



IMPROVED LIVELIHOODS AND NUTRITION IN NEPAL



DID YOU KNOW?

- Agriculture is the backbone of Nepal's economy, employing about 66% of the population and comprising one-third of the nation's GDP.
- Despite being a major contributor to the nation's economy, agricultural production depends heavily on the annual monsoon rains; between 2011 and 2016 the agricultural sector's growth rate was static at 2.41%.
- Although the hilly region comprises 42% of Nepal's land mass, only 20% is currently under cultivation.
- Approximately 40% of Nepali children have stunted growth as a result of malnutrition. More than 30,000 child deaths are caused due to malnutrition in Nepal every year.

*SOURCE: Government of Nepal, UNICEF

PROJECT BRIEF

Funded by: Jersey Overseas Aid Commission

Timeline: | February 2016 to 31 Jan 2017

Target Beneficiaries: 11,130 people

Households - 2100 families

Female - 2835 Boys - 3027

PROJECT GOAL

Improved livelihoods and nutrition for vulnerable communities and children in disaster-prone areas of west Nepal

Targeted SDGs







KEY RESULTS

- 333 hectares of land improved
- 2,255 farmers across 70 producer groups benefitted
- 20 rainwater trapping structures constructed, benefitting 348 families
- 75% of produced vegetables sold
- 60-70% of unused land around houses now being used as vegetable gardens
- 285 farmers started farming as a business initiative
- 330 families started other business ventures such as poultry farming, bee-keeping and goat farming
- 127 greenhouses constructed and utilised for off-seasonal production
- 5% decrease in the prevalence of underweight children under five years

MORE ABOUT THE PROJECT



Q PROJECT APPROACH

The project focused on introducing the local farmers with a new farming technology, SALT and providing business skills in product development from locally available crops. The project approach had two interlinked objectives to contribute to improved livelihoods od families, as well as the nutritional status of children.

A Cash for Work programme was introduced for most vulnerable families to terrace their land for increased production. Farmers who were engaged in land terracing were paid in cash distributed through E-Sewa (a legally entrusted e-service for cash transfer) with the support of 70 lead farmers, based on their individual contribution to the task. Furthermore, farmers and their families were trained on improved production practices and product development and supported to develop small scale businesses to sell these products.

The project also helped to raise awareness amond project participants regarding the available government services and provisions for farmers and local businesses. Additionally, farmers were oriented on World Vision's household nutrition model which promotes positive behaviour change for families to make informed choices for quality food consumption across key food groups from their own production.

The livelihoods component was complemented by a nutrition intervention called Positive Deviance (PD) Hearth that works with mothers to improve the health of malnourished children. The approach provided young mothers with the skills to prepare nutritious food and improve feeding practices with locally available food options.

World Vision International
Nepal's Strategy

Increase community resilience to disasters and economic shocks

PROJECT LOCATION

15 Village Development Committees (VDC) in Achham





AWARE MOTHERS OF NANDEGADA

These mothers and caretakers from Nadegada VDC were a part of the PD Hearth sessions organised in their community. PD Hearth is conducted over a series of 12 sessions over 12 consecutive days. A typical session involves 10-15 mothers of malnourished children under two learning and practicing how to make nutritious meals using locally produced ingredients, after which the children are fed the product.

147 of the most vulnerable children were selected as primary beneficiaries for the PD Hearth activities, with 22% of those being severely malnourished. On average, these 147 children gained 200 grams by the end of the 12 sessions. The sustainability of this result will be supported through the increase in nutritious crops being produced locally.



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