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

Tina Koch1,2, Gudrun Stallkamp3, M. Gracia Glas1,2, Irmgard Jordan1,2
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 major 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 enablers1, difficulties3 and hindrances6 of nutrition recommendations application, given during nutrition education.

Methods

- 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 improve food security and self-reliance of most vulnerable households in the Karamoja region.

Research Infrastructure

- The study was conducted within the region.

Results

<table>
<thead>
<tr>
<th>Nutrient recommendations</th>
<th>Application rate</th>
<th>Easy in application</th>
<th>Affordability</th>
<th>Availability</th>
<th>Knowledge gain</th>
<th>Affordability</th>
<th>Difficulty</th>
<th>Affortability</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>[n] (n)</td>
<td>n</td>
<td>n</td>
<td>n</td>
<td>n</td>
<td>n</td>
<td>n</td>
<td>n</td>
</tr>
<tr>
<td>1 Include locally available iron-rich foods.</td>
<td>98.4 (61)</td>
<td>53</td>
<td>19</td>
<td>34</td>
<td>1</td>
<td>12</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>2 Combine yellow and orange fruits with your meal when eating iron-foods.</td>
<td>80.6 (50)</td>
<td>46</td>
<td>13</td>
<td>16</td>
<td>1</td>
<td>10</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>3 Avoid drinking coffee or tea up to 1-2 hours after eating iron-rich foods.</td>
<td>80.6 (50)</td>
<td>50</td>
<td>1</td>
<td>0</td>
<td>9</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>4 Include locally available (pro-)vitamin A-rich foods.</td>
<td>96.8 (60)</td>
<td>59</td>
<td>14</td>
<td>44</td>
<td>0</td>
<td>7</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>5 Add little fat or oil when using (pro-)vitamin A-rich foods.</td>
<td>96.8 (60)</td>
<td>54</td>
<td>35</td>
<td>3</td>
<td>4</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>6 Include various foods in your diet.</td>
<td>88.7 (55)</td>
<td>46</td>
<td>13</td>
<td>10</td>
<td>14</td>
<td>7</td>
<td>9</td>
<td>6</td>
</tr>
<tr>
<td>7 Exclusively breastfed your child in the first six months.</td>
<td>72.6 (45)</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>11</td>
<td>0</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>8 Try to include two additional meals during period of breastfeeding.</td>
<td>50.0 (31)</td>
<td>26</td>
<td>3</td>
<td>4</td>
<td>17</td>
<td>2</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>9 Drink enough non-alcoholic liquids during the day.</td>
<td>61.3 (38)</td>
<td>36</td>
<td>0</td>
<td>24</td>
<td>8</td>
<td>0</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>10 Provide porridge to the child that is thick enough to stay on the spoon.</td>
<td>61.3 (38)</td>
<td>38</td>
<td>0</td>
<td>1</td>
<td>34</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

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

References


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

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