

# Maternal, Infant and Young Child Nutrition Project - Infant feeding in the context of HIV - HIV cases|Infants (up to 1 year of age)|Infants and young children|Lactating women (LW)|Pregnant women (PW)

Programme: Maternal, Infant and Young Child Nutrition Project

## Programme Data

### Programme Description

From 2010 through 2011, the Infant & Young Child Nutrition (IYCN) Project supported Malawi's Office of the President and Cabinet (OPC) to develop community-based nutrition services targeting mothers, infants, and young children, including HIV-positive populations. The project increased understanding of feeding behaviors, supported enhanced national policies, played a key role in shaping the country's Scaling Up Nutrition (SUN) strategy, developed a package of training materials for a new cadre of community nutrition workers, and increased the capacity of community-based workers to improve infant and young child nutrition. We piloted capacity-building activities in Salima District, which will be scaled up nationally to improve the growth, nutritional status, health, and HIV-free survival of infants and young children.

### Program type

Multi-national

### References

- <http://www.iycn.org/countries/malawi/>
- <http://www.iycn.org/resource/malawi-strengthening-nutrition-support-in-c...>

### Implementing organisations

- UN agencies
  - United Nations Children's Fund (UNICEF)
- Research / Academia
  - Details:
    - more
    - Bunda College of Agriculture

### Funding sources

- Bilateral and donor agencies and lenders
  - US Agency for International Development (USAID)
  - Details:
    - more
    - Infant and Young Child Nutrition (IYCN) Project

## Action data

Start date	January 2010
End date	January 2011
Country(ies):	Malawi
Status:	Completed
Area:	Urban Rural Peri-urban
Place:	Nationwide
Topic:	Infant feeding in the context of HIV
Target group:	HIV cases Infants (up to 1 year of age) Infants and young children Lactating women (LW) Pregnant women (PW)

Delivery:	Community-based
Implementation details :	<p><b>Examined caregivers' feeding practices</b></p> <p>IYCN conducted a joint research project with Bunda College of Agriculture and the World Bank to generate information that can be used to improve infant and young child nutrition activities within Malawi's existing programs. The study was conducted in two phases: phase one was exploratory, and gathered information about feeding practices from 60 mothers with children 6 through 23 months of age and 18 key informants. In phase two, or the Trials of Improved Practices phase, counselors offered 100 mothers of children 0 through 23 months of age one to three improved feeding practices that they could try for about one week and gathered results from trying those practices.</p>
Target population size :	*
Coverage level (%):	*
Outcome indicator(s):	<p>In a joint study with the World Bank, IYCN identified key infant feeding problems and tested practical solutions to inform new behavior change communication materials for community nutrition workers. Findings revealed that mothers could adopt new, improved practices, such as:</p> <ul style="list-style-type: none"> <li>• Preparing less watery porridge.</li> <li>• Substituting fruit for biscuits and sugary drinks.</li> <li>• Emptying one breast and then offering the other when breastfeeding.</li> <li>• Feeding animal-source foods.</li> </ul>
Outcome reported by social determinants:	Vulnerable groups
Personal story:	<p>"Indeed biscuits are expensive...and with the same amount of money, I can buy eight bananas." —Mother, Salima</p> <p><b>Royce's story: Small changes, big growth</b></p> <p>When Gladys, a community health worker trained by IYCN, first met Linnes during a home visit, the young mother was concerned that her nine-month-old baby, Royce, had remained the same weight for the past three months. Sitting in the shade outside of Linnes' mudbrick home in Nthiwatiwa village, Gladys asked her how she had been feeding her baby and used a set of illustrated counseling cards to suggest feeding changes. She advised that increasing the frequency of breastfeeding, making thicker porridge, and diversifying Royce's meals could improve her growth and health. During several more home visits, Gladys found that Linnes was able to make these small feeding improvements; and after just two months, the baby's growth improved significantly. Now, Linnes proudly shares her story with other mothers in the village.</p>
Other lessons learnt :	<p><b>Formative research findings can help motivate stakeholders to take action.</b></p> <p>The project's formative research demonstrated that it is feasible for mothers in Malawi to make small changes in feeding practices that go a long way toward preventing malnutrition. These powerful findings influenced several national strategies and contributed to the country's focus on prevention of stunting.</p> <p><b>Training materials should meet the needs of community-based workers.</b></p> <p>Because community-based workers selected for IYCN's trainings lacked knowledge about the basic principles of nutrition, adapting the training materials to include this basic information, along with building counseling skills, led to the development of more effective tools for counseling caregivers. Mentoring and supportive supervision are a great way to reinforce concepts learned during a training session. We found that community workers were motivated to do the work when they received regular supervision and mentoring.</p>
Typical problems	Solutions

## Links to policies in GINA

[HIV/AIDS Agriculture Sector Policy and Strategy](#)  
[Infant and Young Child Nutrition Policy and Guidelines](#)  
[Food Security Action Plan](#)  
[Food and Nutrition Security Policy](#)

## eLENA Link

[Infant feeding for the prevention of mother-to-child transmission of HIV](#)

