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## Background

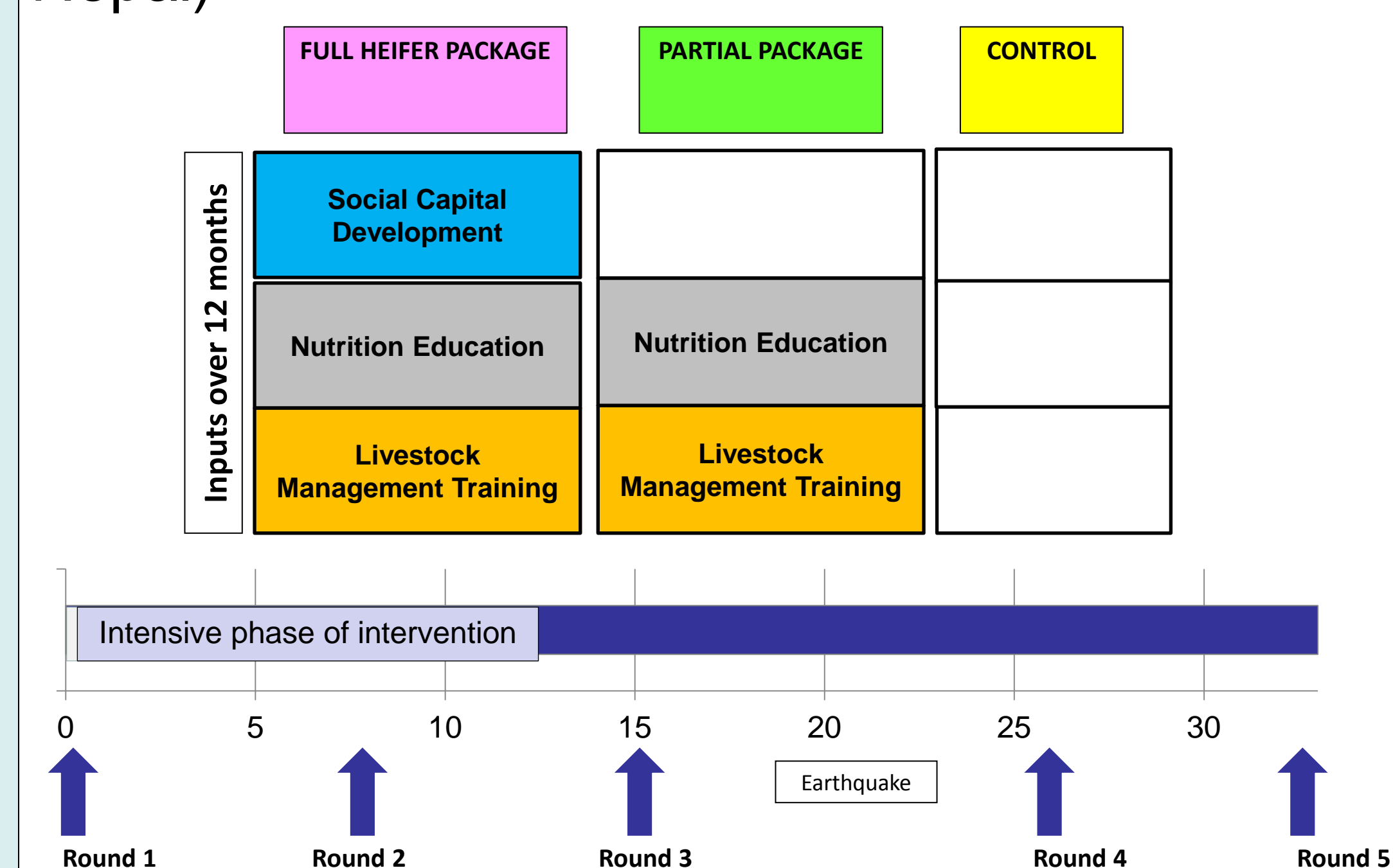
Inadequate child dietary quality is a significant public health problem in Nepal. Only 35% of young Nepali children received at least 4 different food groups in the preceding 24-hours (2016 DHS). Community development interventions have potential to improve child dietary quality in rural households. However, comparison of dietary quality for children vs that of other household members is rarely examined, especially over time.

## Objectives

1. Better understand child diet quality in the context of intra-household food distribution dynamics
2. Determine if preferential or disadvantageous feeding practices were directed towards these young children

## Methods

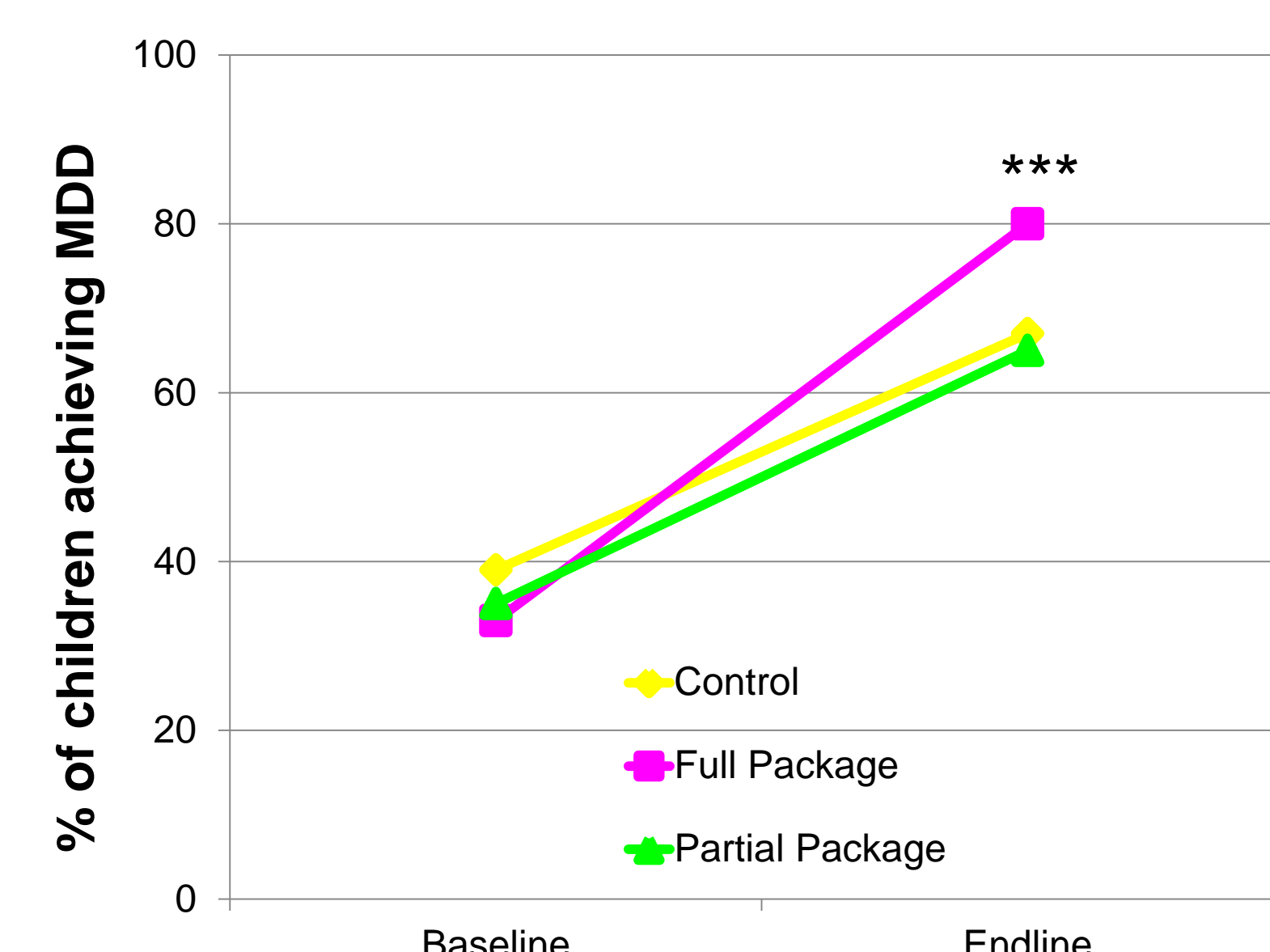
Longitudinal cluster randomized trial of the impact of a Heifer Nepal intervention on child diet (Banke, Nepal)



- Food consumption details for all children 6-60 months (n=2607) and “any other household member” (OHHM) collected at 5 household visits over 3 years
- Dietary diversity score (DDS), animal source food (ASF) consumption, minimum dietary diversity (MDD) calculated
- Child results categorized as “worse” or “the same or better” as OHHM

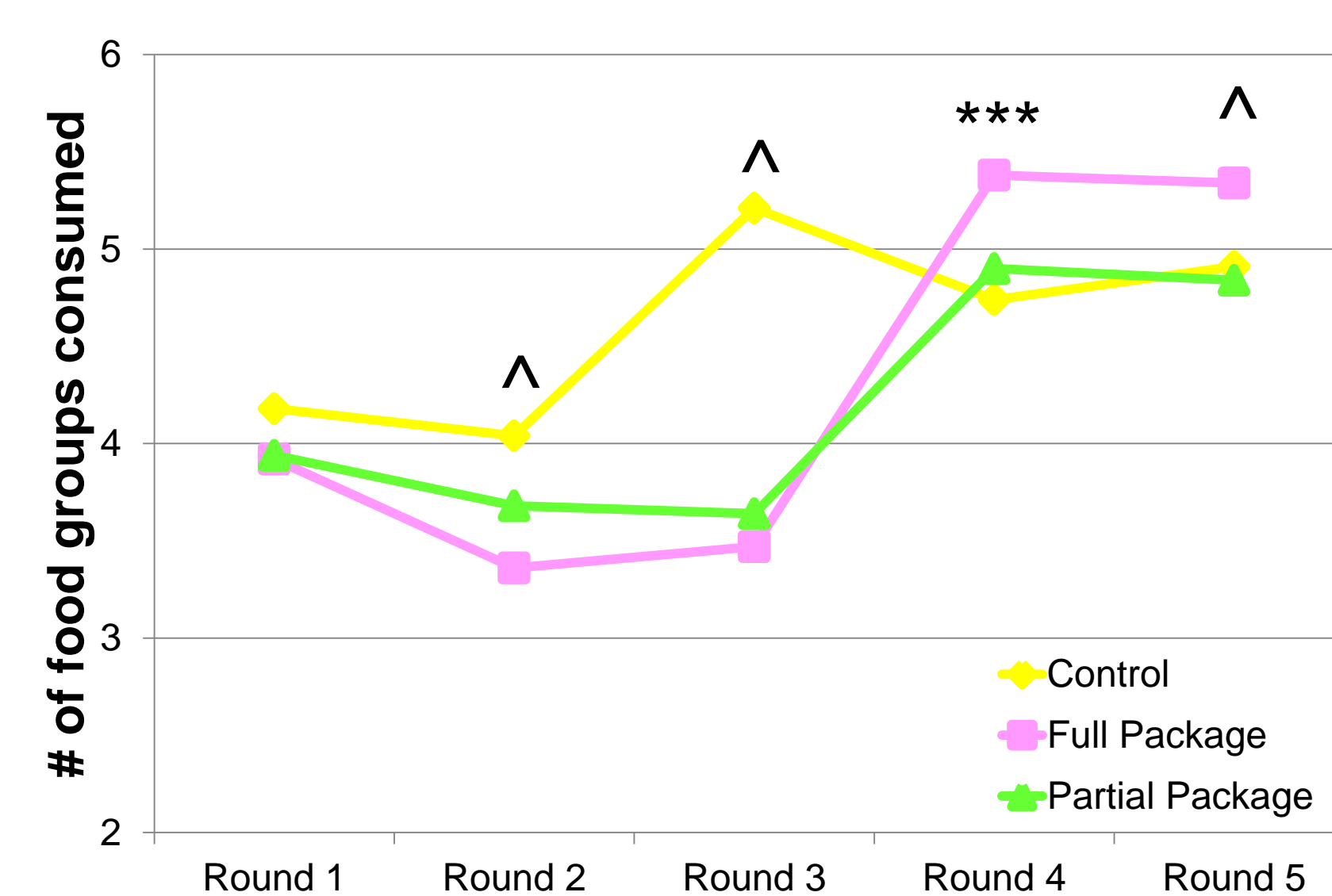
## Results

### MORE CHILDREN IN FULL HEIFER PACKAGE GROUP ACHIEVED MDD BY ENDLINE



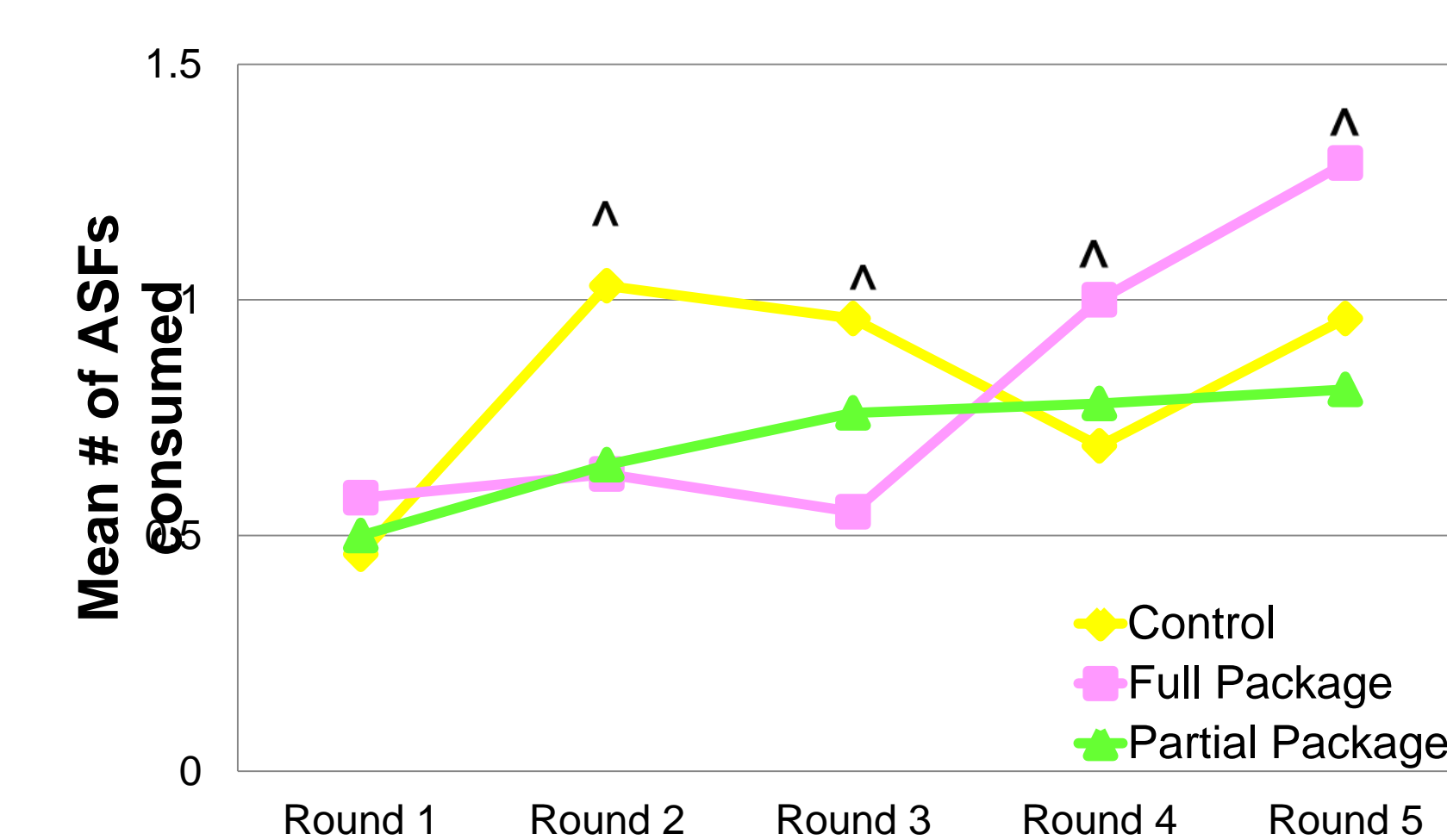
\*\*\*p<.001

### CHILDREN IN HEIFER FULL PACKAGE HOUSEHOLDS ACHIEVED GREATER DDS BY ENDLINE



^p<.0001, \*\*\*p<.001

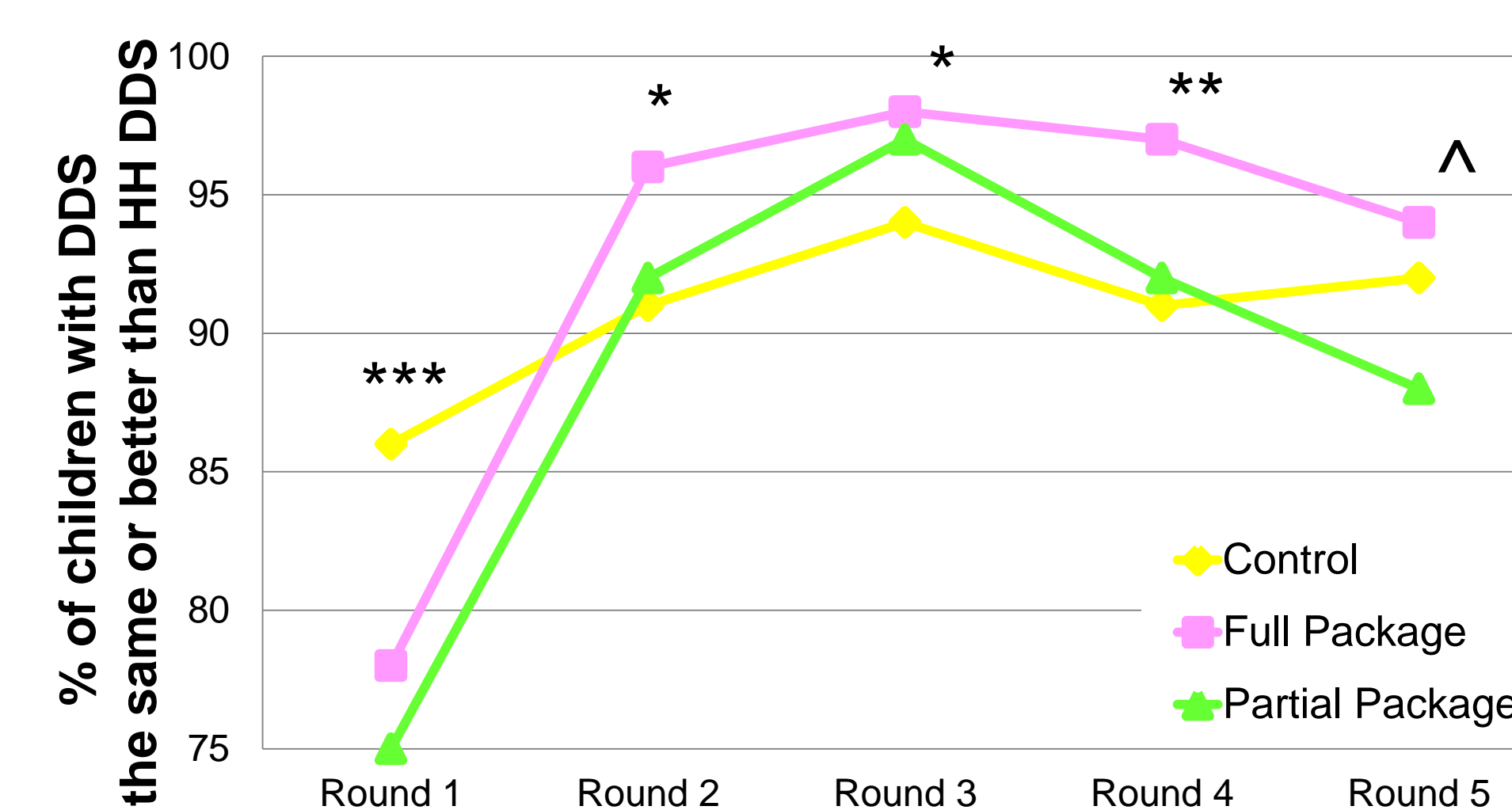
### CHILDREN IN HEIFER FULL PACKAGE HOUSEHOLDS CONSUMED MORE ASFs BY ENDLINE



^p<.0001

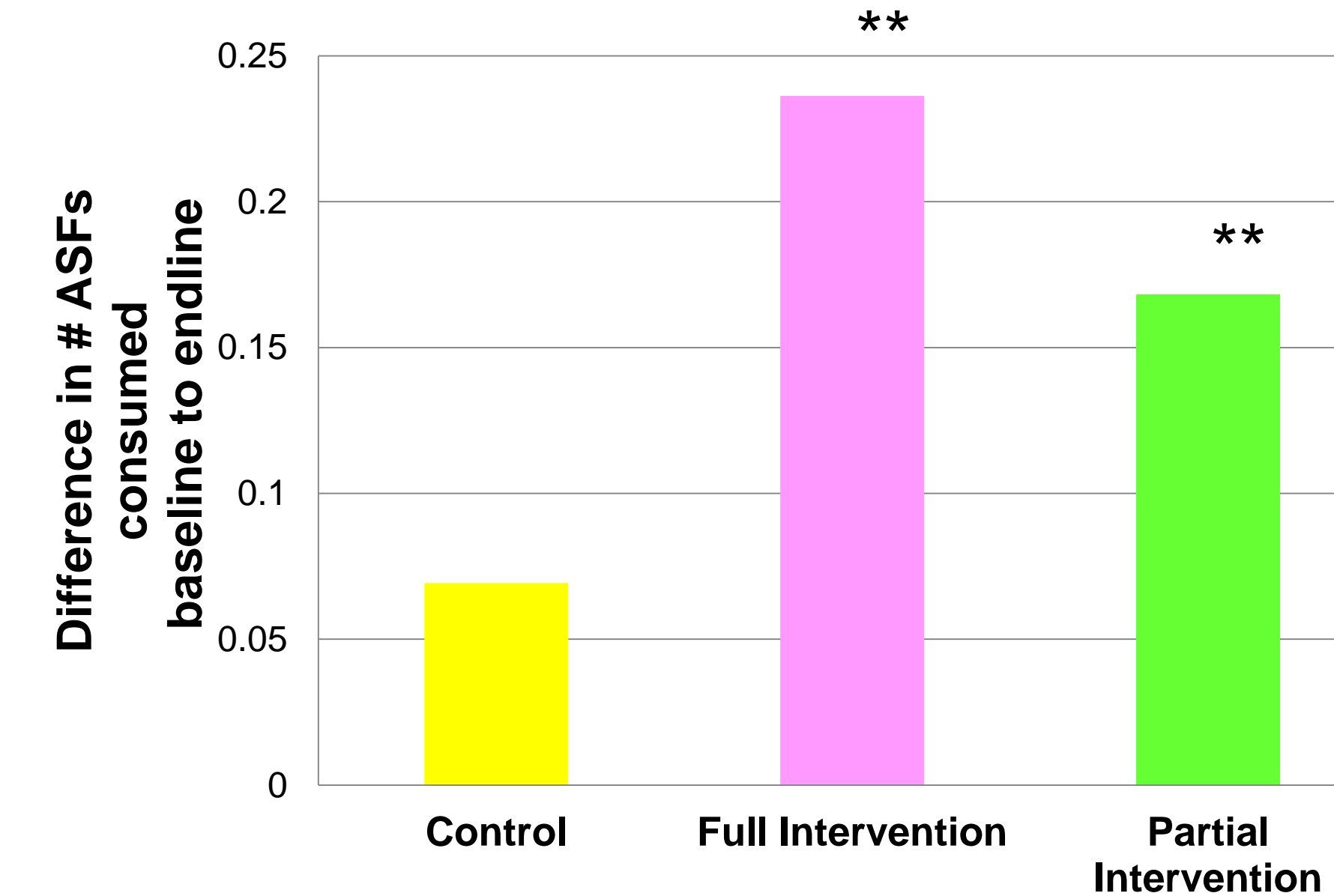
### CHILD DIET COMPARED TO OTHER HOUSEHOLD MEMBERS

#### MORE CHILDREN IN HEIFER FULL PACKAGE HOUSEHOLDS HAD THE SAME OR BETTER DDS THAN ANY OTHER HOUSEHOLD MEMBER BY ENDLINE



^p<.0001, \*\*\*p<.001, \*\*p<.01, \*p<.05

#### MORE CHILDREN IN HEIFER FULL PACKAGE HOUSEHOLDS CONSUMED THE SAME OR MORE ASFs THAN ANY OTHER HOUSEHOLD MEMBER BY ENDLINE



\*\*p<.01

## Conclusions

By endline, children in households participating in the Full Heifer Package were more likely to

- Achieve MDD
- Consume more diverse diet
- Consume more ASFs

In addition, compared to other members of these households, children in the Full Heifer Package households were more likely to have

- the same or better DDS
- the same or more consumption of ASFs

Thus, families in the Full Heifer package households adopted preferential feeding practices favoring ASF consumption and improved DDS of their children

Although more time-consuming and costly to administer, integrated livestock-based programs that include nutrition training and community social capital development, are associated with better child dietary outcomes than isolated training programs alone.

