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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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
PROMOTING KEY HYGIENE PRACTICES BY FISH SELLERS
CONSUMPTION OF PUMPKIN BY PREGNANT WOMEN AND CHILDREN 6-23 MONTHS

Lowland Selection and Preparation

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

www.spring-nutrition.org
• 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


• 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](https://www.spring-nutrition.org/events/listening-farmers-and-mothers)


• Sierra Leone: Entry Points for Nutrition in Feed the Future Value Chains  (URL pending)  

[www.spring-nutrition.org](http://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.
APPLYING A NUTRITION LENS TO THE AGRICULTURAL VALUE CHAIN APPROACH

1. Select Value Chain
2. Analyze Value Chain
3. Identify Market-based Solutions
4. Assess Market-based Solutions
5. Implement Facilitation Activities
6. Monitor and Evaluate

Competitiveness
Nutrition
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

UNDERLYING CAUSES
- FOOD security
- CARE resources and practices
- HEALTH services and WASH

BASIC CAUSES
- Institutions
- Political and ideological framework
- Economic structure

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