Essentials of complementary feeding and national bottleneck analysis

France Bégin, PhD
Senior Nutrition Adviser - UNICEF NYHQ
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

Source: PAHO, Guiding principles for complementary feeding of the breastfed child, 2003; WHO, Guiding principles for feeding of non-breastfed children 6-24 months of age, 2005
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)

Source: PAHO, Guiding principles for complementary feeding of the breastfed child, 2003; WHO, Guiding principles for feeding of non-breastfed children 6-24 months of age, 2005
Dietary diversity – global overview

Source: UNICEF Global Infant and Young Child Feeding databases, 2018. Note: aggregates presented for regions where available data covers at least 50% of the regions’ birth population.
Dietary diversity - a concern even in better-off households

Source: UNICEF Global Infant and Young Child Feeding databases, 2018. Note: aggregates presented for regions where available data covers at least 50% of the regions’ birth population.
Content overview

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

- Introduction of solid, semi-solid or soft foods (6-8 months): 60%
- Minimum meal frequency (6-23m): 45%
- Minimum dietary diversity (6-23m): 13%
- Minimum acceptable diet (6-23m): 7%
- Continued breastfeeding at 1 year: 92%
- Continued breastfeeding at 2 years: 76%
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

<table>
<thead>
<tr>
<th>Enabling Environment</th>
<th>Agrarian (food secure)</th>
<th>Agrarian (food insecure)</th>
<th>Pastoralist</th>
<th>Urban</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>• Fasting</td>
<td>• Food taboos (animal foods), choking fear</td>
<td>• No special food prepared for children</td>
<td>• Food taboos, choking fear</td>
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<td></td>
<td>• Weak multi-sectoral engagement</td>
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<td>• Fathers not aware</td>
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<td>Supply</td>
<td>• Limited income generating options for women</td>
<td>• No production of fruits &amp; vegetables, Limited access to information</td>
<td>• Limited availability of fruits &amp; vegetables</td>
<td>• Seasonal availability of fruits &amp; vegetables</td>
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<td>Demand</td>
<td>• Mother’s workload</td>
<td>• Lack of awareness</td>
<td>• Lack of knowledge, Low women’s economic empowerment</td>
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## Way forward – suggested interventions

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<th>Agrarian (food secure)</th>
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<tbody>
<tr>
<td>- Involvement of religious leaders</td>
<td>- Strengthen community mobilization and SBCC including via additional channels</td>
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<td>- Identify options to improve incomes</td>
<td>- Identify options for food preservation</td>
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<td>- Promote male involvement in child feeding</td>
<td>- Strengthen frontline workers’ capacity for IYCF counselling</td>
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<th>Pastoralists</th>
<th>Urban</th>
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<td>- Design context specific communication interventions (incl. cooking demonstrations)</td>
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<tr>
<td>- Promote small scale production of fruits &amp; vegetables</td>
<td>- Others: incentivize availability and affordability of fortified complementary foods</td>
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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
THANK YOU!

Acknowledgement: UNICEF Ethiopia