

# IUNS 21<sup>st</sup> ICN International Congress of Nutrition

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**Fase**  
Asesoramiento  
Asesoría de Nutrición  
Asesoría de Dietética  
Asesoría de Alimentación  
Asesoría de Alimentos  
Asesoría de Alimentos  
Asesoría de Alimentos



# USING TARGETED BENEFICIARY SURVEYS TO MEASURE NUTRITION OUTCOMES IN LOW-RESOURCE SETTINGS FOLLOWING INTENSIVE INTERVENTIONS

## Examples from the SPRING Project in Bangladesh and Ghana

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## Conflict of Interest Disclosure

I have no conflict of interest to report in relation to  
this presentation.

# SPRING Project

Strengthening Partnerships, Results, and Innovations in Nutrition Globally

## Mission

**Strengthen** global and country efforts to scale up high impact nutrition practices

**Prevent** stunting and anemia; first 1,000 days

**Link** agriculture and nutrition under Feed the Future and Global Health

**Create** social and behavior change for improved nutrition outcomes

*USAID centrally-funded Cooperative Agreement  
(October 1, 2011–September 30, 2018)*

## Partners



# Multi-sectoral approach to improving nutrition

First 1,000 days window



Agriculture



Health



WASH

Photo by: Drik/USAID



# SPRING M&E and Research

- All countries → results framework and tailored M&E/research plan
- Challenges – measuring behavior change
  - Short time frame
  - Dilution of effect among the general population (direct beneficiaries – fraction of population)



## Evaluation Question

- **Can beneficiary-based surveys (BBS) help projects/programs address some challenges of measuring behavior change in low resource settings?**

*BBS → Sample frame includes only people/households/ facilities known to have been exposed to project interventions*



Two examples:

Bangladesh and Ghana





# Bangladesh

## Intervention: Farmer Nutrition Schools (FNS)

- Multisectoral adaptation of earlier HFP and FFS approaches, adding nutrition and hygiene to all sessions



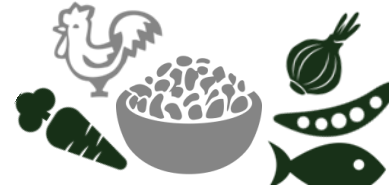
# Methods

## Bangladesh

- Proxy baseline (2011-12) and endline (2017) derived from secondary analysis of the Food Security and Nutrition Surveillance Project (FSNSP) survey rounds (population-based)
- **SPRING “Cohort Study” of FNS beneficiaries (BBS)**
  - Change in outcomes before and after FNS
    - P1 - immediately before FNS
    - P2 - immediately after FNS
    - P3 - one year after FNS
    - N=386 PLW, women with children <2 at time of P1

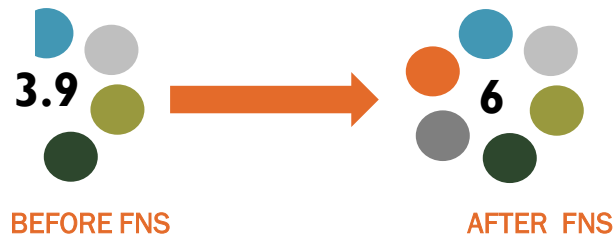


# Results: Bangladesh Cohort Study Women's Diet Diversity

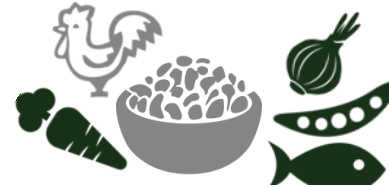


Female participants in SPRING's FNS program adopted recommended practices of eating more food groups, and their **dietary diversity significantly improved.**

Average # of food groups consumed in past 24 hours by FNS women

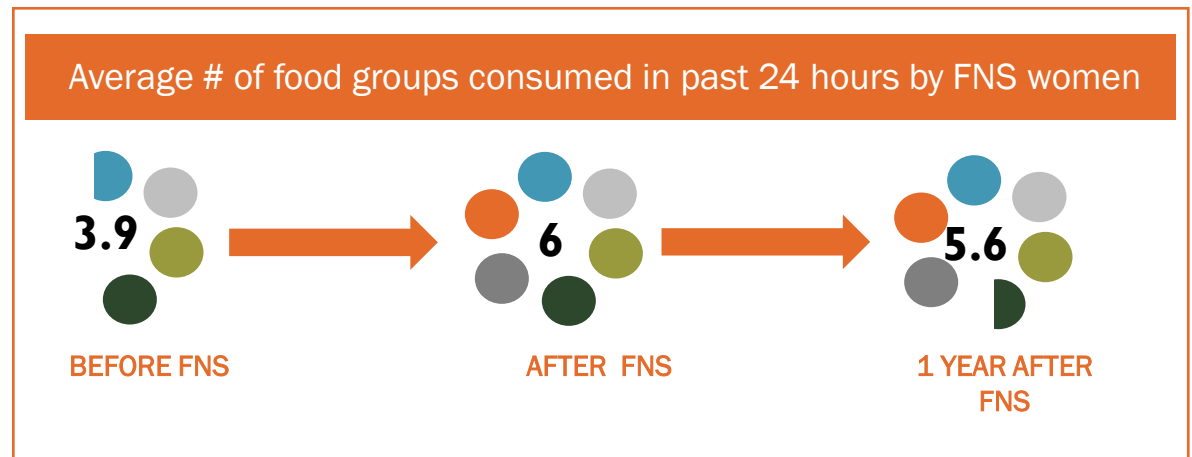


# Results: Bangladesh Cohort Study Women's Diet Diversity



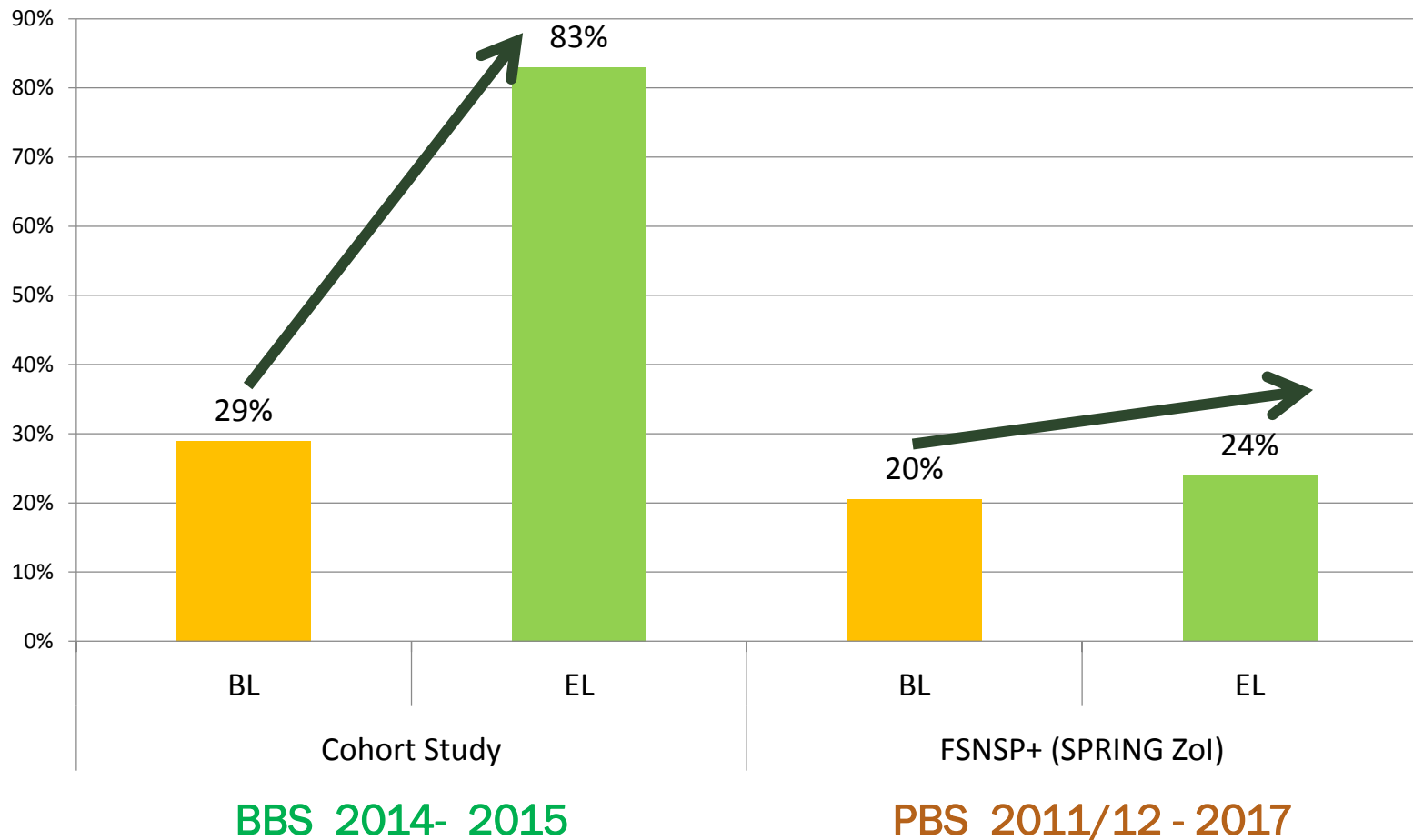
Female participants in SPRING's FNS program adopted recommended practices of eating more food groups, and their **dietary diversity significantly improved**.

One year later, diet diversity remained high.



# Cohort Study vs. Population Level Results

## % of women consuming 5+ food groups



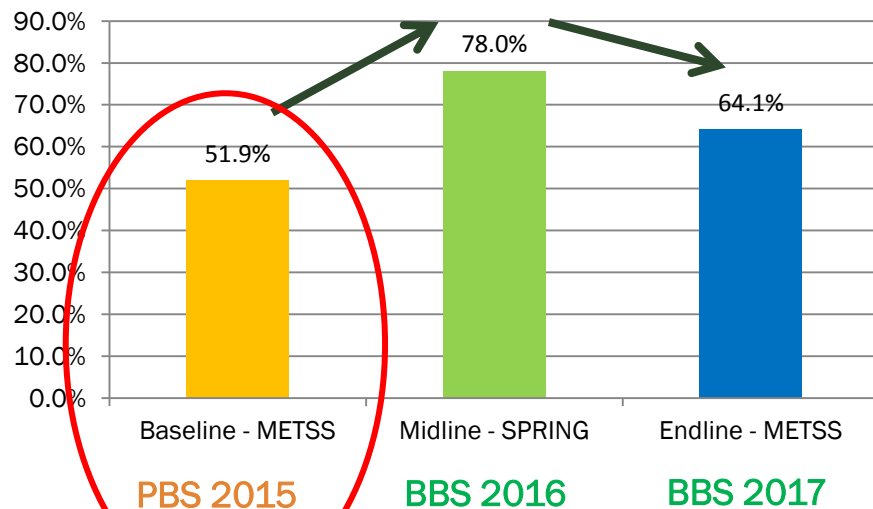
# Ghana Midline Survey Results

## Handwashing Knowledge and Practice

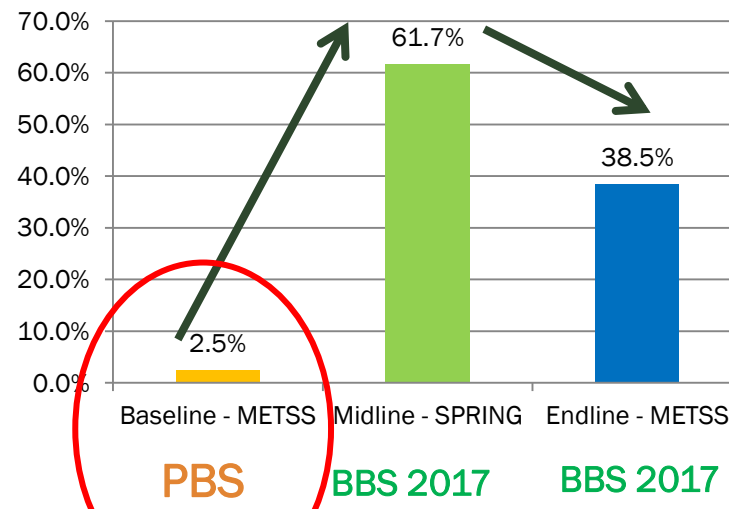
After ~one year of intensive work with “1,000 Day Households”, handwashing knowledge and practices improved in SPRING-supported villages, Some drop-off one year later.



% of respondents knowing at least 3 critical moments for handwashing



% of households with a handwashing station near latrine



# Beneficiary-Based Surveys (BBS) — Considerations

- Detecting behavior change
  - BBS helps ameliorate dilution issues
- Comparability with existing survey data
  - Possible issues related to timing, sampling, question wording, and indicator definition
- Purpose
  - Change within target population or general population?



# Conclusion

- BBS → important insights on nutrition outcomes
- BBS can complement population-based surveys; ideally use both
- Intensive, multi-sectoral interventions among beneficiaries → behavior change in relatively short term
- Scale and sustainability—future challenges





# Thank You!



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Photo by: Tim Williams



[www.spring-nutrition.org](http://www.spring-nutrition.org)