

# A Systems Approach: Integrating NERP and LANN+ for Food and Nutrition Security in Eastern Terai, Nepal

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NERP: Nutrition Education Rehabilitation program ,  
LANN+: Linking Agriculture & Natural Resource Management towards nutrition  
WASH: Water, Sanitation & Hygiene,  
SIFS: Sustainable Integrated Farming System

## BACKGROUND

The project in Siraha worked to reduce malnutrition from 2021 to 2024. It combined nutrition education and agriculture programs to help families get enough healthy food.

Local organizations ran the project, supporting food-insecure households through actions in farming, nutrition (Specific & sensitive programs), and community planning.

## Methodology

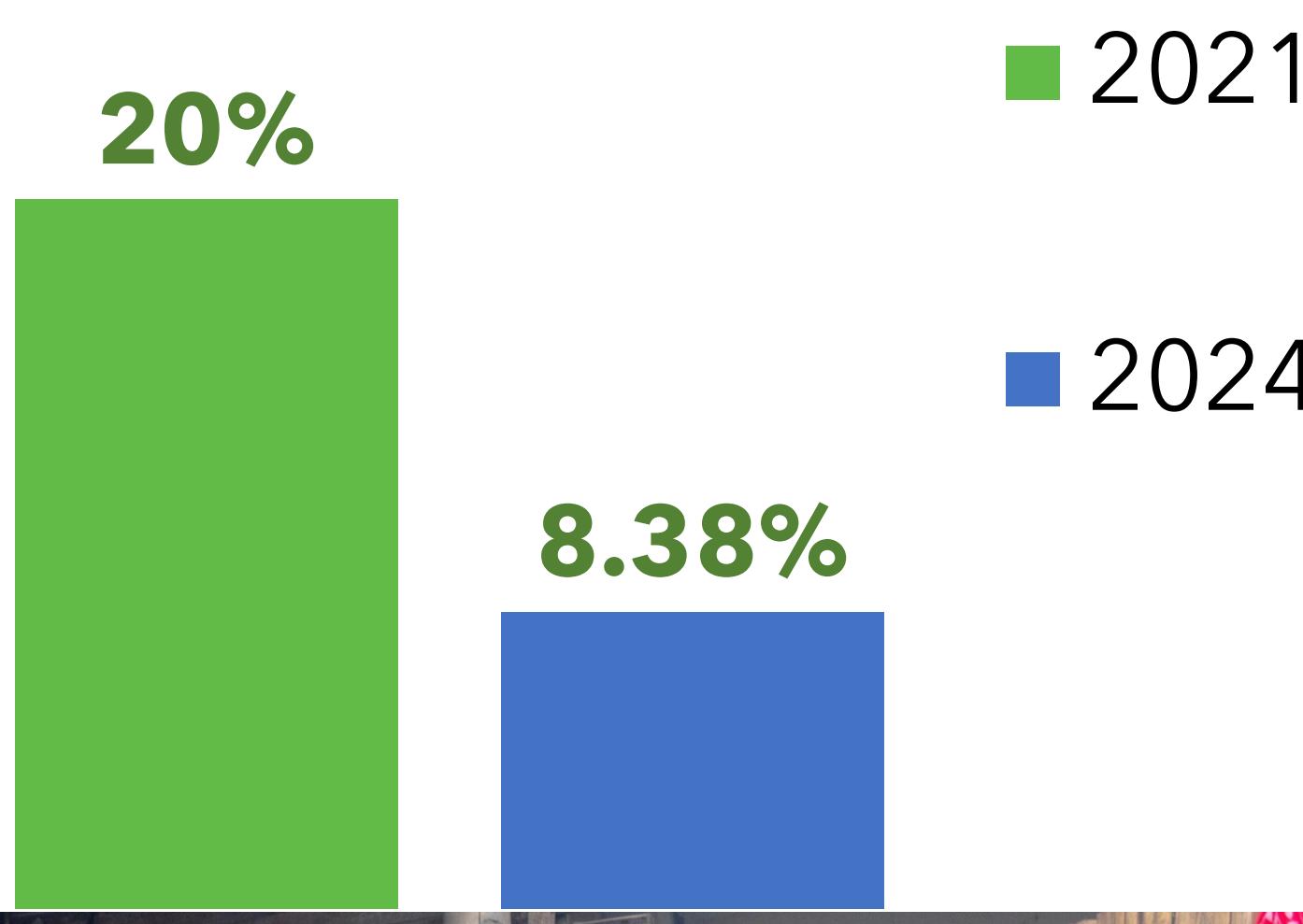
- Mixed method (Quantitative & Qualitative were used).
- Stratified random sampling was used to allocate households across municipalities, wards, and participant types (smallholders and landless).

## Approaches

- **NERP** provided rehabilitation and counseling for caregivers by FCHVs or community volunteers.
- **LANN+** groups held learning sessions on Agricultural, Nutrition, WASH, and natural resource management.



## Global Acute Malnutrition under 5 children



“ Growth monitoring in children increased from 62.7% to 87.2%.



## RESULTS

- Global Acute Malnutrition (GAM) among children under 5 dropped from 20% to 8.38%.
- Women's dietary diversity rose from 47% to 77%, and 70.3% of households adopted five key nutrition practices. (early, exclusive and extended breastfeeding, complementary feeding, nutritional care of sick, nutrition for lactating).
- Smallholders increased nutrition-sensitive farming from 3% to 92.7%, boosting food security via SIFS. (Evaluation study WHH, 2024)

WASH is equally prioritized in nutrition efforts to ensure healthy growth due to which Essential Hygiene behavior improved from 65% to 95.6%



## CONCLUSION

- Together, NERP and LANN created a holistic intervention model that improved dietary practices, empowerment, and overall well-being in marginalized communities.
- Collaboration with government and CBOs across municipalities ensured cost-effective results, including diverse diets, nutrition gardens, hygiene knowledge, and active LANN+ groups.
- **'One House, One Kitchen Garden'** initiative encouraged local food production

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Aasaman Nepal

