

# ALIVE & THRIVE ETHIOPIA Strengthening IYCF practices in Amhara region

OCTOBER 2017



Photo | Alive & Thrive

## PROGRAM

Building on experiences and lessons learned from its first five years in Ethiopia, Alive & Thrive Phase 2 (2014-2017) provided support to roll out elements of the government's multi-sectoral National Nutrition Program (NNP) aimed at improving breastfeeding and complementary feeding practices. From 2014-2017, Alive & Thrive (A&T) program targets were:

- Sustain high rates of exclusive breastfeeding among children 0-5.9 months at over 70% in A&T program areas
- Increase the proportion of children age 6-23 months who receive a diverse diet and consume at least four different food groups by 10 percentage points in A&T program areas
- Increase the proportion of breastfed and non-breastfed children 6-23 months of age who receive solid, semi-solid, or soft foods at least the minimum number of times per day in A&T program areas by 10 percentage points



### PROGRAM DURATION

Program duration: 2014 – 2017

### FUNDING

Bill & Melinda Gates Foundation, Global Affairs Canada, Irish Aid

### PARTNERS

Ethiopia's National Nutrition Program at the federal and regional level (Amhara), government Health and Agriculture Extension programs, government ministries, UNICEF, Save the Children, Concern Worldwide, IFPRI (data collection and analysis), Addis Ababa University (data collection and analysis), Zeleman Inc, Ethiopian Orthodox Church Development arm and civil society organizations.

### GEOGRAPHICAL COVERAGE

22 woredas in Amhara region received A&T's intensive program (9 Concern Worldwide woredas; 10 Save the Children woredas; 3 additional PSNP woredas)

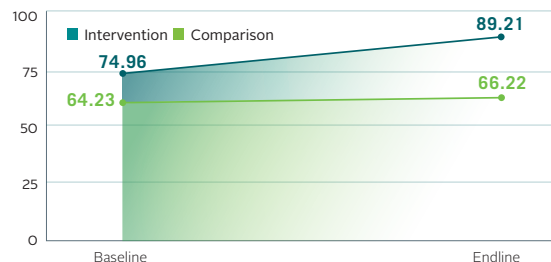


# RESULTS: Improving IYCF practices in food-insecure woredas of Amhara region

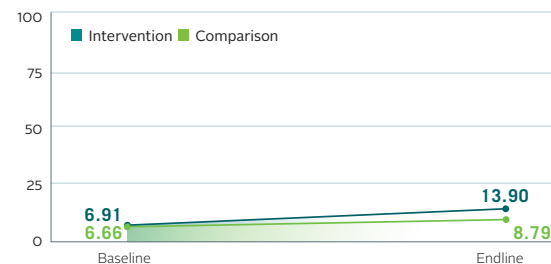
Partnering with Concern Worldwide, A&T aimed to improve infant and young child feeding (IYCF) through interpersonal communication and social mobilization activities within the Government of Ethiopia's Health and Agriculture Extension Programs, complemented by an intensive radio campaign. A strong monitoring system helped track coverage and volume of services delivered by frontline workers.

- **Location:** 12 woredas
- **Implementing partner:** Concern Worldwide
- **External evaluator:** Addis Ababa University
- **Date:** 2014 - 2016

## Timely introduction of complementary foods of children 6-8 months (by percent) (N=770)



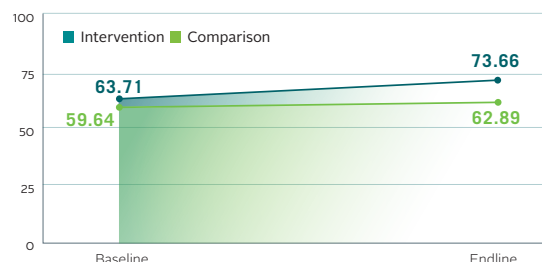
## Minimum dietary diversity age of children 6-23 months (by percent) (N=4157)



The external evaluation of A&T interventions assessed the impact of the interventions on IYCF practices in 12 woredas. These 12 woredas were randomly assigned to either 1) intervention group (9 woredas) or 2) comparison group (3 woredas).

In intervention areas, the program supported home visits through health extension workers, complementary feeding demonstrations, and nutrition-sensitive agriculture activities. The radio program covered all woredas (both intervention and comparison).

## Minimum meal frequency of children 6-23 months (by percent) (N=4157) (DID: 6.70)



## Consumption of animal source food of children 6-23 months (by percent) (N=4157) (DID: 7.00)

