



Mamanieva

Process Evaluation Of the Grandmother Inclusive Approach promoting Maternal, Infant and Young Child Nutrition in Sierra Leone

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Background & Objectives

Nutrition Context in Sierra Leone

High anemia among women (45%)

Poor Infant and Young Child Feeding (IYCF) practices (e.g., 32% EBF; 7% minimum acceptable diet)

→ High levels of malnutrition (38% stunting; 9% wasting)

Mamanieva Research Project (2013-16) Objectives:

Determine influence of Grandmothers (GMs) and others on Maternal Nutrition (MN) & IYCF

Develop GM-Inclusive strategy for MN & IYCF

Determine feasibility & effects of GM-Inclusive Approach

Design: Quasi-experimental; communities allocated to either intervention (15 communities) or control sites (18 communities) (all grandmothers were engaged in communities)

Bom chiefdom, Bonthe district



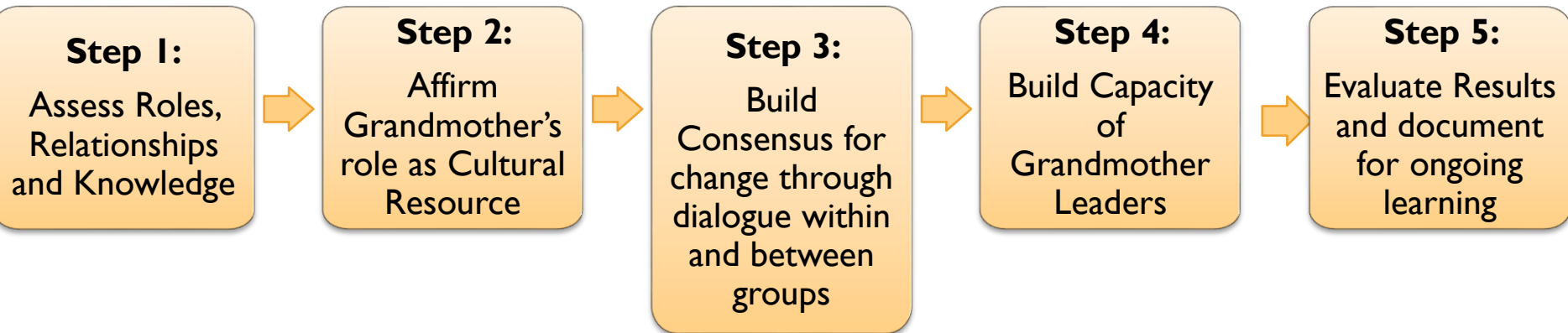
Formative Research (2013)

- Mothers not independent decision-makers on nutrition
- GMs have large influence on mothers regarding pregnancy, birthing and child care
- GMs command respect in their communities as advisors and coordinators of life
- Mothers tend to 'eat down' during pregnancy & continue with a heavy workload
- Uptake of early & exclusive breastfeeding is low
- Widespread confusion on how much, how often and which foods should be fed to a child

➔ The GM-Inclusive Approach



Grandmother Inclusive Approach




8/15 intervention communities

Target Population	Method	# of FGD/IDIs ¹	Topics Discussed
GM / mothers	FGD	16	Session Activities; Session Topic; Perceptions of facilitators, Most significant changes, Challenges faced
Community leaders	FGD	8	Community context; Perceptions of Mamanieva; Most significant changes; Current and future involvement with Mamanieva
Men	FGD	3	Perceptions of Mamanieva project, Most significant changes; Current and future involvement with Mamanieva
Ministry of Health staff	IDI	1	Scope of responsibilities in community, current involvement with Mamanieva project, Challenges to adequate nutrition, Perspectives of Mamanieva sustainability and scale-up
Mamanieva field staff	IDI	2	Description of Mamanieva, Perceptions of Mamanieva, Most successful and least successful session, Most Significant Changes; Support needed and support received
Mamanieva global staff	IDI	3	Responsibilities of team, Challenges encountered during implementation, Facilitators of success, Sustainability and scale-up

¹ Represents the number of discussions / interviews held with each participant type

Key Findings of Process Evaluation

- Fidelity to approach:
 - Meeting types (GM praise sessions; Dialogue with GM's; GM-led intergenerational meetings)
 - Meeting approach (participatory, inter-active story telling, songs)
 - Topics (nutrition based on formative research)
 - Acceptability & Reach
 - Potential for Sustainability and Scale-up
 - Barriers to Successful Implementation and Work Arounds
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Findings: Fidelity to promoting GM's

Daughters' Praise Song for Grandmothers

English:	Mende:
Let us thank our mothers for bringing up our children.	A MU SEIGBUA MAMANI MOA MU LENGA GBEAVA HUN
Let us thank our mothers for holding our children.	A NU SEIGBUA MAMANI MOA MU LENGA HOUVA OH
Let us thank our mothers for cleaning our children.	A NU SEIGBUA MAMANI MOA MU LENGA WAUA OH
Let us thank our mothers for feeding our children.	A NU SEIGBUA MAMANI MAO MU LENGA GOUA OH

Findings – Fidelity to building GM's capacities

Strengthening GM Leader's Capacity

- Selected by community members using community derived criteria
- Serve as a link between Mamanieva WV staff and community
- Trained in mobilization, facilitation and monitoring
- Used adult education tools developed and piloted by Consultants



Findings – Fidelity to promote GMs as leaders

Activities Implemented by Lead Grandmothers

- Mentored smaller groups of GMs and mothers
- Led biweekly dialogue sessions (inter-generational sessions) with young mothers following WV facilitated dialogue sessions
- Worked with MOH, leading nutrition sessions at ANC, PNC, and/or GMP clinics
- Monitored GM-led activities




Findings – Fidelity to participatory approach

Participatory Engagement Contributes to Sustained Participation and Uptake of Practices


- Singing
- Interactive Story-Telling
- Skits
- Board & Card Games
- Complementary Food Preparation & Demonstrations

“the use of creative media [is] what makes Mamanieva impactful; Mamanieva participants have sung the Mamanieva songs during their clinic visits to share information with other community members and engage in dialogues... [This] means the message has gone through and that they can really express themselves...they use their knowledge to teach and engage others”. MoH staff, Bontho District




Findings – Fidelity to nutrition topics

Most recalled session topics:

1. Early EBF for at least 6 months
 2. Complementary feeding
 3. Anemia in pregnancy / consumption of IFA
 4. Reduction of physical exertion and other improved care practices for pregnant women
 5. Diet in pregnancy and linkage to child health
 6. Attendance at regular antenatal care appointments
 7. Hygiene
 8. Delivery in health facility
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Findings – Wide Project Reach

- FGDs with community members indicated that the majority of all GM, pregnant women, and women with children <2 years “**attend every dialogue and intergenerational meeting held in their community**”.
 - majority indicated they **teach women what they missed** during a session upon the women’s return to the community
 - FDGs with community leaders noted that “**men are instrumental** in helping their wives adhere to the advice from the Mamanieva project; how will wives be able to uptake all of these changes without the support of their husband?” and that men were allowed to observe during sessions
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Findings – High acceptance of materials/approaches

- GM and mothers report they attend Mamanieva sessions because:
 - they are “*learning new information*”
 - they have “*noticed [their] children and grandchildren becoming healthier since implementing lessons learned in Mamanieva*”
- Appreciation of the approach:
 - *Mamanieva is the only project of its kind*” FGD, Community Leaders
 - “*[We] feel that [we] are important. [We] are assigned a particular duty, and [we] feel belonging.*” FGD with GM
 - “*The praise sessions improve the relationship built with the grandmothers and mothers... The mothers raise the profiles of the grandmothers, and the grandmothers became very happy... so that they continue to carry on the good work... this motivates the GM.*” field staff

Findings – Barriers & ‘work arounds’


Limited Technical Support in-country: field expertise required in nutrition, adult education, surveys, dialogue for change, participatory approaches → accessed from CSOs (GMP, WV), universities

Monitoring: limited monitoring & tools → developed pictorial monitoring tools for GM-led activities

Facilitation: difficulty with probing during facilitation → additional mentoring of GM leaders by field staff

Ebola: Complete restrictions on public gatherings initiated July-Aug 2014; reduced access to food resources; decreased attendance at clinics for routine care; increase in teenage pregnancies; *positive impacts* on personal hygiene practices

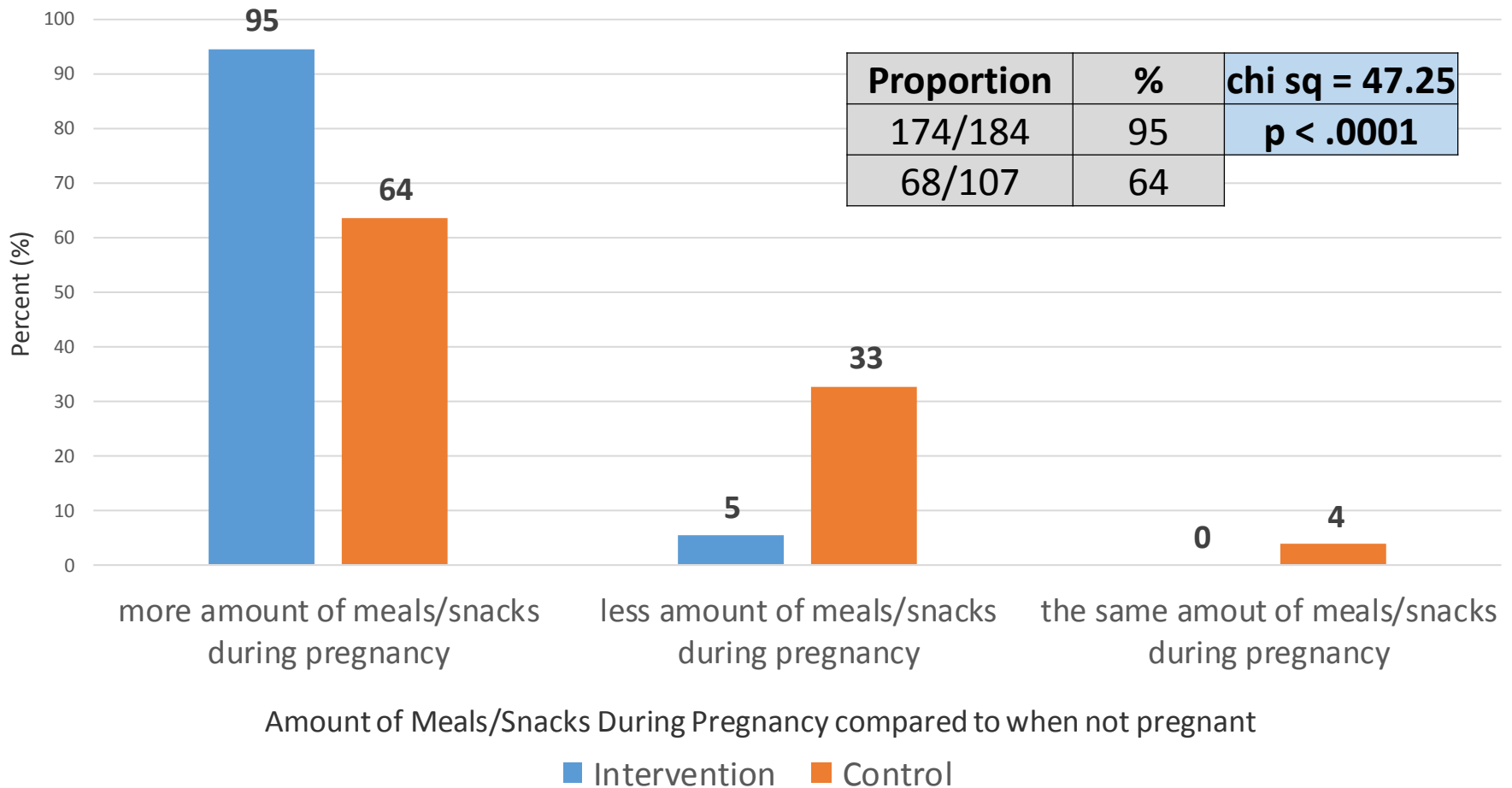
Food insecurity: beliefs around links between food insecurity and EBF and adequate diet diversity for CF reduced practices → required dialogue and concurrent food security activities



PRELIMINARY RESULTS



Women who had a birth in the previous 2 years who report increasing the amount eaten during pregnancy




Birthweight

	# of births	# weighed	# of KNOWN weighted births	MAX	MIN	RANGE
Intervention	184	164	151	4.8	2.2	2.6
Control	107	105	103	4	2.1	1.9

MEAN	CI	STD DEV	T test
3.34	(3.26, 3.41)	0.474	t = 4.32
3.08	(3.00,3.17)	0.431	p < .0001




Conclusions

- 1. Mamaneiva project operated with high fidelity**
 - **Grandmothers empowered & learn new concepts**
 - **Mothers learn** and report adoption of practices and improvements in child health
 - **Participatory engagement** contributes to sustained participation and uptake of practices
 - 2. Mamanieva approach reaches entire communities and is widely accepted**
 - 3. Engagement of men is critical**
 - 4. Scale-up and sustainability:** Pending final evaluation results; Additional human capacity required (e.g., formative research; nutrition technical; adult education; participatory approaches; communications).
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Acknowledgements

Mamanieva Project Implementing Partners & Contributors

- Grandmothers and community members in Bom Chiefdom
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 - The Grandmother Project – Orientation & Formative Research
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Thank you

Involving Grandmothers to Promote Child Nutrition, Health and Development:

A guide for programme planners and managers

<http://www.wvi.org/health/publication/grandmother-guide>

