Evaluation of the Naigobya Nutrition Project: An Education-Based Malnutrition Intervention Initiative

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Malnutrition is a large problem in developing countries, specifically in Sub-Saharan Africa. Malnutrition is often looked at as a point of possible intervention by various public health organizations and advocacy groups because malnutrition itself leads to a host of other problems including increased susceptibility to disease, infection, and stunted growth. Therefore if the problem of malnutrition can be solved, it is likely a variety of other problems will also begin to dissipate.

For this reason, Uganda Development and Health Associates (UDHA), a non-governmental organization located in Iganga, Uganda, has decided to begin fighting this issue through education. Through the use of a team of fifteen community health workers, UDHA implemented an intervention in the summer of 2010 aimed at reducing malnutrition in children under the age of five. These community health workers are tasked with performing quarterly growth monitoring checkups on the children of the community, holding monthly community sensitization meetings, supervising the establishment of backyard gardens and holding quarterly food demonstrations.

This single case study evaluation of this initiative attempted to analyze both the successes and deficiencies. Along with the staff of UDHA and another student, we performed numerous semi-structured individual interviews with mothers, fathers and community health workers, separate focus group discussions with mothers, fathers and community health workers, analyzed the community health worker’s registries and general observation. The information from each of these mediums was transcribed and analyzed.

The results from this study promise to be of high value to UDHA as they continue to improve this intervention and hopefully expand it to nearby communities. It is my hope that what I determined to be successes would be emphasized in future improvements to the intervention and that what I determine to be deficiencies will be improved upon.