

# Improvement in nutrition status among under 5 children in Karnali: evidence from linking IYCF with Child Grant (CG)

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# BACK GROUND

- The Government of Nepal (GoN) introduced the **Child Grant Program** in its 2009/10
- Covering children under the age of five years in Karnali and nationwide **poor Dalit families**
- Nutritional status in the districts of the Mid-Western Region are **relatively worse off** as compared to the national average
- Need **evidence for policy decisions and gradual expansion** to the rest of the country in line with the MSNP

# OBJECTIVES OF THE STUDY

## Overall

To analyze **the trend and the impact** of CG program linked with IYCF on nutritional status in 5 Karnali districts (Jumla, Humla, Dolpa, Mugu and kalikot)

## Specific

- To conduct **trend analysis** of core IYCF-CCG indicators in **four selected districts** (Jumla, Humla, Dolpa and Mugu)
- To measure the **impact of the intervention** on child nutrition status (Kalikot (I) and Bajhang (C))
- To **evaluate the program performance** from the perspective of key selected stakeholders at the district, and VDC levels.

# METHODOLOGY

- **Study districts:** Jumla, Humla, Dolpa, Mugu, Kalikot (I) and Bajhang (C)
- **Study design:** Cross sectional, multi stage cluster sampling, combination of qualitative and quantitative approaches
- **Study group:** Children below 5 years of age and their mothers (quantitative)
  - **FGD:** Grand mothers and parents of under five children
  - **IDI:** District level officials (DDC and D/PHO) and VDC level key informants (VDC secretary; S/HP in-charge, FCHV and traditional healers)

# SAMPLE SIZE

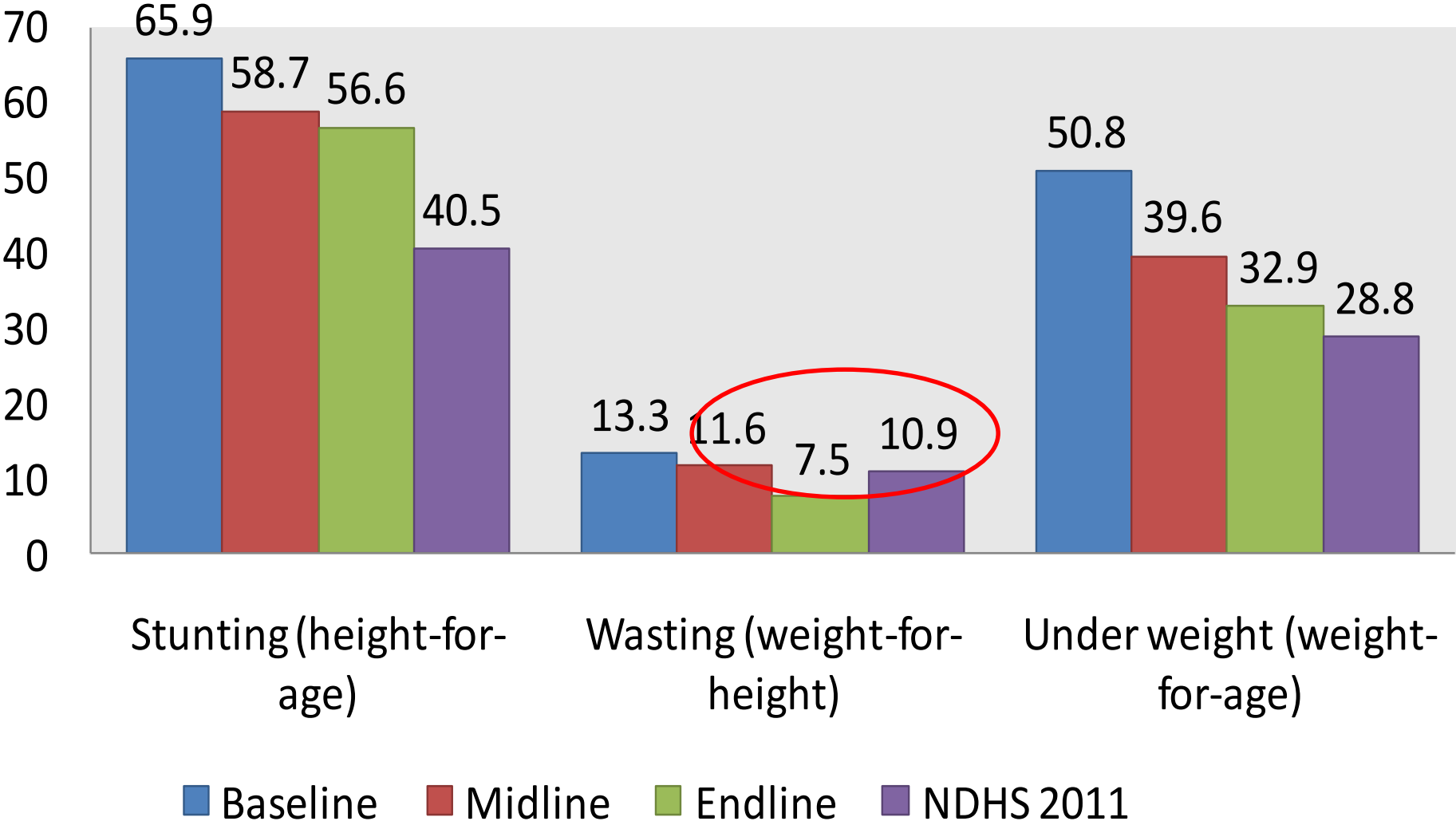
Description	Baseline	Midline	Endline
Dolpa	750	750	947
Jumla	750	750	575
Kalikot	750	750	750
Mugu	750	750	750
Humla	750	750	625
<b>Total</b>	<b>3750</b>	<b>3750</b>	<b>2897</b>

**Baseline** (Sept-Dec 2009 in Mugu and Kalikot; and June- Aug in Jumla, Humla and Dolpa)

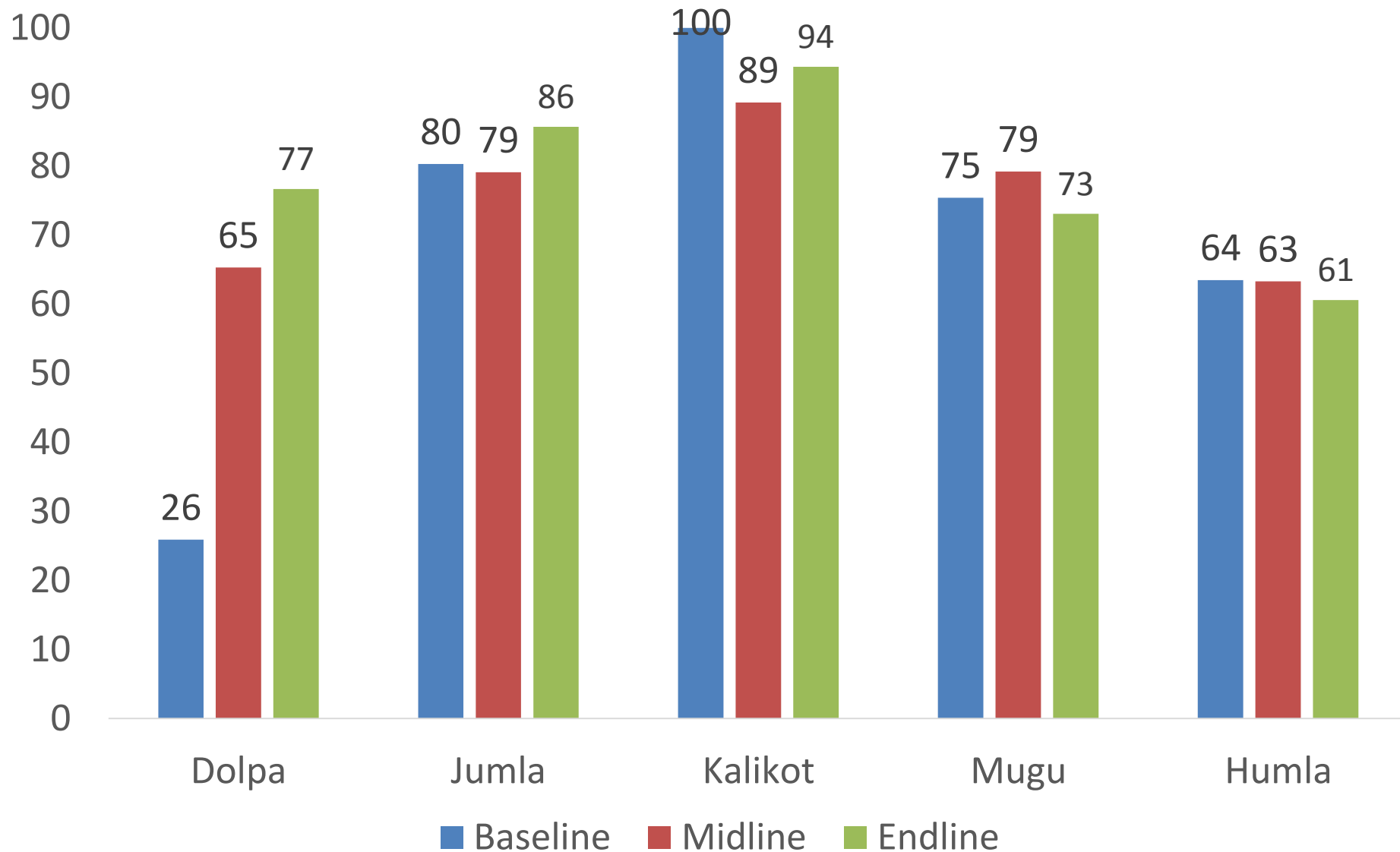
**Midline** (April-June 2013 in all 5 districts)

**Endline** (Dec 2014 – Feb 2015 in Kalikot; and May-July 2015 in Jumla, Humla, Dolpa and Mugu)

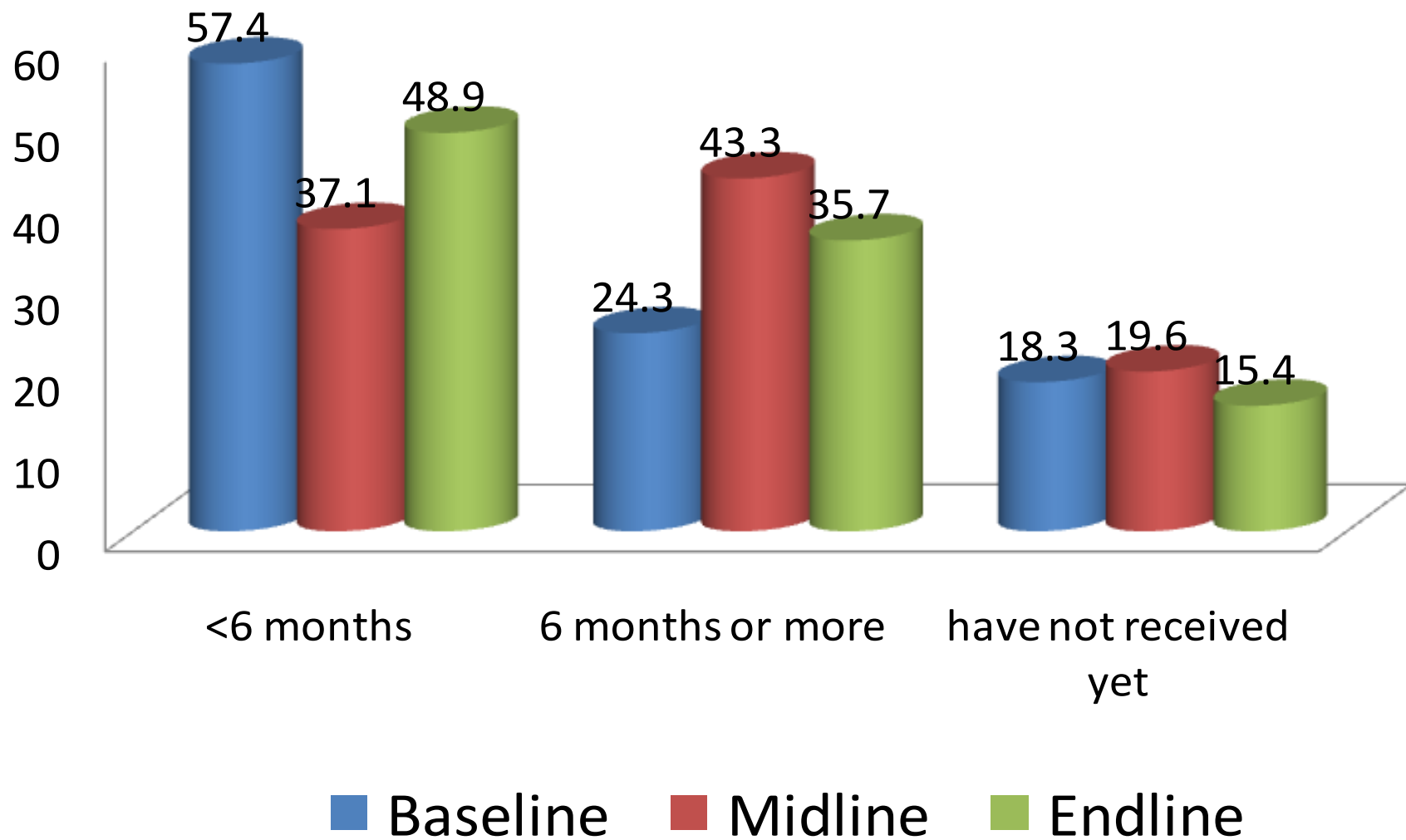
# NUTRITIONAL STATUS OF UNDER FIVE CHILDREN



# CHILDREN AGED 0-5 WHO WERE EXCLUSIVELY BREASTFED

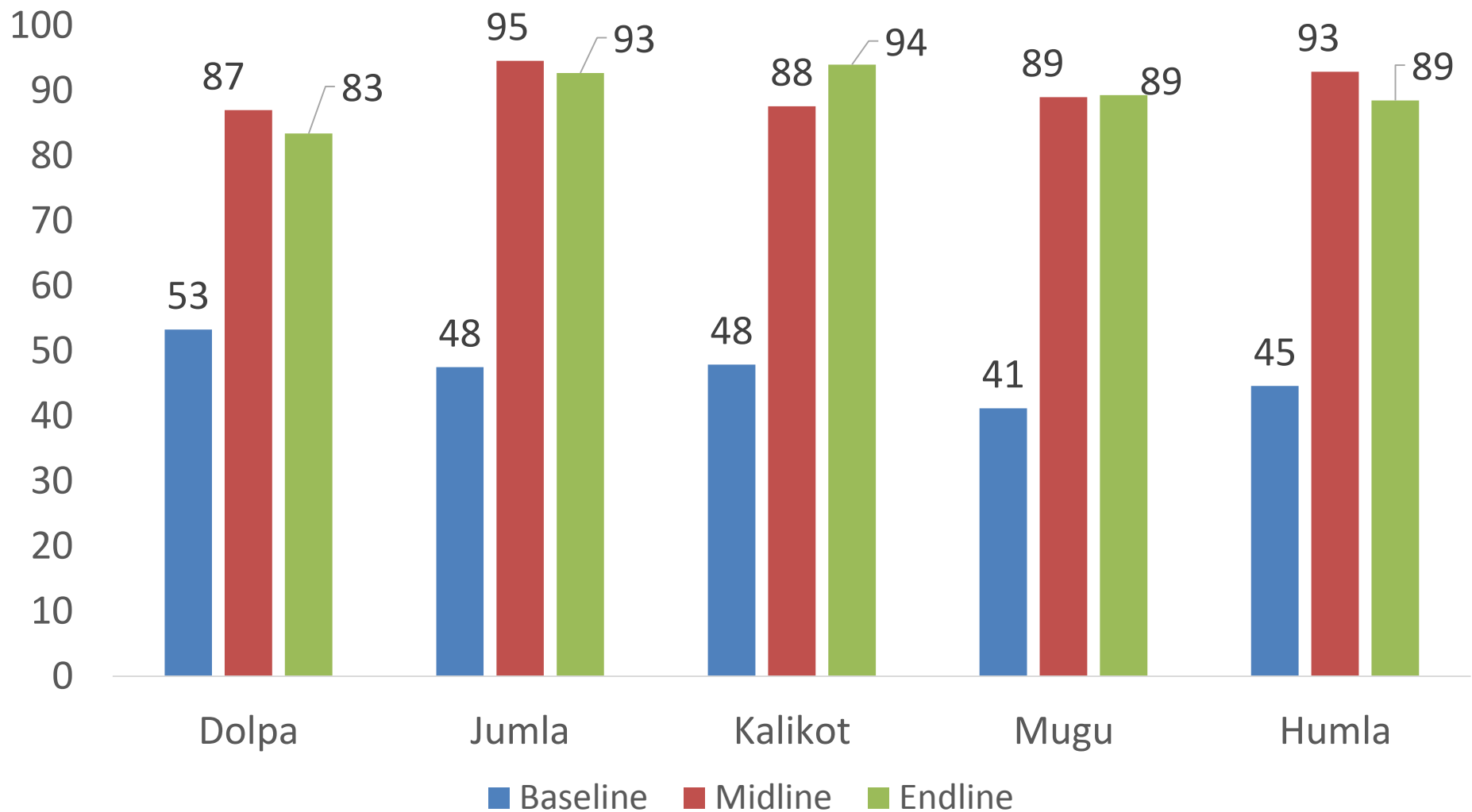


# CHILDREN BELOW 24 MONTHS OF AGE WHO RECEIVED COMPLEMENTARY FOOD BY AGE



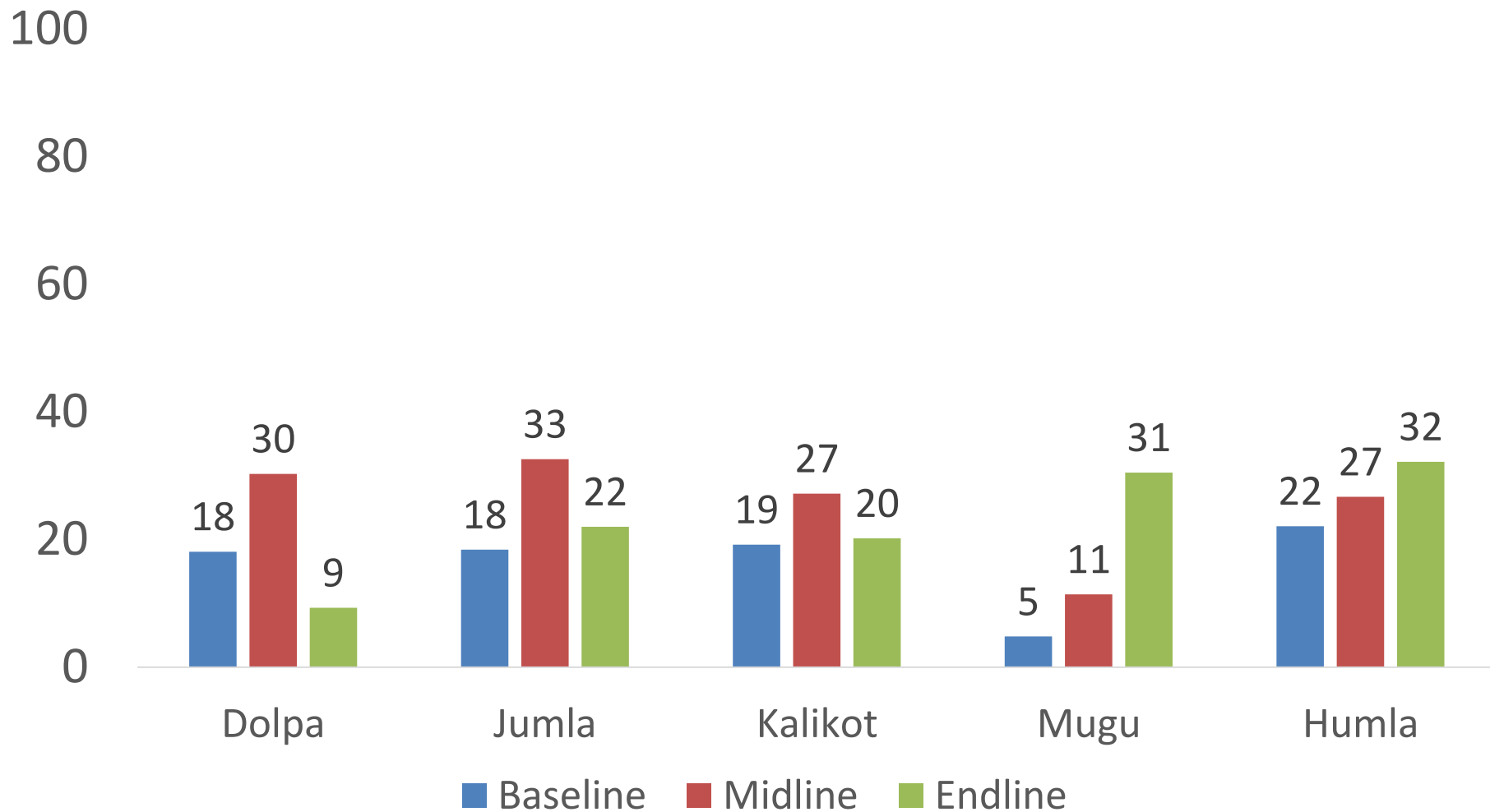


# MINIMUM MEAL FREQUENCY



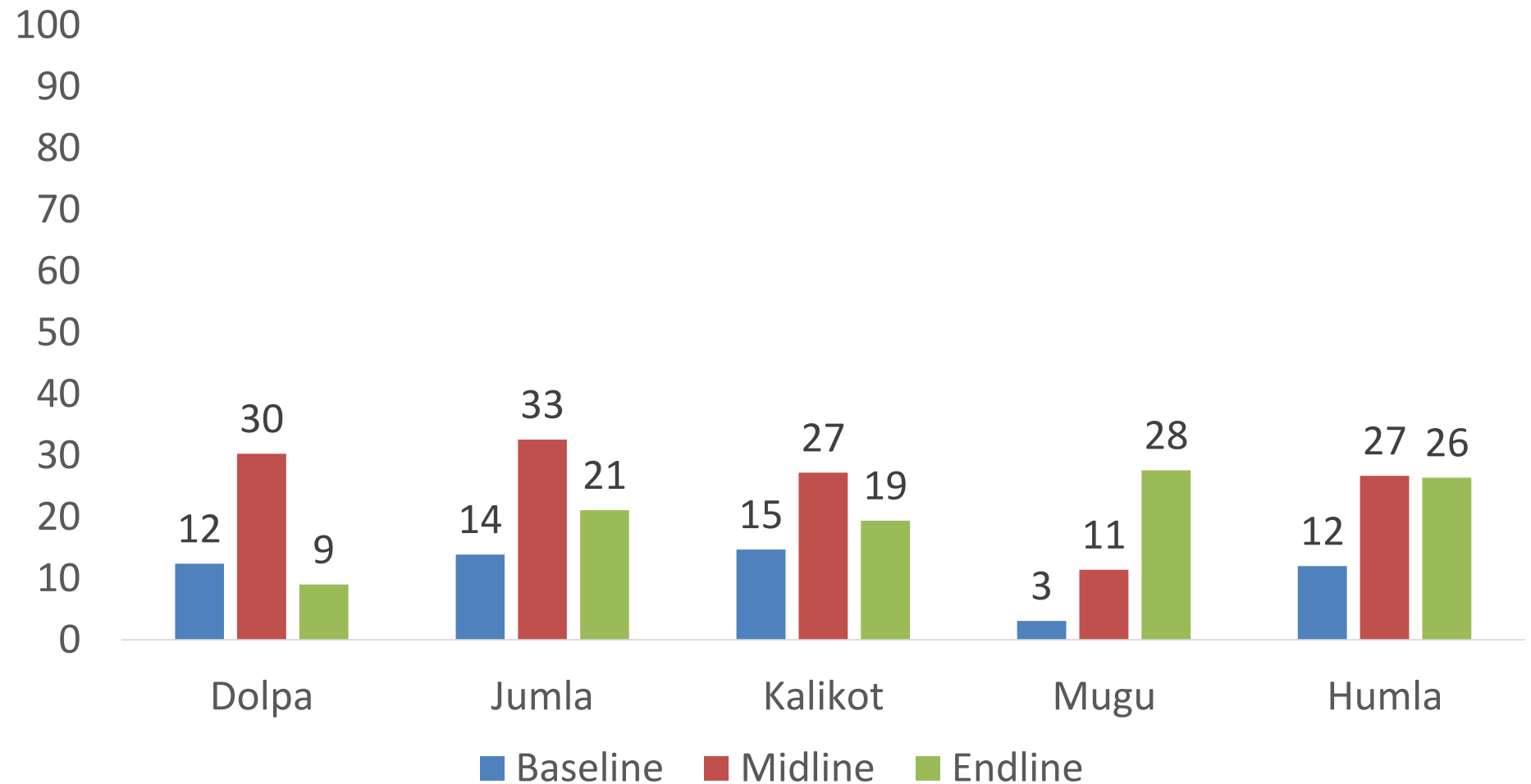
*(2 times for breastfed infants aged 6-8 months; 3 times for breastfed children aged 9-23 months; 4 times for non-breastfed children aged 6-23 months)*

## MINIMUM DIETARY DIVERSITY (4 OR 4+ FOOD GROUPS)



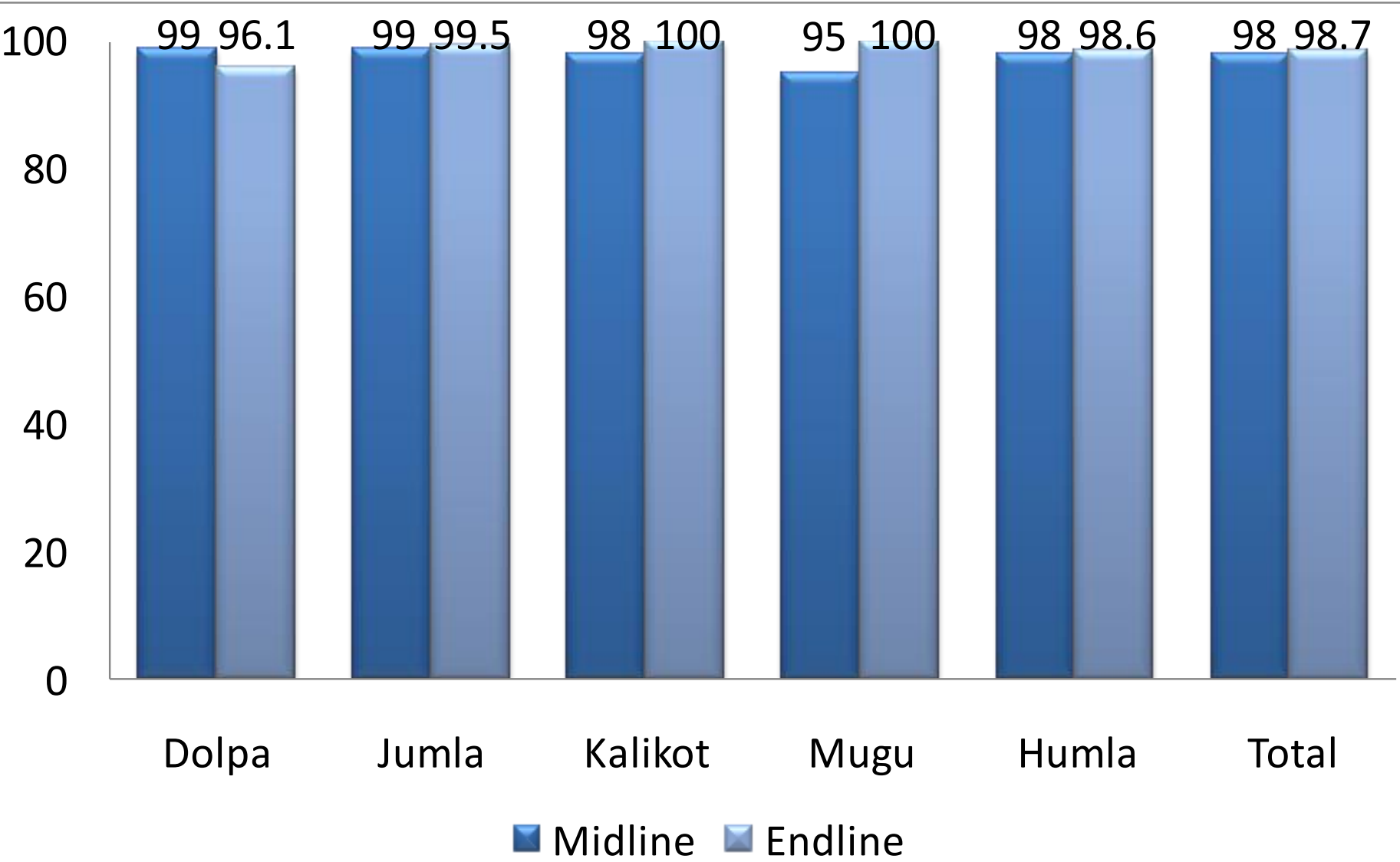
*Seven food groups include: dairy products; grains, roots & tubers; legumes & nuts; dairy products; flesh foods (meat, poultry, fish); eggs; vitamin A-rich fruits & vegetables; and other fruits & vegetables*

# MINIMUM ACCEPTABLE DIETS

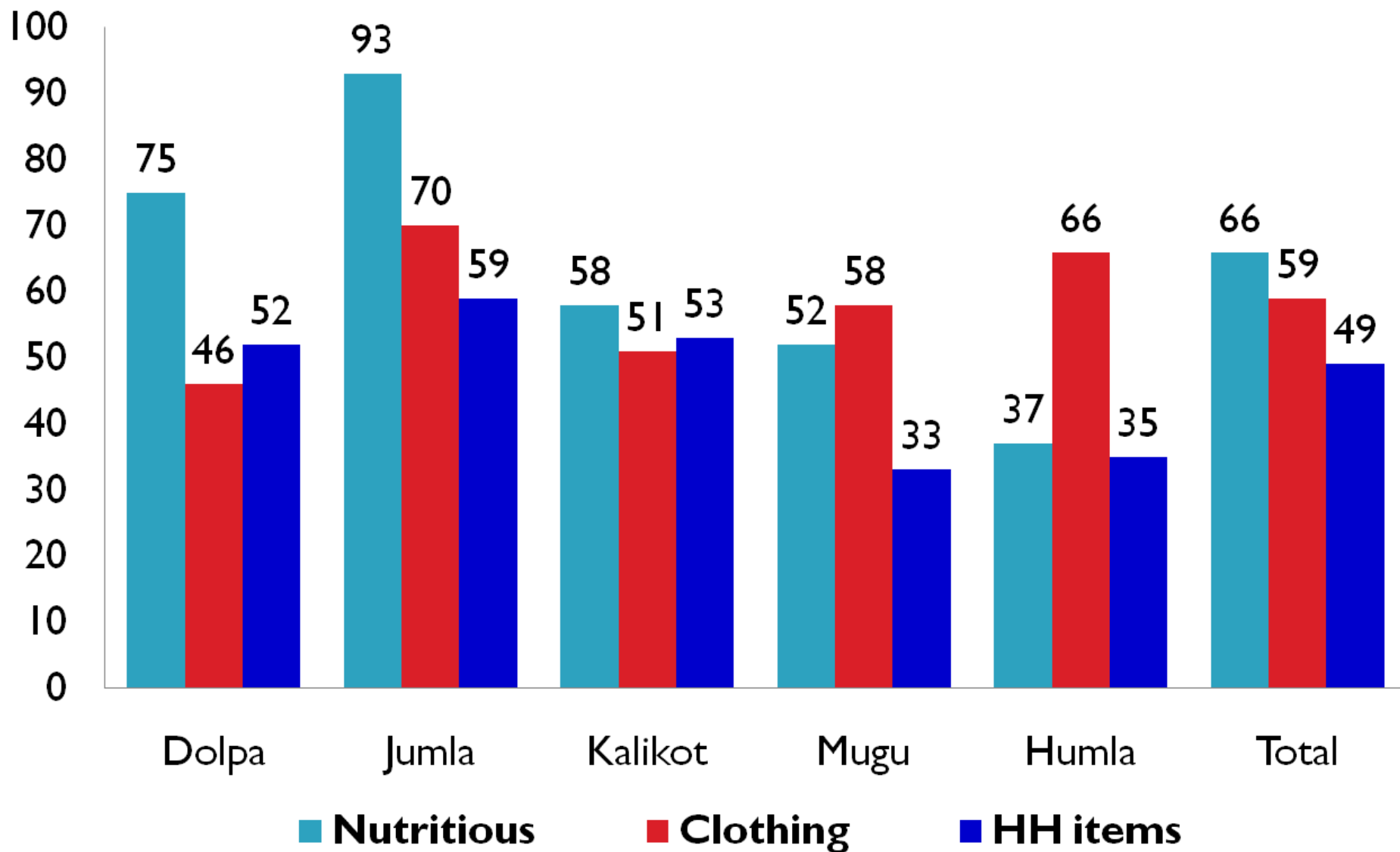


Receiving 4 or more food groups (minimum dietary diversity) and who received solid, semi-solid or soft foods the minimum number of times or more are considered as having minimal acceptable diet. (2 times for breastfed infants aged 6-8 months; 3 times for breastfed children aged 9-23 months; 4 times for non-breastfed children aged 6-23 months)

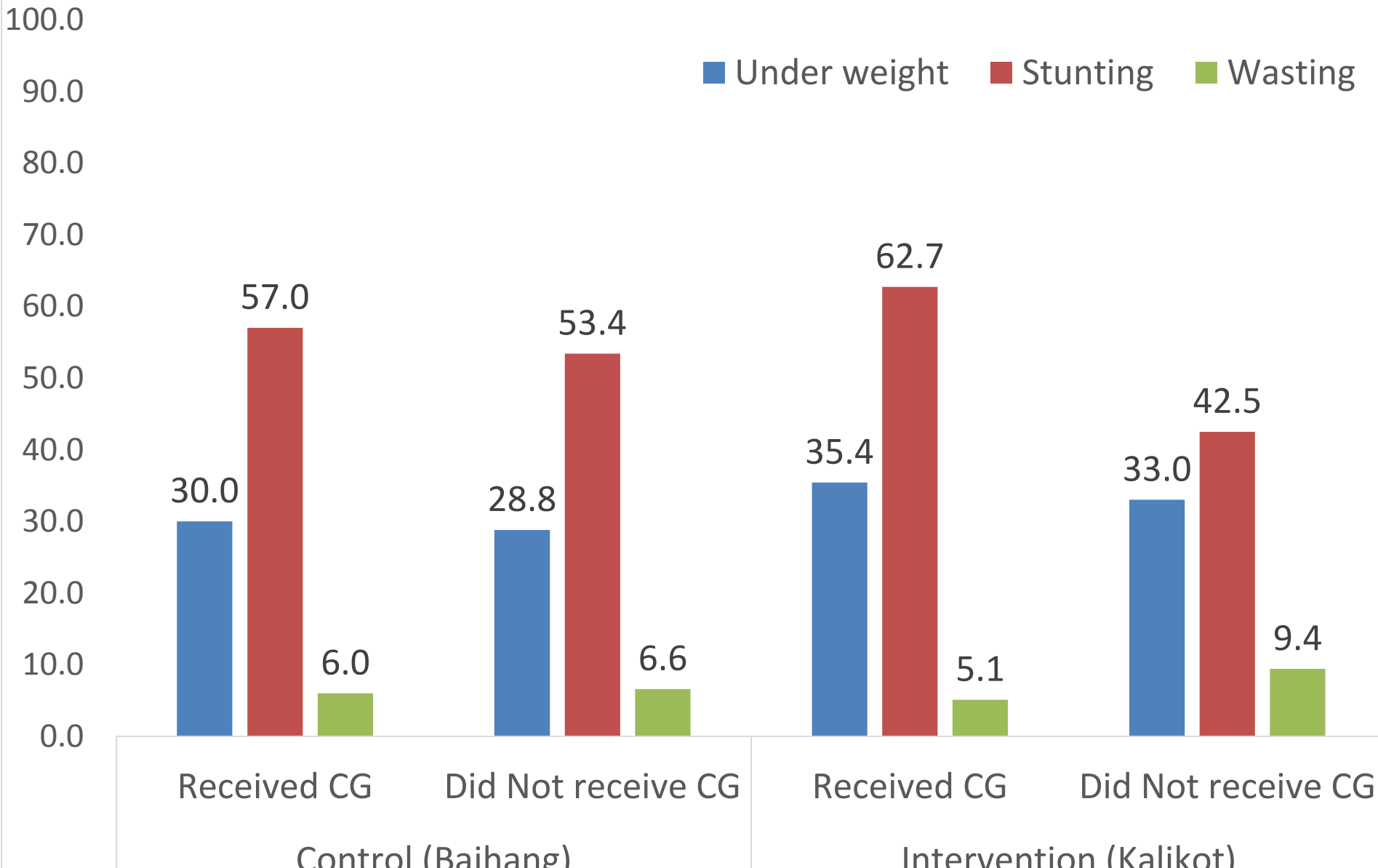
# RESPONDENTS WHO HAD HEARD OF CG PROGRAMS



# UTILIZATION OF LAST INSTALLMENTS OF CG FUNDS



# NUTRITIONAL STATUS BY CHILD GRANT



# CONCLUSION

- The IYCF-CG program had contributed to **several aspects of child nutrition** and related IYCF indicators
- The contribution was distinctly noticeable on increasing the proportion of birth registration, awareness on program itself, **purchasing of nutritious food for children**, improvement in breastfeeding, sanitation and hygiene
- Linking IYCF with CG can impact on IYCF indicators, however there is fairly low improvement in Nutritional status suggesting other factors associated with it (WASH, infectious disease etc.)
- Recommends **to continue the IYCF-CG program** in Karnali zone and **to replicate it** across the country in the future

**THANK YOU !!**