



# VISTA

## TANZANIA

Viable Sweetpotato  
Technologies in Africa

# Viable Sweetpotato Technologies in Africa (VISTA) Tanzania project





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

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The U.S. Government's Global Hunger & Food Security Initiative



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## 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





# Progress on implementation

- 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

# Progress on implementation

- IEC materials and training manuals for implementers developed and translated into Kiswahili

## BROCHURES

2. USIMPE mtoto chakula chochote kingine miezi 6 ya mwanzo. Hata maji, mizizi ya asili na chai vina madhara kwa afya zao. Madawa yanakubalika tu pale mtoto anapoumwa
3. 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 majani 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 kwa siku
  - miezi 7-8: nusu kikombe, mara3 kwa siku
  - miezi 9-11: 2/3rd ya kikombe, mara 3 kwa siku na kifunwa
  - miezi 12-24: kikombe kamili, mara 3 kwa siku na vitafunwa 2
  - Hakikisha kuwa chakula chako hakivi chepesi mno kisai cha kumwagika katika kitiiko.



### Viazi Lishe

- Viazi lishe ni rahisi kuotesha na vinakuwa tayari kuliwa ndani ya miezi 3 hadi 4.
- Kadiri rangi ya chungwa inavyokolea ya kiasi 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. kutengeneza chapatti
- Kutafuna kiasi lishe chenye ukubwa wa wastani kila siku, kunatoshia kukupatia vitamini A inayohitajika na mtu mzima. Kiasi lishe kidogo kinatoshia kumpatia mtoto mdogo mahitaji yake yote ya vitamini A. Kiasi 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 unakamilika.

### Contact:

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 Uvuunaji

#### Kutayarisha shamba

- Tayarisha shamba lako tayari kwa kupanda vipando vyako vipya vya viazi vitamu wiki 2 kabla ya kupanda ili kuruhusu masalia ya mimea kuzaa.
- Andaa matuta umbali wa sentimetra 100 kati ya tuta na tuta na urefu wa sentimetra 60 wa tuta.
- Vipando vionekane vina afya nzuri na visivyo 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.

#### Kupanda

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

#### Utunzaji vipando

- Pailia mazao yako wiki 3 hadi 6 baada ya kupanda.
- kagua shamba lako mara kwa mara na ondoa mimea yoyote inayooneka kudhoofika au kuto kukua vyema au yenye majani yenye rangi tofauti au makwinyanzi ili kuepuka kusambaa kwa virusi vya magonjwa.
- Matundu katika mizizi ya viazi husababishwa na fukusi. Hata hivyo fukusi hawawezi kuchimba udongo! Hinyo unapopailia, 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 kuchimba kwa uangalifu kwa kutumia kijiti
- 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 kuiliwa kwa mchuzi wa mboga za majani
- 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 kuamnika cha vitamini A
- unachohitaji kuwa nacho ni vipando safi visivyo na maambukizi ya virusi kama vile ulivyopewa siku ya leo ili kuotesha viazi lishe.
- Ikiunganishwa na viazi vya rangi nyeupe viazi vya rangi ya njano vina manufaa mengi ya virutubishi kiatya hususan kwa watoto, akina mama waja wazito, na wale wanaoonyesha kama yalivyoainishwa kwenye kipeperushi hiki.



### Vitamini A, Vyanzo, Matumizi, na Manufaa

- Vitamini A ni muhimu kwa kila mmoja wetu, ili kujenga miili yetu, kuongeza uwezo wa macho kuona na kujilinda dhidi ya magonjwa.
- 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 iliyoopo kwenye vyakula hivi.
- Magonja ya kawaida yanaweza kuufanya mwili kushindwa kutumia vyema vitamini A. Nenda kituo cha afya kwa matibabu haraka mara unapojisikia kuumwa.
- Watoto kati ya miezi sita na miaka mitano wanapashwa kupewa vidonge vyenye vitamini A BURE kila miezi sita kutoka katika vituo vya afya. Akina mama wanapashwa kupewa vidonge hivi ndani ya wiki 4 baada ya kujifungua kutoka katika kituo cha afya

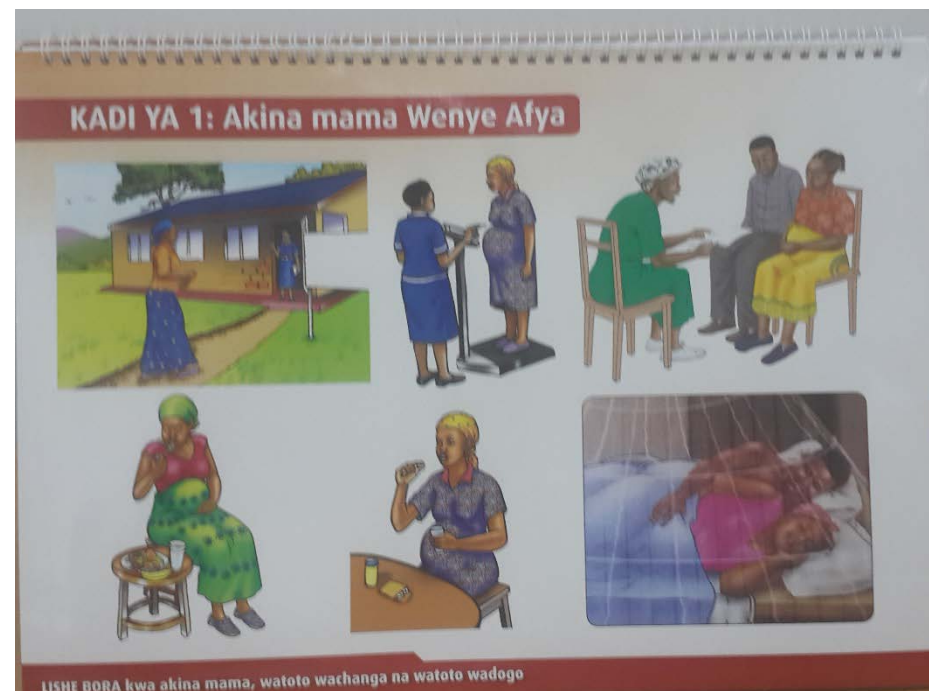
### Ulishaji wa watoto Wachanga na watoto Wadogo

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

# Progress on implementation

- 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

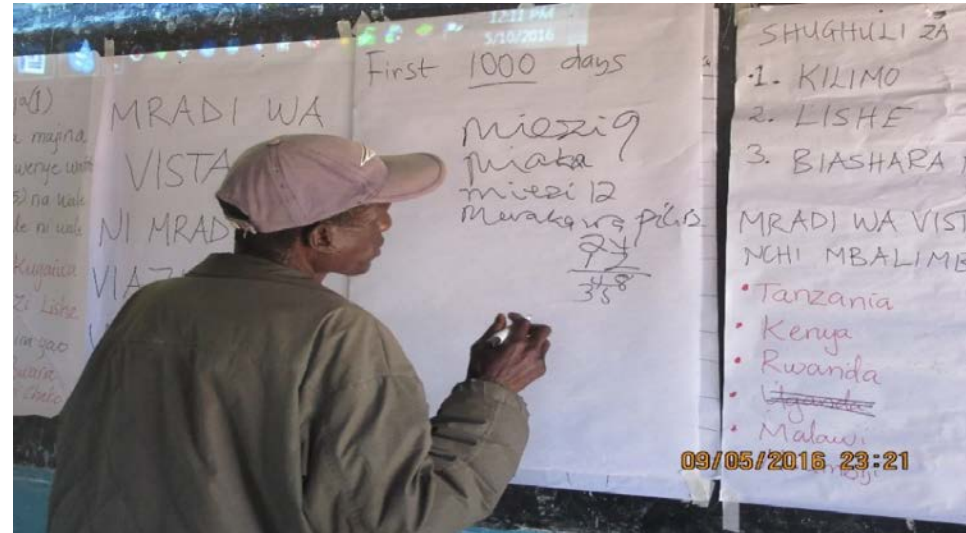




# Progress on implementation

## 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:



WARD:     VILLAGE:

Name of CHW:  Code:

Name of Health Facility:  Code:

CLUB/GROUP:

No	First name	Surname	Date joined			Age in years	Sex 1-M 2-F	Education level (see codes)	Marital status 1-Single 2-Married 3-Divorced 4-Separated 5-Widowed	No. of living children	Employment (0-No 1-Yes)								
			Day	Month	Year						Part salary	Student worker	Casual Labor	Farming	Trader	Housewife			
1					16														
2					16														
3					16														
4					16														
5					16														
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Education levels Codes  
 0 None  
 1 Standard 1  
 2 Standard 2  
 3 Standard 3  
 4 Standard 4  
 5 Standard 5  
 6 Standard 6  
 7 Standard 7  
 8 Form 1  
 9 Form 2  
 10 Form 3  
 11 Form 4  
 12 Form 5  
 13 Form 6  
 14 Any tertiary  
 15 Adult literacy

# Progress on implementation

## Monitoring tools

### GROUP MEETING ATTENDANCE FORM- CHWs

VST 8B. CHW CLUB ATTENDANCE

REGION:  DIST:

WARD:  VILLAGE:

Name of CHW:  Code:  CLUB:  Sheet #:  TOPICS DISCUSSED (See code)

Name of health facility:  Code:  DATE (DD / MM / YYYY):



No	First name	Surname	Sex <small>(M / F)</small>	If woman and is pregnant, No. of month of pregnancy at first meeting (1 to 9)	MONTHLY ATTENDANCE (0- DID NOT ATTEND 1- ATTENDED)																			
					Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec								
1																								
2																								
3																								
4																								
5																								
6																								
7																								
8																								
9																								
10																								
11																								
12																								
13																								
Total number attending																								

- Topic Codes:
- 1- Why mothers should attend ANC early & regularly
  - 2- Eating Healthy
  - 3- Vitamin A rich foods
  - 4- Nutrition during pregnancy
  - 5- Nutrition for lactating mothers
  - 6- Exclusive breastfeeding
  - 7- Complementary feeding
  - 8- Safe food preparation
  - 9- Child Health
  - 10- OFSP cooking demonstration
  - 11- OFSP production
  - 12- Other, specify



# SUCCESSSES



# Progress on implementation

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



# Progress on implementation

- 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**