

A Hybrid Approach:

Merging agriculture and health-based formative research tools to inform nutrition behavior change interventions among mothers and young children in Sierra Leone

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The authors declare no conflict of interest.



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SPRING/Sierra Leone



In 2015 SPRING conducted an assessment of the nutrition situation in Sierra Leone in the wake of the Ebola crisis. The analysis found that food security had been negatively impacted, and that poor WASH practices and poor dietary diversity were ongoing challenges.

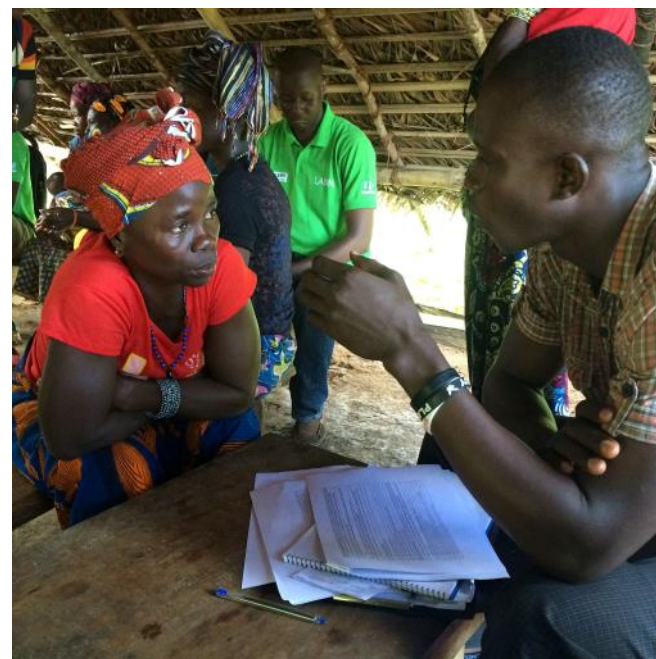


SPRING/Sierra Leone

Goal: Contribute to improved dietary diversity among pregnant and lactating women and children under the age of two in Tonkolili District.

Objectives: Test and support approaches for:

- Promoting the uptake of nutrition-related **household practices**
- Increasing access to and quality of **nutrition-sensitive agricultural services**



Fish and pumpkin:

Address nutrient gap,

Known and consumed in the district

Allowed for learning over a short time.



Fish – Animal-source food



Pumpkin – Vitamin A



CONSUMPTION OF FISH BY PREGNANT WOMEN AND CHILDREN 6-23 MONTHS. BARRIER: FEAR OF BABY CHOKING ON BONES



IDENTIFYING HYGIENIC FISH IN THE MARKET



Eat fine fish for welbodi



Wass u hand with soap en wata before you prepare fish

Add fish to you pikin in food from wae e 6 month






Belleh woman en kombra dem for eat fine fish



Fine fish

- fine fish fo strong en fresh
- fine fish eye fo bright
- fine fish nor fo get mark



Rotten fish

- Rotten fish get bad smell
- Rotten fish get boku fly en tumbu
- Rotten fish weak
- Some part dem nor kin dai pa rotten fish





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Strengthening Partnerships, Results, and Innovations in Nutrition Globally



PROMOTING KEY HYGIENE PRACTICES BY FISH SELLERS

Be a Bomba fish seller



Bomba fish seller

- Nor dae sell rotten fish
- All tem dae dreb fly pa de fish
- All tem dae clean usai e dae sell



Bad fish seller

- Kin mix fine fish wit rotten fish for sell
- Nor dae dreb fly dem
- Dae sell nar dorty place



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CONSUMPTION OF PUMPKIN BY PREGNANT WOMEN AND CHILDREN 6-23 MONTHS

Lowland Selection and Preparation

1



1 Insai dry season wae u wan plant pumpkin, mek hip na flat ground



2 Wae u dae dig di hole for plant, mek e nor near near at all



3 Full-up di hole wit dry leaf en ashes, then cover ram wit dorti



4 Wata di hole dem en lef am for 2 weeks before u plant di pumpkin seed

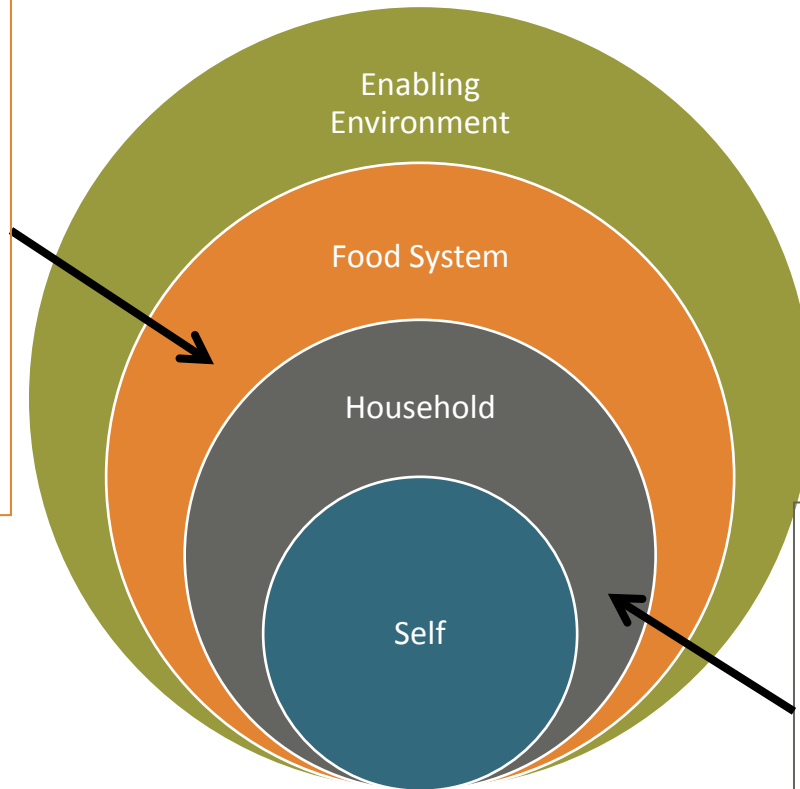




SOCIO-ECOLOGICAL MODEL FOR CHANGE

- Promoting the sale of small fish for consumption by PLW and kids 6-23m
- Promoting key hygiene practices by fish sellers
- Growing pumpkin in off season by sellers



- Buying small fish to make healthy paste to feed babies
- Identifying hygienic fish in the market
- Growing pumpkin in home gardens





Other resources

- Accelerating Behavior Change in Nutrition-Sensitive Agriculture <https://www.spring-nutrition.org/publications/training-materials/accelerating-behavior-change-nutrition-sensitive-agriculture>
- Barriers and Enablers to the Consumption of Pumpkin and Fish in Tonkolili, Sierra Leone <https://www.spring-nutrition.org/publications/posters/barriers-and-enablers-consumption-pumpkin-and-fish-tonkolili-sierra-leone>
- Developing Effective Messages for Better Nutrition and Hygiene in Tonkolili: The TIPs Method <https://www.spring-nutrition.org/publications/posters/developing-effective-messages-better-nutrition-and-hygiene-tonkolili-tips>
- Listening to Farmers and Mothers: Voices of agriculture value chain actors and caregivers inform social and behavior change efforts to improve dietary diversity in Sierra Leone <https://www.spring-nutrition.org/events/listening-farmers-and-mothers>
- Opportunities for Nutrition-Sensitive Value Chains in Tonkolili, Sierra Leone <https://www.spring-nutrition.org/publications/posters/opportunities-nutrition-sensitive-value-chains-tonkolili-sierra-leone>
- Sierra Leone: Entry Points for Nutrition in Feed the Future Value Chains (URL pending)

www.spring-nutrition.org



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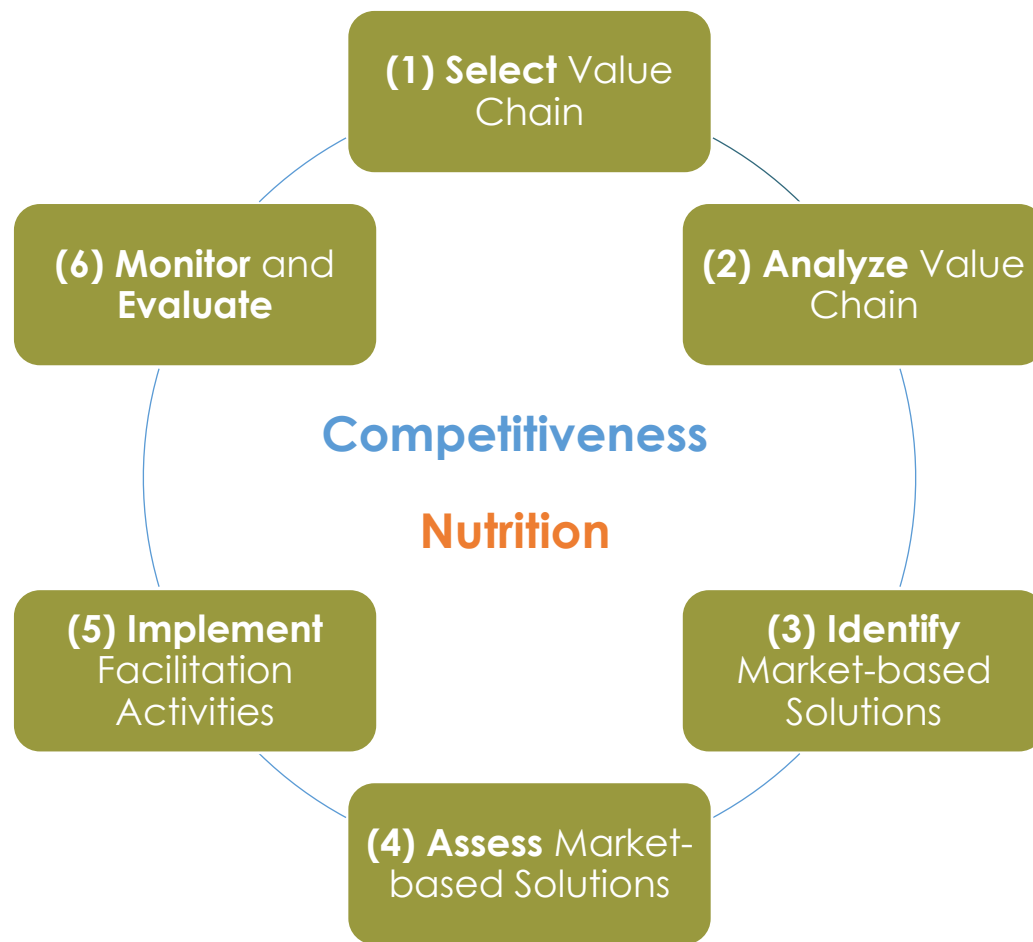


The following slides were not presented for lack of time. These were kept in reserve for use during discussion if needed.



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APPLYING A NUTRITION LENS TO THE AGRICULTURAL VALUE CHAIN APPROACH



SOME KEY NUTRITION-SENSITIVE OUTCOMES IN AGRICULTURAL VALUE CHAINS

1. INCREASED time and energy savings for women and caregivers
2. INCREASED control over income by women
3. IMPROVED environmental and food safety
4. IMPROVED availability of nutritious foods year-round in local markets
5. IMPROVED affordability of nutritious foods in local markets for target consumers
6. INCREASED desirability of nutritious foods to target consumers

[From Sierra Leone: Entry Points for Nutrition in Feed the Future Value Chains 2017]



WATER FOR IRRIGATION

Productivity
Availability
Time & Energy



AGRICULTURAL MARKETING



**Control over use of income
Empowerment**





VALUE ADDITION

Desirability
Income
Availability
Affordability
Food safety



APPLYING AN AGRICULTURE LENS TO FORMATIVE RESEARCH FOR NUTRITION



BARRIER ANALYSIS



WHY people **DO** or **DO NOT** engage in a behavior?
Interview Doers and Non-Doers
Compare the differences
Added questions related to markets / production





Consumption of fish by pregnant women and children 6-23 months
BARRIER: Poor hygiene

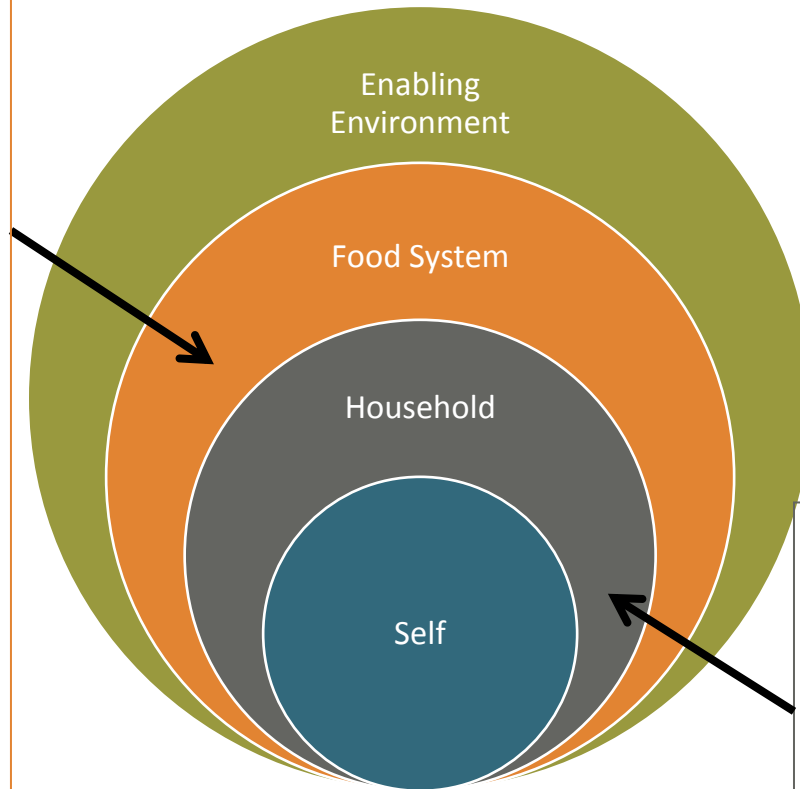


SOCIO-ECOLOGICAL MODEL FOR CHANGE

- Promoting the sale of small fish for consumption by target groups
- Promoting key hygiene practices by fish sellers
- Growing pumpkin in off season

Recommended:

- Women's group marketing
- Quality processing, value addition
- Water technologies, supporting services



- Buying small fish to make healthy paste to feed babies
- Identifying hygienic fish in the market
- Growing pumpkin in home gardens
- Household hygiene



Closing points/highlights

- Capacity to adapt is KEY. Important to get agriculture and nutrition people together in the same room to identify crossover questions.
- How might you apply this hybrid approach to other situations or with other tools?



NUTRITION

IMMEDIATE CAUSES

NUTRIENT INTAKE	HEALTH STATUS
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UNDERLYING CAUSES

FOOD security	CARE resources and practices	HEALTH services and WASH
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BASIC CAUSES

Institutions	Political and ideological framework	Economic structure	Resources: environment, technology, people
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Adapted from UNICEF, 1990.

FOOD

CARE

HEALTH