

# Findings from an integrated household food systems approach to improve nutrition in rural communities

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*Integrated Household Food Systems approach can improve knowledge, change attitudes and intentions to reduce food insecurity and improve nutrition outcomes*

**WHY?**

Food insecurity is a major problem in Balochistan, Pakistan. Women and children are most affected by malnutrition and food insecurity. 47% malnutrition and stunting under5 children

**WHERE IHFS PROGRAM IMPLEMENTED?**

Trainings were conducted in 8 Districts of Balochistan with approximately 12,000 female beneficiaries to establish 544 Model Kitchen Gardens.



**THE CHALLENGE**

Can the concept of an Integrated Household Food Systems (IHFS) program in reduce food insecurity and improve nutrition outcomes?

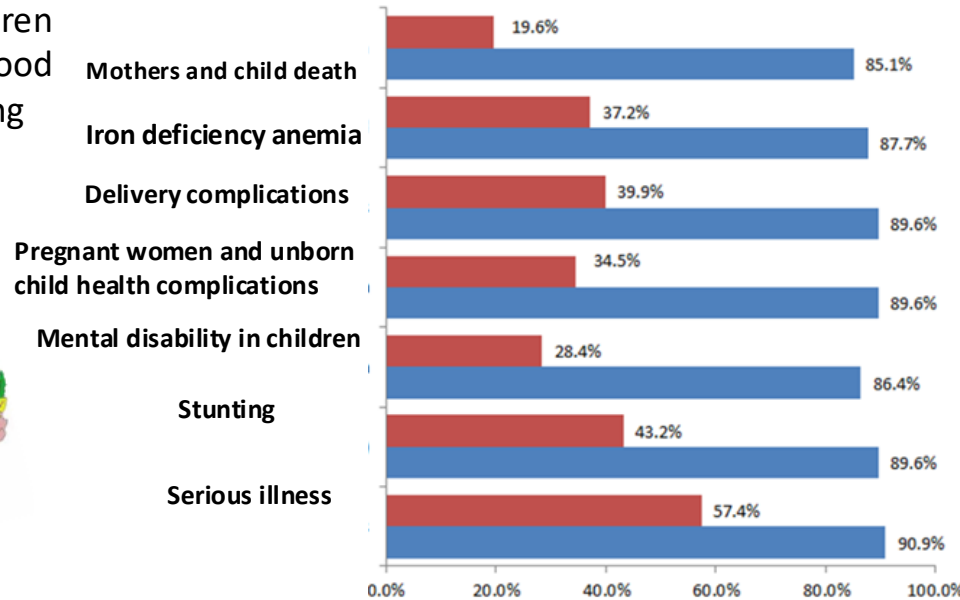
**MELA SURVEY METHOD**

Post intervention, cross sectional survey was conducted following the trainings of women from 220 households in 2 intervention Districts. Participants included Intervention (n=148) and Control Groups (n=154) who were not trained

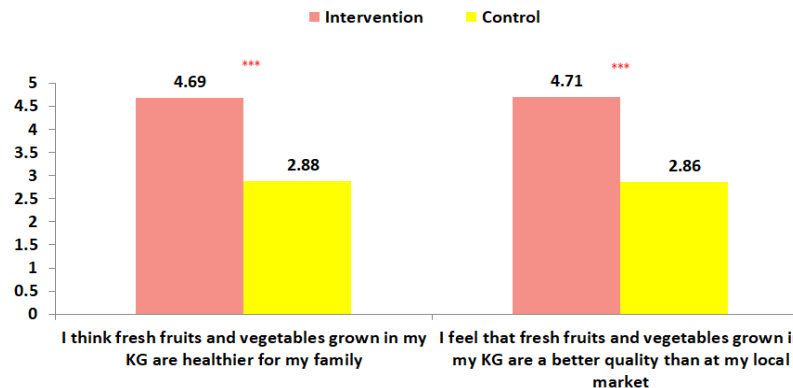
Monitoring and evaluation to identify Learning and opportunities for Adaptation

**RESULTS**

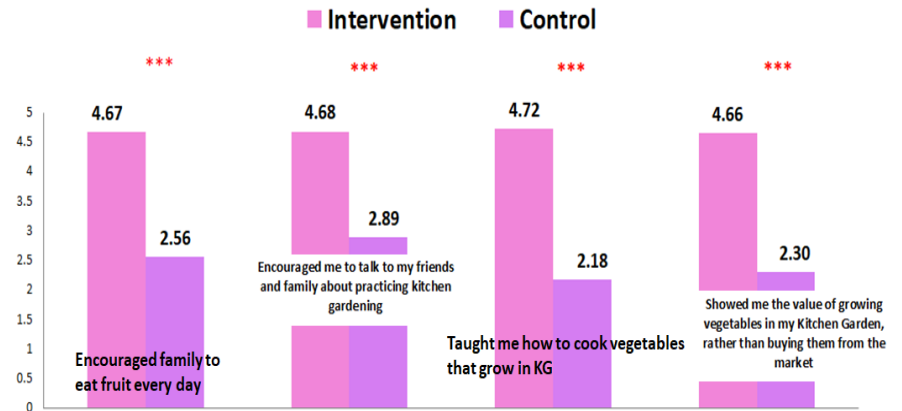
**CAMPAIGN IMPACT ON KNOWLEDGE**



**CAMPAIGN IMPACT ON ATTITUDES**



**CAMPAIGN IMPACT ON BEHAVIOURS**



**LESSONS LEARNED**

- ❑ The training had significant impact on participant AKAB indicators
- ❑ Training and other FFS incentives can add value to participant engagement, improved attitudes, capacity building & behavioural change
- ❑ Well planned SBCC interventions can achieve behavioural impact in conservative, remote communities, in relatively short time periods.
- ❑ Additional analyses required to identify how much other SBCC interventions contributed to change.