



HARVEST NUTRITION EDUCATION: CHILD FEEDING PRACTICES

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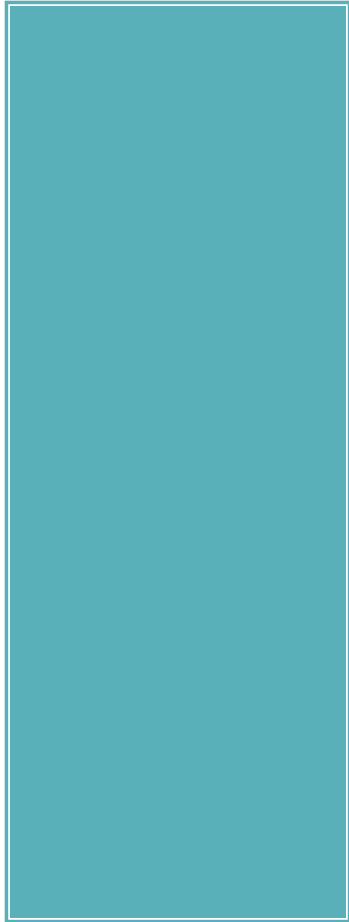
Sreng Bora

Nutrition-Sensitive Agricultural Programming

- Embed nutrition & health activities
- Agricultural programming
- Improve nutrition & economic productivity



Nutrition Education under HARVEST



Purpose of study



- Examine two key elements of HARVEST's nutrition education program

Purpose

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- Child feeding recommendations (6-24 mos)
 - Enriched porridge
 - Three food groups

The Three Food Groups

Energy

Body
Building

Protection



Study Questions

- What are caretaker behaviors for select child feeding practices recommended by HARVEST?
 - Enriched porridge
 - Three food groups

- What are caretaker constraints to adopting these behaviors?

Methods



A Qualitative Approach: Ethnography

Good for understanding perceptions

culturally different

different frameworks or perspectives from ours

Methods



A Qualitative Approach: Ethnography

Good for understanding perceptions

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different frameworks or perspectives from ours

Participant observation

In-depth interviews

Participant Observation



Sample

8 villages (2 each province)

Households with child aged 6-24 months

n= 20

Participant Observation

A Continuous
Period

Breakfast to After
lunch

Focus on:

Meal Preparation

Consumption

Child 6-24 mos

N=20



In Depth Interviews

16 villages

4 per
province



In Depth Interviews

n=44

~ 70 minutes

Focus on:

Meal
preparation

Child meals
and feeding
patterns

Translated
verbatim text



Data Analysis



Thematic Coding

Extract text by concept and theme

Examine for Patterns Using Displays

12 displays

Miles, Huberman and Saldana (2013)

A horizontal bar at the top of the slide, divided into a teal section on the left and a green section on the right.

Results

Enriched porridge behaviors

- Little evidence of preparation
- Awareness high
- Adapt adult preparations for young children
 - Water down
 - Omit select ingredients



Enriched porridge constraints

- Perceived to be only for children



Enriched porridge constraints

- ❑ Perceived to be only for children
- ❑ Required too many ingredients purchased or gathered



Enriched porridge constraints

- ❑ Perceived to be only for children
- ❑ Required too many ingredients purchased or gathered
- ❑ Want to make one adult dish & adapt for young child



No perceived benefit to consuming

... I feel that by feeding [the kids] plain porridge with prohok they will survive. So why bother spending energy making it?"

No perceived benefit

“I never cooked enriched porridge. I have helped raise almost ten grandchildren but I have never cooked enriched porridge...”

Back in my time I just fed my children cold rice and they survived until now. People say that children in the past were raised this way, and that is why they are not intelligent. I don't believe this. Children are intelligent because they study hard.”

Three Food Group behaviors

- Majority not providing 3 food groups in all meals



Three Food Group behaviors

- With hold ingredients for small children



Three Food Group behaviors

- Withhold ingredients for small children

- Due to

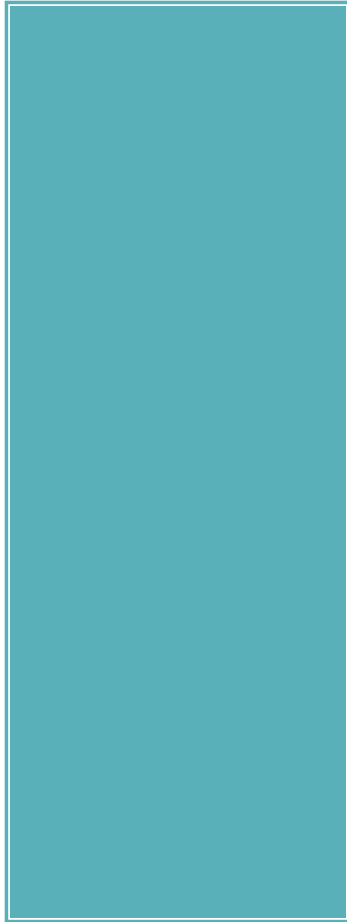
 - Child preferences

 - Choking

→ Diluted nutrient density



Pervasive snacking culture






Recommendations



Enriched porridge



- Continued resistance
- Partner with NNP
- Novel ways to present enriched porridge
- Address caregivers reservations

- 
- Caregivers don't want to make separate dishes for young children
 - Focus on new techniques to prepare complementary foods for young child from family dishes
 - Focus on how to achieve “nutrient dense” in practical way

Three Food Groups



- Concept was fuzzy to many
- Focus on actionable messages that can increase diversity and density of young child meals
- Start to address issue of purchased low-nutrient snacks

Messaging to different caretakers

Mothers



Grandparents





Thank You

Enriched porridge

- “There is nobody eating it.”
- “In each house I do not see anyone preparing enriched porridge.”
- “For cooking our main meal, we know our role. We know we have to do it. But for making such *borbor*, every mother including myself, we are lazy. If you ask them whether you have made the *borbor* for your child, they would say they have never made it all. You can take notice of this.”

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