

# Qualitative Findings

## FANSEER's SBC Research

Workshop for GIZ & partners | 18/11/2022

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STUDIED BEHAVIOURS	LUAPULA (L)	EASTERN (E)
children aged 6-23 months consume any type of pulses at least every second day	X	
children aged 6-23 months consume an egg at least every second day	X	
children aged 6-23 months consume foods at least the minimum number of times	X	X
women of reproductive age consume any type of pulses at least every second day	X	X
women of reproductive age consume an egg at least every second day	X	
women of reprod. age consume vitamin A rich fruit or vegetable at least every second day	X	X
male and female household members grow OFSP for homestead consumption		X
male and female household members dry sweet potatoes (any type) for consumption	X	X
household members use plastic containers to store cowpeas, beans and vegetables		X
couples decide jointly on how to use money from savings they make / loans they take	X	X
female beneficiaries attend at least two thirds of conducted nutrition / WASH modules	X	X
male and female household members treat their drinking water by using chlorine	X	
male and female household members treat drinking water by boiling it for one minute	X	
adult household members use handwashing facilities with water and soap available		X
washing hands before preparing foods, before feeding a child, after handling garbage, after handling raw food and after handling animals	X	X

# Summary of Research Methodology

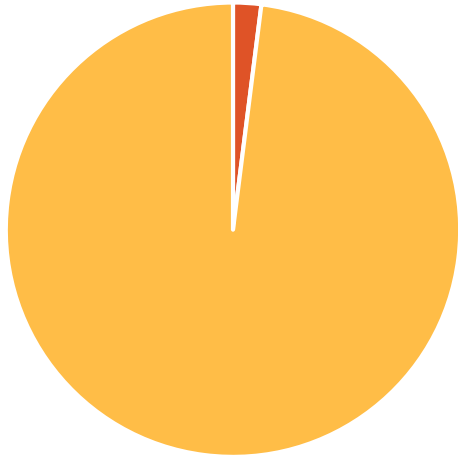
- purpose: identify which barriers / enablers to the promoted behaviours people experience
- 2 provinces, 6 districts
- in each province 2 interviewers + transcribers
- 30 group interviews with fathers, mothers, nutrition volunteers, lead farmers, CEOs + Senior Ag Officers, health & sanitation promoters, SILC agents, gender champions (in total 218 people)
- in each province, 1 district where all types of stakeholders were interviewed + 2 districts where only parents were interviewed
- all interviews audio-recorded, transcribed in English and coded (+ 1,800 codes)

# Summary of Research Methodology

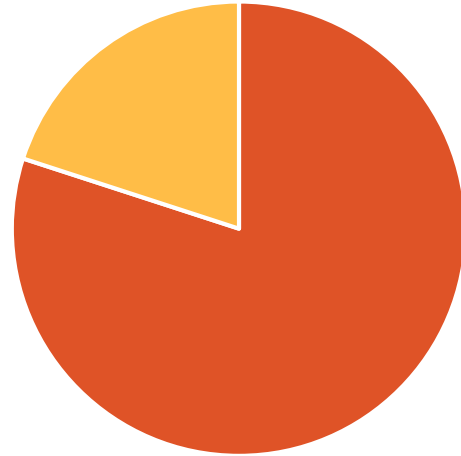


# What Does the Data Say?

% of respondents who experience a barrier



% of respondents who experience a barrier



**Your Questions or Comments?**

# Consumption of Pulses by Children (L)

- (-) limited access to (some) pulses – low production / sale of pulses / lack of money to buy them
- (-) perceived health issues if feeding pulses often (e.g. more than twice a week)
- (-) belief that ‘very young children’ should not eat cowpeas as they cause illnesses
- (-) lots of time + charcoal needed to cook most types of pulses
- (+) good awareness on the benefits of consuming pulses
- (+) knowledge on how to prepare pulses in a tasty way
- (+) planting beans 2-3 times per year (during / around the rainy season)
- (+) knowledge of effective bean production practices
- (+) some pulses less expensive than other

# Consumption of Pulses by Children

- *“... most of the time we lack seeds to grow them on our own or money to buy pulses to eat, it’s a challenge.”* [nutrition volunteers, Petauke]
- *“It’s very difficult to chance beans in this area, as it has to come from Kawambwa. We actually eat beans, once a month as it is very scarce.”* [mothers, Mwansabombwe]
- *“There are no cultural barriers, the only challenge is when the child is given more than enough beans, then tummy is bloated.”* [mothers, Kawambwa]
- *“... when children eat those foods [pulses] they look healthy ... the children have energy and will be growing strong ... they make the body grow ... they also protect from some diseases ...”* [mothers, Kawambwa]



# Consumption of Eggs by Children (L)

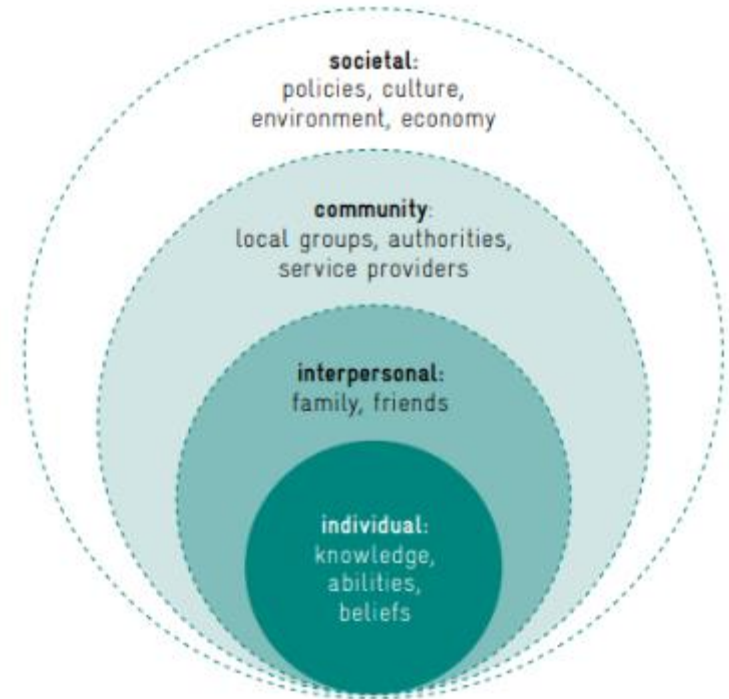
- (-) poor access to eggs for consumption, due to:
  - not many households raising chicken (in some areas)
  - lack of money to buy eggs regularly, esp. during the lean season
  - 'village chicken' produce only limited amount of eggs
  - only eggs that cannot be hatched used for consumption
  - animal morbidity and mortality due to poor management + nutrition
  - wild animals killing chicken / eating eggs
- (+ / -) some children like, others do not like eating eggs
- (+ / -) if eggs are consumed, mostly (not always) given to children
- (+) awareness of / messaging on the benefits of feeding eggs to children

# Consumption of Eggs by Children

- *“Mostly they don’t eat [eggs], they wait for their chicken to hatch and produce so that they have many chicken.” ... “What about those that don’t keep chickens - is it easy for them to afford eggs? No, it’s not easy to afford eggs ... at times a month can elapse without a child having an egg.” [mothers, Kawambwa]*
- *“The common practice is to let the chickens hatch. We may be just eating two eggs out of twelve eggs.” [mothers, Mwansabombwe]*
- *“... the cheapest relish here is fish because it comes from nearby ... eggs are K2.50 each ... if you are many in a household you have to spend like K20, K30 on eggs. ... on fish you may spend only K10 enough for the whole household.” [mothers, Mwense]*
- *“A child is supposed to be eating eggs so that the body is well and beautiful.” [mothers, Kawambwa]*

# Key Chicken Raising Difficulties

- high morbidity and mortality, caused by:
  - (seasonal) disease outbreaks
  - low survival of chicks (e.g. 2 out of 8)
  - low treatment of diseases (late response, limited know-how, lacking medicine)
  - no / irregular vaccination
  - poor hygiene (e.g. no disinfection)
  - inadequate supplementary feeding
  - eagles, rodents, dogs, pigs
- lack of extension staff
- theft



Source: Adapted from Schmied, P. (2017) Behaviour Change Toolkit

# Minimum Meal Frequency

- (-) lack of food in the family, esp. during the rainy season (E, L)
- (-) caregivers being away from home, e.g. in the fields (L)
- (-) limited understanding of which low-cost foods can be fed (E)
- (+) awareness that non-breastfed children need more frequent meals (E, L)
- (+) counselling provided by CG volunteers + health facility staff (E, L)

# Minimum Meal Frequency

- *“In the rainy season food is usually a challenge so it is hard for us to take care of the child adequately by giving them the required number of meals and the child end up eating once a day.”* [nutrition volunteers, Petauke]
- *“Sometimes, parents may have enough produce but what happens is that we tend to sell most of food we harvest hence this leads to having food shortages.”* [mothers, Petauke]
- *“GIZ is helping us with seeds for our gardens and we are grateful for that but if they could also help us with seeds for the fields that would be great, there will be less hunger in peoples home.”* [nutrition volunteers, Petauke]
- *“... we go to the field early in the morning and only come back at around nine hours, so by the time you finish cooking, the child will only eat lunch and then supper.”* [mothers, Mwansabombwe]
- *“Children eat very small portions, so when you give a child a meal in the morning, that child should eat again a few hours later because they eat very little portions. By end of the day, the child should eat about 5 meals.”* [fathers, Katete]

**Your Questions or Comments?**

# Consumption of Pulses by Women

- (-) no or only seasonal availability of (some types of) pulses, due to lacking seeds and other factors (E, L)
- (-) cooking pulses takes time – requires more charcoal (E, L) and planning (E, L)
- (-) frequent consumption causing bloating / stomach aches / diarrhoea (E, L)
- (-) some women do not like eating pulses (L)
- (-) pulses given to children (E, L)
- (-) pulses should not be consumed in the weeks after delivery (L)
- (+) very good awareness of the benefits of eating pulses (E, L)
- (+) consumption of 'soya chunks' (L)

# Consumption of Pulses by Women

- *“Like here in rural areas, most of us do farming as our main source of income so we usually find money only once per year after selling our produce, we wait a long time to be able to afford to buy food like pulses. When we have money, yes we are able to buy and eat pulses as we are advised by health workers but when we do not have, it becomes hard for us. Like during this time of the year [October], there is hunger in many homes because we do not have money to buy food so most of us this time are just eating delele [local green vegetable], ... we do not have groundnut, beans, or soya beans, we are waiting for the season.” [mothers, Katete]*
- *[Why fewer mothers than children eat pulses] “It’s not possible ... We are refusing that because we are the ones who cook and feed the children ... You cannot be feeding the child without tasting.” [mothers, Mwansabombwe]*
- *“In a week a woman has to eat beans two times because it has vitamins especially those who are pregnant they need to eat beans. The unborn baby also receives the food we eat so for the unborn baby to be strong the pregnant mother also has to eat beans.” [mothers, Mwense]*



# Consumption of Eggs by Women (L)

- (-) poor access to eggs (due to the same reasons as presented earlier)
- (-) perception that purchased eggs are not very nutritious
- ( - / +) both positive and negative perceptions of the impact of eating eggs during pregnancy

# Consumption of Eggs by Women

- *“The only tradition we have grown up with, the only time a woman is not allowed to eat eggs is when she’s pregnant. They tell us that the child will be born with no hair but that’s not the case, but there is no such thing.”* [nutrition volunteers, Kawambwa]
- *“They don’t eat a lot of the store-bought ones ... the ones they pick at home are the ones that give energy. And the store-bought ones don’t give energy? No.”* [older mothers, Kawambwa]
- *“The good thing is, like when you are pregnant and you are eating eggs, the children are born big, beautiful and smooth.”* [older mothers, Kawambwa]

# Consumption of Vit A Rich Foods by Women



# Consumption of Vit A Rich Foods by Women

- (-) vitamin A rich crops grown only seasonally, often in limited quantities – low availability (E, L)
- (-) lack of money to buy vit A crops (E, L)
- (-) limited market availability during some months of a year (E, L)
- (-) dislike / intolerance of some foods, e.g. carrot, pumpkin, OFSP (E, L)
- (-) low importance given to producing some crops (e.g. carrots) due to limited marketability (E, L)
- (+) availability of dark green vegetables throughout the year (E, L)
- (+) popularity of most of the vitamin A rich foods (E, L)
- (+) support to producing OFSP

# Availability of Vit A Crops from Production (Eastern Province, top months)

Crop	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Dark green leafy veg.	9	9	9	9	9	10	10	10	10	10	10	10
Carrot												
Pumpkin		7	10	10	10	10	10	6				
Squash		7	6	5								
Orange maize	7	9	10	10	8	8	8	8	8	8	8	8
OFSP			5	6	8	9	7					
Papaya						5	5	6	9	9	8	
Mango	9									5	9	9



# Consumption of Vit A Rich Foods by Women

- *“... during these months [February, March and April], most gardens here get water logged with rains so it is difficult to grow vegetables [fathers, Katete]*
- *“When it comes to carrots, we have the knowledge of how to grow it but maybe unwillingness to grow it coupled with laziness is the reason why we don’t grow it.” [mothers, Petauke]*
- *“The challenge is that they [women] are used to eating foods they started eating long time ago. Foods like carrots are new and they are not used to eating them.” [fathers, Petauke]*
- *“We don’t know any taboos about eating these foods.” [mothers, Kawambwa]*

**Your Questions or Comments?**



# Production of OFSP (E)

- (-) lack of vines / lack of money to buy vines / dependency on FANSER
- (+) knowing someone who has and shares vines
- (-) few farmers who grow OFSP → few positive examples
- (-) pests affecting grown OFSP, esp. if pesticides not used
- (-) OFSP grown in unprotected areas – eaten by pigs, rodents
- (-) OFSP reportedly ‘rotting easily’
- (+) trainings provided by FANSER programme but in some areas (-) limited access to (follow-up) advice – e.g. lacking lead farmers
- (+) awareness of the nutritional benefits of OFSP but limited economical attractiveness

# Production of OFSP

- *“We received the seed from FANSER program through my wife. She was just given a small bunch of vines and that’s how we planted it at our garden, we are not able to multiply the vines to increase production.” [fathers, Katete]*
- *“GIZ gave us orange sweet potatoes seed but many people don’t have gardens where they can continue watering the crops till the rainy season, so those of us with no gardens the seed died ... when you ask from others, they say they are selling and not willing to give; it is hard to multiply seed.” [nutrition volunteers, Petauke]*
- *“... many people have the desire to grow the crop but they do not have the vines to grow. There are others who sell the vines but at that time when people need it, they may not have the money to buy the vines.” [lead farmers, Petauke]*
- *“So even with these projects [COMACO, CRS, REACH, GIZ] that are distributing the vines, it is still difficult for them access vines? They are not enough.” [camp extension officers, Petauke]*

# Production of OFSP

- *“We can grow it ... but because of pests invading the crop, we lose the crops and you end up throwing it away.”* [nutrition volunteers, Petauke]
- *“One of the benefits of this crop is that it helps prevent some diseases, it helps prevent eye problems and other problems.”* [fathers, Katete]
- *“Orange sweet potatoes have low demand and the prices are low so people prefer growing the other types which are in demand and have higher prices.”* [fathers, Sinda]

# Drying Sweet Potatoes

- (-) limited production of sweet potatoes - lack of vines, unsuitable soil ... (E, L)
- (-) no motivation to dry them since the production is low – extra work (E, L)
- (-) lack of positive examples (E)
- (-) lack of time during the period when potatoes should be dried (L)
- (-) sweet potatoes sold to address financial needs (L)
- (-) lacking knowledge on how to dry sweet potatoes effectively (E, L)
- (+) good awareness of the benefits of drying sweet potatoes (E, L)
- (+) advice provided by lead farmers, at least in some areas (E, L)

# Drying Sweet Potatoes

- *“To be honest we have never seen anyone drying sweet potatoes maybe due to the fact that not so much is grown and it is not possible to grow a little and preserve some through drying. But if we had more than enough, we would have been able to preserve some through drying.”* [nutrition volunteers, Katete]
- *“Some of us know that you can dry sweet potatoes but what we don’t know is how to cook them for drying and the process of drying sweet potatoes. We tried to dry sweet potatoes but they turned out to be too hard.”* [mothers, Katete]
- *“There are times when drying the sweet potatoes ... the sweet potatoes get rotten, they become green.”* [mothers, Kawambwa]
- *“To be able to dry them, one would need to grow at least half a Lima.”* [nutrition volunteers, Kawambwa]
- *“Because we love money so we do not wait for them to be dried.”* [nutrition volunteers, Mwense]
- *“When the dust rises, all of the dust will be going to the sweet potatoes [that are being dried], it will be sticking to them ... so the sweet potatoes sometimes have sand, because of the dust we don’t enjoy them.”* [mothers, Mwense]

# Use of Plastic Containers (E)



# Use of Plastic Containers

- (-) people are used to storing harvest in sacks – power of habit
- (-) people prefer bags (e.g. PICS) because of their larger volume
- (-) costs of plastic containers
- (-) concerns related to high temperature + moisture in containers
- (-) some people not being aware of using containers to store crops
- (+) good awareness of the benefits

# Use of Plastic Containers

- *“Others do not use plastics containers because they harvest a lot of crops hence they would need a lot of buckets to store their crop that is why they use normal bags because those ones are bigger.”* [lead farmers, Petauke]
- *“The benefit of storing in containers is to keep the grain, seed or vegetables from getting damaged quickly, you can store in containers for a longer time than when you leave them in the open.”* [mothers, Petauke]
- *“What scares us about storing in buckets is that when you keep seed inside the bucket for a long time. e.g. 3-4 months, it will not germinate after planting due to heat damage from the bucket.”* [fathers, Katete]
- *“The disadvantage is that when you store beans in a bucket, especially when it’s still a little fresh, it will go bad due to lack of aeration. ... Rape ... can go bad if you keep it in the bucket, it will become yellow in colour.”* [fathers, Katete]



**Your Questions or Comments?**

# Joint Decision Making on Savings / Loans

- (-) traditional perception of a man as a head of HH who has the main authority (E, L)
- (-) men's perception of superiority (E)
- (-) concerns about being seen as a 'weak man' if decides together (E)
- (-) "men earn / save most money" – 'entitled' to decide on their use (E, L)
- (-) poor relationship between the spouses (E, L)
- (-) if a woman is SILC member, saves and applies for a loan - she decides (L)
- (+) if both the woman and man join SILC and apply for loan together (L)
- (+) increases family harmony / fewer disagreements (E, L)
- (+) spouse more willing to help with repaying debt (E, L)
- (+) positive examples set by other households (L)

# Joint Decision Making on Savings / Loans

- *“The man takes lead in the discussion and the woman is the chief advisor, to ensure what is decided to be done brings development to a family. Why men lead? Because men are the heads of the house.”* [mothers, Kawambwa]
- *“Maybe the woman ... just sits at home ... her job is just to cook and rest so it is difficult for her to have a say when making a decisions. The man even tells her that there is nothing that she can say because she has no capacity to repay any loan so as a result the woman does not share her opinion.”* [mothers, Petauke]
- *“... there are some who still view things like that of the past such that they even say that if you make decision with your wife then it means you are being led by a woman ... you do not want to be looked down by those people.”* [gender promoters, Petauke]
- *“Money is really hard to come by especially for us who depend on farming. When I get a loan with his consent, I am assured that he will help me out when it comes to repaying the loan.”* [mothers, Petauke]

# Participation in Care Group Meetings

- (-) rule: each nutrition volunteer can reach only 10 women (E, L)
- (-) in some areas, no meetings, only household visits (E, L)
- (+) perceived usefulness of CG meetings among some women but (-) perception of limited / unfair material benefits among others (E, L)
- (-) lack of interest in what is being shared (E)
- (-) some NV perceived as impolite – women don't want to meet them (L)
- (+) commitment of some nutrition volunteers (E, L)
- (+) headmen's encouragement to women to attend CG meetings (E)

# Participation in CG Meetings

- *“... there are some who are willing to join but they fail to join because we have reached a maximum number of members we can accommodate since we were told to have a maximum of 10 members only. It thus becomes difficult for women to join the groups ... we were given targets of ten ... If we are allowed to exceed the limit then most people will join.”*
- *“In addition to that, maybe FANSER should have a policy where someone can only be a member for a certain period of time say 2 years only; then after that we recruit new people.”* [nutrition volunteers, Katete]
- *“... most of the time we find problems with our beneficiaries ... you can go to them but sometimes you find them busy, sometimes they say ‘no thank you after all there is nothing we get from these meetings’.”*  
*“Sometimes they would complain about been told the same things over and over again. People in charge of coming up with the lessons should sit down and introduce new lessons that people don't know about.”* [nutrition volunteers, Kawambwa]
- *“They argue that they were able to raise children using their old ways hence feel FANSER is not important since it is just a new ideology.”* [mothers, Petauke]

# Treating Water by Chlorine (L)

- (-) people dislike the taste
- (-) chlorine not available in the local shops
- (-) lack of money to buy chlorine
- (-) perception that the local water is safe – no need to treat it
- (+) belief that using chlorine makes the water safer
- (+) ability to use correct dosage of chlorine
- (+) desire to prevent health issues, especially among children

# Treating Water by Chlorine (L)

- *“... we don't drink it because of the smell. Even in the tank they used to add chlorine. But people would fetch the water only for washing and bathing and not drinking.”* [fathers, Mwense]
- [reasons for not using chlorine] *“Money to buy chlorine and mostly chlorine is not usually available. If you check in the shops you won't find it, even at the clinic you may find it is finished.”* [Health & Sanitation Promoters, Kawambwa]
- *“... the water has no effect on us that is why we drink it without problems.”* [fathers, Mwansabombwe]
- *“They tell us that all along we have been drinking the same water without adding chlorine and we have not been getting sick so why should you tell us to add chlorine to the water we are drinking or to boil it?”* [nutrition volunteers, Mwense]

# Treating Water by Boiling (L)

- (-) lack of clarity on how long water needs to be boiled (2 – 45 min)
- (-) perception that the local water is safe – no need to treat it
- (-) consumes charcoal
- (-) lack of time + lack of available cooking pots – *“You come tired from the field and you need to cook cassava leaves, then the cooking point is just one, you will not have time to start boiling the water.”* [mothers, Mwansabombwe]
- (-) lacking awareness – *“for some of us, this is the first time hearing about this”* [fathers, Mwense]
- (+) desire to prevent health issues, especially among children
- (+) understanding of why is boiling important – *“Yes, we boil because certain times we find frogs and dirt in the wells.”* [mothers, Mwansabombwe]



# Use of Handwashing Facilities (E)



# Use of Handwashing Facilities (E)

- (-) children reportedly damage HW facilities
- (-) animals eat the soap
- (-) lack of money for soap
- (-) lack of positive examples
- (+) belief in the importance of washing hands with soap
- (+) mixing soap with water
- (+) HW station located near a toilet or/and kitchen
- (+) frequent exposure to positive examples and HW messages from influential people

# Use of Handwashing Facilities

- *“We used to have these facilities [tippy taps] long time ago but most of them were vandalised by children when parents were away. That is why we came up with an initiative that once you are from using the toilet, you ask someone to pour water on your hands. Even children are used to this custom now. ... This is what most people are doing.” [nutrition volunteers, Katete]*
- *“... the challenge for most women is finding money to buy soap ... the man is the one who works outside the home so ... he needs to give some of the money to his wife so that she can buy soap.” [nutrition volunteers, Petauke]*
- *“... if someone can afford to buy a bucket and make a handwashing facility but they choose not to, I think it could be that they have looked around and no one in the village has a handwashing facility so they don't want to be the only one with a handwashing facility because of fear of being laughed at or talked about. The way it was during Covid, you would find you are the only one in a group wearing a face masks ... so people would laugh at you.” [fathers, Katete]*
- *“Sometimes when you leave soap in the open like that you will find it has been eaten by animals, especially goats and cows. So what we do is we mix soap and water first - that is when we put in the bucket - so when people are washing their hands the water has already got soap.” [nutrition volunteers, Petauke]*
- *“Health professionals should work with headmen so they can teach people the importance of these [handwashing] facilities.” [fathers, Sinda]*
- *“Another thing that can help [to ensure households have handwashing stations] is by engaging traditional leaders like chiefs because if the information comes from the chief then people will have no option but to obey.” [mothers, Petauke]*

# Handwashing at 'Weak' Occasions

- (-) occasions not seen as risky / important as after defecation / before eating → limited perceived need to wash hands (E, L)  
*"They feel that they cannot get sick because that is just garbage."* [mothers, Katete]
- (-) lacking habits (E, L)
- (-) people forget, e.g. when busy preparing food, when distracted (E, L)
- (-) don't have or handle animals → don't mention this occasion (E, L)
- (+) fear of getting Covid-19 (E)
- (+) perception that it is important to wash hands at these times (E, L)
- (+) availability of a handwashing station at the right location

# Crosscutting Topic:

## Nutrition-Related Decision Making

- **Decision on what children eat:** mostly done by women, due to 1) spending the most time with children; and 2) being responsible for cooking / feeding
- **Decision on what food will be bought:** largely together, primarily due to 1) men in control of the household's money; but 2) women preparing meals; and 3) influence of gender activities
- **Decision on which crops will be grown:** usually men decide about major crops (maize, cassava); women about pulses, pumpkin; men have more dominant role but often consult their wives; primarily due to:
  - (+) good relations; the need for both spouses to support to growing crops;
  - (-) men seeing themselves as more knowledgeable

# Crosscutting Topic:

## Nutrition-Related Decision Making

- [choice of children's meals] *"It is the women who decide. ... Our wives ask for money from us, for the up keep of the child ... Then you will leave them that little amount and go and source for more."* [fathers, Mwansabombwe]
- [what to buy] *"We discuss with the husbands in the home what will we eat but I am the one who makes the budget to know what we will buy exactly."* [mothers, Mwense]
- [crops production] *"Firstly I come up with an idea as a man and share the thought with my wife during bed time. ... After sharing my thought she will tell me if the idea is good or not. If she says the idea is not good, I will ask her why she thinks that way. After she gives her reasons then we both come up with an agreement but the man is the usually makes the final decision."* [fathers, Sinda]
- *"The man and woman sit together and make a decision about what kind of crops should be grown."* [mothers, Sinda]

**Your Questions or Comments?**

# Next Steps

- receive and address your feedback
- design quantitative questionnaire
- train a team who collects quantitative data
- use the data to determine the prevalence of barriers / enablers
- design activities that reduce the identified barriers and strengthen enablers