

Maternal Nutrition

IN GOVERNMENT ANC SERVICES

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Government public ANC services at health facilities and in the community, based on updated WHO guidelines (2016), focus on maternal nutrition counseling and iron-folic acid (IFA) counselling and distribution; IFA stock monitoring; maternal weight measurement; and breastfeeding counseling. However, to address capacity gaps to provide quality counseling, monitor and track weight gain, conduct community outreach activities, and provide effective training and supportive supervision with use of data A&T is strengthening implementation research in the Boucle du Mouhoun and Hauts-Bassins regions.

EVALUATION DESIGN

Randomized control trial (RCT) cross-sectional baseline and endline

RESEARCH QUESTIONS

- Is it feasible to integrate maternal nutrition interventions into existing public ANC programs?
- Can maternal nutrition knowledge and practices be improved by integrating nutrition-focused SBC and systems strengthening approaches into existing ANC services?
- What factors affect effective integration of maternal nutrition interventions into ANC in breastfeeding?
- Do pregnant adolescents have special needs and how can they be reached?
- What are the barriers and opportunities for completing eight ANC visits and how does this affect the delivery of interventions in the maternal nutrition package?

OUTCOMES

1. Improved knowledge and practices pertaining to:
 - Dietary diversity (MDD-W) among pregnant women
 - IFA supplement intake during pregnancy
 - Weight gain during pregnancy
 - Early initiation and exclusive breastfeeding
2. Evidence that will inform national policies and program learning:
 - Enabling factors and challenges in integrating maternal nutrition in existing the existing ANC system
 - Number of ANC contacts

TIMELINE

Baseline: November 2019

Endline: February 2021

THE INTERVENTION

Additional nutrition services

- Counseling focused on dietary diversity
- Use of job aids
- Use of IFA supplement card as reminder for women and spouses
- Monthly IFA stock monitoring
- Advice on healthy weight gain
- Intensified breastfeeding counseling using job aids

Community activities

- ANC advocacy among traditional and religious leaders, local associations, etc.
- Community ANC gatherings to promote ANC services in first trimester
- Early identification of pregnant women
- Support for women's group discussions
- At least three home visits per pregnant woman by community health agents (Counseling on diet quality, breastfeeding, importance on adherence to daily IFA consumption and side effect management, etc.)
- Mobilization of husbands and mothers-in-law to support pregnant women

Health system support

- Training on nutrition interventions
- Training on correctly filling out data registers; mother's cards; and reviewing data to identify gaps in coverage of services
- Semi-annual supervision at the district level
- Quarterly supportive supervision of health facility staff
- Monthly supportive supervision of Community Health Agents (ASBC)
- Monthly review between health facilities and ASBC