

Health and Nutrition

PD HEARTH+ MODEL

World Vision



What is PD Hearth+?

PD Hearth+ (PDH+) is a behaviour change model used to rehabilitate underweight and wasted children without medical complications; sustain their rehabilitation; and prevent future malnutrition.

Underweight
Prevalence ≤
30%

Availability of
food

Close proximity
of houses with
one another

Community will
to overcome
malnutrition

Feasibility of PDH

Access to basic
complementary
health services

Systems to
identify & track
malnourished
children

Minimised
presence of
food aid

Strong
organisational
commitment

Steps of PDH+

1

Community
Mobilisation

2

Situation Analysis

- + Focus group discussions on wealth ranking; feeding, care & health seeking practices
- + Community mapping
- + Nutrition assessment
- + Transect walk
- + Market survey
- + Seasonal calendar

6

12-Day
Hearth
sessions

5

Menu design

4

Hearth
messages
development

3

Conduct PDI

Conduct Hearth sessions for 12 days

Essential Elements of PDH+

Active
community
involvement



Growth
monitoring



Conducting of
community-
based PDI



Deworming,
immunisations
and
micronutrients
prior to
sessions



Sessions and
follow-up home
visits by
community
volunteers



Designing of
Hearth menus
on affordable
local food



Hearth menus
are nutrient
dense for rapid
recuperation



Daily food or
material
contributions
from caregivers
to Hearth
sessions



Daily presence
and active
involvement of
caregivers



Hearth
sessions for 12
days within a 2-
week period



2-week post-
session follow-
up home visits
(every 2-3
days)



If no weight
gain after 2
cycles of
sessions, refer
to health
centre



Limit number
of participants
of hearth
sessions to 10
or less



Monitor and
evaluate
progress



Integration with TP's Enhanced Livelihoods and Resilience

- Kitchen gardens/Fish farming
- PDH beneficiaries – Savings groups linkages
- Cooperatives or revolving funds

Community Empowerment and Sponsorship Program RC Enrolment

iWASH

BabyWASH

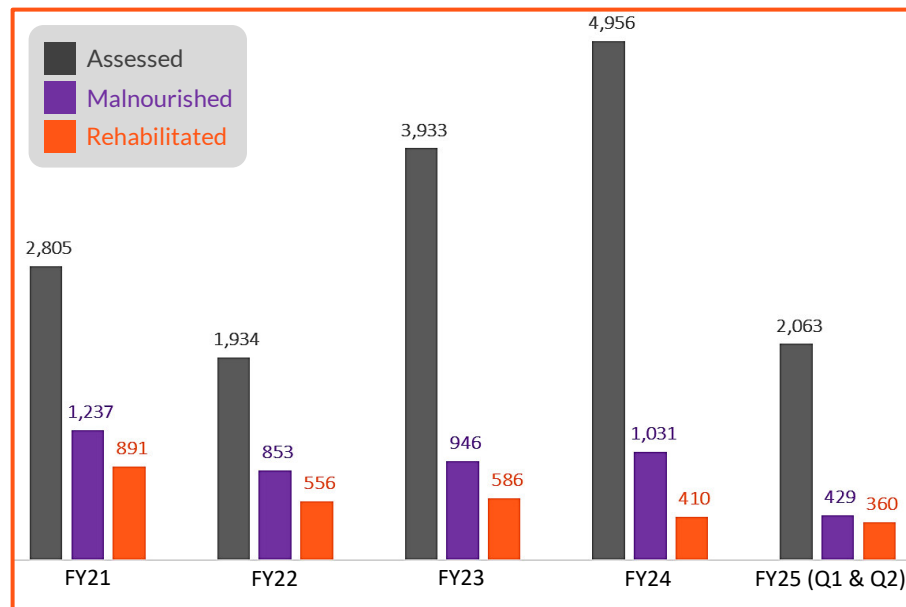
Zambia Reading for Education and Development

Sharing of Hearth messages and PD food list with schools

Health and Nutrition

PD HEARTH+ MODEL

Some Outcomes



Since 2021, WVZ assessed **15,691** children, out of which a total of **4,496** were malnourished. **2,803** of the malnourished children were rehabilitated successfully using PD Hearth+. *Note that the FY25 figures are up to Quarter 2.*

Sample Menus

Food	Amount in grams	Home measure
Sweet potatoes, boiled	70 grams	1 cup
Soya beans or beans, roasted	105 grams	2 fist
Rape and kateti	40 grams	A fist
Cooking oil	3 grams	A teaspoon
Snack: Pineapple	50 gram	Small sizeable piece
Total	268 grams	

Food	Amount in grams	Home measure
Roasted beans and soya beans	100 grams	1 cup
Maize meal	80 grams	2 fist
Rape and kateti	40 grams	A fist
Cooking oil	3 grams	A teaspoon
Snack: Boiled sweet potatoes	60 gram	Small sizeable piece
Total	283 grams	

World Vision



Success Story

A 9-month-old child, assessed at a concerning weight of just 4.6kg, began a rehabilitation program using the PD Hearth+ nutrition model. The positive results were seen almost immediately; after only 12 days of hearth sessions, the child had gained a promising 200g, reaching a weight of 4.8kg. This steady progress continued, with the child weighing 5kg at the 30-day mark, showing another 200g increase. The long-term impact was even more remarkable, as the child's weight soared to 8.2kg by day 90.

