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“Filling gaps and removing traps  
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## Enablers, Difficulties and Hindrances of Nutrition Recommendations Application in Karamoja, Rural Uganda

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### Abstract

In developing countries, nutrition education is often implemented as part of multi-sectoral programmes. Different interventions included within the larger project framework targeting at diverse underlying causes of malnutrition. Still, putting gained knowledge from nutrition education into practice often remains a challenge.

Aim of this study was to identify enablers, difficulties and hindrances of nutrition recommendations application, given during nutrition education, within a Welthungerhilfe project.

A quantitative study was carried out with women (n= 62) in two respective Welthungerhilfe project villages in Karamoja, rural Uganda. Five nutrition sessions were offered to participants between February and March 2018. Three weeks after the last nutrition session, women were interviewed (April 2018), using standardised and open questions. Indicators, influencing each nutrition recommendations application were identified and quantified.

Main enablers for change in dietary behaviour were affordability of food (financial means generally given), food availability, knowledge gain from nutrition education and temporary financial means. At the same time, affordability of edibles (financial means generally not given) was identified being a common difficulty and hindrance alike. Special enablers were taste and food preparation. A positive attitude towards alcohol was another hindrance identified.

Nutrition education embedded within a multi-sectoral programme provided a good platform for provisioning specific nutrition recommendations. Understanding women's perceptions on nutrition recommendations application can shed light on enabling and hindering factors for putting gained knowledge into practice. Identified factors within this study, such as food availability or knowledge gain from nutrition education should be considered as immediate or short term factors. Nevertheless, they can help in finding specific adaptations for nutrition education as well as for other project components within the multi-sectoral programme.

**Keywords:** Enablers, hindrances, nutrition education, nutrition recommendations, rural Uganda