









Nutrition Model of VISTA Tanzania project: Going to scale with Nutrition education

Fred Grant, PhD







## **Project Goal**

To contribute to improved dietary diversity, food security, and incomes in Tanzania

**Project Purpose**: To extend the production, consumption, and marketing of OFSP products among HHs with children under 5y in 7 districts of Tanzania

- 21,000 smallholder farmers
  - 17,500 farmers & caregivers will participate in full- ag-nutr package
- 20 medium size farmers

## **Objective 1**

Increased production and consumption of OFSP varieties through an integrated agriculture-nutrition technology set.

## **Objective 2**

Access to improved nutritional knowledge & practices & diversified use of OFSP by both female and male caregivers.

## **Objective 3**

Improved storage and marketing of fresh OFSP roots

## **Objective 4**

Improved evidence based and policy support for OFSP production and utilization

## VISTA Tz nutrition related objective and targets

• Objective:

Increase access to improved nutritional knowledge & practices & diversified use of OFSP by both female and male caregivers

- Targets:
  - 17,500 households by 2017
    - Equal numbers of women and men through community groups

## VISTA Tz nutrition related indicators

Access to improved nutritional knowledge & practices & diversified use of OFSP by both female and male caregivers

- Output indicators:
  - # female and male caregivers receiving nutrition Social Behavior Change Communication (SBCC)
  - # community group leaders trained in improved nutrition counseling
  - # of nutrition messages including those on vitamin A & OFSP included in counseling materials for caregivers



## **VISTA Tz nutrition related indicators**

- Contributing to outcome indicator:
  - # young children and pregnant women consuming OFSP, either as boiled roots or in other processed form and frequency of consumption, disaggregated by gender of household head
- Contributing to Impact indicators
  - Frequency of consumption of all vitamin A rich foods during past 7 days among women and children <2 yrs. and children 3-5 yrs. of age
  - Minimum level of IYCF attained among 6-23 month old children, disaggregated by gender of household head



## **PLANNING PHASE**



# Things to consider when going to scale

- Challenges in Social Behavior Change Communication
  - Takes time (but possible if messages are well crafted and well transferred)
- Standardizing nutrition interventions across partners (Mwanzo Bora, District actors)
  - Maintaining same content in nutrition education and messaging among all implementing partners
- Quality control
  - Supervision and surveillance of collected data and indicators
- OFSP and other Vit. A sources
  - Knowledge of what already exist and what is being consumed

## Main elements of work plan

### 1. Formative research

Rapid assessment of dietary practices

## 2. Identification of HH and implementing partners

- Identification of HH with under-5's
- Identification of nutrition implementing partner for each location (e.g. Local gov't district nutrition officers, Mwanzo bora cso, etc.)
- Develop work plans with implementing partners for each location

## 3. Nutrition education and counseling/BCC

- Define nutrition education and counseling approach with partners
- Adapt existing IEC materials and methods
- Provide training for implementing partners in these approaches and methods
- Implement first round of nutrition interventions
- Hold regular monitoring meetings (quarterly and seasonally)

# **IMPLEMENTATION PHASE**



# **VISTA Tz Implementation approach**

- Initial nutrition assessments:
  - What should/can go into baseline?
    - Food consumption
    - OFSP availability and use at household
    - OFSP pricing and procurement source
- Nutrition education:
  - Key messaging on IYCF and 1000 day approach
  - Nutrition education
- Nutrition counseling:
  - Skills and techniques for message transmission (IEC tools)



# **VISTA Tz Implementation approach**

- Training of partners
  - Who? (CHW, CSO, Extension, Local Gov.)
  - Type of training (e.g. ToT course)
  - Targeting of direct and indirect beneficiaries
  - Frequency
  - Tools and job aids
- Project monitoring
  - VISTA Tz Indicators
  - M&E tools
  - Refresher trainings
- Gender sensitivity



- IEC materials and training manuals for implementers developed and translated into Kiswahili
- Collaboration agreed between VISTA and Mwanzo Bora (MB)
- District Nutrition extension (DNuOs in ag & health depts) in all intervention districts partnered
- CHWs trained to deliver nutrition counseling in IYCF support groups
- CHWs have formed community based groups (15-20 members female & male caregivers) & are counseling
  - MB CHWs use existing groups; non-MB CHWs form new ones

IEC materials and training manuals for implementers

developed and translated into Kiswahili

### **BROCHURES**

- 2. USIMPE mtoto chakula chochote kingine miezi 6 va mwanzo. Hata maji, mizizi ya asili na chai vina madhara kwa afya zao. Madawa yanakubalika tu pale mtoto anapoumwa
- Katika mwezi wa 6, anza kumpa mtoto vyakula vingine, na endelea kumpa maziwa ya mama. Jaribu kuponda na kumlisha viazi lishe vya kuchemsha, embe, papai, ndizi na parachichi. Changanya uji wa unga wa mahindi na vyakula kama vile unga wa maharagwe, unga wa samaki, mboga za maiani na kiasi kidogo cha mafuta kuufanya uji uwe na lishe zaidi.
- 4. Pamoja na maziwa ya mama, mpe mtoto wako: katika mwezi wa 6: vijiko 2 au3, mara 2
- · miezi 7-8: nusu kikombe, mara3 kwa siku
- · miezi 9-11: 2/3rd ya kikombe, mara 3 kwa siku na kitafunwa
- · miezi 12-24: kikombe kamili, mara 3 kwa siku na vitafunwa 2
- Hakikisha kuwa chakula chako hakiwi chepesi mno kisai cha kumwaqika



- · Viazi lishe ni rahisi kuotesha na vinakuwa tayari kuliwa ndani ya miezi 3 hadi 4.
- Kadri rangi ya chungwa inavyokolea ya kiazi kitamu, ndivyo kinavyokuwa na vitamini A kwa wingi. Viazi rangi ya njano vina kiwango kidogo cha vitamini A, na viazi rangi nyeupe ndani havina vitamini yoyote.
- Ni rahisi kutayarisha kwa kuchemsha katika maji kwa dakika 20, kuivisha kwa mvuke, au kuokwa. Vinaweza kupondwa kuwa rojo kwa watoto au kutumika kama kiambata kwenye vyakula vingi, mf. kutengenezea chapatti
- Kutafuna kiazi lishe chenye ukubwa wa wastani kila siku, kunatosha kukupatia vitamin A inayohitajika na mtu mzima. Kiazi lishe kidogo kinatosha kumpatia mtoto mdogo mahitaji yake yote ya vitamini A. Kiazi pia ni chakula kiletacho nguvu.
- Kumbuka kula aina mbalimbali ya vyakula katika kila kundi la vyakula kila siku mbali na viazi vitamu ili kuhakikisha kwamba mlo wako



Mradi wa VISTA - Ofisi za Morogoro: Kituo cha Tushikamane, Barabara ya Kilakala, karibu na Toyota (T) Morogoro · Sanduku la Posta 2473, Morogoro • Simu ya Ofisini +255 23 261 3441



Viazi lishe vyenye virutubishi Vina vitamin A ya kibaolojia kwa wingi











#### Upandaji, Utunzaji na Uvunaji

#### Kutayarisha shamba

- Tavarisha shamba lako tayari kwa kupanda vipando vyako vipya vya viazi vitamu wiki 2 kabla ya kupanda ili kuruhusu masalia ya mimea kuoza.
- Andaa matuta umbali wa sentimeta 100 kati ya tuta na tuta na urefu wa sentimeta 60 wa tuta.
- Vipando vionekane vina afva nzuri na visivvo ma makwinyanzi au majani yenye rangi mbali ya ile rangi ya asili ya majani - makwinyanzi au rangi tofauti na ya kijani ni dalili za virusi vya magonjwa.

- · Katika kupanda tumia sentimeta 30 ya sehemu ya juu ya kipando na fukia kwenye udongo vikonyo 2 hadi 3 . Yaani walau vikonyo 2 chini ya usawa wa ardhi.
- Panda kipando kimoja katika kila shimo · Acha nafasi ya sentimeta 30 baina ya mmea
- na mmea au shimo na shimo.

- · Palilia mazao yako wiki 3 hadi 6 baada ya
- kagua shamba lako mara kwa mara na ondoa mimea voyote inavooneka kudhoofika au kuto kukua vyema au yenye majani yenye rangi tofauti au makwinyanzi ili kuepuka kusambaa kwa virusi vya magojnwa.
- Matundu katika mizizi ya viazi husababishwa na fukusi. Hata hiyyo fukusi hawawezi kuchimba udongo! Hinyo unapopalilia, hakikisha kuwa unafunika mizizi yote ya viazi kwa udongo (inulia udongo) kuziba nyufa ili kuzuia fukusi kupenya.

#### Vuna bila kuharibu

- · Unaweza kuvuna viazi baada ya miezi 3 kwa kuchimbua kwa uangalifu kwa kutumia kiiiti
- Vitoe viazi vikubwa pekee bila kuharibu vidogo fukia vizuri viazi vilivyosalia ili viweze
- kuendelea kukua bila kushambuliwa na fukusi. Kama unavuna kiasi kingi kwa mara moja, kata vikonyo siku 2-3 kabla ya kuvuna ili

kuruhusu ngozi ya viazi kukakamaa

#### Faida nyingine

- · Majani ya Viazi vitamu yana vitamin A na B, madini ya chuma na protini kwa wingi na vinaweza kuliwa kwa mchuzi wa mboga za
- · Vinaweza kutumika pia kama chakula cha mifugo
- Aina mpya ya viazi lishe zinaweza kuota popote na hutoa mazao kwa wingi. Vinaweza kuchanganywa na mazao yako mengine katika bustani yako ya nyumbani kama chanzo kizuri na cha kuaminika cha vitamini A
- unachohitaii kuwa nacho ni vipando safi visivyo na maambukizi ya virusi kama vile ulivyopewa siku ya leo ili kuotesha viazi lishe.
- · Ikilinganishwa na viazi vva rangi nyeupe viazi vya rangi va njano vina manufaa mengi ya virutubishi kiafya hususan kwa watoto, akina mama waja wazito, na wale wanaonyonyesha kama yalivyoanishwa kwenye kipeperushi hiki.



### Vitamini A, Vyanzo, Matumizi, na

- · Vitamini A ni muhimu kwa kila mmoja wetu. ili kujenga miili vetu, kuongeza uwezo wa
- macho kuona na kujilinda dhidi ya magoniwa. · Unaweza kupata Vitamini A kutoka kwenye vyakula kama vile viazi lishe, mboga za majani ya kijani kibichi, mapapai, maembe, karoti, maboga, mayai, maini, mafuta ya samaki (aina ya seven seas), maziwa, siagi, sukari iliyoimarishwa na mafuta ya kupikia yaliyoimarishwa
- Kuongeza kiasi kidogo cha mafuta au vyakula vyenye mafuta , kama vile parachichi na njugu kwenye vyakula vyenye vitamini A kwa wingi kunawezesha mwili kutumia zaidi vitamini A iliyopo kwenye vyakula hivi.
- · Magonja ya kawaida yanaweza kuufanya mwili kushindwa kutumia vyema vitamini A. Nenda kituo cha afya kwa matibabu haraka mara unapolisikia kuumwa.
- · Watoto kati ya miezi sita na miaka mitano wanapashwa kupewa vidonge vyenye vitamin A BURE kila miezi sita kutoka katika vituo vyao vya afya. Akina mama wanapashwa kupewa vidonge hivi ndani ya wiki 4 baada ya kujifungua kutoka katika kituo cha afva

#### Ulishaji wa watoto Wachanga na watoto Wadogo

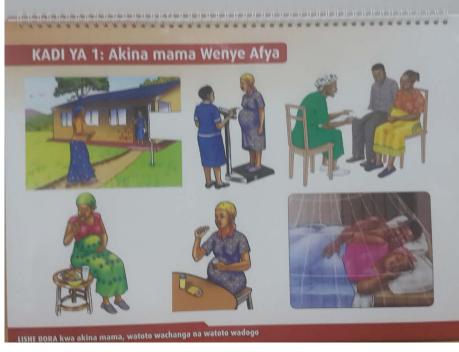
1. Maziwa ya mama hutoa virutubishi vyote anavyohitaji mtoto katika miezi 6 ya mwanzo. Maziwaa ya mama yanatoa pia kinga dhidi ya magonjwa na humfanya mtoto wako awe mwenye nguvu.

IEC materials and training manuals for implementers

developed and translated into Kiswahili

### **COUNSELING CARDS**





# Progress on implementation Training of 157 CHWs: 157 villages

CHWs trained to deliver nutrition counseling in IYCF support groups













Training of 157 CHWs: 157 villages
Counseling cards & monitoring tools distributed & trained on usage









# Progress on implementation Monitoring tools: as part of M&E GROUP PROFILE FORM: CHWs

VST 8A. CHW GROUP PROFILE FORM			REGION:					DISTRICT:						VISTA TO ACT ANY A				
WARD					VILLA	AGE:									-			
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10 Form 3

11 Form 4

12 Form 5

14 Any tertiary

15 Adult literacy

**Education levels Codes** 

4 Standard 4

5 Standard 5

6 Standard 6

2 Standard 2

3 Standard 3

7 Standard 7

8 Form 1

9 Form 2

# Progress on implementation Monitoring tools

## **GROUP MEETING ATTENDNCE FORM- CHWs**

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# Progress on implementation Monitoring tools SUPERVISION CHECKLIST: DISTRICT NUTRITIONISTS

VST	8C. OBSERVATION CHECKLIST CL	UB SESSIO	N			
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		Code.		Day	Month	-
	the Counseling session begun?	Hour	Minutes	the Counseling session ended?	Hour	inutes
Venu	e: Somebody's home	Specify other	□Yes □N	o Church □Yes	□No	
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# **SUCCESSES**



- CHWs have formed community-based groups (15-20 members female & male caregivers) & are counseling monthly
- High attendances to monthly group meetings





- Counseling by both female & male CHWs: gender sensitive
- Enhanced demonstration of infant food preparation at meetings
- Good integration with other nutrition programs in the communities







# **CHALLENGES**



# Challenges

- Low male attendances at meetings:
  - Nutrition component has no direct and immediate financial benefits
  - However, men have important inputs in child upbringing

## **Solution**

- Improve targeting
  - Nutrition modules included in trainings on marketing because men do attend
- Take advantage of other meetings that men attend in the community
  - Practical demonstrations of processing of OFSP roots
  - Talks about nutritional benefits of sweetpotato & nutrition generally
- Peer groups
  - Use men's peer groups to spread information of OFSP and nutrition as well as to encourage them to attend nutrition training

# Challenges

Inefficient completion of monitoring tools by CHWs:

## **Solution**

Targeted refresher trainings

# Thank you