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.

**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**

- Mothers’ self efficacy in exclusive breastfeeding 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**

**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.**