

Enablers, difficulties and hindrances of nutrition recommendations application in Karamoja, rural Uganda

Tina Koch^{1,2}, Gudrun Stalkamp³, M. Gracia Glas^{1,2}, Irmgard Jordan^{1,2}

¹Institute of Nutritional Sciences, ²Centre for International Development and Environmental Research (ZEU), Justus-Liebig University Giessen, Germany
³Welthungerhilfe, Kampala Head Office, Uganda

Conclusion

- **Nutrition education** embedded in multi-sectoral approach provided 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.
- **Revealed enablers**, such as affordability or knowledge gain from training **and hindrances**, e.g. affordability, can help to adapt future project interventions.

Background

- **Food insecurity** remains a mayor challenge in Karamoja, Uganda after having suffered from a history of marginalisation and underdevelopment.
- Amongst others, the 'Nutrition Study Karamoja' undertaken by ZEU revealed **poor dietary diversity** and **inadequate Infant and Young Child Feeding (IYCF) practices** within the region.
- Nutrition education is often implemented as part of larger programmes to address underlying causes of malnutrition; putting gained knowledge into practice often remains a challenge.
- **The objective was to identify enabler⁴, difficulties⁵ and hindrances⁶ of nutrition recommendations application, given during nutrition education.**

Methods

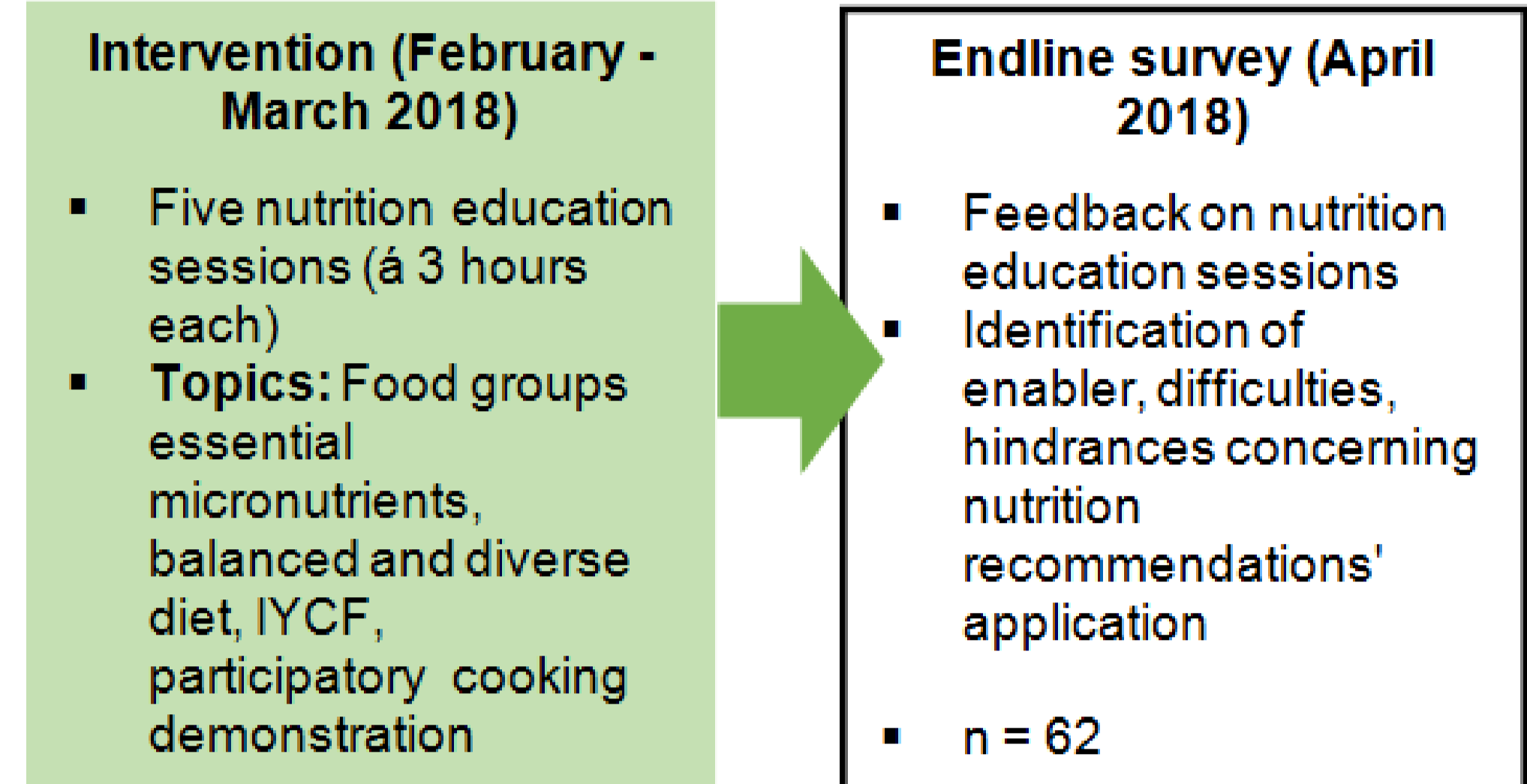


Figure 1: Study flow chart of this study.

Research Infrastructure

- The research project was undertaken within the **multi-sectoral Welthungerhilfe project** 'Support for children and their caregivers living in extreme poverty in Karamoja/North-East Uganda'.
- The **overall aim** of the project was to increase food security and self-reliance of most vulnerable households in the Karamoja region.

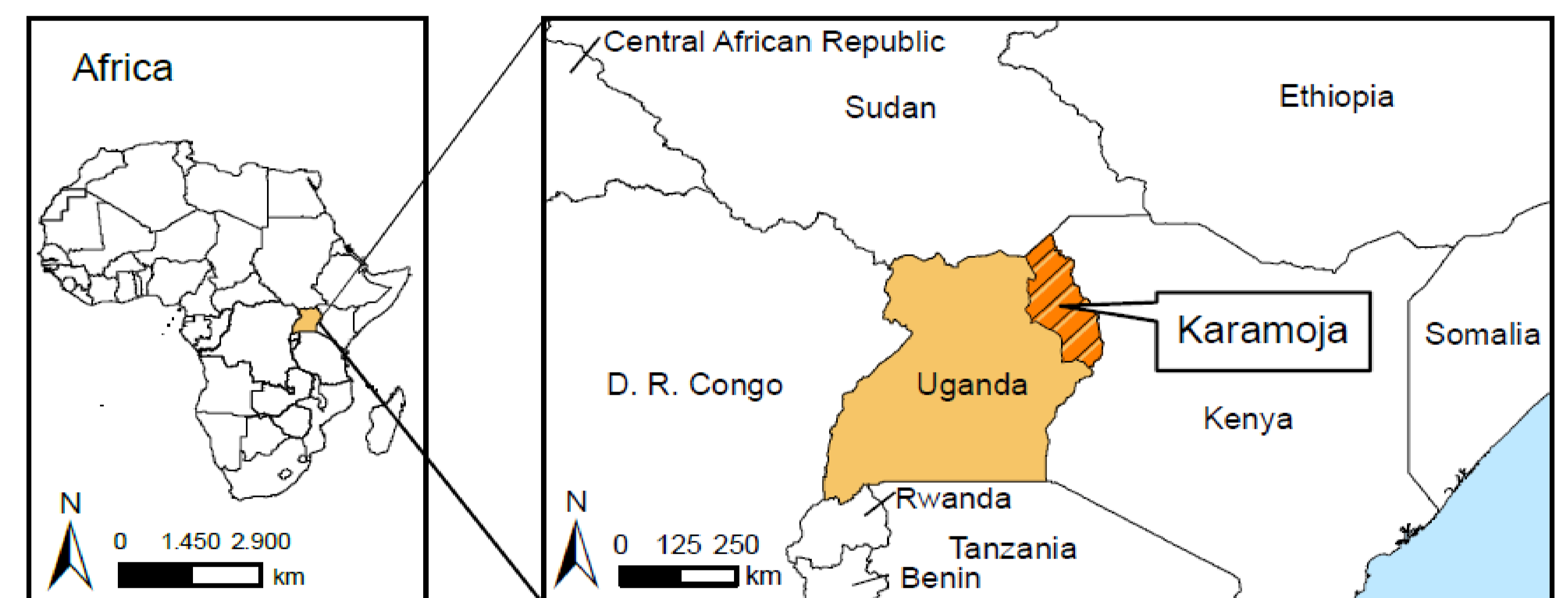


Figure 2: Location of Karamoja region in Uganda.

Results

Table: Overview on selected enabler, difficulties and hindrances with regard to nutrition recommendations that were given during nutrition education.

Nutrient recommendations	Application rate [%] (n)	Main enabler*					Main difficulty*		Main hindrance*		
		Easy in application (n)	Affordability (in general) (n)	Availability (n)	Knowledge gain training (n)	Affordability (temporarily) (n)	Difficult in Application (n)	Affordability (in general) (n)	No application (n)	Affordability (in general) (n)	Alcohol consumption (n)
1 Include locally available iron-rich foods.	98.4 (61)	53	19	34	1	12	8	8	1	0	0
2 Combine yellow and orange fruits with your meal when eating iron- foods.	80.6 (50)	46	13	16	1	10	4	3	12	10	0
3 Avoid drinking coffee or tea up to 1-2 hours after having eaten iron-rich foods.	80.6 (50)	50	1	0	9	0	0	0	12	0	0
4 Include locally available (pro-)vitamin A-rich foods.	96.8 (60)	59	14	44	0	7	1	1	2	2	0
5 Add little fat or oil when using (pro-)vitamin A-rich foods.	96.8 (60)	54	35	3	4	6	6	6	2	2	0
6 Include various foods in your diet.	88.7 (55)	46	13	10	14	7	9	6	7	6	0
7 Exclusively breastfed your child in the first six months.	72.6 (45)	40	0	0	11	0	5	0	17	0	0
8 Try to include two additional meals during period of breastfeeding.	50.0 (31)	26	3	4	17	2	5	5	31	0	0
9 Drink enough non-alcoholic liquids during the day.	61.3 (38)	36	0	24	8	0	2	2	24	18	5
10 Provide porridge to the child that is thick enough to stay on the spoon.	61.3 (38)	38	0	1	34	0	0	0	24	0	0

*multiple answers possible

References

- FAO and FHI 360 (2016). Minimum Diversity for Women: A Guide for Measurement.
- Glas G, Jordan I (2017). Nutrition Study Karamoja report (not published).
- Mathys E et al (2017). USAID Office of Food for Peace Food Security Desk Review for Karamoja, Uganda.
- UBOS & ICF (2018) Uganda Demographic and Health Survey 2016.

⁴ Reason/s why recommendation was applied and regarded as easy. ⁵ Reason/s why recommendation was implemented but regarded as difficult. ⁶ Reason/s why recommendation wasn't even tried out.

Contact: Tina Koch. Email: Tina.Koch@ernaehrung.uni-giessen.de

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