

Reaching disadvantaged groups through peers to improve health and nutrition behaviors

Bhim Kumari Pun
Sr. Nutrition Program Manager
Bhim.pun@savethechildren.org

Presentation outline



- Background
- Objective of study
- Methodology
- Results
- Conclusions

Study Background ...

- Reduction in stunting over the last decade, but the progress has remained slow, (41%) is of continuing concern
- Progress not inclusive, disadvantage groups (DAG) lag behind
- There are increasing disparities by wealth quintiles and geographical areas ;
 - *Children in the poorest households are more than twice as likely to be stunted (56%) than wealthiest households (26%)*
 - *Children in households with food security are less likely to be stunted (33%) than children in in severe food insecurity households (49%)*
 - *Women in the lowest wealth quintiles are more likely to be underweight (22%) than women the highest wealth quintiles (12%)*

Study Background (cond...)

- DAGs - identified by the state as being vulnerable due to their social, economic, cultural, political and physical status
- Selected PFs in a participatory manner based on;
 - Live in a **geographically remote** area where FCHVs cannot reach frequently
 - Willingness to share experiences and works as a **volunteer**
 - Has at least **one child** under 2 years of age
 - Potential to **demonstrate leadership** in the community
 - Currently playing a **supportive role** in their family
- Capacity building - modular approach

Study Background (cond...)

Role of the PFs

Support FCHVs

- Create demand for MCH & nutrition services in their community.
- Regularize HMG's group meetings by attending them and encouraging other 1,000 days women to do so

Disseminate messages

- Frequently interact with 1,000 days women to improve health & nutrition behaviors in formal and informal setting
- Advocate for optimal nutrition behaviors with 1,000 days women and family members

Overcome barriers

- Help 1,000 days women identify barriers and solutions to overcoming those barriers.

Objective of the Study

General:

To assess the effect of mobilizing peers on improving the health and nutrition behaviors of women and children of disadvantage group (DAG)

Specific :

- *improving practices of key MIYCF behaviors by mothers of children under 24 months of age from DAG*
- *Improving maternal practices of key behaviors during pregnancy and lactation*





Study Methodology

Study Area

Comparison

- MIYCN
- MCH/FP
- WASH
- Home gardens and poultry
- Bhanchhin Aama radio Program

Intervention

- MIYCN
- MCH/FP
- WASH
- Home gardens and poultry
- Bhanchhin Aama radio Program

+ Peer Facilitators

Minimize the diffusion of the program effect, comparison VDCs selected that were not adjoined to the intervention VDCs (same DAG category)

Study Timeline

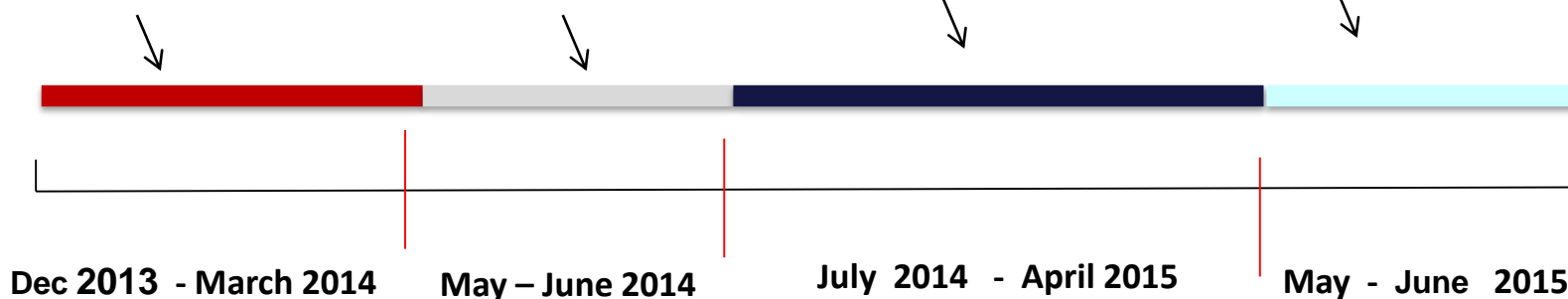
Develop materials
& select PFs in
demonstration
districts

Baseline Survey

PF intervention

Endline Survey

Implementation
(10 months)



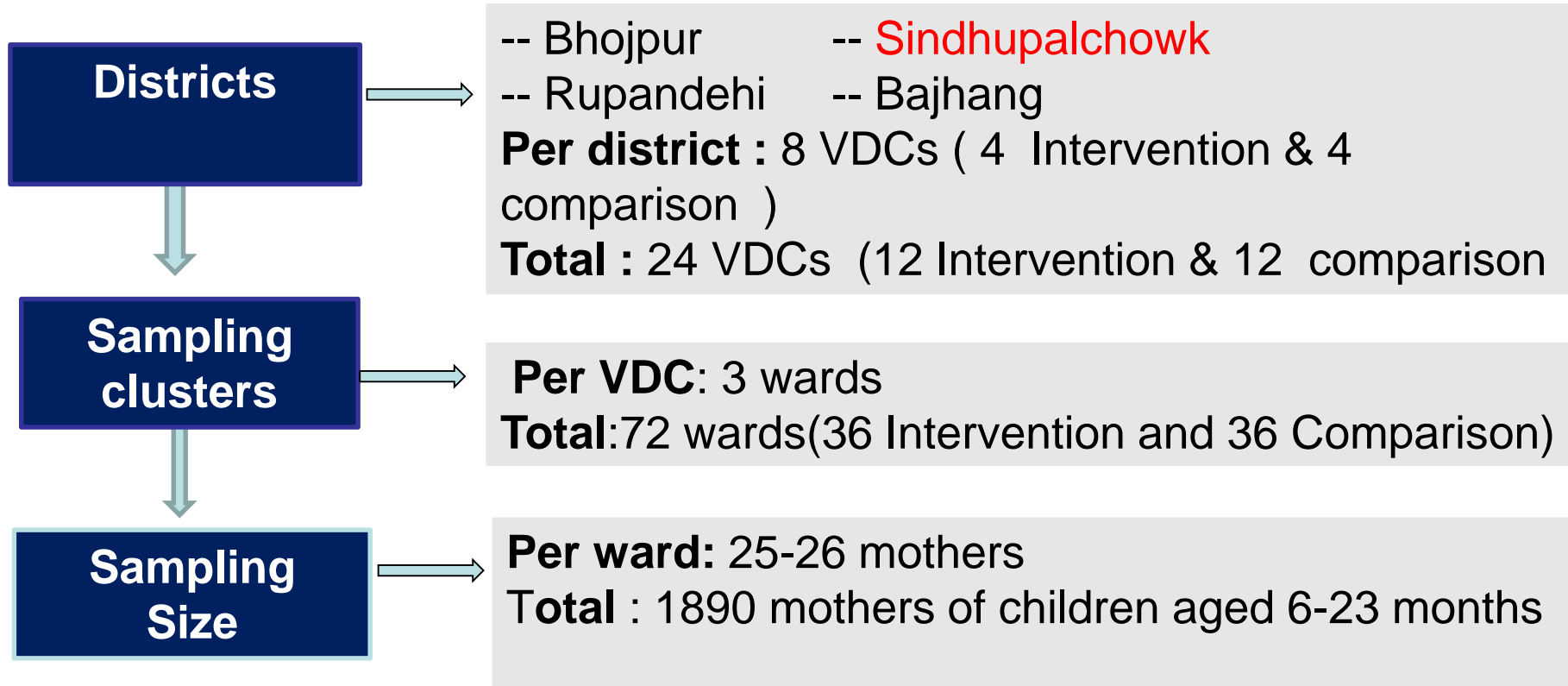
Methodology

- **Study :**
 - Quasi-experimental design was used at two points of time (pre & post intervention)
- **Sampling Design :**
 - Multi – stage cluster sampling selected using probability proportional to size (PPS)

Ethical approval : NHRC

Data collected and analysis: Valley Research Group (VaRG)

Methodology (contd...)



Data was collected by using electronic device and t-test Chi square test done by SPSS (21)

Study Findings

Infant & Young Child Feeding (IYCF) Practices



IYCF Practices

	PF Intervention		Comparison		Difference in Difference values (PF intervention – Comparison)
	BL	EL	BL	EL	
Breastfeeding					
Ever breastfed	100.0	99.8	99.9	99.8	-
Early breastfeeding (within 1 hour after birth)	63.1	73.8 ***	61.5	63.0 ^{ns}	+9.2
Minimum meal frequency	82.6	84.7	77.4	82.4	-2.9
Minimum dietary diversity (≥4 food groups)	32.1	46.5	37.6	45.0	+7.4

p-values *** <0.01; ** <0.05; * <0.1; ns=not significant

Food groups consumed by children aged 6-23 months

	PF Intervention		Comparison		Difference in Difference values (PF intervention – Comparison)
	BL	EL	BL	EL	
Individual dietary diversity	3.0	3.4	3.1	3.3	+0.2
Food groups					
Dairy products	46.9	52.6 ^{***}	52.7	52.6 ^{ns}	+5.8
Grains	97.0	96.8 ^{ns}	96.2	96.6 ^{ns}	-0.6
Vitamin A rich fruits and vegetables	31.0	49.5 ^{***}	39.6	44.6 ^{**}	+4.5
Other fruits and vegetables	14.9	18.5 ^{**}	14.3	24.3 ^{***}	-6.4
Eggs	11.6	19.3 ^{***}	11.7	17.1 ^{***}	+2.3
Meat, poultry and fish	18.8	20.8 ^{ns}	17.4	19.2 ^{ns}	+0.2
Legumes and nuts	83.2	86.2 ^{**}	76.3	79.6 ^{**}	-0.3

*p-values *** <0.01; ** <0.05; * <0.1; ns=not significant*



Maternal Nutrition Practices

Maternal Nutrition practices

	PF Intervention		Comparison		Difference in Difference values (PF intervention – Comparison)
	BL	EL	BL	EL	
Individual dietary diversity	3.3	3.7	3.5	3.6	+0.3
Food groups					
Dairy products	38.2	40.4 ^{ns}	41.1	37.0 ^{**}	+6.3
Grains	99.9	100.0 ^{ns}	99.8	100.0 ^{ns}	-0.1
Vitamin A rich fruits and vegetables	9.2	20.5 ^{***}	10.5	17.0 ^{***}	+4.8
Dark green leafy vegetables	40.0	51.3 ^{***}	55.3	52.8 ^{ns}	+13.8
Other fruits and vegetables	13.5	25.8 ^{***}	16.8	28.6 ^{***}	+0.5
Eggs	10.1	13.9 ^{***}	11.7	11.4 ^{ns}	+4.1
Meat, poultry and fish	23.6	22.8 ^{ns}	20.6	20.2 ^{ns}	-0.4
Fish	3.8	4.2 ^{ns}	5.5	3.5 ^{**}	+2.4
Legumes and nuts	89.4	92.1 ^{**}	86.1	89.2 ^{**}	-0.4

*p-values *** <0.01; ** <0.05; * <0.1; ns=not significant*

Maternal Nutrition practices (contd...)

	PF Intervention		Comparison		Difference in Difference Values (PF Intervention – Comparison)
	BL	EL	BL	EL	
Women receiving extra meals (>1 time)during last pregnancy	58.5	70.1***	56.3	53.9	+14.0
Women receiving extra meals (>2 times) while breastfeeding	23.3	45.1***	27.9	31.5	+18.2
Used Iron/ Folic tablets for 180 days or more	39.5	57.1	31.8	43.5	+5.9
Taken Deworming tables during Pregnancy	80.0	89.9	70.9	83.6	-2.8

*P-values ***<0.01*

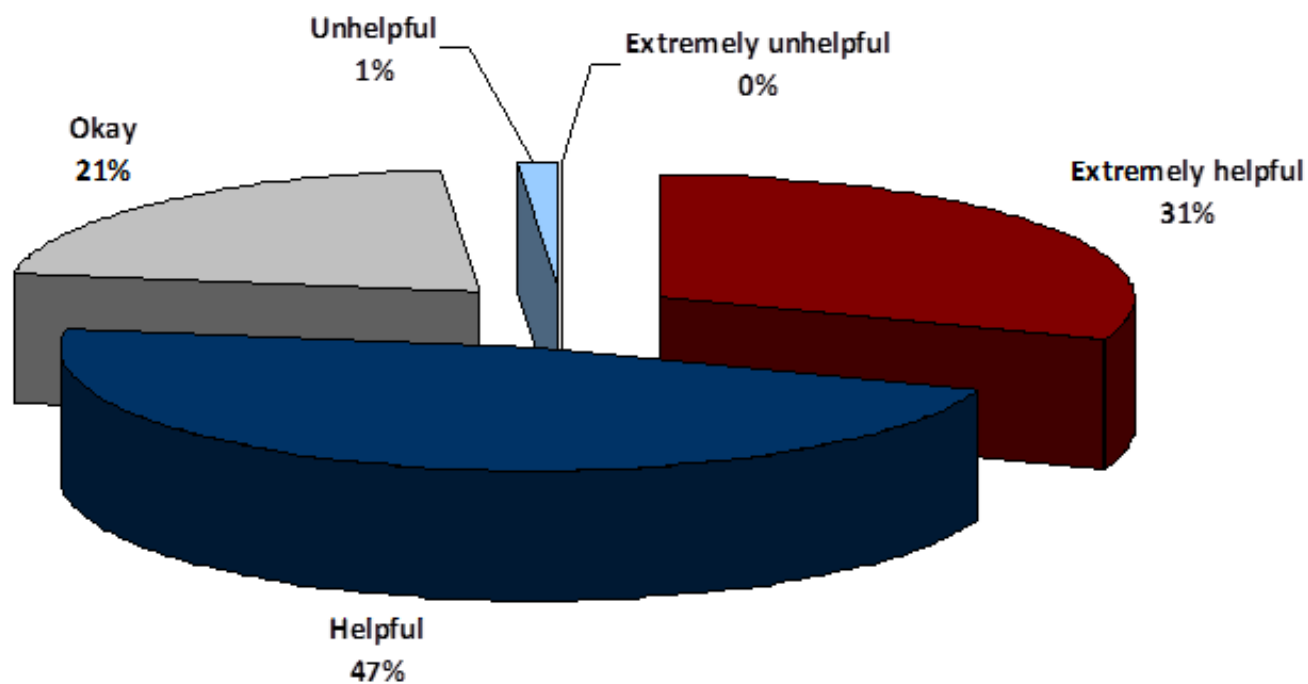


Exposure to Peer Facilitator

Meeting with peer facilitator

% ever met PF	71.6 (n=677)
Time of the last meeting	
Within a month	15.1
One month	41.9
Two months	13.7
Three months+	29.3
Top 5 discussion topics during last meeting	
Advised on making child food/child feeding	59.5
Discussed child nutrition/ diets	52.4
Discussed child health/illnesses	51.8
Demonstrated making child food/child feeding	45.2
Discussed maternal nutrition/diet	40.8

Mother's opinion on interaction with a PF



IYCF Practices by exposure to peer facilitator

	PF Intervention area		Comparison area (N=945)
	Ever met PF (n=677)	Never met PF (n=268)	
Minimum meal frequency	87.9 ^{ab}	76.5 ^b	82.4
Minimum dietary diversity	48.3	41.8	45.0
Consumption of eggs	21.0 ^{ab}	14.9	17.1
Consumption of meat items	21.4	19.4	19.2

Statistical test: ^a - Comparison with “Intervention but not exposed with PF” ($p < .05$);

^b – Comparison with “comparison area” ($p < .05$)

Maternal Nutrition Practices (contd...)

	Intervention area		Comparison area
	Ever met PF	Never met PF	
Receiving extra meal during pregnancy (≥ 1 times)	72.7 ^{ab}	63.4 ^b	53.9
Receiving extra meals while breastfeeding (≥ 2 times)	48.7 ^{ab}	35.8	31.5
Used iron folic acid during pregnancy (180 days or more)	59.5 ^{ab}	51.1 ^b	43.5
Taken Deworming Tablet during pregnancy	92.0 ^{ab}	84.7	83.6
Used iron folic acid after delivery (42 days or more)	46.5 ^{ab}	36.2	31.3

Statistical test: ^a - Comparison with “Intervention but not exposed with PF” ($p < .05$);

^b – Comparison with “comparison area” ($p < .05$)

Conclusions

- The overall findings revealed that there was significant improvement on the level of practice on maternal and child nutrition among the women of PF intervention area.
- Level of practice on nutrition was also higher among the women who had ever met PF than those who had never met them.
- The rate of improvement due to PF exposure in the intervention area was found to be higher even in a short period of one year indicating that the intervention has further added value to nutrition indicators concluding that the program is promising and scalable.

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THANK YOU