



Food, Nutrition, and Rural Livelihoods Initiative: Endline Survey Findings

June 29, 2022

Presentation Outline

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Food, Nutrition, and Rural Livelihoods Project Overview



Project Background

- **Duration:** 5 years
 - January 2017 to February 2022
- **Location:** 7 townships in 2 regions
 - **Ayeyarwady (Delta) Region:** Pyapon, Maubin, Pantanaw, Zalun
 - **Magway (Dry Zone) Region:** Myothit, Salin, Seikphyu
- **Target Population:** Households with pregnant women and/or children under 24 months of age
- **Total Reached:** 12,244 households with over 57,700 individuals
- **Funded by:** King Philanthropies

GOAL

To improve food and nutrition security among vulnerable households with women and children in the 1000-day window



Objective 1: To increase local production and year-round access to nutritious foods



Objective 2: To increase access to and use of affordable and safe inputs



Objective 3: To increase access to income



Objective 4: To increase access to basic health and nutrition services

Program Interventions



Practical training on nutritious foods production with organic inputs and climate-smart technologies



Asset transfers of agriculture inputs to increase access to nutritious foods



Improved knowledge and skills on essential nutrition and hygiene actions



Increased access to community-level nutrition services for pregnant and lactating women and children under 5 and agriculture services for women producers

Select Project Outputs

12,244 

Vulnerable households with women and children in the 1000-day window reached with project support

12,167 

Number of people trained in nutrition-sensitive agriculture

35,000 

Chickens and ducks vaccinated in **135** villages by trained poultry vaccinators

10,890 

Children under five received micronutrient powder

744 

Individuals, mostly women, trained in income generating activities

479 

Female Community Volunteers recruited and trained



Endline Survey and Other Programmatic Research Results



Objective

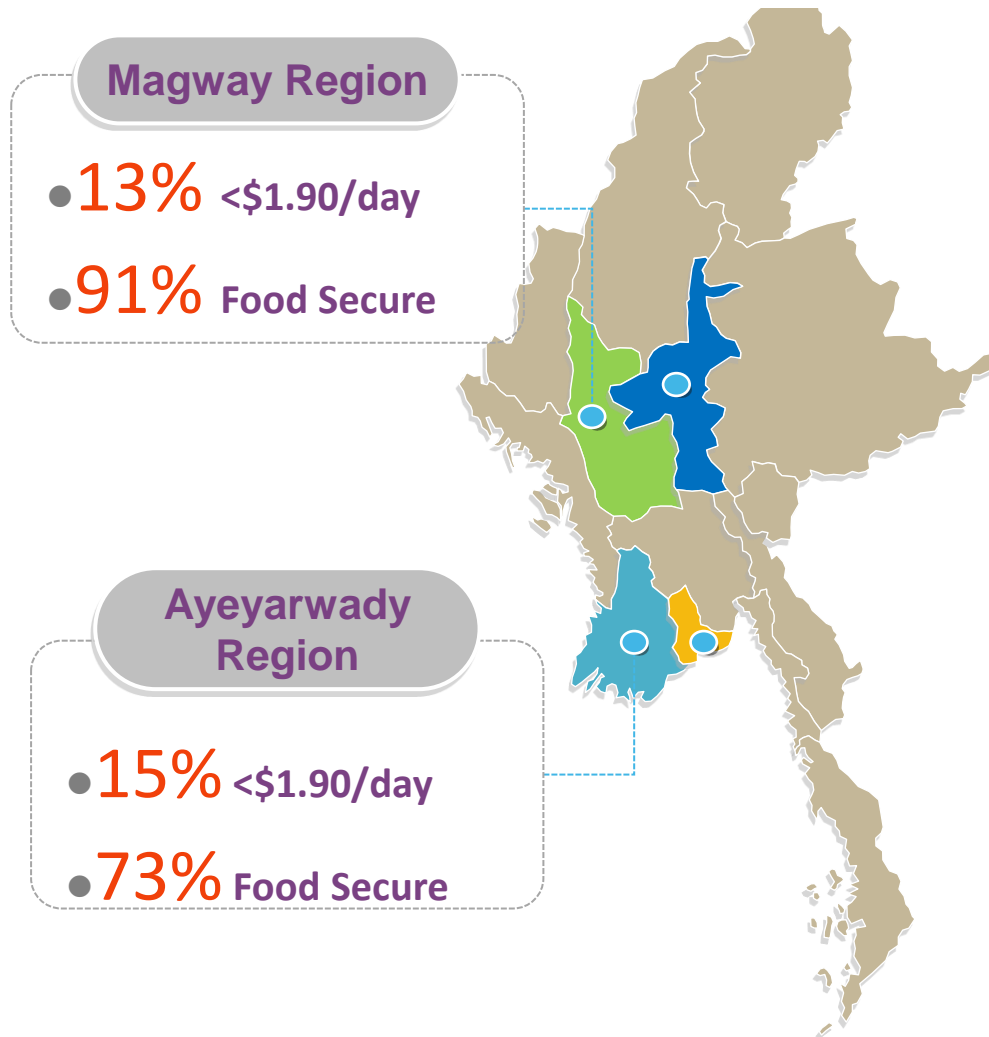
To assess change in project indicator values from baseline, specifically around the following themes:

- Home garden practices
- Household food security
- Household income and expenditures
- Child health care practices
- Water, sanitation, and hygiene (WASH) practices
- Dietary patterns of women and children
- Women's empowerment

Endline Survey Methods

- October 2021-January 2022
- Same questionnaire as baseline survey
- Cross-sectional survey of program participants
- Sample size = 721 (364 women from Ayeyarwady and 357 from Magway)
 - Expected frequency 50%, accepted margin of error 5%, design effect of 1, cluster of 1, CI 95%
 - Across the seven program townships
- Data collected through mobile phone and uploaded to cloud-based data file in ODK
- ❖ *Baseline data were collected from 1,565 respondents (797 from Ayeyarwady and 768 from Magway) from August-September 2018*

Baseline (2018)



Projected Current Context

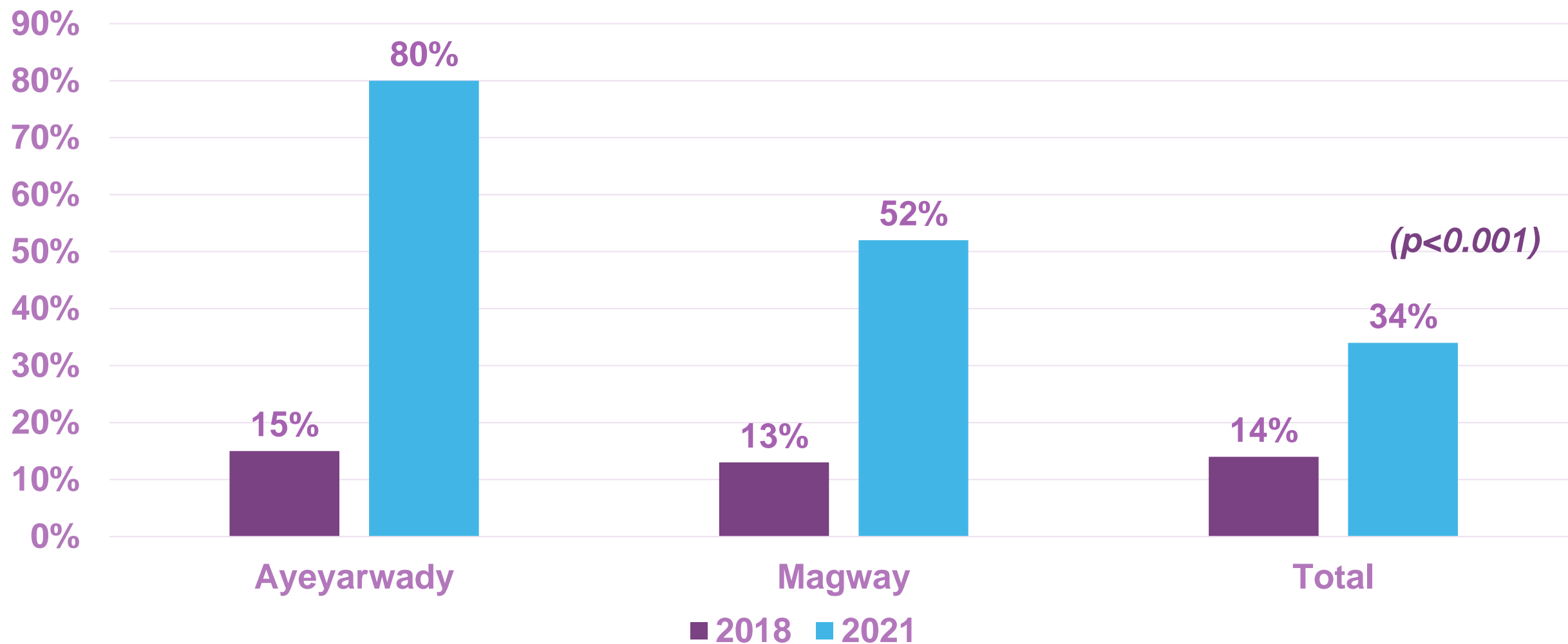
Economic and political crisis

- Estimated **50%** increase in poverty levels
- Almost half the population – **46%** – anticipated to be living in poverty in 2022
- More than **13 million people** in moderate or severe food insecurity
- **60%** of predicted “newly poor” households are in Delta and Central Dry Zone

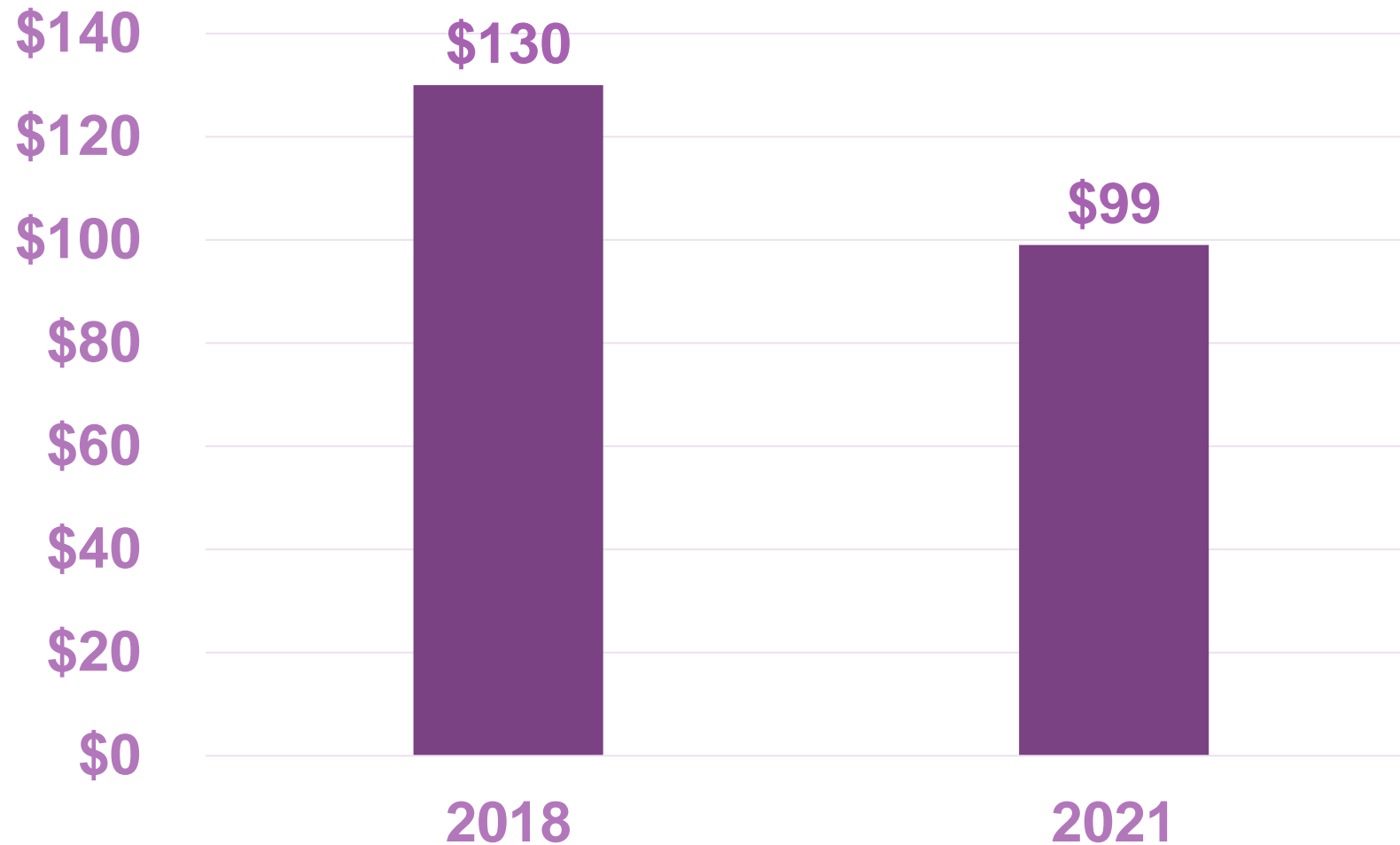
Respondent Characteristics - Endline

Characteristics	Magway (N=357)	Ayeyarwady (N=364)	Total (N=721)
Age of respondent	N (%)	N (%)	N (%)
15-30 years	118 (33)	148 (41)	266 (37)
31-45 years	225 (63)	208 (57)	433 (60)
>45 years	14 (4)	8 (2)	22 (3)
Education of respondent			
Primary or less	186 (53)	183 (55)	369 (54)
Middle	109 (31)	92 (28)	201 (29)
High School or Graduate	54 (16)	58 (18)	112 (17)
Number of Children			
1	126 (35)	138 (38)	264 (37)
2	132 (37)	130 (36)	262 (36)
3+	98 (27)	96 (26)	195 (27)
Age of Youngest Child			
<6 months	11 (3)	13 (4)	24 (3)
6-23 months	20 (6)	45 (12)	65 (9)
24-59 months	275 (77)	263 (72)	538 (75)
>59 months	51 (14)	43 (12)	94 (13)

Change in Proportion of Households Living Below the Poverty Line (\$1.90/day)



Mean Monthly Household Income



- Baseline –
Magway slightly higher
- Endline –
Ayeyarwady slightly higher

Other Programmatic Research Methods and Objectives

Program Impact Assessment

November 2018-October 2019

- Quasi-experiment with 3 rounds of data collection
- 950 households (475 intervention and 475 control)
- To assess impact of program interventions on household food security, household food production, and dietary patterns of women and children

COVID-19 Situational Assessment

January 2021

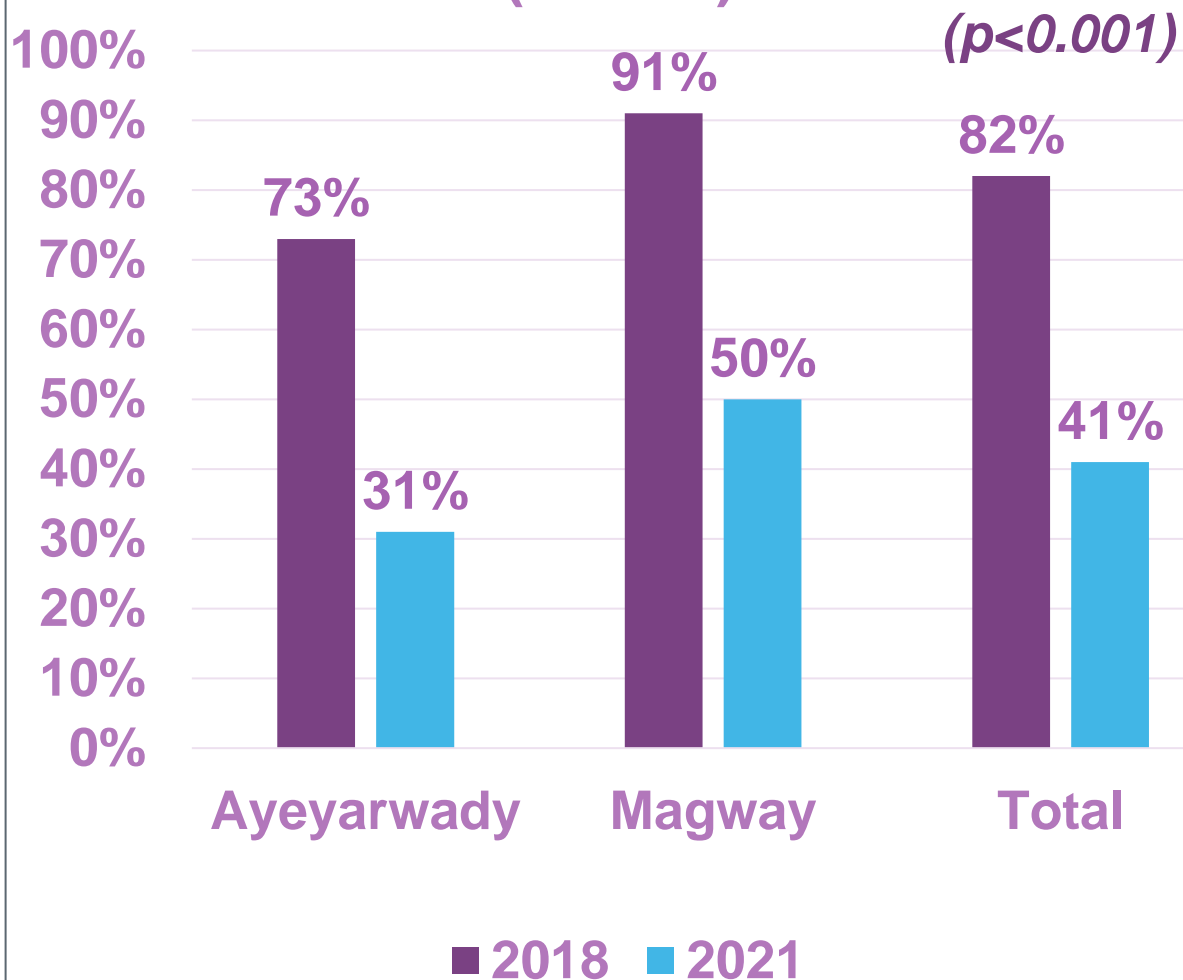
- Cross-sectional comparative assessment
- 600 female program participants
- To assess COVID-19 related risk and response perceptions and risk mitigation behaviors, as well as household food production and dietary patterns of women and children

Food Security Assessment

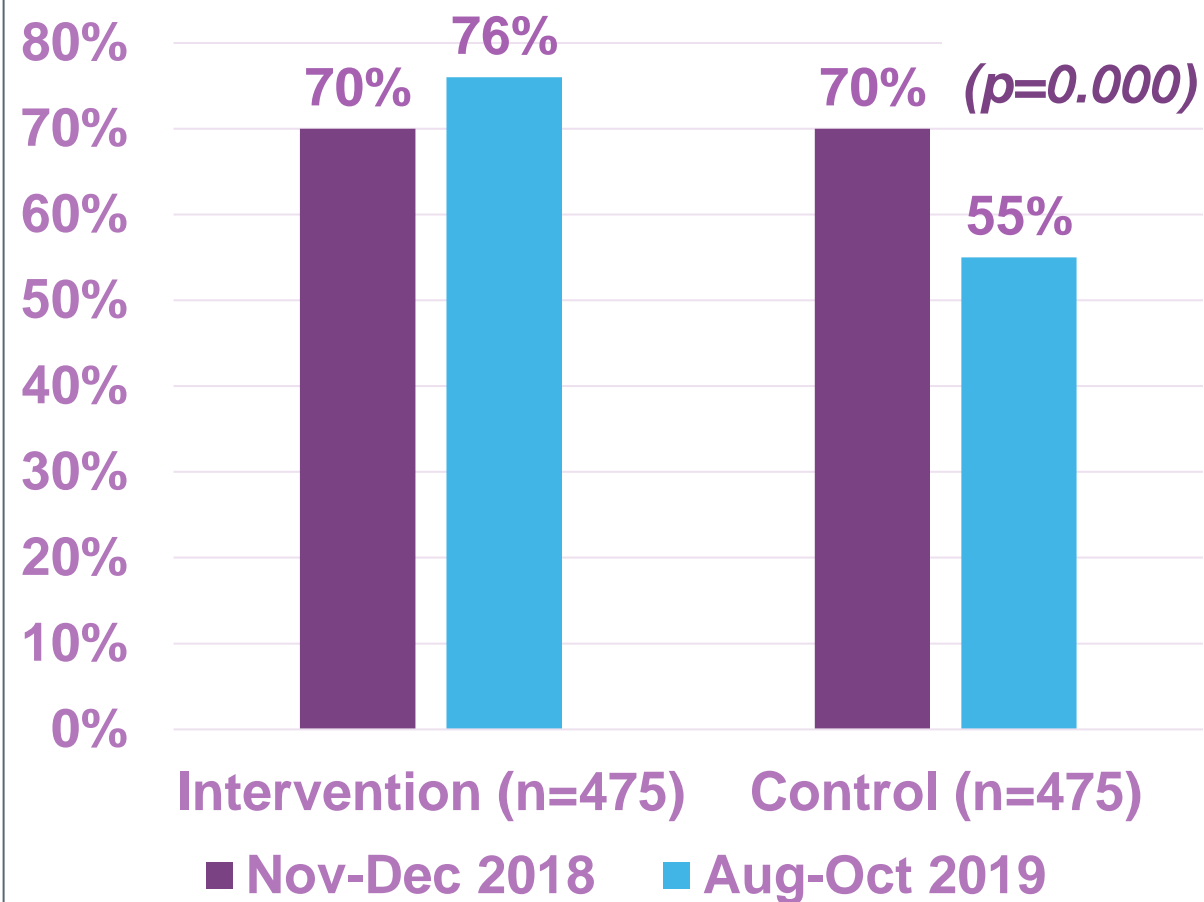
August 2021

- Cross-sectional comparative assessment
- 378 female program participants via phone
- To assess impact of disruptions from the pandemic and coup on household food security, household food production, and dietary patterns of women and children

Proportion of Food Secure Households (HFIAS)

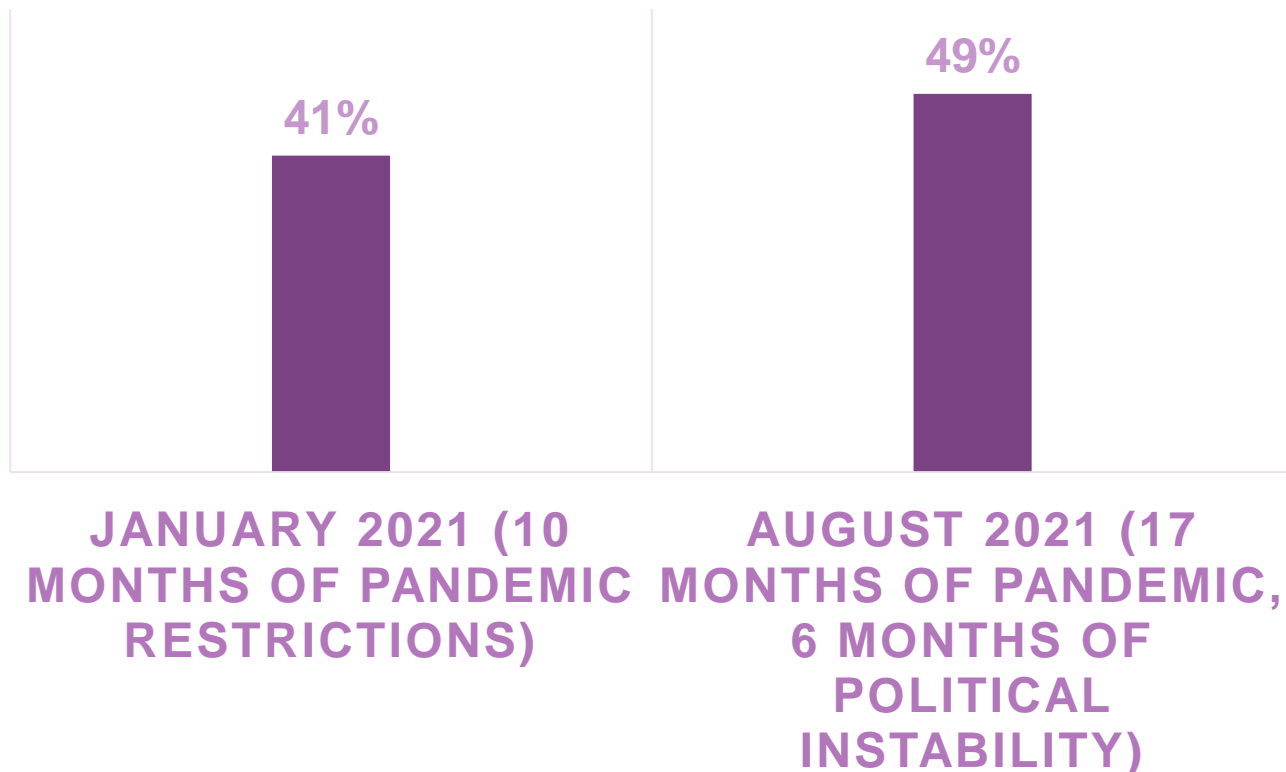


Change in Proportion of Food Secure Households Quasi-Experiment - Maubin, Ayeyarwady



Impact of COVID and Coup on Household Ability to Meet Food Needs

HOUSEHOLDS CHALLENGED TO MEET FOOD NEEDS



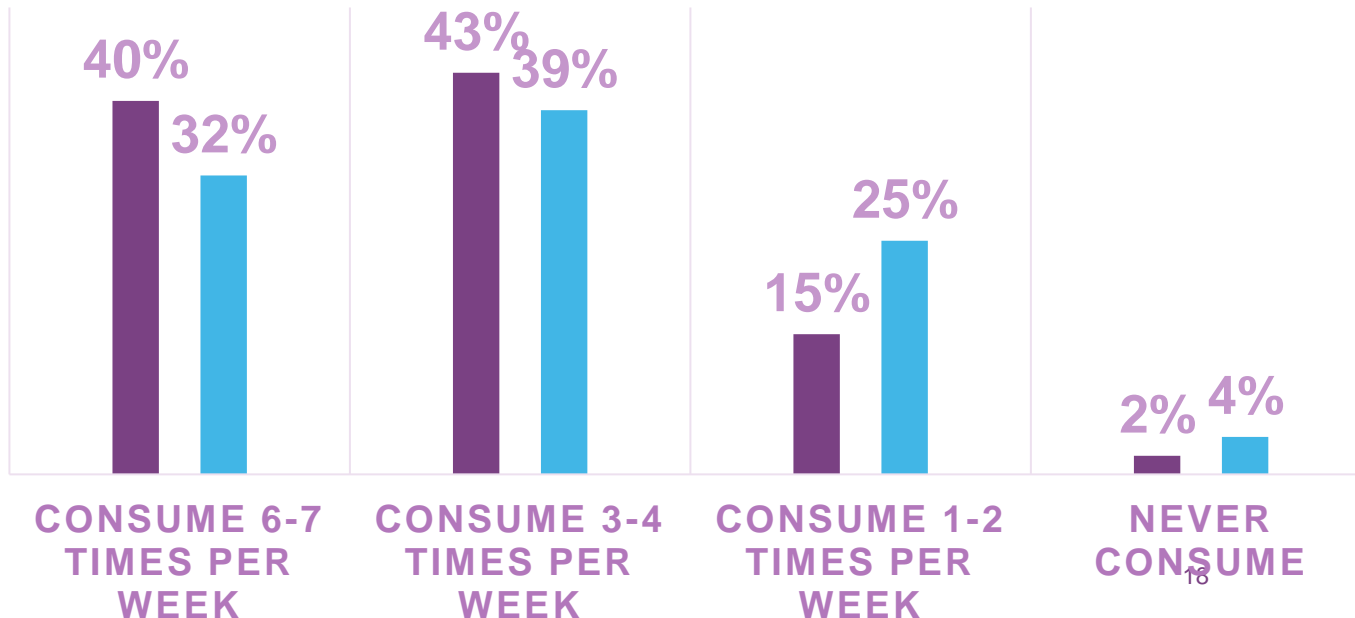
- January 2021 – 41% reported problems getting enough food for the household
- August 2021 – 49% reported problems getting enough food for the household

Household Food Production Provides Access to Nutritious Foods during Crises

7-MONTH GARDEN PRODUCE CONSUMPTION TRENDS FOR HOUSEHOLDS WITH ACTIVE HOME GARDENS

■ January 2021 (10 months of pandemic restrictions)

■ August 2021 (17 months of pandemic, 6 months of political instability)



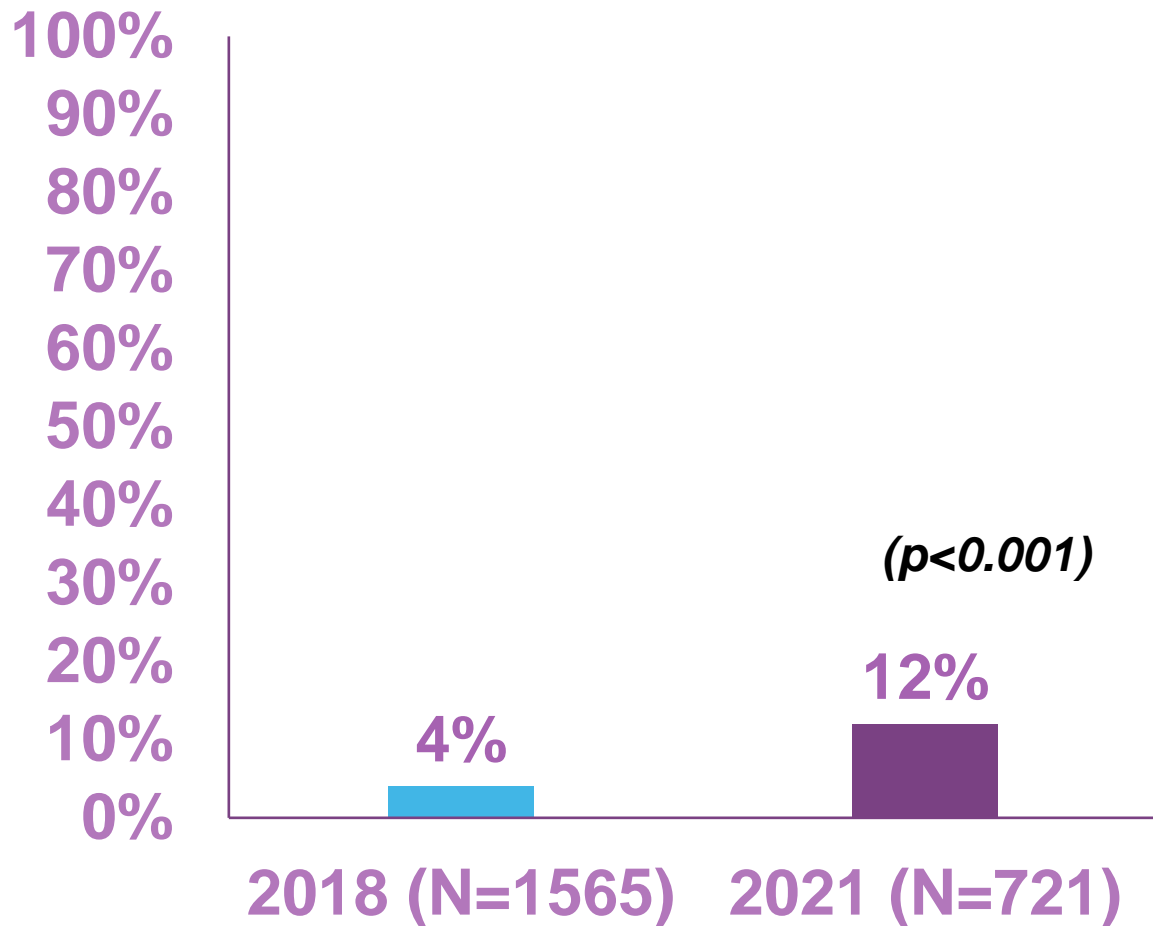
- Baseline 2018 – 35% with a garden
- January 2021 – 75% with a garden
 - **83% of those families** consumed garden produce 3-7 times per week
- August 2021 – 62% with a garden
 - **71% of those families** consumed garden produce 3-7 times per week
- Endline Oct 2021-Jan 2022 – 46% with a garden

Reasons for Decreased Household Food Production



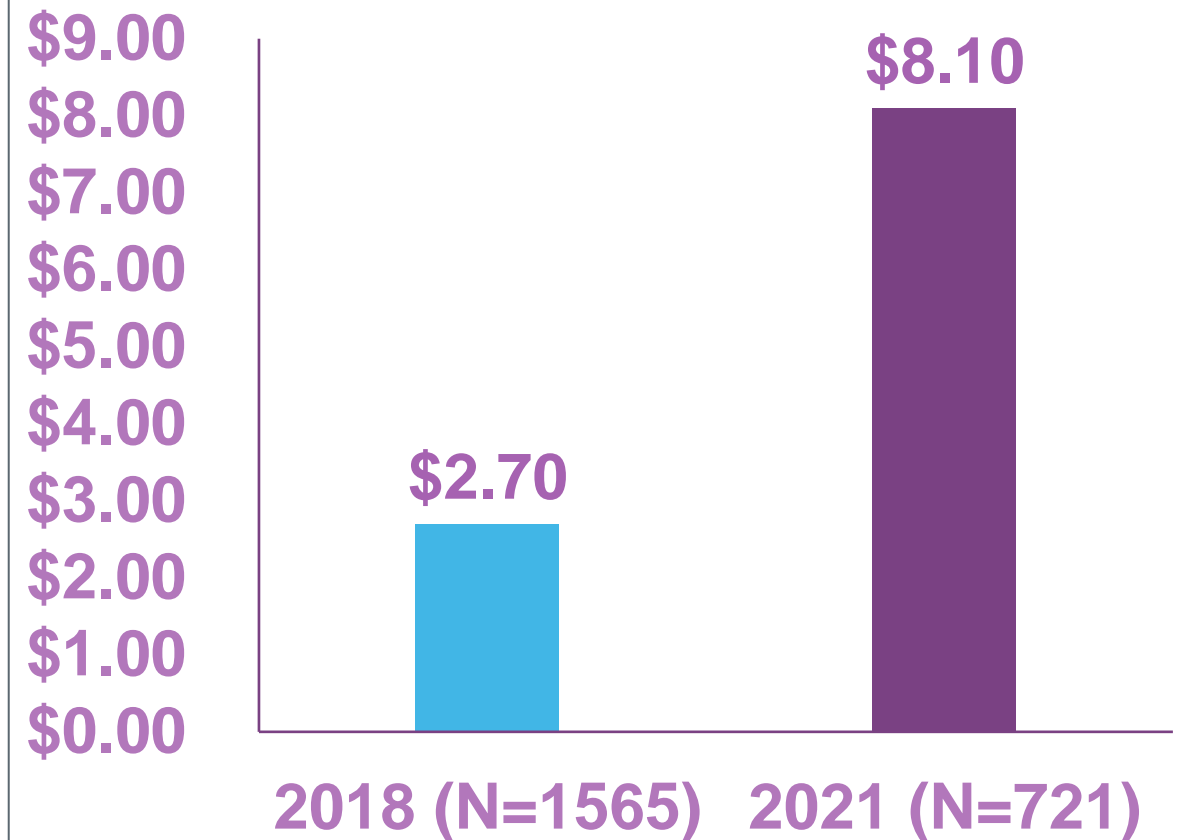
- Decreased access to ***income***
- Decreased access to ***markets***
- Decreased access to ***productive resources***

Households Selling Food Produced (%)



20

Median Revenue from Household Food Production ($p=0.032$)



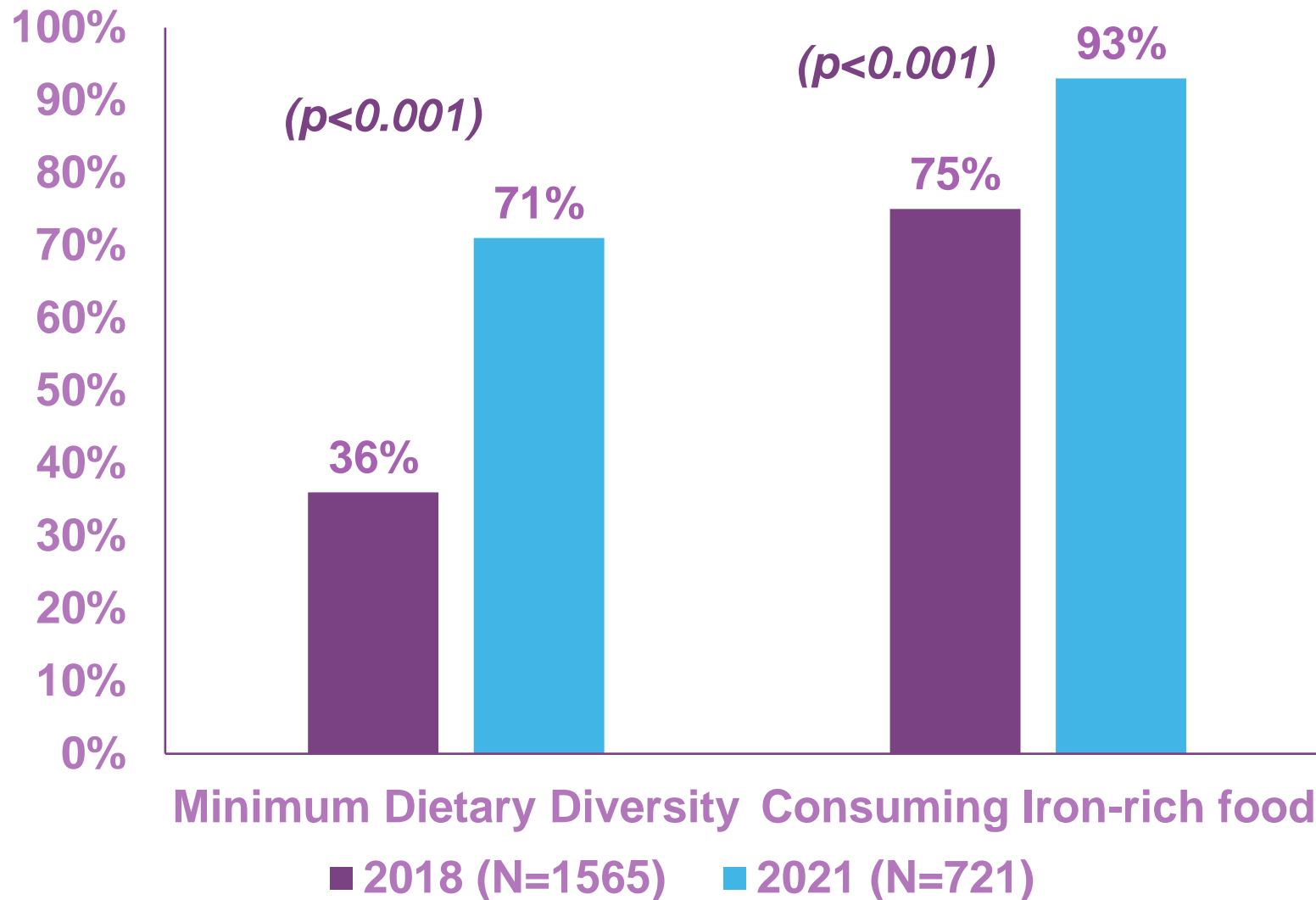
Targeted Nutrition and Health Education



**Interactive SBCC
Materials**

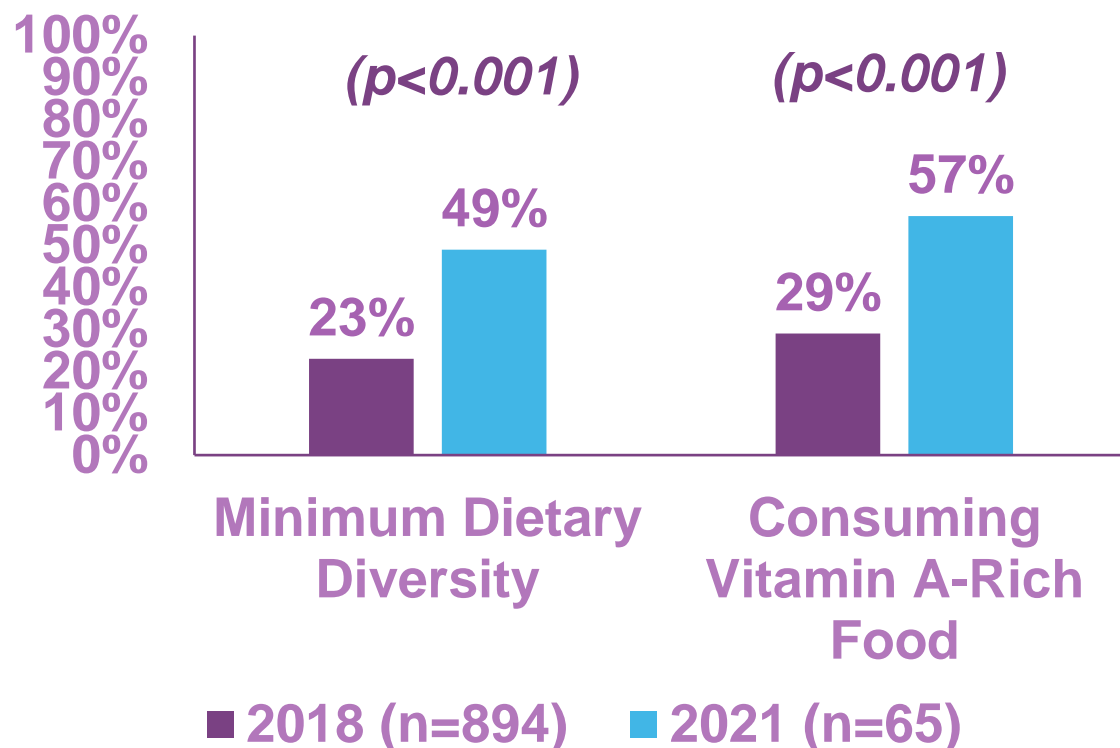


Maternal Dietary Patterns

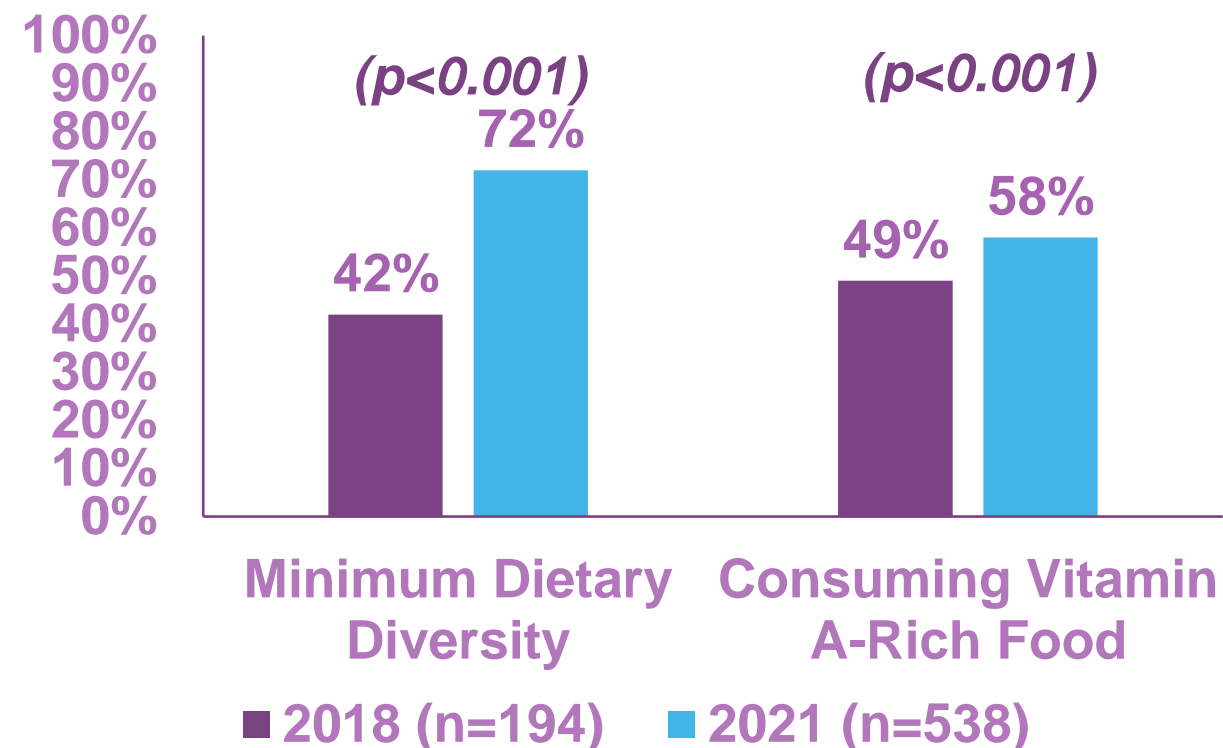


**Mother's and
children's dietary
diversity
significantly
improved**

Children 6-23 Months Dietary Patterns



Children 24-59 Months Dietary Patterns



Results from Quasi-Experiment Pre-COVID and Coup

For Program
Participants
Compared to
Control...

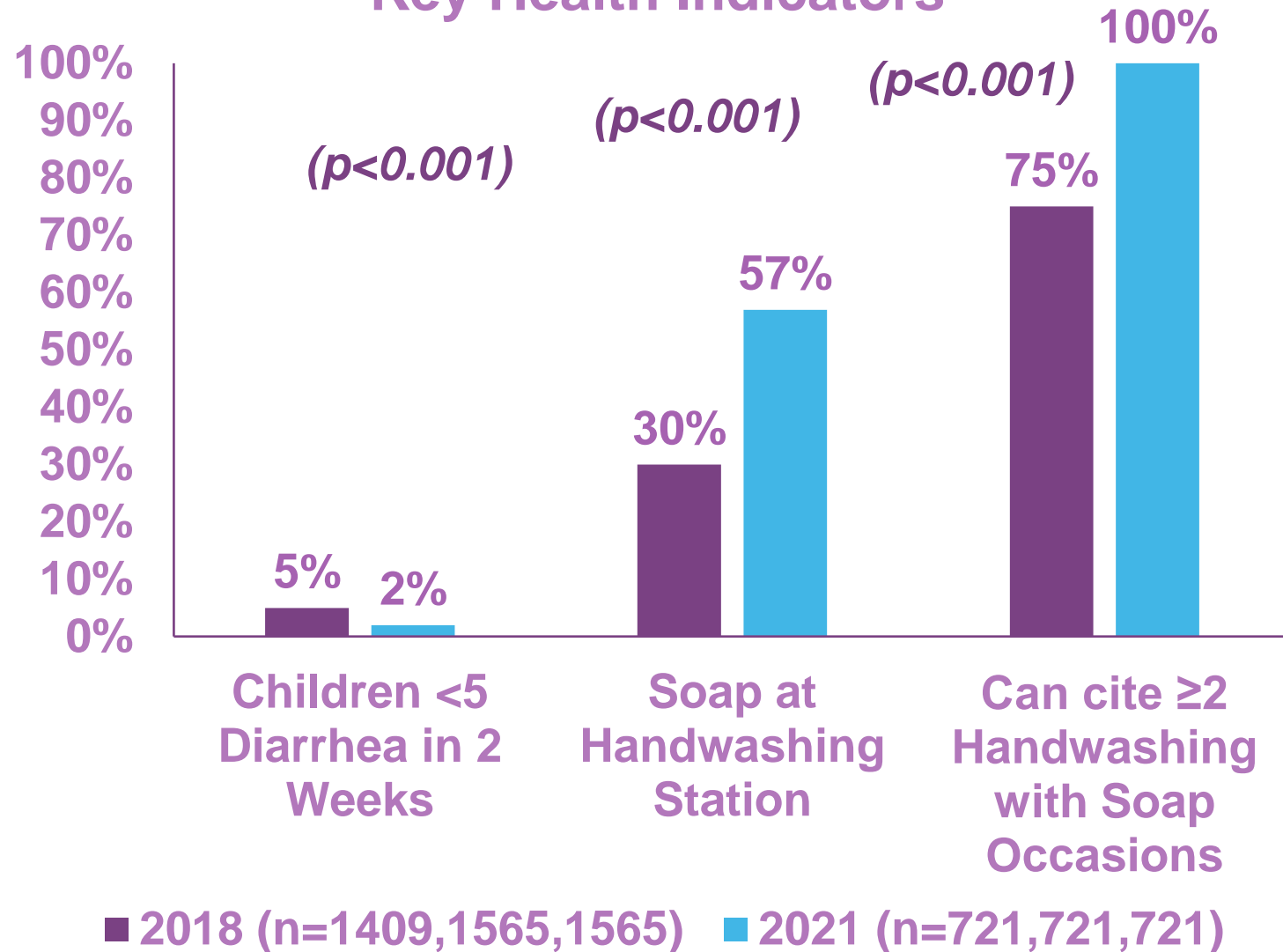
- Significantly larger increase in Minimum Dietary Diversity for Women (MDD-W; from 28% → 75%)
- Significantly larger increase in children's consumption of eggs, Vitamin A-rich fruits and vegetables, and other fruits and vegetables
- Larger improvement in Minimum Adequate Diet for children 6-23 months (not significant)

Food Security Assessment: Household Food Production Associated with Higher Consumption of Nutritious Foods for Mothers and Children

- ***Households with a garden vs. Households without a garden***
 - Children 6-59 had significantly higher vegetable consumption
 - Women consumed more vegetables (not significant)
 - Women and children had higher dietary diversity (not significant)
- ***Households with poultry vs. Households without poultry***
 - Women and children had significantly higher egg consumption



Key Health Indicators



- Less diarrhea among children
- Improved handwashing knowledge and practices





Conclusion and Recommendations



Conclusion

Despite the setbacks resulting from the pandemic and the coup:

- The Food, Nutrition and Rural Livelihoods Initiative increased household access to food and income, nutrition practices, WASH practices, and child health indicators.
- Program interventions supported improved nutrition outcomes for mothers and children and improved household food security
- Adopting the behaviors promoted by the program helped mitigate the negative impact of conflict and disaster on children's nutrition

Recommendations



- **Strengthen** low-cost, climate-smart household and community food production and **localize** food systems



- **Disseminate** learnings and **promote** expansion of plant and animal-based food **production** approach



- Increase **knowledge and capacity** for nutrition and health practices and address barriers to adopting optimal practices (linked to localized food systems)



- **Empower women** in agriculture and health



Thank you

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