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**Topic:** The first 1000 days, infant feeding, and early childhood development

**Title:** Food-based daily “Grand Nutrition” supplement and nutrition education reduce malnutrition in the 1000 days critical window of opportunity in rural Uganda

**Presentation Type:** Oral

## **Introduction**

Uganda is currently experiencing the nutrition transition, a double burden of disease and persistently high acute and chronic malnutrition levels with 33% of U5 children stunted, 14% underweight and 5% wasted. It results into 4% loss of Gross Domestic Product. We aimed to develop and test the feasibility of an integrated model consisting of a daily food supplement made from local foods and nutrition education to prevent malnutrition during the 1000 days critical window of opportunity.

## **Methods**

We conducted a prospective quasi-experimental study with a separate pre-test/post-test control group. A total of 356 mother-baby pairs and 120 expectant mothers participated in the study for six months. The intervention arm received the daily Grand Nutrition supplement eaten as a porridge and nutrition education; the control arm received nutrition education only. Nutrition education was implemented using behaviour change communication approaches to improve maternal nutrition knowledge, attitudes and practices.

## **Results**

The Grand Nutrition supplement is culturally acceptable; households receiving the food supplement and nutrition education were less likely to have a stunted (p-value 0.039) or wasted (p-value 0.035) child, had statistically significant improved exclusive breastfeeding from 47 to 88% (p-value 0.000); reductions in proportion of mothers

giving babies pre-lacteal feeds (p-value 0.004) and Global Acute Malnutrition reduced from 13% to 7%.

## **Conclusion**

The highly acceptable Grand Nutrition supplement coupled with nutrition education, implemented by the affected community showed great scalability potential and reduced malnutrition. Validation of findings in a large sample is recommended to further prove the potential in local foods.