



Child Health and Nutrition Impact Study: An Overview

The Child Health and Nutrition Impact Study (formerly known as chTIS, the Child Health Targets Impact Study) is a five-year research collaboration, launched in 2012, between WorldVision and Johns Hopkins University Bloomberg School of Public Health together with academic partners in four countries. The study is designed to measure the impact and cost-effectiveness of WorldVision's package of

Child Health and Nutrition Impact Study Theory of Change:

One approach seeks to guide behaviour change at the household level; the second equips the community to create the enabling environment for those behaviours; and the third facilitates local-level government accountability to make the changes for effective service delivery.

interventions on the health and nutrition of mothers, newborns and children. Specifically, it is evaluating the effectiveness of three, integrated community systems and primary healthcare strengthening approaches at sites in Cambodia, Guatemala, Kenya and Zambia. The approaches aim to raise awareness of preventive health and nutrition practices, support practice change

and strengthen local health systems. They were chosen for integrated study based on evidence demonstrating the effectiveness of each and a synergy hypothesis that providing support on multiple levels has the potential to deliver greater impact than a basic approach.

The three interventions to be evaluated include:

- **Timed and Targeted Counseling**, which deploys community health workers and community volunteers trained in behavior-change communication to engage families in dialogue, counseling and negotiation for better health

practices. Visits are targeted to times in pregnancy and early childhood when these health messages are most relevant.

- **Community Health Committees** empower community groups to support health practice change. This could include providing a support system for community health workers, and assessing and addressing barriers to health.

- **Citizen Voice and Action** empowers people to monitor health services and build relationships with local governments in order to hold government accountable for the quality of health services offered.

Study Design and Timeline

The Child Health and Nutrition Impact Study is a two-arm, quasi-experimental evaluation, with two intervention sites per country receiving the integrated package of three approaches versus two matched comparison sites in each country receiving Community Health Committees plus any existing community health worker approach. In each country, a local academic team is partnered with Johns Hopkins researchers to carry out the evaluation.

What will the study tell us?

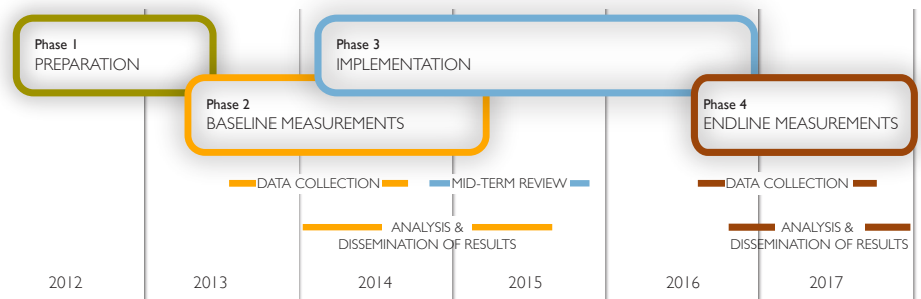
The study will determine the impact of implementing the integrated package of three WorldVision interventions and it will yield valuable implementation learning for scale up of this programme in varied field settings, answering the following research questions:

1. What is the impact of this integrated health programme on the:
 - health and nutritional status of children under 5?
 - quality of health service delivery?
 - client satisfaction with health services?
2. How cost effective is World Vision's health programme?

The study has four phases:

- **Preparation:** This phase included site selection, development of the research plan, pre-assessments to adapt programmes to local settings, and preparation of suitable monitoring tools. In addition, partnering with ministries of health to align target health behaviors was a critical foundational activity to ensure programme sustainability in the local context.
- **Baseline measurements:** Initial assessments on a set of indicators were undertaken in all sites to determine pre-existing levels of maternal, neonatal child health and nutritional status. Dissemination of baseline findings will ensure key learnings are incorporated as the study progresses.
- **Implementation:** Intervention health programmes were implemented and will continue over approximately a 24-month period in intervention sites, prior to endline measurements.
- **Endline results:** The evaluation will conclude with endline measurements, which will be compared with baseline health status to determine if any changes have occurred and whether they are the result of World Vision's health programmes after considering other possible explanations. Dissemination of final results will ensure key learnings are shared and used to improve programme impact.

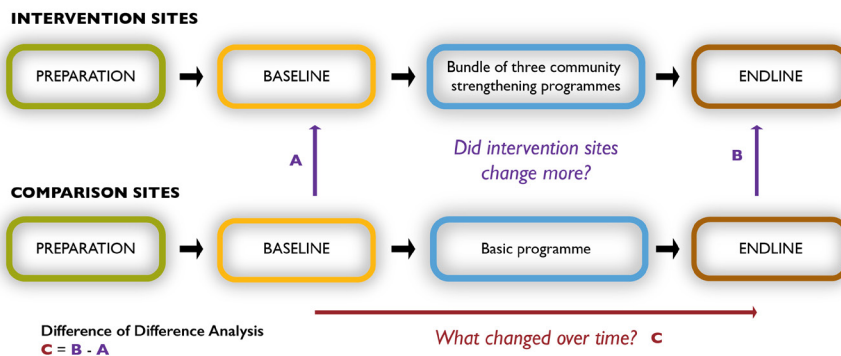
CHILD HEALTH AND NUTRITION IMPACT STUDY **TIMELINE**



How will we use the study's results to improve World Vision's work?

The results will help us increase the efficiency and effectiveness of World Vision's maternal, neonatal and child health programmes, as well as guide strategic decisions about scale-up of these approaches globally. The process will document both success factors and challenges related to field implementation, while assuring programme quality. Study findings also will contribute to the global evidence base of effective community-based approaches for preventing malnutrition and addressing preventable maternal and child deaths. Importantly, the results will be shared in the communities that participated in the research so that they may benefit from the learnings as they continue the effort to better maternal and child health.

CHILD HEALTH AND NUTRITION IMPACT STUDY **DESIGN**



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Child Health and Nutrition Impact Study

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