

Addressing nutrition challenges in vulnerable populations

Empowering Adolescent Girls through Food Security and Economic Empowerment: Evidence from Bangladesh

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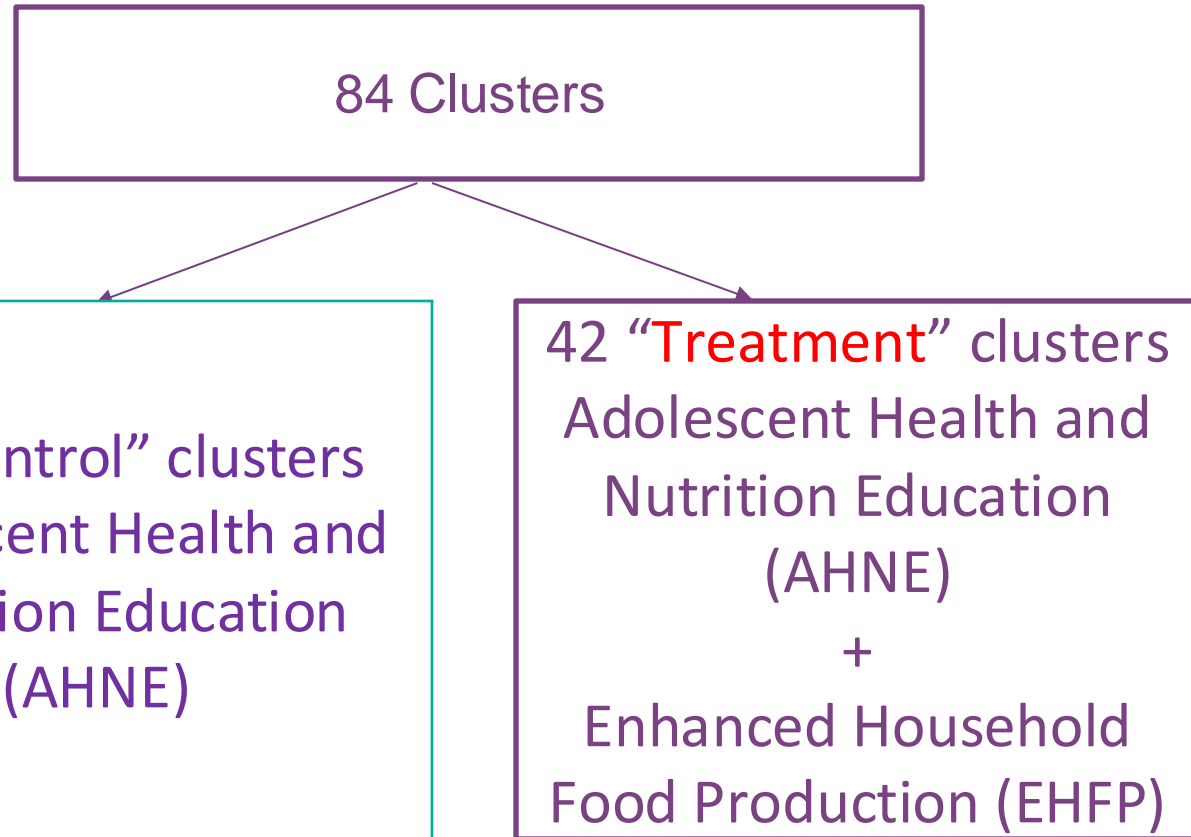
Section Title
Rationale/objective
Methods/analysis
Results/findings
Implications

Rationale/objective

- Adolescent girls in Bangladesh continue to experience high rates of malnutrition and early marriage.
- Poverty, food insecurity, and limited economic opportunities are linked to these challenges.
- This project addressed these issues through a gender-transformative intervention focusing on enhanced homestead food production and income generation in Khulna division.

Methods/analysis

Evaluation Design: Cluster RCT



- **1,353** adolescent girls (13-16 years)
- Debhata sub-district, Bangladesh
- The control group received nutrition and health education
- The intervention group received in addition coupled with homestead gardening support (seeds, training on vegetable and poultry rearing, and conditional cash transfers for additional inputs)

Methods/analysis

Primary Research Questions:

Whether a gender transformative enhanced homestead food production (EHFP) model can improve household food security, diet, nutrition, income, and sexual and reproductive health outcomes to delay child marriage among Bangladeshi girls?

A village census

Clustering of villages to limit spillover

Girls aged 13-16 and not married at baseline

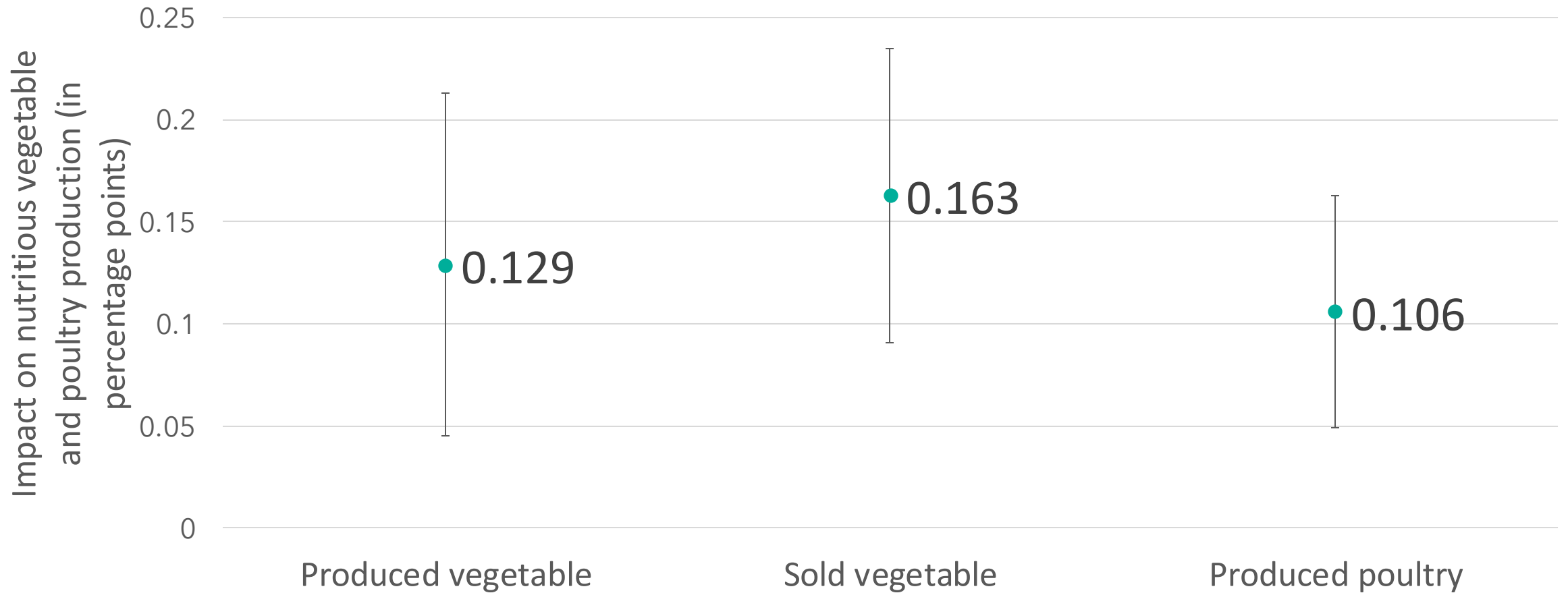
Measuring the marginal effect

Methods/analysis

Timeline	Household	Adolescent	Anthropometry
Baseline(Feb-March 2020)	1,353	1,353	1,353
Endline(Feb 2023)	1309	1,004	1,016
Attrition rate	3.25%	25.7%	24.9%

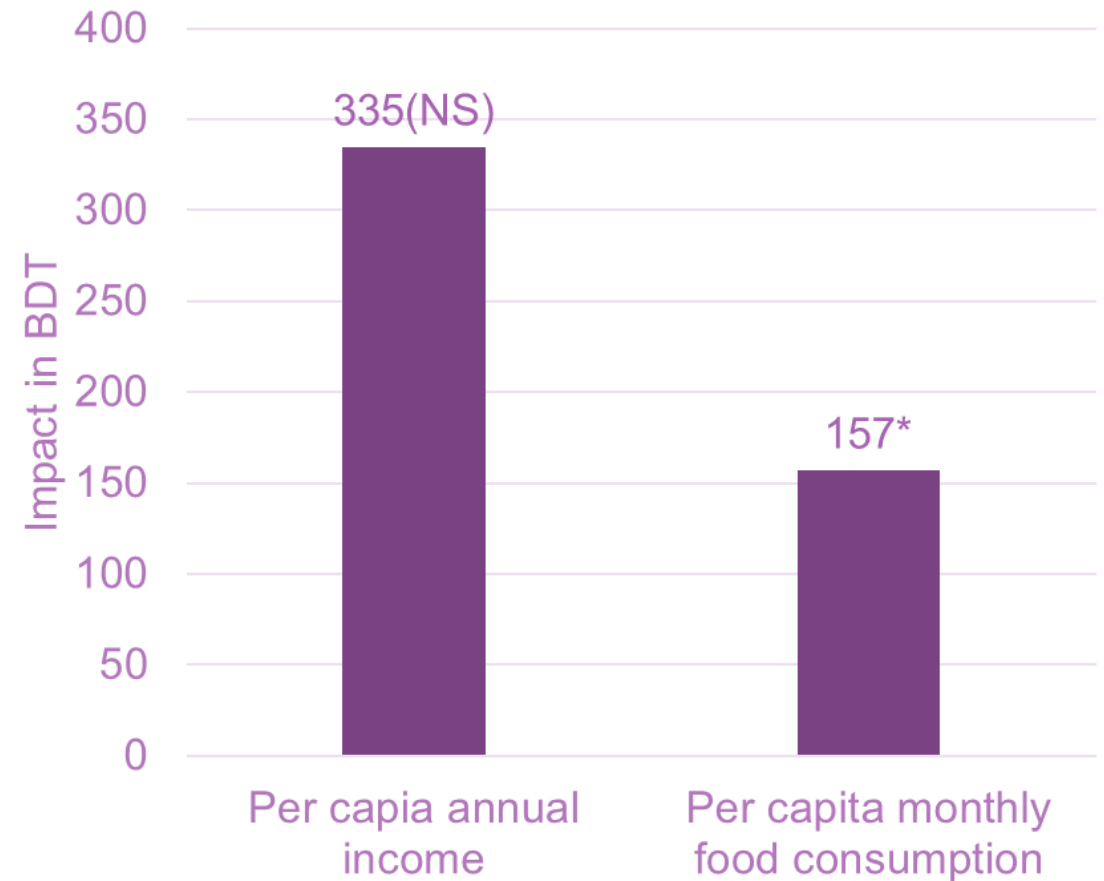
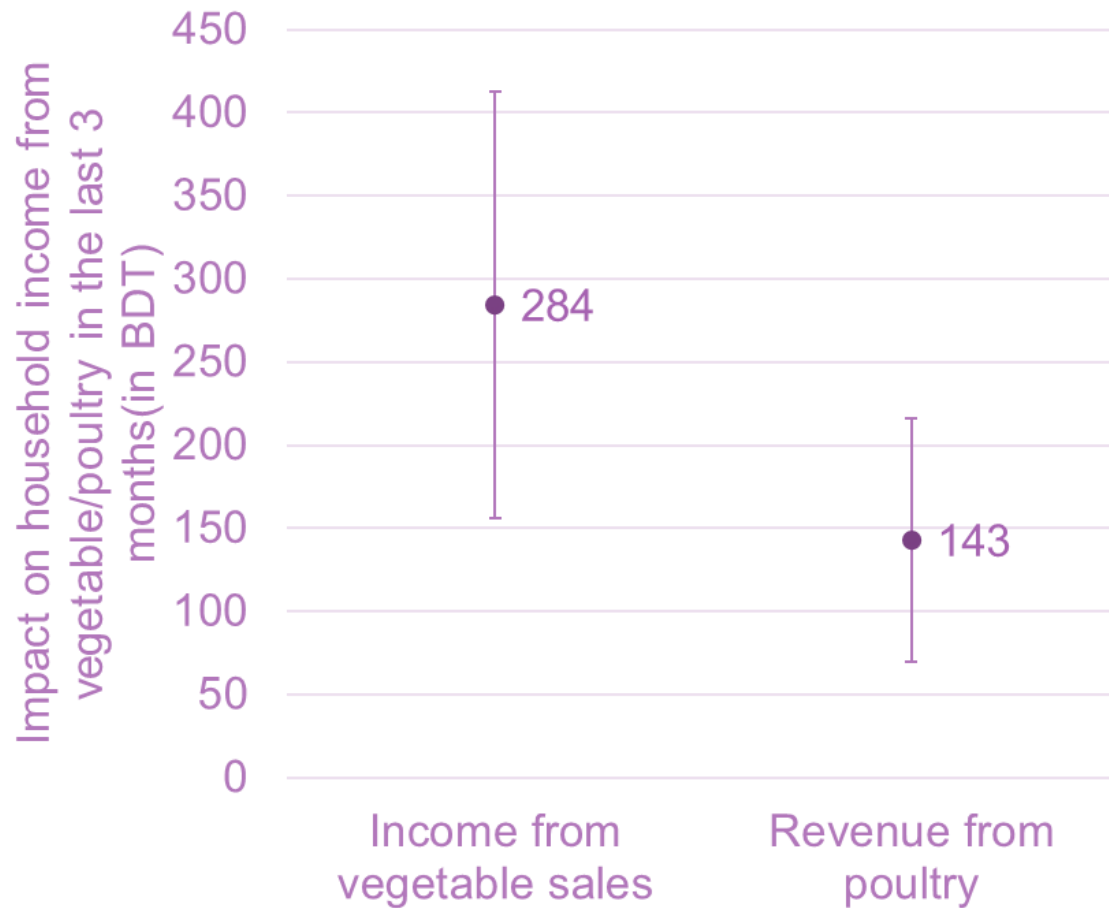
Results/findings

Impact at household level



Results/findings

Impact at household level



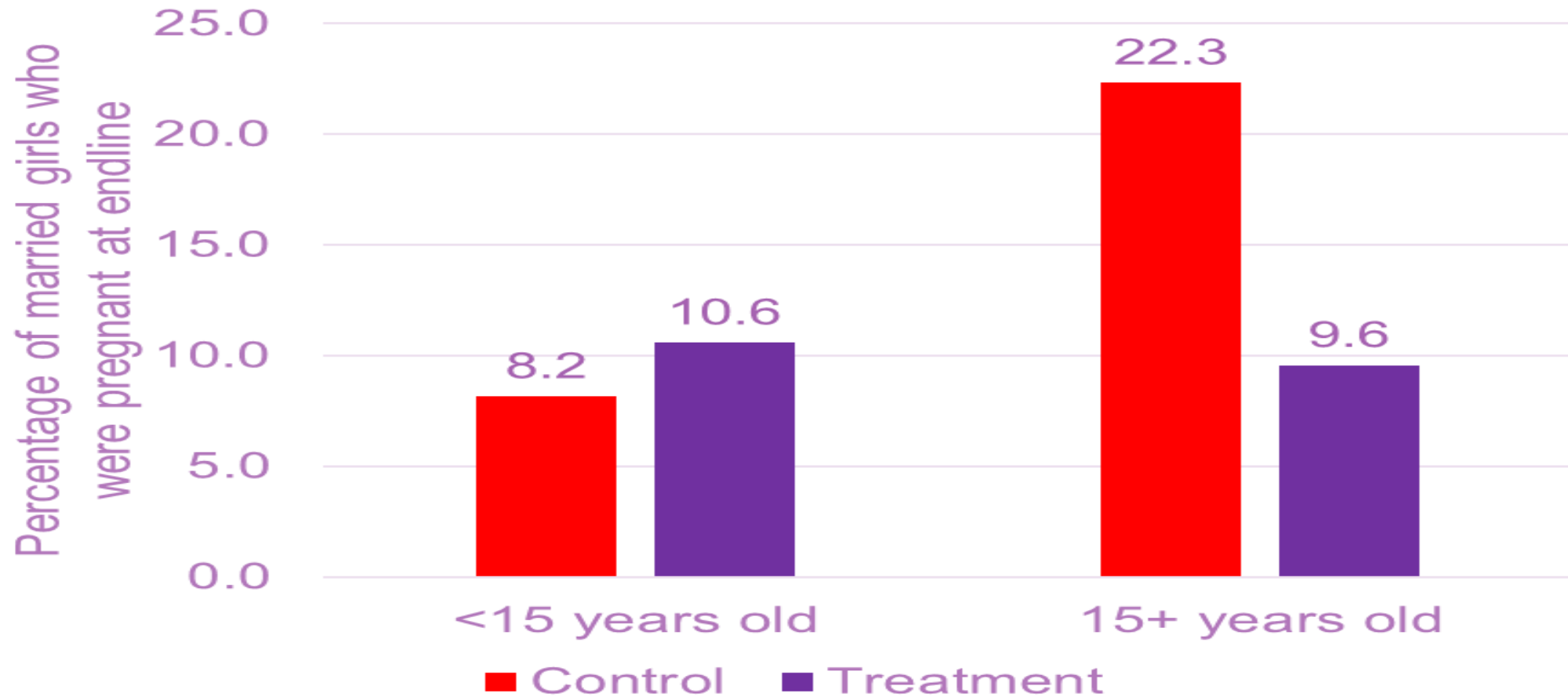
Results/findings

Impact on adolescent girls

- 6pp (17%) increase in girls being involved in any IGA
- Small positive impact on their cash savings
- Positive estimate of impact on dietary score and MDD-W but not statistically significant
- No impact on overall enrolment rates
- No impact on being married or age of marriage, however...

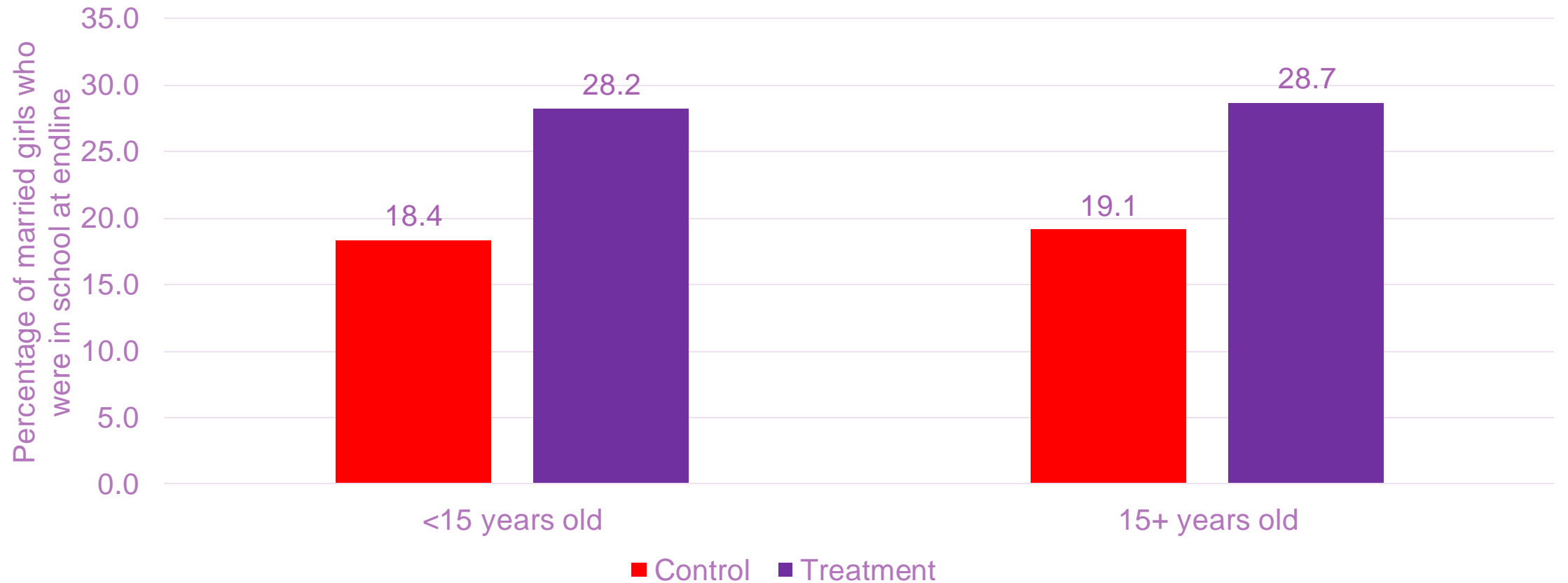
Results/findings

Impact on adolescent girls



Results/findings

Impact on adolescent girls



Implications

- It demonstrates that EHFP targeted at adolescent girls may have the potential to significantly long-term effects on education when combined with other adolescent health and nutrition training.
- By delaying the age at first pregnancy and keeping girls in school longer, EHFP can improve maternal and child health.

Thank You