

*From Relief to Self-Reliance*



## **Resilience building project in Wolaita zone, Ethiopia**

Alexandra Rutishauser-Perera, Nutrition and Food Security Department  
[Arutishauser-perera@internationalmedicalcorps.org](mailto:Arutishauser-perera@internationalmedicalcorps.org)

# Main Objective of the project

- To improve nutritional status and resilience of vulnerable households with children 0-59 months, PLW and malnourished other categories (MOC) living in food insecure target woredas (Damot Pullasa and Boloso Sore).
- Two other woredas are supported by CONCERN and PIN with the same logical framework



# Main activities

- Nutrition and Food Security
- Support of CMAM program
- Infant and Young Child feeding
- Food diversity (peer to peer support)
- Seeds distribution (Maize,haricot bean,sweet potato)
- Sheep/poultry distribution
- Donkey and donkey carts
- WASH, Health, Disaster Risk Reduction
- Rehabilitation of boreholes, shallow wells and springs
- Construction of sex-segregated latrines
- Jerri-can for CMAM beneficiaries
- School clubs (WASH/Nutrition)
- Community Led Total Sanitation
- Support of PHC
- Prevention of Malaria
- Family planning
- Health Development Army trained on top five communicable diseases

# Nutrition (first year)

- 1650 SAM and 2,662 MAM children treated
- 2,600 back yard gardens for HH with pregnant women or mothers of under 2
- 20,105 Care Groups members
- 169 PD/Hearth beneficiaries
- 130 HH benefiting from Hand dug well
- 419 health professionals, teachers and Health extension workers trained on IYCF and CMAM





# PD/ Hearth program



Weighing of children



Mothers contribute  
With local food



Preparation of  
the meal



Hearth session: Meal  
and education

Graduation after  
2 weeks



# Food Security

- 22,886 beneficiaries of seeds
- 5,561 beneficiaries of sheep( 3/HH) or poultry (5 chicken/HH)
- 1,344 of donkey/donkey carts
- Implementation done jointly using the existing government structure to ensure sustainability





# Gender

- Nutrition: Beneficiaries of back yard gardens : HH with pregnant women or mothers of under 2
- Livelihood: Putting a valuable asset under the control of women and vulnerable targeted HH mitigate gender inequalities in HH income

|  | Estimated % of target group | % of female (F) | % of male (M) |
|--|-----------------------------|-----------------|---------------|
| Infants and young children (0-59 months) | 30%                         | 51%             | 49%           |
| Children (5-17 years)                    | 15%                         | 51%             | 49%           |
| Adults (18-49 years)                     | 40%                         | 60%             | 40%           |
| Elderly (> 50 years)                     | 15%                         | 70%             | 30%           |

# Accountability

- Inputs were channeled through cooperatives on revolving system (no dependency syndrome).
- Targeted populations were selected based on the criteria set by a committee established from community, government officials and IMC.
- Regular interviews of beneficiaries were conducted during supportive supervision
- Mid-tem evaluation with Key informant interviews , Focus Group discussion, KAP and SMART



# Main successes

- Stable GAM and SAM despite long onset of rains
- Improvement of Infant and young child feeding practices (KAP Baseline and mid-term)
- Beneficiaries were able to produce food for the family and generate income from the off-farm activities in relatively short period of time
- Mean income generated per HH from livestock sales: 84USD.
- Significant improvement in water access (KAP)
- Increased number of pregnant women attending ANC and increased use of family-planning. (KAP)

# Challenges

- Nearly a tenth of rural households do not have access to cultivable land due to land shortage and access to remunerative off-farm employment is limited
- Limited access to improved seeds (sweet potato cuttings...)
- Slow start-up of the Care Group due to the need in harmonizing IEC materials and adapting the model to the MoH system.

# Lessons learnt

- Programs with input provision need to look at means of sustainably redistribute the collected loans.
- Strong institutionalization is needed (to collect regular repayment from beneficiaries and to manage the smooth revolving of the funds sustainably ).

This necessitates strengthening the capacity of the Government, community institutions and the system of loan collection (form a joint committee)

- Behavior change model should be adapted to the already in place community systems in the area of intervention.

# Way forward

- Nutrition

Decrease the CMAM support to focus on Social behavior change interventions.

- Livelihood

Continue distribution of quality seeds, tubers and root crops and improvement of storage practices

Support existing veterinary centers

Continue the provision of livestock on a loan basis

Strengthen the capacity of Local Savings and Credit Cooperatives



# Thank you !



Alexandra Rutishauser-Perera 2013

EUROPEAN COMMISSION



Humanitarian Aid



International  
Medical Corps