



FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative

A qualitative study to understand
sustained activities of
Action Against Malnutrition through
Agriculture (AAMA) project - an
integrated rural nutrition
intervention in Nepal

Dr. Robin Shrestha, Nutrition Innovation Lab, Tufts University

**Co-authors: Ghosh S, Harding K, Davis D, Bhattarai A, Lamichhane A, Neupane S,
Neupane S, Adhikari D, Devkota M, KC A, Baral K, Webb P**



USAID
FROM THE AMERICAN PEOPLE



GERALD J. AND DOROTHY R.
Friedman School of
Nutrition Science and Policy



FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative

U.S. GOVERNMENT PARTNERS





INTRODUCTION TO AAMA

- ❖ Implemented by the Helen Keller International (HKI) and its partners in the three districts of Far Western Nepal (Kailali, Baitadi and Bajura) between 2008-2012
- ❖ Used an integrated nutrition-specific and nutrition-sensitive program model, called Enhanced Homestead Food Production, EHFP; (Homestead Food Production, HFP + Essential Nutrition Action, ENA)
- ❖ Approximately covered 12,000 DAG households as Village Model Farmers (VMFs), Female Community Health Volunteers (FCHVs) and Homestead food garden beneficiaries (HFPBs)





STUDY OBJECTIVE AND METHODS

- ❖ To report what AAMA activities are still being retained, and, at what intensity;
- ❖ Explore any growth and opportunities generated by the AAMA project
- ❖ Qualitative method- Focus group and in-depth interviews
- ❖ Participants - VMFs, HFPBs, FCHVs, District and Community Leaders, Program Implementers

19 Focus Groups Discussions (FGDs) in 3 districts (n= 98)

- 1 district – 4 VDCs – 6 Focus groups
 - ❖ 2 FGDs amongst VMFs
 - ❖ 2 FGD amongst FCHVs 2 FGD amongst HFPBs

9 Key Informant Interviews in 3 districts (n= 9)

- 1 district – 3 Key Informant Interviews
 - ❖ 1 Community leader
 - ❖ 1 district/VDC official
 - ❖ 1 Implementing partner



DATA COLLECTION AND ANALYSIS

- ❖ Approved by Nepal Health Research Council and Tufts IRB
- ❖ Each focus group and key informant lasted 1 – 1.5 hours
- ❖ Conducted by 3 teams of trained supervisor, facilitator and note takers (VaRG)
- ❖ Interviews were audiotaped, transcribed and translated into English
- ❖ ATLAS.ti software
- ❖ Inductive methods were used to code and identify themes from the transcripts



Key Informant Interview



Focus Group Discussion



FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative

RESULTS



USAID
FROM THE AMERICAN PEOPLE



GERALD J. AND DOROTHY R.
Friedman School of
Nutrition Science and Policy



AAMA ACTIVITIES REPORTED TO HAVE RETAINED OR SCALED UP

- ❖ **Homestead Food Production (Home gardens)** – in all three districts
 - ❖ Before “*..planted one crop haphazardly*”
 - ❖ During AAMA program – “*..trained on planting, making plots and fertilizers*”
 - ❖ Now– “*..Planting vegetables and fruits separately*”

- ❖ **Nutrition Education and BCC** (exclusive breastfeeding, complementary feeding and immunization) – in all three districts
 - ❖ “*..Pregnant women consume eggs and green leafy vegetables*”





AAMA ACTIVITIES REPORTED TO HAVE RETAINED OR SCALED UP

- ❖ **Small Animal Husbandry** (Chicken Rearing) – Mostly among VMFs in Kailali and Baitadi districts
 - ❖ Before AAMA – *“..did not have chickens or roosters”*
 - ❖ Now - *“...rearing 20-30 local chickens and layers. Selling eggs too!”*

- ❖ **Opportunities and growth** - Commercial vegetable and poultry farming in Kailali district, overlapped and reinforced by other ongoing activities (SUA AHARA)
 - ❖ Now – *“....running commercial poultry farm”*
 - ❖ *“... Suaahara program also gave me chicks and also gave me 50,000 rupees to continue my business”*





AAMA ACTIVITIES REPORTED TO HAVE DISCONTINUED OR PHASED OUT

- ❖ **Small Animal Husbandry (Chicken Rearing)** – in all three districts, especially HFPBs
 - ❖ *“..chickens died due to disease...no support from local vet. Now no one rearing chickens in the community”*

- ❖ **Multi-sectoral governance component (VMFs and local government offices)** – lacked coordination with VMFs, local governance capacity
 - ❖ *“...Some VMFs would do nothing at all, and that remained a challenge”*
 - ❖ *“....did not get support, so left the group registered at the agriculture office”*





LESSON LEARNED

- ❖ Most AAMA activities (especially home gardens, nutrition education) were reported to have self-sustained and/or scaled up
- ❖ Sustainability/scaling up also depended on other ongoing programs
- ❖ Suggestion to continue strengthening of capacity of local resource persons (VMFs) and governance for sustainability of major AAMA activities

Measuring impact over 4-5 years is good, but understanding what sustains impact beyond that time matters even more!





FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative

ACKNOWLEDGEMENTS

- ❖ Co-authors
- ❖ Collaborators and Partners (CHD, HKI, VaRG, IOM, PAHS, SUAAHARA)
- ❖ Participants
- ❖ Field Team (HKI, VaRG)
- ❖ USAID mission in Nepal



USAID
FROM THE AMERICAN PEOPLE



GERALD J. AND DOROTHY R.
Friedman School of
Nutrition Science and Policy



FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative

www.feedthefuture.gov



USAID
FROM THE AMERICAN PEOPLE



GERALD J. AND DOROTHY R.
Friedman School of
Nutrition Science and Policy