

# Innovation

## USING HOME VISITS FOR NUTRITION

### INDIA

The Ministry of Health and Family Welfare implements Home-Based Newborn Care (HBNC) up to 42 days after birth; then home visits focus on immunization and healthcare for childhood illnesses. To fill gaps, including reinforcing the importance of exclusive and continued breastfeeding, adequate age-appropriate complementary feeding, and early childhood development from 3 to 15 months, the government developed a program of five additional structured home visits, Home-Based Care for Young Children (HBYC). A&T's implementation research carried out in two districts of Bihar (Gaya and Sitamarhi) assessed the system's readiness and the status of baseline outcome indicators to facilitate effective rollout of the enhanced program.

#### EVALUATION DESIGN

A baseline cross-sectional design survey using mixed methods

#### RESEARCH QUESTIONS

- What is the baseline coverage and use of child health and nutrition interventions by FLWs?
- What are the baseline enablers and barriers to the demand for and supply of child health and nutrition interventions delivered through HBYC?

#### OUTCOMES

1. Status of knowledge and practices pertaining to:
  - Early initiation of breastfeeding
  - Exclusive breastfeeding
  - Age-appropriate complementary feeding practices
2. Learnings related to:
  - Enablers and barriers to service delivery and demand for services and practices

#### TIMELINE

Baseline: December 2019

#### THE INTERVENTION

##### Technical assistance from A&T

- Communication materials, training package and implementation plan
- Training of trainers, supportive supervision, and monitoring of quality of training and supervision visits

##### Government program

- Five additional home visits by Accredited Social Health Activists during a child's 3rd, 6th, 9th, 12th, and 15th month to ensure exclusive and continued breastfeeding, adequate complementary feeding, age-appropriate immunization, and early childhood development
- Quarterly visits to low birth weight babies. The Sick Newborn Care Unit (SNCU) and Nutrition Rehabilitation Center (NRC) now aligned with this new HBYC schedule