



IYCN USAID's Infant  
& Young Child  
Nutrition Project

# IYCN Project achievements and lessons learned in Zambia: July 2008 - March 2011

Infant & Young Child Nutrition (IYCN) Project

May 5, 2011



Photo: Tina Kaonga

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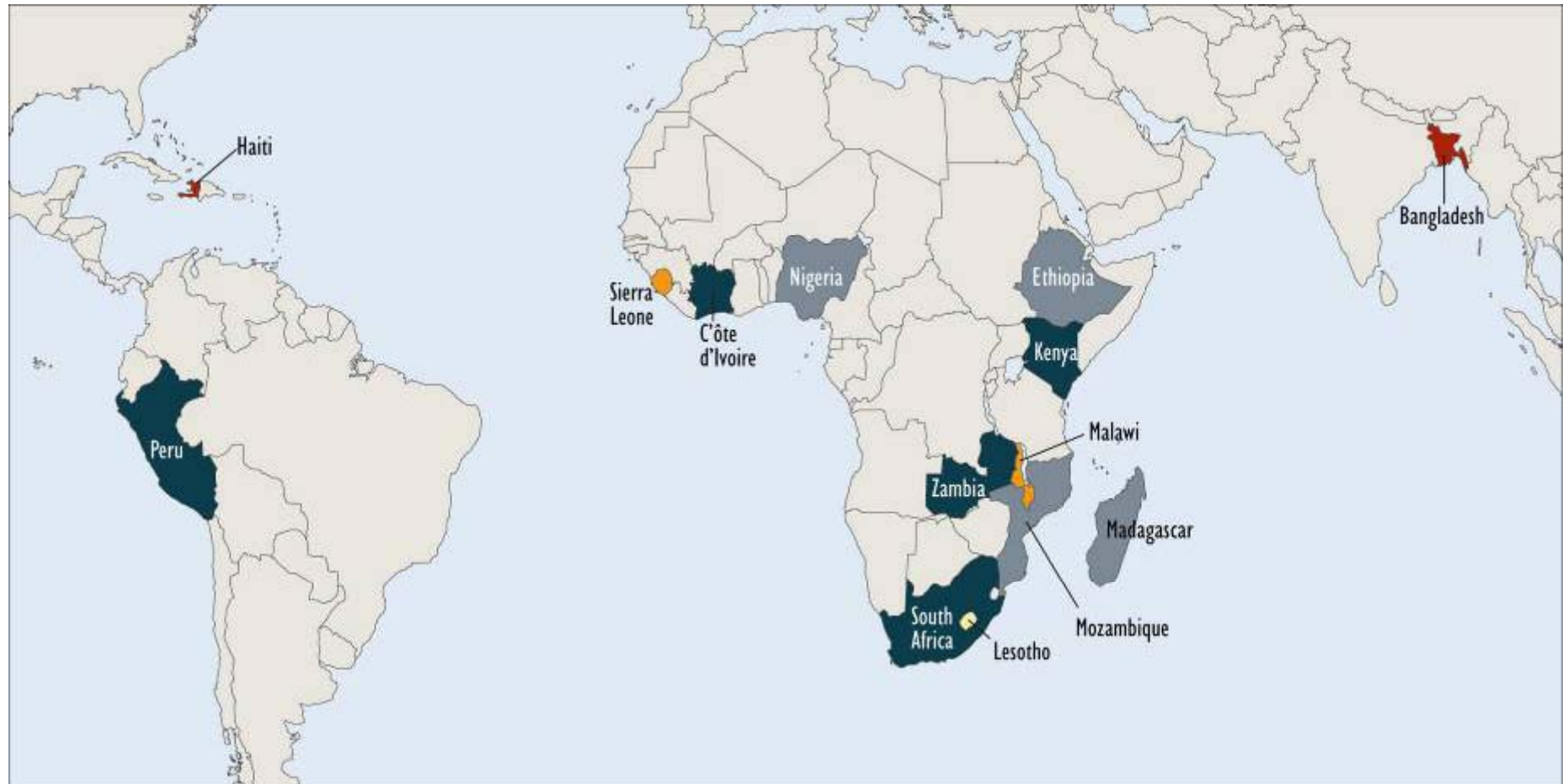
# The Infant & Young Child Nutrition Project

- 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: Phillipe Blanc

# Our global activities



## Our collaborators

- Ministry of Health
- National Food and Nutrition Commission
- Ministry of Agriculture and Cooperatives
- Prevention of mother-to-child transmission of HIV  
USAID partners
- UN Agencies
- National technical working groups.

# 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: Jay Ward



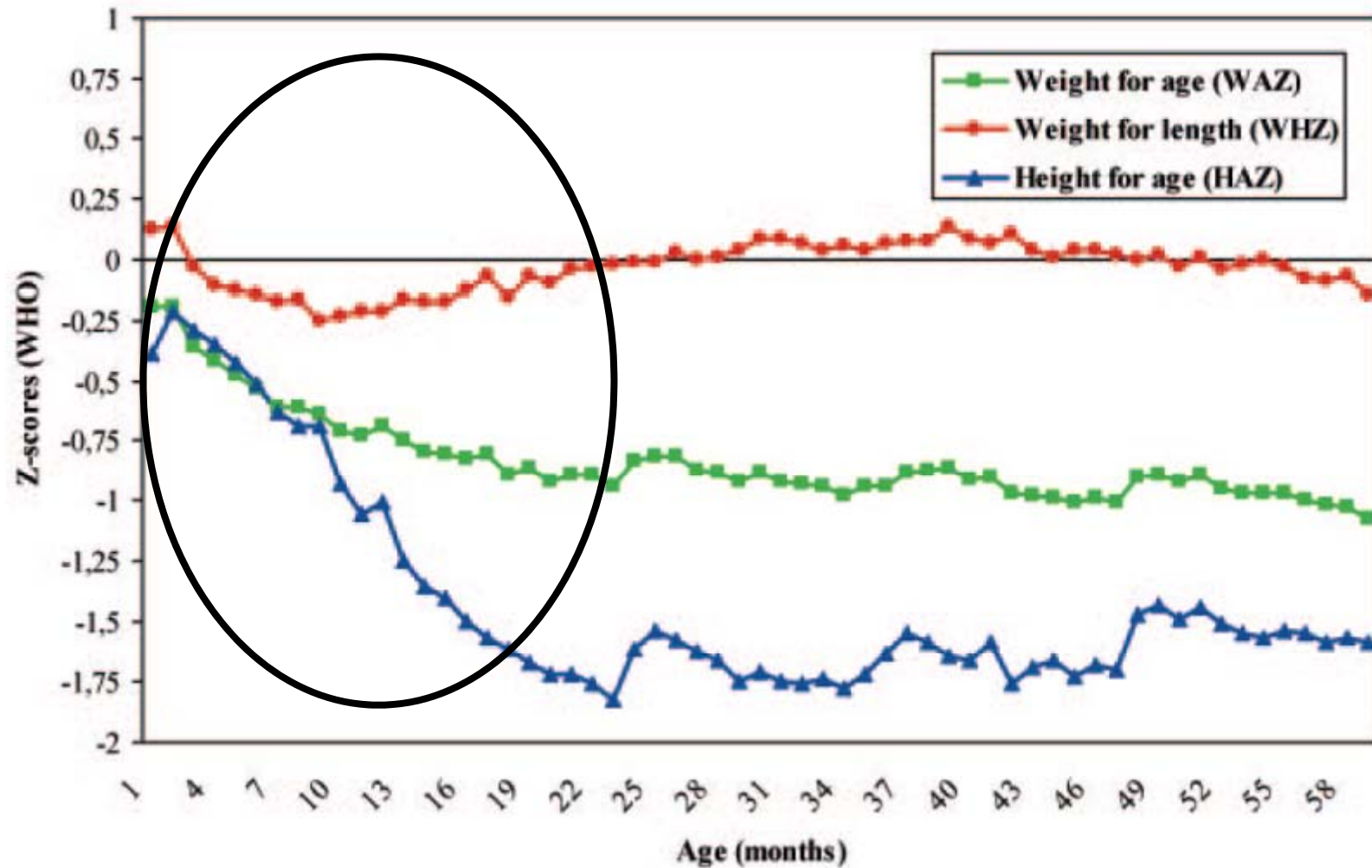


# Preventing malnutrition in Zambia



Photo: Kali Erickson

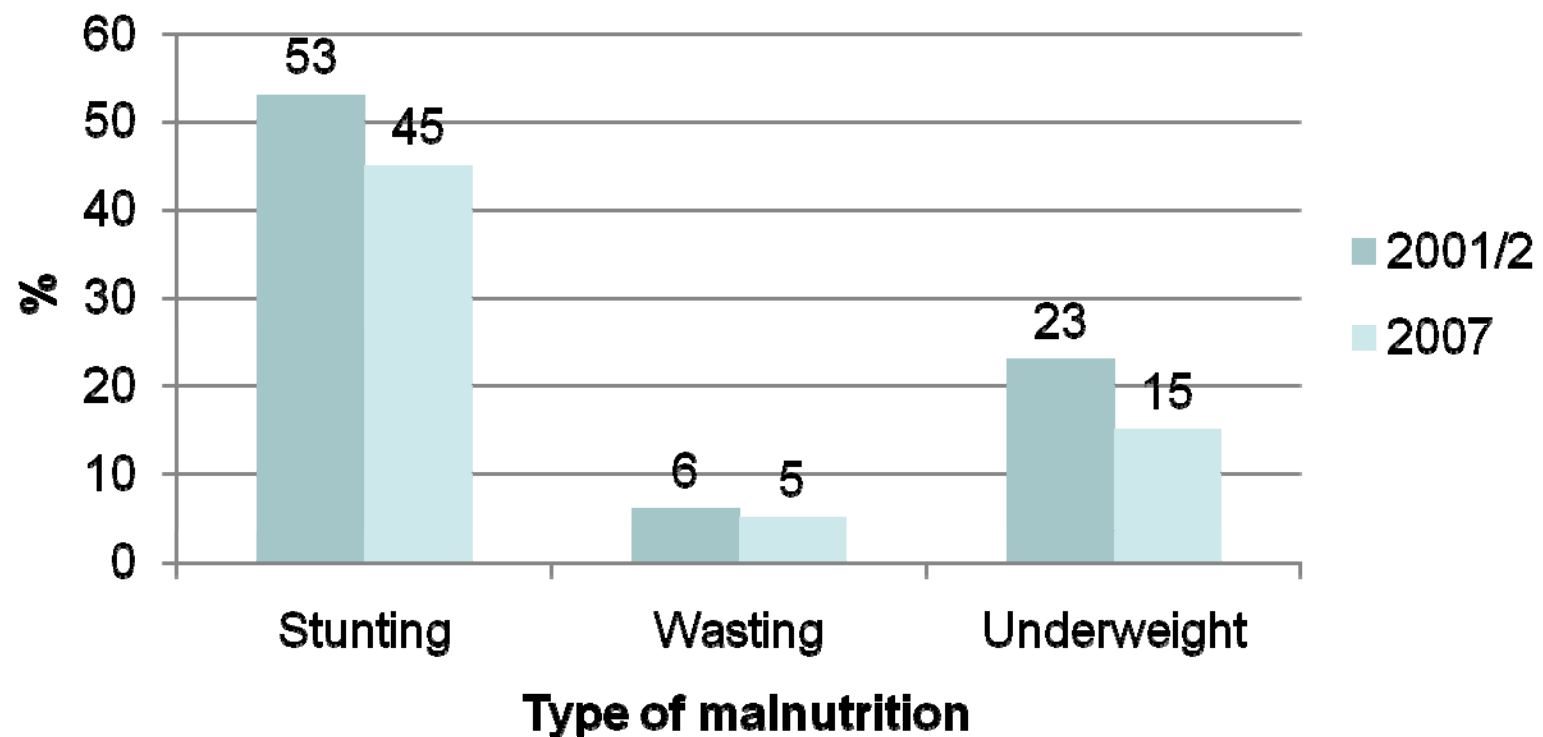
# A critical window of opportunity



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

# Nutritional status of children

## Trends in malnutrition 2001/2002 to 2007

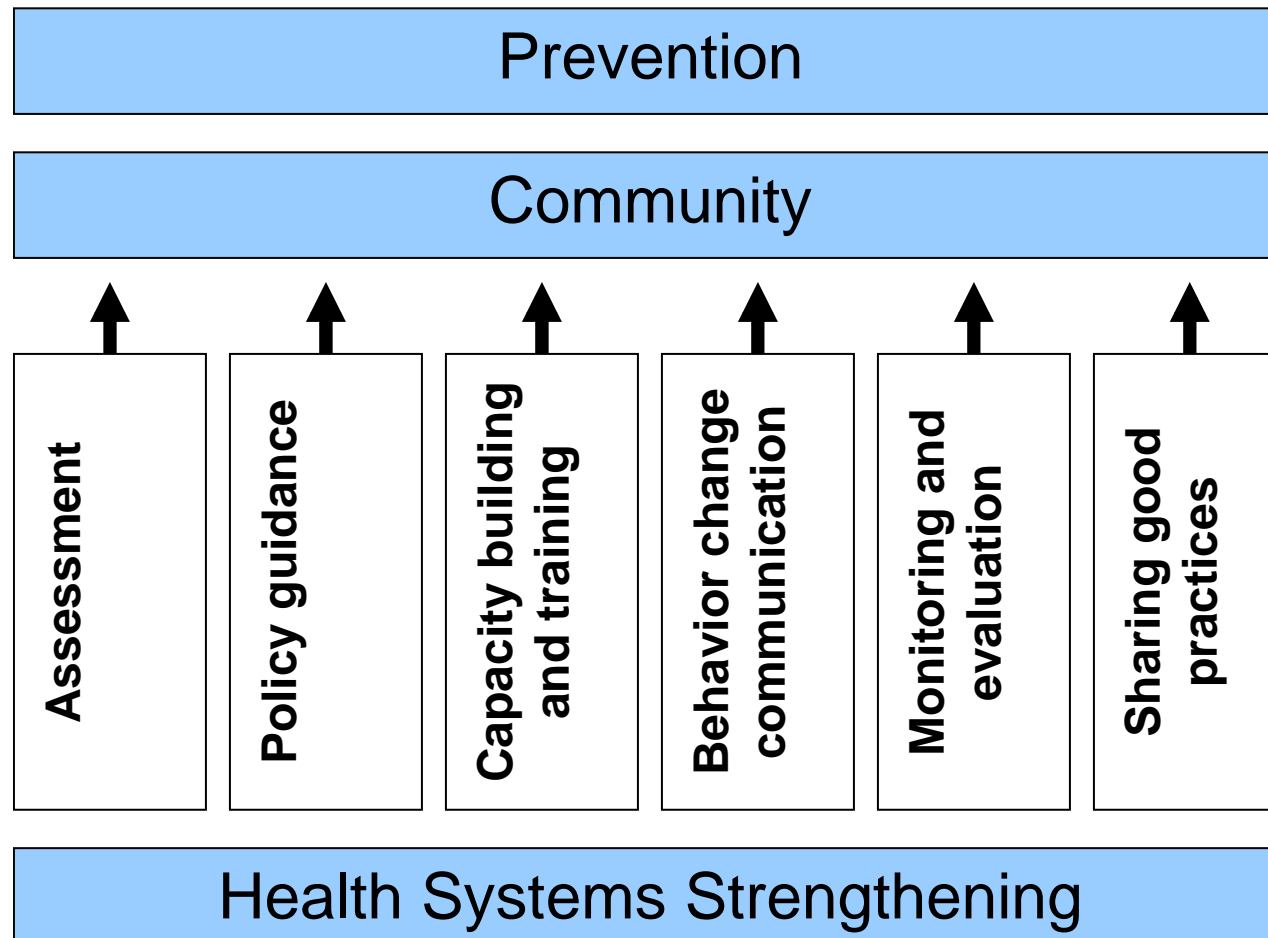




# HIV prevalence

- National: 14 percent
- Antenatal HIV prevalence among pregnant women: 16.4%
- Annual deliveries: 580,000 women
- Approximately 77,000 infants born annually are at risk of acquiring HIV from their mothers (without PMTCT) program.
- Infant feeding is an essential component of an effective PMTCT program.

# IYCN's key approaches and activities



# Assessed needs

- Lack of facility-based workers with time and skills to provide adequate counseling.
- Need to improve the quality of counseling for HIV-positive mothers.
- Need for a community-based system for assessing nutritional status and counseling mothers.
- Need for strong follow-up support for pregnant and lactating mothers.



Photo: Christine Demmelmaier

# Gained understanding of behaviors

- Cultural belief that babies need water or watery porridge to satisfy thirst.
- HIV-positive mothers may be confused by mixed messages.
- Lack of understanding of frequency, amount, and variety of foods to feed children.
- Inadequate focus on nutrition and nutrition activities for pregnant and lactating women



Photo: Wilfred Manda

# Enhanced national guidelines



Photo: Wilfred Manda



# Built capacity of health workers

## Contributed to:

- Training of more than 600 health workers.
- Supervision of 300 trained health workers.
- Building of four teams of provincial trainers.
- Finalizing the IYCF health worker training package.
- Strengthening monitoring tools.

Photo: Agnes Bwalya



# Addressed counseling during early infant diagnosis



Photo: Agnes Bwalya

# Enhanced linkages between health facilities and communities

- Supported development of a community training package.
- Trained nearly 200 community health volunteers.
- Strengthened two-way referral systems.



# Improved nutrition counseling across the continuum of care in Kabwe



Photo: Tina Kaonga



# Results from the first three months

- Trained 102 health workers and community health volunteers.
- Nearly 70 caregivers referred for counseling and cooking demonstrations.
- Trained drama troupes gave more than 50 performances.
- Frequency of health talks increased.



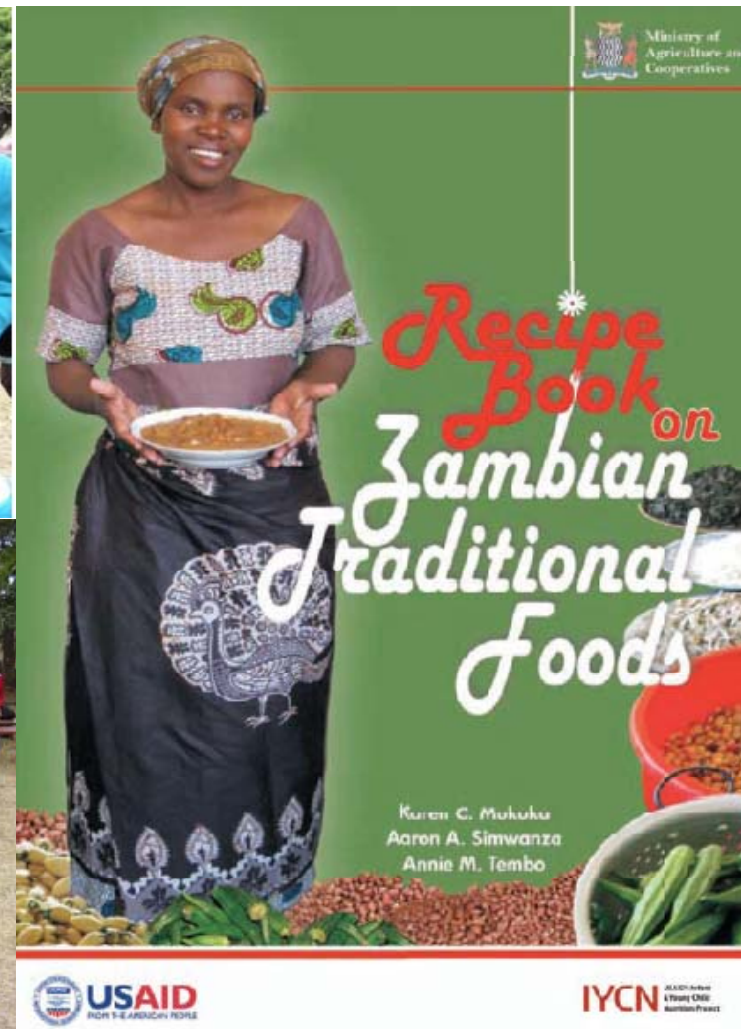
Photo: Tina Kaonga



# Facilitated integration of agriculture and nutrition activities



Photo: Nanthale Mugala



# Created targeted behavior change communications approaches

- Designed approaches based on formative research.
- Developed radio and TV spots to respond to a spike in cases of malnutrition.
- Participated in development of an MCHN communication strategy.



Photo: Josephine Nyambe

# Reached more caregivers through radio



Photo: Josephine Nyambe

# Developed a supplementary food for HIV-positive mothers and children

- Lipid-based, add-in food supplement made of peanuts and micronutrient mix.
- Targeted for sites offering PMTCT services.
- Production manual will be shared with stakeholders.



Photo: Wilfred Manda



# Strengthened monitoring and evaluation

- Supported MOH program managers to supervise trained health workers.
- Adapted and institutionalized counseling observation checklists.
- Conducted skill development exercises for health worker supervision.
- Completed 476 exit interviews.



Photo: Wilfred Manda



# Results of 476 exit interviews with mothers

- Mothers received correct information from trained providers.
- Many said that they received beneficial messages about feeding.
- One-on-one counseling allowed them to ask personal questions.
- Health talks were more frequently used to reach mothers compared with counseling.



Photo: Josephine Nyambe

# Lessons learned

- Community health volunteers can fill a key role in counseling and supporting mothers.
- Building the capacity of provincial trainers is an efficient and cost-effective way to increase number of trained infant feeding counselors.



Photo: Tina Kaonga

# Lessons learned

- Building upon existing resources available in health facilities and communities can foster government support and sustainability.



Photo: Tina Kaonga

# Lessons learned

- Improving nutrition throughout the continuum of care will help protect nutritionally vulnerable mothers and children.
- A small investment can go a long way toward reducing maternal and child malnutrition.



Photo: Tina Kaonga

# Looking ahead

- Community training and activities should be included in provincial- and district-level plans.
- More trainers are needed at the national and provincial levels.
- More tools are needed to monitor the performance of community activities.
- Integration of infant feeding into PMTCT programs is critical for HIV-free survival.



Photo: Tina Kaonga



Thank you



Photo: Tina Kaonga