



Agriculture for Nutrition: Legume diversification 2016-2018

Changes in perception and attitude of families towards nutrition and roles and responsibilities

- Women in intervention households reported receiving **more help from their husbands** on household activities than women in control households
- Nearly 20% of women reported experiencing some **emotional abuse**, and almost 10% reported some physical abuse. Women's **attitudes** toward domestic violence improved from 2016 to 2017, and are more positive in intervention households.
- A reported 45.1% of men and 60.7% of women indicated either probable or major probable **depression**, with a **decrease** in the percent of women reporting any depression, from 68.6% in 2016 to 60.7% in 2017.
- Significant positive relationships were found between **high food insecurity and depression**, controlling for other factors that influence mental health.

Changes in child feeding practices, frequency, diversity, consistency

- 2016-2017,
- Mothers' self efficacy in exclusive **breast-feeding**, and young children's **dietary diversity remained low**, with only 15% of young children meeting the minimum dietary requirements. Women's diets showed the same pattern as children's diets.
 - Reports of **child illness decreased**; cough and fever amongst children decreased by 13.3% and 13.2%, respectively. Although reports of **diarrhea** decreased, they still remain **high** (nearly 40%).
 - Qualitative interviews found that households are increasing their consumption of **cowpea leaves**. While grains and dark green vegetables are often consumed, there was **little consumption of foods such as nuts, beans, and eggs**.

More diversified and nutritious food production throughout the year

- 2016-2017 Survey results from 568 households show that intervention household, in comparison to delayed intervention households, **increased**:
- **Legume production**: A total of 39.1%, 38.7%, and 41.4% of intervention households grew groundnuts, beans, and cowpeas, respectively, while 5.7%, 12.1%, and 6.8% of delayed intervention households grew these crops.
 - **Intercropping**. Significantly more intervention households intercropped in 2017 compared to 2016.
 - **Manure use**

Integrate M&E

Southern Africa Community of Practice

Tanzania

Gender

Training of rural families and communities in nutrition and child feeding practices

292 intervention households received:

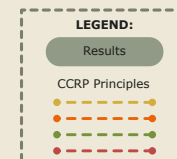
- **Agroecological training**
- **Legume seed**
- Training on young **child feeding** practices
- Regular visits from **mentor farmers**

Look for intersections and interactions among multiple, interrelated pathways of change.

Eating behavior has strong socio-political aspects that need to be understood and addressed including gender roles and responsibilities; Nutritionist and agronomists often work in separated silos

During CCRP-supported **inception research**, it was observed that **soil health, food security, and fuel**, are pressing issues faced by smallholder farmers. **Gender disparity** and **child feeding practices** seem to be drivers of these issues.

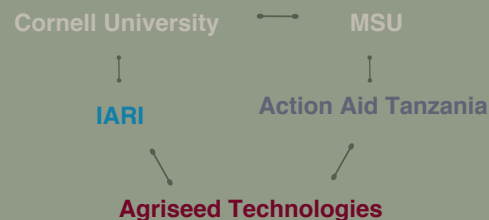
START HERE



COLLABORATIVE
CROP RESEARCH
PROGRAM

THE MCKNIGHT FOUNDATION

Project Partners



- Non-Governmental Organization
- University in Region
- National Ag Research Center
- Private Sector
- University outside of Region