

Sustainable Under-nutrition Reduction in Ethiopia (SURE): A Feasibility Study Examining SURE Implementation in Basona Worana Woreda, Amhara region, Ethiopia



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Background

- IYCF practices remain very poor in Ethiopia, especially timely introduction of complementary food and dietary diversity
 - Only 4 % of children 6-23 months have the minimum acceptable diet and
 - Only 4% children aged 6-23 months receive foods from at least four food groups



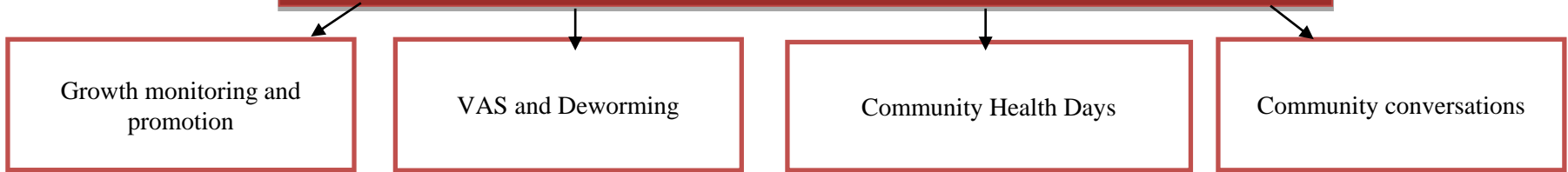
Background

- EPHI/ LSHTM proposed SURE programme components based on results of evidence review and discussion with FMOH/FMOA
 1. IYCF counselling provided by HEW and nutrition-sensitive agriculture advising provided by AEW (joint household visits)
 2. Men's and women's group dialogues
 3. Media (proposed for development in actual implementation)
- Training manual for HEWs/AEWs joint training was then developed to enable capacity to deliver components 1 and 2

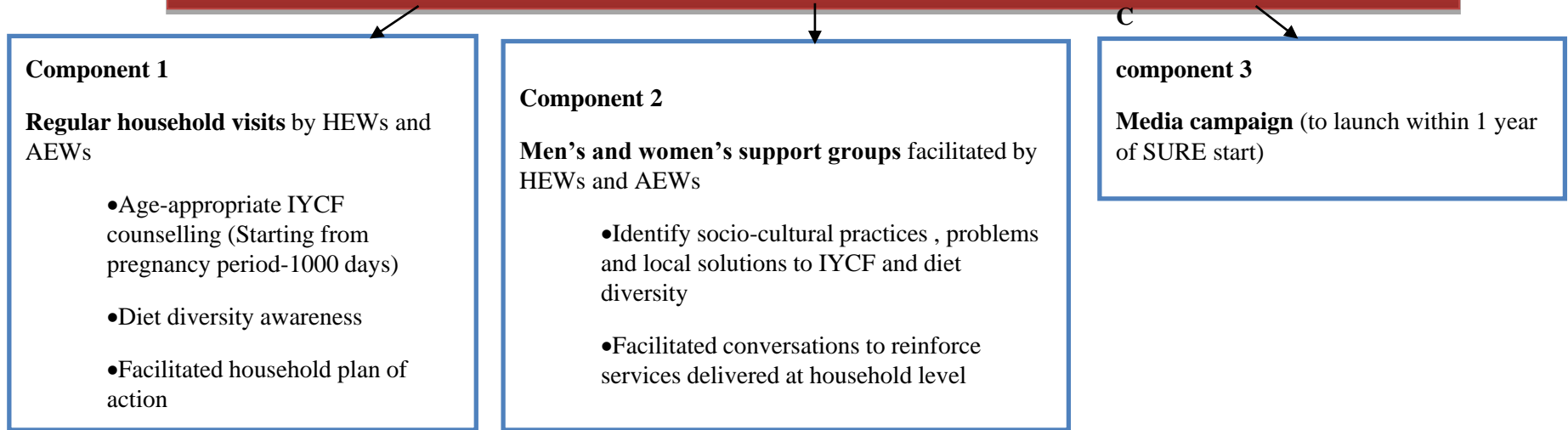


Background

Existing CBN components



Enhanced CBN programme (new sub-components proposed in SURE)



Systems strengthening (human resources capacity, data management systems)

Multi-sectoral coordination



Overview of training manual

Knowledge sessions

1. Undernutrition & its consequences
2. Dietary diversity
3. Infant and young child feeding
4. Agriculture for nutrition/Nutrition Sensitive Agriculture
5. Gender

Skills-building sessions

1. Facilitation and negotiation
2. Facilitating household visits
3. Facilitating group dialogues (men's and women's support groups)
4. Supportive supervision



Overview of SBCC job aids

IYCF

- New job aid was developed based on internationally recommended IYCF practices and image samples field-tested by UNICEF
- Simple, doable actions for individual mothers and fathers with illustrative pictures

Nutrition sensitive Agriculture

- New area of focus; there is no internationally tested and recommended package
- Simple, doable actions for individual mothers and fathers with illustrative pictures



Overview of SBCC job aidsIYCF

- Example: 0-5 months



Start breastfeeding within 1 hour after birth



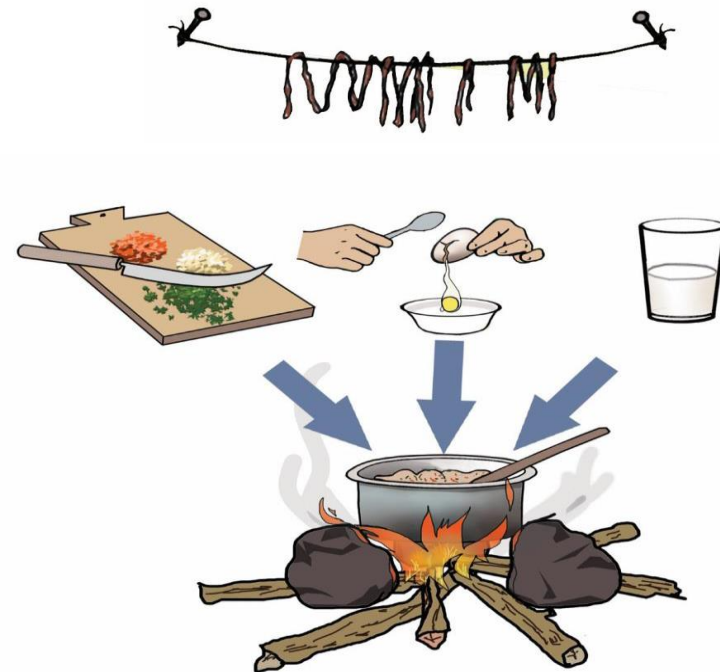
Breastfeed your baby on demand, day and night

SBCC job aids overview.....IYCF

- Example: 6-11 months



At 6 months, start feeding the baby enriched porridge



Add vegetables, egg, milk and dried crushed meat to enrich your baby's porridge.

Job aids for Nutrition-sensitive Agriculture

Examples: Crop selection, animal source food consumption & diet diversity



Grow diverse foods such as vegetables and fruits to eat and to sell



Keep eggs and milk for child and family consumption

Specific Objectives

1. Joint HEWs and AEWs household visits and separate men's and women's group dialogues
2. The proposed SURE training manual for HEWs and AEWs as well as for HDAs and ADAs team leaders
3. The proposed SURE training manual provided adequate skills to HEWs and AEWs
4. The job aids and the seasonal food calendar
5. HDAs and ADAs team leaders benefitted from their training to better facilitate 1-5 network discussions



Methodology

Study area

- The study was conducted in Basona Worana woreda of Amhara region.

Study Design

- Qualitative research design was employed for this study.

Sampling frame

- Woredas and kebeles in North Shewa Zone of Amhara region were eligible for inclusion.



Methodology

Activities	Data collection tools used		
	Keyit Kebele	Gudoberet Kebele	Adisge Kebele
Semi-structured interview with HEWs and AEWs	<ul style="list-style-type: none"> - with HEWs (2) - with AEWs (2) 	<ul style="list-style-type: none"> - with HEWs (2) - with AEWs (2) 	<ul style="list-style-type: none"> - with HEWs (2) - with AEWs (2)
Joint HEW/AEW household visits	<ul style="list-style-type: none"> - Observation with a check list (4) - Semi-structured interviews with households (4) 	<ul style="list-style-type: none"> - Observation with a check list (4) - Semi-structured interviews with households (4) 	<ul style="list-style-type: none"> - Observation with a check list (4) - Semi-structured interviews with households (4)
Men's group dialogue	<ul style="list-style-type: none"> - FGD with participants (1) 	<ul style="list-style-type: none"> - FGD with participants (1) 	<ul style="list-style-type: none"> - FGD participants (1)
Women's group dialogue	<ul style="list-style-type: none"> - FGD with participants (1) 	<ul style="list-style-type: none"> - FGD with participants (1) 	<ul style="list-style-type: none"> - FGD with participants (1)



Methodology

Training of HEWs/AEWs in Addis Ababa	Observation of the training with a check list
Training of HDAs/ADAs (Adisge Kebele)	- Observation with a check list
1-5 HDA network discussions (Adisge Kebele)	<ul style="list-style-type: none">- Observation with a check list- FGD with participants (1)- Semi-structured interview with HDA
1-5 ADA network discussions (Adisge Kebele)	<ul style="list-style-type: none">- Observation with a check list- FGD with participants (1)- Semi-structured interview with ADA

Methodology

- Qualitative data analysis software Nvivo version 10 was used in coding and constructing thematic areas from the collected data.



Result (Participants/Kebeles)

Participants	Kebeles			Total
	Keyit	Gudoberet	Adisge	
Households	4	4	4	12
Women's group dialogue members	15	12	12	39
Men's group dialogue members	11	11	11	33
HEWs	2	2	2	6
AEWs	2	2	2	6
HDA team leaders*	0	0	4	4
ADA team leaders*	0	0	6	6
1-5 networks* (8HDAs+9ADAs)	0	0	17	17

ResultJoint training of HEWs and AEWs

- Compared to their knowledge prior to the training, participants gained significant knowledge
 - consequences of stunting (33%)
 - under-nutrition and immunity to infectious disease (14%)
 - exclusion of water and liquids to exclusively breastfeed (14%)
 - correct thickness of complementary porridges for young children (83%)
 - acceptability of giving meat and fish to children 6-9 months (33%) and
 - penning livestock to protect water sources (71%).



ResultJoint household visits by HEWs and AEWs

- HEWs were accustomed to conducting household visits and they were already acquainted with most households, especially mothers.
- By contrast, AEWs usually provide agricultural advising to the fathers in their farm land or in farmers' demonstration sites and for most, it was the first time to conduct household visits.
- HEW/AEW HH visit @Adisge Kebele



ResultJoint household visits by HEWs and AEWs

- Despite the training received, skills deficits were observed among HEWs and AEWs.
- There were variations between visits in the order in which HEWs and AEWs provided IYCF counseling and agricultural advising.
 - For example, in some households, HEWs and AEWs started with IYCF counseling whereas in other households they started with questions and messages on agriculture.
- There was also duplication of roles between HEWs and AEWs
 - some AEWs 'helped' HEWs in with IYCF counseling but 'forgot' to discuss agriculture with the households, which was their intended role.



ResultJoint household visits by HEWs and AEWs

- Almost all AEWs have forgotten to use seasonal food calendar in planning with households.
- Almost all HEWs and AEWs failed to follow the 3 A's for counseling
 - i.e. they did not do assessment and analyze the problems related to IYCF and nutrition sensitive agriculture before providing advice with solutions or action plans.
- Some HEWs and AEWs were seen to provide general messages about IYCF and agriculture which were not relevant or appropriate to the child and/or the agricultural practices of the households visited.



ResultJoint household visits by HEWs and AEWs

- Mothers and fathers visited in their homes said that having joint HEW and AEW visits to their houses was unusual and expressed that they received attention from both extension workers about all aspects of their household nutrition and child health.

“... because up to now it is rare for them to come together and train us but now if they come always, a little, weekly or monthly, I will be happy” [Father of 3, Farmer, Adisge kebele]

“It gives me hope when they come to my home and teach me on how to feed my child...” [a mother of two, Keyit Kebele].



ResultJoint household visits by HEWs and AEWs

- Households confirmed receiving messages would help them in feeding their child and diversifying their household diet.
 - They also felt that the job aids were helpful for them to understand better all the messages delivered by HEWs and AEWs.
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- *“...I didn’t know adding legumes in to porridges, I only know making porridge using barely but now I understand and I am happy to make it for my daughter” [a mother of 7 month old child, Keyit kebele]*
 - *“Because anything they showed us on pictures was better than words so it was helpful to understand their message” [a mother 2, Adisge kebele]*



ResultJoint household visits by HEWs and AEWs

- HEWs and AEWs were supportive of the joint household visits, suggesting that only one sector can not address the nutritional problems in their community.
- Comments were made on how to improve size and appropriateness of some of the included pictures in job aids.
 - *“... maybe it is good to correct the size of the job aid to make it comfortable to handle... also the cattle kept in a tight fence is not appropriate and we don’t do that in our village”* [Father of 3, Farmer, Asidge kebele]



ResultJoint household visits by HEWs and AEWs

- Whilst admitting to having heavy work load, both HEWs and AEWs felt that it is feasible for them to conduct household visits more frequently than the proposed 'once every other month' schedule in the SURE programme.
 - “ ... after talking with the health extension worker, we decide the appropriate time ... at least we can make it twice a month to visits households” [AEW, Gudoberet kebele]
 - “... this programme is enjoyable. But we also have other commitments such as vaccination campaigns, therefore, I can't say I would go on this month. Our programme says visit 8 households per day so I can do it side by side with my others tasks when I visit the houses... ” [HEW, Keyit kebele]



Result Joint training of HDA and ADA team leaders

- Data collected about HDA and ADA training was incomplete and we are unable to make conclusions on whether HDAs/ADAs gained the expected knowledge due to
 - some sessions were too short to cover the chapters as HEWS/AEWs
 - some participants wanted to leave earlier
 - some chapters were not covered at all by HEWs/AEWs even if they had the manual with them
 - inconsistencies and skipping between chapters observed.



Result ...HDA and ADA team leaders discussion with their 1-5 network

- Following observation of the 1-5 network discussions, it was reported that IYCF and nutrition-sensitive messages were delivered during the discussions.
- Various topics unrelated to nutrition was initiated by the 1-5 network members.
- The main challenge observed was a delay to come to the discussion place because it was a pick harvesting season in the area.



Result ...Men's and Women's group dialogues

- HEWs and AEWs reported that they faced difficulties in organizing the men's and women's group dialogues in parallel because
 - most of the HDA and ADA team members were husbands and wives and couldn't leave home to come to the dialogues at the same time.
- The topics of the dialogue were very engaging to men and women participants in their respective groups.
- The most common pattern observed was that men and women participants actively participated and identified issues or problems related to the discussion topic based on their individual and community level experiences.
- At the end of the dialogues, HEWs and AEWs delivered comprehensive information about IYCF and/or dietary diversity without properly addressing the key issues and problems identified by the group.



Result ...Men's and Women's group dialogues

- Most of HEW's/AEW's teaching or solutions raised during the group dialogues were not specific enough to deal with the issues identified by the groups.
- Participants reported that segregating the group discussions by gender was helpful.
- In the focus group discussions held with the Men's and Women's group dialogues, participants reported that they found the structure useful to ensure the participation of women.
 - “... in our communities when women and men group running a discussion together, men have a tradition to speak whereas women don't speak out their ideas so by separating men and women discussions, it encourages women to speak out their ideas” [FGD participant, women's group dialogue, Keyit kebele]



Conclusion

- Results of the feasibility study confirm that the SURE training provides an important contribution toward improved IYCF and nutrition-sensitive agriculture knowledge for HEWs/AEWs
- SURE components that focus on household visits present an important opportunity to expose both mother and fathers to key messages
- The integrated delivery model is well-accepted by both frontline workers and mothers and fathers.



Conclusion.....

- The feasibility study results also suggest that additional program supports and tools are required to support achievement of the intended quality of delivery, namely:
 - assessment, analysis and proposal of correct actions to mothers and fathers, and negotiation of specific, clear and actionable solutions to relevant community problems.



Recommendation

- *Skills building*
 - Include practical field work sessions embedded within the training schedule for HEWs and AEWs to practice key skills required.
 - Provide each household with a food group poster which clearly shows how to diversify diets using locally available food
 - Revise the HEW and AEW training manual to include additional practical sessions to supporting skills building
 - HDA and ADA largely do not exhibit the capacity to deliver correct messages effectively. Assigning a formalised role to HDAs and ADAs to deliver services under SURE is not recommended.



Recommendation

- ***Strengthening processes***

- Provide a pocket guide for HEWs and AEWs to make sure they follow the necessary steps.
- Provide HEWs and AEWs with a reporting format
- As part of the pocket guide, clearly indicate the importance of completing the seasonal food calendar and agreeing a household plan of action during each visit.
- Revise the job aids for appropriateness and size.
- FMOH and FMOA are encouraged to jointly set a standard minimum interval for joint HEW and AEW household visits and men's and women's groups.
- Ensure the necessary coordination and support from local officials



Acknowledgement

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- Basona Worana woreda health and agriculture office
- Regional CIFF managers
- Participant Mothers and Fathers
- HEWs, AEWs , HDAs, ADAs and 1-5 network participants



Thank you

