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Drips of Change through Keyhole Gardens:
Supporting improved dietary diversity through self-sustaining keyhole gardens coupled with behavior change, food preparation, preservation of vegetables and follow up home visits.

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Organization Overview

- CRS is an international humanitarian organization of more than 5,000 people, working in 91 countries, serving more than 100 million annually.
- CRS programs serve based on need, reaching poor and vulnerable women, men, girls and boys overseas with out regard to race, sex, nationality or religion.
- CRS maintains strict standards of efficiency, accountability and transparency, 93% of our expenditures go directly to programs.
Agency Strategy

By 2018, Catholic Relief Services aspires to serve 150 million poor and vulnerable people worldwide while inspiring 10 million Catholics in the United States to put their faith into action. To do this, we will:

Achieve leadership in signature program areas:
- Emergency Response & Recovery
- Agricultural Livelihoods
- Health

Deepen expertise in core competencies:
- Partner Collaboration & Support
- Peacebuilding, Governance and Gender Integration
- Monitoring & Evaluation, Accountability and Learning
- Information and Communications Technology for Development
- Global Brand Management
Background

- Development Food Assistance Program - USAID funded, implemented under Ethiopia Productive Safety Net Programme (PSNP).
- Objectives include improving nutritional status of mothers & children in 5 chronically food insure districts.
- At baseline children with Minimum Dietary Diversity & Minimum Acceptable Diet were 9.4% & 0.6% respectively.
- Key hole garden an innovative intervention supporting improved dietary diversity and consumption.
Map of DFAP Operational Areas

Legend
- DFAP_TOWN
- Towns
- WOREDAS
- Dodota
- Goro Gutu
- Melka Belo
- Meta
- Kersa
- Sire
- Dire Dawa Administrative Council
- Zone_Boundary

Faith. Action. Results.
Current Nutrition Situation in Ethiopia

Trends in nutritional status of children < 5 years

Note: For comparison purposes, the 2000 and 2005 anthropometric indicators are computed on the basis of the new WHO Standards. The values in the graph indicate percentage below -2 SD.

EDHS 2011
Dietary Diversity, Consumption of Vitamin A & Iron & Prevalence of Stunting

DHS 2011

- **Dietary Diversity**
- **Children 6-23 months consumed vitamin A rich foods:** 26%
- **Children 6-13 months consumed iron rich foods:** 13%
- **Children 6-23 months Prevalence of stunting:** 5%
- **Children 6-13 months Prevalence of stunting:** 44.40%

Faith. Action. Results.

**Catholic Relief Services**
Key Hole Garden Innovation
Key Hole Garden Innovation

• Community level key-hole gardens that recycle waste water, produce nutrient dense vegetables.
• Linked with interventions to ensure year-round availability and intake of micronutrient-rich foods in poor households.
• Households noted increase in the availability of food, and the wider diversity of their diet.
• Gardens are easily maintained, replicated with limited maintenance and accessible for most people including disabled.
Key Hole Garden Innovation

- PLW & children under two are primary beneficiaries.
- Nutrition behavior change education emphasizes dietary diversification; food preparation and preservation of vegetables.
- Ensures year round utilization of grown vegetables.
- Survey highlighted improved feeding and caring practices among mothers of children < 5.
- Positive Deviance Inquiry (PDI) reported changes in attitudes resulting in improved nutrient diversity and quality of complementary feeding.
- Replication of gardens indicating success, potential for scale-up and sustainability.
Key Hole Garden Innovation - Methods

• Stakeholders trained on key hole gardens, food preparation and learning session conducted using BCC tools (training cascaded to community).
• Vegetables seeds selected and distributed based on nutritional profile.
• Farm tools provided to model farmers & WHDA.
• Monitoring of KAP using LQAS and PDI.
• Approach promoted to partners and government sectors.
• HEWs and WHDA trained on nutrition counselling & negotiation.
Key Hole Garden Innovation
Key Hole Garden Innovation – BCC Tools
Key Hole Garden Innovation – BCC Tools
Key Hole Garden Innovation – Food Preparation, Preservation and Learning
Implications - Policy Research Practice

• Initial construction is labor-intensive.
• Lack of communication and coordination with other projects in intervention areas can lead to tension.
• Accessibility of materials for building garden.
• Insects attraction - some type of vegetables.
• Sustainability of vegetable seeds.
• Supports dietary diversity.
• Easy to manage & maintain with little land area.
• Recycles waste water.
• Can be grown on a rock in semi arid areas.
• Integration with nutrition sensitive programs.
Nutrition Today Matters Tomorrow !!!