A Healthy Food Supplementation Programme: A Pilot Study in Nepal
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Introduction
In Nepal, the nutritional status of mothers and children under five is extremely poor (DHS report of Nepal, 2017). Preschool-aged children of disadvantaged households in Nepal have a higher prevalence rate of undernutrition. A major contributing reason is inadequate maternal knowledge, existing taboos and unscientific food recommendation practices (Acharya et al., 2017; 2018). Besides these, the multiple opinions also found a major barrier for a food recommendation (Acharya, 2018). Long-term malnutrition has profound, chronic effects on children's health and life prospects (Acharya, 2018). This pilot study focuses on the impact of the regular rice pudding programme, the cost, and sustainability of the programme (Acharya et al., 2018).

Aim of the pilot study
• To evaluate the impact of the rice pudding feeding programme on child health.
• To calculate the costs of the preparation.
• To increase level of awareness and local involvement.

Study method and population
• A cross-sectional pilot study in one locality in Nepal.
• Population: 42 children aged 2-5 yrs.
• Using before and after measurements of weight, height, MUAC (middle-upper arm circumference).

Data collection instruments & form

Data collection form

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Name of the child</th>
<th>Sex (M/F)</th>
<th>Age (in months)</th>
<th>Initial data record</th>
<th>Final data record</th>
<th>Weight (Kg)</th>
<th>Height (Cm)</th>
<th>MUAC (Cm)</th>
<th>Weight (Kg)</th>
<th>Height (Cm)</th>
<th>MUAC (Cm)</th>
</tr>
</thead>
</table>

Major source of funding
Researcher had picked up coins and notes (Geoghegan, 2008) from the road while going to his university and back to the home. He had conducted the pilot study in Nepal in collaboration with Child Nepal. In 2.5 years, he found nearly ₹450.00.

Trends in children’s nutritional status

Findings
Comparative results of the rice pudding programme

Distribution of material and the unit costs

Programme costs
Cost of rice pudding/child/day USD 0.34/child/day
Daily cost for 42 children USD 14.36/child/day
Total cost for 42 children for 56 days feeding USD775.56/NRs 81000
(1USD=104.44 on 20 Dec, 2015)

Source of funding

Contact: Dr. Jib Acharya Email: jib.acharya@mail.co.uk or cn@childnepal.org

Cost of the school snacks: worldwide

<table>
<thead>
<tr>
<th>Source</th>
<th>Unit Cost (USD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scotland</td>
<td>USD 2.94/child/day</td>
</tr>
<tr>
<td>France</td>
<td>USD 6.43/child/day</td>
</tr>
<tr>
<td>Spain</td>
<td>USD 5.98/child/day</td>
</tr>
<tr>
<td>Sweden</td>
<td>USD 2.66/child/day</td>
</tr>
<tr>
<td>USA</td>
<td>USD 2.00/child/day</td>
</tr>
<tr>
<td>Australia</td>
<td>USD 2.32/child/day</td>
</tr>
</tbody>
</table>

Jugal CDC study (Nepal) USD 0.34/child/day

Conclusions & recommendations
Conclusions
• Significantly increased child’s weight and MUAC after rice pudding.
• Changed food behaviours of the children of the child development centre.
• Increased the level of awareness amongst the rural community.
• Increased child enrolment in the child development centre.
• Increased the knowledge of mothers about healthy diet.
• Effects on the cost of the programme by local support which lead to sustain the programme.

Recommendations
• Similar programme should be conducted with a larger population for at least for six months.

References

Abstracts from the conference:

Source: Centre for Nutrients and Health (CNH), Bournemouth University, UK

Photos of the activities and study site

Acknowledgements
1. Sight and Life, Switzerland.
4. Jugal Child Development Center (JDC), Sindhupalchok, Nepal.