



**Summary** In this phase of the project, the learning from the previous phase with the Choppca communities was taken to the Ambato district. The project continues to contribute to the understanding of the principles that govern agriculture-for-nutrition interventions. The goal is to improve agrobiodiversity as a means to improve nutrition.

For more information see:

<https://www.ccrp.org/grants/agrobiodiversity-and-nutrition-ii/>

Los Andes  
Community of Practice



Project Partners

Grupo Yanapai

Instituto de Investigación  
Nutricional (IIN)

Centro Internacional de la Papa  
(CIP)

Grupos de Mujeres Ambato

■ Non-Governmental Organization
 ■ International Ag Research Center  
■ National Ag Research Center
 ■ Farmer Organization

COLLABORATIVE CROP RESEARCH PROGRAM

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# Research to Impacts Map: Agriculture for Nutrition

Agrobiodiversity and Nutrition II Project 2015-2018

## Understanding local contexts and knowledge around feeding practices and food availability

2015: A baseline 24 hour recall nutrition survey was conducted with the universe of mothers with children under 2 (n=141) in the Ambato communities in Peru during the times of scarcity and abundance. Results show:

- There is **exclusive breastfeeding** for the first 6 months, although 8% of mothers started complementary feeding early during times of abundance.
- Children meet 84% of their **energy needs** in times of scarcity and 66% in times of abundance probably because more is purchased and received during the former.
- 12% of children participated in a **state-run nutrition program** and have more than double the energy intake and triple the iron intake than those who don't, although they are still **deficient in iron** (58%) and calcium (48%).
- 80-90% of the non-participating families have **iron and zinc deficiencies**, which is seen as the main nutritional problem, along with calcium deficiencies, which effect more than 70% of children under 2.
- In the communities the project is working in, **chronic malnutrition is between 27-44%** of children under 5 years of age.
- 94% of babies are consuming 130 g/ day of the improved potato variety Yungay, which supplies around 8% of daily micronutrient requirement for children. If they consume **native or biofortified varieties they increase the iron contribution** to 20%. If they increase their potato consumption to 200g/day, they could reach 30%.



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

2016:

**Who:** 200 **women, organized in 7 associations** formed by project, who had children under 3, ranging in age from 15 to 54 years, 60% are **under 30 years old**.

**What:**

- Received **chicks**
- Participated in **capacity building** groups on **nutrition and hen raising**
- Had family visits focusing on complementary eating of infants 6-12 months old (52 families)
- Filmed **participatory videos** for training



## More diversified and nutritious food production throughout the year

- The number of **women raising chicken increased** from 36.9% to 65% in 3 years



## Changing in childhood feeding practices

- 62% followed the advice of **feeding liver** to the child and 41% **eggs**, whereas only 30% fed **vegetables** and **micronutrientes** (sprinkles).
- Egg consumption by infants 6-12 months old increased from 15% to 33% and in 12-24 month old group from 36% to 50%.
- Similar **increase in dairy and meat** products consumed by children showing better **buying** decisions.
- **Sheep and guinea pig raising activities have no impact on children's diet**, showing that **culture and customs** of not giving these foods to children are more of a barrier than simple access or availability.



## Improved nutrition of children and families

- 2018: Endline 24 hour recall of children under 24 months show that although there are still a large proportion of children whose consumption of various **nutrients** is below 80% of the daily requirements, this percentage has reduced over the three years due mostly to the increase in foods of animal origin.
- The amount of **iron that came from meat increased** 3-4% in different age groups, with 6-11 year olds previously eating virtually no meat and around only 3% of 12-23 month olds eating some meat. The proportion of mothers eating some meat has risen from 15% to 41%; eggs from 13% to 27% and dairy from 41% to 65%

