

Pathways to Better Nutrition

FINAL FINDINGS: KAPILVASTU

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Who We Are



- **Strengthen** global & country efforts to **scale up** high impact nutrition practices
- **Prevent** stunting & anemia in the first 1,000 days
- **Link** agriculture & nutrition under Feed the Future

5-year, USAID centrally-funded Cooperative Agreement
(Oct 1, 2011 – Sept 30, 2016)



For every **\$1** 
spent on nutrition,
there is an **\$18**   
return in health and
economic benefits.   
  
  
  
  

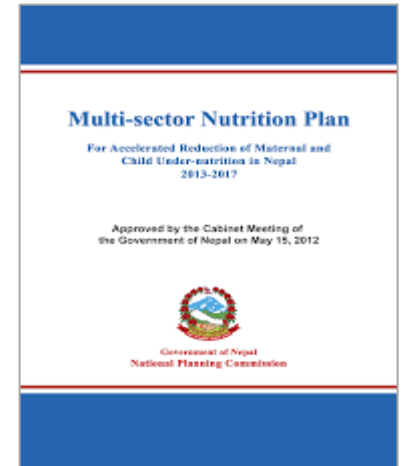


Nepal's Multi-sector Nutrition Plan (MSNP)

Multi-sectoral: Health, Agriculture, Livestock, Women & Children, Education, WASH, and Local Governance

To accelerate the reduction of maternal and child undernutrition in Nepal through multi-sectoral collaboration

Provides an **Activity Plan** with responsible ministries attached





Results show that the MSNP has played an important role in planning and financing for nutrition.

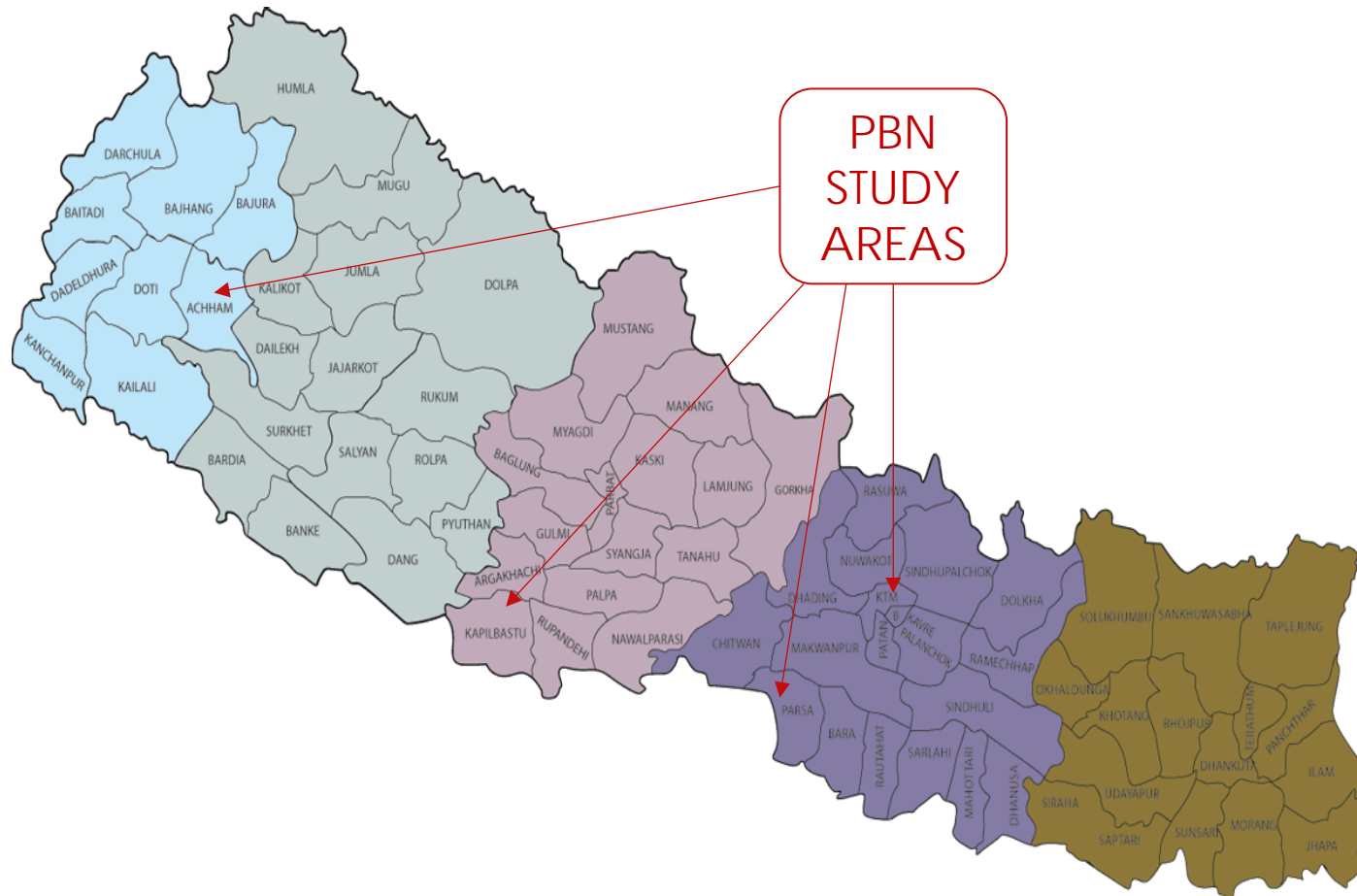




SPRING's Pathways to Better Nutrition Study



PBN Study in Nepal



Pathways to Better Nutrition in Nepal

This was a case study on how various nutrition stakeholders in Nepal prioritize and fund activities to reduce malnutrition in the country under the MSNP framework.



PBN Study Essentials



Mixed Method

conducted key informant interviews, scanned news content, analyzed budget data, and reviewed secondary survey data



Longitudinal

collected data over two+ years



Multi-level

collected data at the national level, in districts and village development committees (VDCs)



Based on MSNP

all parameters of the study defined directly by the MSNP





Study Methods



INTERVIEWED ALL MSNP STAKEHOLDERS



- DDC
- DOH
- DADO
- DLSO
- DWCDO
- DEO
- DWSSD



Kapilvastu Summary of Stakeholders

	Government sector	Donor agency	UN group	CSO	Private sector	Total
Kapilvastu District	14	0*	1	4	1	20
VDC	6	0*	0	2	0	8

*Though no donor had directly employed staff in the districts, CSO staff funded by donors at the district level were interviewed for all major nutrition projects ongoing in Kapilvastu.



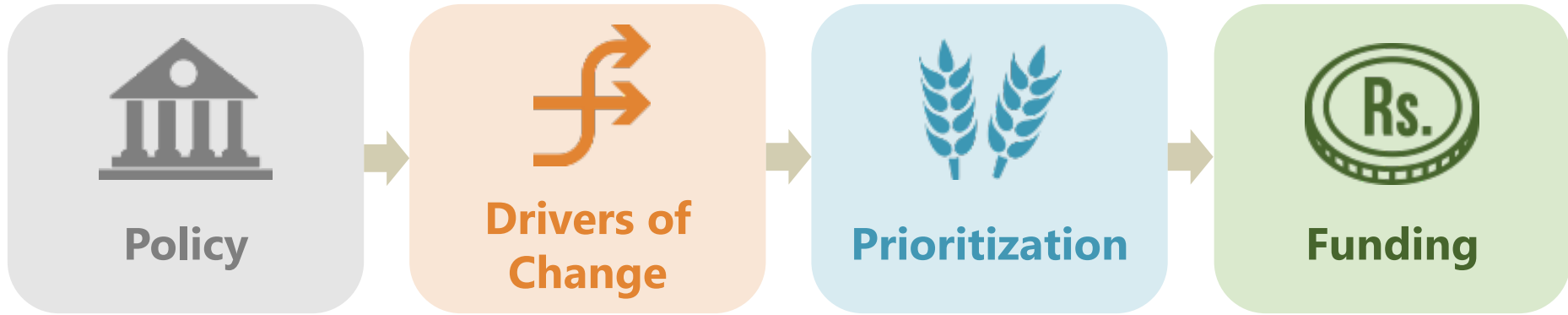
What does PBN contribute to Nepal?

PBN's Hypothesis

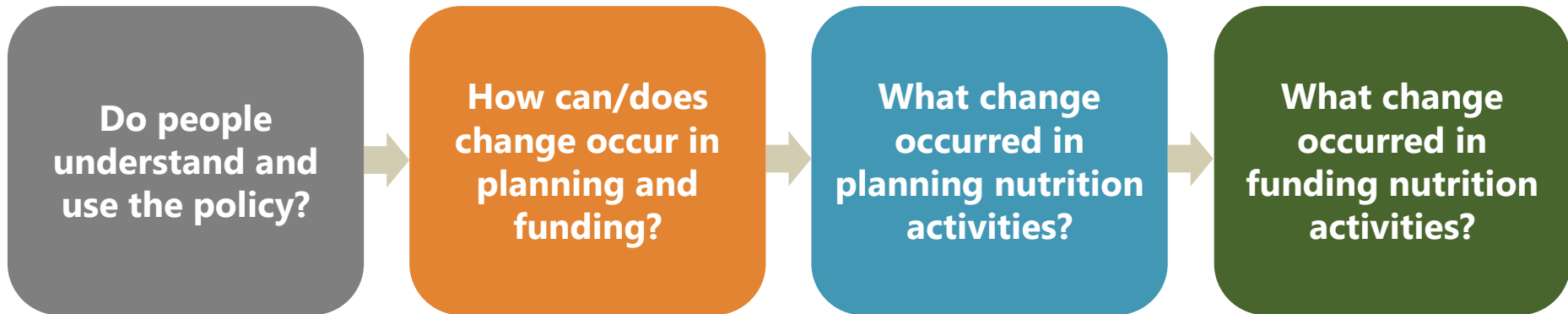
The MSNP will improve the priority of nutrition across stakeholders, which will then increase funding for nutrition.



SPRING'S PBN STUDY TRACKED:



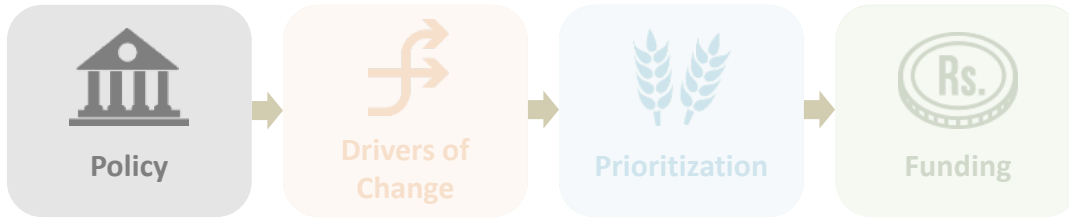
BY ASKING THE FOLLOWING QUESTIONS:





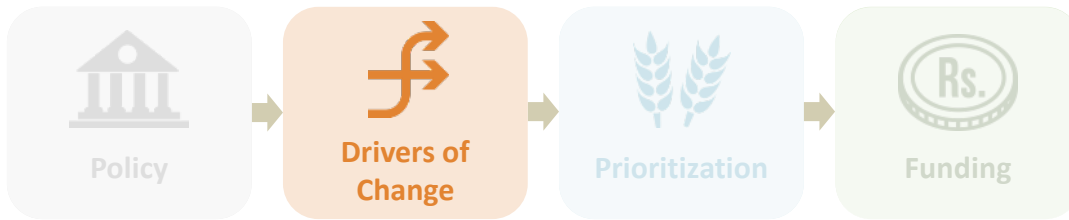
Kapilvastu Study Findings





Understanding of MSNP was very good among district stakeholders. More should be done to **improve understanding of MSNP among all VNFSSC members.**

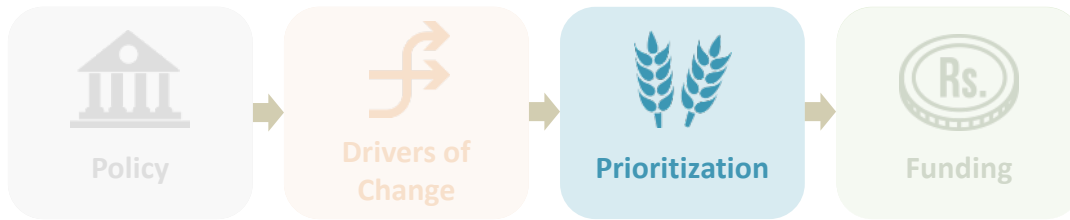




Key drivers affecting MSNP rollout in Kapilvastu were identified.

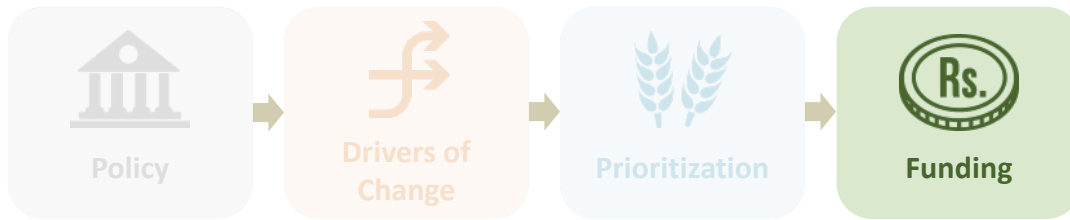
The MSNP has made the most progress in **positively affecting coordination and sustainability.**





The MSNP has contributed to improved perceptions and behaviors of government, donor, and UN groups related to **prioritization of nutrition**. All stakeholders agreed that prioritization for nutrition has increased in their work.





MSNP has been very successful in prioritizing funding for nutrition through a separate line item in the budget.





Kapilvastu

DISTRICT SNAPSHOT



Kapilvastu: District Snapshot

Summary of Key MSNP Indicators for Kapilvastu District

Key Indicator	Level in Kapilvastu District	MSNP National Target (2017)
Completion of primary education ⁵	49.24%	(Increased)
Stunting, children under 5 yrs. ⁶	35.9%	29%
Underweight, children under 5 yrs. ⁶	46.4%	20%
Wasting, children under 5 yrs. ⁶	25.8%	5%
Outcome Indicator	Level in Kapilvastu District	MSNP National Target (2017)
3 IYCF Practices ⁷	23%	(Increased)
Any anemia, children 6-59 months. ⁴	49%	(Reduced)
Any anemia, women of reproductive age ⁴	33%	(Reduced)
ARI incidence rate among children under 5 years (per 1000) ^{8*}	520.27	(Reduced)
Diarrhea incidence rate among children under 5 years (per 1000) ^{8*}	473.72	(Reduced)

Sources: ¹CBS (2012), ⁴UNFCO(2013), ⁵Intensive Study and Research Center (2014), ⁶CBS, NPC, WFP, UNICEF, and The World Bank (2014), ⁷DoHS (2014), ⁸HMIS (2013/14)



To reduce malnutrition in Kapilvastu, KIs said:

- Kapilvastu does not have a food production problem. The district grows enough nutritious foods, including staple crops, fruits, and vegetables.
- The main problem is lack of awareness on what to eat and various food taboos

“If people here are just taught how to consume the available foods, then that would be enough.”
[District Government stakeholder]





Policy

Understanding the MSNP



District Government KIs

The MSNP was not new, **but** it was different because:

The MSNP had an integrated approach

“What is new about MSNP is the involvement of all the sectors. We will see results sooner if all sectors go together.” [Government Stakeholder]

The MSNP targeted Golden Thousand Day mothers

“MSNP gives priority to 1,000 day mothers who are also farmers” [Government Stakeholder]

The MSNP targeted disadvantaged groups in VDCs



Donors, Civil Society and Private Sector Stakeholders

Donors, CSOs, and Private Sector KIs said:
“Multi-sectoral approach is important”

“Working with all six sectors is important for nutrition instead of working with just the Department of Health (DOH) and the district development committee (DDC)”

USAID’s Suaahara program is aligned with the MSNP

UNICEF’s CFLG has a multi-sectoral approach

“Our programs are aligned with the MSNP”

Private sector does not have a clear role in the MSNP



VDC Stakeholders

- Government sector members of the VNFSSC had a good understanding of the MSNP
- Non-government sector members of the VNFSSC did not yet have an adequate understanding of the MSNP's objectives
- But non-government sector members of the VNFSSC said they received good nutrition information from Suaahara's training



Views on Scale-Up

Kapilvastu scaled up
from 5 to 15 VDCs

There is demand for
even more scale-up

“MSNP should be in all the VDCs of this district.” [Government stakeholder]

Change Takes Time

“To achieve expected results, it takes some time.” [Government stakeholder]





Drivers of
Change

Key Drivers



Positive Change Toward Scaling-Up Nutrition



Human Resources: District Level KIs

Current HR was insufficient to implement the MSNP effectively

Manpower shortage & frequent staff transfer

“Before we had 18 branch offices and now we have 4. Can 4 people work where before 18 people were working?” [Government stakeholder]

“Staff transfer is a problem.” [Government stakeholder]

Overburdened staff & lack of transfer of knowledge about programs

The people who attend workshops/trainings were transferred by the time of implementation



Human Resources: VDC-Level KIs

Current HR was insufficient to effectively implement the MSNP

Manpower
shortage

“We wish to go and conduct programs in every ward but given our manpower and budget, this is not possible...” [VDC Stakeholder]

Overburdened staff: Too many responsibilities for staff to handle

“Workload is very high. I am unable to go all the time since there is other office work also.” [VDC stakeholder]



Coordination: District Level

Coordination between sectors was good. The DNFSSC met regularly.

“There is no difficulty. Meetings of the nutrition steering committees are frequently conducted every three months.” [Government stakeholder]

“DDC coordinates well.” [Government stakeholder]



Coordination: VDC Level

The VNFSSC was
unable to meet
regularly

“...we haven’t been able to call the meeting after forming the committee. There is a problem giving time for this. There are no elected representatives so there are a lot of daily tasks that fall on me....”
[VDC stakeholder]



Bottom-up Planning: District and VDC Level

Bottom-up
planning broke
down in practice

“We don’t have bottom up-planning. We are sending the planning based on what we feel to the central level. And central level sends us planning made by them. The plans made by district and the plans made by the center don’t match. So, most of the plans are based on a top-down approach.” [District stakeholder]

“Those VDCs that are far and cannot access district authorities do not get their demands met.” [VDC Stakeholder]



Sustainability

The MSNP has ensured sustainability of nutrition programming in Kapilvastu:

- Planning structures created (DNFSSC, VNFSSC)
- Separate budget line item

District and VDC KIs:
If the government has ownership, programs are more sustainable than donor programs

“Donor programs get phased out. It is good MSNP has come so that the nutrition programs that were phased out can be continued by the government.”
[Government stakeholder]





Prioritization

Has the MSNP improved prioritization of nutrition in Kapilvastu?



Prioritization

The MSNP has contributed to prioritizing nutrition at both district and VDC levels

“We are very concerned about nutrition...even while walking in the field or on the road we wish to stop and give health education to GTD women.” [District stakeholder]

“Formerly, nutrition did not used to come up as a discussion topic, but now all are saying that we have to focus on nutrition.” [VDC stakeholder]



Prioritization

Activity that *has been* prioritized: Raising awareness

Other activities that *should be* prioritized: Monitoring

“There should be monitoring so that we can reduce misuse of resources, identify problems, re-plan if necessary, and reach the most vulnerable group...”
[District stakeholder]

- Advising schools not to provide junk food in mid-day meals
- Day-long training on breeding chicks
- Training on spread of diseases from animals to humans



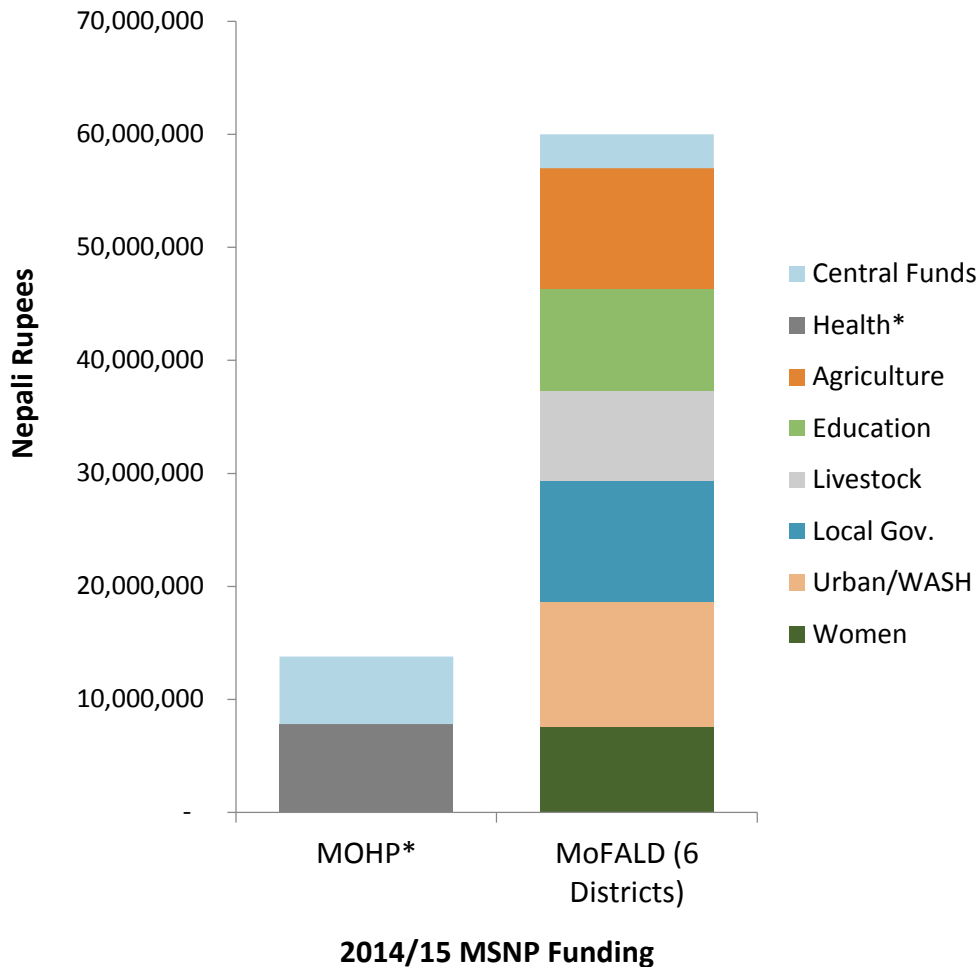


Funding

How were resources mobilized for these activities? How much was allocated? What was the flow of finances?



Financing: The MSNP Line Item



“60 million being allocated for the MSNP is the major success...it is good that the money goes directly to the districts.” [National Donor Stakeholder]

Known Data Gaps:

- Have not yet collected further data on existing district “regular” budgets used for nutrition activities
- Need to compare the MSNP budget line amount with total district budgets

Source: NNFSSC approved Total MSNP Budget Summary FY71/72

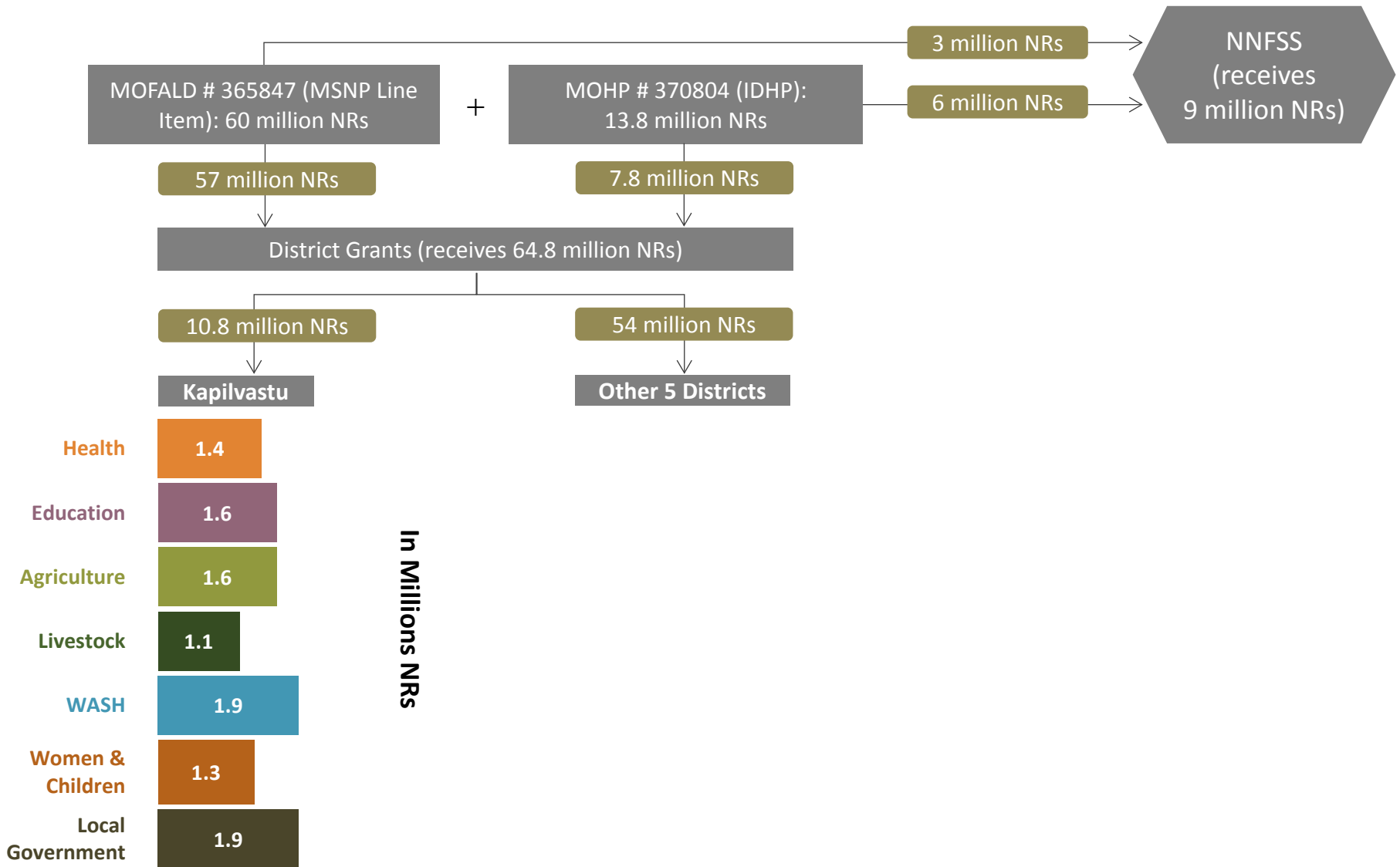
*These are UNICEF funds run through the MOHP budget.



Flow of Funding for the MSNP line Item – Example 2017/18



Flow of Funding for the MSNP line Item – Example 2071/72



District Nutrition & Food Security Steering Committee: Multi-sector Nutrition Plan Kapilvastu Budget Allocation, in Rupees

District Office	Proposed Budget FY 2071/2072	Proposed Budget FY 2072/2073
DDC	1,015,000	1,500,000
DEO	1,257,000	1,500,000
DWCDO	1,000,000	500,000
DWSSD	1,625,000	1,500,000
DADO	1,212,000	1,500,000
DLSO	1,184,000	1,846,000
Total	7,293,000	8,346,000



Recommendations

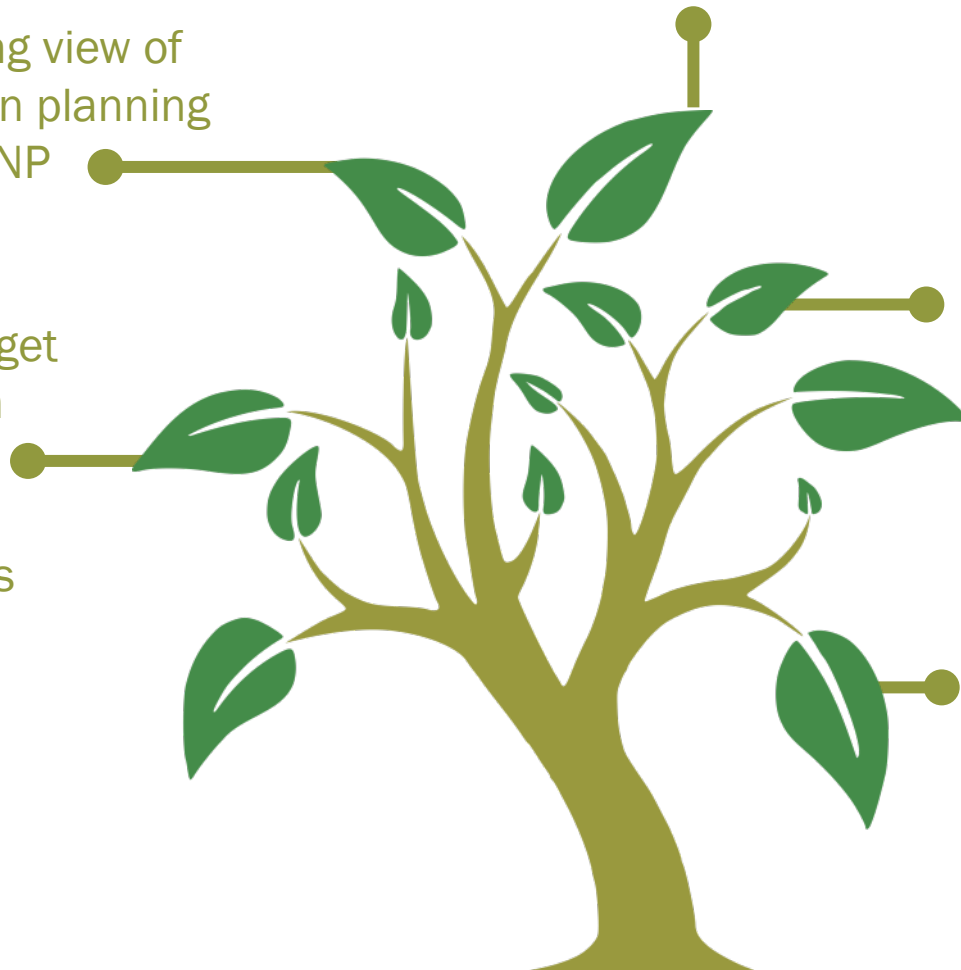
#1 Take a long view of scale-up when planning follow up MSNP

#2 Provide a budget for transportation and fuel to help district and VDC level stakeholders travel to faraway VDCs

#3 Incentivize staff who work in far-flung VDCs

#4 Ensure more than just information sharing when coordinating activities across government and donor programs to avoid duplication

#5 Emphasize monitoring and evaluation of all programs to reduce misuse of funds and to allow course corrections



Recommendations, cont.

#6 Focus on mothers-in-law and husbands to help GTD mothers achieve their goals

#7 Improve bottom-up side of planning to ensure allocated funding is used as directed and meets community needs

#8 External partners should increase efforts to align planned activities and funding to MSNP objectives

#9 Programs should coordinate group formation at the community level so that the same individuals are not called to participate in multiple groups

#10 Improve VDC stakeholders' understanding, involvement, and ownership of the MSNP



SPRING IS

Evidence-based.

Country-led.

Results-driven.

Improving lives through
better nutrition.

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