

Presentation 9.1

Monitoring & Evaluation for ENA: Experiences from the Field



Theme 9 Learning Objectives:

By the end of the activity, we shall be able to:

- Define key IYCF indicators and the way in which they are collected (24 hour recall);
- Describe indicators that can be used to assess other Essential Nutrition Actions related to the feeding of the sick child, women's nutrition, and the control of vitamin A deficiency, anemia and iodine deficiency disorders;
- Describe two major types of indicators: impact and process; and
- Describe four components of a M/E system

Presentation 9.1:

- **Impact Indicators**
- **Process Indicators**
- **Multi-pronged M/E Strategy**
- **Lessons learned**



IYCF Impact Indicators

- Globally recognized IYCF indicators with standard calculations
- Indicators now under review by global experts (especially complementary feeding)

Impact Indicators

Example of IYCF Impact indicators:

- ✓ Timely Initiation of Breastfeeding rate (within 1 hour birth)
- ✓ Exclusive Breastfeeding (infants 0-6 months)
- ✓ Timely Introduction of Complementary Feeding (infants 6-<10 months)
- ✓ Number of complementary feedings of infants 6-<10 months)
- ✓ Feeding of children during & after illness (more, same, less)



Impact Indicators...

Example of other ENA Impact indicators (cont'd):

- ✓ Women's Nutrition:
 - food intake by women during last pregnancy & lactation (more, same, less)

- ✓ Control of Vitamin A deficiency:
 - provision of Vitamin A capsules to children twice a year
 - provision of vitamin A capsules to post-partum women

- ✓ Control of IDD:
 - households using iodized salt

- ✓ Control of anemia:
 - provision of malaria prophylaxis to pregnant women at antenatal contact
 - use of impregnated mosquito nets by pregnant women and children
 - provision of iron or IFA tablets to pregnant women at antenatal contact
 - provision of de-worming tablets to pregnant women at antenatal contact



Key IYCF Impact Indicators ...

Timely Initiation of Breastfeeding Rate:

of infants 0 to <12 months put to breast within one hour of birth

Total # of infants 0 to <12 months

X 100



Key IYCF Impact Indicators ...

Exclusive
Breastfeeding Rate:
(24 hour recall)

of infants 0 to <6 months
exclusively breastfed

Total # of infants 0 to <6 months

X 100



Key IYCF Impact Indicators ...

Timely Complementary
Feeding Rate:
(24 hour recall)

of infants 6 to <10 months
breastfeeding
& receiving semi-solid/solid foods

X 100

Total # of infants 6 to <10 months



Complementary Feeding Indicator ...

FADUA

Frequency

Amount

Density

Utilization

Active



Challenge to develop a good complementary feeding indicator ...

FADUA

Frequency

Amount

Density

Utilization

Active



Operationalizing the Impact Indicators:

- Asking 'standard questions' in the surveys
 - Ensures comparability with WHO and DHS
- Entering, cleaning and coding the data
- Analyzing the data & calculating the indicators
 - Age categories
 - Standardize analysis
- The Goal: comparability of indicators within and across countries for global reporting



Process Indicators

Process indicators reflect how well the program's activities are being implemented:

- # Health workers trained
- # Members of Women Groups trained
- # IEC materials distributed
- # Target groups exposed to key messages
- # Target groups able to repeat key messages
- # Radio spots broadcasted
- # nutrition coordination meetings/workshops carried out
- etc...



Multi-pronged Data Collection Strategy

- 1.) Baseline & Endline Surveys: assessing impact
- 2.) Annual Rapid Assessment Surveys (RAPs)
- 3.) On-going monitoring of process indicators
- 4.) Special Studies of program interventions

1.) Baseline & Endline surveys...

- Full questionnaires with large sample sizes
- Focus on key ENA Impact indicators
- Sample: households with women having children under 2 years
- Ensure consistency of questionnaires with key surveys carried out by other groups

2.) Annual RAPs ...[1]

- Annual program 'snap-shot' of progress being made on Intermediate Results:
 - Process indicators
 - Impact Indicators
- Low cost and quick to execute
 - Smaller sample size than baseline/endline
 - 3 week implementation period
 - smaller geographic area with purposeful sample selection

2.) Annual RAPs ... [2]

Sample

- Smaller sample size but maintains statistical power
- Cluster sampling strategy
- Program communities and control communities chosen

Quantitative & qualitative components

- Focus depends on changing programmatic themes each year

3.) On-going program monitoring...

- Monthly field reports from district field staff
- Routine process indicators:
 - Numbers of IEC materials ordered and distributed
 - Numbers of workshops held
 - Numbers of individuals trained by type of training

4.) Special Studies on Program Interventions: To re-orient and improve program as needed

1. Performance evaluation of target groups trained (Health Workers, community volunteers, members of Women Groups, ...)
 - knowledge assessment in what they were trained;
 - observation of negotiation skills and use of IEC materials
2. Study on Women Groups:
 - how they operate...
 - constraints they face...

M/E Lessons Learned

- 1.) M/E system should be part and parcel of the design of the overall program;
- 2.) Feedback loop is important
- 3.) Involvement of stakeholders and partners

M/E Lessons Learned

- 4.) Monitoring IYCF indicators requires precise information on age (correct to the month)
- 5.) Use of 24 hour recall overestimates percentage of infants exclusively breastfed
- 6.) A single complementary feeding indicator give an incomplete picture of this complex behavior

M/E Lessons Learned

- 7.) Infant feeding questions typically require more interviewer time and training than “yes” and “no”

- 8.) Consistency in indicators and measurement allows for comparability within country and across countries

Terima kasih

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