SPRING/Kyrgyz Republic
Reducing malnutrition and anemia through a multichannel approach

PROGRAM RESULTS

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

Iron & Folic Acid

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

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.
**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

For more information:
- [www.spring-nutrition.org](http://www.spring-nutrition.org)
- [www.facebook.com/springkgz](http://www.facebook.com/springkgz)