

# Feasibility of Urban Nutrition Gardening Concept Combined with Maternal Infant and Young Child Nutrition Training in Kathmandu and Lalitpur during 2016 and 2017



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Sophiya Uprety<sup>1</sup> and Kreepa Bhattarai<sup>2</sup>

<sup>1</sup>Freelance Nutritionist, Kathmandu, Nepal. <sup>2</sup>Social Development and Promotion Center, Kathmandu, Nepal



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## Background and Introduction

Nepal is witnessing a rapid rate of urbanization. Though it is one of the least urbanized countries, it is also among the top 10 fastest urbanizing countries in the world.<sup>1</sup> This is an evolving area of importance for nutrition programming. Dietary diversity is a key recommendation to improve nutrition for all and urban farming holds the potential to improve the diet quality of urban dwellers.<sup>2</sup>

Promotion of Maternal Infant and Young Child Nutrition (MIYCN) is a well-established approach in Nepal that targets pregnant and lactating women and young children. An additional and novel component of Urban Nutrition Gardening was combined with the MIYCN through training in collaboration with Kathmandu and Lalitpur Metropolitan City Offices.

It was integrated with the ongoing rooftop gardening programme of the municipalities with a focus to enhance the nutrition sensitivity. It encompassed techniques and some initial support to grow nutritious vegetables in urban spaces even without land. Seeds and seedlings of seasonal vegetables along with compost manure, were also distributed to the participants to support the urban nutrition gardening.



Figure 1: Urban Nutrition Gardening training, Lalitpur Metropolitan City Office, July 2016

## Acknowledgements

This intervention was conducted in collaboration between District Public Health Offices of Kathmandu and Lalitpur; Kathmandu and Lalitpur Metropolitan City Offices; UNICEF Nepal and SDPC.

## Objective

To explore the feasibility of introducing urban nutrition gardening concept in conjunction with MIYCN promotion training in urban areas of Kathmandu and Lalitpur.



Figure 2: Urban Nutrition Gardening during follow up visit, Kathmandu

## Methodology

A total of 303 participants from households with pregnant and lactating women and children under five years received three-day training on the standard MIYCN content combined with the concept of urban nutrition gardening during 2016 and 2017. Third day of the trainings also included site visit to a model urban nutrition garden.

Post-training evaluation of the participants was conducted after three months to assess the practice of urban nutrition gardening. A questionnaire along with an observation checklist was used to record information from face to face interviews and verify the types of vegetables grown by the participating households.



Figure 3: Urban Nutrition Gardening during follow up visit, Lalitpur

## Results

Ninety-four percent (n = 286) of the participants could be assessed by the post training evaluation. Remaining 6 percent (n=17) of the participants were either out of valley or unable to be traced.

Out of the 286 assessed participants, 72 percent (n=206) were found to be practicing urban nutrition gardening at the time of the evaluation and had also utilized the seeds and seedlings provided during the training. Seventy percent (n=200) of the assessed participants mentioned that they were consuming the products from their gardening.

Graph1: Training on urban nutrition gardening and follow-up after 3 months on subsequent practice

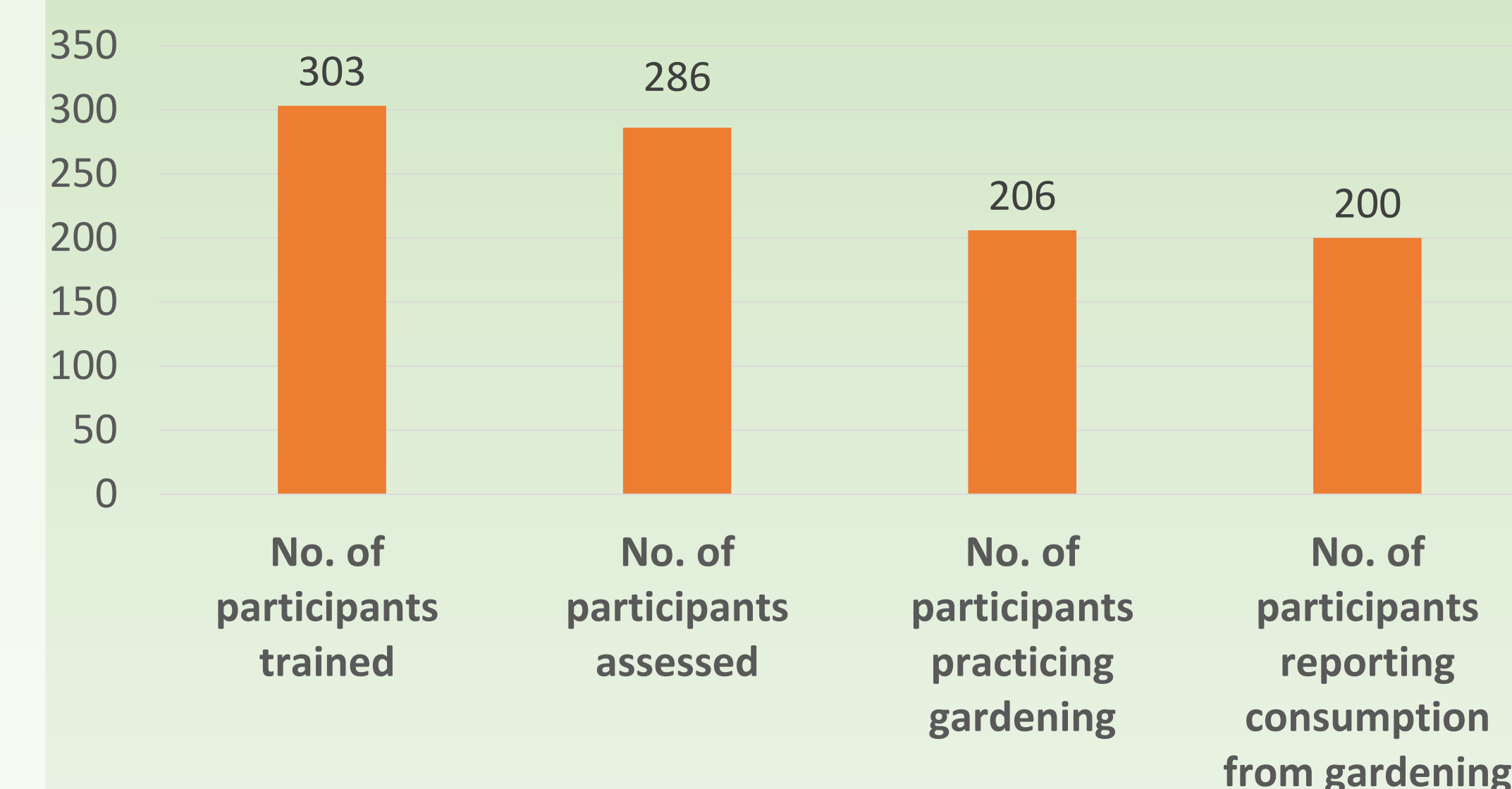


Figure 4: Urban Nutrition Gardening during follow up visit, Kathmandu

Similarly, 45 percent (n=129) of the assessed participants were also practicing compost manure in their homes. Twenty eight percent (n=80) of the assessed participants had not practiced the urban nutrition gardening and cited reasons as lack of space, lack of time and house affected by earthquake.

## Types of vegetables grown by participant

- |                 |               |
|-----------------|---------------|
| - Spinach       | - Cauliflower |
| - Garlic        | - Onion       |
| - Lady's finger | - Eggplant    |
| - Beans         | - Radish      |
| - Chilly        | - Cucumber    |
| - Coriander     | - Potatoes    |
| - Tomatoes      | - Ginger      |
| - Cabbage       | - Colocasia   |



Figure 5: Urban Nutrition Gardening during follow up visit, Kathmandu

## Conclusions

Urban Nutrition Gardening is indicated to be a feasible concept to integrate with MIYCN training in collaboration with ongoing gardening programme of urban municipalities.

This concept not only complements the knowledge on MIYCN but also provides a means to increase household access to fresh vegetables that can contribute towards dietary diversity in urban areas.

## References

1. Bakrania 2015. *Urbanisation and urban growth in Nepal*. (GSDRC Helpdesk Research Report 1294) Birmingham, UK: GSDRC, University of Birmingham.
2. Global Panel on Agriculture and Food Systems for Nutrition. 2016. *Food systems and diets: Facing the challenges of the 21st century*. London, UK.

## Contact

Sophiya Uprety: [Sophiya@embracegoodnutrition.com](mailto:Sophiya@embracegoodnutrition.com)

Kreepa Bhattarai: [kreepa@sdpc.org.np](mailto:kreepa@sdpc.org.np)