# Baseline Study of

Mother Child Wellbeing Partnership Program (MCWPP)

DAILEKH DISTRICT

The MCWPP or Nurture Every Future - Poshan Nepal aims to improve the wellbeing of children and their mothers in five targeted districts of Nepal. The activities of this program aim to increase availability and consumption of nutritious foods, improve quality and equitable health systems, improved knowledge and adoption of positive Maternal, Infant, Child Health and Nutrition (MICHN) behaviors, improve food safety and WASH and increase women's control over household decision-making. This baseline study of the assessed key indicators to establish benchmarks for the program's impact and identify critical areas of intervention.



# **Sampling Strategy**

### Quantitative



350

Household Survey Conducted Among Mothers of Children Under 5 Years of Age

(Multi staged systematic random sampling)

Health Facility Assessment (Simple random sampling)

### Qualitative



2

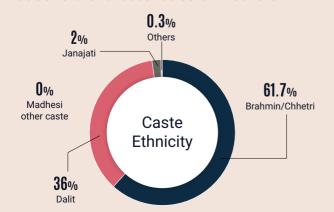
Focus Group Discussion

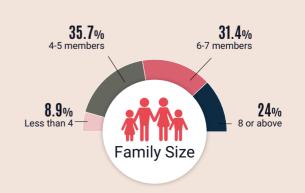


Key Informant Interview (KII)

- Focal Person of Local Implementing Partner Organization
- Focal Person of Local Government
- 2 KII with Community Business Facilitator (CBF) Farm-based Advisor (FBA)

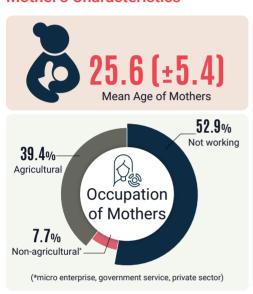
# **Household Characteristics of Mothers**

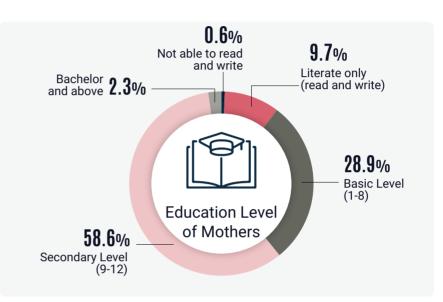




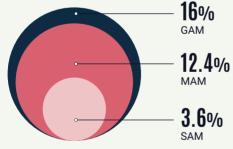
#### Source of 13.4% Daily wage labor **Family Income** 36.3% **Aariculture** 6.9% Livestock rearing 11.1% Micro enterprise **12**% Government services 9.4% Non-government services Remittance 63.4%

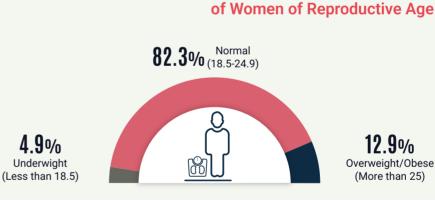
#### Mother's Characteristics





# **Prevalence of Wasting Among** Children Under 5 Years of Age **16**% GAM



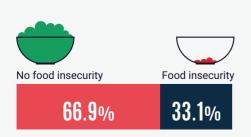


**12.9**% Overweight/Obese (More than 25)

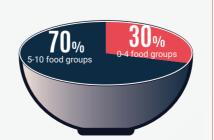
**Body Mass Index (BMI)** 

### Result Area 1-Increased Availability and Consumption of Nutritious Foods

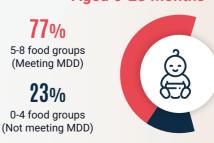
# **Food Insecurity: Food Insecurity Experience Scale**



# **Minimum Dietary Diversity** of Women (MDDW)



# **Minimum Dietary Diversity** for Children (MDDC) Aged 6-23 Months



# **Availability and Production of Nutritious and Diverse Food by Households**



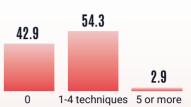


Household Able to Produce/Purchase Adequate Diverse and Nutritious Food (Having food sufficiency for 12 months and is nutritious)

Households Who are Trained on, Knows about, or Have Applied Climate Smart Agriculture Techniques



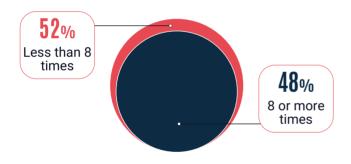
Households Utilizing Climate Smart Practices (N=35)



Note: Climate smart practices relate with i) soil management, ii) water management, and iii) crop production improvement practices

Result Area 2-Improved Quality and Equitable Health Systems

# **Antenatal Care Visits During Recent Pregnancy**



Respondents Performed Growth Monitoring of Children (N=195)

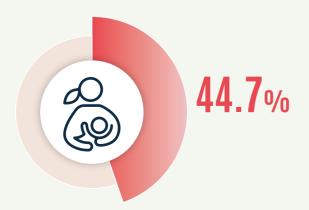


Note: Growth monitoring entails measuring height, weight and Mid-Upper Arm Circumference (MUAC) for age above 6 months, height and weight for age below 6 months

Result Area 3-Improved Knowledge and Adoption of Positive Maternal, Infant, Child Health and Nutrition (MICHN) Behaviors

**Currently Exclusive Breastfeeding Recent Child of 0-5 Months** (*N*=257)

Knowledge and Practice of Nutritional Behaviour



99.7%

Knowledge of at least 3 nutritious complementary food for pregnant women

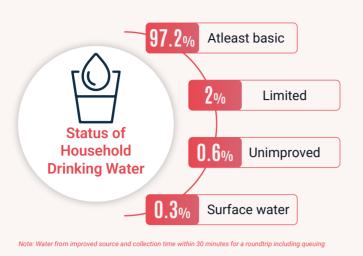
95.4%

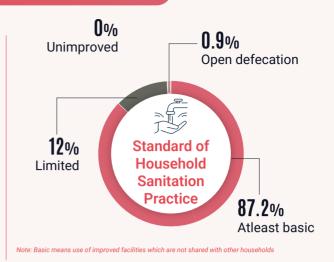
Knowledge on at least 3 nutritious complementary food for children 6-23 months

**68.2**% |

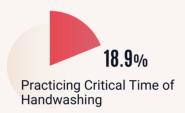
Children aged 6-23 months fed unhealthy foods during the previous day

### Result Area 4-Improved Food Safety and WASH





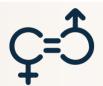
### **WASH Related Knowledge and Practice**







## Result Area 5-Increased Control of Women Over Household Decision-making



Percentage of People Supported through/by CARE who Report Gender Equitable Attitudes Towards Social Norms (GEM Scale)



Note: The GEM Scale (Gender-Equitable Men Scale) is a research tool designed to measure attitudes toward gender norms, roles, and behaviors, particularly in the context of masculinity and gender equity. It evaluates individual beliefs about gender relations, including equitable and inequitable norms, across areas such as intimate relationships, household responsibilities, violence, and reproductive health.

Active Participation of Women in Household Decision Making in Production and Use of Household Income to Improve Diet



Mothers Accessing Maternal and Child Health Information through Mobile, SMS, and/or Interactive Voice



# **NURTURE EVERY FUTURE: POSHAN NEPAL**







