



Improving Infant and Young Child Feeding in Lesotho: A multi-sectoral approach

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Infant & Young Child Nutrition Project
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Nutritional status and HIV in Lesotho

Among children under 5:

- Stunting: 38%

Wasting: 4.3%

Underweight: 19.8%

24% of adults (15 to 49 years of age) are infected with HIV.

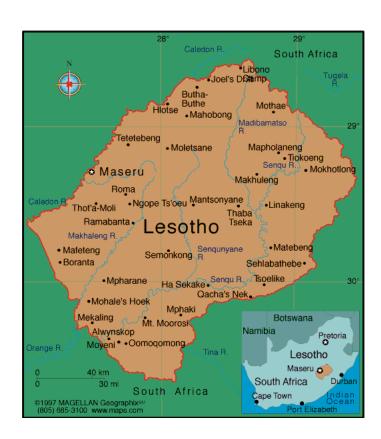


Photo: Makatleho Masoabi



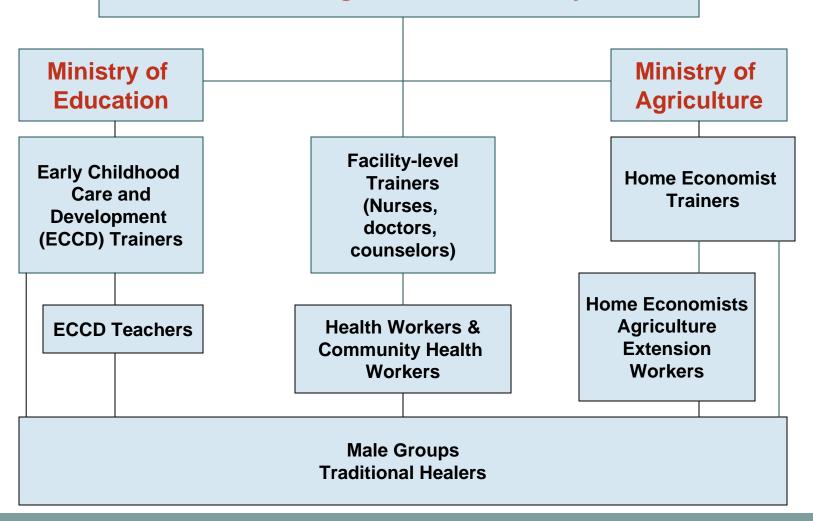
IYCN objectives in Lesotho

- Increase access to infant and young child feeding counseling and support.
- Increase the capacity of health workers and communities to provide infant feeding support for mothers and children.
- Strengthen the Ministry of Health and Social Welfare's infant feeding activities.





Ministry of Health and Social Welfare Infant & Young Child Nutrition Project





IYCN's approach

- Building the capacity of a wide range of workers.
- Integrating nutrition into other activities.
- Fostering collaboration at the community level.
- Strengthening referral systems.
- Conducting regular supervision visits.





Building capacity



Photo: Makatleho Masoabi

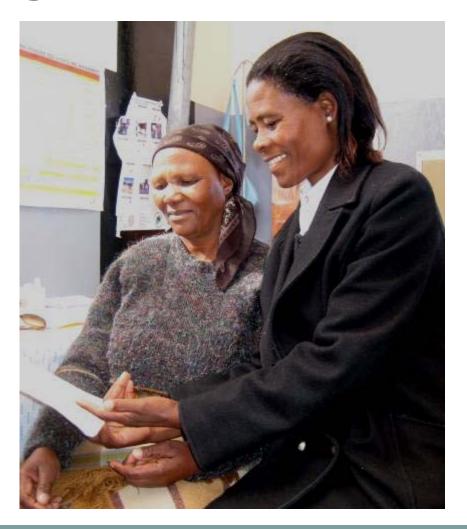


Integrating nutrition into other activities





Fostering collaboration





Strengthening referral systems





Results, Feb. 2008 to Apr. 2009

- Trained more than 800 community health workers and traditional healers in 5 districts.
- Trained more than 40 home economists and 21 ECCD teachers as trainers.
- Increased coverage of community-based growth monitoring and promotion.
- Instituted two-way referral system between community health workers and health facilities.



Lessons learned

- Building good relationships with the ministries and partners is essential.
- Training trainers and encouraging stepdown trainings helps reach more community workers with limited resources.





Thank you



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