



Promoting Nutrition Through the Peace Corps: Training Materials for Staff and Volunteers

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View from the Field: Discussion with Peace Corps staff

Question & Answer

Wrap up







Steps of Negotiation

C = Connect... to establish confidence

A = Ask the current feeding practices

L = Listen to the mother/care taker

I = Identify key difficulties

D = Discuss on identified difficulties

R = Recommend feasible actions

A = Repet & Agree on the recommendation

A = Give appointment for follow-up

Initiate BF
within
an hr

Exclusive
BF

Breastfeed
on demand day
night

Empty one
breast before
switching to the other

Proper latching
and
attachment

Frequency
BF during the
lactation

Use extra milk
for breastmilk
storage

Introduce C
if breastmilk
is not

Continue BF
for 4 yr and
beyond











What mother
agreed to try

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ON CAUSADA
A DE
ADECUADA
Y CALIDAD

Posiciones correctas
y de lactancia adecuada
es dar Amor!

LORENA



Juana



Causas de Desnutrición

Alimentación inadecuada

Higiene y Salud Pública

Causas de Desnutrición

- Factor económico
- Educación (falta de)
- Higiene
- Disponibilidad (falta de)
- Corrosión
- Ubicación
- Preparación adecuada

John F. Kennedy
March 1, 1961











JOHN SNOW, INC.

Implementing the Essential Nutrition Actions

A Peace Corps -WAFSP-JSI -SPRING Collaboration.

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John Snow, Inc.
28th April 2015



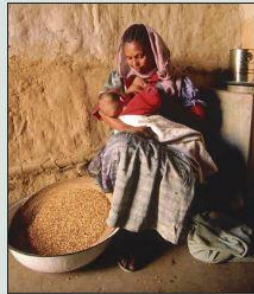
WAFSP- West Africa Food Security & Nutrition Partnership
SPRING- Strengthening Partnership Results Innovations in Nutrition Globally

This policy brief was prepared with financial support from the Bill and Melinda Gates Foundation, UNICEF and the World Bank. It is based on a series of consultations hosted by Development, the European Commission, the International Congress of Nutrition (ICN), United Nations on Nutrition (SCN), USAID, UNICEF, WHO and the World Bank. Many developing countries and bilateral partners, UN and multilateral agencies have contributed to this effort.

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Maternal and Child Nutrition - June, 2013



"The Series identifies a set of ten proven nutrition-specific interventions, which if scaled from present population coverage to cover the need, would eliminate about 900 000 of children younger than 5 years in the 34 nutrition-burdened countries – where 90% of the world's stunted children live."

Maternal and Child Nutrition

IMPROVING MATERNAL,
NEWBORN, INFANT AND YOUNG
CHILD HEALTH AND NUTRITION

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NEWBORN, INFANT AND YOUNG
CHILD HEALTH AND NUTRITION



**World Health
Organization**

Adolescent & Women's Nutrition



Control of Vitamin A deficiency



Breastfeeding
0-6 months



Complementary Feeding with BF



Nutritional Care of the sick & Malnourished child



Control of Vitamin A deficiency



Control of Anemia



Control of Iodine Deficiency Disorders

Essential Nutrition Actions



- Life cycle approach
- Based on small do-able actions
- Delivers the right services & messages to the right person at the right time
- Operational framework for reducing “missed opportunities” across sectors

Nutrition Specific Within the Health Sector

Use existing health contacts and community platforms

Increase their performance



PREGNANCY

Diet, iron/folic acid, de-worming, anti-malarial, iodized salt, calcium, vit A, preparation for breastfeeding



DELIVERY

Delay cord clamping, early & exclusive breastfeeding, iron/folic acid, diet

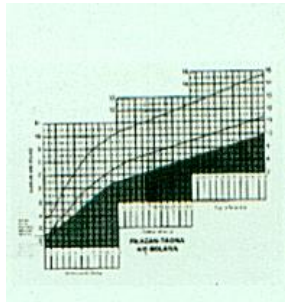


POSTNATAL AND FAMILY PLANNING

Support to breastfeeding, diet, iron/folic acid, FP-LAM



IMMUNIZATION Support to infant and young child feeding, vit A, de-worming, assess and treat infant's anemia



WELL CHILD AND GMP

Monitor growth, assess and counsel on child feeding, iodized salt



SICK CHILD

counsel on infant feeding, assess and treat for anemia, check and complete vit A, de-worming

Nutrition Sensitive Across Sectors

Use existing contacts to extend nutrition coverage

Health

Immunization (Measles)
Delay first pregnancy and
Birth Spacing

Agriculture

Food diversification
Food security
Homestead Food Production
Nutrition sensitive crops

Micro-credit

Women's farmers clubs
Income Generating
Projects

Schools

Keep girls at school
Children & Adolescent
De-worming
Iron supplementation

Pre-service Education

Doctors, Nurses,
Midwives, Teachers,
agriculture

Environment

Clean environment,
indoor air pollution
Non-smoking

Mass media

TV
Radio
Local broadcasting

Essential Hygiene Actions

Hand-washing
Clean water & sanitation
Public health education

Community Nutrition

Community Workers
across sector



ESSENTIAL NUTRITION ACTIONS AND ESSENTIAL
HYGIENE ACTIONS

A REFERENCE HANDBOOK FOR PEACE CORPS VOLUNTEERS
AND COMMUNITY VOLUNTEERS

DECEMBER 2014



ESSENTIAL NUTRITION ACTIONS AND ESSENTIAL
HYGIENE ACTIONS

A FOUR HOUR ORIENTATION FOR PEACE CORPS VOLUNTEERS
AND COMMUNITY VOLUNTEERS

DECEMBER 2014

For all PC staff and Volunteers regardless of their
sectors

Provide a reference and an orientation on the
minimum nutrition and hygiene knowledge



ESSENTIAL NUTRITION ACTIONS AND ESSENTIAL HYGIENE ACTIONS

A TRAINING GUIDE FOR PEACE CORPS VOLUNTEERS AND
COMMUNITY VOLUNTEERS

DECEMBER 2014

TRAINING SCHEDULE

Time	Activity	Session
DAY ONE		
8:30–9:30	Introduction: Why Are We Here?	1
9:30–10:30	Adolescent Girls and Women's Nutrition during Pregnancy and the Importance of Micronutrients	2
10:30–12:30	Optimal Breastfeeding	3
Lunch 12:30–13:30		
13:30–15:45	Negotiation with Mothers, Fathers, Grandmothers, or Other Caregivers: Women's Nutrition during Pregnancy and Optimal Breastfeeding	4
15:45–16:45	Screening for Malnutrition and Referring a Child Who Is Malnourished (Part 1)	5
DAY TWO		
8:30–9:30	Screening for Malnutrition and Referring a Child Who Is Malnourished (Part 2)	5
9:30–12:45	Complementary Feeding, Feeding a Sick Child, Essential Hygiene Actions, and Homestead Food Production	6
Lunch 12:45–13:45		
13:45–16:00	Negotiation with Mothers, Fathers, Grandmothers, or Other Caregivers: Complementary Feeding and the Sick Child	7
16:00–16:45	Gender Roles	8
DAY THREE		
8:30–11:30	Field Practice	9
11:30–12:15	Homestead Food Production and Nutrition	10
Lunch 12:15–13:15		
13:15–15:45	Implementation and Action Plans	11
(Optional)	How to Integrate Essential Nutrition Actions, Essential Hygiene Actions, and Homestead Food Production into Current Training Curricula	12
(Optional)	Support to Community Groups	13

For PC staff, PCV and Counterparts

Provide a practical training guide adapted to community groups



ESSENTIAL NUTRITION ACTIONS AND ESSENTIAL
HYGIENE ACTIONS

A TRAINING GUIDE FOR PEACE CORPS HEALTH VOLUNTEERS
AND PEACE CORPS STAFF

DECEMBER 2014

For PC Staff, health and nutrition PCV

Provide additional
information on nutrition
and hygiene, enhance
counseling and
negotiation
techniques, and
community groups
facilitation

Thank you

The Essential Nutrition Actions

PC interventions in West Africa



USAID
FROM THE AMERICAN PEOPLE



Background

FTF/WAFSP gave
opportunity to support
nutrition activities in
West Africa



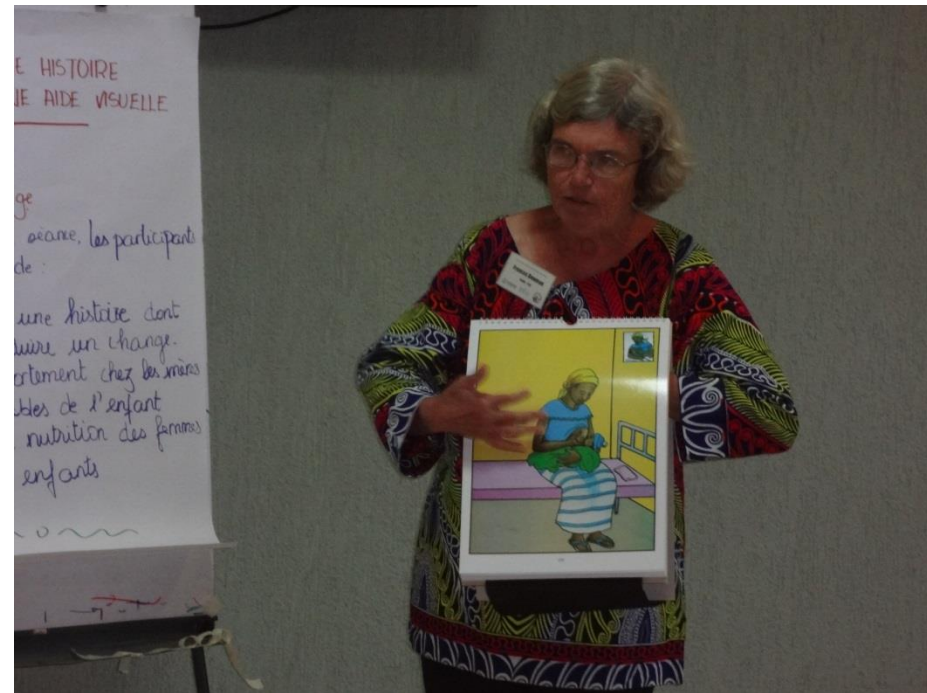
Staff and PCVs trained on ENA

- TOT organized, with the technical support of SPRING for 5 countries: Benin, *Senegal, Sierra Leone, The Gambia & Guinea*
- Training material adapted
- Material translated into 3 local languages in the Gambia.



Access to material...

- More structure to PCVs activities
- Clear messages
- Facilitate local counterpart training
- More commitment of PCV for Nutrition activities.



Commitment to Scale Up Nutrition

- WAFSP continues supporting in-country trainings on ENA
- Peace Corps is clearly committed to support nutritional education initiatives (OPATS, PCD)
- Opportunities to scale up intervention





THANK YOU



ENA Workshop

Ecuador - Feb 2015



1 Day Training

Participants:

- 4 PCV's, 4 Counterparts
- 1 Staff Member

3 Sessions:

- Nutrition through life cycle
- Behavior Change
- Nutrition Counseling



Post -Adaptation

■ Translation to Spanish/ Pictures context based

Nutrición durante el Ciclo de la Vida



SAAIDRAC

- S** aludar a la madre/ cuidador y establecer confianza
 - H** a cer preguntas sobre sus actuales prácticas (alimentación, lactancia, etc.)
 - A** tender y escuchar lo que la madre dice
 - I** dentificar las dificultades y las causas de las dificultades
 - D** iscutir con la madre opciones posibles para superar la dificultad identificada
 - R** ecomendar y negociar acciones realizables : presente opciones y negocie con la madre para seleccionar que va a ensayar
 - A** cordar con la madre la opción/es que se van a ensayar y repetir con la madre lo acordado
 - C** ita para hacer el seguimiento o una visita
- A small Peace Corps logo is visible at the bottom right of the SAAIDRAC section.

Acciones Escenciales en la Nutrición

- Promoción de una nutrición optima en el ciclo de la vida.
 - Promoción del consumo de una dieta diversificada/ fortificada
 - Promoción de adecuado consumo de hierro y ácido fólico para la prevención de la anemia.
 - Promoción de adecuado consumo de yodo para todos los miembros de la casa. (Sal Yoda)
 - Promoción de lactancia materna exclusiva durante los primeros seis meses (para madres que no son portadoras de VIH)
 - Promoción de comida complementaria que empiece a los 6 meses y continúe hasta los 2 años adicionalmente a la leche materna
 - Prevención de Deficiencia de Vitamina A en mujeres y niños
 - Prevención de la Anemia
- A small Peace Corps logo is visible at the bottom right of the Acciones Escenciales section.



Practice Nutrition Counseling (Role-Play)

Observer/
Counterpart



Mother/
Counterpart

Counselor/
PCV



ENA Webinar presentation

Benin

How we use ENA materials

- * ENA promotion one of the three key areas of our project framework
- * During Pre Service Training (nutrition technical information + 3 negotiation practices)
- * During Nutrition Summit that aims to gather Volunteers in order to share ENA promotion best practices, but also to reinforce their knowledge on the subject
- * During optional training open to non health volunteers
- * PCVs use ENA materials at site to reinforce their work partners' ability to negotiate

How has the materials changed the way in which PCVs work with communities?

- * The materials are very useful
- * PCVs rely on the technical information in the ENA booklet to answer nutrition questions communities members and co-workers ask them. They feel more confident
- * With the ENA materials, PCVs now have adequate tools to support their nutritional education sessions, especially in communities where there are few schooled people
- * They can equip health workers with the materials to support nutritional counseling

Importance of ENA materials

- * The booklet of key ENA messages with illustrations is very practical and useful. PCVs love it!
- * The fact that negotiation steps are modeled as GALIDRAA is very helpful during training. It is a good tip to make trainees remember the steps
- * The video modeling negotiation steps is also a very strong material we use during training

Can PCVs change nutrition behaviors by using these ENA resources?

- * The materials are very useful and there are stories of PCVs having helped mothers improve feeding practices for their children with impact on the child's nutritional status
- * For a sustainable impact, we encourage PCVs to involve their counterparts, especially to overcome language barriers.
- * Changing nutrition behaviors is not easy and needs perseverance on the part of PCVs and their counterparts.



Thank you

Thank You

Acknowledgements:

For more information, contact [Agnès Guyon](#)

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