

# ALIVE & THRIVE BURKINA FASO

## Systems Strengthening for Improved Infant and Young Child Feeding

2014-2017

### THE PROGRAM

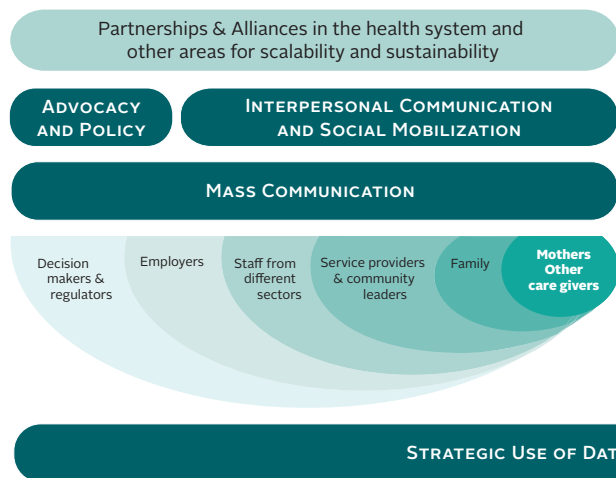
Good nutrition during the first 1000 days of life, from conception to the age of two years, is essential to enable all children to have a healthier and more productive life.

During its first intervention phase in Burkina Faso (2014-2017), Alive & Thrive (A&T) focused on improving breastfeeding, by targeting four (4) priority practices:

- Putting the baby to the breast within the first hour after birth,
- Giving colostrum to the newborn baby,

- Exclusively breastfeeding of the baby for up to 6 months
- Not giving the baby water, herbal tea or other liquids.

A&T intervention is guided by the implementation framework shown below in order to analyze and act on the determinants of optimal breastfeeding practices at several levels: Advocacy and policy, interpersonal communication (IPC) and community mobilization, mass communication and strategic use of data.



A&T, in partnership with the International Baby Food Action Network (IBFAN) in 12 regions and Entraide Universitaire Mondiale du Canada (EUMC) in Boucle du Mouhoun, implemented the interpersonal communication component (IPC) through capacity building (training and supportive supervision) of health workers to provide quality counseling on optimal breastfeeding practices for pregnant women and mothers with children aged 0 to 6 months. In addition, to complement and enhance the scope of the key messages delivered by health workers, a radio broadcast campaign on breastfeeding was conducted in 12 regions of Burkina Faso.



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# SUMMARY OF THE HEALTH FACILITIES EVALUATION RESULTS

The results of both evaluations (2014 and 2017) of health centers nationwide revealed that:

The percentage of group discussions during which advice on breastfeeding was given or visual aids used improved from

**36% to 57%**

The percentage of group discussions during which women were counseled to exclusively breastfeed their baby for up to six months increased from

**34% to 71%**

The percentage of pregnant women who were counseled during ANC to initiate breastfeeding during the first hour after birth increased from

**12% to 47%**

The percentage of pregnant women who intend to practice early initiation of breastfeeding (EIBF) rose from

**72% to 89%**



The percentage of pregnant women who intended to breastfeed exclusively up to six months without giving other forms of liquid or food to their baby increased from

**77% to 93%**

and that of newly delivered women increased from

**76% to 89%**



## LESSONS LEARNED

Training of health workers followed by practice in an actual work setting enhances learning.

Frequent supportive supervision motivates health workers and improves the quality of services.

Pre-tested tools for social and behavior change communication and home visit monitoring allow effective implementation and tracking of activities and maximize their impact.