

Agriculture for Nutrition: Agrobiodiversity and Nutrition 2005-2014



24 - hour surveys
Photo credit: Grupo Yanapai

Changes in knowledge, perception and attitudes of families towards child and family nutrition and roles and responsibilities

2015: Focus groups and interviews with participants (n=90) revealed the following changes in their practice due to the project:

- Prioritize child feeding and give them **foods specially prepared** for small children
- Interest in preparing a balanced diet **complementing traditional foods** with vegetables, milk and eggs

Ensure respect for indigenous culture and knowledge

Changes in childhood feeding practices: frequency, diversity, consistency

2013: **endline survey** (n=225; 24-hour recall):

- Children of families who participated in project activities **consumed more legumes** (36% vs 26%)
- **Micronutrient deficiencies continue to be a problem**, with some numbers going up, some going down, but no real patterns emerging. This was probably influenced by **external factors** like distribution of **biofortified food** by other govt. agencies and the short time frame.
- **No obvious gains were made from biofortified potatoes** and increased animal product consumption that the project was promoting.

Reflective practice

Long-term perspective

More diversified and nutritious food production throughout the year

2012: 49 families were **visited and coached** on nutrition using the **TIPS** methodology. Around **30% had added important foods to their children's diets** like fava beans, eggs, cheese and meat one week later.

Integrate local & global research

2011: 5 chickens each were distributed to **210 women** through **14 women's associations**. Initially, there was high chicken mortality that decreased with **training**.

2013: 50% of the women continue to use the profits from selling chickens to **replenish** their stock. Every 5 chickens provides **5.7 kilos of meat and 79 eggs per year**.

Utilization focused

Gender

2012: Of 167 families that participated in FFS in 2006 around **forage management** (2 new improved varieties), a follow up survey reveals 25% bought seed to increase pasture, 45% spent money for fencing, 80% invested in irrigation and 100% said they **increased cows and cuyes by 65%** due to pasture. While families are not incorporating guinea pigs in regular diet, **678 were eaten** during 15 wedding celebrations in June 2012. It is possible that this intervention resulted in more milk production from the cattle that led to milk availability for the children.

Look for intersections among multiple pathways

Understanding local contexts and knowledge around feeding practices and food availability

2011: **Baseline study** (n=182) in 4 communities in highland Peru (Huancavelica) shows that:

- **42%** of children were **stunted**
- **Infectious disease** might be principal cause of malnutrition.
- Child nutrition better at times of **scarcity** because of bought foods and supplements.
- Main nutritional **deficits are Iron, Zinc, Ca and folic acid**, which can be remedied with legumes, animal products, fruits and green vegetables.
- There is **not** a relationship between size of farm and nutrition.
- **Agrobiodiversity was not associated with food security** in this population and did not protect against low dietary intakes of essential micronutrients. **Intake of animal protein** was the main determinant of dietary quality and raising small animals seemed to protect against food security.

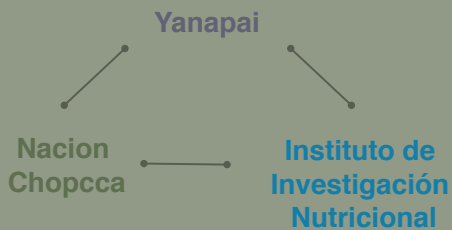
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