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**Lactation management in Nepal: A scalable model for increasing early and exclusive breastfeeding**

Global Maternal Newborn Health Conference, Mexico City, October 19, 2015



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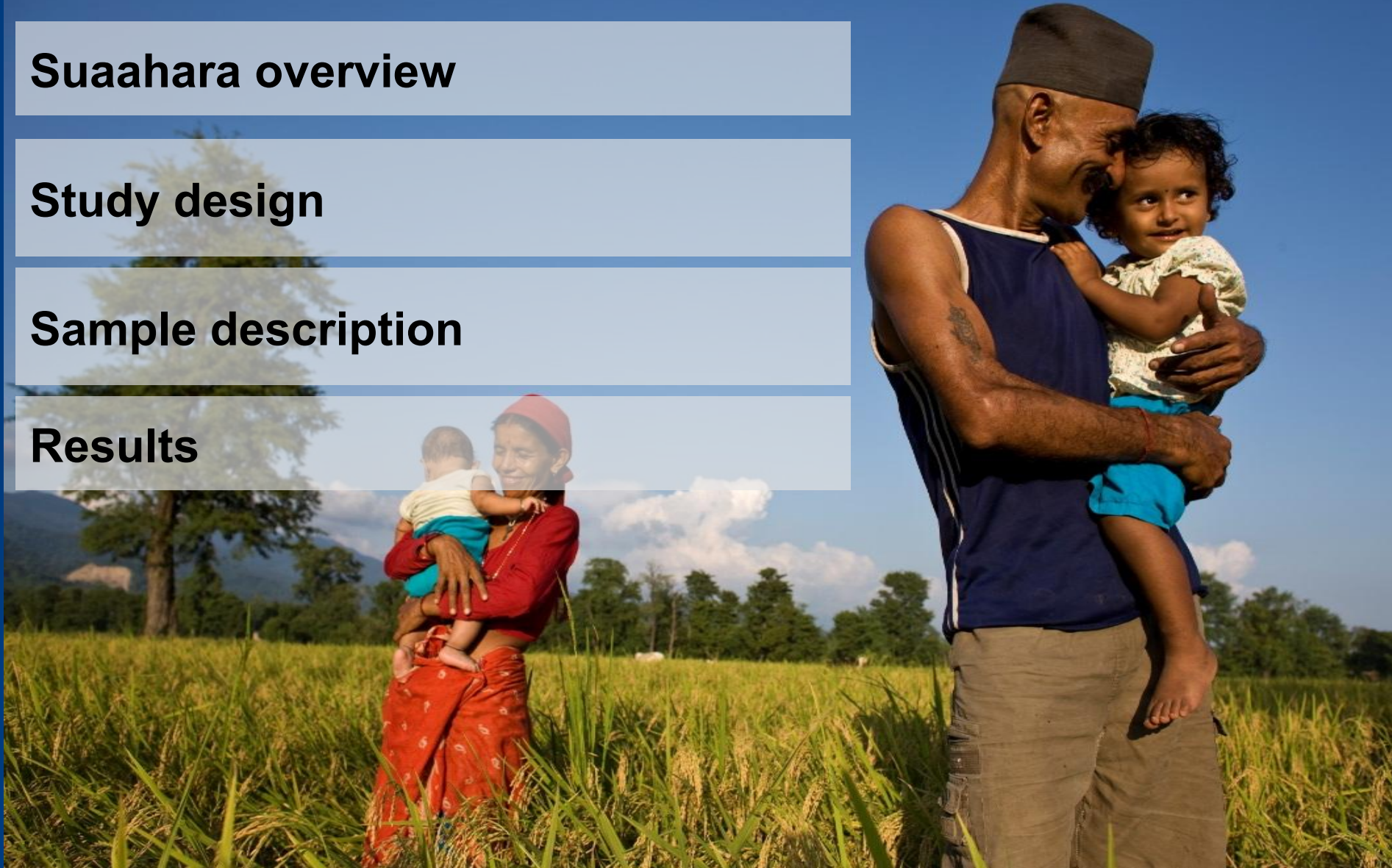
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**Suaahara overview**

**Study design**

**Sample description**

**Results**





# Suaahara: Overview

**Goal: Improve the nutritional status of women and children < 2 years**

**Result 1:**

Household nutrition, health and hygiene behaviors improved

**Result 2:**

Use of quality nutrition and health services by women and children increased

**Result 3:**

Consumption of diverse and nutritious food by women and their families increased

**Result 4:**

Coordination on nutrition between government and other actors strengthened



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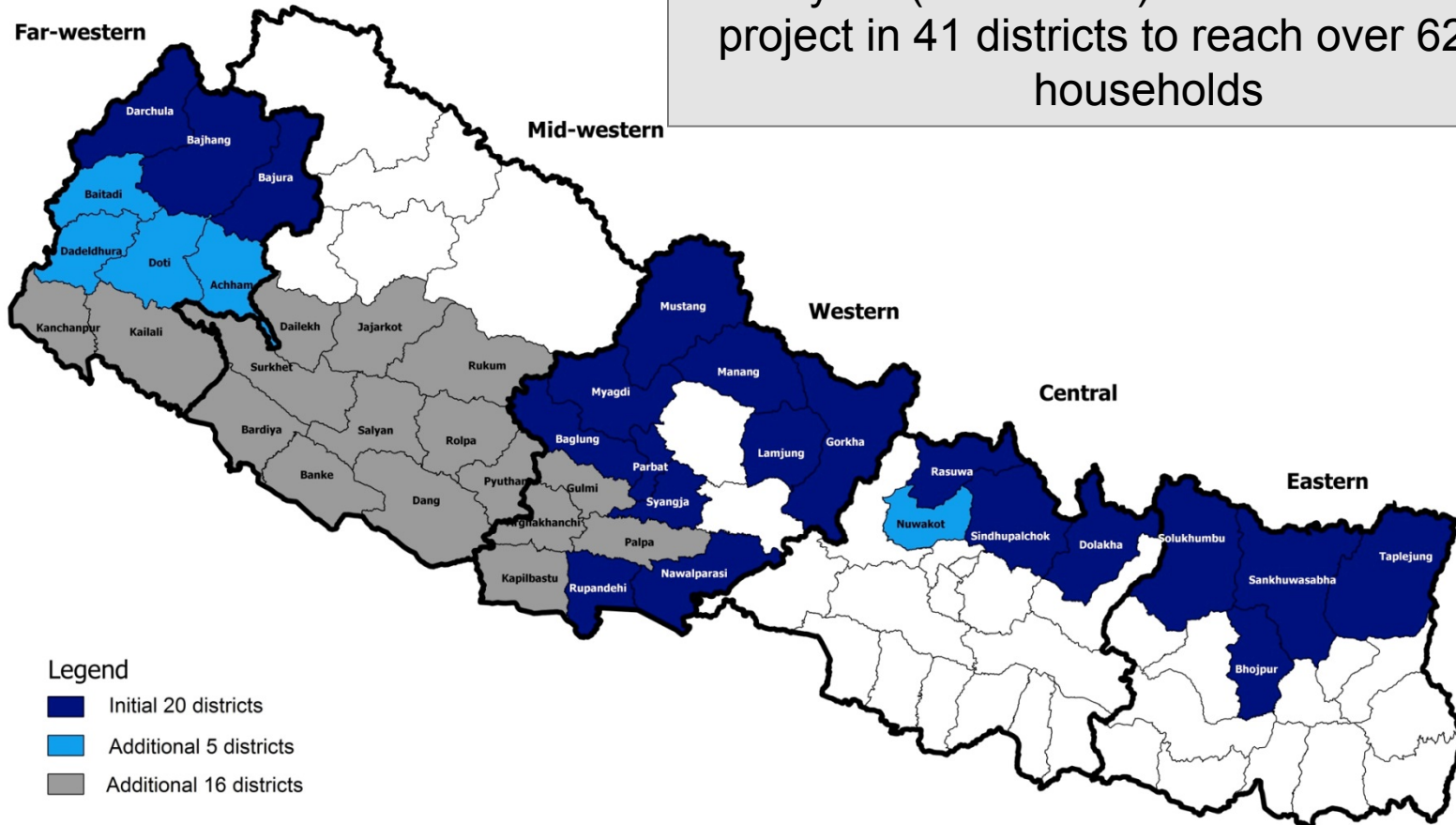
## Suaahara Interventions

- Promoting of health, nutrition and hygiene behaviors at home through social behavior change communication (*Bhanchhin Aama* radio program & interpersonal communication delivered by volunteers and health workers)
- Training health workers in nutrition, family planning and hygiene (plus counseling, group facilitation and other skills) to improve quality and increase demand
- Homestead food production, material support for gardens and latrines, radio groups



# Suaahara: Intervention districts

**Suaahara**  
A 5-year (2011-2016) multi-sector nutrition project in 41 districts to reach over 625,000 households





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## Objectives of the process evaluation study:

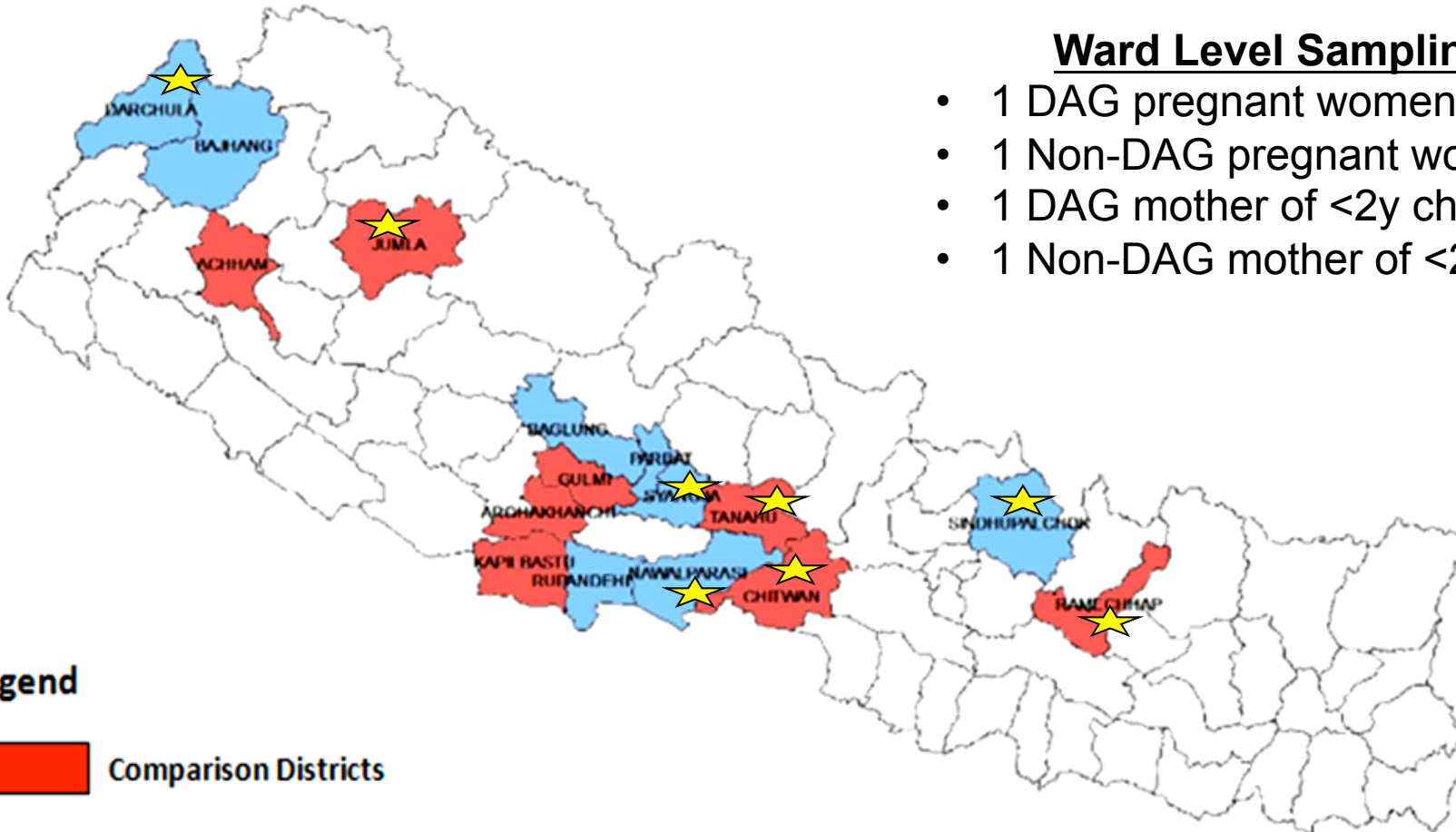
- Assess overall program exposure to various *Suaahara* platforms
- Understand the frequency with which households are exposed to front line workers and the content of these interactions
- Understand whether the strategy targeting disadvantaged households was implemented as designed
- Assess uptake of *Suaahara*-promoted health and nutrition behaviors



# Geography of Process Evaluation

## Ward Level Sampling

- 1 DAG pregnant women
- 1 Non-DAG pregnant women
- 1 DAG mother of <2y child
- 1 Non-DAG mother of <2y child



### Legend



Comparison Districts



Intervention Districts



Process Evaluation



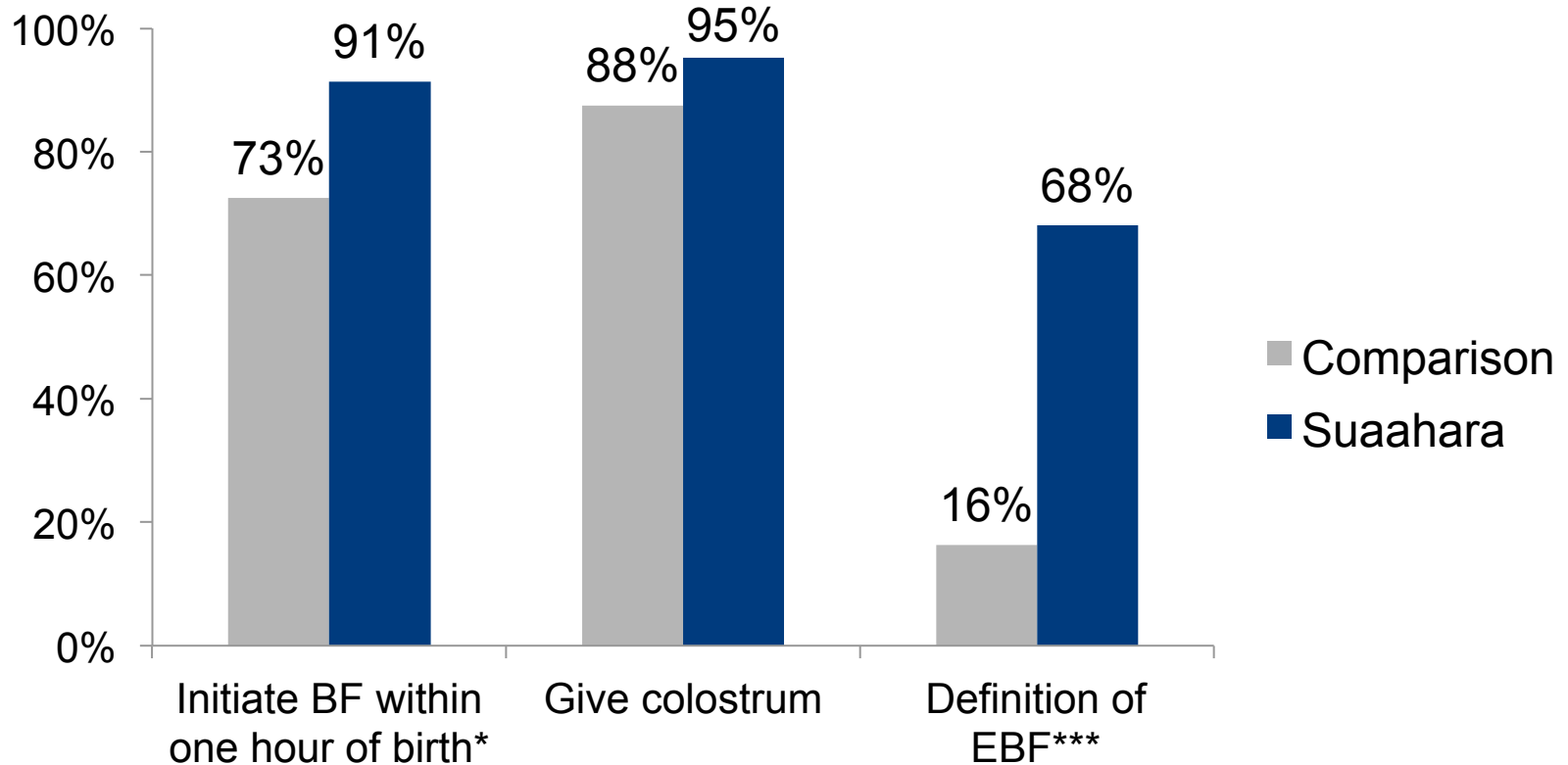


# Sample Description

	Intervention (n=232)	Comparison (n=240)
Mean age	24.4	24.3
Education (in completed years)	4.9	6.3
% Hindu	88%	88%
% with electricity	83%	67%
Mean number of animals owned	2.8	3.3

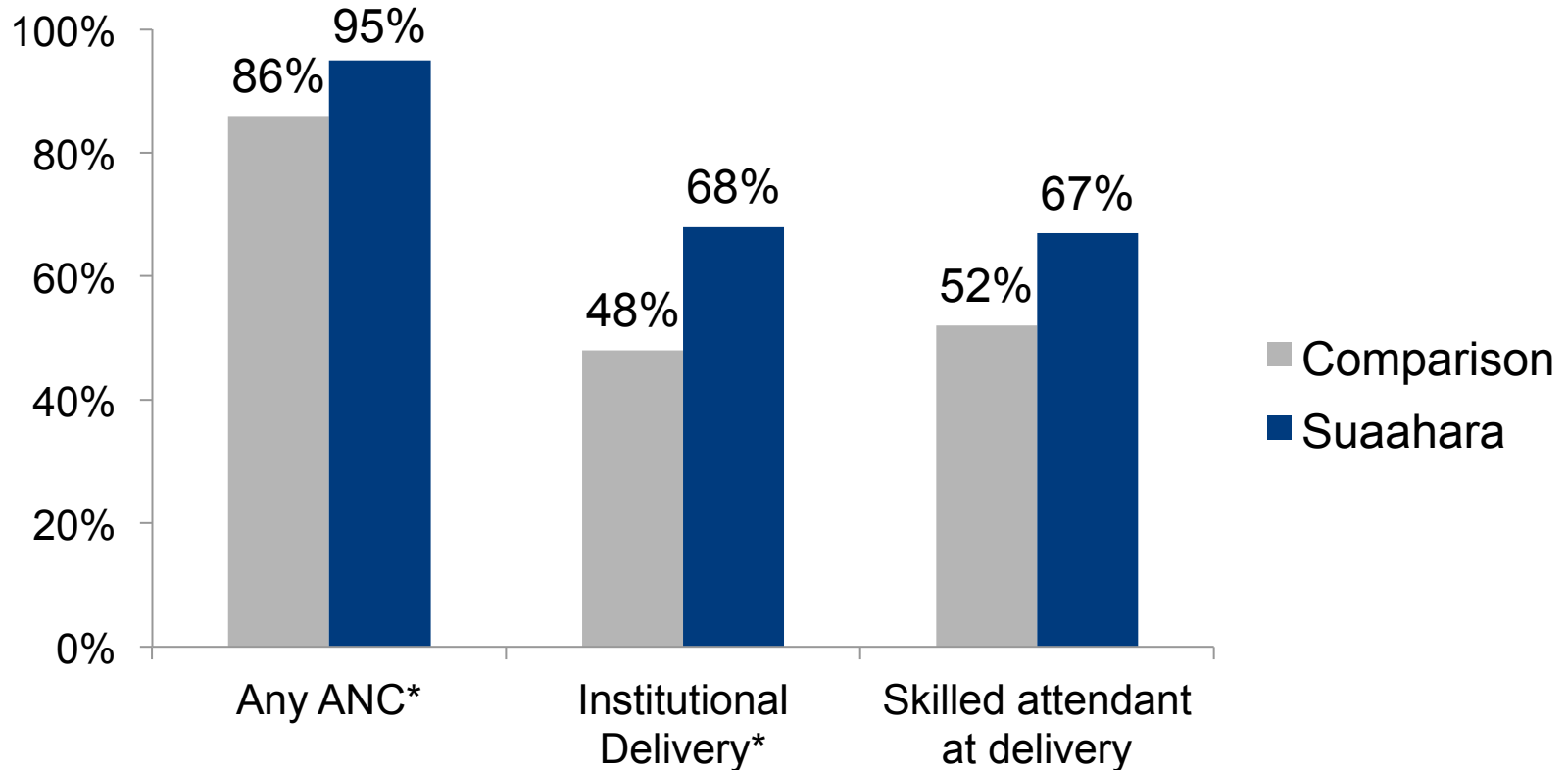


## Mothers' knowledge of early and exclusive breastfeeding



\*p < 0.05; p < 0.001

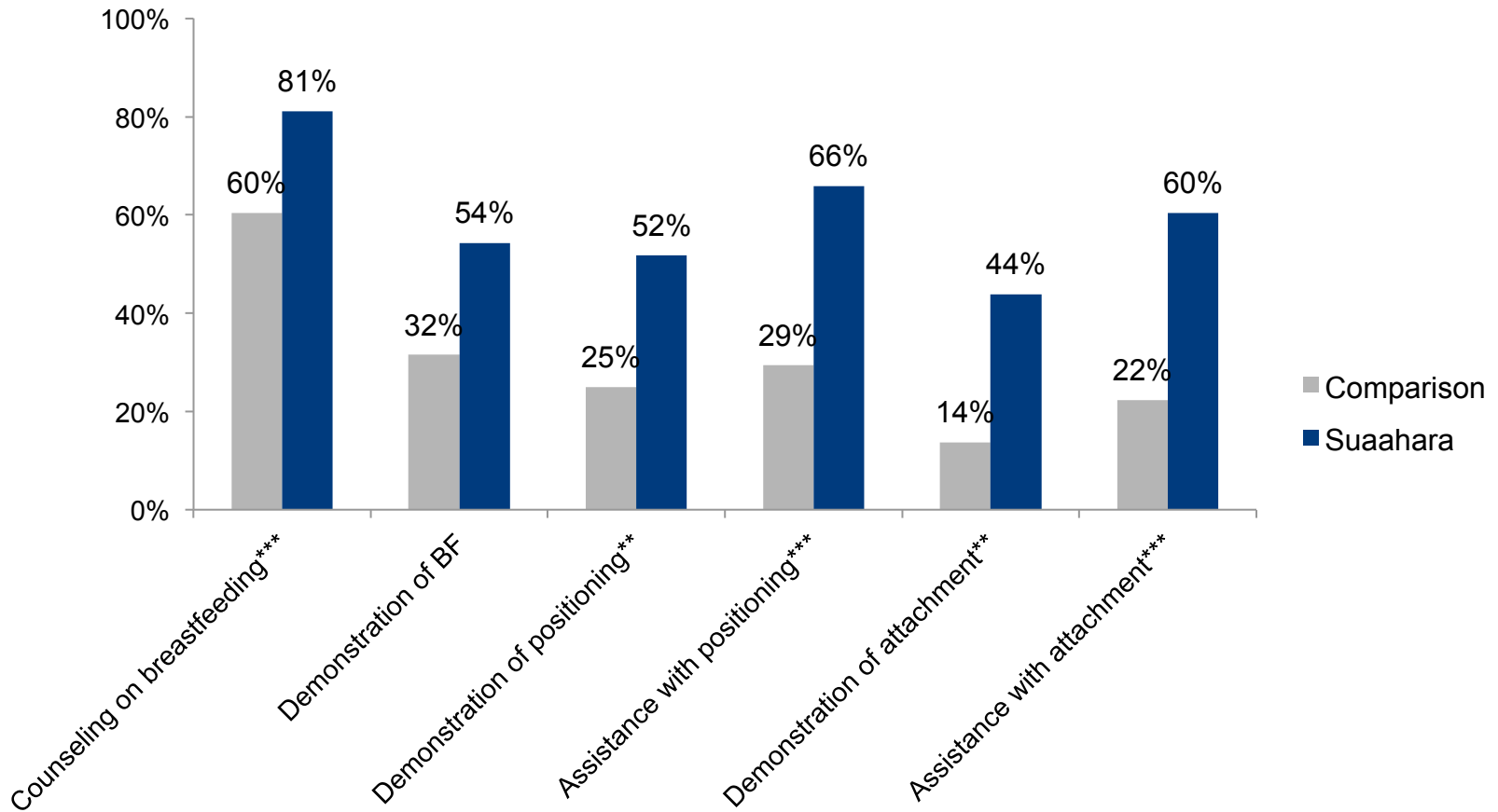
## Use of ANC and delivery care



\*p < 0.05



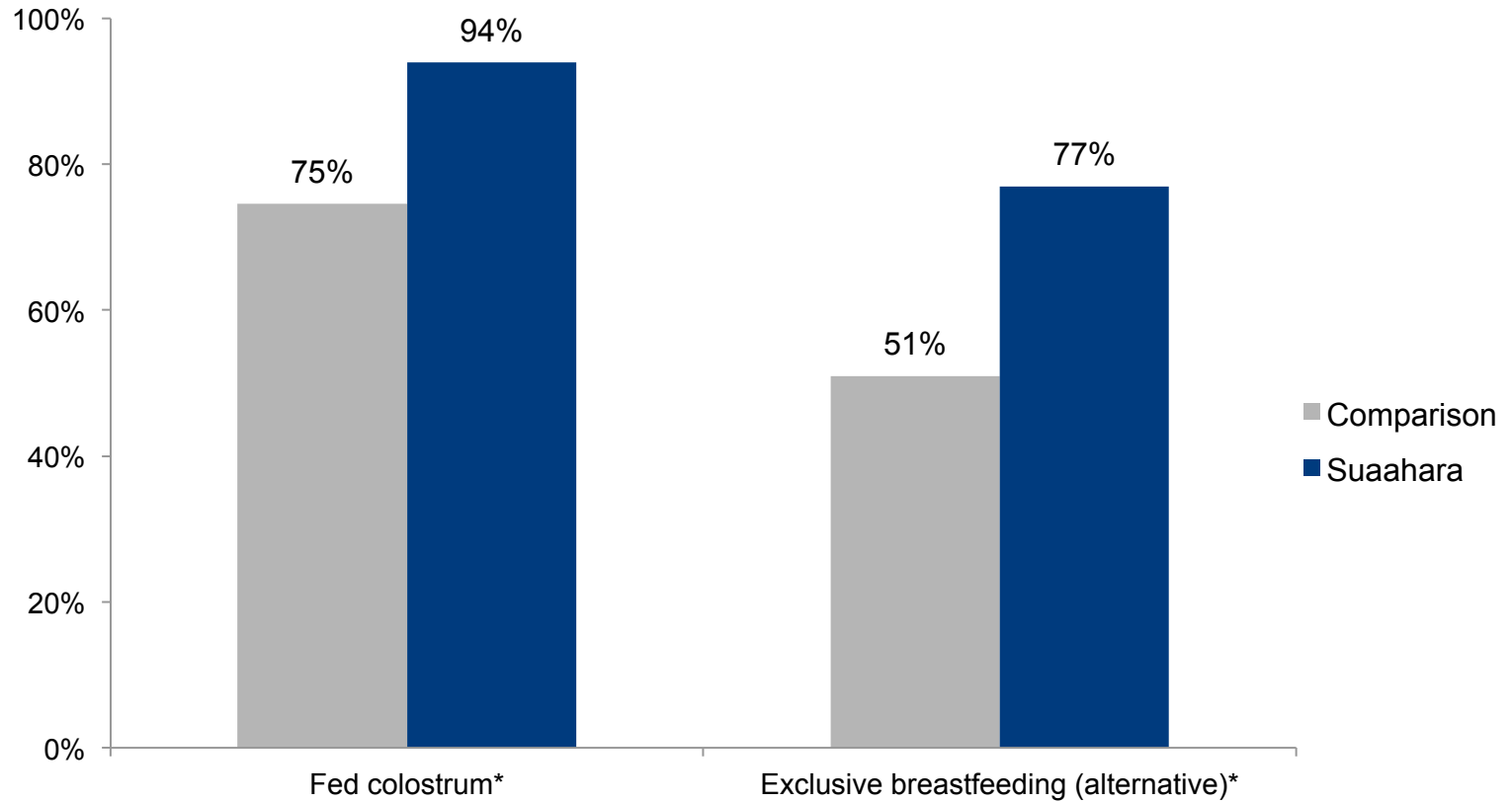
# Breastfeeding related support immediately after delivery



\*p<0.05; \*\*p<0.01; \*\*\*p<0.001



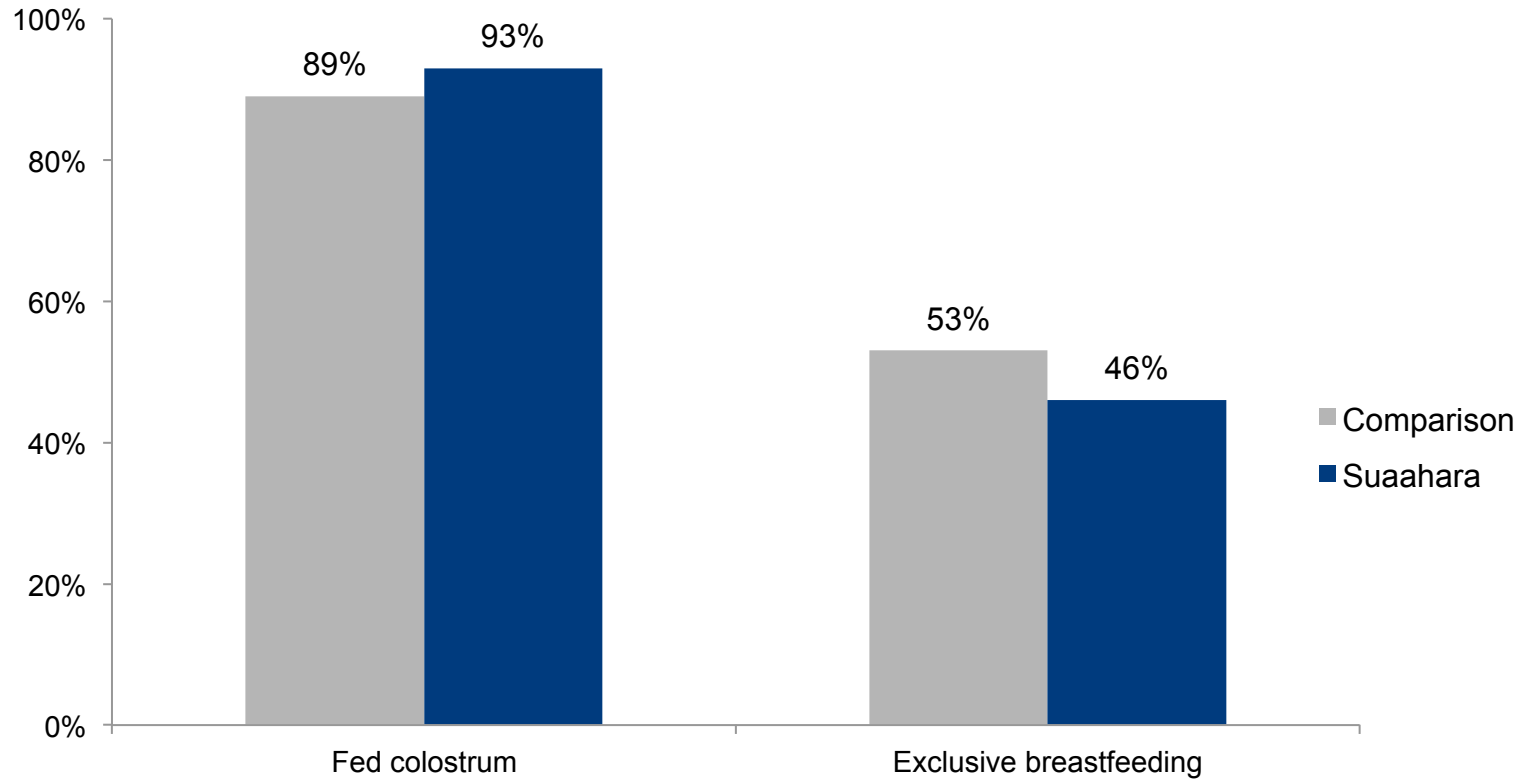
## Breastfeeding practices



\*p<0.05



## Breastfeeding practices in 16 districts *at baseline*



## Conclusions

- High levels of breastfeeding knowledge can be attained in a short period of time, using multiple intervention strategies
- Achieving high rates of early initiation and exclusive breastfeeding is possible at a large scale in a relatively short period of time
- Proper support immediately after delivery seems to be key in achieving early and exclusive breastfeeding success



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