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IYCN USAID's Infant
& Young Child
Nutrition Project

Improving Infant and Young Child Feeding in Lesotho: A multi-sectoral approach

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Photo: Christine Demmelmaier

Nutritional status and HIV in Lesotho

- Among children under 5:
 - Stunting: 38%
 - Wasting: 4.3%
 - Underweight: 19.8%
- 24% of adults (15 to 49 years of age) are infected with HIV.



Photo: Makatleho Masoabi

IYCN objectives in Lesotho

- Increase access to infant and young child feeding counseling and support.
- Increase the capacity of health workers and communities to provide infant feeding support for mothers and children.
- Strengthen the Ministry of Health and Social Welfare's infant feeding activities.



**Ministry of Health and Social Welfare
Infant & Young Child Nutrition Project**

**Ministry of
Education**

**Early Childhood
Care and
Development
(ECCD) Trainers**

ECCD Teachers

**Ministry of
Agriculture**

**Home Economist
Trainers**

**Home Economists
Agriculture
Extension
Workers**

**Facility-level
Trainers
(Nurses,
doctors,
counselors)**

**Health Workers &
Community Health
Workers**

**Male Groups
Traditional Healers**

IYCN's approach

- Building the capacity of a wide range of workers.
- Integrating nutrition into other activities.
- Fostering collaboration at the community level.
- Strengthening referral systems.
- Conducting regular supervision visits.



Photo: Christine Demmelmaier

Building capacity



Photo: Makatleho Masoabi

Integrating nutrition into other activities



Photo: Christine Demmelmaier

Fostering collaboration



Photo: Christine Demmelmaier

Strengthening referral systems



Photo: Christine Demmelmaier

Results, Feb. 2008 to Apr. 2009

- Trained more than 800 community health workers and traditional healers in 5 districts.
- Trained more than 40 home economists and 21 ECCD teachers as trainers.
- Increased coverage of community-based growth monitoring and promotion.
- Instituted two-way referral system between community health workers and health facilities.

Lessons learned

- Building good relationships with the ministries and partners is essential.
- Training trainers and encouraging step-down trainings helps reach more community workers with limited resources.



Photo: Christine Demmelmaier

Thank you



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Please visit www.iycn.org

Photo: Christine Demmelmaier