



How improved understanding of the knowledge, attitudes, and practices surrounding nutrition can serve to empower women and engage men

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INGENAES

“Integrating Gender and Nutrition
within Extension and Advisory
Services”

- ❖ Funded through USAID-FTF
- ❖ Goals of the program
- ❖ Activities/ research



USAID ACCESO-Fintrac Demonstration Farms ©INGENAES, 2015

What is extension: services including trainings, communication materials, and delivery of other forms of farmer education that serve to promote agricultural productivity, increased food security, and economic growth. INGENAES uses extension as a vehicle for nutrition and gender-sensitive information.

Goals of INGENAES

- Strengthen gender and nutrition sensitivity of extension institutions to improve the effectiveness of future programs
- Improve delivery of EAS to women farmers by scaling up mechanisms of delivery
- Apply nutrition-sensitive extension approaches/ tools to engage men AND women

ACTIVITIES:

- Identify barriers facing women farmers, barriers to EAS, evaluation of existing programs and strategies in EAS, curricula development for extension agents, material development...

It's all connected!

Gender, Nutrition, and EAS

❖ Pathways of change?

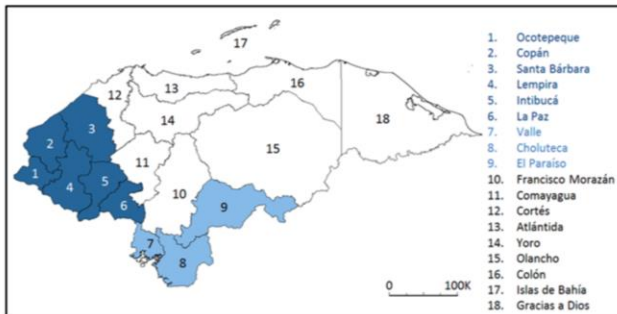


Connections/ pathways between extension, gender, and nutrition:

Example: Why are women in agriculture important? Increased access to EAS → Increased ag participation → Increased control of land → increased (perceived) contribution to income → increased control of income → increased bargaining power → empowerment

ALSO → increased adoption of new technologies → increased productivity → increased income → decreased food insecurity

INGENAES in Honduras

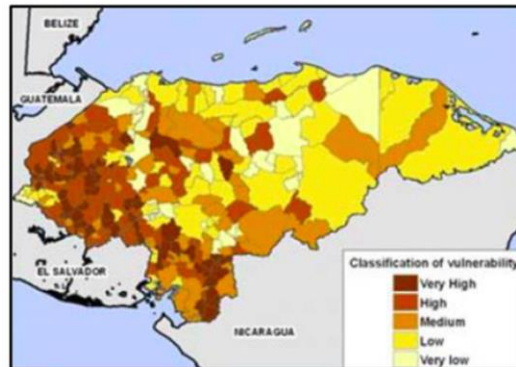


❖ FTF Zones of Influence

❖ Dry Corridor- why is vulnerability focused here?

INGENAES focuses on the Dry Corridor (west and south) due to typically low socioeconomic status, high food insecurity, poor and depleting soil quality, and drought. Most areas of focus are in rural and remote towns with limited access to key resources including clean water and affordable food options. Most families depend significantly on subsistence farming in addition to an income generating property. Poor soil quality and drought, however, lead to lower crop yields and as a result lower incomes for families in the dry corridor.

Food insecurity in the Dry Corridor



Food insecurity is concentrated in the South and West (Dry Corridor) of Honduras. This is shown by the map here, with dark red zones representing very high vulnerability to food insecurity. These regions also overlap with INGENAES's and FTF's target area.

Factors affecting gender and nutrition in Honduras

- ❖ Traditional gender roles
- ❖ High rates of violence
- ❖ Lack of resources
 - No defined public health system
- ❖ Poverty, food insecurity, safe drinking water

Gender roles: Women are typically responsible for child care, harvesting crops from home gardens, preparing food, cleaning, and other domestic tasks. This limits women's participation in income generation and therefore control of income/decision making.

High rates of violence: Honduras has one of the highest femicide rates in Latin America. This can limit women's access to EAS, jobs, as well as contribute to negative stigma surrounding women

Resources: Nutrition is not included specifically under the umbrella of the health sector and there is no nationalized way of disseminating health information

Activity 2.1 Rationale



- ❖ Better understanding of KAP among EAS staff and farming communities toward nutrition → more effective capacity building of those institutions
- ❖ Long-lasting impact in low-income farming communities

By understanding the local context and the knowledge, perceptions, and practices of AES staff and farming communities toward nutrition, INGENAES will be able to better serve AES organizations facilitating the development and adaptation of training and communication materials, which can be easily applied to the prevailing context and that build on the intrinsic motivation of stakeholders towards nutrition; resulting in lasting impact among low-income farming communities.

Methods

- ❖ KAP survey
 - Digital (QUALTRICS) and in-person
 - Field surveys (50 households)
- ❖ Focus Groups (extension agents, and directors)



Digital (for online completion) and non-digital (field version)

- EAS agents complete digital form
- Farming families complete non-

digital survey in the field

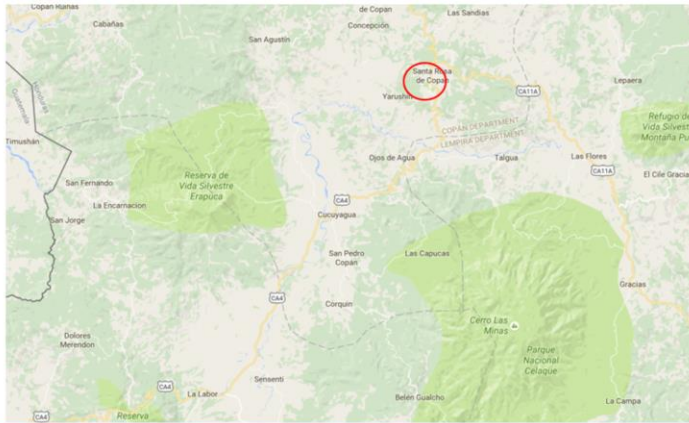
Tegucigalpa

- Focus groups with directors and project managers for Heifer Intl., Save the Children, CARE, World Vision, and CRS

Santa Rosa de Copan

-Focus groups with EAS agents and directors (separately) for PLAN, PILARH, MANSURCOPAN, FINTRAC-MERCADOS
Field surveys with farming families
---Assisted by partner EAS agents from PILARH (days 1-2) and MANSURCOPAN (days 3-4)
---50 households visited (male and female heads of household interviewed solo)

Field Interviews



Field interviews were conducted in several villages towns surrounding Santa Rosa de Copan. The villages fell within Lempira, Ocotepeque, and Copan departments.

Initial Findings and Observations

- ❖ In the works!
 - Digital surveys results still coming in
- ❖ Observations from the field...

Initial observations:

- Women EAS agents are limited by safety risks associated with traveling alone; this may allow norms surrounding women to persist/ reduce visibility of women in agriculture...
- Reciprocity and community bonds may play a role in preventing food security from dipping below a certain level through food and resource sharing between neighbors and family members
- Families with larger farms and higher socioeconomic status appeared to perform lower on KAP surveys surrounding dietary diversity and nutrient deficiencies (vitamin A, iron) while families with lower socioeconomic status, and small or no family-owned farm appeared to perform higher on KAP surveys.



Based on the initial observations from the field interviews/ interactions with EAS organizations, these would be some potential areas of continued study.

1. Reciprocity and community trust-building activities may play a role in adaptability to food shortages caused by drought, economic downturn, etc. This could be a potential action area for future projects if the connection is more thoroughly investigated.
2. Food safety: Jennifer Lotton, Master's student at UIUC, is currently interested in focusing her research with INGENAES on the food safety aspect of nutrition and extension pathways. Lotton seeks to determine the quality and safety of the limited foods available. If food safety is improved, the value of those items to family nutrition increases as well.
3. Advising AES organizations: One of the major outputs of this INGENAES activity is to communicate areas of improvement, gaps in knowledge, to AES organizations. With this information, the AES organizations will be able to adjust their practices and communication methods to better reach their beneficiaries.