

Title



NATIONAL  
NUTRITION  
CONFERENCE  
ETHIOPIA 2021

GENERATION AND MOBILIZATION OF NUTRITION  
EVIDENCE TO TACKLE MALNUTRITION: FROM DATA TO ACTION

**NUTRITION SENSITIVE AGRICULTURE INTERVENTIONS:  
RESPONSE TO CHANGE IN QUANTITY AND DIVERSITY OF THE  
DIET OF MVHHS IN ETHIOPIA, THE CASE OF GROWTH THROUGH  
NUTRITION ACTIVITY, COHORT STUDY.**

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Addis Ababa, Dec 8-10, 2021



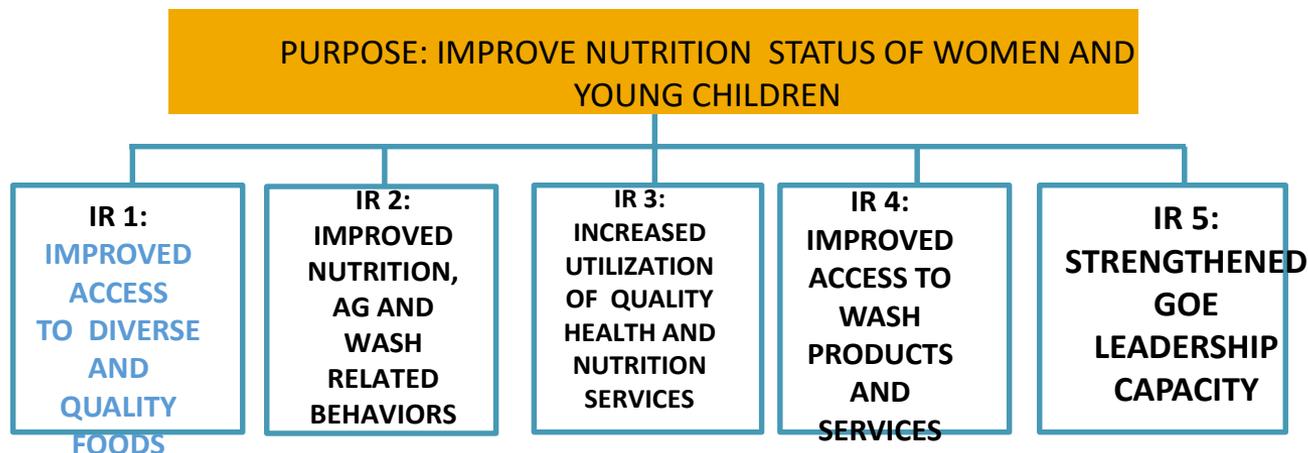
**Save the Children**

# Presentation outline

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- Brief introduction about Growth through Nutrition
- Back Ground
- Purpose of the study
- Methodology
- Results
- Conclusion and implications of the findings
- Limitations of the study
- Acknowledgement

# BRIEF INTRODUCTION ABOUT GROWTH THROUGH NUTRITION ACTIVITY



**CROSS CUTTING: RESEARCH AND LEARNING , GENDER, CONVERGENCE/LAYERING, AND CRISIS RESPONSE**

# BACKGROUND

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- Most people suffering from chronic malnutrition in developing countries are among the poorest of the poor and lack access to dietary diversity and food rich in micronutrients on a regular basis (FAO, 2013.).).
- They largely depend on high amounts of cheaper staple starchy foods (HarvestPlus. 2012; Black R.E. et al. 2008).
- It is with this rationale that GtN invests and promotes NSA activities to address gaps in the availability of nutrition dense varieties of crops and animal source food.

# PURPOSE OF THE STUDY

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- Assess nutrition practices among participants / MVHHs of Growth through Nutrition project activities
- Investigate proportional association of improvements in nutrition practices as the result of exposure or participation in Growth through Nutrition project activities

# METHODOLOGY

- A cohort panel study was conducted among rural MVHHs participating in the GTN project in targeted woredas with two cohorts
- In 2017, the baseline assessment was conducted among a cohort of 386 targeted households.
- In 2020, the survey collected data from the original cohort from the previous surveys, of which 319 MVHHs participated, and an additional new cohort of 337 MVHHs for a total of 656 MVHHs surveyed.
- Outcome Monitoring Among MVHHs:
  - Child-Level Outcomes(6-23 months): Mean number of food groups consumed from 7 food groups, MDD, MMF, MAD
  - Women level outcome: mean food group consumed from 10 FG and MDD
- Data was collected via tablets using ODK software and KoBo Toolbox

# RESULTS

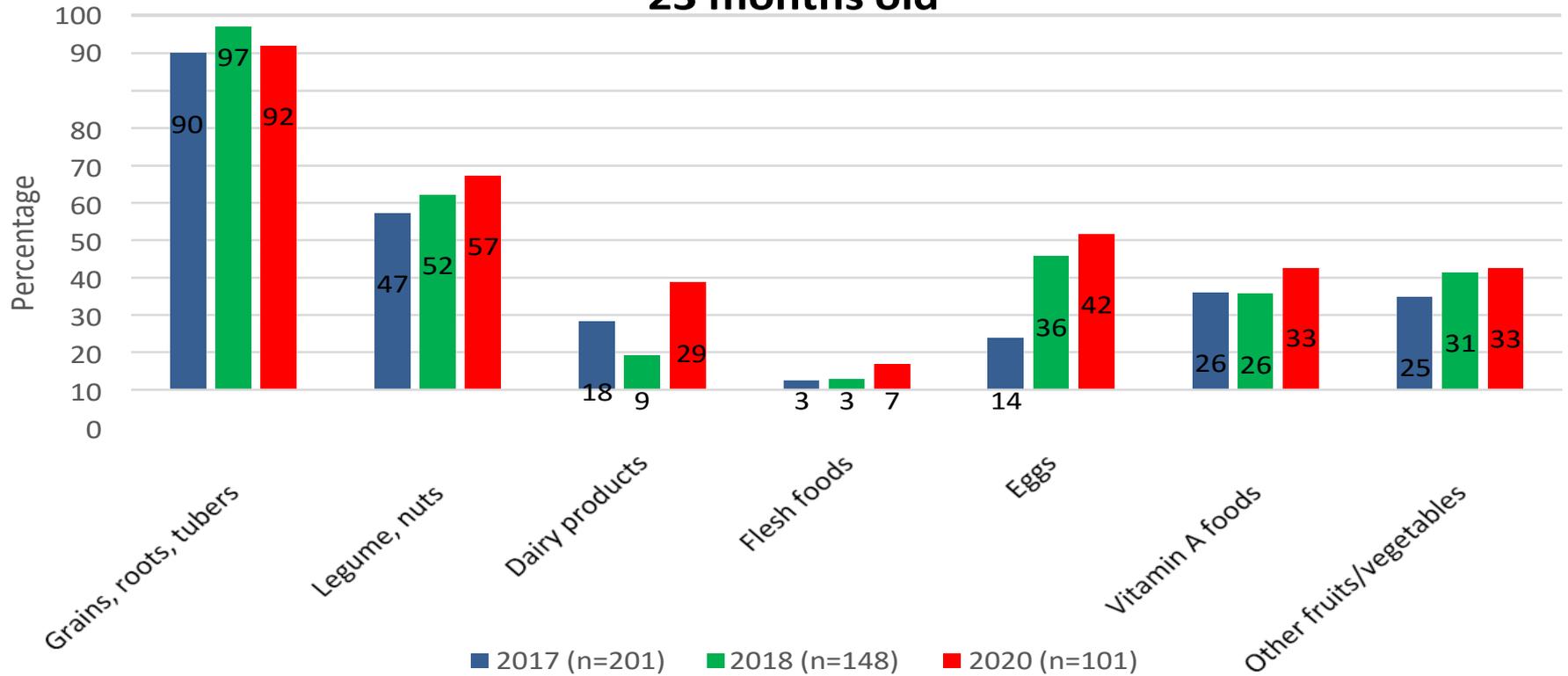
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- The percentage of children 6-23 months of age consuming all major food groups increased.
- The percentage of children who consumed four out of seven food groups increased from 12% in 2017 to 34% in 2020, a statistically significant increase ( $p < 0.001$ ).
- These results correlate with the observed increase in consumption across all seven food groups (Figure 1).



# Results...

Figure 1 **Child Dietary Diversity: Food groups consumed by children 6-23 months old**



# RESULTS..

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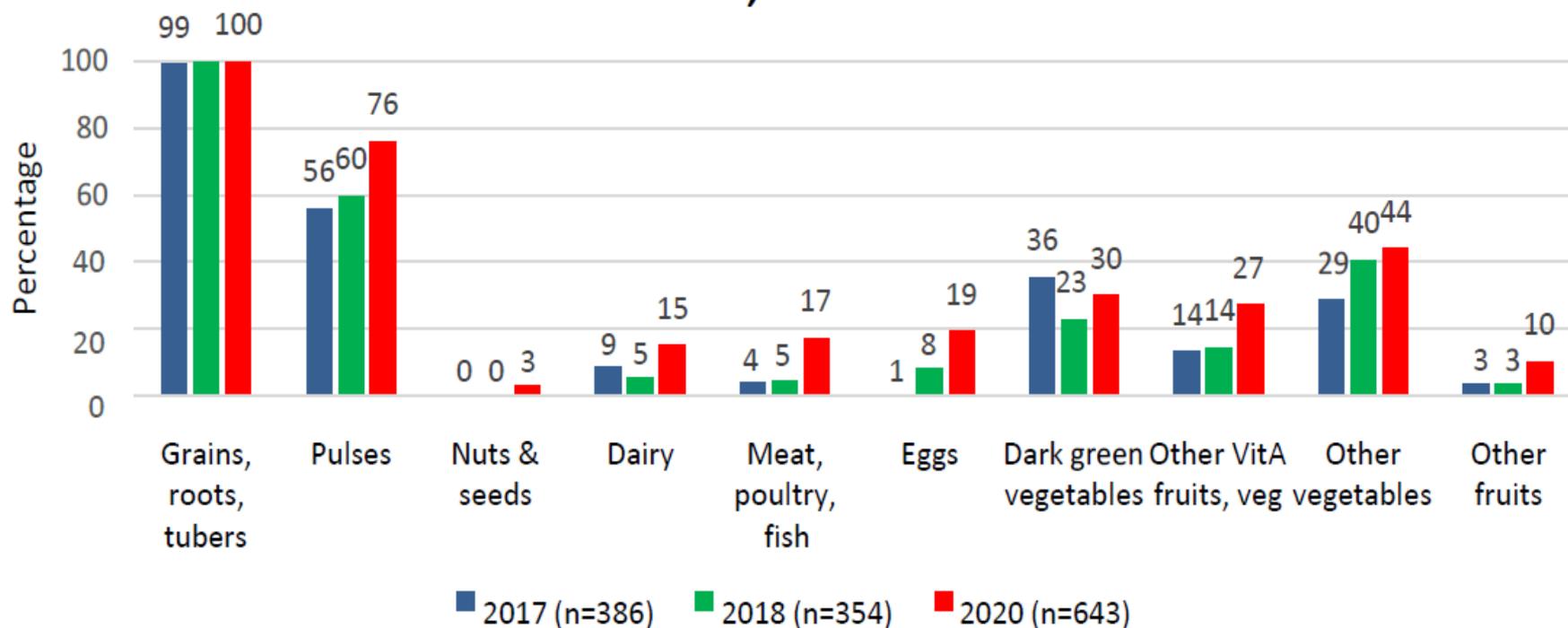
- The percent of children who achieved MAD increased from 12% at baseline to 31% in 2020. This is a statistically significant increase ( $p < 0.001$ ).
- MDD-W has increased significantly since the baseline, from 2% to 18%, statistically significant increase ( $p < 0.001$ ),
- Indicating that project activities have possibly contributed to increased access to diverse foods and are also encouraged adoption of healthy nutritional practices in homes.

## RESULTS ...

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- This is also supported by the 98% of respondents in 2020 who reported that they believed the project was the reason for the positive changes in their diets.
- Similar to the DD of children, the increased dietary diversity among women is due to the increased consumption of dairy, eggs, vegetables, meat, and pulses(Figure 2)

Figure 2 **Women's Dietary Diversity - Consumption of food groups by women, 2017-2020**



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## RESULTS ...

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- The proportion of pregnant women who receive iron folate supplementation for at least 3 months during pregnancy decreased slightly,
- Highlighting the need to ensure women receive continued support during pregnancy, both in terms of addressing behavioral and supply related issues

# CONCLUSION AND IMPLICATIONS OF THE FINDINGS

- Overall, the findings from this follow up survey showed that NSA interventions combined with SBCC activities and exposure to program activities has a positive effect on some of the key individual and household level nutritional outcomes.
- However, the overall proportion of households reporting adequate MDD for women and children still remains low, at 31% for children and 16% for women
- Activities to increase access to diversified food groups or improve awareness on how to prepare these foods could be strengthened to support households to increase dietary diversity.