



**NUTRITION AND HEALTH OUTCOMES
IN ENHANCED HOMESTEAD FOOD
PRODUCTION PROGRAMS**

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ENHANCED HOMESTEAD FOOD PRODUCTION



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- **Production of plant and animal-source food**
 - Village model farms and Home gardens
 - Engagement of government, civil society, private sector
- **Nutrition behavior change**
 - Essential nutrition actions (ENA)
 - Behavior change strategy
- **Women's empowerment**
 - Socio-cultural barriers to women's role in farming and control over assets and income
- **Reaching Scale**
 - Nearly 1 m households and 6 m beneficiaries in Asia



EHFP IN NEPAL 1



- **Context**

- High stunting (> 50%) and anemia (> 50%) in target districts in Far Western Region
- Poverty, food insecurity, limited dietary diversity

- **EHFP**

- ENA/BCC to reach > 200,000 women
- Village Model Farms support 11,000 Home gardens covering 40% of Baitadi district population

- **Research**

- Cluster-randomized, pre/post design of two cross-sectional surveys (2009 & 2012)
- Children < 2 years and Women of reproductive age
- 6-month process evaluations for program monitoring

EHFP IN NEPAL 2



- **Results**

- IYCF practices improved = Minimum acceptable diet: OR 5.36 (3.53 – 8.14)
- Mothers 38% less likely to be anemic: OR 0.62 (0.48 – 0.81)
- Non-pregnant mothers 39% less likely to be underweight: OR 0.61 (0.46 – 0.82)
- Children 24% less likely to have anemia: OR 0.76 (0.59 – 0.98)
- No significant impact on child anthropometry



EHFP IN BURKINA FASO 1



- **Context**

- High levels of stunting (35%), wasting (16%), and anemia (88%) among children 6-59 months (DHS 2010)
- Recurrent food insecurity

- **EHFP**

- ENA/BCC: grandmothers & health workers
- 30 Village Model Farms and > 1200 Home gardens
- Vegetables, fruits, OFSP and animal production (goats/chickens)

- **Research**

- Impact evaluation with IFPRI: cluster randomized cohort of children 3-12 months followed longitudinally between February 2010 and February 2012
- Process evaluations conducted at multiple time points

EHFP IN BURKINA FASO 2



• Results

- Significant treatment effects on knowledge and practices around IYCF:
 - Immediate Breastfeeding
 - Minimum dietary diversity
 - Consumption of iron-rich foods
- Modest improvement in child anemia (3-6 mo olds) but not on prevalence of anemia
- No significant impact on child anthropometry



LESSONS LEARNED 1

- 1. Nutrition impacts are possible from Agriculture programs**
 - Significant impacts on IYCF, anemia, and women’s anthropometry
 - Timeline, sequencing, program impact pathways, etc. very important
 - More research needed – especially on child anthropometry

- 2. Collaboration between Research Institutions and Implementing Partners**
 - Balancing rigor with rigmarole
 - Developing Program Impact Pathways based on Theory of Change
 - Evidence-based and Context-appropriate programming
 - Challenge of measuring impact in multi-sectoral interventions
 - Essential for Program design, Monitoring (course correction), evaluation

LESSONS LEARNED 2



3. Timeline for Impact

- Time for research
- Time for agriculture interventions
- Time for behavior change
- Donor deadlines





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THANK YOU.

*“Although the world is full of suffering, it is also full of overcoming it.”
-Helen Keller*