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## Restorative Land Transformations and their Effects on Household Nutrition: Case Study of Chepareria

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### Abstract

**Objectives of the study:** This research accessed the impact of 2 restorative land transformations (enclosures and agroforestry) done by Vi Agroforestry on household nutrition in Chepareria using a qualitative approach. Outcomes desired were a deeper understanding of how these interventions which fit into the Nutrition Sensitive-Agriculture (NSA) approach improved household nutrition in Chepareria, which areas can be improved to see more positive effects in future and to establishment of a framework for future quantitative work on this topic.

**Methodology:** 16 gender specific focus group discussions (FGDs) were carried out across 4 areas (Morpus, Yualateke, Serum and Chepkobegh) of Chepareria where the NSA interventions are active. The results of the FGDs were triangulated with household survey. A sample of 80 respondents, 20 in each of the four areas were interviewed.

FGDs transcripts were analysed using Nvivo 11 and emerging themes were identified using thematic analysis. Household survey questionnaires were analysed using Stata IC 14. Comparison of outcomes was also drawn with earlier surveys done by Vi Agroforestry.

**Results:** The results show that the impact of these NSA interventions to household nutrition in Chepareria were; contribution to reduction in poverty, improving food security, provision of agricultural extension education and services, improvement in women welfare, increased production (grass, crop yield, healthier animals), increased growth and utilisation of *Balanites aegyptiaca*, improved soil fertility and improved water access. There is still more room for improvement in the areas above using the array of potential solutions that the respondents came up with. Nutritional education was found to be very important though presently lacking.

**Conclusion:** NSA interventions have a very big role to play in household nutrition. Assessing their impact is complex as such, the contributions made by NSA interventions are larger than can be directly accounted using one study. Multidisciplinary approaches and collaborations in assessing impact will need to be applied to give a clearer picture of the pathways through which household nutrition is affected. Future researches will still need to employ both qualitative and quantitative designs simultaneously.

**Keywords:** Agroforestry, *Balanite aegyptiaca*, Chepareria , Enclosures, Multidisciplinary, nSA, Qualitative