






SPRING/Kyrgyz Republic

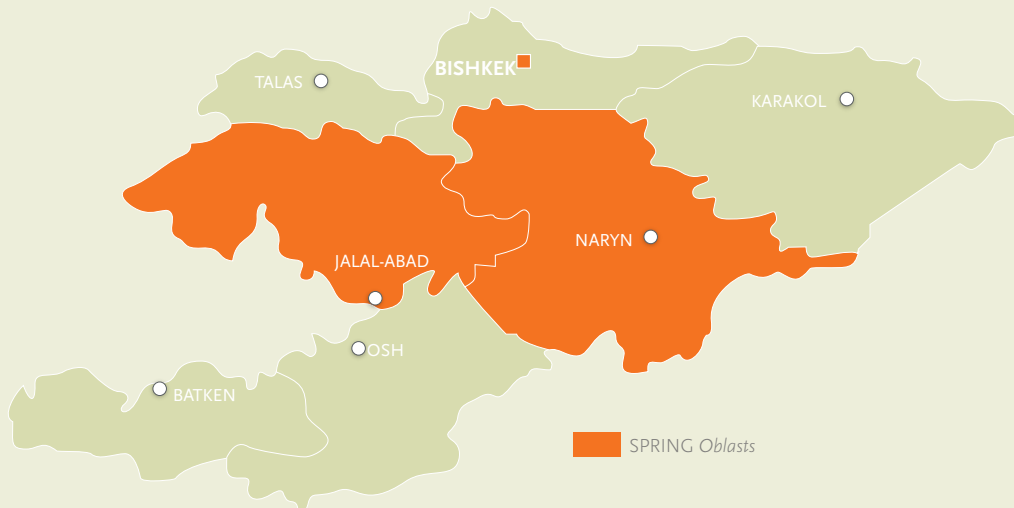
Reducing malnutrition and anemia through a multichannel approach

Since 2014, SPRING has promoted the uptake of 11 evidence-based practices to improve the nutritional status of children under two and women of reproductive age in the Kyrgyz Republic. SPRING built strategic partnerships to support national nutrition initiatives, strengthen the capacity of health care workers to provide quality nutrition services, improve household nutrition practices, and increase agriculture's contribution to nutrition outcomes.



PROGRAM RESULTS

	BEFORE	AFTER
 Women's dietary diversity score increased from	4.1 food groups	5.4 food groups
 Women taking IFA tablets for at least 90 days during pregnancy increased from	22%	40%
 Exclusive breastfeeding increased from	29%	63%
 Consumption of sugary foods by children 0–11 months decreased from	34%	26%
 Children meeting minimum dietary diversity requirements increased from	42%	54%



SPRING worked in 11 *rayons* and townships of Jalalabad *oblast*, the entirety of Naryn *oblast*, and the capital city of Bishkek.

Evidence-Based Practices Promoted by SPRING

1. Consumption of iron supplements by pregnant women
2. Dietary diversity for women with emphasis on food sources of iron and foods that enhance iron absorption
3. Dietary diversity for children aged 6 to 23 months with emphasis on food sources of iron and vitamin A and foods that enhance iron absorption
4. Optimal meal frequency for children aged 6 to 23 months
5. Early initiation of breastfeeding
6. Exclusive breastfeeding from birth through the first six months
7. Timely introduction of appropriate complementary foods
8. Reduced consumption of foods of low nutrient value (junk food)
9. Presumptive treatment for helminths for pregnant women and young children
10. Handwashing at five critical times (after using the latrine, after changing a baby's diaper/cleaning a child, before preparing food, before feeding a child, and after handling animals)
11. Adoption of methods for safe and prolonged storage of nutrient-dense produce for the winter



www.spring-nutrition.org
USAID's multi-sectoral nutrition project



SPRING'S MULTICHANNEL APPROACH TO REDUCING MALNUTRITION



DEVELOPING NATIONAL PROTOCOLS AND GUIDELINES

Supported the Ministry of Health to update clinical guidelines on antenatal care and prevention and treatment of anemia and helminth infections



STRENGTHENING THE HEALTHCARE SYSTEM

Delivered about 7,000 health worker trainings in 300+ facilities on key nutrition topics and provided supportive supervision to ensure retention of knowledge and skills



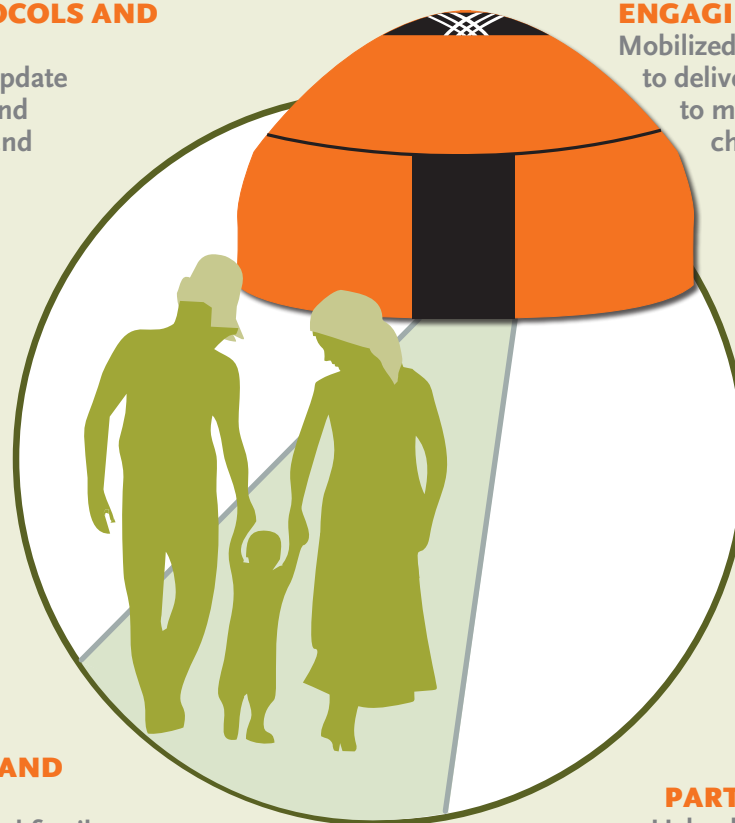
PRIORITIZING NUTRITION IN PRE-SERVICE EDUCATION

Revised the nutrition curriculum for medical universities and colleges across the country



MAKING HOSPITALS MOTHER- AND BABY-FRIENDLY

Trained and supported 27 hospitals and family medicine centers in the Baby-Friendly Hospital Initiative certification process with 17 health facilities receiving certification and 8 more under review



ENGAGING COMMUNITY VOLUNTEERS

Mobilized more than 3,200 community volunteers to deliver key nutrition and hygiene messages to more than 120,500 caregivers and 20,000 children under two



USING TOOLS TO PROMOTE DIETARY DIVERSITY

Published a guidebook on home-based food preservation and a cookbook with healthy recipes to increase year-round dietary diversity



REACHING URBAN AREAS

Leveraged Facebook and regional TV channels to increase reach, aired 30 videos on nutritious recipes and positive nutrition and hygiene behaviors, and organized entertaining educational events to promote good nutrition among urban audiences



PARTNERING ACROSS SECTORS

Helped health, education, and agriculture projects integrate nutrition elements into their programming to address direct and underlying causes of malnutrition



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For more information:

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