

Louise Büttner^{1*}, Fanta Zerbo^{2*}, Raissa Sorgho¹, Moubassira Kagoné², Ali Sié², Ina Danquah¹, Isabel Mank¹

¹ Heidelberg Institute of Global Health (HIGH), Faculty of Medicine and University Hospital, Heidelberg University, Germany
² Centre de Recherche en Santé de Nouna (CRSN), Nouna, Burkina Faso

Introduction

- High prevalence of undernutrition among children <5 years in West Africa
- Acceleration by seasonal food insecurity and climate change-related impacts on food production

Study objective:

- Identify local needs and barriers for an intervention that includes home gardens and nutrition counselling towards sustainable diets in rural Burkina Faso

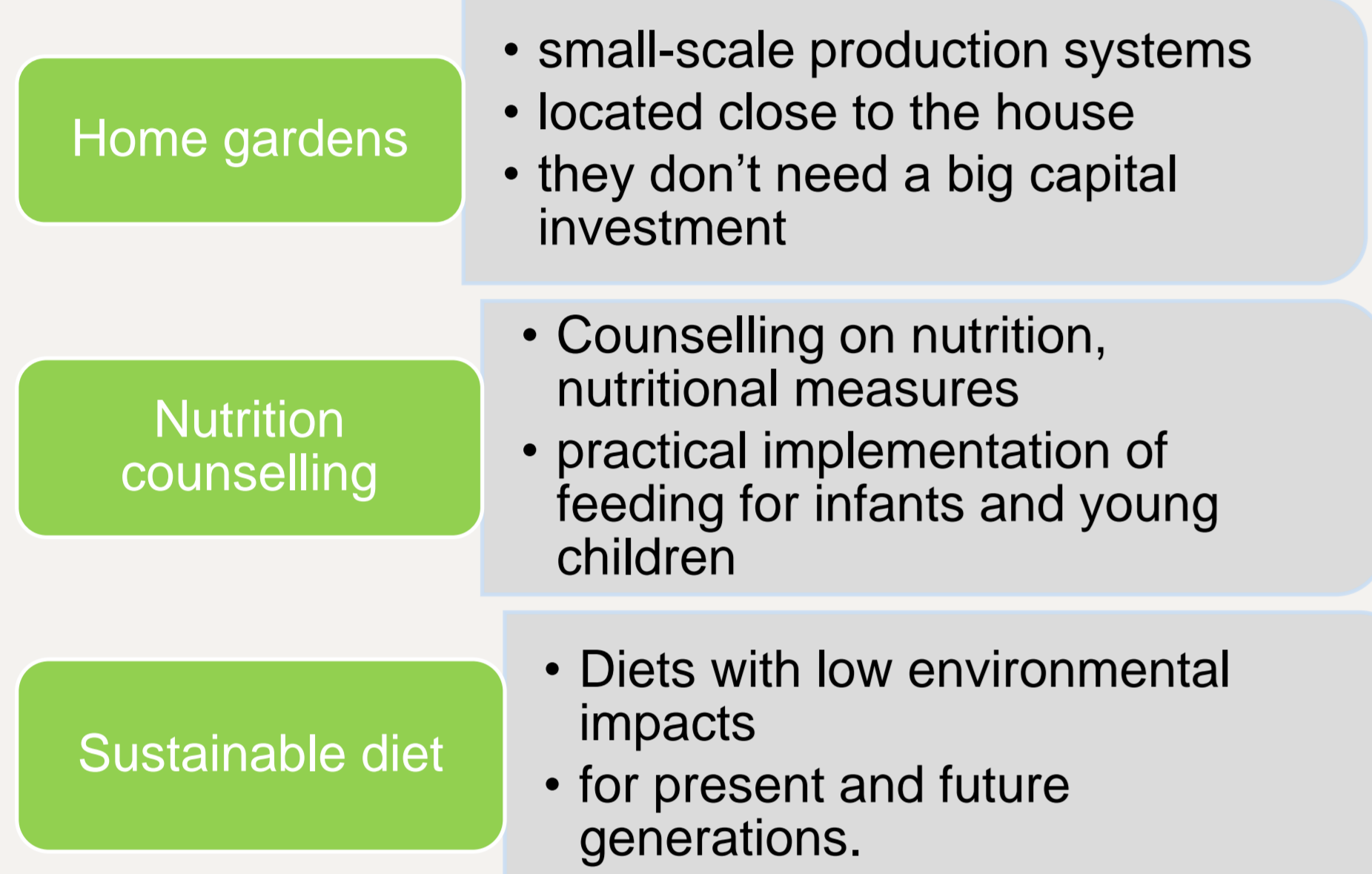


Fig.1: Definitions



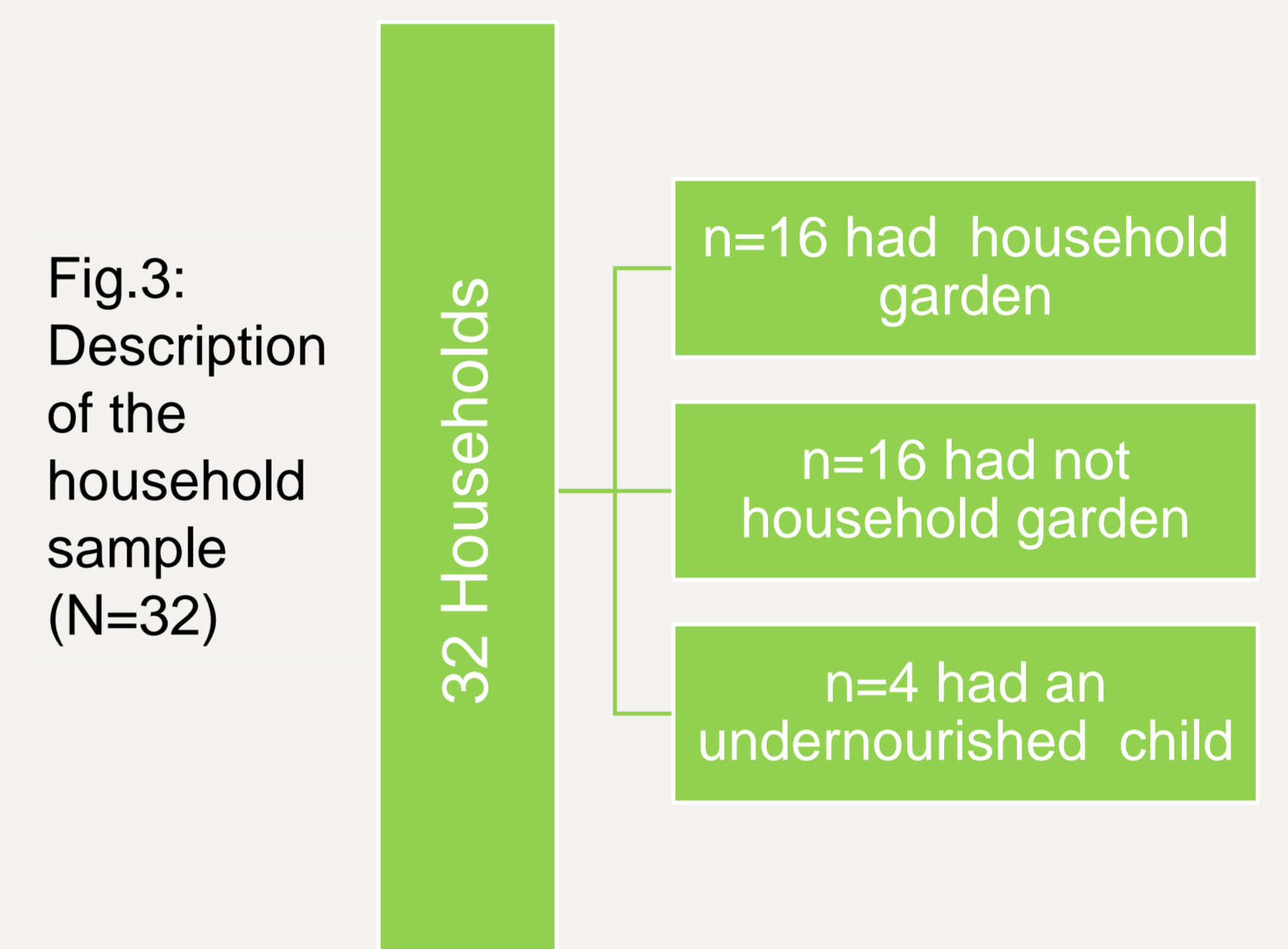
Fig. 2: Example of a home garden in a village located close to Nouna, rural Burkina Faso

Methods

- Qualitative study
- October/ November 2020 in northwest Burkina Faso
- Individual in-depth, semi-structured interviews

Analysis of:

- 32 interviews with mothers of children <5 years
- 11 interviews with national experts/stakeholder



Results Gardening

Households

- reduction of expenses for healthy foods
- income from the sale of vegetables
- healthy food for the children
- work during the dry season
- paying school fees

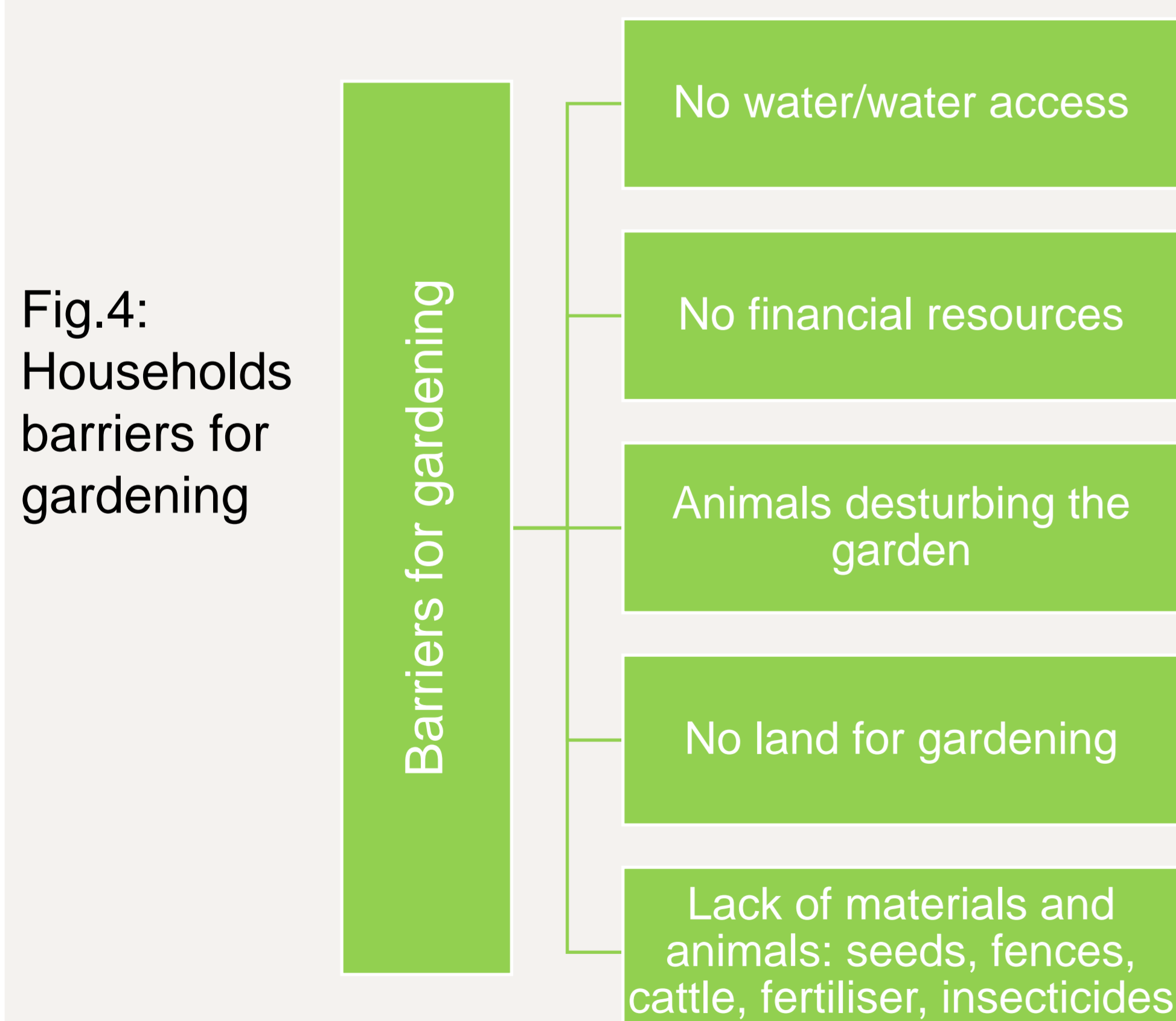


Fig.4: Households barriers for gardening

Results Gardening

Stakeholders

- see the advantages of household gardens over large-scale agricultural horticulture
- expect household independence
- expect the economic situation will improve

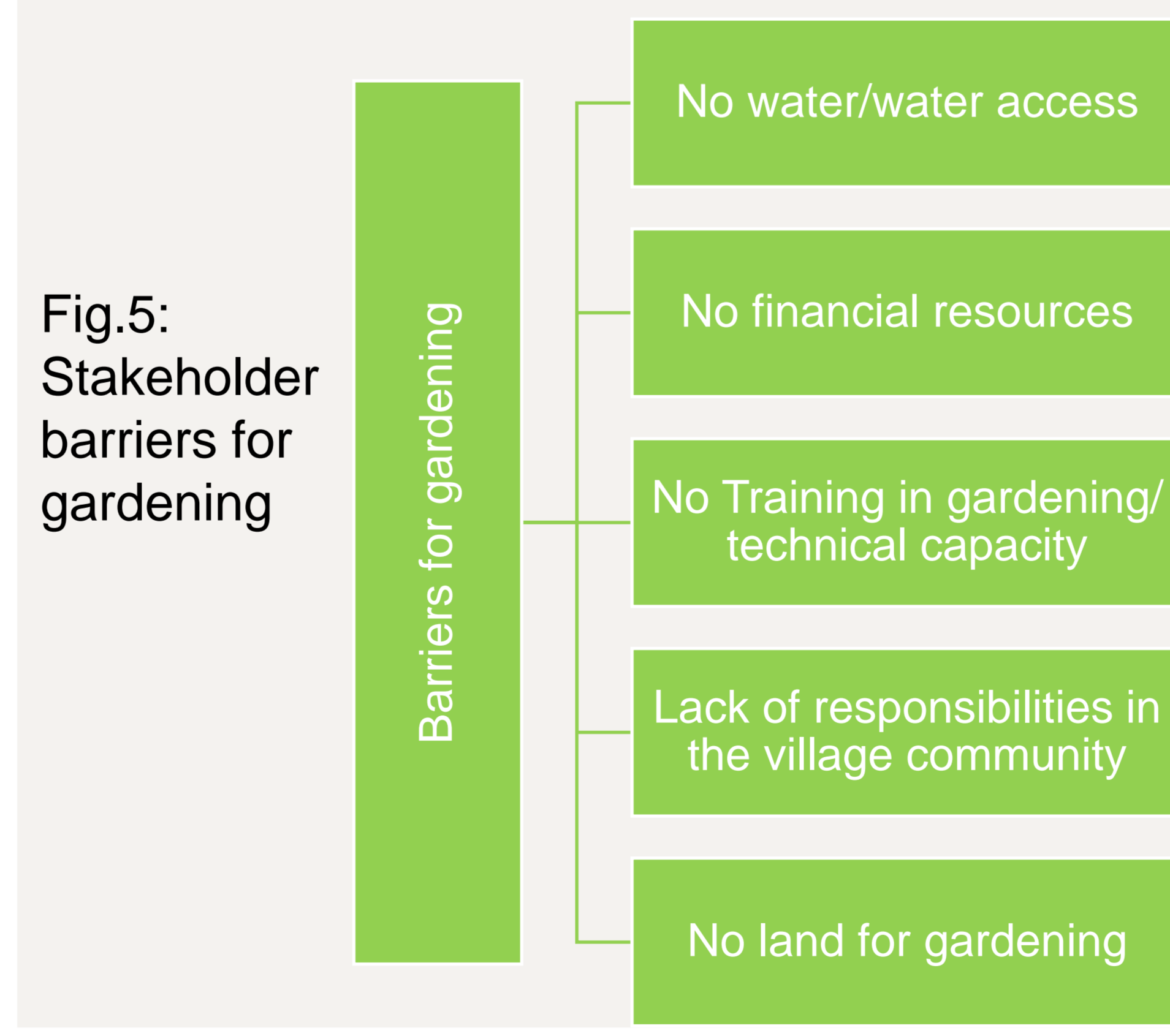


Fig.5: Stakeholder barriers for gardening

Results Nutrition Counselling

Households and stakeholders:

Barriers for nutrition advice

- Socio-cultural: prohibitions and beliefs; spouse's refusal; ignorance
- Geographical and physical: distance and difficulties in accessing health training
- Economical: lack of financial means

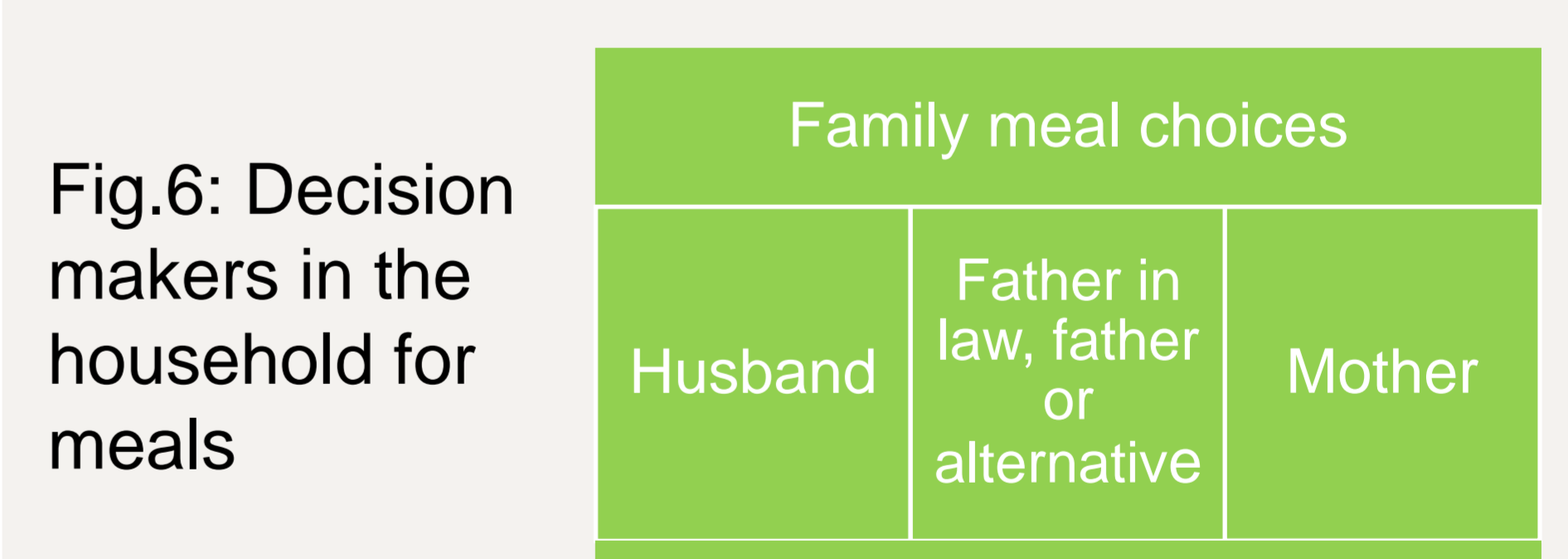


Fig.6: Decision makers in the household for meals

Delivery of Nutrition Counselling

- in group strategy and facilitated by the health agents
- targeting mothers and fathers
- group strategy and facilitated by Village Development Committee



Fig.7: Exchange with mothers in Nouna, Burkina Faso
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Conclusions

- Barriers stated by households and stakeholders: water scarcity, lack of financial resources and limited available suitable locations
- Integrated nutrition projects should offer: capacity building initiatives and training
- Identified Community task: Nutrition of children under 5 and the choice of meals in families
- Therefore: mothers and fathers should be involved in the nutrition and agricultural measures

