



# FOSTERING CHANGE:

*Lessons from HKI's work in nutrition-sensitive agriculture across four diverse African settings*

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# PRESENTATION OUTLINE

- CHANGE Project Goals and Design
- Results Achieved
- Lessons Learned
- Persistent Challenges and Future Directions







CHANGE PROJECT GOALS AND DESIGN

# CHANGE (2013-2016)



**Ultimate goal:** Improve the nutritional status of children under 5 years of age and women of reproductive age, especially breastfeeding or pregnant women

- **Objectives :**

- Increase **production and diversity of nutrient-rich foods** under women's control
- Improve **intake** of nutritious foods
- Improve nutrition, health & hygiene **practices**

- **Zones :** Northern Cote d'Ivoire, Eastern Burkina Faso, Lake District of Tanzania (rural); Dakar, Senegal (urban)
- **Reach:** ~2500 participating households / country (1500 in Senegal)
- **Research partners:** IFPRI (RCT impact evaluations in Burkina Faso and Tanzania) and ICRW (gender-focused evaluations in Cote d'Ivoire and Senegal)
- **Funding:** Government of Canada



# CHANGE COMPONENTS

SBCC on  
nutrition and  
WASH



Women's  
empowerment &  
access to  
resources



*Evidence based*

*Reinforcing  
existing systems  
(governments,  
CSO, CBOs)*

Production of  
nutritious crops  
(OFSP, vegetables,  
pulses)



Poultry  
production



*Establishing  
multisectoral  
platforms*

*Cascade training  
and supportive  
supervision*

# AGRICULTURAL PRODUCTION

- **Focus on nutrition**
  - Diversify & complement what is missing (based on season)
  - Year-round nutritious crop production
- **Appropriate agricultural practices**
  - Minimal but smart use of pesticides and chemical fertilizers
  - Water conservation techniques
  - Crop-livestock integration
- **Common platforms for training**
  - Village model farm
  - Cascade training and inputs from village farm to individual home gardens
  - Income generation





# BEHAVIOR CHANGE COMMUNICATION

- **Essential Nutrition Actions**
  - Improve nutrition practices for infants, young children, and women of reproductive age
- **Essential Hygiene Actions**
  - Create cleaner environments, thereby helping reduce disease burdens that undermine nutrition
- **Delivered through volunteers / community health workers via:**
  - Group discussions
  - Home visits
  - Public events (e.g., theater, fairs)
  - Mass media (e.g. radio)



# WOMEN'S EMPOWERMENT

- **Gender specific → gender transformative**
- **Objectives:** increase women's income and control over productive resources; strengthen women's ability to make decisions on agriculture, family, nutrition and health care
- **Cross-cutting CHANGE Activities:**
  - Supporting women's land rights
  - Gender issues mainstreamed in all tools
  - Gender capacity building for HKI staff/partners
  - Gender-related data collection and analysis
- **Nurturing Connections:** to facilitate conversations on gender equality and enhance communication around agricultural decisions, division of labor, resource allocation







# RESULTS

# CROP PRODUCTION

	Tanzania		Burkina Faso		Cote d'Ivoire		Senegal	
	Baseline	Endline	Baseline	Endline	Baseline	Endline	Baseline	Endline
<b>Participating households who received NSA inputs (seeds, OFSP vines, watering cans, hoes, and /or chickens)</b>	1,232		2796		2808		1305	
<b>Number of agriculture/poultry village-level resource people trained</b>	143		360		336		37	
<b>Number of villages/ neighborhoods with OFSP vines available</b>	0	120	25	60	0	42	0	10
<b>Total number of OFSP vines distributed</b>		75.000		795.000		300.000		620

# NUTRITION KNOWLEDGE AND PRACTICES



	Tanzania		Burkina Faso		Cote d'Ivoire		Senegal	
	Baseline	Endline	Baseline	Endline	Baseline	Endline	Baseline	Endline
Number of group ENA / EHA sessions held	122		4,245		1899		488	
Number of home counseling visits conducted	5925		22,136		13,444		1601	
Key Nutrition Outcomes								
Women consuming 5 or more food groups in the last 24 hours (women's dietary diversity)	14%	48%	32%	60.5%	21.4%	64.3%	60.5%	70.2%
Women consuming OFSP in last 24 hours				60%		60%		
Percentage children >6 m being age-appropriately breastfed			58%	81%	58%	76.2%	69%	61%
Mothers with knowledge of proper feeding practices for sick children			23%	54%	25%	76.2%	36%	37%



# NUTRITION OUTCOMES (IFPRI)

- **No significant impacts on stunting or anemia in Tanzania, likely due to delays in implementation**
- **In Burkina Faso:**
  - Significant and large decreases in anemia prevalence seen in children in WASH villages compared to those without the WASH interventions
  - Significant and even larger decreases in anemia prevalence seen in who received LNS compared to those who did not
  - LNS also prevented a rise in Vitamin A deficiency and resulted in significantly larger reductions in stunting



# WOMEN'S EMPOWERMENT (ICRW)

- **Significant changes between baseline-endline in intervention villages in intra-household communications:**
  - Larger shares of women report recent discussions with spouses on 6 of 9 key topics
  - Fewer women report long ago or never having discussed most topics
  - Increase in an overall communications index ( $p=0.07$ )
- **Significant ( $p<0.05$ ) increases in women's roles in decision-making and more joint decision making**
  - particularly within livestock, childcare/health, domestic work
- **Borderline significant increase in pro-gender equity views among women**





## LESSONS LEARNED AND PERSISTENT CHALLENGES



# LESSONS LEARNED

- **Agriculture as a platform for a multi-sectoral project**
  - Coordination
  - Timing
  - Flexibility
- **WASH Integration**
  - Important
  - Challenging
  - Dedicated resources
- **Nutrition-specific + nutrition-sensitive**



# LESSONS LEARNED (2)

- **Women's empowerment**
  - Important
  - Challenging
  - Dedicated resources
- **Urban nutrition-sensitive agriculture**
- **Partnering with Research**
  - Challenges...
  - ...and Rewards



# PERSISTENT CHALLENGES AND FUTURE DIRECTIONS

- **Water**
- **Reasonable level of behavior change**
- **Sustainability and Scale up**







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