THE ROLE OF INCREASED INCOME AND WOMEN’S EMPOWERMENT ON NUTRITION

Presentation by:

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Global Communities is an International non-profit organization that works closely with communities worldwide to bring about sustainable changes that improve the lives and livelihoods of the vulnerable.
An Integrated Approach – Target 125,000

Agriculture: Cooperatives

Social and Behavior Change Communication

Adult Literacy: Literacy Centers

Nutrition

Health & Nutrition: Nutrition Groups

Financial and Business Services: Savings Groups
Rwanda Nutrition Context

- 44% of children under five are stunted (DHS 2010).

- 38% of children have anaemia (DHS 2010).

- Child feeding practices of children between 12 and 23 months are significant predictors of their stunting— in particular the types of foods consumed by children (CFSVA 2012).

- Stunted children often have young, poorly-educated mothers who are themselves stunted (CFSVA 2012)
Social and Behavior Change Communication Strategies

**Public Campaigns**
- Annual Breastfeeding Campaign
- Annual Milk Campaign
- WASH Campaign
- Radio

**Mass Media**
- H&N Training Guides
- Food Recipe Booklet

**Information Education Communication (IEC) materials**
- Behavior Change Volunteers

**Peer Education**
- Drama
- Songs
- Poems

**Edutainment**
Successes

84% reported increased income (SPRING) and 90% (Mid term evaluation)

Increased food production – highest in maize (33%), Vegetables (32%), fruits (30%)

Food acquisition – increase in households that sourced cereals, dark green leafy vegetables and other vegetables from their homes

Food purchase – “availability of money” was a key determinant but was less a constraint compared to before joining the program

“Food nutrient content” or “balanced diet” as a determinant increased over time
Success Continued...

Care - giving and Care – seeking: an average 6 hrs daily on agriculture activities. However more time to care giving because of improved time management skills.

Changes in health and nutrition status improved. Reported as more energetic, fewer illnesses, gained weight, improved physical appearance.

Women empowerment:
- 68% reported being more involved in income related decisions at home compared to before
- Increased women presence and participation outside of the home
- 78% of women have control over the HH income (USAID EH Gender Assessment)
Challenges

Consumption of diet with increased diversification is low (26% vs target of 75%)

Established 11,416 kitchen gardens but not available all year round.

Fruits, meats, fish and eggs are the least consumed foods. Less than 30% had consumed foods from these food groups in the last 24 hours (Spring Study 2014).
Key Lessons Learnt

Saving activities are a strong motivator for new membership into nutrition groups.

“Investing in women” improves nutrition outcomes since they make food purchase decisions and have role in prioritizing which food to purchase.

Empowerment of women, along with the engagement of men, improves nutrition of mothers and their children.
Next Steps

Strengthen the BCVs capacity to deliver nutrition messages on adoption of Balanced and diversified diet

Promote intake of animal protein

Continue to provide cooking demonstrations

Continue and extend the WASH campaign

Improve the Maintenance of Kitchen Gardens to have vegetables and fruits all year around