Enhancing milk quality and consumption for improved income and nutrition in Rwanda

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NUTRITION STUDY AIM

Evaluate the impact of a nutrition education intervention on animal source food (ASF) consumption and nutrition outcomes among children 12-23 months of age and pregnant and lactating women.
## RANDOMIZE 60 VILLAGES IN 2-4 DISTRICTS

Households with a child 12-23 month and eligible for Girinka program

| Did not receive a cow (n=240) | Received a cow (n=240) | Received a cow + nutrition education (n=240) |
METHODS

• Intervention: Individual and group nutrition education focused on ASF consumption – led by Community Health Workers (CHWs)

• Mixed methods:
  o Baseline and endline surveys (n=720)
  o In-depth interviews (n=60) with households in three study arms and CHWs

• Outcome measures:
  o Children’s and women’s dietary diversity and dairy consumption
  o Anthropometry
INTERVENTION

• 2-4 districts
• CHWs conduct group sessions on infant and young child feeding and nutrition for pregnant and breastfeeding mothers
• Focus on increasing dietary diversity and increasing milk consumption
• Intervention period – 10-12 months
SUB-CONTRACTOR ROLES

• Review existing IYCF and maternal nutrition health education materials
• Collaborate with RTI to develop and test additional messages on animal source food consumption
• Coordinate efforts with Ministry of Health, local government, and other organizations support nutrition programs in the districts
• Train and provide supportive supervision to CHWs
• Monitor intervention implementation