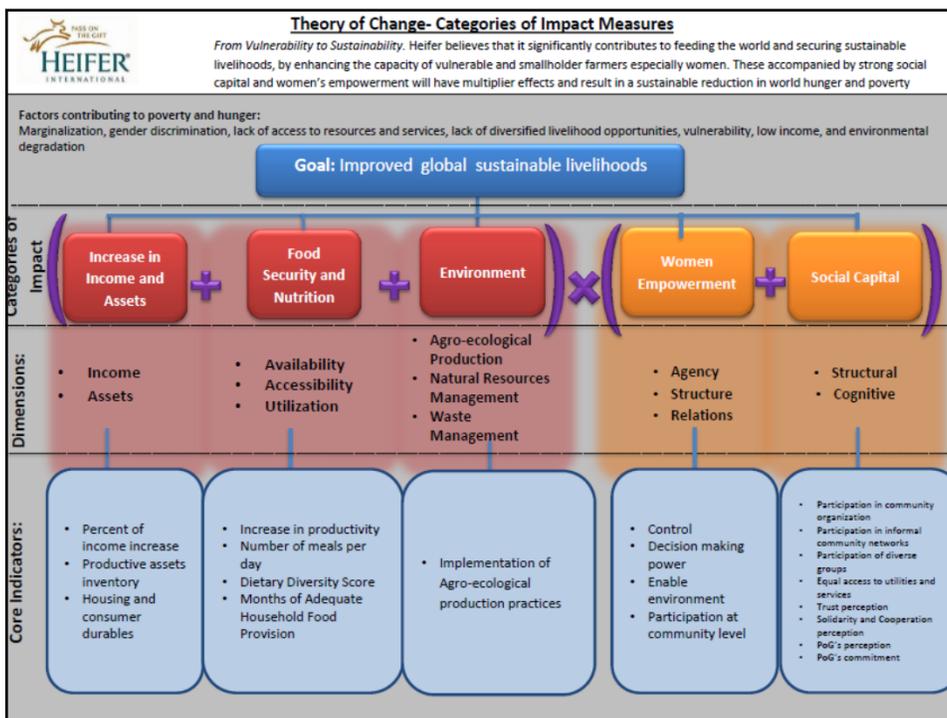


Community development and livestock promotion in rural Nepal: effect on child health and growth



What is the effect of Heifer activities on the health and nutritional status of children?



Study Design

- Prospective
- Randomized Controlled Trial

- 2 years



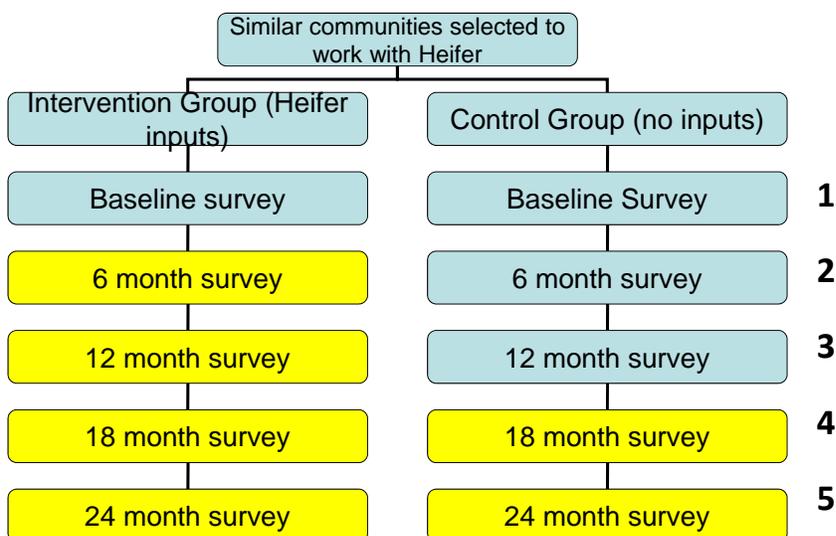
Information Collected

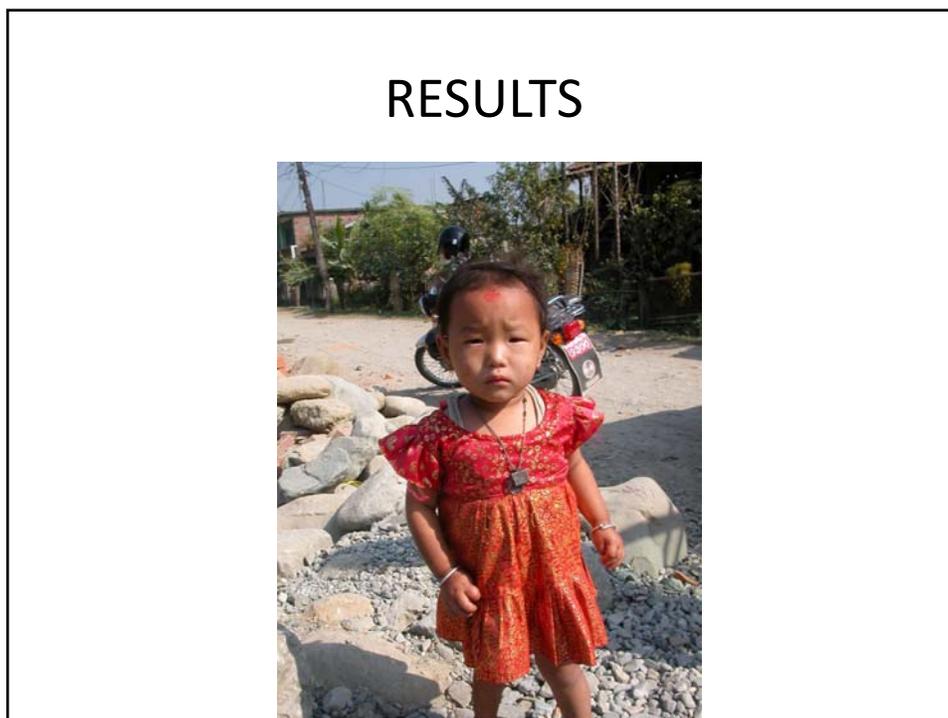
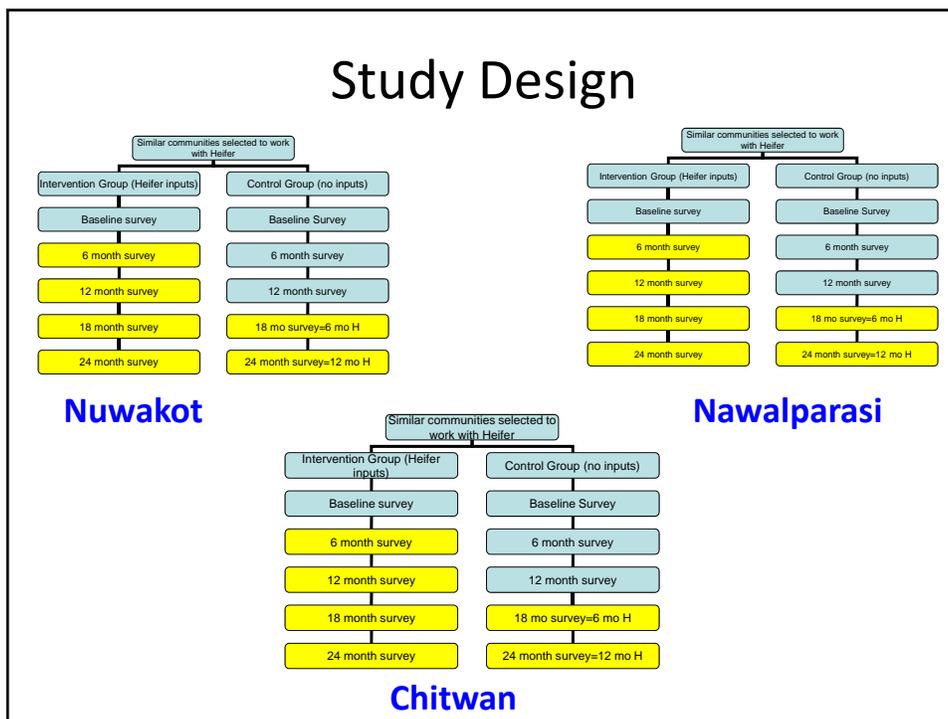
- Land
- Animals (FAO)
- SES (DHS)
- Income
- Food variety (WHO)

- **Child Growth**
- **Child Health**



Study Design Project 1

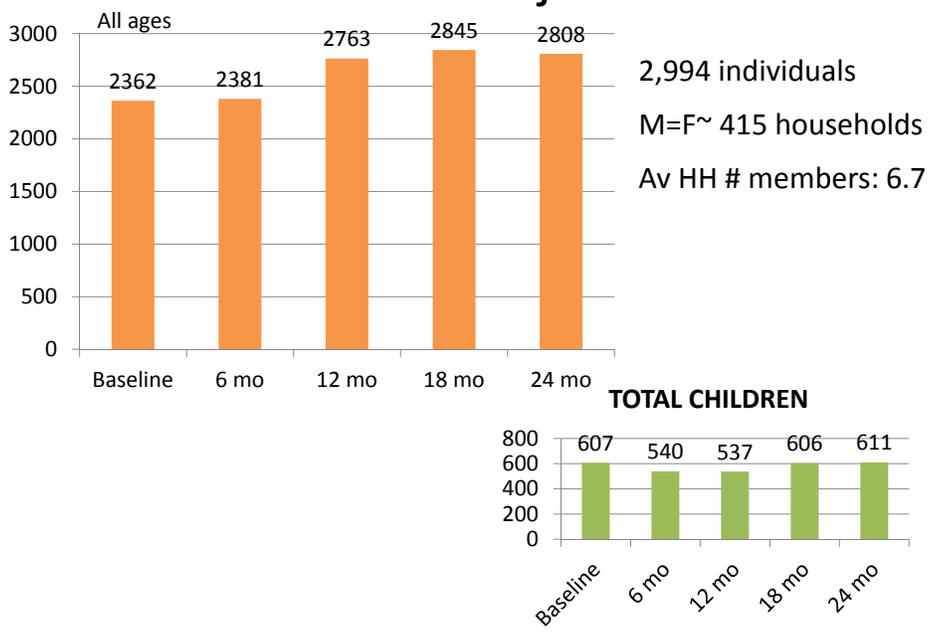


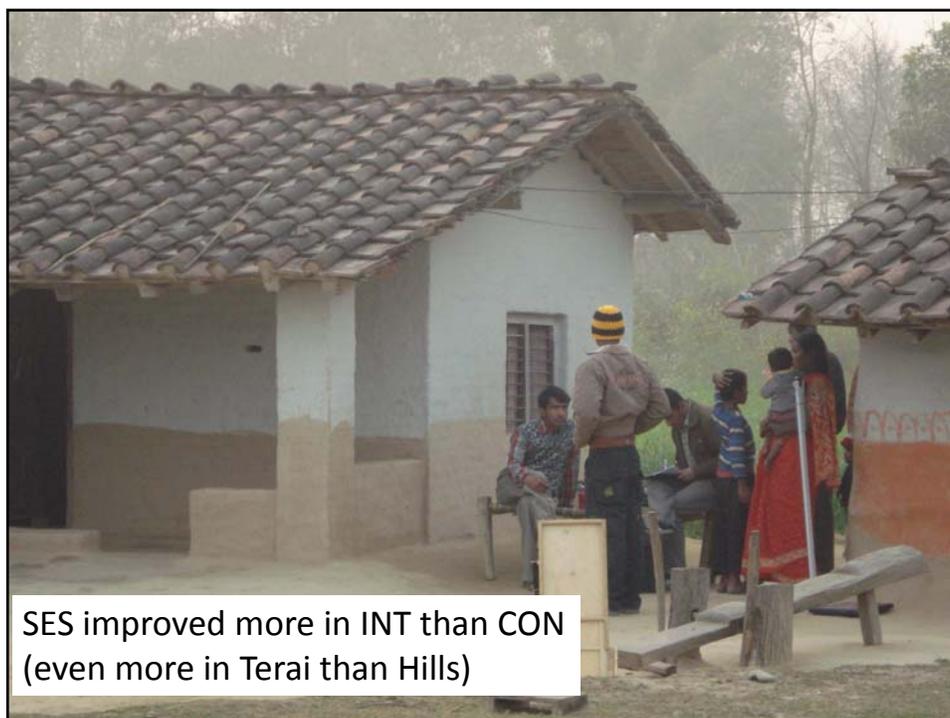


Basic Demographics



Enrolled subjects







Dietary Diversity*

Improved MORE in INT children

- Especially in Hills (vs. Terai)
- Especially during Hungry season (vs. Harvest)



*ate from at least 3 food groups in past 24 hrs

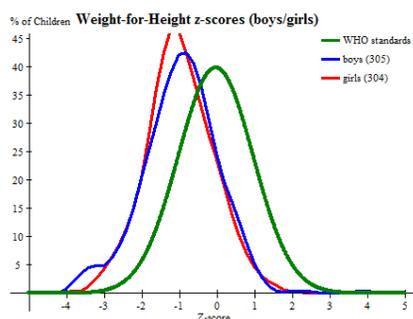
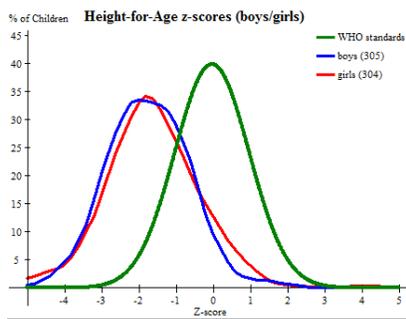
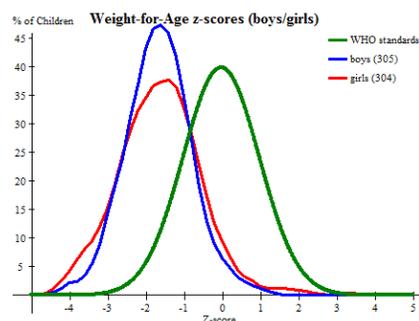
Child Nutrition Results

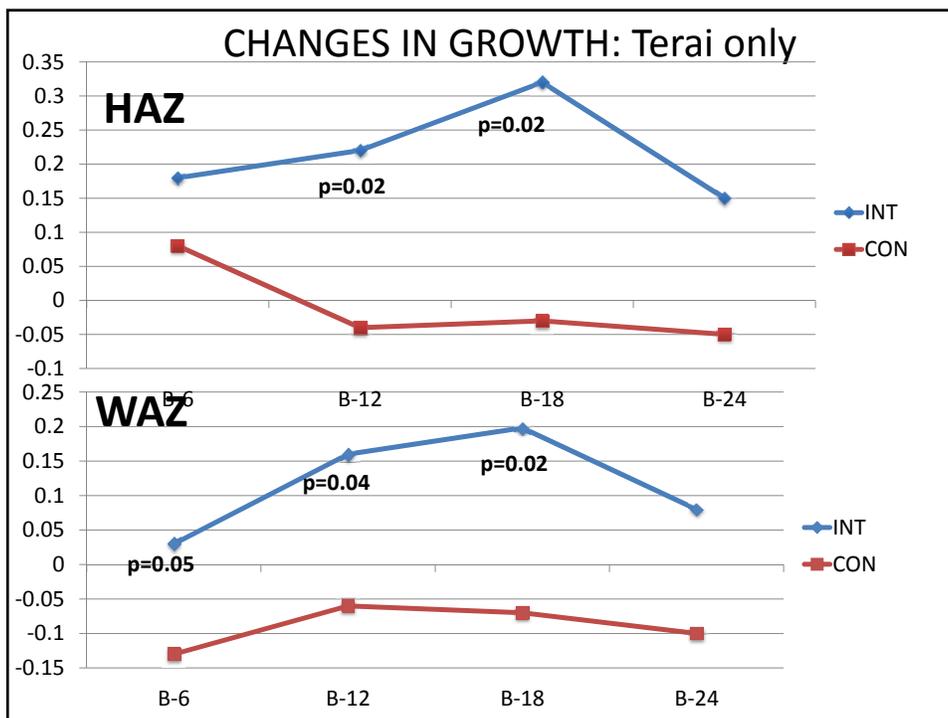
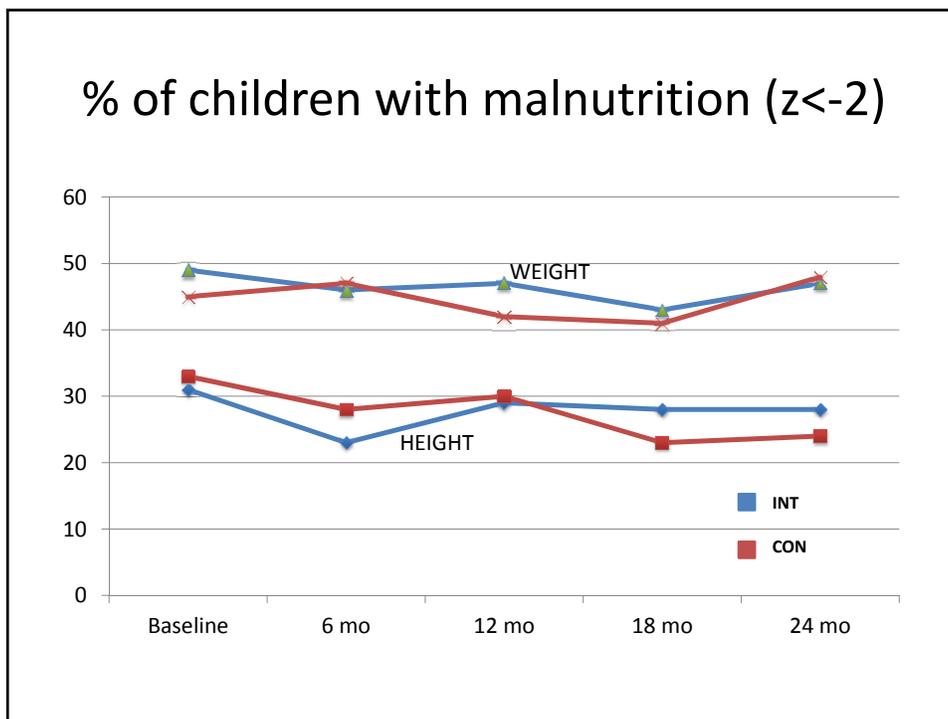


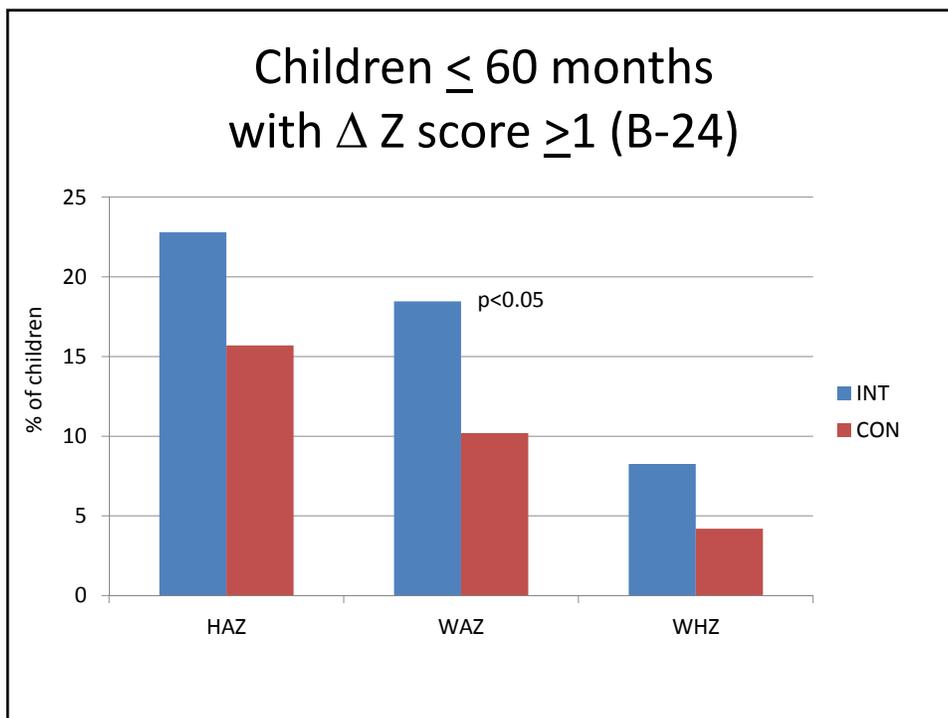
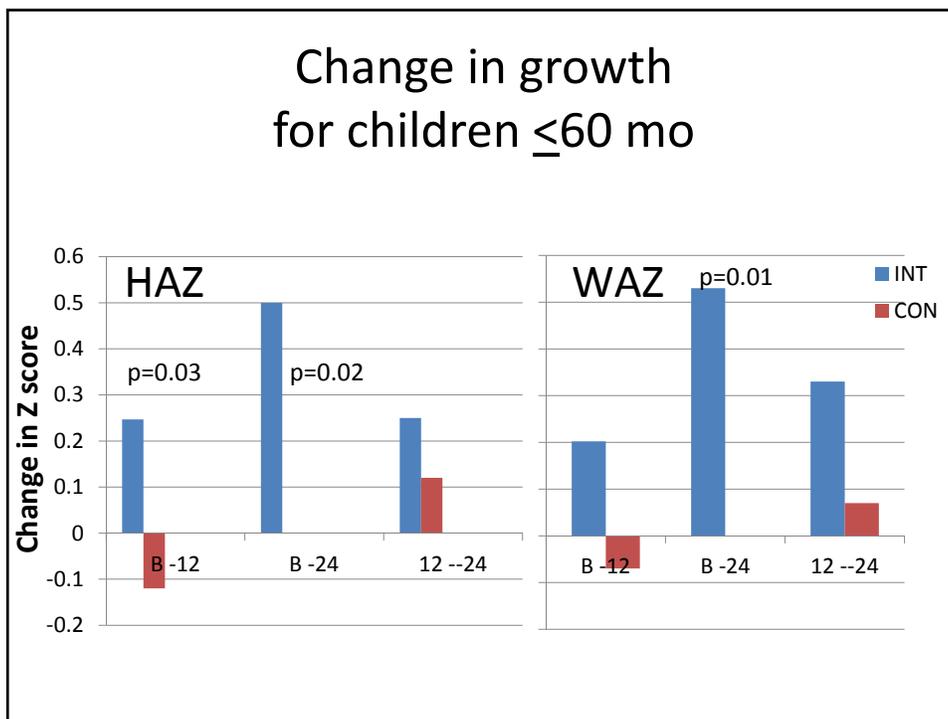
Children in project areas are malnourished

Baseline

6-60 mo



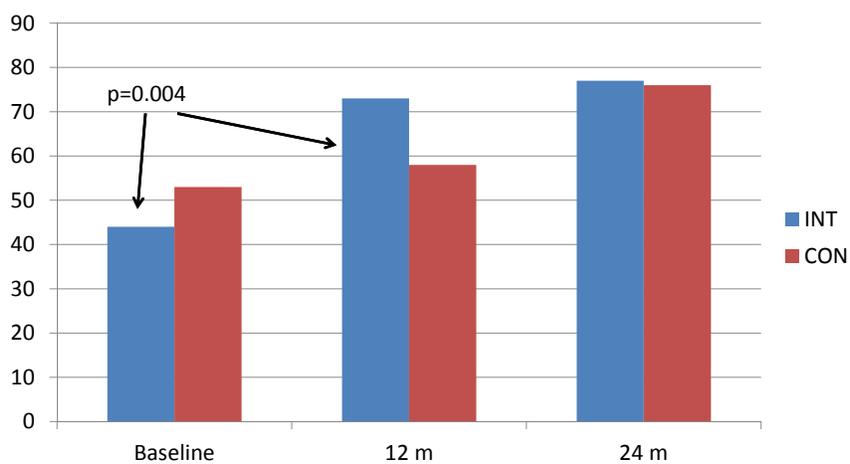




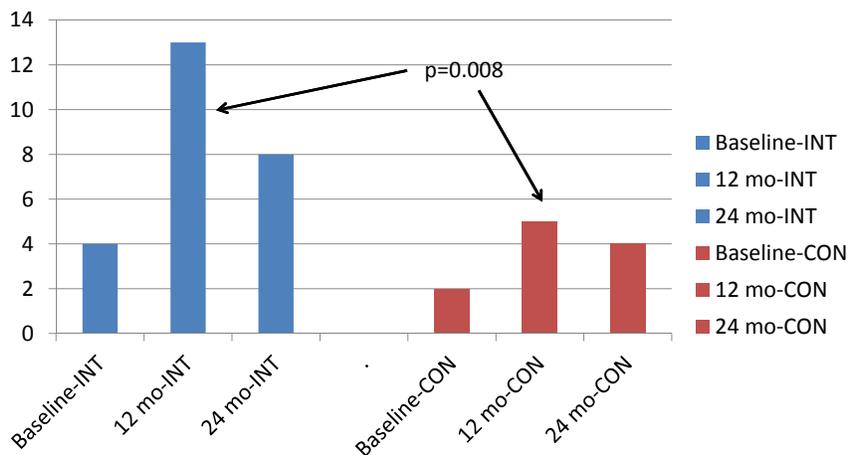
HEALTH PRACTICES



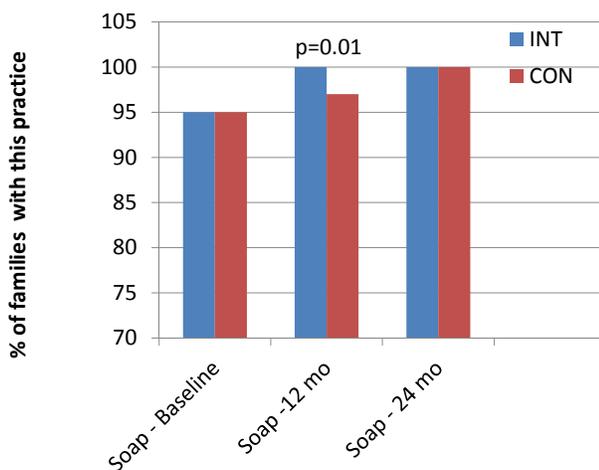
Toilet in home more likely in INT families by 12 months



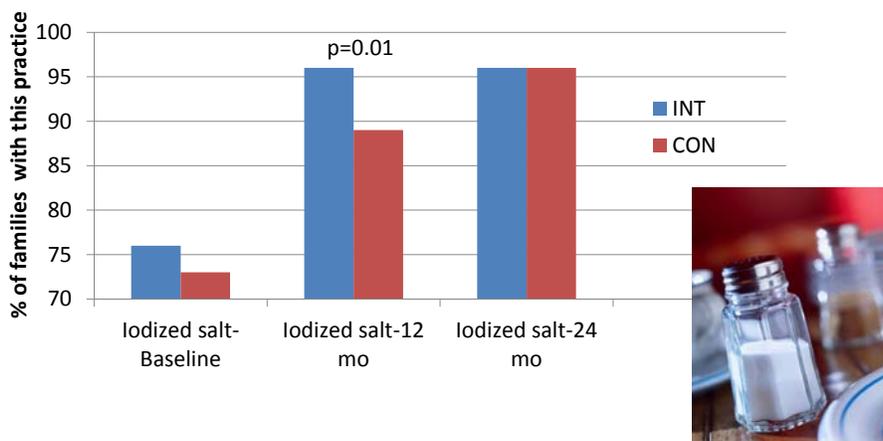
INT families more likely to treat water to improve safety by 12 months



INT families were more likely to use soap (after toilet) by 12 months



INT families were more likely to use iodized salt by 12 months



CONCLUSIONS (1)

- Families participating in Heifer activities the longest had
 - Greater increase in SES
 - Greater increase in income per HH member



CONCLUSIONS (2)

- Children in these families had better growth
 - Improvement was robust even accounting for other factors
- Children and adults in these families had improved dietary diversity



CONCLUSIONS (3)

- No striking differences were found in child health but INTERVENTION families had more improvements in health practices
 - Improved toilet & water facilities
 - Use of iodized salt
 - Use of soap



CONCLUSIONS (4)

- INTERVENTION families were more likely to sell produce from their kitchen gardens



Questions??

- What is the time frame for improving outcomes?
- What HH characteristics correspond to specific outcomes?
 - Child health & growth
 - Improved economic well-being
- What can be done to facilitate better outcomes for families?
- How important is a holistic approach?



Next directions

Extend present study to collect data at 48 months

New study

- evaluate effect of focused nutrition curriculum
- disaggregate social capital/ women's empowerment



Nutrition Training

- What is the effect of including nutrition training on child growth and health?
- Is a holistic approach more effective than training alone?



Effect of integrated community development and nutrition training on child growth and health

- 24 months
- Randomized Clusters
- HH Surveys
- Anthropometrics

Community development & social capital
Livestock & nutrition training

Livestock & nutrition training

Control

Acknowledgments

- **CRSP**



