Promoting Consumption of Sweet Potato Leaves and Cowpeas

https://vimeo.com/230949903

**SUMMARY**

Tenin is a pregnant woman in Tindo, Guinea. One day, the local community health worker (CHW) stops by her compound and speaks with her and her husband. The CHW tells Tenin’s husband that he must support Tenin’s nutrition through additional meals and a diversified diet to keep Tenin and the baby healthy and strong throughout the pregnancy. Tenin’s husband is glad of the information and agrees to help his wife. Later, Tenin’s husband brings their son, Aly, to gather sweet potato leaves from the garden. He explains to Aly that they will divide the harvest in three: one group will be made into sauce to eat now, some leaves will be sold at the market for income, and the final group will be dried to save for the lean season. The CHW returns and expresses her joy at seeing the good nutrition practices in the household, but also reminds the family to save plenty of leaves for the lean season when they will be hard to find.

**TRANSCRIPT**

Father: Tenin, how are you? I am very happy about your pregnancy, this time, may God give you twins.

Tenin: Amen!

Father: I am really happy about your pregnancy.

Tenin: I am glad too.

Father: Ah! Ok, That is very good, I am glad.

Community Health Worker (CHW): Good morning everybody.

Tenin and Father: Good morning, Good morning, how are you?

CHW: I am fine and you?

Tenin and Father: How is your family, How is your family?

Tenin and Father: No problem here.

Father: Hey, my wife is pregnant and that’s why we are happy today.

CHW: Oh! That’s very good.

Father: Ah! That’s very good and besides it will be twins.

CHW: Really?

Father: Yes, of course. That’s good

Father: OK, have a seat now. Tenin, give her place to sit.

CHW: That’s good.

CHW: Dianko?

Father: Yes.

CHW: I am really happy to hear about that.

Father: Ah ! Ok.

CHW: From that happiness, what I would really like you to do is to take care of your wife’s nutrition.

Father: Her nutrition?

CHW: If you take care of her nutrition, I will be glad of that and that will be good for her and her baby.

Father: OK.

CHW: How is that good for her and her baby? If she eats sweet potato leaves, or when she cooks and she eats eggs, meat, that will be good for her and I will be glad.

Father: I will do that.

CHW: If that happens, the baby will be strong and giving birth will be easier for her.

Father: Hey! Ok.

CHW: That will allow her to avoid lack of blood. She will be strong and her baby will also be strong.

Tenin and Father: We’ll do everything you told me. That will be a big challenge. If God agrees.

CHW: I will be glad, I will be very glad.

Father: This time, I am really happy for her pregnancy.

CHW: That’s good, that’s very good.

Father: Really, the advice you give me is very good.

CHW: I want you to take care of your wife. Your wife must eat some special foods that will be important and strengthen her and her baby, like iron folic acid (IFA) and vitamin A.

Father: IFA?

CHW: If you give IFA and vitamin A to a pregnant woman, she and her baby will make more blood.

Father: Vitamin A?

CHW: When a pregnant woman takes that, the baby will eat well in her belly and the mother also will have an appetite. Meat will also be good for her and so on.

Tenin: Ah! Doctor, the different things you cited such as IFA, vitamin A. What will happen if she lacks those things?

CHW: That’s a very good question. The answer is that when a pregnant woman takes IFA and Vitamin A, it will very good for her and her baby. That will protect her against blood loss when she is giving birth, and prevent weakness of them both (mother and baby). That’s why a pregnant woman must take IFA, vitamin A, and it’s good if she eats meat.

**First Question: What will happen to a pregnant woman when she is weak and has a lack of blood?**

**First Answer: The IFA and Vitamin A that the hospitals give out to pregnant women are a means of protecting pregnant women from having losing too much blood when they are giving birth, protecting from weakness, and their babies’ weakness.**

Tenin: Ok. Doctor, you told me to eat daily. How many times must I eat?

CHW: Well, you were used to eating three times a day when you were not pregnant. But as you are pregnant now, you must eat four times a day. The breastfeeding woman also is used to eating three times a day, but because she is breastfeeding her baby, she must eat five times a day.

**Second Question: How many times must a pregnant or breastfeeding woman eat per day?**

**Second Answer:**

**1-A pregnant woman must add one intermediate meal to the three meal times per day.**

**2-A breastfeeding woman must add two intermediate meals to the three meal times a day.**

CHW: Hey! Dianko

Father: Yes.

CHW: Your wife is pregnant.

Father: Yes, she is.

CHW: We’re very glad, but what I want to add on the advice is to take care of her diet because, if a woman is pregnant, she must eat well.

Father: Eat well?

CHW: Eat very well.

Father: Ok.

CHW: So for that, you must add some meals for her on top of the three daily meals. If she is willing to eat. And if she is not will to eat, you must encourage her to eat.

Father: Ok.

CHW: If that happens, it will be good for us. Some of the foods you will need are avocado, sweet potato leaves, cowpeas, potatoes, cucumbers, tomatoes, eggs, meat and fish, and vegetables. If she eats all those things, that will be good for her, for us and for the baby.

Father: Ok.

CHW: All of those good foods must be eaten by her at least three times a week.

Father: All that you cited, she must eat each of these things three times a week?

CHW: She must eat each of these things three times a week and if she does that, it will be good for her, for us and for the baby.

**Third Question: How should a pregnant or breastfeeding woman’s meals be diversified?**

**Third Answer:**

**1-Their meals should be diversified with sweet potato leaves, cowpeas, vegetables, and fruits.**

**2-They must eat meat, eggs, and fish two or three times a week.**

CHW: So, the advice I gave you.

Father: Yes.

CHW: Have you understood?

Tenin and Father: Yes, we have understood.

CHW: Ok, take into account this advice. Ok?

Tenin and Father: Ok.

CHW: Now, I want to go because patients are waiting for me at the center.

Tenin and Father: Ok, no problem. Thank you so much for your advice. May God bless you.

Father: Now, I am very happy because you have informed me about something I did not know before. But by God’s grace, I will do my best to take care of her diet.

CHW: Ok. Thank you, if you do that, I will really be happy because I am the one who is in charge of pregnant women’s problems and I will have a good reputation here. I am leaving you now.

Father: I will strictly respect what you told me.

Tenin: Thank you. May God give you long life.

CHW: Ok. Amen!

Father: Let’s respect what the advice the doctor gave us.

Tenin: God willing.

Father: That’s good for you and me. Let me call the child to go and pick some sweet potato leaves, eggplant, and peppers. Aly!

Aly: Yes.

Father: Come here. Let’s go to the garden to find potato leaves. Ok?

Aly: Father, will we eat all of it?

Father: No, we will not eat all of it. We will eat some, sell some for the school fees, and dry some and pound for the dry season.

Father: Tenin?

Tenin: Yes.

Father: Bring three bowls. Wait, your mother is coming with bowls. Put the leaves here. We just came from the garden. Here are the leaves. Use this pile for the sauce, this one for the lean season, and that one will be sold for the children’s school materials such as shoes, uniforms, exercise books, bags and so on. You know, the school will be opened soon. Do you understand?

Tenin: Yes, I understand.

Father: Hey this potato leaves issue has been very good. Try to add more leaves on these to dry.

CHW: Hello!

Father: Hey! Doctor, hello.

CHW: Yes.

Father: How are you?

CHW: I am fine.

Father: Is there any problem at the hospital?

CHW: No problems - and you here?

Father: We are fine.

CHW: Ok, how is the pregnant woman?

Father: She is fine.

Tenin: Hey! Doctor, how are you?

CHW: I am fine and you?

Tenin: I am fine too. Uncle, I want to go to the market and sell these leaves to buy the children’s shoes and clothes.

Father: Ok, but don’t stay too long there. Ok?

Tenin: Ok, I will not stay long.

CHW: Hey! You have lots of leaves.

Father: Yes of course.

CHW: Ah! That’s very good, but try to add more to that. Ok?

Father: Ok, by the grace of God, more will be added.

CHW: For the lean season.

Father: Ok.

CHW: You know it is difficult to get leaves during the dry season.

Father: Hey! Very difficult.

CHW: And a pregnant woman should eat these many times.

Father: Ok.

CHW: Which is good for her.

Father: Ok, I understand.

CHW: Oh! That’s very good, I just wanted to say hello to you.

Father: Ok, Doctor, thank you.

CHW: I am leaving.

Father: Ok, thank you.

CHW: Please everyone, I am here today to give you advice about taking iron folic acid (IFA), vitamin A, and nutrition for pregnant women. It can be very dangerous for a pregnant woman if she doesn’t have the will to eat. If a pregnant woman eats and takes iron folic acid and vitamin A, she and her baby will gain strength. That will help prevent pain during childbirth and help her to avoid losing a lot of blood and losing a lot of money from having to purchase medicines. So everyone, this is what I have to tell you as advice.

Father: The advice I have to tell you is to pay attention to pregnant women’s diet. A pregnant woman must eat four times a day. She must eat fish, meat, eggs, sweet potato leaves, cucumbers, avocados, potatoes, tomatoes and cowpeas. We must pay attention to pregnant women’s diets and take care of them. We must make a garden for plants, not only for food but also income for the family’s needs. All the food I cited such as fish, meat, eggs, etc. Pregnant women must try to eat each of these foods at least three times a week.

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