



Delivering for Nutrition in South Asia
Equity and Inclusion

November 2, 2023

D4N 2023 - Conference Closing

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International Food Policy Research Institute



D4N 2023 Framework

59 oral presentations
98 poster presentations
6 countries represented:
Bangladesh, Bhutan, India, Nepal, Pakistan, Sri Lanka

1200+
registrations!



4 Learning Labs

LEARNING LAB 1A: USE OF 24-HOUR DIETARY RECALL TO MEASURE FOOD AND NUTRIENT INTAKES, WAYAMBA UNIVERSITY

Host: Wayamba University of Sri Lanka

LEARNING LAB 1B: ARTIFICIAL INTELLIGENCE FOR WORK AND IMPLEMENTATION RESEARCH

Host: Helen Keller International

LEARNING LAB 2A: EVALUATING NUTRITION PROGRAMS AT SCALE: WHAT WORKS?

Host: Helen Keller International

LEARNING LAB 2B: FIELD PERSPECTIVE ON SEMI-QUALITATIVE DATA COLLECTION

Host: Valley Research Group, Kathmandu & Food Systems for Nutrition Innovation Lab

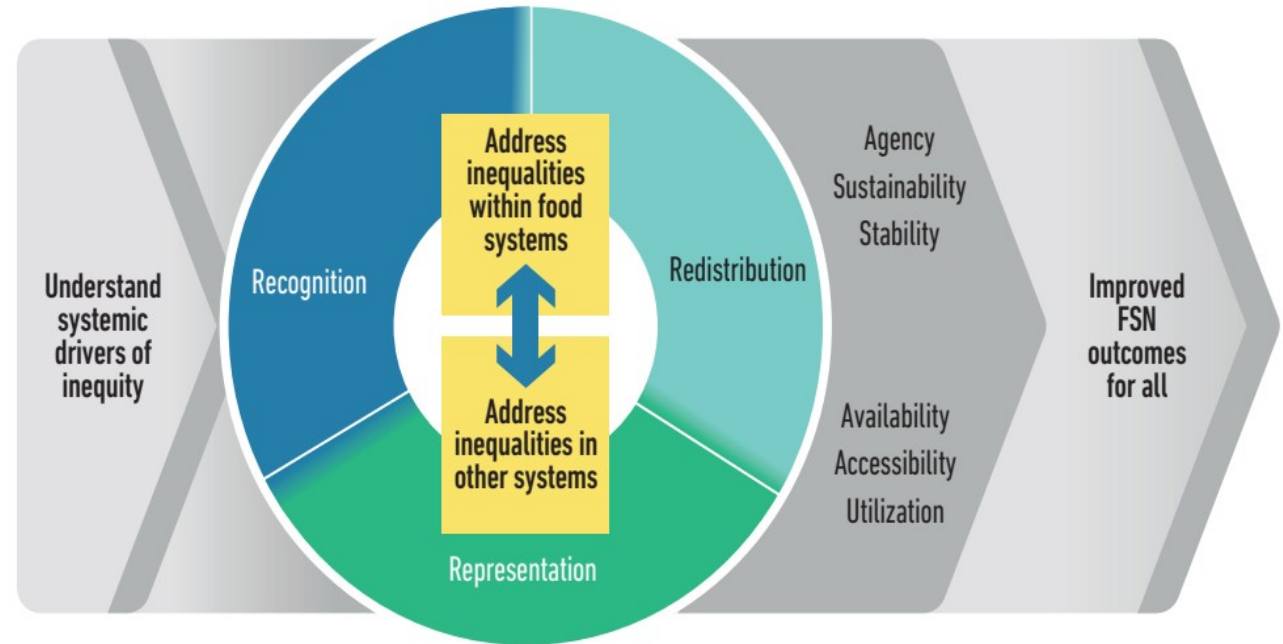
Keynote Plenary

Embedding Equity into Delivering for Nutrition: The Road to 'Leaving No One Behind'

Bhavani Shankar, Professor of Food Systems, Nutrition and Sustainability, University of



Consider intersectional, intergenerational, interterritorial inequity



Work towards human rights, inclusive knowledges, justice

4 I's in the context of equity for nutrition in South Asia

- ❖ Intrahousehold
- ❖ Intergenerational
- ❖ Intersectional
- ❖ Interterritorial

Thematic Session 1a. Agriculture Solutions for Better Nutrition

Ashwini Sopanrao Jadhav

- Nutrition garden intervention in MP to address malnutrition and hunger. Observe increase in cultivating vegetables, availability of vegetables, reduction in purchase of vegetables, improvements in diet diversity and anemia prevalence. (Primary data, India)

Hazrat Ali

- Integrated aquaculture-agriculture, a common practice in Bangladesh but limited evidence of impact on nutrient and economic productivity. Find positive impacts across multiple outcomes (Primary data, Bangladesh)

Nishmeet Singh

- Impact of FPO membership on agriculture, income, diets and women's empowerment. Improvements in incomes from cultivation, diet diversity (but also increase in consumption of unhealthy foods) , women's empowerment, limited impacts on food availability in markets. (Primary data, India)

Shahzad Kouser

- Impact of women's participation in pulse value chain on household food and nutrition security. Find positive impacts on access to pulses (protein rich) and diet diversity (Primary data, Pakistan)

Rojee Suwal

- Home food production model to improve access to diverse and nutrient rich foods combined with village model farmers to promote farmer-farmer extension. Improvements in diets among women and children and gardening practices. Coverage low. Barriers included time constraints, limited market and financial opportunities (Primary data, Nepal)

Thematic Session 1b. Health Systems Strengthening

Anwasha Chatterjee

- Community based approach: formed men's groups and conducted monthly meetings to address deep seated patriarchal norms in Uttar Pradesh - men became more involved in child immunization, food preparation, etc.

Pawankumar Patil

- Action Against Hunger India developed a 4 (knowledge, skills, motivation, enabling environment) x4 (individual, family, community, system) matrix to help frontline workers deliver tailored solutions

Jith J R

- Factors across multiple levels (individual, household, community, climate) influence health service implementation among frontline workers in Assam.

Swati

- Project Concern International partnered with AIIMS and XLRI to develop an e-learning course called DIGISHALA ("digital schools") on management and leadership. Physical trainings are still important.

Sumantra Pal

- Looked at 18 different ICDS interventions - behavior change counseling and VHND, along with ICDS-CAS mobile health intervention in India, are the most important interventions to improve IFA tablet consumption among women

Deepali Hariprasad

- Discussed transformations of POSHAN Abhiyaan and trends in nutrition outcomes from 2015 to 2021 in India

Thematic Session 2a. Rethinking Food Environments

Priyanka Jayawardena

- Effectiveness of traffic light labeling for SSB. Gaps in the regulatory framework (75% SSB and bottom 40% households not included). Awareness was 66% and lower among disadvantaged SES groups. But awareness was positively related with healthier choices. Low-income group less affected by TTL (Primary data, Sri Lanka)

Aishwarya Choubey

- Healthy line shops- a supply chain innovation linking wholesalers, distributors and retailers. And consumer education. Positive findings on knowledge, availability of nutritious food, consumption and sales. Scalable and sustainable. (Primary data, India)

Maxime Roche

- Propose taxation of foods high in saturated fats, sodium and sugars. Estimate demand model and baseline intake of nutrients. Propose methods for modeling impacts on health and distributional equity. (Secondary data, India)

Sunimalee Madurawala

- Political economy of traffic light labeling and taxation of SSB to improve diets. Findings show the need to different ministries to work together, challenges of industry lobbying. Public awareness is key. Promote industry participation and close implementation gaps. (Secondary data, Sri Lanka)

Rita Gurung

- Wild edible plants in rural food environments. They are an important source of nutrition and income. National policies should explicitly incorporate WEP to ensure sustainability and prevent extinction. (Primary data, Nepal)

Sayan Deori

- Foraging as an important aspect of local food system and nutrition security in a specific tribal community. Indigenous knowledge and oral histories plays an important role. But this knowledge system is slowly dying. Incorporate in MDMs, AWC's supplementary nutrition program, VHSNDs, and foraged foods as a means of livelihood.

Thematic Session 2b. Behavior Change Interventions for Better Diets

Santosh Akhauri

- Jeevika technical support program in Bihar improved SHG members knowledge of complementary feeding practices

Rakesh Jha

- The use of a '10E' model with videos, home visits, food demonstrations etc. to educate SHG member in Bihar about health, nutrition, and sanitation

Tonima Sharmin

- WFP intervention in urban slums; vulnerable HHs received 30 dollars and BCC to spend the cash on nutritious food (either through a home visit or remotely) + additional cashback bonus if they purchased healthy food.

Sajid Soofi

- Provision of a food supplement (super cereal for PLW or LNS-MQ for children) + BCC program was associated with improvements in child nutrition outcomes in Afghanistan

Cyprian Ouma

- Targeted BCC interventions for pregnant and breastfeeding women and girls improve IYCF practices in Afghanistan

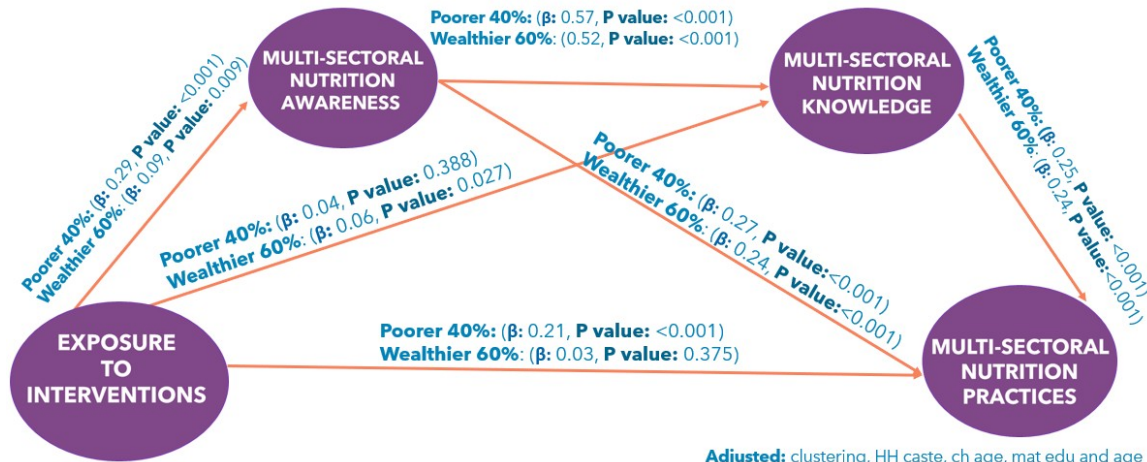
Esther Choo

- Maternal knowledge, skills and membership in a women's group were associated with child dietary diversity in Nepal

Day 1 Plenary Session - Equity in Nutrition and Diets: Insights from Nepal

What gets measured gets done: opportunities for reducing inequities in agriculture, nutrition, and health

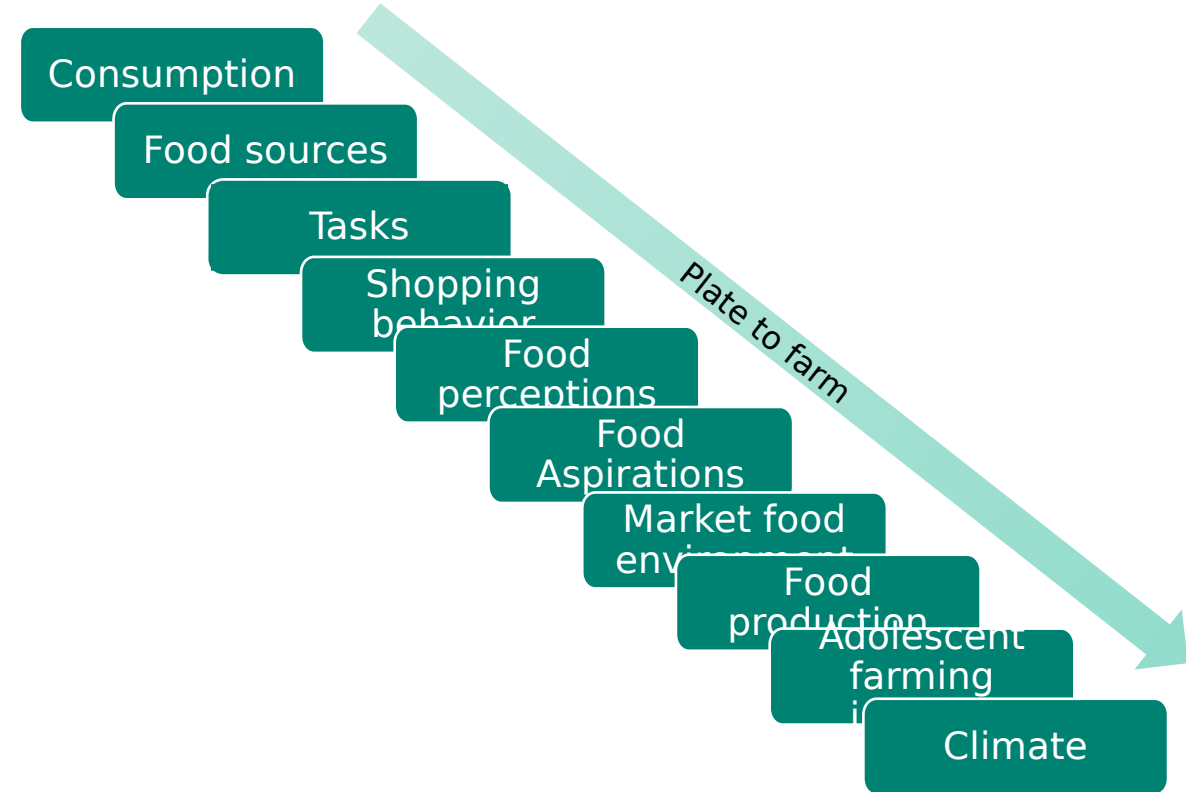
Aman Sen & Kenda Cunningham



Adjusted: clustering, HH caste, ch age, mat edu and age

Assessing local agrifood systems: insights from Nepal

Samuel Scott & Sumanta Neupane



Thematic Session 3a. Social Protection: Lessons for Nutrition

Sajid Soofi

- 4-arm RCT combining UCT, LNS and SBCC. Find impacts on reducing stunting prevalence among 6-24m children. (Primary data, Pakistan)

Soumyajit Ray

- CCT Perinatal Cash transfers. Positive impacts on child anthropometric outcomes and program was found to be cost-effective. (secondary data, India)

Pallabi Gogoi

- Impact of wage compensation scheme on healthcare utilization among pregnant women in Assam. Find positive impacts of uptake of ANC and PNC visits. (primary data, India)

Mohammed Monirul Hassan

- Cash transfers and vouchers to diversify the food intake of the ultra-poor. Found positive impacts on diet diversity. Cash was more effective for CDDS and vouchers for HDDS (primary data, Bangladesh)

Niluka Kuruppuarachchi

- Construct a food insecurity index using standard indicators on food security, diet diversity, monthly income, share of food in total exp., dependency ratio. Identify "mistargeting" by national SP, Samurdhi. (primary data, Sri Lanka)

Divya Santhanam

- Maternity benefit program, Cash+BCC. Targets women pregnant with second child. Improvements in knowledge (busting food related myths) and healthcare utilization. (primary data, India)

Thematic Session 3b. Why We Eat What We Eat

Nandeeta Samad

- Drivers of unhealthy eating among adolescents in Bangladesh operate at different levels; adolescent voice is missing in policy design

Samantha NPG

- A nutritious diet is 3.6 times more expensive than a diet that meets only energy needs in Sri Lanka; 47% of population cannot afford nutritious diet

Dilini Perera

- Short term nutrition sensitive social protection programs are an effective tool to ensure economic access to nutritious diets during crises in Sri Lanka

Syed Yusuf Saadat

- Minimum wage workers in Bangladesh cannot afford a basic regular diet

Ranjan Kumar Jha

- A digital tool helped monitor compliance of salt iodization levels in India

Fahmida Akter

- BCC is essential but not enough to improve diets: need to also consider barriers such as financial situation of household, storage facility, seasonal availability, social normal etc. in Bangladesh

Thematic Session 4a. Food Systems and Food Security

Liz Ignowski

- Farmers buy most of their food; nutrition transition and time-space compression in Bangladesh is in early stages

SK Md. Abul Basar

- India's food-based safety nets are critical to ensure food and nutrition security

Priyanka Saha

- Nutrition sensitive integrated farming systems program combined with women's groups can enhance diets

Sreejith Aravindakshan

- Nutrient consumption is primarily met through market purchases rather than own farm production in farming HHs

Neetu Choudhary

- Higher water availability predicts higher child dietary diversity in India

Mir Raihanul Islam

- Low education, not owning land or animals, shocks, and female-headed household are risk factors for food insecurity in Bangladesh

Thematic Session 4b. Social Determinants and Household Dynamics

Saif Nihal

- Women's digital empowerment and undernutrition. Find positive correlations between WDE and maternal and child nutrition outcomes. (Secondary data, India)

Neelmani Singh

- Engaging men to improve IYCF. Improvements in diets, men's involvement, spousal communication. (Primary data, India)

Anjali Pant

- Impact of teenage marriage and childbirth on their anemia, learning and depression. Findings confirm the perverse relation esp. for very early childbearing. (Secondary data, India)

Sharvari Patwardhan

- Influence of presence of mothers-in-law on task burden on daughters-in-law. Higher domestic task, lower ag tasks, higher total tasks. (Primary data, Bangladesh, India, Nepal)

Anita Christopher

- Effect of large-scale alcohol ban on alcohol intake, health outcomes among men and domestic violence among women. Decrease in alcohol intake, reduction in overweight and high blood glucose and reduction in emotional and sexual violence experienced by women (Secondary data, India)

Thematic Session 5a. Where We Live and What We Eat

Pallavi Rajkhowa

- Higher temperature lead to lower diet diversity, esp. among older children. Negative effects of heat can be reduced by better access to markets, roads and maternal education (Secondary data, India)

Anjali Purushotham

- Spatial dynamics of double burden of malnutrition. DBM among women increases with proximity to primary city. Among men it increases with proximity to primary and secondary cities. (Primary data, India)

Pawankumar Patil

- Understanding performance stagnation of an urban slum-based nutrition and health program. Find specific lifestyle patterns that prevented effective delivery. Highlighting importance of tailored designs for effective delivery. (Primary data, India)

Monica Sharma

- Acute food shortage in slum communities. Diet diversity decreased. Coping mechanisms: debt, mortgage and sale of assets. (Primary data, India)

Naomi Saville

- Insect pollinator dependent foods are high in Vitamin A, Folate, Calcium, Riboflavin, Vitamin C, iron, Vitamin E and fats. Insect pollinated foods are most important source of vitamin A and they are more nutritious than staples. (Primary data, Nepal)

Thematic Session 5b. Identifying and Reducing Inequities for Better Nutrition in Women and Children

Saira Parveen Jolly

- Preparedness measures are important to maintain effectiveness of health programs in Bangladesh during crises

Soyra Gune

- Financial and service support was associated with faster progress in coverage of health and nutrition interventions and child growth in India

Rati Kapoor

- Wealth indices are not one-size-fits-all; match the method to the objective

Masum Ali

- Don't just focus on diet diversity, focus on more quantity of diverse foods

Barnali Chakraborty

- Need to develop a context-specific multidimensional child growth index

Saroj

- Need more research on effective nutrition and health education in India

Day 2 Plenary

Looking ahead: How can we achieve better nutrition outcomes through equitable and inclusive research, programs, and policies?

- Saiqa Siraj (Nutrition International)
- Swarnim Wagle (Parliament of Nepal)
- Nafisa Shah (Government of Pakistan)
- Deepika Chaudhery (World Bank)
- Raj Kumar Gope (Ekjut)

Closing remarks

Dr. Sucheta Pyakuryal (IIDS, Nepal)

**Dr. Timothy J. Krupnik (CYMMIT,
Bangladesh)**

Thank You For Your Support!

- Aga Khan University (*Pakistan*)
- Agriculture, Nutrition, and Health (ANH) Academy (*Global*)
- The Alliance of Bioversity International and CIAT (*Global*)
- BRAC (*Bangladesh*)
- BRAC James P Grant School of Public Health, BRAC University (*Bangladesh*)
- CGIAR Impact Platform on Nutrition (*Global*)
- CGIAR Initiative on Asian Mega-Deltas (*Global*)
- CGIAR Initiative on Digital Innovation (*Global*)
- CGIAR Initiative on Excellence in Agronomy (*Global*)
- CGIAR Initiative on Foresight (*Global*)
- CGIAR Initiative on Harnessing gender and social equality for resilience in agrifood systems (HER+) (*Global*)
- CGIAR Initiative on Fruit and Vegetables for Sustainable Healthy Diets (FRESH) (*Global*)
- CGIAR Initiative on Mixed Farming Systems (*Global*)
- CGIAR Initiative on National Policies and Strategies (*Global*)
- CGIAR Initiative on Seed Equal (*Global*)
- CGIAR Regional Initiative on Transforming Agrifood Systems in South Asia (TAFSSA) (*South Asia*)
- Feed the Future Food Systems for Nutrition Innovation Lab (FSN-IL) (*Global*)
- Helen Keller International (*Nepal*)
- Institute of Policy Studies (*Sri Lanka*)
- Institute for Integrated Development Studies (*Nepal*)
- International Food Policy Research Institute (IFPRI) (*South Asia*)
- International Maize and Wheat Improvement Center (CIMMYT) (*Global*)
- National Institute of Nutrition (NIN) (*India*)
- South Asian Policy Leadership for Improved Nutrition and Growth (SAPLING) (*South Asia*)
- UNICEF Regional Office for South Asia (ROSA) (*South Asia*)
- University of Dhaka (*Bangladesh*)
- Wayamba University (*Sri Lanka*)
- World Bank (*India*)

BIG thank you!!

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 - Neha Kumar & Samuel Scott
- Conference organizers
 - Esha Sarswat, IFPRI
 - Julie Ghostlaw, IFPRI
 - Mohammed Fahim, IFPRI
- ~40 volunteer abstract reviewers
- Volunteers for abstract programming from BRAC, World Bank, CGIAR (Barnalai Chakraborty, Thushanthi Perera, Rashmi Sapra, Pragnya Das)
- Many, many volunteers for conference support (BRAC, IFPRI, IIDS, Wayamba University of Sri Lanka, World Bank)

Awards - highest scoring research oral presentation



- Sajid Soofi (Aga Khan University, Pakistan)*
Effectiveness of unconditional cash transfers combined with lipid-based nutrient supplement and/or behavior change communication to prevent stunting among children in Pakistan: a cluster randomized controlled trial”
- Priyanka Jayawardena (Institute of Policy Studies, Sri Lanka)*
Sri Lanka's Traffic Light Labels: Steering Sugar-Sweetened Beverage Choices”
- Hazrat Ali (WorldFish)
Integrating aquatic and terrestrial food production enhances micronutrient and economic productivity for nutrition sensitive food systems”
- Pallavi Rajkhowa (Tata Cornell Institute for Agriculture and Nutrition)
Temperature and children’s dietary diversity: Evidence from India

*virtual participant

Awards - highest scoring implementation oral presentation



- Anwasha Chaterjee (Sahayog, India)
Engaging men in breaking the silence around Sexual and Reproductive Health Rights
- Ashwini Sopanrao Jadhav (Vikas Samvad Samiti)
Intervention for the promotion of nutrition gardens among food-insecure families of Madhya Pradesh: A community-based initiative to overcome the challenge of malnutrition
- Saira Parveen Jolly (BRAC University, Bangladesh)
Evaluation of feeding practices and nutritional well-being among unde

Awards - highest scoring poster presentation



- Sweta Banerjee (Welthungerhilfe, India)*
Nutrition Smart CommUNITY – A Multisector Approach to Address Malnutrition in Maharashtra”
- Shalander Kumar (ICRISAT, India)*
Evaluating the Rural Food Environment to Promote Sustainable and Nutritious Diets in India: Methodological Insights
- Fahmida Akter (BRAC, Bangladesh)
Socio-demographic correlates of moderate to severe food insecurity in rural, non-slum urban and slum areas of Bangladesh: evidence from a nationally representative survey
- Rojee Suwal (HKI, Nepal)
Promoting Village Model Farmer (VMF) Approach to Enhance Local Food Production Extension Services in Underserved Communities: Insights from USAID’s Suaahara II Program

*virtual participant

See you in Sri Lanka for D4N 2024!

