

Nutrition Awareness under Farming System for Nutrition study

Inputs and activities

- Household level advisories
- Nutrition awareness campaigns and exhibitions
- Recipe demonstrations and health camps
- Nutrition gardens in households, schools and on common land
- Capacity building of select village members as Community Hunger Fighters
- Visual aids, songs and street plays for nutrition literacy



Community Hunger Fighters*
reach village populations

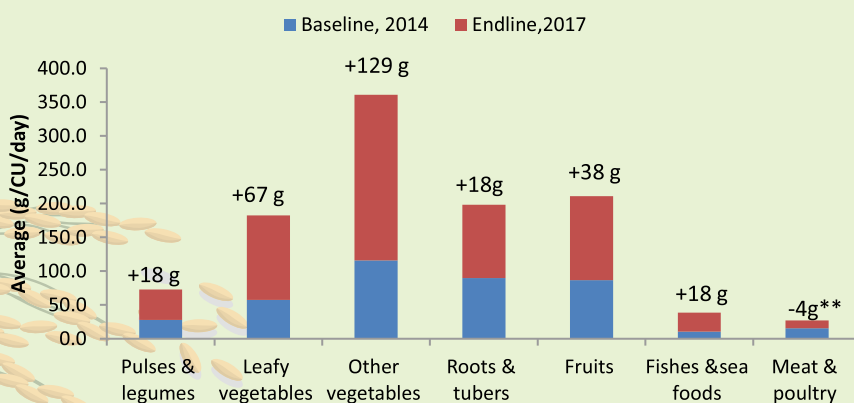
Koraput **80 %**

Wardha **70%**

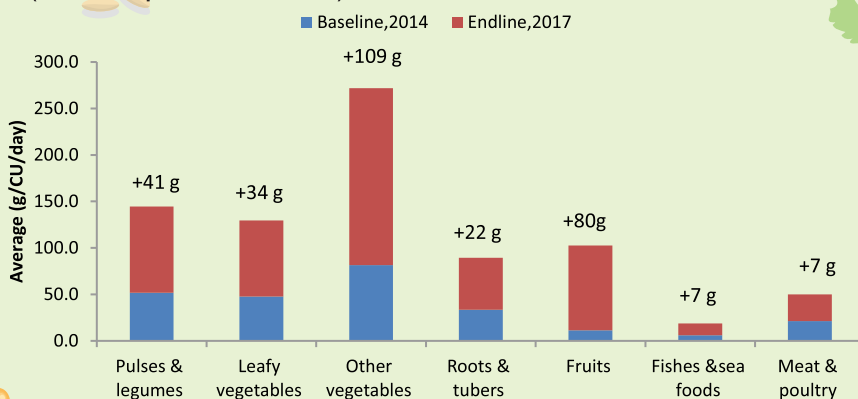
* Trained village men and women reaching out to the community on importance of balanced diet and dietary diversity, agriculture-nutrition linkages, food availability and sourcing, nutrition through different stages of life cycle, health care and livelihood and social issues - 8 men and 7 women in Wardha, and 15 men and 13 women in Koraput were trained.

Improvement in household food consumption due to better nutrition awareness

Koraput (188 sample households)



Wardha (186 sample households)



Koraput
(Odisha)



Wardha
(Maharashtra)



Villages | 12



Households | 1214

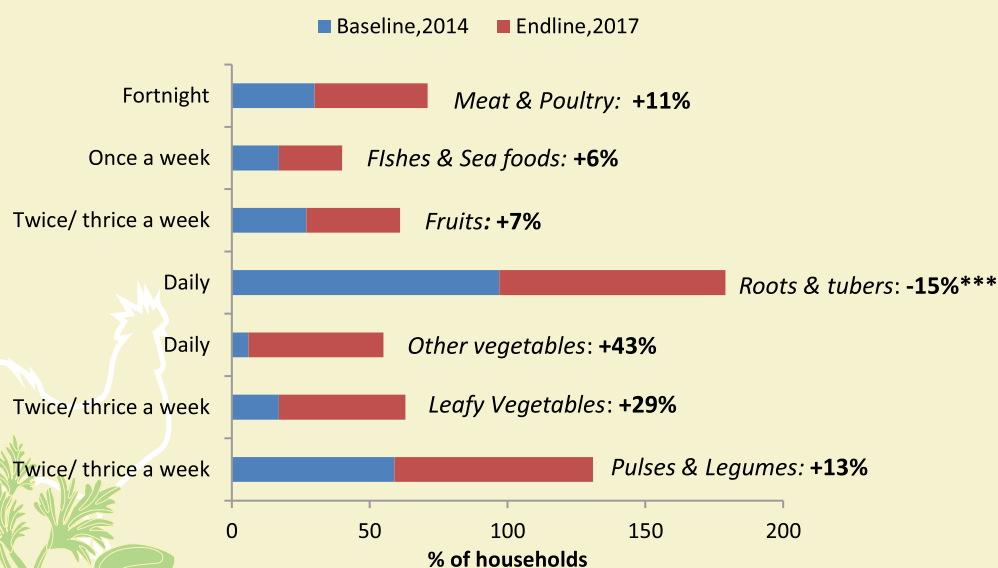


Population Koraput 2845
Wardha 2254

Note : CU-Consumption Unit: One consumption unit is defined as the caloric consumption of an average adult man weighing 60kg doing sedentary type of work
** Overall consumption of animal foods and that of fish increased; decrease in consumption of meat and poultry was compensated by increased consumption of fish, whose availability increased following promotion under the FSN design.

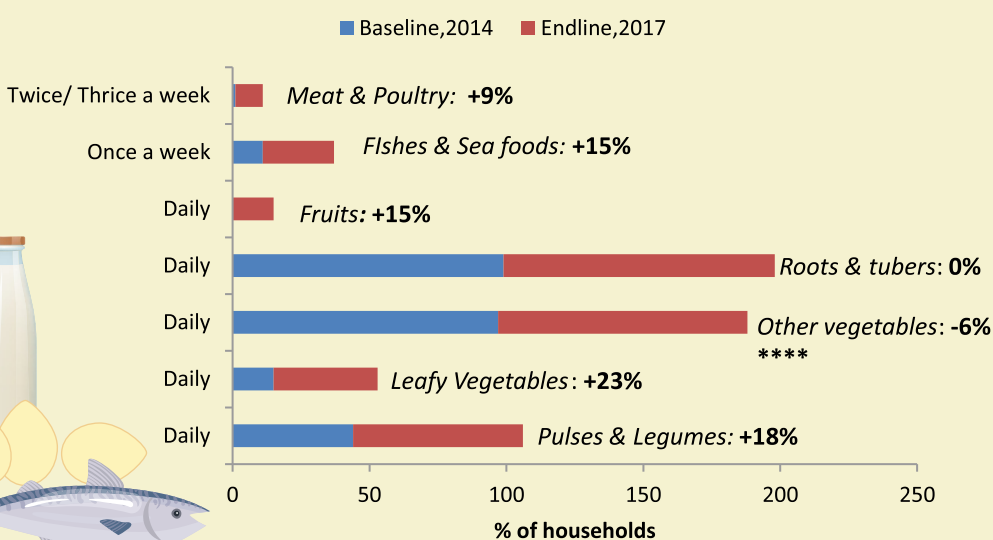
Improvement in frequency of food consumption due to awareness around benefits of diverse diets

Koraput (188 sample households)



*** Decrease in roots and tubers consumption is attributable to the increased diversity in the basket of vegetables consumed

Wardha (186 sample households)



****Slight decrease in consumption of other vegetables was compensated by increase in frequency of consumption of leafy vegetables

Lessons learned

- Nutrition education must be an integral part of all agricultural interventions / programmes
- Participatory approaches have problem solving and individual behaviour change results
- Nutrition education must be inclusive and consider underlying social inequalities

Credits: Concept and product development – Sangeetha Rajeesh, Communications Consultant, MSSRF
Content – DJ Nithya, S Raju and RV Bhavani Agriculture, Nutrition and Health programme, MSSRF

LANSAs is an international research partnership, exploring how agriculture and agri-food systems can be better designed to advance nutrition in South Asia. Led by MS Swaminathan Foundation, members include BRAC, Collective for Social Science Research, Institute of Development Studies, International Food Policy Research Institute and Leverhulme Centre for Integrative Research for Action on Health. LANSAs is funded by the UK Government. The views expressed in this document do not necessarily reflect the UK Government's official policies.

Further details: www.lansasouthasia.org ; www.mssrf.org/publications

