



**USAID**  
FROM THE AMERICAN PEOPLE

**IYCN** USAID's Infant  
& Young Child  
Nutrition Project

# Responding to a Nutrition Emergency in Lusaka, Zambia

**Catherine Mukuka, Zambia Country Coordinator**

Infant & Young Child Nutrition Project

May 21, 2009

This presentation was produced through support provided to the Infant & Young Child Nutrition (IYCN) Project by the US Agency for International Development, under the terms of Cooperative Agreement No. GPO-A-00-06-00008-00. The opinions herein are those of the authors) and do not necessarily reflect the views of the US Agency for International Development.

# HIV and malnutrition in Zambia

- **National HIV prevalence: 15.6%**
- **Among children under 5 years:**
  - Stunting: 45%
  - Under weight: 15%
  - Wasting: 5%
  - Severely malnourished: 2.2%
  - Severely malnourished in Lusaka: 4.4%

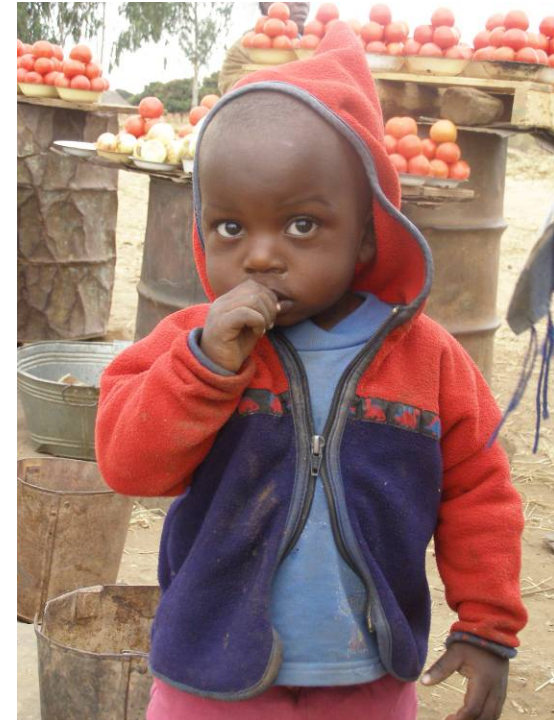


Photo: Marni Laverentz

# IYCN objectives in Zambia

- Improved enabling environment for nutrition programs.
- **Improved provider performance.**
- Increased community and household support.
- Increased knowledge and positive beliefs of optimal feeding practices.
- Good program practices identified, piloted, and promoted.

# The problem

## Each year...

- The University Teaching Hospital admits more than 2,000 malnourished children per year.
- Peak admissions occur from November to April.
- Around 75 to 90 children occupy 59 beds per day.

## Last year, the pattern changed...

- Increase in admissions seen in September.
- 170 children admitted per day by the end of November.
- For the first time, severe malnutrition cases were seen in infants less than 6 months old.

# Emergency declared

- The Ministry of Health declared an emergency in October 2008.
- Stakeholders in child health convened to plan and implement activities to mitigate the emergency.
- Training health workers on appropriate counseling of mothers was an important component of the plan.



# Possible reasons for increase

- Inappropriate messages about infant feeding within the context of HIV.
- Inappropriate exclusive breastfeeding practices (only 61% of infants are exclusively breastfed).
- Amount and frequency of weaning foods is inadequate.
- Escalating prices in the maize meal staple.
- Escalating prices of other foods.

# IYCN response

- Since November 2008, IYCN has trained a total of 180 health workers. Training included counseling at 6-week PCR test.
- IYCN has participated in a group that has developed radio and TV messages.



Photo: Kali Erickson

# The Kanyama story



Photo: Agnes Bwalya



# A champion for good infant feeding practices



Photo: Agnes Bwalya

# The result

- Victoria and her staff have noted that HIV-exposed babies like Nawa are thriving as a result of appropriate IYCF counseling.
- Victoria was so happy with this result that, with IYCN's support, she has conducted a second orientation of 26 volunteers.



Photo: Kali Erickson

# Lessons learned

- Training facility in-charges can help move programs forward.
- There is an urgent need to train community volunteers to supplement health efforts in infant and young child feeding counseling.



Photo: Kali Erickson

Slide 12

---

m1

This seems strange. Could you change it to "Training facilities in charge..."

mderrick, 5/19/2009

# Thank you



**“The (IYCN trainings) have come at a time when Ministry of Health and in particular health workers needed to respond to the challenges in the area of maternal and child health.”**

Dr. S.K. Miti, Permanent Secretary,  
Ministry of Health, Zambia

**Email:** [cmukukua@path.org](mailto:cmukukua@path.org)

**Please visit [www.iycn.org](http://www.iycn.org)**

Photo: Kali Erickson