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Topic: Community health and nutrition programs

Title: IMPACT OF USE OF DIVERSIFIED LOCALLY AVAILABLE FOODS IN COMMUNITY BASED NUTRITION REHABILITATION OF CHILDREN 6- 36 MONTHS, IN North Rukiga Uganda

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Introduction:In Uganda 14% of children under five are underweight. World Vision used Positive Deviance Hearth approach to rehabilitate underweight children. To assess the impact of PDhearth in sustaining nutrition rehabilitation of children, children growth was followed up for a duration of 9 months.

Methods:493 children aged 6 – 36 months whose weight for age Z-scores were less than -2 enrolled into rehabilitation/hearth sessions for 12 days, fed on an extra meal nutrient dense based on WHO nutritional requirements made from locally available foods Caregivers received training in child feeding, hygiene and health seeking practices. By 30days children were graduated from the sessions and were followed up at 3, 6 and 9 months.

Results:60% of the children had WAZ > -2 at 9 months of follow up, 40% still had WAZ < -2. This is comparable to 60-80% reduction observed in other countries that used more than 2 rehabilitation sessions at the end of 6 months.[1],[2]. The 40% whose WAZ score was < -2 by 9 months had been rescheduled for supplementary rehabilitation sessions.

Conclusion:PD hearth is an effective community-based nutrtnion rehabilitation approach that can sustainably prevent malnuriton using locally available resources in rural Uganda.

[1] Stern M, Sternin J and Marsh D. - A field guide. 1998. Save the children.

[2] Boleles et al, 2002.In. Piroaska A. Bisitis Bullen 2011. The positive deviance/Hearth approach to reducing Child malnutrition: Systematic review. 2011:11 Tropical medicine and international health.

