



Suaahara | Increasing the use of quality health and nutrition services

Suaahara is a USAID-funded five year (2011-2016) program that addresses the causes of undernutrition in 41 districts of Nepal by uniquely integrating nutrition with agriculture, water, sanitation and hygiene (WASH), and health care interventions.

Low access to and utilization of health and nutrition services can undermine positive health and nutrition outcomes for women and children. Integrating maternal, neonatal, child health and nutrition with family planning and Healthy Timing and Spacing for pregnancies (HTSP) is a key strategy to increase use of quality nutrition and health services by women and children.

What did we do?*

People trained in Maternal and Child Health



11,027

Health workers, female community health volunteers and others trained in Revised Community Based Integrated Management of Neonatal and Childhood Illness



15,362

Health Facility Operation and Management Committee (HFOMC)¹ and Primary Health Care/Outreach Clinic (PHC/ORC)² Management Committee members trained on strengthening community level health services



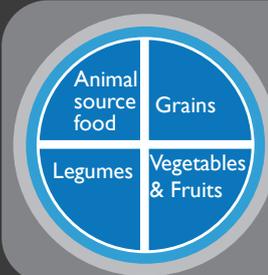
4,815 Health workers trained on family planning and HTSP

Improving Quality and Services of Health Facilities

164 Health Facilities improved through Partnership Defined Quality³

445 Health Facilities Improved through HFOMC

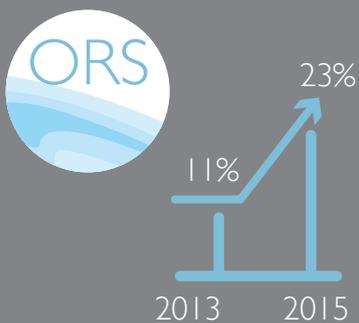
635 Health Facilities Improved through PHC/ORC



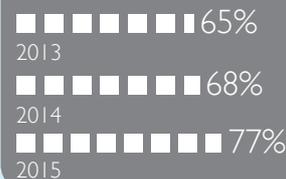
1,140 integrated nutrition corners established in health facilities with educational materials highlighting four food groups, various methods of contraception, and oral rehydration

What we achieved?***

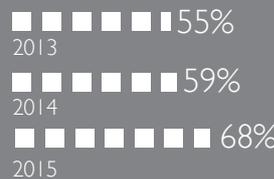
Use of ORS and zinc during diarrhea increased by 12% between 2013 and 2015



Four times antenatal checkups (ANC) visits during pregnancy



Deliveries attended by Skill Birth Attendant

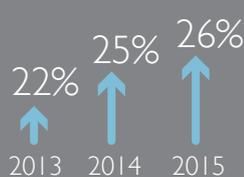


A higher proportion of women in Suaahara intervention areas were counseled on breastfeeding within one hour of birth, exclusive breastfeeding until 6 months of age, and infant and young child complementary feeding practices during ANC visits compared to women in Suaahara non-intervention areas. ***

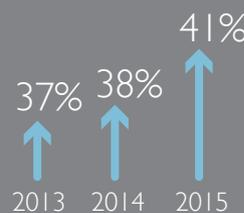
Increase in women using modern family planning methods and receiving counseling on HTSP



Contraceptive Prevalence Rate



3 HTSP Messages



Sources:
* Routine monitoring data 2012-2016
** Suaahara Annual Outcome Monitoring Data 2013-2015 in initial 20 districts
*** Suaahara Process Evaluation studies, 2015

1 The HFOMC is a formally constituted body responsible for operating and managing local health facilities.

2 PHC/ORC services were initiated in 1994 to expand basic health services closer to the community.

3 Partnership Defined Quality is a methodology to improve the quality and accessibility of services with community involvement in defining, implementing, and monitoring the quality improvement process.