.g. eggs for children....believe to lead to delayed speech
- Ignorance.....malnutrition is viewed as a caused by witchcraft



Lessons learnt in integrating nutrition and food security

- Strong stakeholders involvement and collaboration was key for success
- Extensive community mobilization ensured ownership and support system for caregivers
- Simplifying the nutrition education concept led to adoption and sustaining of positive behaviour

Gender & Accountability Consideration

Gender

- Sensitization of men about malnutrition and the programme before enrolling the children otherwise the men have negative perception that it taints their image as the household provider
- Involvement of men to provide portion of land for women to grow food crops

Accountability

- Information sharing on interventions, process, community involvement etc
- Consulting with community- on beneficiary identification, preferred crops, appropriate timing for activities and venue for hearth sessions



END



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