



2021 Scaling Up Nutrition National Conference



27th -29th April 2021

Location: Virtual/Lusaka





Date: 29th April 2021

Presentation Title: Evaluating the Impacts of Home- Based Growth Charts and Community Monitoring on Stunting in Zambia

Presenter: Tamara Billima

Organization: Innovations for Poverty Action

“Sustaining stunting reduction through creating an enabling environment for nutrition programmes”



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Outline

- Acknowledgements
- Introduction
- Approaches
- Results outcomes
 - The implications
 - Sustainability
- Next steps
 - Lessons learned.
 - Recommendations



“Sustaining stunting reduction through creating an enabling environment for nutrition programmes”

Acknowledgements

- The Ministry of Health
- The Bill & Melinda Gates Foundation
- Project Team
 - Dorothy Sikazwe – Local PI and Chief Nutrition Officer, CHNU
 - Günther Fink- Swiss TPH and University of Basel
 - Rachel Levenson – Harvard University
 - Doug Parkerson- IPA
 - Peter Rockers - Boston University
 - Amadu Salifu – IPA
 - Tamara Billima-Mulenga
 - Mpela Chembe – IPA

Background

- IPA is an International research and policy non-profit that discovers and promotes effective solutions to global poverty.
- We design, rigorously evaluate and refine solutions and their applications together with researchers and local decision makers, ensuring that evidence is used to improve the lives of the world's poor
- IPAZ was established in 2010 and has collaborated with government such as Ministry of Health and Ministry of General Education.
- IPA with the MoH undertook a pilot in Chipata district in 2014 and 2015 on the Impacts of Home- Based Growth Charts and Community Monitoring on Stunting in Zambia through the support of the Bill & Melinda Gates Foundation



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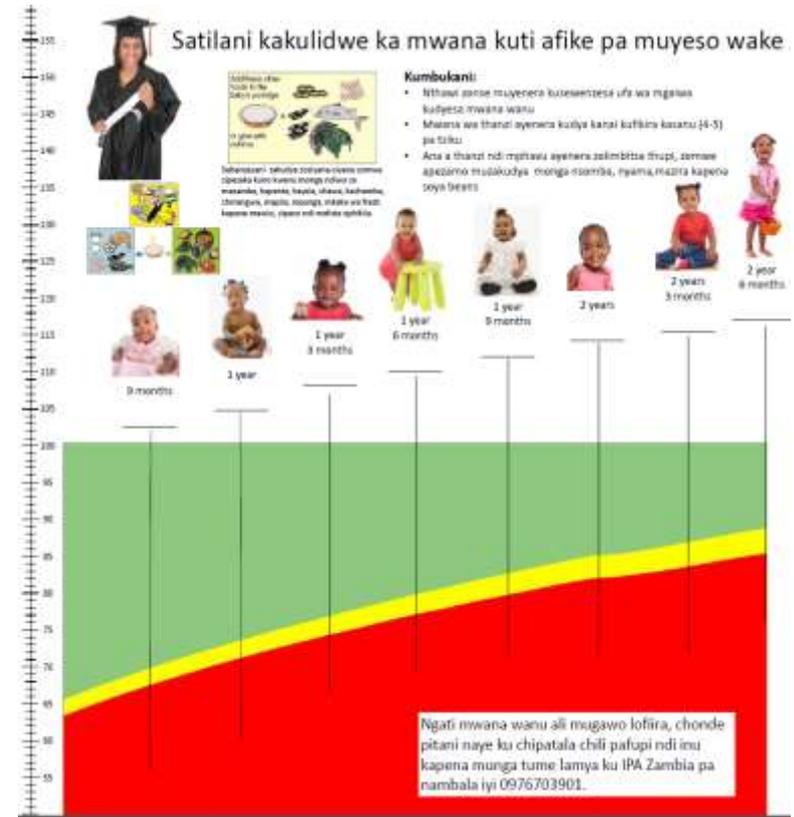
Background

- Stunting remains a major problem in Zambia
 - According to the 2018 Demographic and Health Survey, 35% of children were stunted nationwide, with much higher rates in some regions
- Progress made in recent year has been limited, particularly in rural areas
- Chronic malnutrition has long-term effect on cognitive, physical and mental development

Approaches



Community Based Monitoring

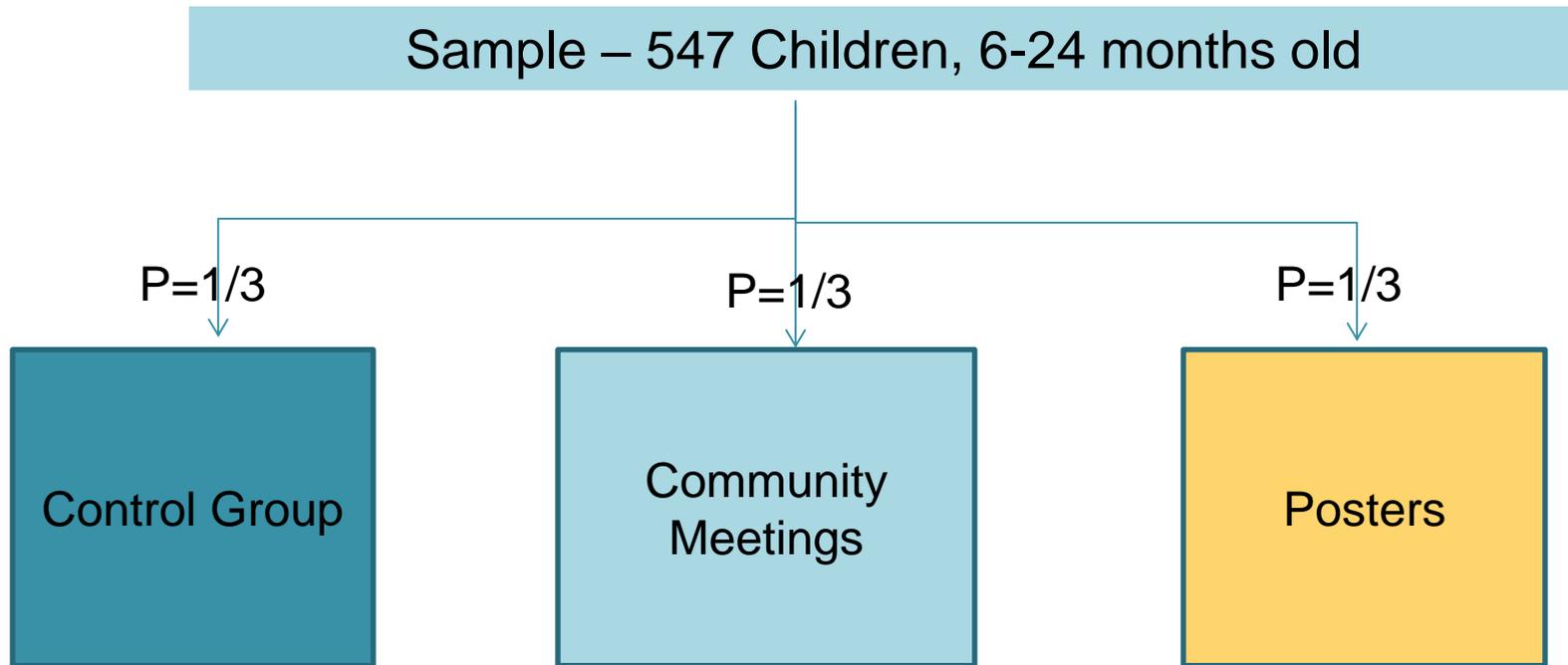


Home based Growth Charts

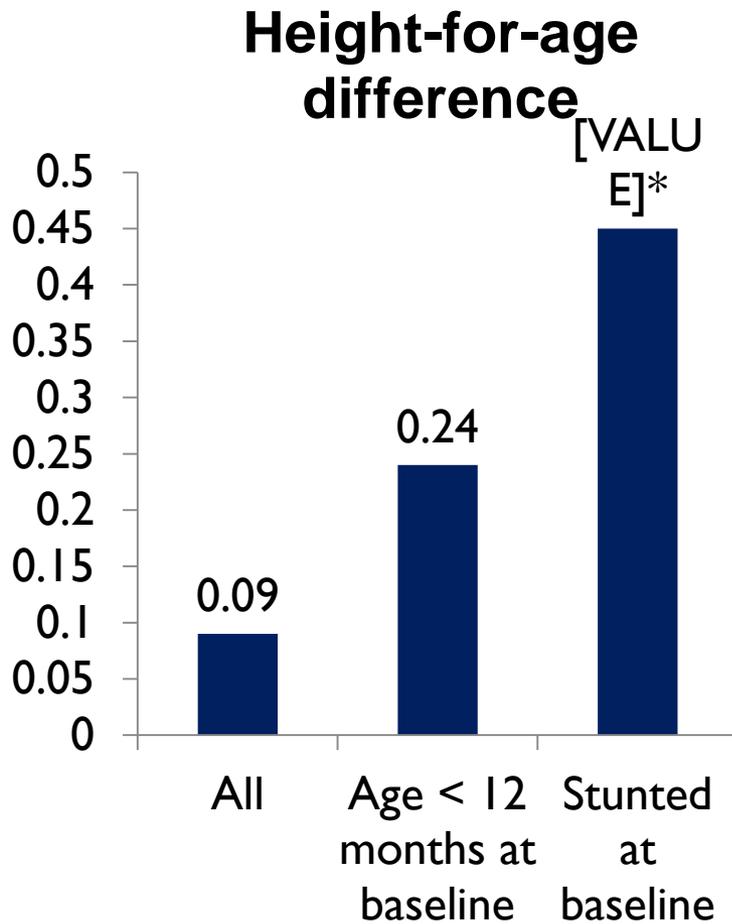


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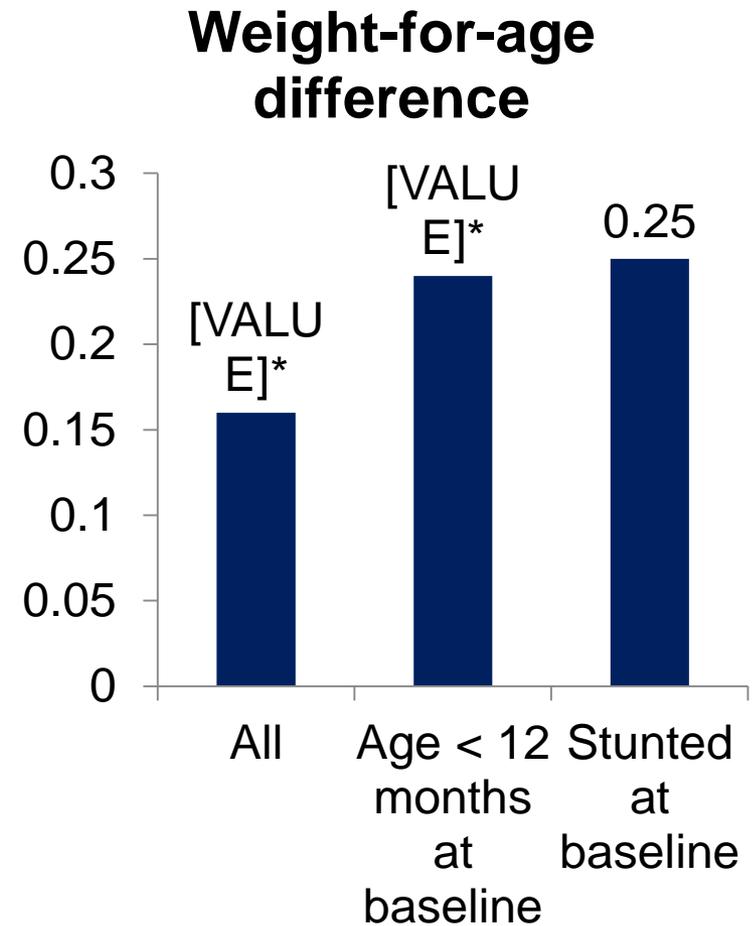
Study Design



Implications



** p-value < 0.05



** p-value < 0.05

Implications

- *Impact on stunting:* Villages that received growth charts experienced a 22 percentage point reduction in the prevalence of stunting among children malnourished at baseline
- *Parental behaviors:* Caregivers in both the community monitoring and growth charts groups reported feeding their children more protein-rich foods than caregivers in the comparison group
- *Community-based growth monitoring with nutritional supplements, on the other hand, did not reduce stunting*
- *Neither intervention was found to have significant impacts on child neurocognitive development.*
- *Parents who received growth charts were 15 percentage points more likely to opt for peanut butter than cash, relative to the comparison group*

Discussion and conclusion

- Given their relatively low cost, home-based growth charts appear to be a cost-effective tool to increase parental effort to reduce children's physical growth deficits, particularly among children with stunted growth.
- Growth charts should be tested at scale.
- IPA is solidifying the evidence for growth charts by testing them in an expanded area of the country
- The project is currently being scaled up in Lusaka, Choma and Mansa Districts among 2,400 households.
- The project specifically seeks to achieve the following objectives:
 - Conduct iterative research to further improve and locally adapt the growth chart design.
 - Test home-based growth charts in a larger, more representative sample of Zambian children within their first 1000 days of life.
 - Work towards a scalable model within existing government programs.

Closing

- Our team aims to build a viable path to scale for home-based growth charts, provided the strong positive results from the pilot are replicated.
- We will lay the groundwork for future scale by embedding the delivery and evaluation of our innovation within the Ministry of Health's cadres of community health workers, a high-potential scaling partner we have collaborated with for almost a decade.
- Through this network, growth charts have the potential to reach a significant share of children under five in Zambia

Additional Resources

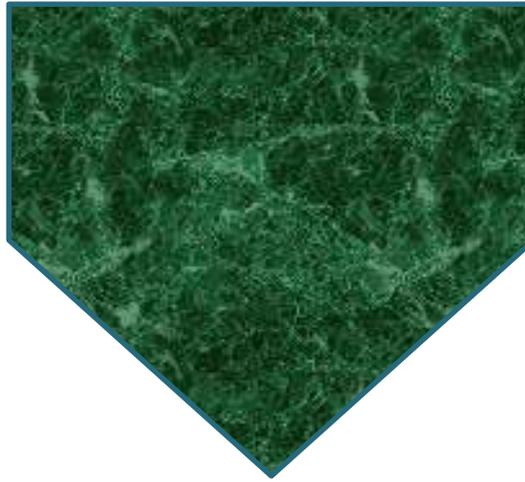
HEALTHY AND THRIVING CHILDREN

- Continue breastfeeding your child until 24 months of age
- Giving your child a variety of foods daily will make them grow up healthy
- It is important to feed your child 3-4 times a day
- Wash hands with soap before cooking or feeding your child

I will feed my child a nutritious and diverse recipe 3 times a week so that they grow up successful!

6 - 8 months Thick porridge + well-mashed foods	9 - 11 months Finely chopped or mashed foods	12 - 24+ months Chopped or mashed foods
<p style="text-align: center; background-color: #0070C0; color: white; font-weight: bold; font-size: small;">SWEET POTATO MASH</p> <ul style="list-style-type: none"> 2 small sweet potatoes 2 tablespoons powdered roasted groundnut 1 small papaw 4 cups <ol style="list-style-type: none"> 1. Wash potatoes and peel them 2. Cut into small pieces, put in a sauce pan, add water and a pinch of salt to taste 3. Bring to a boil until soft and then mash 4. Add the groundnut to the mashed potatoes 5. Keep a firing until a smooth mash is formed 6. Wash and peel the ripe papaw, remove the seeds and mash it 7. Add to the potato mash and mix well 8. Serve warm. 	<p style="text-align: center; background-color: #0070C0; color: white; font-weight: bold; font-size: small;">FISH AND SWEET POTATO LEAVES</p> <ul style="list-style-type: none"> 4 tablespoons of shredded or pounded fish 2-4 teaspoons shredded or pounded sweet potato leaves 2 tablespoons cooking oil 1 medium tomato 1/2 medium onion 1/2 cup water A pinch of salt <ol style="list-style-type: none"> 1. Chop the tomato and onion into small pieces 2. Put the oil in a pan and fry the onion and tomato for 4-5m in 3. Add the fish 4. Add the vegetables and salt 5. Add water if too dry 6. Cook for 4-5m in 	<p style="text-align: center; background-color: #0070C0; color: white; font-weight: bold; font-size: small;">PEANUT BUTTER CHICKEN</p> <ul style="list-style-type: none"> 1 cup shredded boneless chicken 3 tablespoons cooking oil 2 tablespoons peanut butter 1 medium sliced onion 1 medium chopped tomato 1 cup water A pinch of salt <ol style="list-style-type: none"> 1. Fry the chicken in oil until brown 2. Chop the tomato and Onion into small pieces and fry in the same oil to make sauce 3. Make a light groundnut paste using water 4. Add the Chicken and groundnut paste using water and tomato 5. Stir well until the chicken boils for 10mins

Children who do not get the food they need in early life will not reach their full potential



Thank you

