

Moving Towards Nutrition Security: Adapting Participatory Learning Method

The Interlinkage Between WASH And NUTRITION Intervention Brief from Raksirang and Kailash Rural Municipalities- Makwanpur, Nepal

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RATIONALE

The links between nutrition and WASH Water, sanitation and hygiene play a fundamental role in improving nutritional outcomes. The World Health Organization estimates that 50% of malnutrition is associated with repeated diarrhea or intestinal worm infections because of unsafe water, inadequate sanitation or insufficient hygiene [WHO, 2008]. Access to clean water, proper sanitation, and good hygiene practices are fundamental human rights and essential for improving nutritional outcomes, especially in vulnerable populations like children and pregnant women.

The two rural municipalities are among the most remote in the district, with a significant presence of Chepang population and Tamang as the major ethnic group still very far from basic facilities. 50% of HHs still not connected to electricity, 60% of them do not have basic water facilities at home where still 30% has to walk more than a hour to collect water. And almost 23% doesn't have toilet as well.

Chepangs from these municipalities are mostly poor. They do not own land to farm and therefore they work as casual workers for agriculture. The food sufficiency in this area is only for 3-6 months. For the rest of period, they depend on market as well nearest forest. Our baseline survey also recorded the average HHs have five different varieties of food consumption is only 27%.

Early marriage for most girls aged 13-15 years is one of the concerning reasons for health deterioration in these communities. The girls give birth to 5-7 children, with the hope of at least 2 or 3 surviving, and due to the food shortages, almost half of under-five children become malnourished, resulting in high child mortality.

OBJECTIVE

OVERALL OBJECTIVE: To Improve Nutritional Status of Reproductive age women and their families.

To Empower rural households to plan and practice nutrition-sensitive strategies

To Achieve a sanitary environment

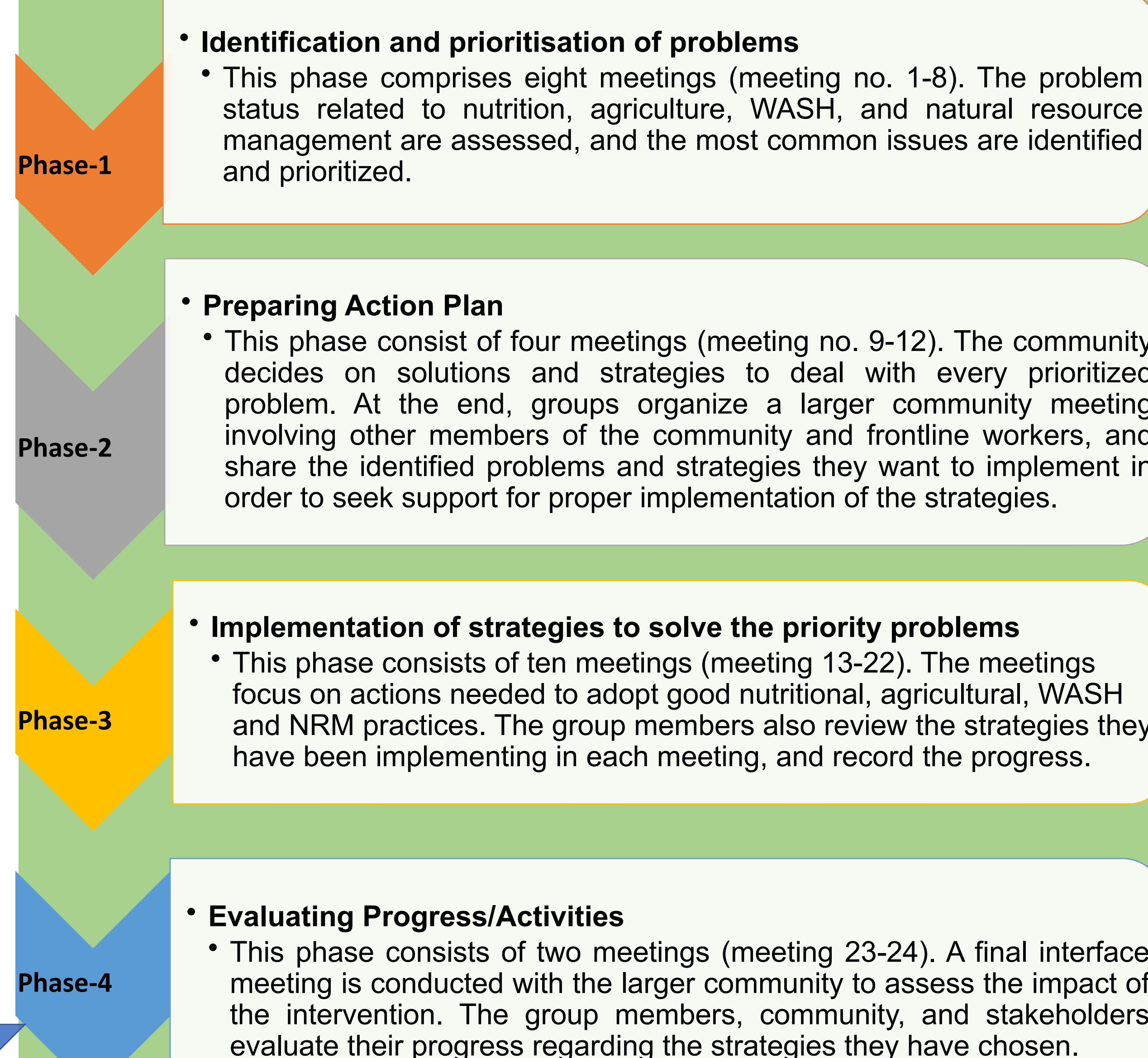
To improve Relevant care practices with a specific focus on vulnerable family members

To Aware about the link of agriculture, natural resource management (NRM), WASH, income generation and nutrition education

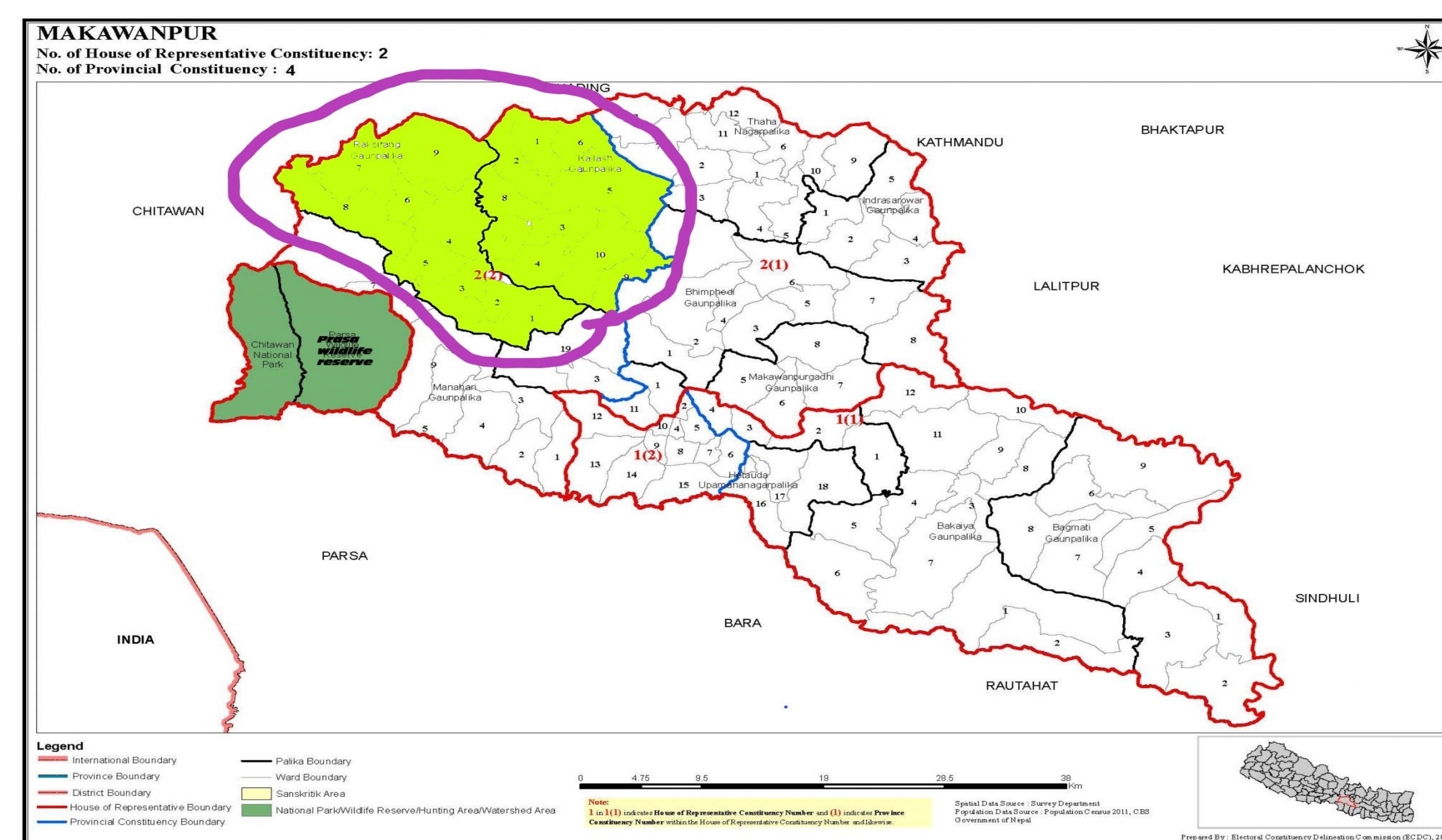
To identify probable underlying and basic causes of malnutrition and take actions to resolve them

METHODOLOGY

24 meetings in two years



AREA OF INTERVENTION



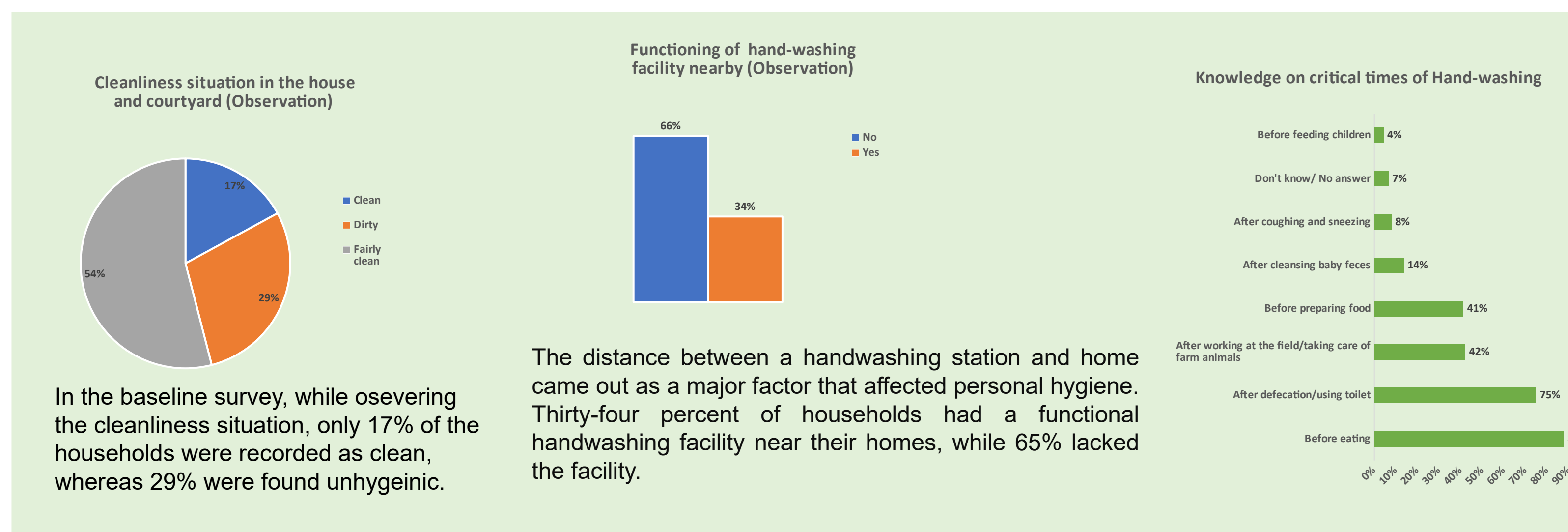
RESULTS

The community is able to:

- Link the relationship between agriculture, natural resource management, WASH, income generation and education with nutrition
- Identify probable underlying and basic causes of malnutrition and take actions to resolve them
- Identify families with malnourished children and encourage them to participate in the village planning and budgeting
- Initiate kitchen garden with seasonal vegetables in their household premises with LANN+ intervention.
- Aware about nutritional value of locally available food and food from jungles.
- Adapt hygienic behavior as well as initiate constructing toilets.



Photographs: Demonstrating the varieties of Local nutritious food collected from field and Forest of Raksirang and Kailash RM during PLA-LANN+ session with Measuring MUAC of child during session with mothers by Female community Health Volunteer(FCHV)

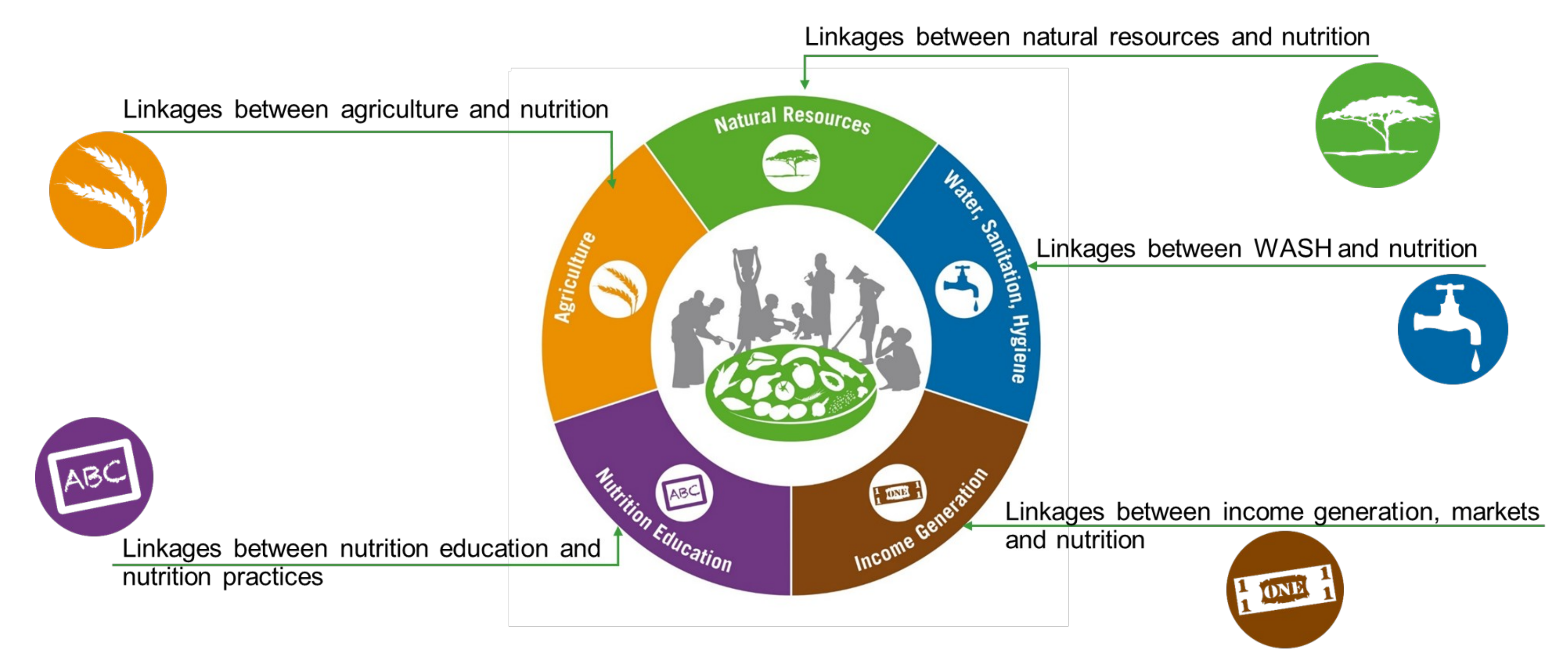


“ Nita Chepang, 26, resides in Raksirang ward 6, Silinge. She has two daughters and is expecting her third child. In the Chepang community, having three to four children is common. Nita is a member of the Silinge Mothers' Group and LANN+ group. So far, she participated in three group sessions conducted via LANN+ facilitator and Female Community Health Volunteer (FCHV). Nita commits to continue her participation in group even after delivery. She plans to send her Mother-in-law during first month of her postpartum. She says she lacked awareness about the nutritional value of supplementary food for her children before the sessions. Now, after joining LANN+ sessions, she prioritizes proper nutrition for her children and herself.



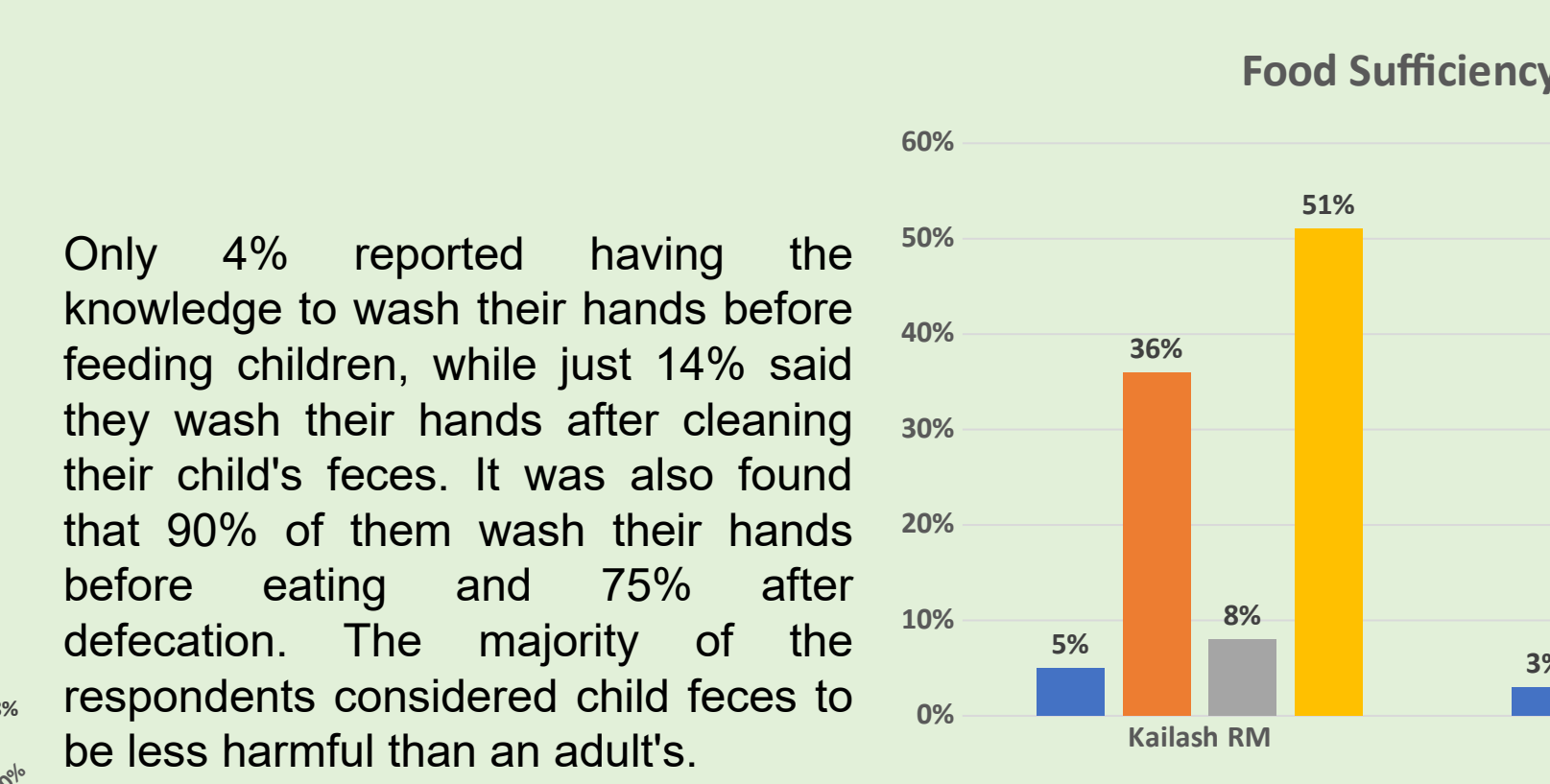
Linking Agriculture and Natural Resource Management towards Nutrition Security through Participatory Learning and Action (PLA LANN+) is a multisectoral approach. It centres around family nutrition, with a specific focus on integrating nutrition-sensitive sectoral elements. These elements address the underlying and basic causes of malnutrition to achieve nutrition security at a household level. This holistic approach includes knowledge and skills enhancement, creating an enabling environment for sustained behavioural changes in nutrition, agriculture, natural resource management, childcare and care practices. It also promotes the creation of alternative income sources.

Key thematic elements and its linkages towards nutrition security



IMPLICATIONS

- Since 2016, WHH has been implementing PLA-LANN+ across various regions, adopting a cross-cutting strategy in multisectoral projects.
- This approach has yielded positive shifts in caregiver behavior, including improved nutrition, diversified kitchen gardening, and increased awareness of WASH's role in nutrition.
- **Effective Approach for Combating Malnutrition:** The PLA-LANN+ approach is a highly effective tool in addressing and tackling malnutrition.
- In Nepal, the LANN+ approach is integrated into various projects, including WASH, Nutrition Governance, Nutrition Upliftment, and has received high recognition and appreciation while working with communities and local governments.
- LANN+ seeks behavior change through the 'Participatory Learning and Action' methodology, using a rights-based approach, focusing on women's empowerment, and strengthening of both community-based institutions as well as the local government functionaries for long-term sustainability.
- LANN+ approach is instrumental in promoting the local food system, including wild edibles, and contributes to income generation.
- The LANN+ approach significantly contributes to promoting Minimum Dietary Diversity for Women (MDDWW) by measuring dietary diversity and ensuring micronutrient adequacy.
- The LANN+ approach has a large impact on the promotion of 'Harek Bar Khana Char' (consuming at least four food groups in every meal)



Both rural municipalities face food shortage for almost half of the year. According to the data, only 50% of the respondents mentioned that their own food production lasts the whole year while the remaining population faces food shortages.

POSITIVE SHIFTS IN CAREGIVER BEHAVIOUR



Photographs: LANN+ TOT to FCHV Raksirang Rural Municipality.



LANN+ session with Mother Group at

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