



IYCN USAID's Infant
& Young Child
Nutrition Project

Results and lessons learned: September 2009 - October 2011

Infant & Young Child Nutrition (IYCN) Project

October 27, 2011



Photo: Aurelio Ayala III

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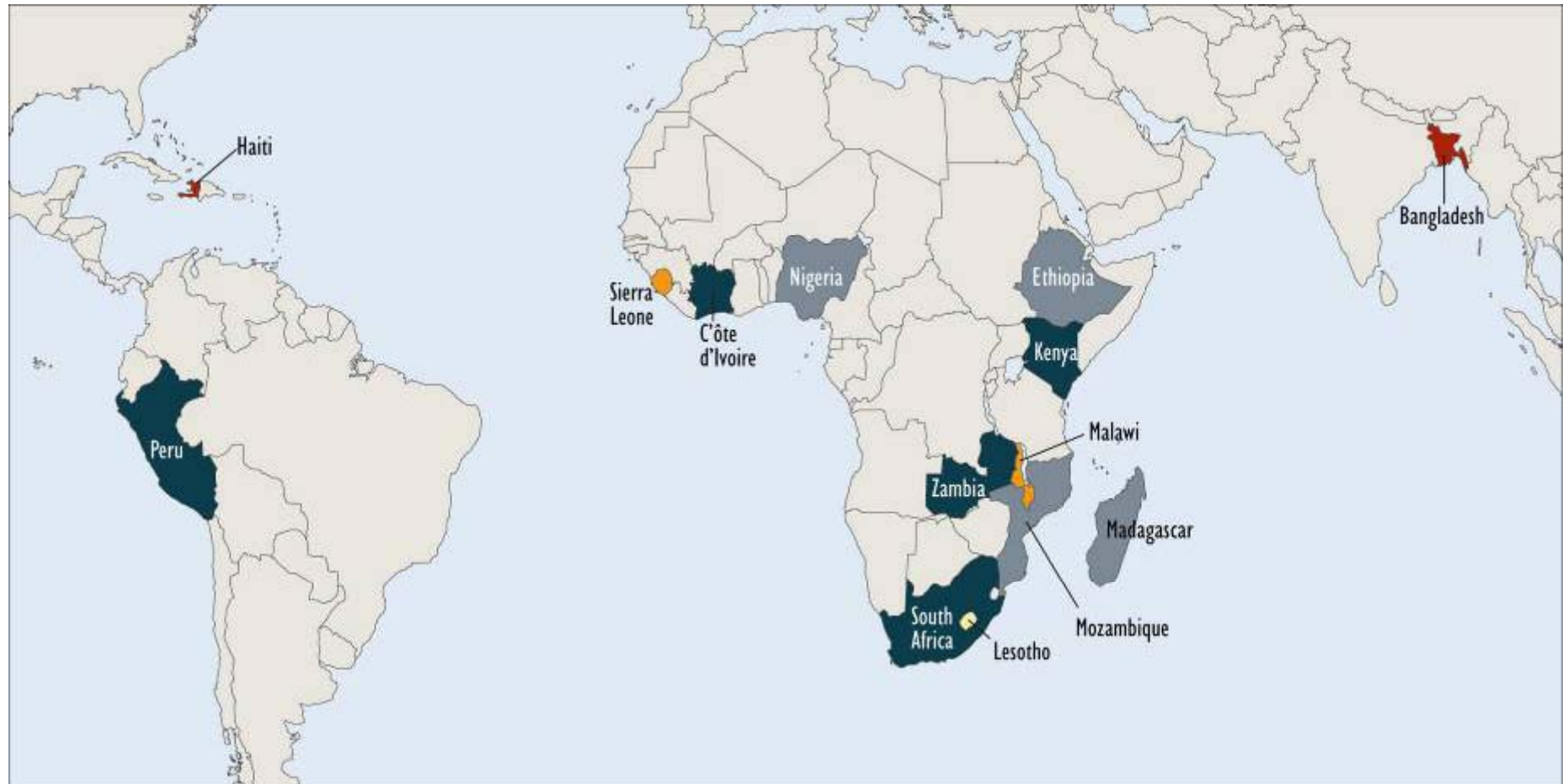
The Infant & Young Child Nutrition Project

- USAID's flagship project on infant and young child nutrition.
- Aims to prevent malnutrition for mothers and children during the critical time from pregnancy until two years of age.
- Led by PATH in collaboration with CARE, The Manoff Group, and University Research Co., LLC.



Photo: PATH/Oluseyi Akintola

Our global activities





Our collaborators

- Federal Ministry of Health
- Federal Ministry of Women Affairs and Social Development
- Federal Ministry of Agriculture and Rural Development
- United Nations Children's Fund
- Prevention-of-Mother-to-Child Transmission partners
- Orphan and Vulnerable Children partners
- Federal Capital Territory

IYCN Project goals

- To improve infant and young child nutritional status.
- To improve HIV-free survival of infants and young children.
- To improve maternal nutritional status.

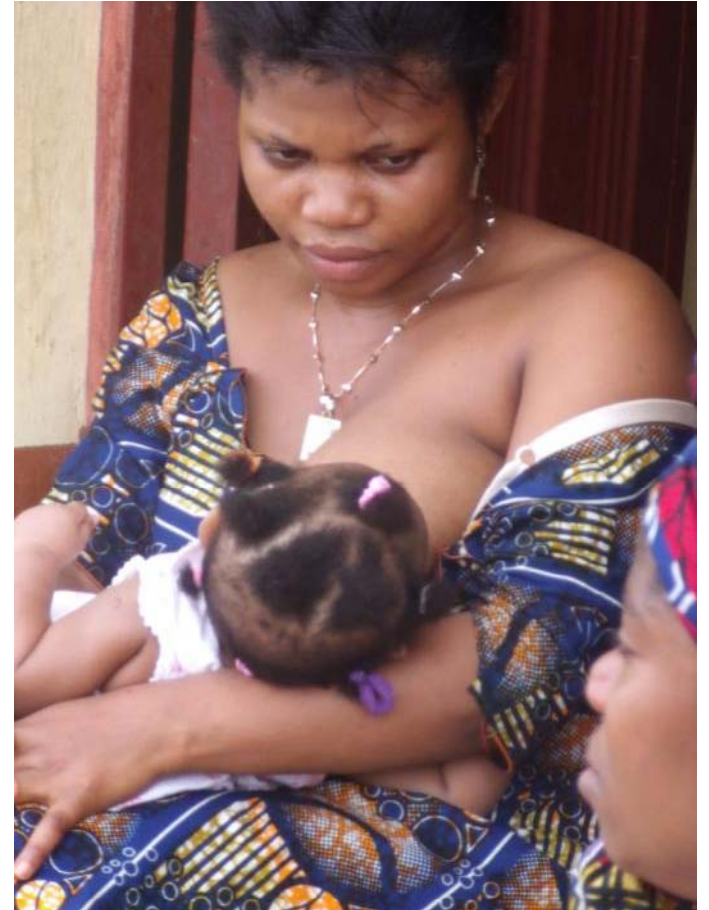
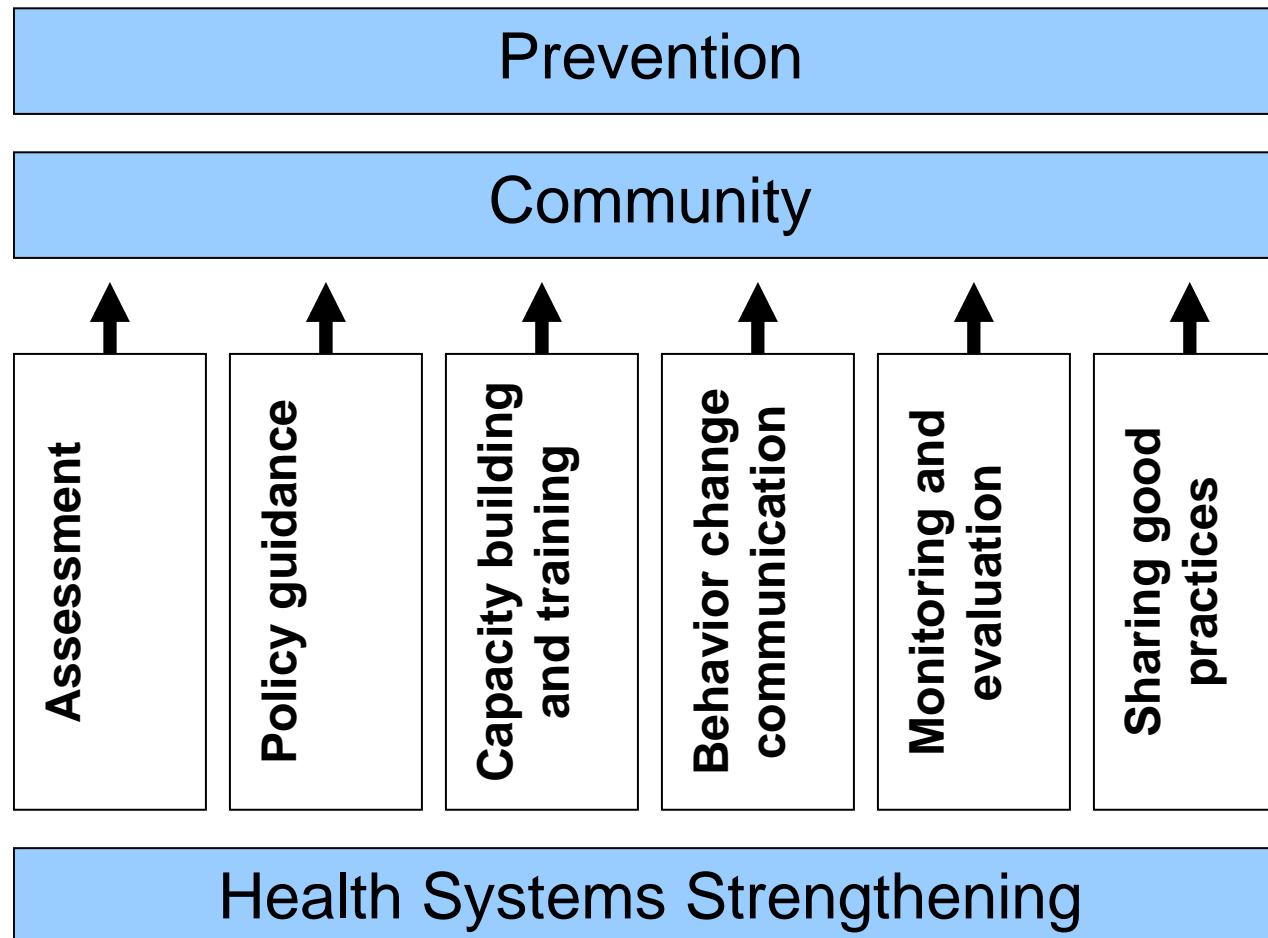


Photo: PATH/Oluseyi Akintola

IYCN's key approaches and activities

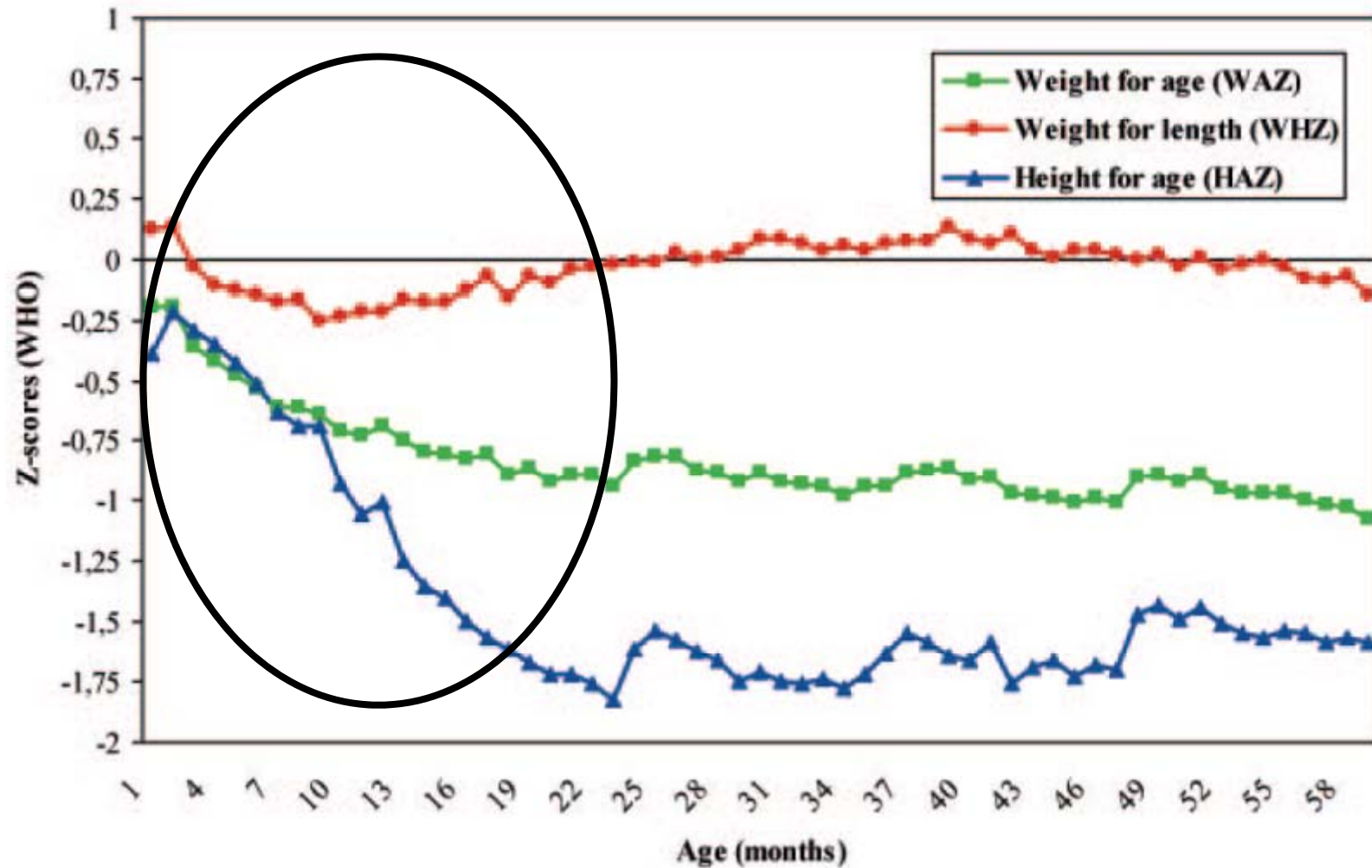


Preventing malnutrition in Nigeria



Photo: PATH/Oluseyi Akintola

A critical window of opportunity



Source: Victora CG, et al. Worldwide Timing of Growth Faltering: Revisiting Implications for Interventions. Pediatrics. February 2010

Nutritional status of children

- Under-five stunting: 41 percent
- Underweight: 23 percent
- Wasted: 14 percent
- Children 6-23 months with minimum acceptable diet: 20.6 percent



Photo: PATH/Oluseyi Akintola
Source: 2008 Demographic and Health Survey of Nigeria

HIV prevalence

- National: 14 percent¹
- Babies born to HIV-positive mothers annually: 270,000
- Infected postnatally: 15-25 percent²



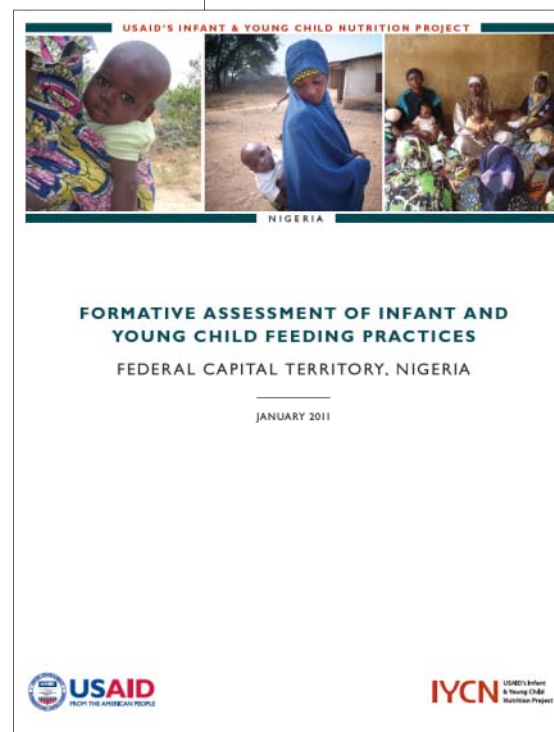
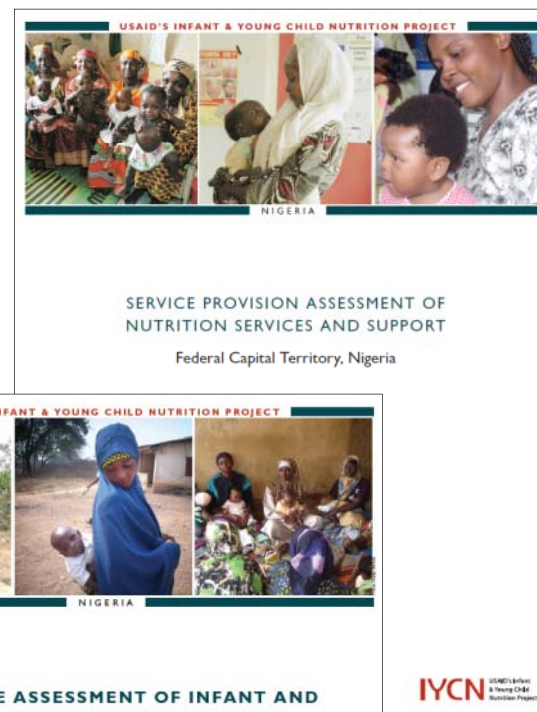
Photo: PATH/Oluseyi Akintola

¹Antenatal Care Surveillance Survey, 2005

²National PMTCT Guidelines, 2005

Understanding gaps in NACS

- Published 3 assessments.
- Findings led to formation of quality improvement sub committee.
- Provided evidence for developing locally-adapted training packages.



Gained knowledge of attitudes

- Mothers and influencing groups believe strongly in the benefits of breastfeeding.
- Caregivers internalized and acted on messages about hygiene and active feeding.
- Families value and trust the advice health care providers give them.

Photo: PATH/Oluseyi Akintola



Enhanced national guidelines

- Close collaboration with FMOH, Nutrition Division, and other relevant partners.
- Reviewed and updated more than five key documents.



Influencing national policy

- New WHO guidelines released in 2009 & 2010.
- Supported the FMOH to organize consultative meetings.
- Presented research and evidence.
- Reached consensus to only promote exclusive breastfeeding.

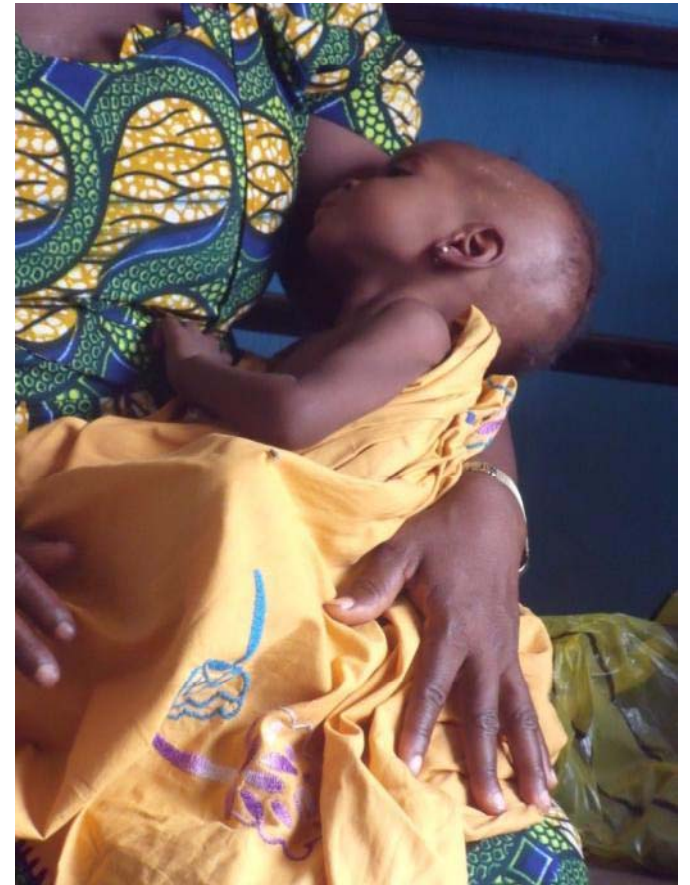
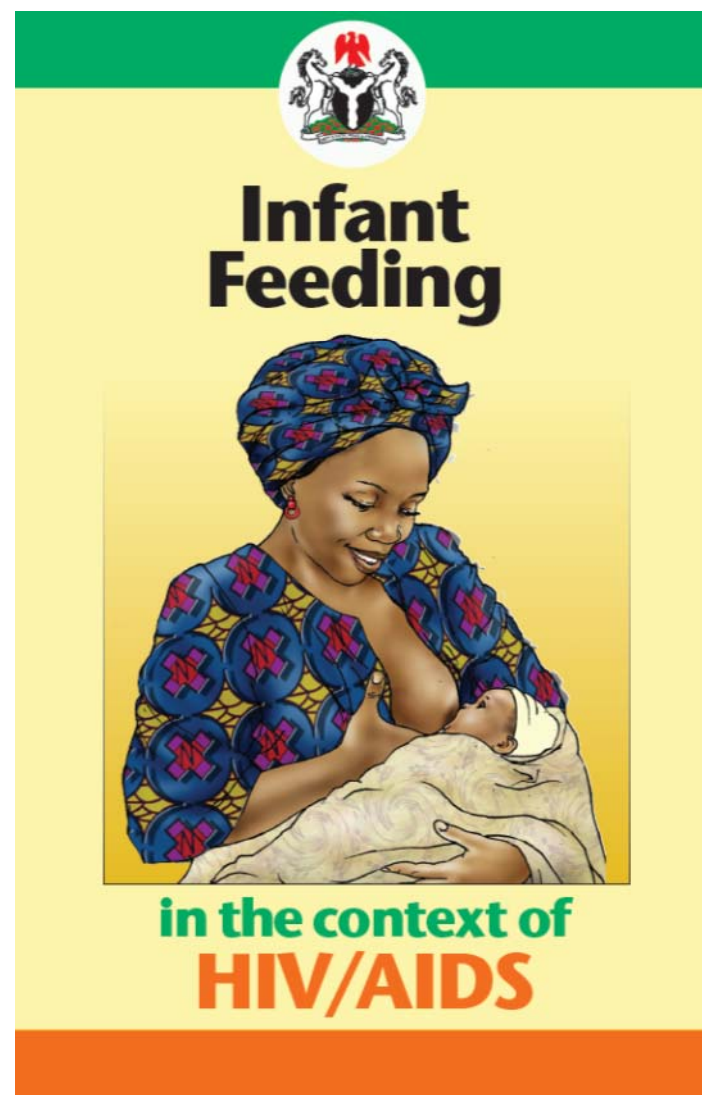


Photo: PATH/Oluseyi Akintola

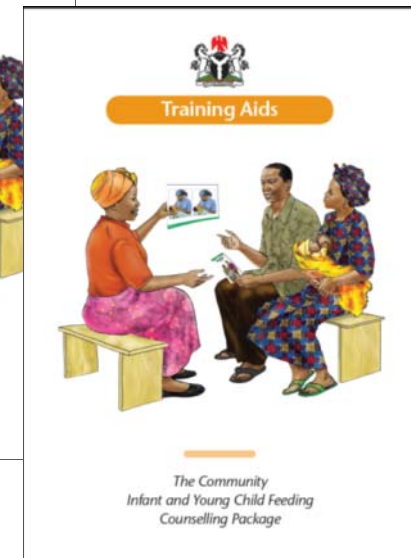
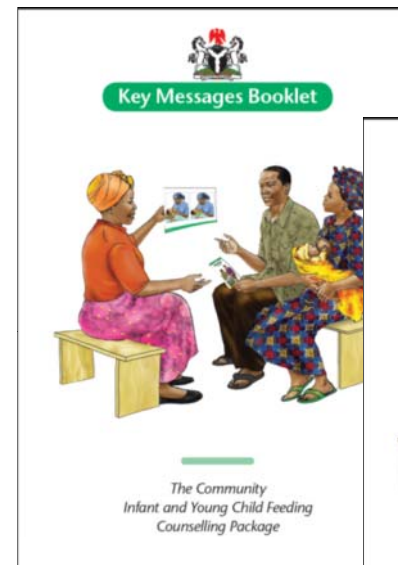
Promoted recommendations

- Developed a user-friendly brochure for health workers and stakeholders.
- Distributed 50,000 copies to all 36 states.
- Made it possible to rapidly disseminate new recommendations.



Created new counseling materials

- Provided pictorials and illustrations.
- Included simple and consistent messages.
- Reflected updated guidelines.
- Encouraged a referral system.



Safe preparation of food

- Good hygiene (cleanliness) is important to avoid diarrhoea and other illnesses.
- Use clean utensils and store foods in a clean place.
- Cook meat, fish and eggs until they are well done.
- Wash vegetables, cook immediately for a short time and eat immediately to preserve nutrients.
- Wash raw fruits and vegetables before cutting and eating.
- Wash your hands with soap and water before preparing foods and after using the toilet and washing baby's bottom.



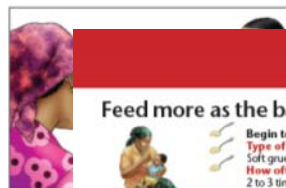
Other important tips

- Rest more and avoid heavy work, especially during the last 3 months of pregnancy and the first 3 months after delivery.
- To prevent malaria, sleep under an insecticide-treated mosquito net every night.
- In case of fever, see the health facility.
- Take de-worming tablets every 6 months.
- Do not use alcohol or tobacco products.



Nutrition and HIV care

- Know your HIV status. To know your HIV status you must take a test.
- If you are HIV-infected, consult your health care provider on your care and treatment, and on how best to feed your baby.



Feed more as the baby grows

Begin to feed at 6 months

Type of food: Soft gruel, well mashed food

How often: 2 to 3 times each day

How much: 2 to 3 tablespoons at each meal

From 6 up to 9 months

Type of food: Mashed food

How often: 2 to 3 times each day and 1 to 2 snacks

- If you are HIV-infected, you need extra care.

- Protect yourself and your baby from other infections during pregnancy.



Nutrition During Pregnancy and Breastfeeding

Things to remember

- Between the age of 6 months and 2 years a child needs to continue breastfeeding.
- If you are not breastfeeding, feed your baby 2 cups (500 ml total) of milk, divided throughout the day.
- Avoid giving a baby tea, coffee, soda and other sugary or coloured drinks.
- Limit the amount of fruit juices to 4 ounces (120 ml) per day.



How to prevent common breastfeeding difficulties

- Position and attach your baby correctly on the breast to prevent engorgement and cracked nipples. Breastfeeding should not hurt.
- If you develop cracked nipples, put some breast milk on them. Do not use creams or ointments except when prescribed by a health care provider.
- Feed frequently to prevent your breasts from becoming swollen.
- If the baby misses a feed or your breasts feel very full, you should express some milk to keep your breasts soft.
- You can keep expressed breast milk in a cool place, but not for longer than 6 to 8 hours.
- If one or both of your breasts become painful or hot to the touch, see a health care provider.
- Check for sores and thrush in your baby's mouth. If you find any, see a health care provider.
- If you have trouble practicing exclusive breastfeeding, discuss your situation with a trained counsellor.



Things to remember

- Breastfeeding is good for your health and your baby's health, and is also good for your family and the bright future of Nigeria.
- Exclusive breastfeeding during the first 6 months protects you from getting pregnant as long as your periods have not returned. Consult a birth spacing counsellor as soon as possible after giving birth.
- When your baby is 6 months old, continue breastfeeding and begin giving other foods.
- Watch for signs of diarrhoea, fever, difficulty breathing, or refusal to feed because these need prompt attention.
- If you are an HIV-infected woman, you should not feed your baby from a nipple that is cracked or bleeding. Instead, feed from the other breast and express and discard the milk from the breast that is affected.
- Getting infected or re-infected with HIV while breastfeeding increases the risk of mother to child transmission. Practice safe sex by using condoms consistently and correctly.
- To protect your baby, know your HIV status.



This brochure was adapted for UNICEF Nigeria from material developed by University Research Co., LLC. It was adapted for Nigeria and produced for World Breast Feeding Week (1-7 August, 2010) with support from the Infant and Young Child Nutrition Project (IYCN), funded by USAID/Nigeria.



How to Breastfeed Your Baby



How to Feed a Baby From 6 Months



Built capacity of health workers

- Utilized a cascade training approach.
- Trained 77 national- and state-level master trainers.
- Developed, harmonized, and adapted materials.

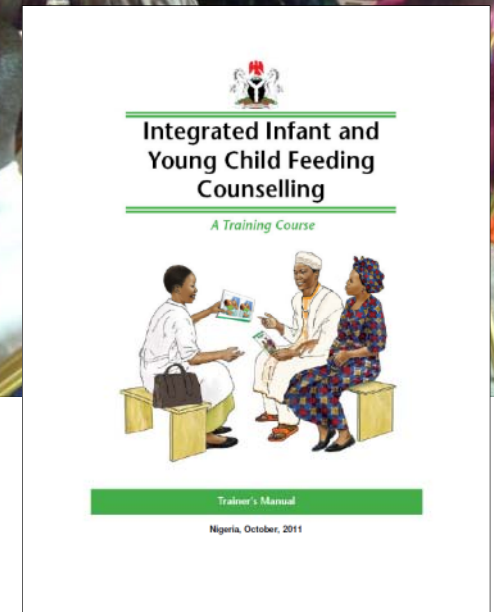


Photo: PATH/Jay Ward

Facilitated integration of agriculture and nutrition activities

- Launched new tools at FANUS conference in September 2011.
- Collaborating with the NFSP to adapt tools for mid-term and annual reviews of projects.



Initiated a quality improvement approach

- Emphasized local leadership and ownership.
- Identified factors hindering quality of services.
- Recommended solutions.
- Planned system-wide interventions.
- Primary Health Care Development Board plans to continue the process.



Photo: PATH/Oluseyi Akintola

Lessons learned

- Working closely with the government is necessary to achieve sustainability beyond the life of the project.
- Effective collaboration with key stakeholders is integral to success.

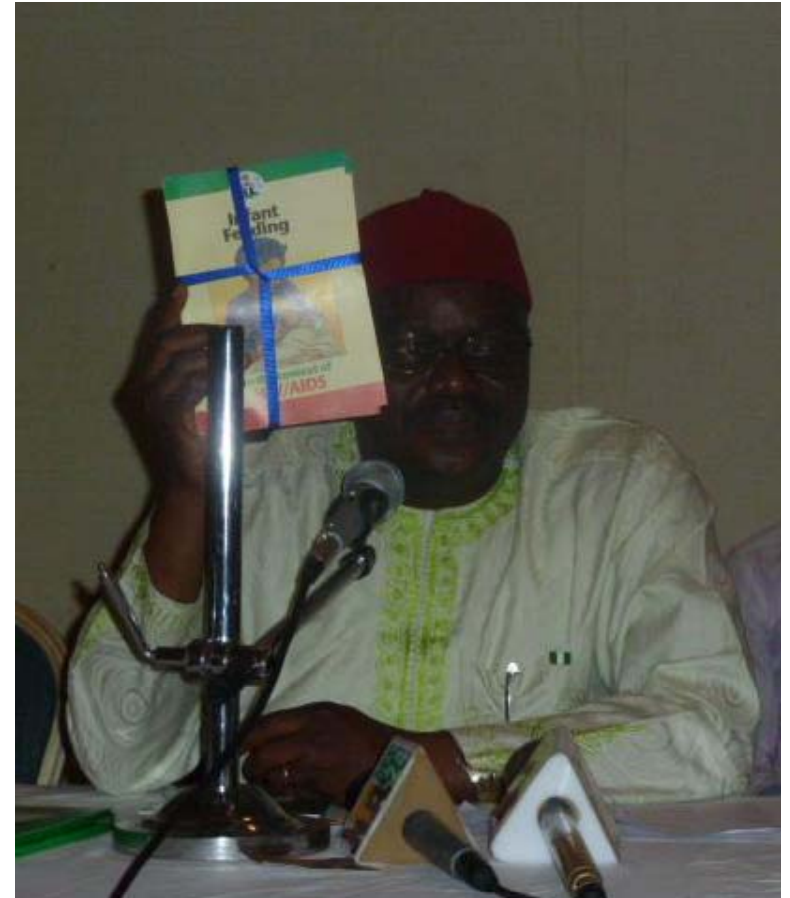


Photo: PATH/Yeside Pikuda

Lessons learned

- Integrating materials for health facilities and communities ensures consistent messages are provided to caregivers.



Photo: PATH/Yeside Pikuda

Lessons learned

- A cascade training approach can help programs reach more health providers.



Photo: PATH/Jay Ward

Looking ahead

- Updated national Infant and Young Child Feeding Policy will be printed and disseminated nation-wide.
- FMOH and UNICEF will roll out training of trainers at local government authority level in 8 states.



Photo: PATH/Oluseyi Akintola

Thank you



Photo: PATH/Yeside Pikuda