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

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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
- Facility-level Trainers (Nurses, doctors, counselors)
- Home Economist Trainers
  - Home Economists Agriculture Extension Workers

Facility-level Trainers (Nurses, doctors, counselors)
- Health Workers & Community Health Workers

Health Workers & Community Health Workers
- Male Groups Traditional Healers

Male Groups Traditional Healers
- USAID's Infant & Young Child Nutrition Project
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: Makatileho Masoabi
Integrating nutrition into other activities

Photo: Christine Demmelmaier

IYCN USAID's Infant & Young Child Nutrition Project
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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