

2018  
**Social  
Protection  
Conference**  
KENYA

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# Nutrition Improvements for Children through Cash and Health Education (NICHE) in Kitui County

Subject: Cash Plus

Presenters: Daniel Musembi & Jackson Matheka

Date: 21<sup>st</sup> March 2018

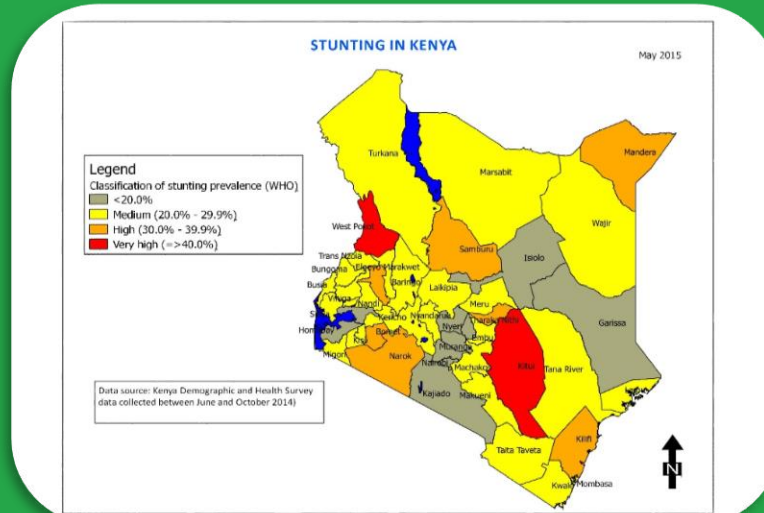
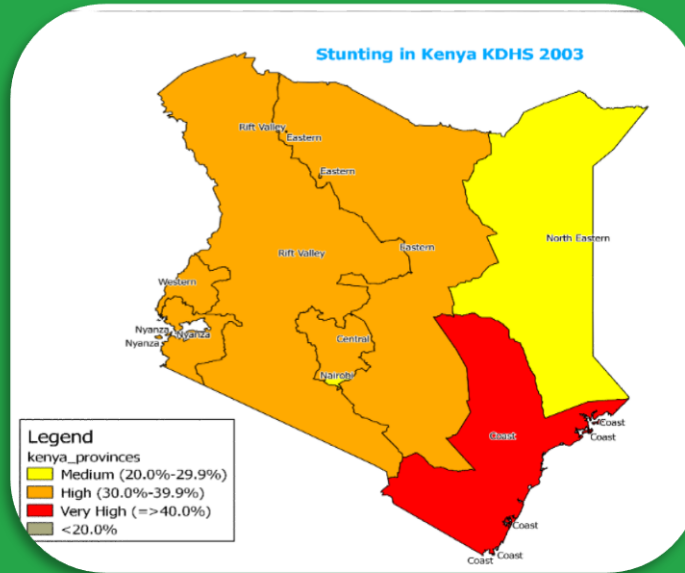
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Nutrition Situation in Kenya  
Rationale for the NICHE approach  
International Evidence base  
The NICHE programme  
Preliminary findings  
Lessons learnt



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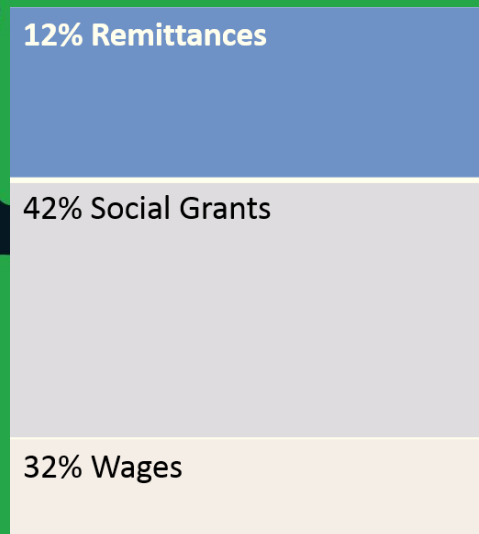
## Nutrition situation in Kenya



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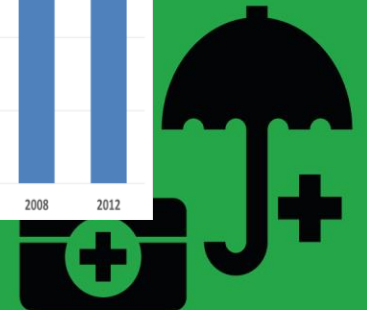
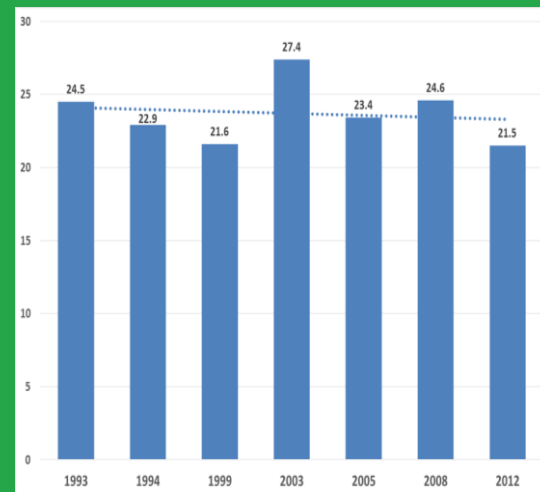
## International Evidence base: South Africa Social Grants Model

Even though social grants have expanded dramatically and are the biggest contributor to incomes of the poor HHs:



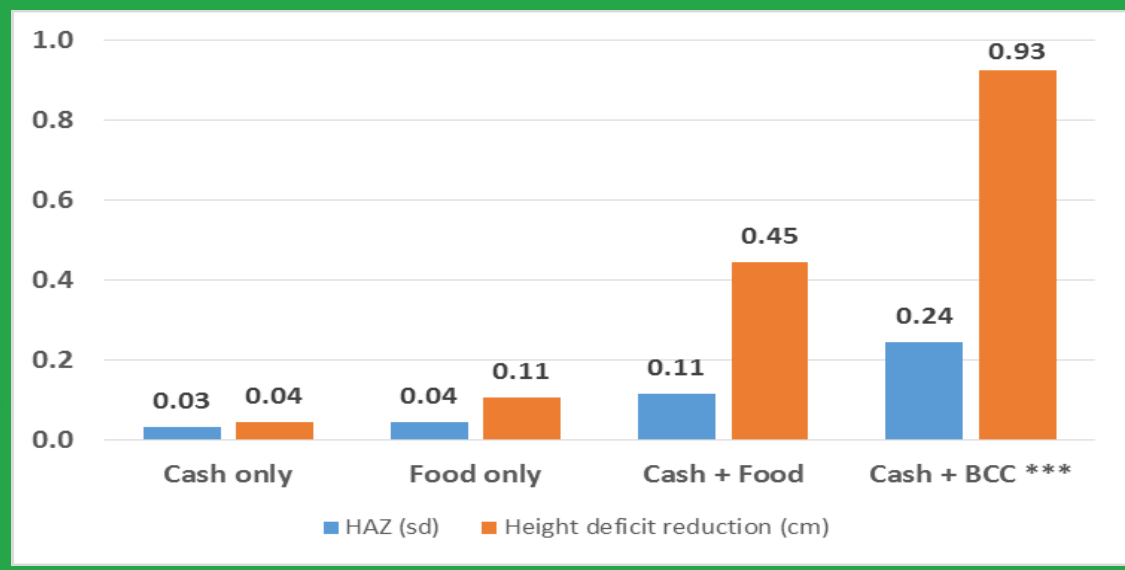
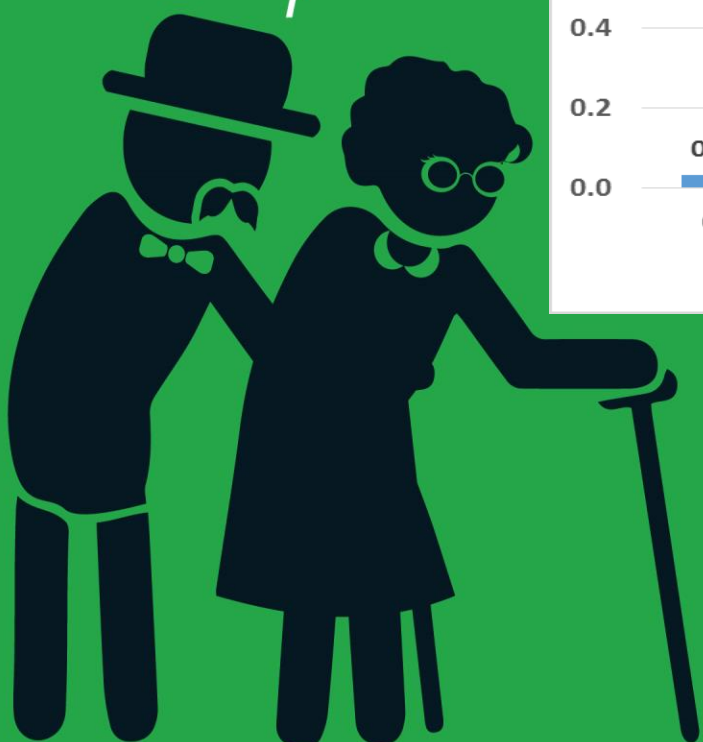
But 1 in 5 children remain stunted

Child Stunting Rates in South Africa 1993-2012



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# TMRI Impacts on Child Stunting Bangladesh: Nutrition Counselling with Cash can Work (Ahmed et al 2015)



The Transfer Modality Research Initiative (TMRI) delivered combinations of food, cash and BCC on nutrition to 4,000 households in Bangladesh for 24 months. The TMRI was implemented by WFP and evaluated by IFPRI within the Bangladesh Graduation Model



# Social Protection can change the Trends for Nutrition improvement in Kenya for Stunting and Wasting



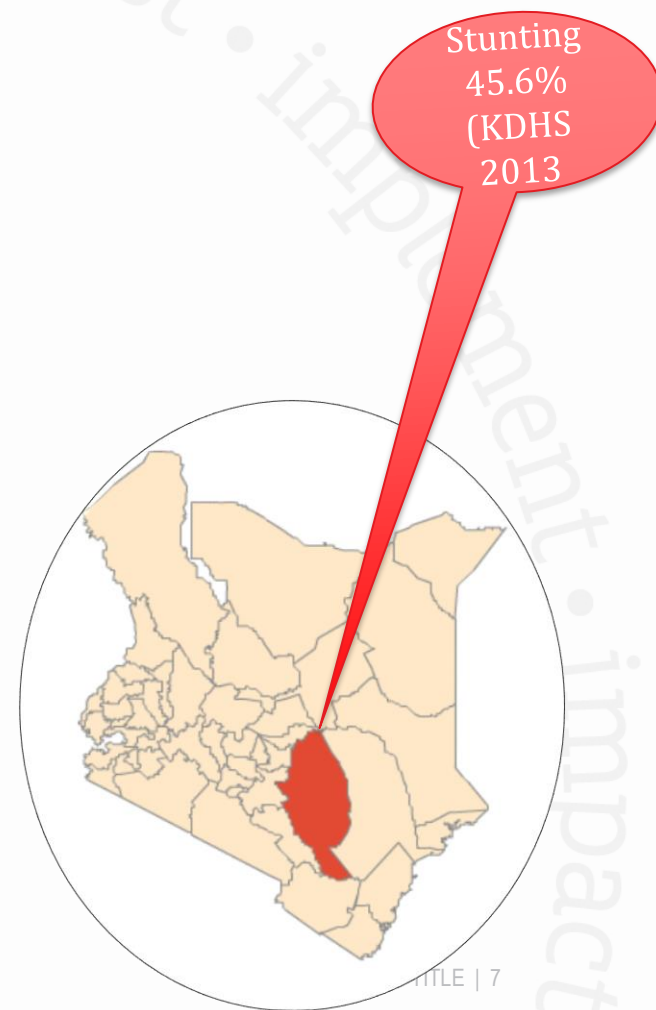
- National Social Protection Policy and National Nutrition Action Plan under review (social protection for nutrition)
- Fundamental drivers of malnutrition in all its forms is; poverty, behaviors and practices
- Food is expensive (Cost of Diet 2017; nutritious diet 140ksh/pp daily) and cash plus can reduce this barrier
- NICHE empowers Women who are key to children's nutrition; access to cash, cash decisions, adequate knowledge about Infant and Young Child Feeding



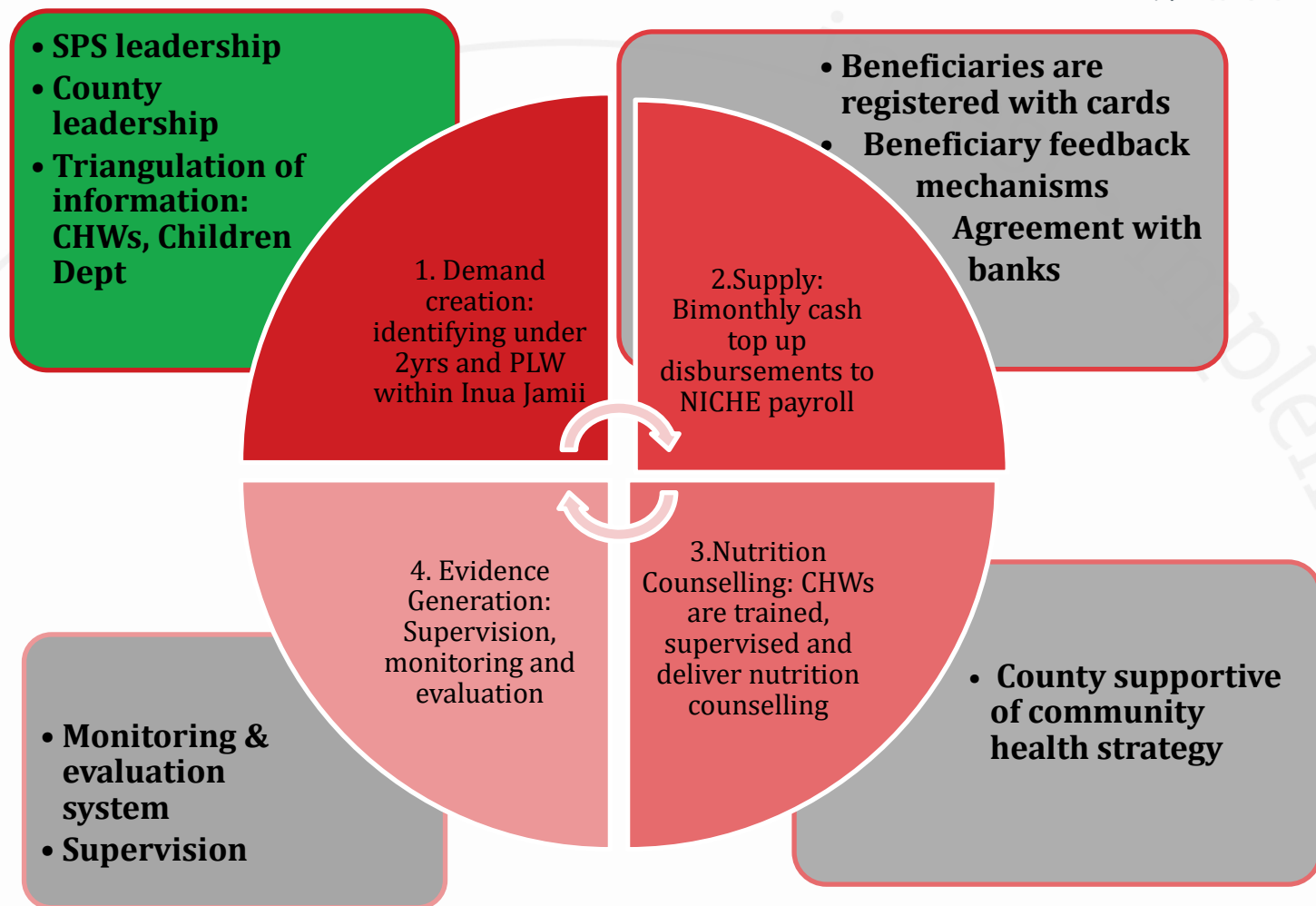
# Nutrition Improvements through Cash and Health Education (NICHE)



- Provision of additional cash assistance combined with nutrition counseling to CT-OVC beneficiary households with Children below 2 years and/or pregnant women.
- It aims to test whether providing additional cash assistance combined with enhanced nutrition counseling can improve nutrition outcomes.
- It's a 15 months' study piloted in Kitui county



# NICHE: Programme Cycle / Pre-requisites



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# Organizational arrangements



Organization/Department	Roles
State Department Social Protection ( Headquarters)	<ul style="list-style-type: none"> <li>▪ Policy formulation on Social protection issues-SPS</li> <li>▪ Policy Implementation on Social Assistance-SAU</li> </ul>
Department of children Services-Kitui	<ul style="list-style-type: none"> <li>▪ Manages NICHE within CT-OVC Programme and coordination of stakeholders at County Level</li> <li>▪ Implementation of NICHE ( targeting, enrolment, payments, case management, complaints and grievances)</li> </ul>
Ministry of Health and Sanitation	<ul style="list-style-type: none"> <li>▪ Provide enhanced Nutrition and health education through the community Health system.</li> <li>▪ Community Health volunteers conduct household level enhanced nutrition and health education sessions using approved MOH Maternal Infant and Young Child Nutrition cards</li> </ul>
UNICEF	<ul style="list-style-type: none"> <li>▪ Overall technical assistance</li> </ul>
Population Services Kenya (PSK)	<ul style="list-style-type: none"> <li>▪ Capacity building and support to nutrition and health education service delivery</li> </ul>
Kimetrica	<ul style="list-style-type: none"> <li>▪ Project Evaluation</li> </ul>

# NICHE delivered by Government



- Additional Cash transfer amounts is affordable and can be sustained by the Government in the future
- All cash transferred through existing Government structures
- Nutrition Counselling is implemented by Government Community Health Strategy
- CHWs are critical for the registration of under 2yrs, pregnant and lactating women

## Preliminary findings



- Nutrition counselling is critical to increase, knowledge, health seeking behavior and Exclusive Breastfeeding Rates,
- Iron Folic Acid Supplementation and Vitamin A uptake
- Cash alone is not sufficient to buy desired foods of milk, fruit, Vegetables
- With nutrition counselling Mothers tried growing foods they could not afford like green grams; the need to combine activities
- These findings also in RCT of Baby Friendly Community Initiative Baringo by APHRC 2017 where women in BFCI were found to be twice as likely to breastfeed and seek immunization





## Findings from Focus Group Discussions

- 36-year-old woman, female-headed household, Vuty, Ekani: *“Before the NICHE project came, we used to cook ugali [maize meal] and the same unga [flour] we used to cook the ugali we used to make for the child. But after NICHE came, we are using the fortified food which we have been advised to use and now our children are doing better.”*
- 34-year-old woman, Malisi, Kyuso: *“In the past when I didn’t know the information about the balanced diet, I used to give [my child] plain uji [porridge] not mixed with anything. If it’s millet porridge, it’s millet porridge all through. My first child was not well. If you compare the children, the current one is healthier than the first one.”*
- 41-year-old woman, female-headed household, Kyuso: *“The information is relevant because as compared to the past when we did not receive this information, we used to give our children solid food before the age of six months, and this used to cause problems like diarrhea, but these have reduced.”*

## Lessons Learnt



- Multi sectoral coordination and collaboration amongst all key players add value to service delivery ( synergies)
- Cash Transfers: need to make full use of Community Health Systems for registration as pregnancy and under 2yrs are transient periods
- Intensive monitoring of service provision is crucial in attaining nutrition improvements.
- Information in the MIS needs regular updating to enhance efficiency in targeting for complementary services
- Community Health Systems can be used to minimize targeting errors in social assistance programs
- The NICHE approach as a complementary service has gotten the attention of World Bank who are willing the expand it's coverage beyond Kitui county.



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THANK YOU FOR YOUR TIME