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Local Initiatives for Biodiversity, Research and Development (LI-BIRD)

Introduction

It is a multidisciplinary integrated approach of enhancing knowledge on nutrition and care practice along with capacity enhancement on production of diverse food (crop and livestock) and also encouraging to take service from local health centers for regular checkup, consultation, growth monitoring of children etc. Marginal Communities lacks knowledge and resources leading to poor nutrition and health status due to improper and inadequate consumption behavior and care practices

Objectives of the approach

To develop knowledge on nutrition and care practice, access to produce diverse food on home garden and change behavior on sanitation and feeding practices.

Implementation

Marginal Communities of freed bonded labourer, landless and other poor communities of Bardiya, Kailali and Humla districts of Nepal. Since 2022, 850 HHs are trained and supported through the approach in nine municipalities.

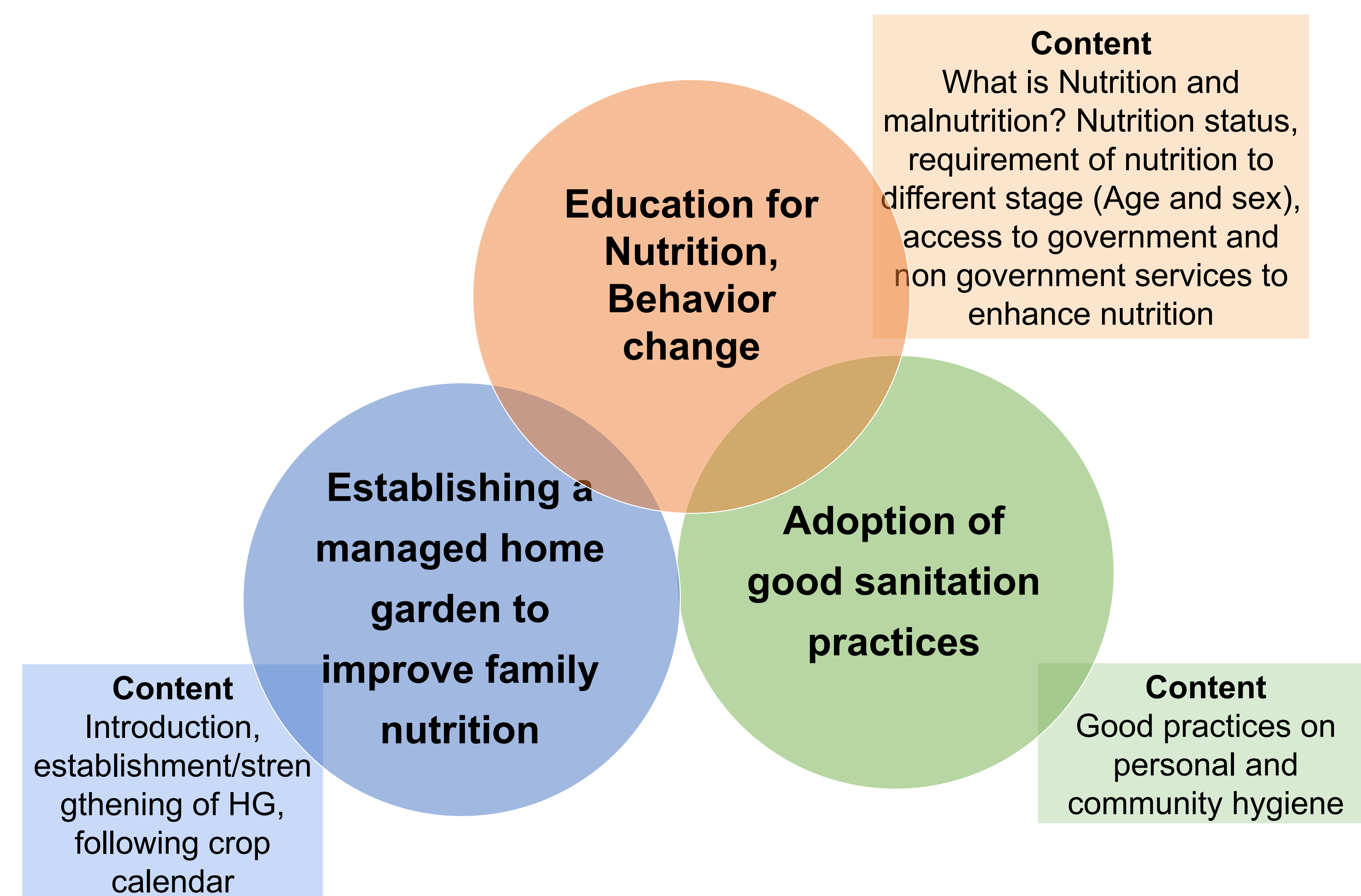
Target Group

- Women of 15-49 yrs age group
- Pregnant and lactating women
- Women with children under 5 yrs

Methodology/Process

1. Orientation to facilitators on the course contents
2. Selection of participants - Among women of reproductive age where, pregnant, lactating and women having children under 5 are more prioritized
3. Logistics arrangements - Selection of training venue and logical arrangements that provide participants with comfortable seating during the class
4. Organize the nine classes of 3 hours fortnightly on importance of nutrition, produce the food on home garden and change behaviour on sanitation and feeding practices
5. Take prior and post KAP test on nutrition and care practices at beginning and end of the school.
6. Field demonstration and visit
7. Cooking demonstration of supplementary foods
8. Emphasis to local crops food
9. Input support for Home Garden establishment/strengthening (Seeds, fruit saplings, equipment, poultry, etc), Bio-sand filters, Improved cooking stoves etc

Nutrition and Care Practice Field School: Concept



Designed Classes

Sensitization on Nutrition and Care Practice : Classes are designed to familiarize the term and importance of nutrition, its sources, proper way to consume, importance of sanitation, management of communicable diseases, special care during pregnancy, lactation, and for children and teenagers

Capacity Building on diverse production, consumption and safe water use:

- Based on assessment of household nutrition status, crop and livestock inventory training on Home Garden management, mushroom cultivation, poultry management are conducted.
- Input support of nutritious crop seeds, seedling, fruit saplings, promotion of local crops, exchange of seeds and plants, poultry, mushroom spawn etc. Input support such as Bio-sand filter, Improved cooking stoves as per resource availability.

Linking with existing health services locally: As nutrition is multi sector approach. Health personnel from local health centers, Female Community Health Volunteer (FCHV) support on session facilitation and linking with services provided by the health center.

Monitoring of the participants: The progress of the participants in terms of eating habits, diversification of home garden, personal and communal cleanliness is monitored through participatory approach involving participants, local government representative and project staffs.

Day	Course Contents
I	Introduction to nutrition school, importance of nutrition
II	Types of nutrients, their function, food habits, and food pyramid
III	Importance of sanitation and hygiene (WASH), disease and control measures, food safety
IV	Home production of diverse food, components and mapping of home garden, crop calendar preparation and annual work plan
V	Nutrition and care during pregnancy
VI	Nutrition and care during Delivery and lactating period
VII	Nutrition and care during child of 0-1, 1-2 and 2-5 yrs
VIII	Nutrition and care to teenager and menstrual health
IX	Review and reflection of the classes and closing

Results

The Project is successful in achieving the results on enhancing nutrition and care practices in target communities. Some of the highlighted results are enlisted as;

- The participants are found to have increased knowledge (KAP) before and after the completion of the school with mean score change from 5.27 (Sd=2.6) to 9.06 (Sd=2.4) ($p > 0.01$). (n=75 random selected sample)
- The participants exhibited behavioral changes including improved sanitation, enhanced dietary diversity and increased crop diversity in home gardens
- The frequency of visiting the health center for weighing of children, counseling and treatment has also increased.

Implications

- **Policy/guidelines to assure multi-sector engagement collectively:** Nutrition can be enhanced through engagement of multiple sectors such as health, WASH, agriculture, livestock and income generation. Therefore, the coordination among stakeholders from multiple sector should be assured for synergetic outcome.
- **Develop program for consistent household follow-up**
Providing training in series, fortnightly with review and reflection allows participants to better understand, implement and evaluate their behavior change in dietary diversity, sanitation and access to government services. which results to sustainable irreversible change.
- **Support to improve production rather than one time consumption:**
Communities should be encouraged to produce diverse food locally and support should be provided to change behavior rather than one time consumption. (such as substituting poultry for egg)

The approach is implemented by LI-BIRD under Livelihood and Resilience Enhancement Project implemented in marginalised communities of Bardiya, Kailali and Humla District of Nepal funded by NORAD through The Development Fund Norway.

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