

7TH Annual Technical
Meeting

SPHI



Sweetpotato
to Profit and Health
Initiative

7-8 October 2016

Lalibela Auditorium, ILRI, Addis Ababa, Ethiopia





INTEGRATING NUTRITION IN AGRICULTURAL PROJECTS: THE INFLUENCE OF DIFFERENT SOCIO-CULTURAL & AGRO- ECOLOGICAL CONDITIONS IN DELIVERY. CASE OF NORTHERN MOZAMBIQUE NIASSA – NAMPULA - ZAMBEZIA

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Filipe Zano and Team (VISTA Project)

Benjamin Rakotoarisoa and team (Niassa Project)



Outlines

1 The integration ...

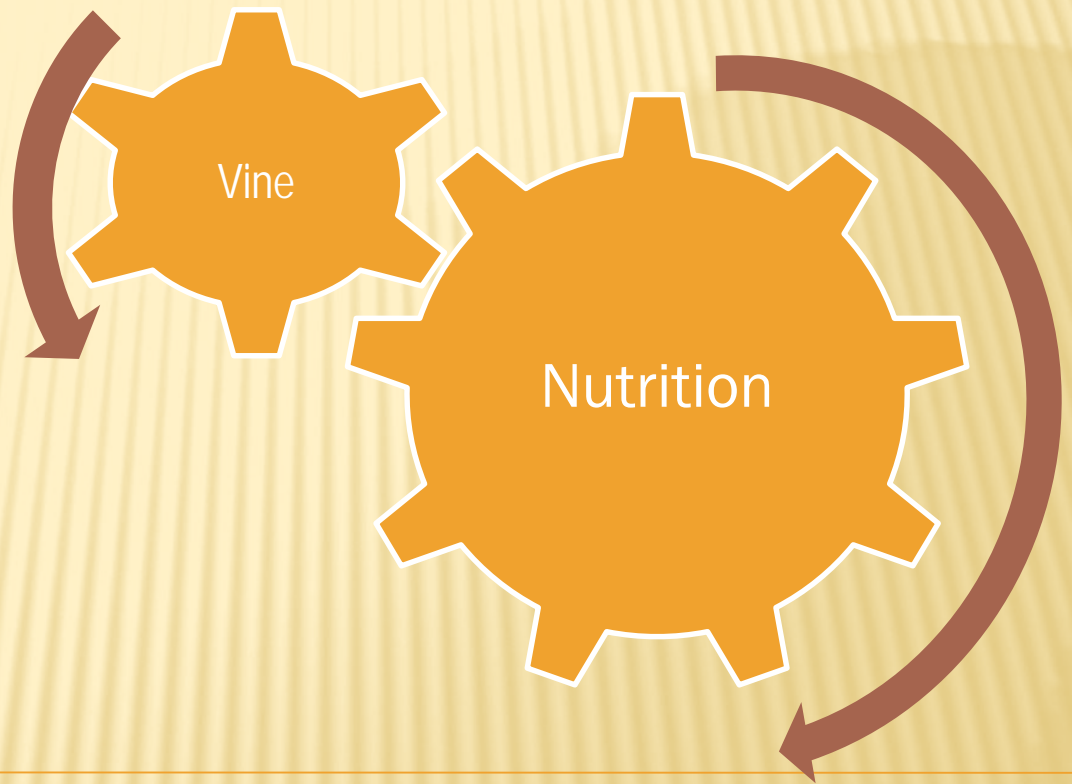
2 Understanding the attitudes

3 Actual approach

4 Success Stories



Nutritious Sweetpotato For Niassa & Viable Sweetpotato Technologies In Africa (Vista) Projects



There must be a **DEMAND** in order for people to **CONSUME** the new Orange-fleshed sweetpotato

Understanding the attitudes

Exploring attitudes by using Focus Groups and TIPS (Trials for Improved Practices)

Lussanhando (Yao): old women
Chimbunila district



Lifutichi (Nyanja): young mothers
Central Lago district



Lifutichi (Nyanja): men
Central Lago district



Cobue (Nyanja): Health Activists
Northern Lago district



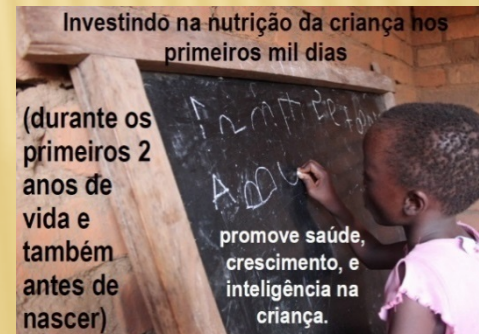
From a nutritional point of view: what are the desirable attributes in food?

Health for young women

=> Explain that OSFP will help their child's nutritional status, and help the child to be more **HEALTHY**.

Intelligence for men

=> Explain that OSFP will help their child's nutritional status, and help the child be more **INTELLIGENT**.



Understanding the Myths

Things from factories, like fizzy drinks and drink powder are highly nutritious and worth spending scarce Money on, for the good of our children



Value local foods

=> Draw on local belief about God's knowledge, and explain that God's foods are better than factory foods.



Understanding the Myths

Feeding a child too much will make his belly grow

=> Teach about why it is good for a child to eat many times a day

Uma criança deve comer 5 vezes ou mais cada dia.



Qual é mais pequena:
a barriga do adulto ou da criança? *da criança*



Qual vai esvaziar-se mais rapidamente: a barriga do adulto ou da criança? *da criança*



Assim temos que abastecer mais frequentemente a barriga da criança.
Para a criança: dar lanches entre mata-bicho e almoço e entre almoço e jantar



para comer pelo menos 5 vezes ao dia.

Understanding the Culture

Eating sweetpotato and watery porridge is “sophisticated” — prefer drinking tea with bread.

=> Celebrate the practice.
Explain that sweetpotato and watery porridge is FAR more nutritious than bread and tea!



Understanding barriers

Orange-fleshed
sweetpotato
is only a
breakfast
food

=> Preparing
OFSP in
different
ways!



Process of integration

Original approach 2014-15

Demonstration of porridge of OFSP with ground nuts, legumes, ... for a group of twenty persons,

People from all around the community heard and came to try the porridge themselves, including the chiefs.

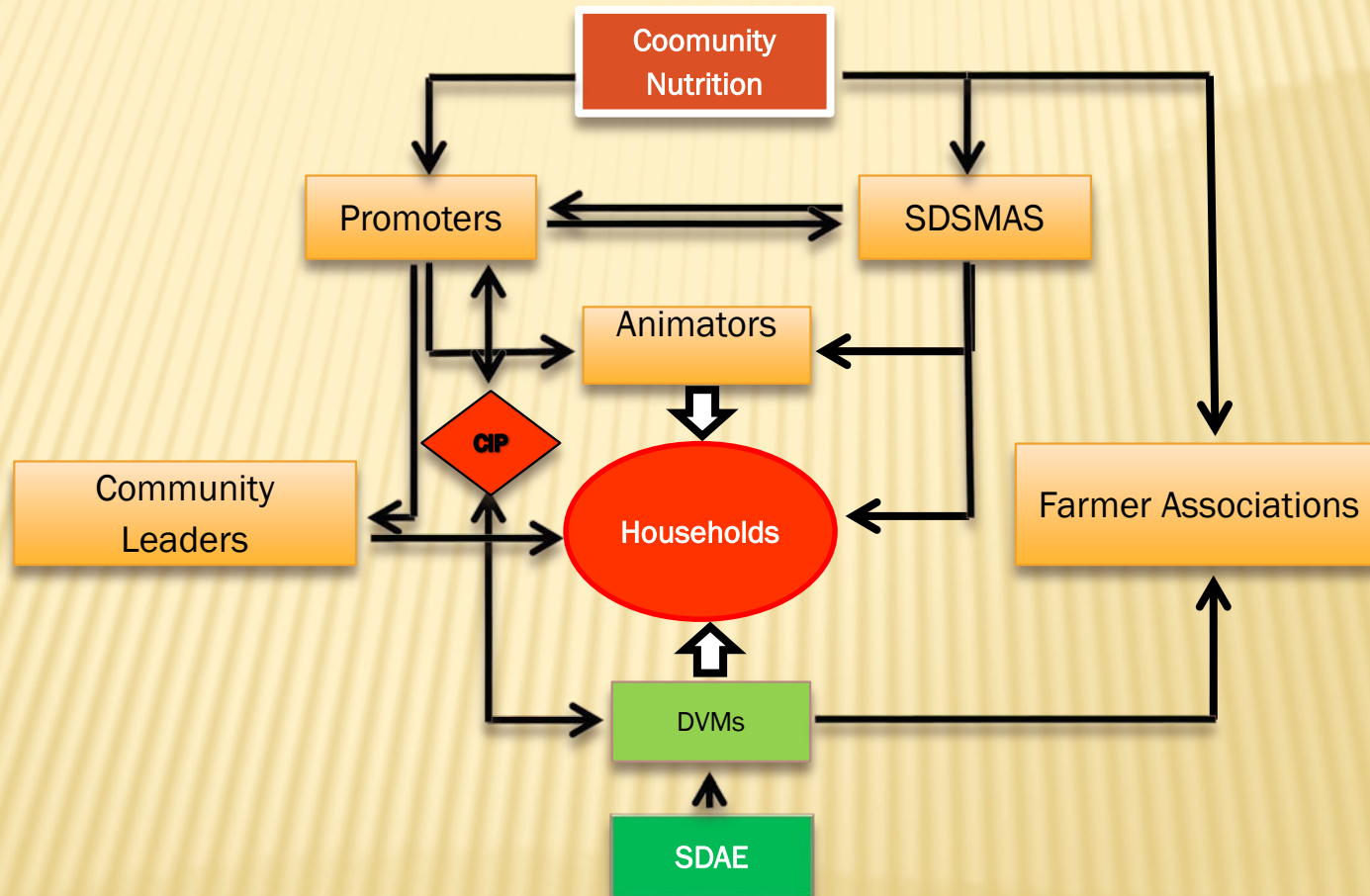
=> highly appreciated

=> commitment at every community meeting to hold 5 minutes to teach about OFSP and nutrition,

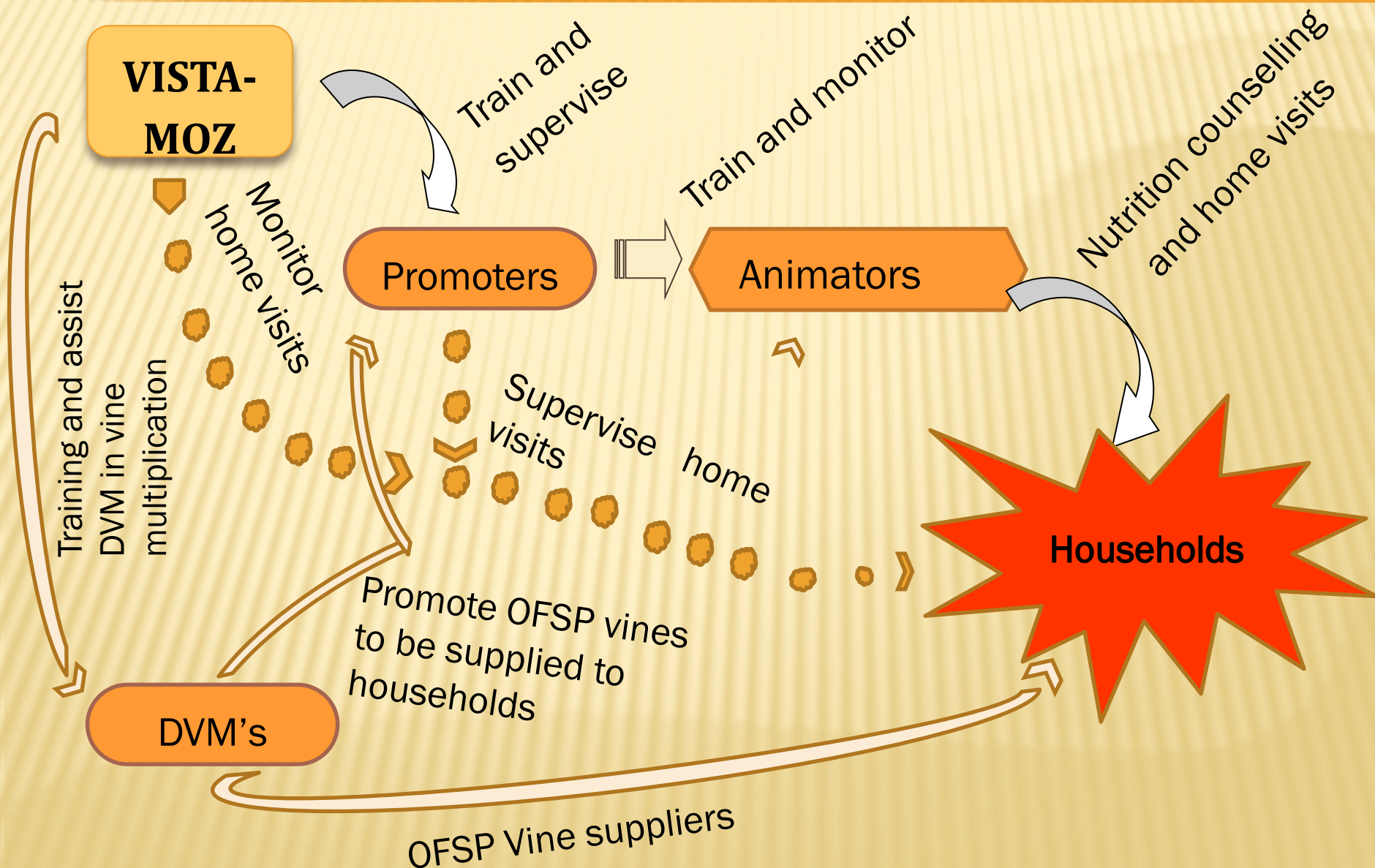
=> organize a nutrition fair to demonstrate how can eat well using the products that they themselves grow.

=> 5,595 (1610 men
3985 women) direct
beneficiaries from
February 2014 to
November 2015!

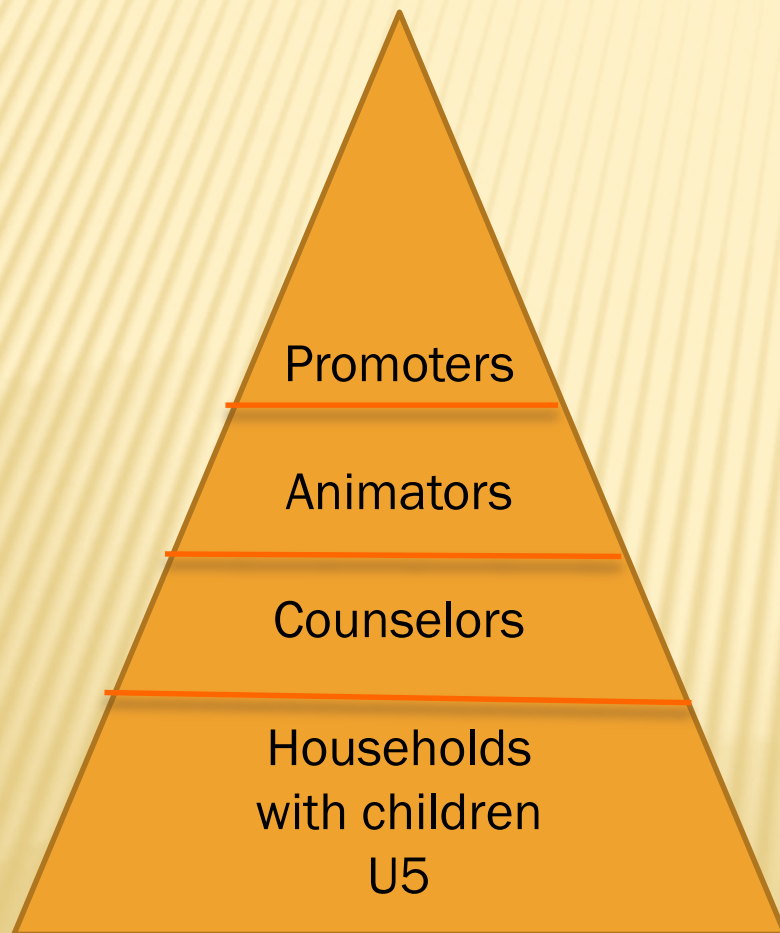
COLLABORATION AND INTELLECTUAL PROPERTY RIGHTS



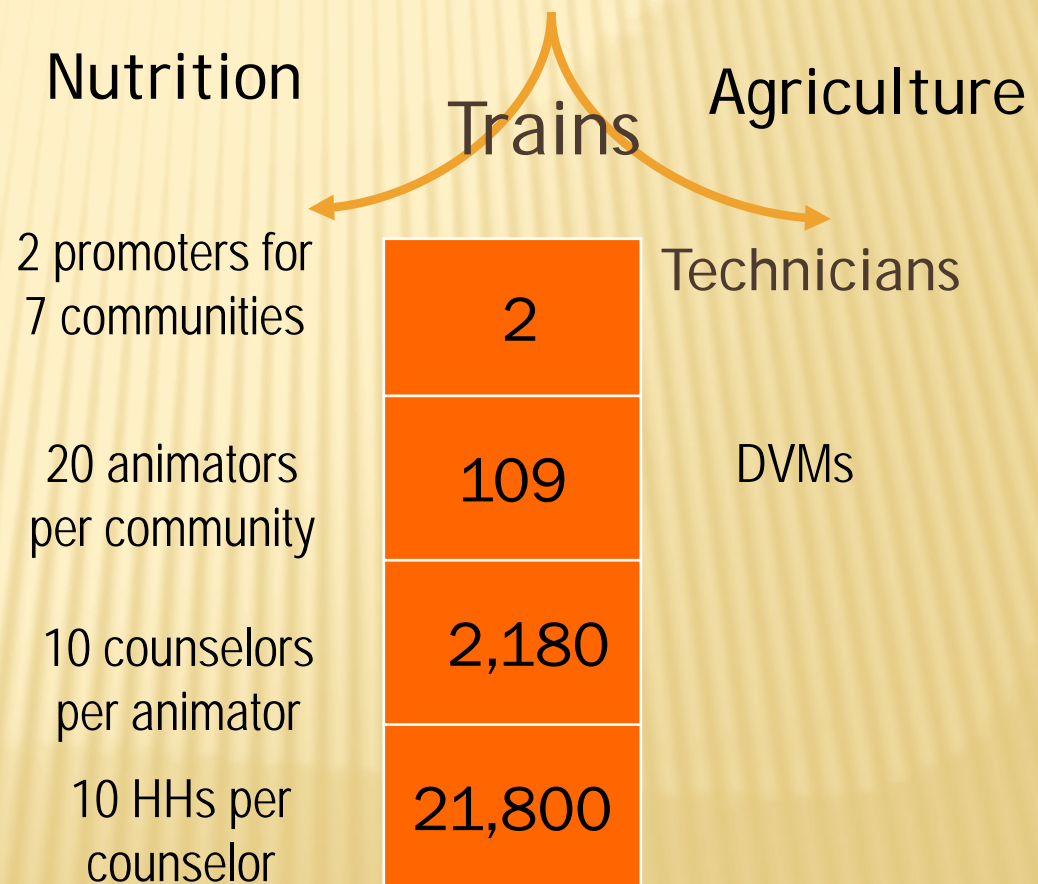
VISTA-MOZ NUTRITION PROGRAM PATHWAY 2016



Niassa Integrating Nutrition in Agricultural Pathway 2016



CIP with partners



WITHIN 6 MONTHS!!!

PARTNERSHIP

1. District Health Department

- ✓ Disseminate nutrition messages at health center level during the ante-natal checkups
- ✓ Support promoters and animators during trainings;

2. Anglican Diocese of Lichinga and Nampula

- ✓ Implementing the program in rural area of Sanga and Murrupula districts

3. Lúrio University

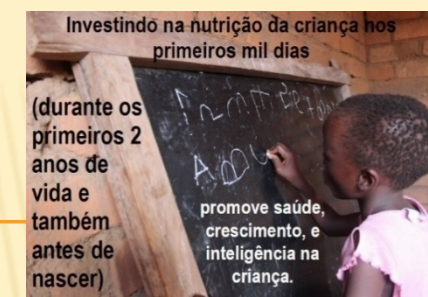
- ✓ Through internship of the students, trainees monitor the program implementation on the ground in Nampula

COMMUNITY HEALTH WORKERS DATABASE

Province	Niassa	Zambezia	Nampula	
District	Sanga	Meconta	Murru-pula	Alto Molocue
Promoter	2	11	14	8
Community	7	11	14	8
Animator	109	174	240	120
Counselor	2,180			
Household	21,800	7,784	3,583	284
			11,651	

Topics for Trainings

1. Investing on the first thousand days, for health, growth and intelligence
2. Three key food groups and why our body needs each – Food diversification
3. Healthy complementary feeding for young children - Cooking Demonstrations (recipes of enriched porridge using local food)
4. Taking advantage of orange fleshed sweetpotato - Cooking Demonstration (recipes made of OFSP)
5. Appropriate feeding frequency
6. Evaluation and planning - Graduation



Devemos variar a dieta através de comer das três famílias de alimentos:



Uma criança deve comer 5 vezes ou mais cada dia



Success stories at Sanga district



Maria Manuel, Ngongote

Eat the same food for two or three days
Preparation method only influence health

After the training:

=> *Diversifying foods contributing for body construction, protection and energy*

=> *Sharing information with neighbors as she wants ALL PEOPLE in her community start consuming healthy foods like OFSP.*

Success stories (cont'd)

Antonio Julio 2 years old in Mapudje

Refused to eat anything, only wanted to breastfeed

The day of practice making enriched porridge of OFSP and ground nut, he not only kept eating, but grabbed the spoon from his mother to eat by himself

=> *Daily enriched porridge for Antonio and the rest of the family ☺*



Success stories (cont'd)



Adriano Cide, Ngongote valued manufactured products.

"I have one daughter, but always tried to feed her powdered juices, cookies, little cakes".

After the training

"I value the food that comes from my field, mainly the OFSP. Now no longer spend money to buy food that does not help the body. Now I feed my daughter at least 5 times a day and look for foods that will help her stay healthy. Also, I pass on information to my neighbors and others in my community".

Success stories (cont'd)

Ana Saide, Nassenhenje said:

"I never knew how to eat well. I did not know how to feed a child. I did not know that it was good to breastfeed a child for a long time.

Before I gave powdered juice, candies with sugar, and other foods that do not help to my son.

Now, I do the opposite of what I used to do. I give to my family foods that help maintain good health such as OFSP. I now give the foods that I thought were for poor people, like greens".



Conclusion

Nutrition must be practiced, not just talked about. None of the participants in the training had ever seen sweetpotato prepared as porridge for children, so we experimented together, and both men and women were involved in the cooking. We gave the OFSP porridge to the children who were present during the training. The children liked it! Then the adults tried it, and—to the surprise of many of them—they also enjoyed it!



BATATA DOCE Nutritiva
para Niassa

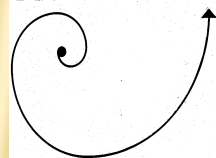


VISTA
VIALE TECHNOLOGIES FOR
SWEETPOTATO IN AFRICA

THANKS FOR ALL PARTNERS



PROGRESSO



UCA - Concern Universal, ADPP, SDAEs, SDSMAS, UNILURIO

And THANK YOU FOR YOUR ATTENTION