

INTERNATIONAL SYMPOSIUM ON
**Understanding the Double Burden of
Malnutrition for Effective Interventions**

Essentials of complementary feeding and national bottleneck analysis

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Content overview

- Essentials of complementary feeding
- Bottleneck analysis
- National bottleneck analysis: example from Ethiopia
- UNICEF global direction - 2019

Essentials of complementary feeding-1

- 1) Quality of foods provided
 - Diversity
 - Micronutrient and energy content
 - Anti-nutrient content
- 2) Timing of introduction
- 3) Age-appropriate amounts of foods
- 4) Age-appropriate frequency of feeding



Essentials of complementary feeding-2

5) Safety of food preparation and storage

6) Responsiveness of feeding practices

- Hunger cues
- Satiety
- Type of foods

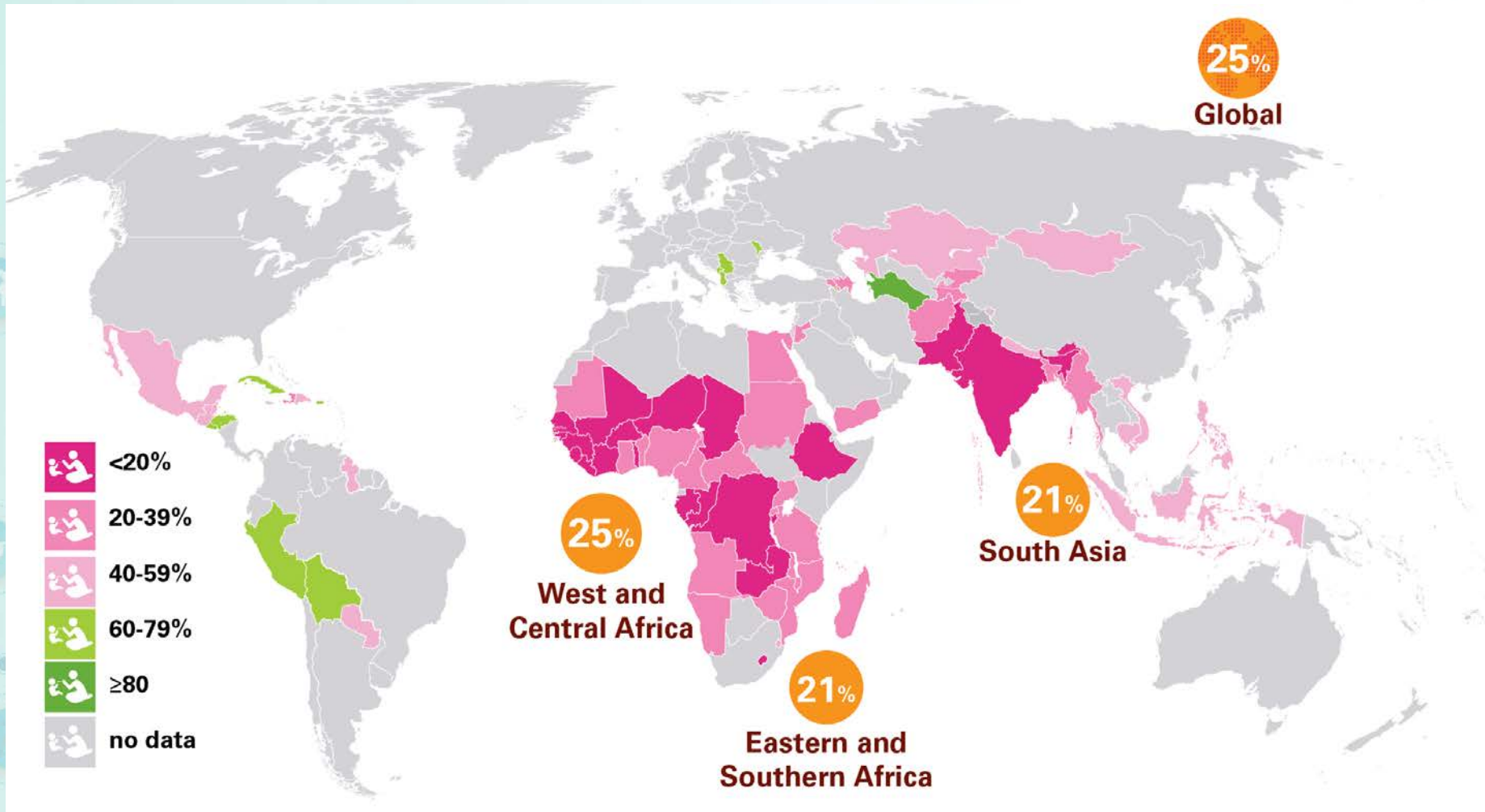
7) Feeding during and after illness

- During illness: continue to offer foods and liquids
- After illness: increase frequency and amounts

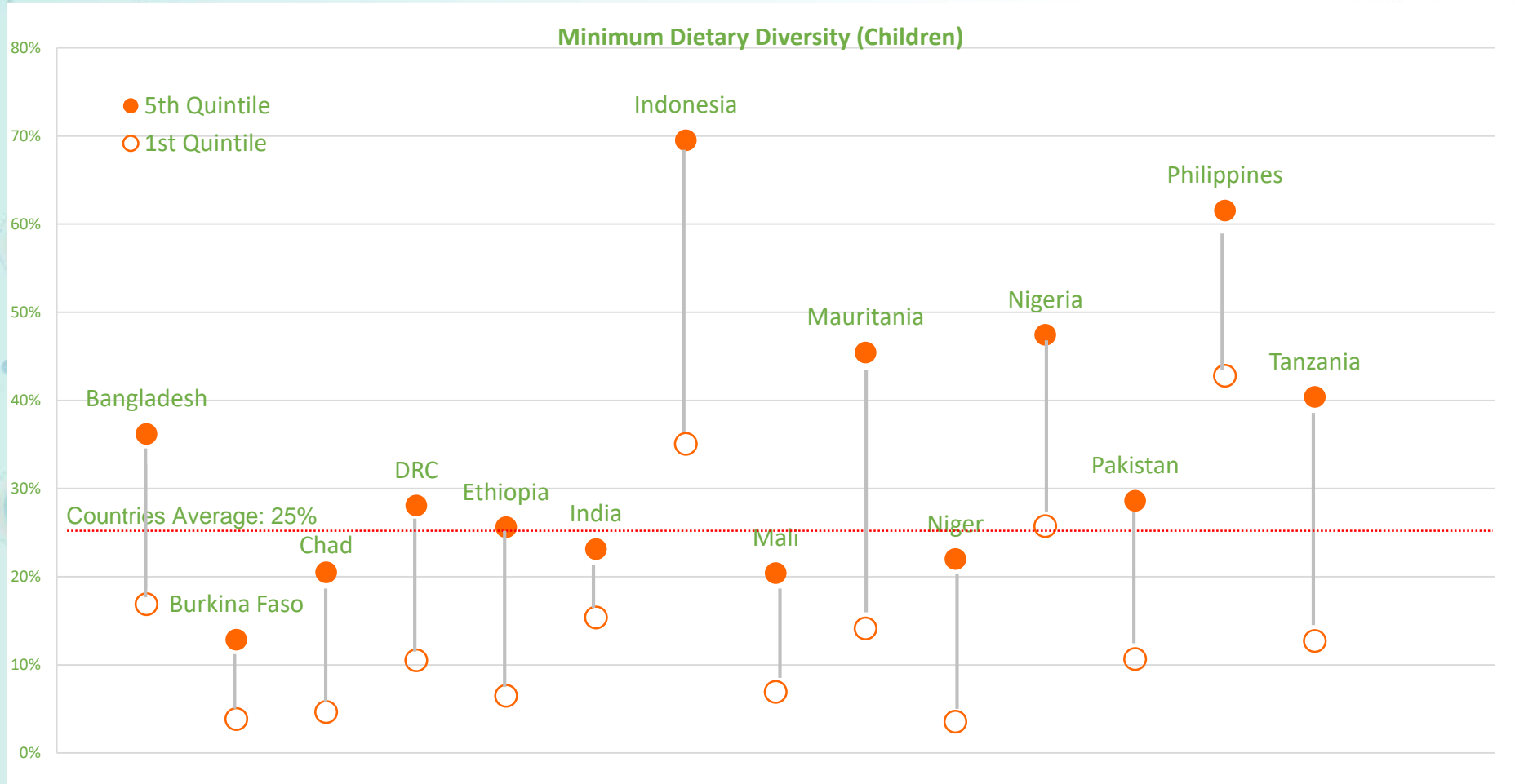
8) Continued breastfeeding (≥ 2 years)



Dietary diversity – global overview



Dietary diversity - a concern even in better-off households



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Bottleneck analysis – Theory of change

ANALYSIS

Deprivation



Underserved groups and causes of deprivation



Possible interventions to address deprivations



Bottlenecks to interventions and causes



Solutions and strategies

DESIGN

Impact

Reduction of deprivation

Priority causes of deprivation in underserved groups addressed

Outcome

Coverage of key interventions and quality improved

Output

Bottlenecks reduced

Implementation

Solutions and strategies



Causes of bottlenecks addressed



Bottleneck analysis for complementary feeding

- Based on available data from secondary review (quantitative) and qualitative methods.
- Bottlenecks can vary per population group.

Components:

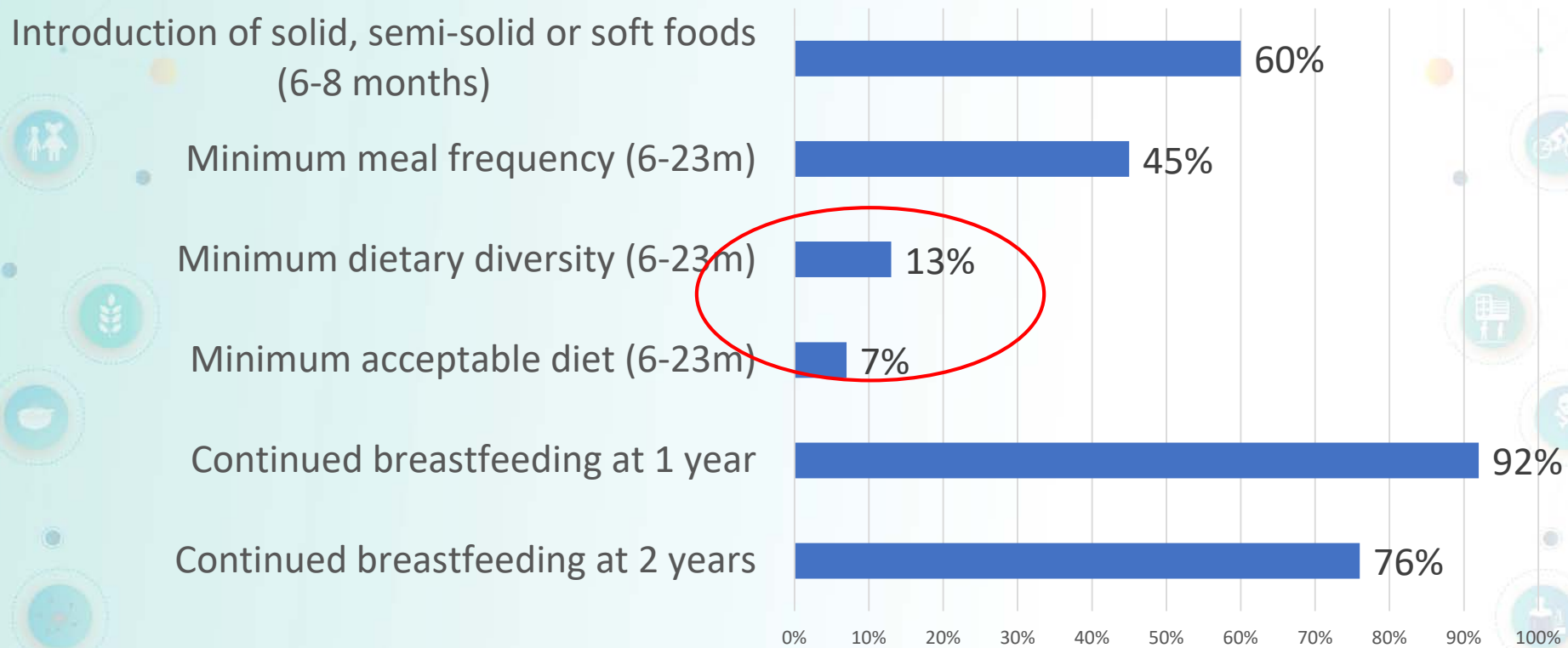
- Enabling environment
 - Social norms, legislation, policies, budget, coordination, etc.
- Supply/services related factors
 - Availability of essential commodities; access to services
- Demand related factors
 - Financial access, social & cultural practices, etc.

Complementary feeding in Ethiopia



Key complementary feeding indicators, Ethiopia









Key complementary feeding indicators, Ethiopia (DHS 2016)



Bottleneck analysis for complementary feeding in Ethiopia – methodology

- Review of quantitative & qualitative data
- 3-Day workshop with all stakeholders to review data, discuss and agree on bottlenecks and interventions
- Break down of data and discussion by livelihood groups:
 - Agrarian (food secure)
 - Agrarian (food insecure)
 - Pastoralist
 - Agro-pastoralist
 - Urban

Bottlenecks for dietary diversity in Ethiopia

	Agrarian (food secure)	Agrarian (food insecure)	Pastoralist	Urban
Enabling Environment 	<ul style="list-style-type: none"> • Fasting • Weak multi-sectoral engagement 	<ul style="list-style-type: none"> • Food taboos (animal foods), choking fear 	<ul style="list-style-type: none"> • No special food prepared for children 	<ul style="list-style-type: none"> • Food taboos, choking fear • Fathers not aware 
Supply  	<ul style="list-style-type: none"> • Limited income generating options for women 	<ul style="list-style-type: none"> • No production of fruits & vegetables • Limited access to information 	<ul style="list-style-type: none"> • Limited availability of fruits & vegetables 	<ul style="list-style-type: none"> • Seasonal availability of fruits & vegetables  
Demand 	<ul style="list-style-type: none"> • Mother's workload 	<ul style="list-style-type: none"> • Lack of awareness 	<ul style="list-style-type: none"> • Lack of knowledge • Low women's economic empowerment 	<ul style="list-style-type: none"> • Lack of knowledge • Low women's economic empowerment 

Way forward – suggested interventions

<p>Agrarian (food secure)</p> <ul style="list-style-type: none">▪ Involvement of religious leaders▪ Identify options to improve incomes▪ Promote male involvement in child feeding	<p>Agrarian (food insecure)</p> <ul style="list-style-type: none">▪ Strengthen community mobilization and SBCC including via additional channels▪ Identify options for food preservation▪ Strengthen frontline workers' capacity for IYCF counselling
<p>Pastoralists</p> <ul style="list-style-type: none">▪ Design context specific communication interventions (incl. cooking demonstrations)▪ Promote small scale production of fruits & vegetables	<p>Urban</p> <ul style="list-style-type: none">▪ Design context specific communication interventions▪ Others: incentivize availability and affordability of fortified complementary foods

UNICEF: Global Direction – 2019

1. Landscape analysis to understand trends and predictors of complementary feeding

- Quantitative analysis of DHS, MICS, etc.
- Qualitative methods to understand predictors
- Mapping of programme service delivery and stakeholders
- Market analysis (access barriers)

2. Complementary Feeding Programme Guidance

- “How to” guide for programme managers to design, implement and monitor complementary feeding interventions

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THANK YOU!

Acknowledgement: UNICEF Ethiopia

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