

Implications for national research institutes to support policy and research on transforming diets

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Importance of Implementation Research on Transforming Diets

The field of implementation research is growing, it is very important to have better research to inform decisions about policies, programmes, and practices.

- To redress the root causes of nutrition issues of different population groups
- Situational analysis -- to provide tailored interventions
- To assess the gaps of implemented policies and interventions

Socio-Economic Determinants of Child Malnutrition : Estate sector

Motivation

Alarming malnutrition in the Estate Sector

30% of U5 children underweight

1 in 4 babies have low birth weight

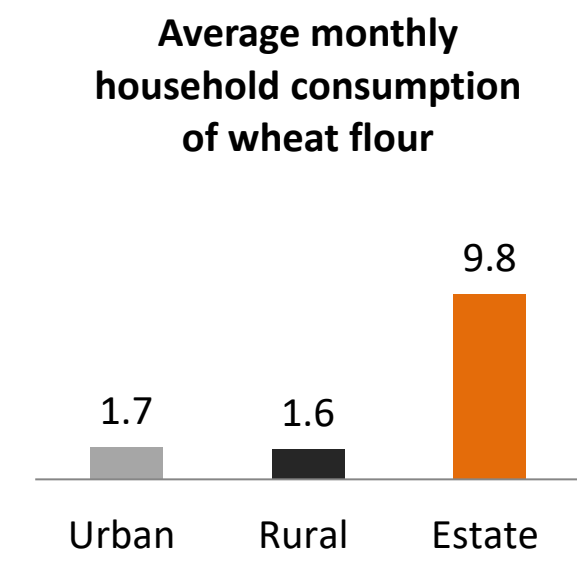
1 in 5 reproductive aged women underweight

Research Objective

Examine the factors which influence the nutrition issues in the estate sector

Variables	Coef.	P>z
<i>Childs characteristics and health status</i>		
Child's age (in months)	0.002	
Male child	0.329	**
Low birth weight child	0.672	***
Whether child had diarrhoea, fever, or cough in the past two weeks	-0.055	
<i>Child's food intake</i>		
Child is currently breast feeding	0.039	
Infant cereal	-0.103	
Food made from wheat flour - bread	1.018	***
Yellow vegetables & fruits	-0.103	
Greenery and green vegetables	0.011	
Food made from roots - potatoes, manioc	0.278	*
Meat, fish, eggs, milk and milk products	-0.597	**
Beans, peas, green beans, gram, dhal, etc.	0.088	
Food made from oil	0.507	**
sugary food	-0.114	

Estate sector wheat flour consumption is 5 times higher than the average consumption



Maternal, Child Health And Nutrition Project : Baseline Study (Save the Children)

KAP Survey Model (Knowledge, Attitudes, and Practices)

To provide tailored interventions, the project has commissioned a situational study to determine the estate community's health and nutritional practices

To assess the current policies and the level of utilization of available nutritional and child care services

To identify entry points for addressing gaps and improving conditions

Data Collection

- Purposive samples were selected from the registered lists maintained by the PHMs
- Infant and Young Child Feeding (IYCF) practices, breastfeeding and complementary feeding indicators are assessed as baseline indicators
- Child growth measures -- based on the secondary data from each MOH office

STRENGTHENING FISCAL POLICIES AND REGULATIONS TO PROMOTE HEALTHY DIETS IN SRI LANKA

About

- Funded by IDRC
- Partner Institute - MRI Sri Lanka
- Formed a Steering Committee

Main objective

- Review how to use **fiscal and regulatory policies** to improve **food environments and diets** of all Sri Lankans

3 strands

- Assessing effectiveness of SSB taxes and TLL system
- Assessing food environments, household diets and COVID-19 impacts
- Political Economy Analysis (PEA)



Impact of Traffic Light Labeling on SSB Choices

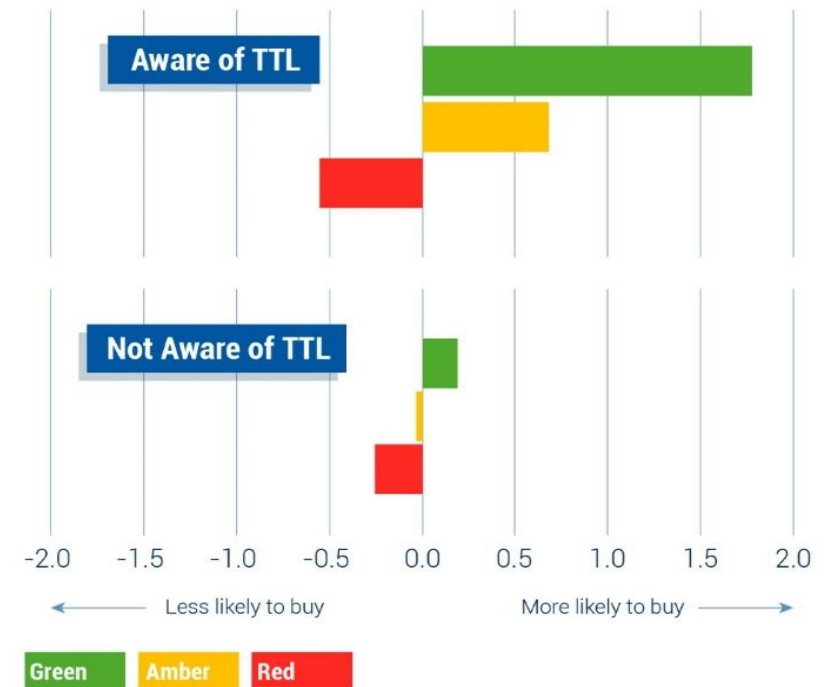
Applied DCE method to assess the impact of TLL on SSB choices

Consumer survey -- in-person survey-- supermarkets, mini markets outlets

Computer-Assisted Personal Interviewing (**CAPI**) system



How Traffic Light Labels (TLL) In Sugar-Sweetened Beverages (SSB) Affect Consumer Choices



Note: Relative preference compared to SSBs without TLLs.
 Source: Consumer Survey conducted by the Institute of Policy Studies Sri Lanka (2022)

Expected Policy Influence

- Provide recommendations for **strengthening the design and implementation of fiscal policies and regulations to improve food environments**
 - Gaps of TLL regulation coverage
 - Improving awareness of the TLL system
- Facilitate the **identification of strategies** for public health actors to advocate for more effective policy strategies in the Sri Lankan context

Challenges for national institutions in engaging in implementation research

Administrative
Procedures

To get permission to collect information

Limited data availability

Industry
Opposition

Legal action (or threat of)

Negative public information campaigns

Donations to community groups, local institutions, policy makers

Project
sustainability

Limited capacity for policy influence

Collaborative partners -- public awareness programmes



Thank You