

PDABJ 613

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**Women and Infant Nutrition  
Field Support Project  
(WINS)**

**Annual Report**  
October 1992 - September 1993

Education Development Center, Inc.  
1250 24th Street, N.W., Suite 300  
Washington, DC 20037

December 3, 1993

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## **EXECUTIVE SUMMARY**

Highlights during the reporting period include the following accomplishments:

- The WINS Project developed five proposals in response to the following five delivery orders for technical field support:
  - Recruitment of a long-term Regional Nutrition Advisor to provide technical and advisory services to U.S.A.I.D. Missions and Host Country Institutions in Western and Central Africa (WCA);
  - Short-Term Consulting Services for the Development of a Regional Nutrition Strategy for Western and Central Africa (WCA);
  - Addressing Micronutrient Deficiency Problems and Infant and Child Feeding Practices in Africa;
  - WINS' Support to Women and Young Child Nutrition in Togo, and
  - Food Security Enhancement of U.S.A.I.D./Bolivia's Title II Program (Phase II).

The WINS Project was awarded buy-in contracts for three of the five proposals for a total of \$739,215 to i) provide technical support services to maternal and/or child nutrition programs and activities in Burkina Faso and Uganda; ii) assist with the development of country-specific nutrition strategies for Senegal and Zambia; and iii) collaborate with the USAID/REDSO in the development of a regional nutrition strategy for the Western and Central Africa Region.

- WINS field activities during the reporting period included:
  - The organization and conduct of a workshop in Niger, in collaboration with the MOH/Nutrition Division and USAID/Niger. The activity was funded by the USAID mission through a buy-in contract. The workshop was conducted during the period from April 3-17, 1993. The purpose of the workshop was to define the Ministry's nutrition priorities and develop a Plan of Action to address these priorities for the next two to three years.
  - The development and production of a low-cost, single serving nutritious weaning food ("JOYVITA") in Nigeria, following the launching of the implementation phase of the WINS/Nigeria program in January 1993. The weaning food was developed by a Nigerian commercial firm (Temitope), with technical assistance from Tufts University's School of Nutrition (Subcontractor for the WINS Project), the University of Lagos and the Nigerian Federal Institute for Industrial Research (FIRO). WINS has submitted samples of the product to the Nigerian Food and Drug Administration for formal

approval. A nutritional impact study to assess the effect of the weaning food consumption on infant growth, and consumer product testing has begun. Plans for the market impact evaluation have been outlined.

However, political instability following the national elections in Nigeria in June 1993 has led to USAID's decision to suspend in-country program activities. Project activities are expected to resume as soon as the State Department lifts the travel advisory. In the meantime, Tufts University, the implementing institution for the WINS/Nigeria project, is developing an alternative strategy for backstopping and completing the remaining activities from the US (Tufts).

- The provision of technical assistance to USAID/Bolivia aimed at improving the monitoring and evaluation of USAID-funded food security activities at the national and household levels. During the reporting period, the WINS Project assisted the Mission to incorporate a food security component into the Urban Food for Work (UFFW) program and develop a monitoring and evaluation approach that could be adopted nationwide. This included designing and carrying out a national workshop in Cochabamba, Bolivia (February 16 through 19, 1993) and providing technical assistance to the three agencies implementing the UFFW in Bolivia. This activity was funded through a buy-in contract to the WINS Project.

- The WINS Project, through its subcontract with the International Center for Research on Women (ICRW), conducted a desk review of child care options in developing countries and prepared a written report summarizing the findings from the review. These findings will be used to advise interested USAID missions and host country institutions on sustainable community-based child care strategies or arrangements that optimize child nutrition.

- ICRW also completed a desk review of nutrition related programs and activities in six countries in Asia (Bangladesh, India, Nepal, Thailand, and the Philippines) and Africa (Namibia). The purpose of the review was to assist the WINS Project with the identification of countries and programs that could benefit from WINS Project technical support.

## **I. ACCOMPLISHMENTS DURING THE REPORTING PERIOD**

### **A. COMPREHENSIVE COUNTRY PROGRAM DEVELOPMENT**

#### **1. Burkina Faso**

The WINS Project Director and Deputy Director travelled to Burkina Faso in March 1993 to develop a two-year action plan for collaboration with a local NGO -l'Association pour la Promotion de l'Alimentation infantile au Burkina (APAIB). This mission resulted in the

development of a two-year (FY 94 and FY 95) program of collaboration among the local PVO (APAIB), two US PVOs (Save the Children and AFRICARE) and three members of the WINS Project's consortium (Education Development Center, the International Center for Research on Women and Wellstart). The program seeks to i) improve understanding of community and household level constraints to optimal child feeding; and ii) strengthen the capacity of APAIB and local communities to address these constraints through targeted nutrition interventions in two geographical regions of the country served by AFRICARE and Save the Children.

Planned inputs include short-term training, technical assistance and modest funding support to finance in-country research activities. Training and capacity building will focus on: i) operations research design and methods; ii) program development, management, and evaluation; and iii) strategies for information management and dissemination.

## 2. Togo

A major accomplishment of the WINS Project this fiscal year was the development of a two-year proposal (FY 94 and FY 95) for the WINS Project's technical support to the Association Togolaise Groupe Nutrition (ATGN) to address micronutrient deficiencies in women and young children. The proposal was developed in response to a request by the USAID Mission in Togo for WINS technical support to the implementation of the nutrition component of USAID-funded Child Survival and Population Project. The WINS Project's assistance program in Togo was designed to support the efforts of a local NGO, the Association Togolaise Groupe Nutrition (ATGN), and relevant technical ministries to control vitamin A and iodine deficiencies and to reduce anemia in women and preschool children. The proposed interventions would be implemented as integral components of ongoing programs of various technical ministries (CDD, MCH/FP, Malaria control, EPI, WID) and relevant private sector institutions. The ATGN will ensure program coordination and would provide technical direction at the country level.

Unfortunately, USAID bilateral funding of the program has been withdrawn due to the political situation which prevails in Togo and the increasing uncertainty regarding the USAID Mission's continued presence in the country, and administrative delays in the USAID contracting process.

## 3. Uganda

In 1992, a team from the WINS Project (consisting of Dr. Charles Teller from the Pragma Corporation and Dr. Charlotte Neumann, Consultant to the WINS Project) collaborated with teams from the Wellstart Project, the MOH/Nutrition Division and the Child Health and Development Centre (CHDC) of Makerere University to assess constraints to optimal breastfeeding and young child growth in Uganda. This assessment confirmed the high rates of malnutrition reported by the Uganda Demographic and Health Survey (UDHS) and identified

improper feeding practices, insufficient food at the household level, frequent illnesses, maternal undernutrition and women's heavy workload as the major determinants of poor child growth.

At the request of the MOH and with the concurrence of the USAID Mission to Uganda, a subsequent team from the WINS Project (consisting of Ms. Bibi Essama, WINS Project Director and Dr. Charlotte Neumann) travelled to Kampala in August 1993 to assist the in-country team from the Ministry of Health, the CHDC and the District Medical Officers of Rukungiri and Iganga to develop a proposal to integrate maternal and child nutrition activities into community and district-level health programming and implementation. The team also assisted with the organization of an in-country program team, the selection of a national nutrition program coordinator, and the identification of communication and decision-making pathways and mechanisms for effective program coordination and management.

The WINS and in-country team developed a three-year (FY 94-96) program proposal which was submitted to USAID/Kampala and USAID/W for funding. The proposal provides for the WINS Project's technical assistance to the Ministry of Health/Nutrition Division and the Child Health and Development Centre for the implementation of maternal and child nutrition interventions in two districts. The proposal was funded by USAID/W at the end of the FY93.

The WINS Project's technical support activities in Uganda seek achieve the following objectives:

- Strengthen the capacity of public health professionals from the MOH/Nutrition Division and research scientists from Makerere University Child Health and Development Centre to support district and community level planning, implementation and evaluation of maternal and young child nutrition activities.
- Strengthen the capacity of the pilot districts and local communities to analyze the nutritional problems of women and young children and to plan and to undertake community initiatives to address the problems within the context of primary health care.

The program is scheduled to begin in November 1993. It will focus on two districts (Iganga and Rukungiri) with two of the highest rates of chronic child undernutrition in the country.

#### **4. Nigeria**

Typical of many developing countries, many low income children in Nigeria display normal growth up to the age of four to six months. After this age, their growth begins to falter, and they experience higher rates of morbidity and mortality from infection and nutritional diseases. Traditional low cost Nigerian weaning foods are low in energy, protein, and micronutrients. Mothers need a highly nutritious culturally acceptable low-cost weaning food that they can buy in small individual serving size packages any time during the day.

The WINS Project's program in Nigeria addresses this need for a better weaning food to improve the nutritional status of weaning-age children. The program provides technical assistance to the Temitope Biscuit Industry (Ogun state), a Nigerian private sector food manufacturer, in developing and marketing a commercial weaning food composed of indigenous raw materials, distributed through traditional market vendors, and within the financial reach of the low income population. WINS also collaborates in this effort with UNILAG Consulting Firm, the National Commission on Food and Nutrition (NCFN), and the Federal Institute of Industrial Research Oshodi (FIIRO).

The program, recently developed and completed production of "Joyvita", a low-cost single-serving nutritious weaning food. Joyvita was produced for consumption by children six months of age and older. It consists of a combination of flours, fat, sugar, salt, flavors, yeast, vitamin premix, and beta-carotene (for color). The single serving sachet contains 40 grams of product. Per 100 grams, the product contains approximately 458 calories; 61.1 percent from carbohydrate, 11.1 percent from protein, and 27.6 percent from fat. The vitamin premix provides all vitamins in excess of the 1976 FAO/WHO recommended daily allowances. Iron and calcium have also been added. Samples of the product have been submitted to the Nigerian Food and Drug Administration for formal approval. The cost per serving of Joyvita is significantly less than any other comparable product on the market in Nigeria. Unlike other products, Joyvita is available in single serving packets to meet the needs of consumers who cannot afford to purchase a multi-serving can.

A nutritional impact study to assess the effect of the weaning food consumption on growth was initiated during the reporting period. During April-June 1993, WINS collected preliminary data for the nutritional impact study in six potential study communities surrounding Lagos. Two communities were selected for study and the program received approval from local authorities to proceed with data collection. Data collection instruments were developed, pretested and printed in both English and Yoruba. Data collectors were hired and trained and are currently collecting baseline data on demographic, nutrition and health related indicators in the study communities.

Consumer product testing was also initiated and plans for the market impact evaluation were outlined. The results of consumer testing conducted independently by Temitope were reviewed by WINS team members and necessary additional consumer testing was scheduled in the greater Lagos area during the second week of June 1993. Unfortunately, the political instability which prevailed in Nigeria during the last quarter of FY93 led to the temporary freeze on technical assistance activities and the departure of the WINS Project's resident advisor from Nigeria.

Marketing plans have been developed in preparation for the introduction of the new weaning food in select market sites located in the East of Nigeria. Product labels, handbills, and radio spots have been created which contain nutritionally appropriate information.

## **B. REGIONAL STRATEGY DEVELOPMENT AND RELATED FIELD SUPPORT ACTIVITIES**

- The WINS Project Director and Deputy Director travelled to Abidjan in FY 1993 to elicit comments from USAID/REDSO-WCA regarding the unsolicited draft proposal developed by the WINS Project Director for the provision of nutrition support services to USAID Missions and host country institutions in the Western and Central Africa Region. Based on the positive feedback given by USAID/REDSO-WCA and USAID/W (AFR/ARTS and R&D/N), the proposal was further developed into two separate but complementary proposals which were funded jointly by AID/W and REDSO-WCA.

The two proposals will allow the WINS project to respond in a proactive and non-duplicative manner to the technical assistance and advisory needs of USAID missions and local institutions in Western and Central Africa and to collaborate with REDSO/WCA in developing a regional nutrition support strategy for the Western and Central Africa region.

One of the proposals provides for the recruitment and assignment of a long-term nutrition advisor to the WCA region to facilitate the integration of nutrition into A.I.D. bilateral programs, while minimizing the management burden on the limited staff of the USAID missions. The second proposal provides funding for complementary short-term technical assistance to support the development of a regional nutrition assistance strategy for WCA.

## **C. SHORT-TERM TECHNICAL ASSISTANCE AND TRAINING**

### **1. Niger**

The WINS Project responded to a request from the USAID Mission to Niger to organize and conduct a workshop in collaboration with the MOH/Nutrition Division. The workshop was funded by the USAID mission through a buy-in contract and was conducted during the period from April 3-17, 1993.

The specific objectives of the workshop were to:

- review the main findings and recommendations from the WINS Project's assessment of nutrition programs and interventions in Niger;
- identify nutrition program priorities and areas of intervention for the MOH; and
- develop a Plan of Action which outlines short and long term measures to address these priorities.

Fourteen health and communication specialists (from a total of 20 invited professionals) attended the three day workshop. Participants included the technical staff of the MOH (Nutrition

Division, Maternal and Child Health Division, Health Education, Diarrheal Disease Control), the Ministry of Information, local representatives of USAID grantees and contractors working in Niger (Helen Keller International, John Snow Inc./The PRITECH Project), the U.S.A.I.D. TAACS and the WINS advisors. The WINS advisors (Director, Deputy Director of the WINS Project and WINS Project Consultant) served as facilitators and resource persons.

The two priority nutritional problems that were identified by the participants were protein energy malnutrition and iron deficiency anemia. Participants then broke into two smaller working groups and developed detailed action plans including specific intervention strategies and activities for these priority issues. A detailed report of the workshop proceedings was prepared and is available (in French).

## **2. Bolivia**

The WINS Project's technical assistance to USAID/Bolivia's food security program was aimed at improving the monitoring and evaluation of USAID funded food security activities at the national and household levels. The Title II Program in Bolivia comprises School Feeding, Other Child Feeding, Rural Development and Women's Economic Development, in addition to Municipal Infrastructure (i.e. the Urban Food for Work (UFFW) component).

During the reporting period, the WINS Project assisted the Mission to incorporate a food security component into the UFFW Program and develop a monitoring and evaluation approach that could be adopted nationwide. This included designing and carrying out a national workshop in Cochabamba, Bolivia from February 16 through 19, 1993 and providing technical assistance to the three agencies implementing the UFFW in Bolivia. This activity was funded through a buy-in contract to the WINS Project.

## **3. Planned Assessment Missions**

### **a. Senegal**

The WINS Project has been requested to assist USAID/Senegal and the Senegalese Food and Nutrition Service (SANAS) to develop the nutrition component of the new Senegal Child Survival/Family Planning Project. The focus of this collaborative effort is to develop an integrated nutrition strategy that will address maternal and child undernutrition, and specific constraints to breastfeeding and young child feeding during illness and convalescence. The WINS Project Director will conduct the assessment in collaboration with a two-person team from the Wellstart Project and in-country counterparts from SANAS. The visit to Dakar by WINS and Wellstart advisors is scheduled for October 1993.

## **b. Zambia**

The WINS Project has also been invited to provide technical assistance to the Ministry of Health in Zambia to identify the determinants of the high rates of maternal and child malnutrition. The assessment will also include recommendations for interventions to improve the nutritional status of mothers and children. The assessment visit to Lusaka by WINS advisors is scheduled for January 1994.

## **D. CONTRACT ADMINISTRATION AND PROGRAM MANAGEMENT SUPPORT**

Personnel changes were made in the project during the reporting of activities period, to enable the Project Director to effectively manage and backstop the increasing volume of activities in the Africa Region.

Dr. Judith A. Ricci joined the WINS Project in March 1993, replacing Dr. Nina Schlossman as the WINS Project Deputy Director. Dr. Schlossman assumed the position of Bolivia Project Coordinator/Food Security Specialist from March 1993 until July 1993 when her contract with the WINS Project expired.

Mr. Jose Lagos, Senior Administrative Assistant, joined the WINS Project in May 1993, replacing Ms. Sherry McDonald. In addition to Mr. Lagos, a full-time secretary (Ms. Rachel Battle-Lindsey) was hired in June 1993 to help meet the increasing administrative and clerical support needs of the Project.

## **II. OTHER ACTIVITIES**

### **A. COORDINATION ACTIVITIES WITH OTHER ORGANIZATIONS AND PROJECTS**

EDC through the WINS Project intensified its collaboration with a number of institutions involved in nutrition activities in Africa. Joint activities were successfully carried out with the Pragma Corporation<sup>1</sup> and Wellstart in Uganda, as described in Section I. In Burkina-Faso the WINS Project was also instrumental in linking the APAIB program in Burkina Faso to the Wellstart/San Diego program by identifying the need for training of APAIB committee members in lactation management.

Collaboration with two local NGOs (the APAIB in Burkina Faso and the ATGN in Togo) led

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<sup>1</sup>The Pragma Corporation is Subcontractor to the WINS Project for the implementation of the WINS/Uganda collaborative program.

to the development of programs in the two countries. The WINS program in Burkina Faso also fosters collaborative linkages among Save the Children Federation, Africare, and APAIB. The WINS Project plans to consolidate these linkages and expand its network of collaborative institutions in the coming years.

The WINS Project has also collaborated closely with UNICEF in both Burkina Faso and Uganda. In Burkina, UNICEF will lend operational and logistical support to the APAIB/WINS program. In Uganda, WINS and UNICEF have developed joint program planning and training activities to support the implementation of child and maternal nutrition programs in two districts (Rukungiri and Iganga), within the framework of primary health care.

## **B. ICRW'S TECHNICAL SUPPORT**

### **1. Child Care Options Paper**

ICRW conducted an extensive review of the literature on women's child care options in developing countries. The purpose of the issues paper was to identify and analyze the range of child care strategies available to women working in the formal and informal market sectors and to draw some conclusions on their relative strengths and weaknesses based on specific criteria (accessibility, availability, affordability, comprehensiveness of the services offered - including nutrition, and cost effectiveness of the program).

### **2. Six Country Review**

The second contribution of the ICRW to the WINS Project during the reporting period was the desk review of nutrition related program needs and activities in six countries in Asia (Bangladesh, India, Nepal, Thailand, and the Philippines) and Africa (Namibia). The purpose of the review was to assess nutrition program opportunities in the countries and gauge USAID missions' interest and/or need for the WINS Project technical support.

The exercise consisted primarily of the review of secondary data sources and telephone interviews with Mission personnel and other key informants to assess U.S.A.I.D. missions' focus, funding levels, and level of interest in nutrition programming. The exercise did not yield any significant leads as none of the of these missions expressed interest in a follow-up visit by a WINS team to assess their needs in the area of nutrition.

## **C. WINS PARTICIPATION IN THE 15TH INTERNATIONAL CONGRESS OF NUTRITION**

The WINS Project Deputy Director travelled to Adelaide, South Australia from September 26 to October 2, 1993 to participate in the 15th Congress of the International Union of Nutritional

Sciences (IUNS). The specific objectives of the trip were: i) make an oral presentation on "Maternal Time Allocation and Children's Food Consumption in a Peri-Urban Egyptian Village" in a Congress workshop on Diet Quality and Micronutrient Deficiencies; ii) participate in the scientific program which features state-of-the-art plenary lectures on current major issues in human nutrition, new concepts, and future directions for international nutrition and development; and iii) meet with colleagues and collaborators from the United States and abroad to brief them on WINS Project activities and to identify potential needs for technical assistance in their respective countries which can be met by the WINS Project's particular expertise in women and infant nutrition. Each of these objectives were achieved (please refer to the detailed trip report for additional information).

### **III. MAJOR DELAYS, PROBLEMS, AND PROPOSED SOLUTIONS**

#### **A. NIGERIA**

Following the national elections in Nigeria in June 1993, civil unrest and violence dramatically disrupted life in Lagos and in many other regions of the country. By the end of June 1993, the U.S. State Department issued an advisory for travel to Nigeria and the U.S.A.I.D. mission to Lagos recommended that U.S. citizens leave the country. As a result, on August 15, 1993, the U.S. Coordinator of the WINS/Nigeria Project returned to the U.S. and work on the WINS Project's weaning food project was suspended. Project activities are expected to resume as soon as the State Department lifts the travel advisory.

In the meantime, Tufts University (implementing institution for the WINS/Nigeria project) is developing an alternative strategy for backstopping and completing the remaining activities from the U.S. (Tufts).

#### **B. TOGO**

The issuance of the delivery order for WINS Technical assistance to the ATGN was delayed due to the political instability and social unrest which has prevailed in the country for the past twelve months. There were also significant delays in the issuance of the contract and EDC has been notified by the USAID Mission that the Togo nutrition program will no longer be funded.

#### **C. ASIA REGION**

The WINS Project has experienced a lack of progress in identifying collaborative activities in Asia. Efforts made by the WINS subcontractors (ICRW and Tufts University) in this regard have not been successful. In the coming year, the WINS Project will explore alternative strategies and contacts with other members of the WINS consortium who are currently working in Asia.

#### **IV. FINANCIAL ANALYSIS**

USAID made an additional obligation of funds to the project in the amount of \$400,000 in July 1993. This brings the total amount of funds obligated through the third year to \$1,983,828.

The project also was awarded three delivery orders (Nos. 4-6) under the buy-in contract totalling \$739,215. The Africa Bureau made an OYB transfer to AID/G/R&D/N in the amount of \$649,328 to support two of them. A buy-in from the REDSO/WCA mission in Abidjan for \$89,887 supports the third. This allocation increases the current level of funds obligated under the WINS buy-in contract from \$173,223 to \$912,438.

A detailed report on the financial status of the project is presented in the appendix.

#### **V. ACTIVITIES PROJECTED FOR THE NEXT SIX MONTHS**

1. Begin implementation of WINS Project programs in Burkina Faso (October 1993).
2. Begin implementation of WINS Project programs in Uganda (November 1993).
3. Conduct an assessment visit to Senegal to determine country priorities and technical assistance needs in the area of nutrition (October 1993).
4. Conduct an assessment visit to Zambia to determine country priorities and technical assistance needs in the area of nutrition (January-February 1994).
5. Recruit and field the WINS Regional Nutrition Advisor to Abidjan (November 1, 1993).
6. Conduct an assessment of the nutrition situation in the West and Central Africa region for REDSO/WCA (January-February 1994).
7. Complete revision of the two nutrition action plans for Niger and submit them to the MOH and USAID/Niger for final review (November 30, 1993).
8. Develop training strategy and action plan for the WINS/Uganda program in collaboration with UNICEF (December 15, 1994).
9. Develop work plan for the first year of the Uganda/WINS Program (November 30, 1993).
10. Complete workplan for WCA regional activities (November 30, 1993).
11. Revise WINS Core Contract budget and submit it to USAID for approval (December 15, 1993).

**APPENDIX**

**Certified Fiscal Report**

EDUCATION DEVELOPMENT CENTER, INC.  
 CERTIFIED FISCAL REPORT  
 Contract Number DAN-5117-C-00-0015-00

Category	Budget Amount	Inception To 12/31/93	Remaining Balance
Salaries and Wages (Incl. Paid Absences)	\$837,513	462,837.55	\$374,675.45
Fringe Benefits	209,379	111,850.48	97,528.52
Consultants	27,075	44,703.44	(17,628.44)
Travel & Per Diem	264,300	157,188.53	107,111.47
Training	20,000	8.00	19,992.00
Other Direct Costs	255,463	206,816.18	48,646.82
Subtotal	\$1,613,730	983,504.18	630,325.82
G&A #1	561,840	322,300.62	239,539.38
Nonexpendable Equipment and Commodities	20,000	10,340.00	9,660.00
Subtotal	\$2,195,570	1,316,044.80	\$879,525.20
Subcontracts			
Pragma Corp.	0	24,743.00	
Tufts	\$265,445	169,371.12	
ICRW	135,602	43,449.08	
The Travel Department(Travel)	268,970	51,826.10	
	\$670,017	670,017	289,389.30
G&A #2		14,469.47	19,030.54
TOTAL	\$2,899,087	1,619,903.57	\$1,279,183.44

Total Obligated Funding is \$1,983,828 leaving a remaining balance of \$363,924.43 at 12/31/93.

The undersigned hereby certifies that (i) the fiscal report and any attachments have been prepared from the books and records of the Contractor in accordance with the terms of this contract, and to the best of my knowledge and belief, that they are correct, that the sum claimed under this Contract is proper and due, that all the costs of contract performance (except as herewith reported in writing) have been paid or will be paid currently by the Contractor when due in the ordinary course of business, that the work reflected by the costs above has been performed, that the quantities and amounts involved are consistent with the requirements of this Contract, that all required Contracting Officer approvals have been obtained, and (ii) appropriate refund to AID will be made promptly upon request in the event of disallowance of costs not reimbursable under the terms of this Contract.

BY: Joseph F. Flaherty

TITLE: Vice President & Treasurer

DATE: January 31, 1994