



FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative

Integrating Gender and Nutrition into Agricultural Extension Services

INGENAES Honduras Symposium

February 15-16, 2018 Santa Rosa de Copan

February 19-20, 2018 Siguatepeque

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© INGENAES, February 2018. INGENAES Santa Rosa de Copán, Honduras Symposium participants.



USAID
FROM THE AMERICAN PEOPLE



INGENAES
Integrating Gender and Nutrition
within Agricultural Extension Services



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Introduction

INGENAES began work in Honduras in February 2016 with a scoping visit organized by Dr. Kathleen Colverson from the lead institution, the University of Florida. Other consortium partners participating in the visit were Dr. Juan Andrade and Katy Mosiman from the University of Illinois at Urbana-Champaign, Cristina Manfre from Cultural Practice, LLC, Diane DeBernardo with USAID, Washington, D.C., and Laina Schneider from the University of California Davis. Liz Ramos, INGENAES country coordinator for Honduras, provided assistance with logistics and organizing meetings.

The INGENAES team met with a variety of people representing public and private extension services, private agricultural enterprises, academic and research institutions, government offices, and others with the intention of identifying partner organizations to work with during the project's lifetime. From the 22 organizations that were interviewed, a smaller number were selected to participate in workshops, research and capacity development activities throughout the two years. The two symposia described in this report are the culmination of this work, and feature both research results as well as presentations of training materials created for Honduras. Partner organizations also presented their work to integrate gender and nutrition into agricultural extension (See symposium agenda in Appendix).

All of the participants in both symposia received electronic versions (on USB drives) of a variety of INGENAES's knowledge products, many of which have been translated into Spanish. These products range from activity sheets and facilitator's manuals that can be implemented by extension agents and project staff in the field, to resources focused on organizational capacity building to integrate gender and nutrition, to information about gender- and nutrition-sensitive agricultural technology assessments. All of these resources can also be found on the INGENAES website: <http://ingenaes.illinois.edu/>.

Because of the distances in Honduras, and the desire to reach partners in the three Feed the Future departments (i.e., Lempira, Intibuca, and Copan), where the project conducted work, two symposia were held. The first was in Santa Rosa de Copan with 17 participants, and the second was in Siguatepeque with 14 participants. USAID staff and implementing partners were featured heavily, and brought materials they created to both symposia on the integration of gender and nutrition. There were panel discussions each day by partner organizations to discuss challenges, opportunities and best practices of integrating gender and nutrition into their work, and how they could learn more from each other. A great deal of dialogue occurred in both symposia, and participants considered the exchange of information as one of the highlights of their attendance. In the first symposium, Liz Ramos, INGENAES Coordinator for Honduras was interviewed by the local newspaper and television station for Santa Rosa de Copan.

Symposium Presentations

Welcome and Overview of INGENAES in Honduras

Both symposia opened with a welcome and overview of INGENAES work in Honduras by Dr. Kathleen Colverson (all Powerpoint presentations from the symposia are posted on the [INGENAES website under Honduras](#)). She highlighted the research that had been conducted and preliminary results, as well as the training materials and activity sheets that had been created specifically for Honduras. She also discussed INGENAES's involvement overall in Feed the Future countries, and the early challenges of working in Honduras due to congressional notification budgetary restrictions.

Day One

Panel Discussion: “What are the Challenges and Opportunities to Working in the Zone of Influence to Integrate Gender and Nutrition into Agricultural Extension?”

The first panel discussion focused on the topic of “What are the Challenges and Opportunities to Working in the Zone of Influence to Integrate Gender and Nutrition into Agricultural Extension?” In the first symposium, Maritza Guillen from the USAID Dry Corridor Alliance project and Mayra Benitez of the Honduran nongovernmental organization, PILARH, presented their work and a brief overview of the issues they encounter. There was a great deal of discussion around working with indigenous populations (common in the Feed the Future zone of Honduras) and the lack of not only women’s agency to make decisions, but the influence of alcoholism and gender-based violence in the communities. Both USAID and PILARH are working on these issues with support from the Honduran government, although their approaches are different. PILARH organizes self-development women’s groups around micro-finance activities whereas USAID works through larger agricultural efforts to increase production and incomes.

In the second symposium, Balvina Amador of Vecinos Honduras (an NGO) and Orly Ardila (USAID-INVEST project) spoke on the challenges and opportunities to integrate gender and nutrition in their work. The biggest challenges mentioned were changing cultural gender norms, incorporating men more into nutrition workshops and helping women understand they can also make good decisions. Increasing dietary diversity as well as getting families to consume more of the fruits and vegetables they produce were also mentioned. Suggestions for how their organizations were doing this included working more with youth, integrating gender into all agricultural activities, working directly with individual households to demonstrate how to improve their diets and getting the youth to teach others in their communities.

“Nutrition and Gender Linkages: A Review of Research Findings” - Juan Andrade and Liz Sloffer, University of Illinois

Dr. Andrade’s presentation focused on current nutrition issues, the rationale to promote nutrition in the household, and how nutrition drives and potentiates the virtuous cycle of sustainable agriculture in low-income settings. He started his presentation providing an overview of statistics on malnutrition worldwide, the different nutrition sensitive and specific strategies to address undernutrition, and how nutrition is associated with disease and poverty. He discussed our current understanding of the linkages between agriculture, nutrition and health and how gender either diminishes or potentiates these linkages. Briefly, he presented data from the work of Ms. Jennifer Lotton on knowledge, attitudes, and practices (KAP) on nutrition of both agricultural extension agents and their beneficiaries and some findings from Ms. Sloffer’s Women’s Empowerment in Agriculture Index (WEAI).

The results from KAP survey showed that both agricultural extension agents and target populations have limited knowledge on nutrition concepts such as food guides, iron deficiency anemia, vitamin A deficiency, and water and sanitation. Although their attitudes toward nutrition were positive, much more education



is needed to bring nutrition that supports the work of agricultural extension agents in rural Honduras. Moreover, Ms. Sloffer’s results showed that women are less empowered than men. Specifically, women’s control over the use of income and high workload were two of the biggest contributors to disempowerment. This could present a significant challenge to ensuring that nutrition-sensitive agriculture projects reach the most vulnerable groups —women of reproductive age and their young children. Also, time poverty was high among women compared with men. This suggests that programs need to address the time limitations rural women have for them to participate in training activities, but more importantly to apply this new knowledge.

“Creating Space for Her Voice: Factors that Influence Western Honduran Rural Women’s Participation in Leadership Roles” – Jera Niewoehner- Green, Ohio State University

Dr. Niewoehner-Green’s presentation shared key findings from research in two rural communities in Lempira. Focusing on three dimensions of empowerment: economic, psychological, and social, she shared data that indicated barriers to women’s participation in leadership roles as well as opportunities for engagement. Women’s decision-making related to agriculture was highest in relation to raising and selling animals as compared to crops; however other barriers such as distance from markets, domestic and caregiving



tasks, limited engagement with agricultural extension, and emphasis on men’s responsibility in agriculture indicated limitations in how women could engage in agricultural groups and receive economic benefits from agricultural activities. In terms of psychological empowerment related to leadership, few had participated as leaders but did have higher levels of leadership self-efficacy such as solving problems on their own, believing others followed their ideas and enjoying to try new and challenging tasks.

Women participated more in leadership-type roles in the church and parent organizations that were more female dominated. They also self-identified as leaders in social, spiritual, and maternal roles. In the social realm, women felt timid about participating in meetings due to perceived low knowledge and skill levels and belief that men were the ones that should engage as leaders. There were also lower levels of trust in the community and with government officials. However, women had more trust with those people working in agriculture and other non-governmental agencies. Recommendations for those working in similar communities included supporting women’s identity in agriculture by developing them as experts in locally appropriate technologies (e.g. animal husbandry), who then can train and support others. In addition, including leadership development activities in conjunction with projects can aid in opening lines of communication about gender roles and leadership self-efficacy to encourage more participation by women. Finally, utilizing strategies to include women in training or creating women’s groups can aid in increasing participation. This may necessitate door-to-door recruitment and developing training that attends to women’s domestic responsibilities (e.g. providing childcare, facilitating training in communities).

“Integrating Family Dynamics into Agricultural Activities – What’s Different?” – Kathleen Colverson, University of Florida

Dr. Colverson’s presentation focused on how to facilitate training workshops that integrate gender and nutrition using a participatory approach grounded in the adult learning theory of Paulo Freire. By engaging participants in the cycle of “action and reflection,” participants actively use all their senses and personal examples to learn about topics that may be too sensitive or difficult to discuss with the communities they work in. She discussed exercises in the facilitator’s manual “Integrating Family Dynamics into Agricultural Activities,” how to use them in communities (and with their colleagues), and how the exercises have been adapted into Activity Sheets for short-term training opportunities that are practical and relevant to the communities. The activity sheets were produced after interviewing potential partner organizations for topics they needed more information on related to gender and nutrition, as well as fieldwork conducted by Oswaldo Ramirez with Farmer Field Schools. Participants had the opportunity to experience one of the exercises described in her presentation later in the afternoon during the rotating mini-workshops.



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Workshop Options – Concurrent Sessions

In both symposia, participants were able to select from various “mini-workshops” to learn more about not only the research that was conducted with INGENAES, but how to use materials that were created. Each “mini-workshop” lasted 30 minutes, and participants were able to select two different topics to attend during the hour allocated for this session. All activities were highly interactive, and allowed participants to engage directly with the materials and researchers that created them.



“Integrating Gender into an Agricultural Value Chain”

This demonstration was facilitated by Oswaldo Medina Ramirez, of the University of Florida. Oswaldo began his presentation by asking the participants about the activities that they carry out as part of their work as extension agents and how familiar they are with agricultural value chains and the INGENAES activity sheets. He asked the participants to choose a value chain (e.g. coffee, corn, beans) that they wish to use to carry out the demonstration. He proceeded with the exercise in a participatory manner by letting the participants lead the discussion and work in the activity according to their specific needs and the contexts where they work. The demonstration was based on the activity sheet called “Gender and Nutrition in the Context of Agricultural Value Chains.” Once the demonstration was completed, a discussion about the activity was facilitated among the participants. The participants discussed

how useful the exercise was for them and what might be the opportunities and challenges to implement it in their work. They also talked about the possible impacts of this tool for a better understanding and integration of gender and nutrition into agricultural extension systems. Finally, participants discussed the tool's potential to identify key elements and approaches to the designing of extension curricula either in specific training methodologies (e.g. farmer field schools) and for the establishment of formal educational curricula (e.g. high schools in Honduras).

“Participatory Methods of Data Collection” presented by Juan Andrade of the University of Illinois.

Dr. Andrade’s workshop covered the use and application of the knowledge, attitudes, and practices on nutrition survey instrument from FAO. Dr. Andrade explained that the KAP tool aims at assessing what people know and think about nutrition, as well as what their dietary habits are. Also, he explained that this survey could be used for situation analysis or outcome evaluation. Dr. Andrade used interactive, micro-group discussions to explore the current perceptions of nutrition among workshop participants. Moreover, through simple exercises, he explained how what we know about nutrition differs from our attitudes and practices on nutrition and that most times these are influenced by culture. He also discussed the type of questions in KAP and their meaning. He provided a fact sheet of the survey instrument along with more information available at the INGENAES and the FAO websites.



“Women’s Leadership – How to Increase Women’s Involvement in Agricultural Groups” presented by Jera Niewoehner – Green of Ohio State University (formerly University of Florida).

This workshop focused on strategies to create spaces for inclusive leadership that could be facilitated in women’s only or mixed sex groups. The first activity focuses on building trust by engaging participants in dialogue with others about their strengths. The following activity focused on understanding participants’ ideas on the characteristics, skills, and resources needed to be a leader as well as barriers to engaging in leadership. Through this activity, the facilitator can identify gender norms within a group as well as learn about the local understanding of leadership. This information can inform the design of



leadership development training sessions as well as create an opportunity for participants to identify their own strengths. The final activity guides participants to identify issues in their home or community in order to create a vision and plan subsequent action. This activity is most impactful at the beginning of a participatory project in which participants can identify where they can take part in making positive changes.

All activities were adapted to be facilitated with low literacy populations and aim to open community dialogue around gender and leadership.

“Monitoring and Evaluating: Tools for Food and Nutrition Security” presented by Elizabeth Sloffer of the University of Illinois.

Ms. Sloffer’s workshop covered the use and application of two survey instruments, the Coping Strategies Index (CSI) and the Food Consumption Score (FCS). These surveys are used to measure food insecurity indirectly in terms of behaviors used to obtain foods during episodes of food insecurity and the variety and frequency of foods consumed in a household. She discussed scenarios where using these surveys would be appropriate such as to measure differences between groups, seasonal changes, and program evaluations. Participants discussed gendered differences in food consumption and how the survey instruments can be used as one tool to assess whether the nutritional needs of women and children in their communities are being met.



She provided a fact sheet for each survey instrument along with sample calculations and results. These can be found on the INGENAES website.

Partner Organization Share Fair and Presentations

In both symposia, partner organizations had the opportunity to share their work on integrating gender and nutrition either through a Powerpoint presentation, or a display. In the first symposium, the NGO’s PILARH, ODECO, and CAMO presented as well as the USAID project on the Dry Corridor Alliance. USAID also shared materials they developed to integrate gender and nutrition into agricultural production.





In the second symposium, World Vision, Vecinos Honduras, and USAID brought materials and displays to share their work. Orly Ardila and Luz Maria Aguilar of the USAID – INVEST project presented in the afternoon on the work they do to integrate gender and nutrition. Julio Lopez from the Pan American Agricultural University (Zamorano) also presented on his work to integrate gender and nutrition into agricultural production.



Materials from World Vision



Presentation by Mayra Benitez of PILARH



Presentation by Julio Lopez of Zamorano

Day Two:

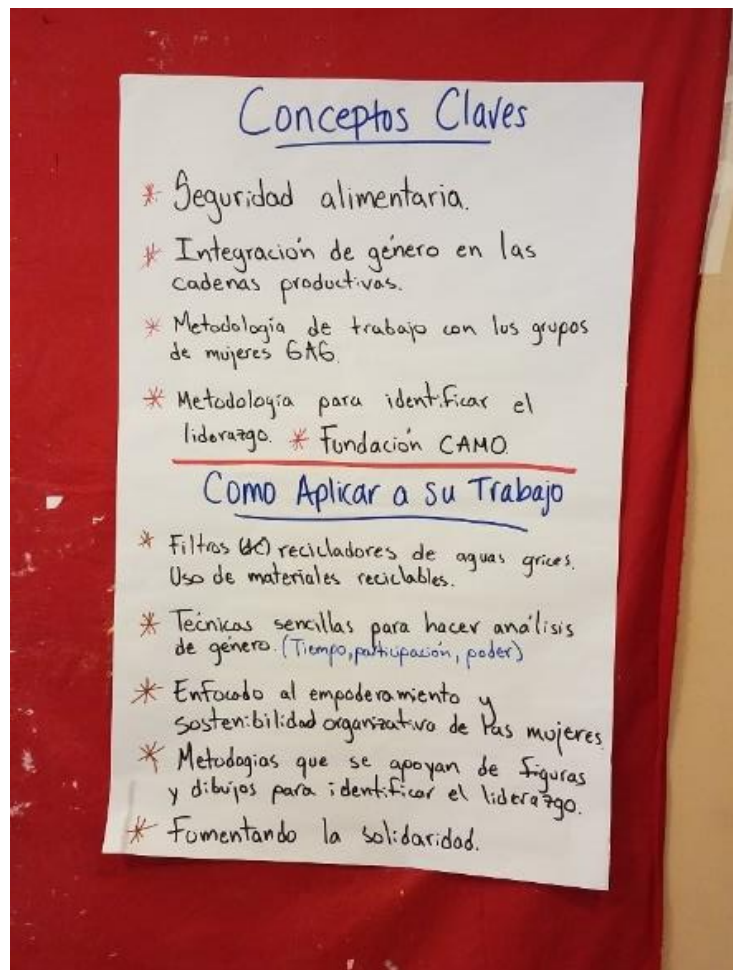
Each symposium began the second day with a review of the key concepts and applications of INGENAES research and training materials in the work of partner organizations.

In the first symposium, participants listed the following as key concepts and applications:

Concepts: Food Security and Gender, Integrating Gender into Agricultural Value Chains, How to Develop Women's Leadership Skills, Methods for Working with Groups – Including more Women

Applications: Simple techniques and activities for discussing gender, Using drawings to help women understand what is a leader, Developing solidarity among groups, Strengthening the sustainability of women's groups.

In the second symposium, participants listed the following concepts and applications of INGENAES work in Honduras:



Concepts

Nutrition knowledge is connected closely to the knowledge, attitudes and practices of the communities and extensionists

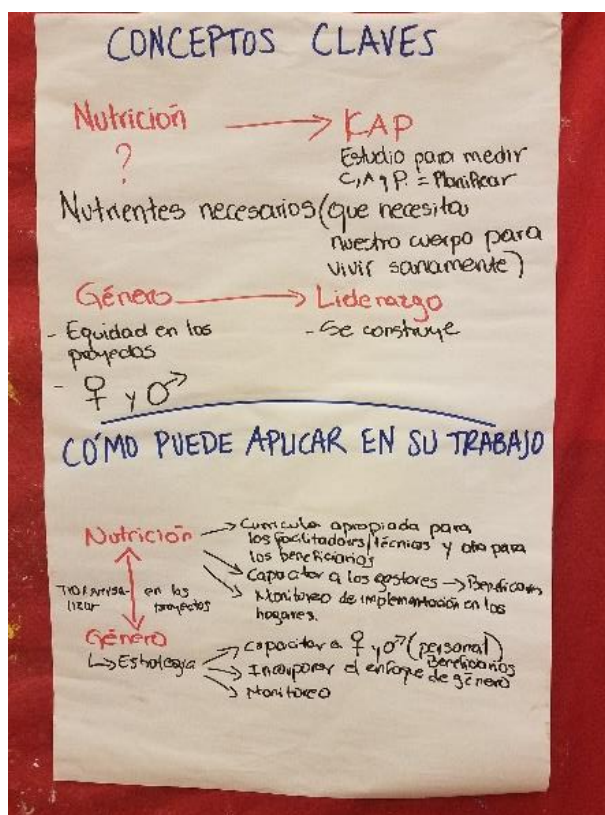
Issues that affect gender include culture, leadership, family dynamics, empowerment of women and intersectionality

Gender and Leadership are closely connected and need to be constructed in projects to create equity

Applications

Learning from INGENAES – practical tools and methods, strategic alliances, participatory analyses of gender and nutrition, exchange of experiences

Nutrition and gender need an appropriate curricula for technical extensionists, facilitators and beneficiaries with monitoring of project implementation in the homes. INGENAES has these tools.



Symposium Presentations

“Integrating Gender and Nutrition in the Farmer Field Schools” – presented by Oswaldo Ramirez, University of Florida

Oswaldo presented his research: "Farmer Field Schools (Escuelas de Campo): a Learning Methodology to Integrate Gender and Nutrition in the Training of Agricultural Extension Agents in Honduras". He explained that the purpose of this activity was to analyze the ability of Farmer Field Schools (Escuelas de Campo) to integrate gender and nutrition into agricultural extension programs and assess the current status of the Agricultural Extension System (AES) in Honduras. He continued his presentation with an overview of the importance of gender and nutrition as key component of agricultural development strategies. During the presentation, he described the research process and methodologies that he used as part of this research project and the different stakeholders that had participated in this process.



Oswaldo mentioned the importance of FFS as a mechanism to deliver extension services, and their potential to integrate gender and nutrition into agricultural extension in Honduras. He highlighted some of his research findings and the principal advantages of FFS that were mentioned by the stakeholders which include: learning by doing methodology ("hands-on" practices); the

ability to address and monitor field problems in “real time”, enhancing social group cohesion for further action and community development, and flexibility to introduce other topics into the curriculum such as gender and nutrition. He summarized his research with some recommendations based on the research findings and final reflections about the topic. These included the development and use of INGENAES activity sheets as simple, practical additions to the FFS curricula, and additional suggestions to include more monitoring and evaluations of FFS programs.

Panel Discussion – Best Practices from the Field to Integrate Gender and Nutrition

In the first Symposium, Drs. Celeste Aguilar and Pedro Quiel of the University of Honduras (CUROC branch), spoke about the curricula at CUROC and how they were trying to adjust it to include more courses in nutrition and gender. They spoke about working with other organizations to create a new program in Food Security that will engage students in field work from the first year that includes these topics. Francisco Urquia and Sandra Moran from CARE International spoke about the multi-disciplinary project they are involved with in southern Honduras. The climate there is very dry with limited irrigation, and the need for access to higher quantities of food is essential. They spoke about introducing new varieties of beans that will grow better in this climate, and how it is increasing the availability of this staple for the communities.

In the second Symposium, Julio Lopez from Zamorano and Lorena Mayen from World Vision presented on the activities that their organizations use that work to integrate gender and nutrition. Ms. Mayen started her participation indicating the different practices World Vision implements to train its new and current employees on gender themes and gender issues. First, World Vision provides initial training to new employees. It has a school for extension agents, which meets often and continues throughout the life of the employee in the institution. The school applies a learning by doing approach to strengthen the ability of the agents to apply learned concepts on the field, within the expected context. World Vision has religious tenets in its mission, therefore it works with churches as ideal settings in which agents can disseminate information that can elicit faster and long-lasting change. Early training on gender and collaboration with churches were two practices that have been successful for them.

Mr. Lopez discussed that Zamorano University since 2000 has applied the Escuelas de Campo (ECA) methodology as defined by FAO. Zamorano identified this as one of the most successful models. ECAS work because the curriculum is tailored to both the population and the context. Also, innovation and creativity are elements needed to adapt the ECA curriculum to its final context. The audience asked questions about the success stories from the field. Lopez mentioned that these schools have been used in the last decade and improved incomes and livelihoods of smallholding farmers, moving them out of poverty. The audience also argued that just focusing on productivity was not enough. A more deliberate approach to include gender and nutrition were needed.

Workshop Options – Concurrent Sessions

The same format was followed on day two as day one to give participants more opportunities to learn about INGENAES materials.

Summary

Both Symposia finished with many thanks and interest by partner organizations in more opportunities to work together in the future on topics that continue to deepen the integration of gender and nutrition in university curricula, as well as continued training with “technicos” (field extension staff). There was a great deal of interest in moving more into “gender transformative” approaches that can assist with addressing the issues of not only women’s empowerment but gender based violence and youth as these are key issues in Honduras. There were continued discussions with Zamorano and the Ministry of Education on the potential to integrate the training materials that INGENAES has created into the many ag and tech high schools scattered throughout Honduras. This effort has been stymied by recent political instability and staff changes in the Ministry, but there are intentions to continue these conversations with both the University of Florida and Illinois. The INGENAES team for Honduras would like to thank both USAID and the University of Illinois for the opportunity to build capacity and relationships with the many dedicated organizations that work in Honduras.

Appendix I: Agenda

Integrating Gender and Nutrition within Agricultural Extension Services (INGENAES)

Agenda for the Regional Symposium – Honduras

Day One:

- I. Welcome/Introductions/ Logistics (30 minutes)
- II. Review of Agenda/Options Available (15 minutes)
- III. “Overview of INGENAES in Honduras” (15 minutes) – Kathleen Colverson, Associate Director, IFAS Global, University of Florida and Associate Director, INGENAES
- IV. Panel Discussion and Q&A: “What are the Challenges and Opportunities to Working in the Zone of Influence to Integrate Gender and Nutrition into Agricultural Extension”? - Partner Organizations/USAID (30 – 45 minutes)
- V. “Nutrition and Gender Linkages: A Review of Research Findings” - Juan Andrade and Elizabeth Sloffer, University of Illinois (30 minutes)
- VI. BREAK and Group Photo (30 minutes)
- VII. “Creating Space for Her Voice: Factors that Influence Western Honduran Rural Women’s Participation in Leadership Roles” – Jera Niewoehner- Green, Ohio State University (30 minutes)
- VIII. “Integrating Family Dynamics into Agricultural Activities – What’s Different?” – Kathleen Colverson and Liz Ramos, University of Florida (30 minutes)
- IX. LUNCH (60 minutes)
- X. Workshop Options – concurrent sessions - each participant can choose 2 to attend - (60 minutes total – 30 minutes each in different locations)
 - a) INGENAES Activity Sheets – an interactive demonstration and how to use them – Oswaldo Medina Ramirez, University of Florida
 - b) “Integrating Family Dynamics into Agricultural Extension Activities”- Workshop materials and how to use them – Kathleen Colverson, University of Florida
 - c) “Participatory Methods of Data Collection” - Juan Andrade and Elizabeth Sloffer, University of Illinois
 - d) “Women’s Leadership – How to Increase Women’s Involvement in Agricultural Groups”- Jera Niewoehner - Green, Ohio State University
 - e) “Monitoring and Evaluating: Tools for Food and Nutrition Security” – Juan Andrade and Elizabeth Sloffer, University of Illinois
- XI. BREAK (15 minutes)
- XII. Partner presentations/ displays – Share Fair (90 minutes)
- XIII. DINNER (1 1/2 hours)

Day Two:

- I. Welcome Back! Re-engage participants and summarize Day One learning (60 minutes)
- II. “Integrating Gender and Nutrition into Farmer Field Schools” – Oswaldo Medina Ramirez, University of Florida (30 minutes)
- III. “Techniques and Approaches that Work: Best Practices from the Field to Integrate Gender and Nutrition” – Panel Discussion and Q &A - Partner Organizations/USAID (30-45 minutes)
- IV. BREAK (15 minutes)
- V. Workshop Options – concurrent sessions each person can choose two- (60 minutes total – 30 minutes each in different locations)
 - a) INGENAES Activity Sheets – an interactive demonstration and how to use them – Oswaldo Medina Ramirez, University of Florida
 - b) “Integrating Family Dynamics into Agricultural Extension Activities”- Workshop materials and how to use them – Kathleen Colverson, University of Florida
 - c) “Participatory Methods of Data Collection” - Juan Andrade and Elizabeth Sloffer, University of Illinois
 - d) “Women’s Leadership – How to Increase Women’s Involvement in Agricultural Groups”- Jera Niewoehner - Green, Ohio State University
 - e) “Monitoring and Evaluating: Tools for Food and Nutrition Security” – Juan Andrade and Elizabeth Sloffer, University of Illinois
- VI. LUNCH (60 minutes)
- VII. “Best Practices from the Field to Integrate Gender and Nutrition: Demonstrations of Successful Techniques and Approaches by Partner Organizations” (30 minute demonstrations by partner organizations on using their materials for gender and nutrition).
- VIII. BREAK and Wrap Up – 30 minutes

The Integrating Gender and Nutrition within Agricultural Extension Services (INGENAES) project is a Feed the Future initiative funded by USAID. The project supports improvements in extension and advisory services to reduce gender gaps in agricultural extension services, empower women farmers, and improve gender and nutrition integration. INGENAES works with policy makers, development organizations, civil society, universities, and farmer organization in Feed the Future countries. The project is led by the University of Illinois at Urbana Champaign, in partnership with the University of California Davis, the University of Florida, and Cultural Practice, LLC.

Appendix 2: Participant Lists

Symposium One – Santa Rosa de Copan – February 15-16

| FIRST NAME | LAST NAME | SEX | ORGANIZATION | TYPE OF ORGANIZATION (Public/ Private/Producer Group/ Civil Society) | EMAIL | PHONE |
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| | | | | | | |
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| María del Carmen | Puñales | F | Worked for Caritas | NGO | punalesmatachana@yahoo.com | 9584 7915 |
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| José Luis | Flores | M | MAPANCE | Public | joseluis.floresreyes@gmail.com | 9453 6727 |
| Pedro | Quiel | M | CUROC | Public | pedro.quiel@unah.edu.hn | 3184 1845 |

Symposium Two – Siguatepeque – February 19-20

| FIRST NAME | LAST NAME | SEX | ORGANIZATION | TYPE OF ORGANIZATION (Public/ Private/Producer Group/ Civil Society) | EMAIL | PHONE |
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| Julio | Lopez | M | Zamorano | Private | jlopez@zamorano.edu | 99240007 |
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| Balvina | Amador | F | Vecinos Honduras | NGO | balvinaamador@yahoo.com | 98600993 |
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| Maritza | Lovo | F | World Vision | NGO | Maritza_Lovo@wvi.org | 98830168 |
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