

Establishing SHG/FPO enterprises to address malnutrition and provide rural livelihoods in Yadgir District, Karnataka

**MIDDLE SCHOOL IEC PROGRAMME
IMPACT ASSESSMENT**



**Supported by Department of Science and Technology
Government of India**



BACKGROUND

- Baseline and social survey for Yadgir District was completed in November 2022. Some serious findings that emerged from the baseline requiring urgent attention are:
- 20% of mothers of children below 3 years (all migrant labourers) said that their infants did not consume any complementary food until they were about 2 years. The mothers said that whenever the infants were given something from the family food, mostly roti, dal, idli or ganji, they were not able to digest it and became ill. All the mothers were migrant workers and did not access any benefits from ICDS.
- About 57% of mothers of children under 3 years and 63.5% mothers of children between 3-5 years are illiterate.
- Among children aged 6-35 years, about 64.5% are either stunted, or wasted or underweight.
- The proportion of children (both boys and girls) under 3 years who are not stunted, not wasted or not underweight decreases as the age increases, implying that their nutritional status/health deteriorates as they grow older.
- Among children aged 3-5 years about 72.79% are either stunted or wasted or underweight.
- The proportion of children (both boys and girls) who are not stunted, not wasted and not underweight decreases as age increases, implying that the nutritional status/health of the children is deteriorating as they grow older.
- About 17.5% of adolescent girls and 7.2% of the adolescent boys (between 11-18 years) are illiterate. None of the girls have studied up to class 10, and about 20% of boys are in class 10.
- Overall, about 47.39% adolescent girls and 52.9% adolescent boys are severely underweight and 27.96% girls and 30.77% boys are moderately underweight. Consumption of fruits, vegetables, dairy products constitute a very small part of the daily diet.

SCHOOL IEC PROGRAMME

- After detailed discussion with experts and local people, regarding how to influence the community towards dietary behaviour change, our field partner BAIF suggested that we could try and equip school children with information and awareness, and make them the key agents of change to influence mothers and families towards nutritive/affordable dietary diversification and behaviour change. We were also informed that some children come to school on an empty stomach because households believe that the child is getting a mid-day meal in school in any case. We therefore created a simple but impactful film addressing this issue, “Healthy, Successful Students, Strong Nation”¹ A video on healthy affordable nutritive recipes was also shown, and also posters on the Intergeneration lifecycle of Malnutrition, Importance of

¹ <https://lnkd.in/g6u87-aF>.

Girl Child, Prevention of Anemia and the Importance of Sanitation and Safe Drinking Water.²

- IEC programmes were held in 36 schools, between 19/12/22 to 27/2/23. An Impact Assessment followed, which indicated that there had been 60% success in bringing about behaviour change regarding dietary diversification, consumption of affordable locally available fruit and vegetables, avoiding locally available junk foods, and for students having a morning meal before leaving for school. Detailed Report is available at <https://publicnutrition.aurosociety.org/wp-content/uploads/2023/04/27-4-Impact-Assessment.pdf>
- Seeing the success of this initiative and the encouragement we received from the local administration, teachers, parents and the community, we created a similar programme for middle school students, between the age group of 9-12 years. An interesting and informative animated film, “Children’s future: Play, Learn, Eat healthy” was created which gave basic information to the children about the locally available fruit and vegetables they should eat and why.³ Posters on the Intergeneration lifecycle of Malnutrition, Importance of Girl Child, Prevention of Anemia and the Importance of Sanitation and Safe Drinking Water were also displayed in the schools.
- Programmes were held in 20 Government Higher Primary Schools (GHPS) in the most backward/interior villages, for students between 9-12 years of age, covering all the Blocks of the District, namely, Yadgir, Shahpur, Shorapur, Gurumitkal, Wadigera and Hunasagi taluks. 10 out of the 20 selected villages were in irrigated areas, and the remaining 10 villages were in non-irrigated areas.
- The IEC Programme was a short one-hour programme in which the animated film was shown to the students, and the posters explained to them. Students were also asked riddles related to food which made learning more informative as it was based on curiosity and fun. This was followed by Q & A, counselling and a healthy snack. A total of approximately 3954 (2030 boys, 1924 girls) students from Classes 4, 5, 6 and 7 were reached through the IEC programme.

IMPACT ASSESSMENT OF SCHOOL IEC PROGRAMME

- After 4 weeks of conducting the IEC program in schools, Impact Assessment was conducted by the BAIF field team. Two teams consisting of two field staff personally visited the schools to interview teachers, and also visited houses of students to interview them and their parents.
- Feedback about the programme was obtained from a sample of 100 stakeholders, (40 students, 40 parents and 20 teachers) from 20 schools in 20 villages covering all the 6 Taluks of Yadgir District.
- 55% of the students who provided feedback were girls and 45% were boys.
- The parents from whom the feedback was collected belonged to different socio economic groups and livelihoods - farmers, guest teachers, anganwadi helpers, tailors,

² https://youtu.be/sJUI_FnFoLg?feature=shared

³ <https://www.youtube.com/watch?v=aPUjMjkh3c>.

contract workers, building construction workers, cooli workers and mid-day meal cooks.

FINDINGS

This was a first of its kind programme being conducted in middle schools. Feedback informs that the teachers and staff found it very useful.

Students received the programme very enthusiastically and loved the animated film. They also said they would share the information with their parents and friends and relatives.

Both parents showed genuine interest in the new information they were receiving, and decided to make the necessary changes in household diets, for better health and nutrition of the family.

- 65% of students have made changes in their diet and food consumption, and many students have started eating sprouts and local fruits every day · The major message received by the students is not to skip breakfast before going to school, and eating meals at the right time and in the right quantity. Before the programme, 75% of children were eating breakfast every day. Now 100% were eating a morning meal before coming to school.
- The major message that the parents understood was to make sure that their child ate breakfast before leaving for school. They also found information on intergenerational cycle of malnutrition, anemia, hygiene, cleanliness, affordable nutritious food useful.
- Children are now asking their parents for a variety of fruits and vegetables. The most common vegetables and fruits available in the villages are green leafy vegetables, tomatoes, potatoes, brinjals, cucumbers, carrots, lady's finger, fenugreek and dill leaves, bananas, papayas, pomegranates
- All students found the IEC materials very informative and students learned new information on intergenerational cycle of malnutrition, anemia, hygiene, affordable nutritious food.
- 65% of students have informed their parents about the programme, and explained to them the contents of the video and have been following these messages.
- Students have quit eating junk food and have chosen to eat healthy and easily available food like chikki and bananas, which is a healthy alternative.
- Students do not waste the vegetables added to mid-day meal curry and eat them in mid-day meal provided at school.
- Parents and teachers were of the opinion that the awareness programme was beneficial and informative.
- Teachers reported that 65% of students who have followed the messages have improved health and are more active, have better concentration and participate in games.

ANNEXURE 1

**BAIF institute for Sustainable Livelihood and Development.
(BISLD) Karnataka
Establishing SHG/FPO enterprises to address malnutrition and provide
rural livelihoods in Yadgir district.
Questionnaire for Teachers**

School Name	
Teacher /headmasters	
Place	
Taluk	
District	
Date	

1.	Since how many years have you been teaching in the government school?
2.	Were the videos, IEC materials and riddles etc. regarding the malnutrition awareness and nutritious food helpful to the students? What is your opinion about the School IEC program?
3.	Do you think that it is necessary to conduct these kind of School IEC program for both students and parents? If yes, what are your suggestions on it?
4.	Did you watch the video children's future: play, learn, and eat healthy by ACPN? Why is the video helpful for your child's health and future?
5.	According to you how many students used to come to school without eating breakfast? Are there any changes in the number after the program?
6.	Was there any changes in the students regarding their diet, concentration, strength and activeness after the program?
7.	Is there availability of area and water to grow vegetables/fruits in your school campus?
8.	Do you feel that the messages conveyed through the IEC materials was helpful for the students?
9.	Do you have any innovative ideas/suggestion in order to improve student's health and development in aspirational district like Yadgir?

Kannada Questionnaire for Teachers

ಬೈಪ್ ಸುಸ್ಥಿರ ಜೀವನದಾರ ಅಭಿವೃದ್ಧಿ ಸಂಸ್ಥೆ ಕರ್ನಾಟಕ
ಯಾದಗಿರಿ ಜಿಲ್ಲೆಯಲ್ಲಿ ಅಪೊಷ್ಠಿಕತೆಯನ್ನು ನಿವಾರಿಸಲು ಮತ್ತು ಗ್ರಾಮೀಣ ಜೀವನೋಪಾಯವನ್ನು ಒದಗಿಸಲು
SHG/FPO ಉದ್ಯಮಗಳನ್ನು ಸ್ಥಾಪಿಸುವುದು.

ಜಾಗೃತಿ ತರಬೇತಿ ಪ್ರತಿಕ್ರಿಯೆ/ ಪರಿಣಾಮದ ಕುರಿತು ಶಾಲಾ ಶಿಕ್ಷಕರಿಗೆ ಪ್ರಶ್ನಾವಳಿ.

ಶಾಲೆಯ ಹೆಸರು	
ಶಿಕ್ಷಕ/ಮುಖ್ಯಗುರುಗಳು ಹೆಸರು	
ಸ್ಥಳ	
ತಾಲ್ಲೂಕು	
ಜಿಲ್ಲೆ	
ದಿನಾಂಕ	

1	ನೀವು ಸರ್ಕಾರಿ ಶಾಲೆಯಲ್ಲಿ, ಎಷ್ಟು ವರ್ಷಗಳಿಂದ ಕೆಲಸ ಮಾಡುತ್ತಿದ್ದೀರಿ?
2	ಕಾರ್ಯಕ್ರಮದ ಸಮಯದಲ್ಲಿ, ಕೇಳಲಾದ ವಿಡಿಯೋ, IEC ಸಾಮಗ್ರಿಗಳ ವಿವರಣೆ ಮತ್ತು ಒಗಟುಗಳ ಕುರಿತು ನಿಮ್ಮ ಅಭಿಪ್ರಾಯಗಳೇನು? ಈ ಪೋಷಣೆ ಮತ್ತು ಆರೋಗ್ಯಕರ ಜೀವನ ಜಾಗೃತಿ ಕಾರ್ಯಕ್ರಮದ ಕುರಿತು ನಿಮ್ಮ ಅಭಿಪ್ರಾಯವೇನು?
3	ಪೋಷಕರು ಮತ್ತು ಮಕ್ಕಳಿಗಾಗಿ ಈ ರೀತಿಯ ಜಾಗೃತಿ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ನಡೆಸುವುದು ಅನುಕೂಲವೆಂದು ನೀವು ಭಾವಿಸುತ್ತೀರಾ, ಹೌದು ಎಂದಾದರೆ, ನಿಮ್ಮ ಅಭಿಪ್ರಾಯವೇನು?

4	<p>ನೀವು ಆರೋಗ್ಯಕರ ಮತ್ತು ಯಶಸ್ವಿ ವಿದ್ಯಾರ್ಥಿಗಳ ವೀಡಿಯೋವನ್ನು ವೀಕ್ಷಿಸಿದ್ದೀರಾ ಮತ್ತು ಮಕ್ಕಳ ಭವಿಷ್ಯ: ಆರೋಗ್ಯಕರ ಇದು ಉಪಯುಕ್ತ ವೀಡಿಯೋ ಮತ್ತು ಏಕೆ?</p>
5	<p>ನಿಮ್ಮ ಪ್ರಕಾರ ಎಷ್ಟು ವಿದ್ಯಾರ್ಥಿಗಳು ಉಪಾಹಾರ ಸೇವಿಸದೆ ಶಾಲೆಗೆ ಬರುತ್ತಾರೆ? ಈ ಕಾರ್ಯಕ್ರಮದ ನಂತರ ಸಂಖ್ಯೆ ಕಡಿಮೆಯಾಗಿದೆಯೇ?</p>
6	<p>ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ವೀಕ್ಷಿಸಿದ ನಂತರ ವಿದ್ಯಾರ್ಥಿಯ ವಿಕಾಗ್ರತೆ, ಶಕ್ತಿ ಮತ್ತು ಆಹಾರದಲ್ಲಿ ಯಾವುದೇ ಬದಲಾವಣೆಗಳನ್ನು ನೀವು ಗಮನಿಸಿದ್ದೀರಾ?</p>
7	<p>ನಿಮ್ಮ ಶಾಲೆಯಲ್ಲಿ, ಅಡುಗೆ ತೋಟಕ್ಕೆ ಸ್ಥಳವಿದೆಯೇ?</p>
8	<p>ಪ್ರೋಗ್ರಾಂ ಸಮಯದಲ್ಲಿ, IEC ಸಾಮಗ್ರಿಗಳು ಮತ್ತು ವಿವರಣೆಯು ಸಹಾಯಕವಾಗಿದೆಯೆ ಎಂದು ನೀವು ಕಂಡುಕೊಂಡಿದ್ದೀರಾ?</p>
9	<p>ಯಾದಗಿರಿಯಂತಹ ಜಿಲ್ಲೆಯಲ್ಲಿ, ಮಕ್ಕಳ ಆರೋಗ್ಯ ಸುಧಾರಿಸಲು ನಿಮ್ಮಲ್ಲಿ, ಬಿನಾದರೂ ಸಲಹೆ, ಹೊಸ ಆಲೋಚನೆಗಳಿವೆಯೇ?</p>

Questionnaire for middle school students (Boys /Girls)

Name	
Age	
School	
Class	
Village	
Parents name	
Taluk	
District	
Date	

1.	Did you participate in the program, did you watch all the videos, if yes which video was more appropriate according to you and why?
2.	After watching the videos did you make any changes in your eating pattern? If yes what changes did you make?
3.	What major messages did you receive from videos? Why are they important?
4.	Did you ask your mother to provide the vegetables, leafy vegetables and fruits you saw in the video?
5.	Which are the food you consume daily?
6.	After attending the program and consuming the fruits and vegetables, how did you feel?
7.	Did your school management share the videos shown to you with your parents?
8.	Are the fruits and vegetables shown in the videos available in your village?
9.	Did you find the posters helpful? What messages/information did you learn from the posters?
10.	After eating the fruits and vegetables shown in the video did you feel active and healthy?

Kannada Questionnaire for Students

ವೈಫಲ್ಯ ಸುಸ್ಥಿರ ಜೀವನದಾರ ಅಭಿವೃದ್ಧಿ ಸಂಸ್ಥೆ ಕರ್ನಾಟಕ
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ಜಾಗೃತಿ ತರಬೇತಿ ಪ್ರತಿಕ್ರಿಯೆ/ ಪರಿಣಾಮದ ಕುರಿತು ಶಾಲೆಯ ಮಕ್ಕಳಿಗೆ ಪ್ರಶ್ನಾವಳಿ.

ಹೆಸರು	
ವಯಸ್ಸು	
ಶಾಲೆ	
ವರ್ಗ	
ಗ್ರಾಮ/ಸ್ಥಳ	
ಪೋಷಕರ ಹೆಸರು	
ತಾಲ್ಲೂಕು	
ಜಿಲ್ಲೆ	
ಬಿನಾಂಕ	

1.	ನೀವು ಕಾರ್ಯಕ್ರಮದಲ್ಲ ಭಾಗವಹಿಸಿದ್ದೀರಾ? ನೀವು ಎಲ್ಲಾ ಬೀಡಿಯೋಗಳನ್ನು ನೋಡಿದ್ದೀರಾ? ಹೌದಾದರೆ ನಿಮಗೆ ಯಾವ ಬೀಡಿಯೋ ಹೆಚ್ಚು ಸೂಕ್ತ ಎನಿಸಿದೆ ಮತ್ತು ಏಕೆ?
2.	ಬೀಡಿಯೋಗಳನ್ನು ನೋಡಿದ ನಂತರ ನಿಮ್ಮ ಆಹಾರದಲ್ಲಿ ಏನಾದರೂ ಬದಲಾವಣೆಗಳನ್ನು ಮಾಡಿದ್ದೀರಾ ಹೌದು ಎಂದಾದರೆ, ಬದಲಾವಣೆಗಳನ್ನು ತಿಳಿಸಿ?
3.	ಬೀಡಿಯೋಗಳಿಂದ ನೀವು ಯಾವ ಪ್ರಮುಖ ಸಂದೇಶವನ್ನು ಸ್ವೀಕರಿಸಿದ್ದೀರಿ? ಇದು ಏಕೆ ಮುಖ್ಯ?

4.	ನೀವು ವಿಡಿಯೋದಲ್ಲ ತೋರಿಸಿದ ತರಕಾರಿಗಳನ್ನು ಮತ್ತು ಹಣ್ಣುಗಳನ್ನು ನಿಮ್ಮ ಬೇಕಂದು ನಿಮ್ಮ ತಾಯಿಯವರಿಗೆ ಕೇಳಿದ್ದೀರಾ?
5.	ನೀವು ಪ್ರತಿದಿನ ಸೇವಿಸುವ ಆಹಾರ ಯಾವವು?
6.	ನೀವು ಕಾರ್ಯಕ್ರಮ ನೋಡಿದ ನಂತರ ತರಕಾರಿ ಮತ್ತು ಹಣ್ಣುಗಳನ್ನು ನಿಮ್ಮ ಮನೆಗಳಲ್ಲಿ ತಿಂದ ನಂತರ ನಿಮ್ಮ ಹೇಗನಿಸಿತು?
7.	ಶಾಲಾ ಆಡಳಿತವು ನಿಮ್ಮ ಮೋಷಕರೊಂದಿಗೆ ವಿಡಿಯೋ ಕ್ಲಿಪ್ ಅನ್ನು ಹಂಚಿಕೊಂಡಿದೆಯಾ?
8.	ವಿಡಿಯೋದಲ್ಲ ತೋರಿಸಲಾದ ತರಕಾರಿಗಳು ಹಾಗೂ ಹಣ್ಣುಗಳು ನಿಮ್ಮ ಹಳ್ಳಿಗಳಲ್ಲಿ ಸಿಗುತ್ತವೆಯೇ?
9.	ಪೋಸ್ಟರ್‌ಗಳು ಉಪಯುಕ್ತವೆಂದು ನೀವು ಕಂಡುಕೊಂಡಿದ್ದೀರಾ? ಅವುಗಳು ನಿಮ್ಮಗೆ ಯಾವ ಹೊಸ ಮಾಹಿತಿಯನ್ನು ನೀಡಿದವು?
10.	ವಿಡಿಯೋದಲ್ಲ ತೋರಿಸಲಾದ ತರಕಾರಿಗಳು ಮತ್ತು ಹಣ್ಣುಗಳನ್ನು ತಿಂದ ನಂತರ ನಿಮ್ಮಗೆ ಶಕ್ತಿ ಮತ್ತು ಆರೋಗ್ಯವೆಂದು ಅನಿಸಿದೆಯೇ?

ANNEXURE 5

Questionnaire for Parents

Name	
Age	
Son/Daughter name	
Village	
Taluk	
Date	
Work/job	
Contact number	

1.	Did your child inform you about the School IEC program held at the high school?
2.	If yes from your child (boy/girl) what major information did you receive?
3.	Did your child summarise / explain you about the videos shown to the students during program? If yes what is your opinion and did you implement the messages or information from the awareness program in your daily life?
4.	Is your child asking for a variety of different food after the program?
5.	Is there any changes in your child's health, is your child asking you to provide anything? Did you provide different variety of healthy food to your child?
6.	Before the program did your child eat breakfast every day without skipping
7.	If not, after understanding the importance of breakfast do you provide food to your child before sending them to school?
8.	Do you feel the program was informative and beneficial to you and your child?

ANNEXURE 6

Kannada Questionnaire for Parents

ಜೈಷ್ಠ್ ಸುಸ್ಥಿರ ಜೀವನದಾರ ಅಭಿವೃದ್ಧಿ ಸಂಸ್ಥೆ ಕರ್ನಾಟಕ
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ಯೂನು/ಈಟಿ ಉದ್ಯಮಗಳನ್ನು ಸ್ಥಾಪಿಸುವುದು.

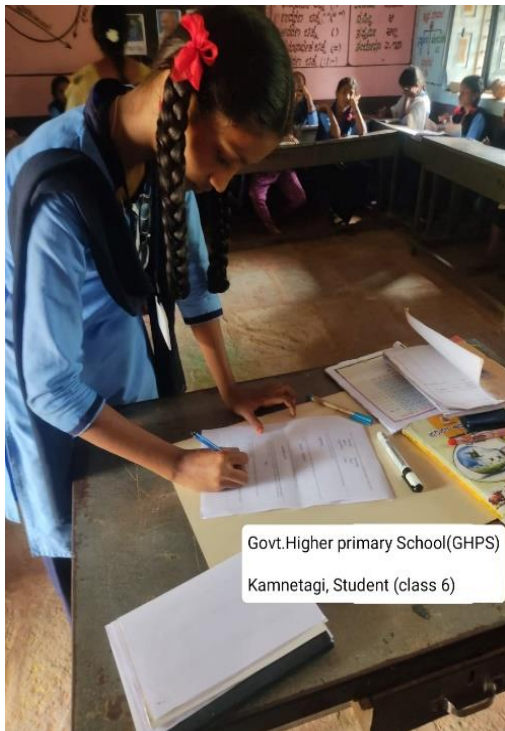
ಜಾಗೃತಿ ತರಬೇತಿ ಪ್ರತಿಕ್ರಿಯೆ/ ಪರಿಣಾಮದ ಕುರಿತು ಪೋಷಕರಿಗೆ ಪ್ರಶ್ನೆಗಳಿ.

ಹೆಸರು	
ವಯಸ್ಸು	
ಮಗ/ಮಗಳ ಹೆಸರು	
ಗ್ರಾಮ	
ತಾಲ್ಲೂಕು	
ದಿನಾಂಕ	
ಉದ್ಯೋಗ	
ದೂರವಾಣಿ ಸಂಖ್ಯೆ “:	

1	ಅಪೌಷ್ಟಿಕತೆಯ ಜಾಗೃತಿ ಕಾರ್ಯಕ್ರಮದ ಕುರಿತು ನಿಮ್ಮ ಮಗ/ಮಗಳು ನಿಮಗೆ ಮಾಹಿತಿ ನೀಡಿದಾರೆಯೇ?
2	ಹೌದು ಎಂದಾದರೆ, ನಿಮ್ಮ ಮಗುವಿನಿಂದ ನೀವು ಯಾವ ಸಂದೇಶಗಳನ್ನು ಸ್ವೀಕರಿಸಿದ್ದೀರಿ?
3	ಅಪೌಷ್ಟಿಕತೆಯ ಜಾಗೃತಿ ಕಾರ್ಯಕ್ರಮದ ಸಮಯದಲ್ಲಿ, ತೋರಿಸಲಾದ ಎರಡು ವೀಡಿಯೋಗಳ ಬಗ್ಗೆ ನಿಮ್ಮ ಮಗು ನಿಮಗೆ ತಿಳಿಸಿದೆಯೇ? ನೀವು ವೀಡಿಯೋಗಳನ್ನು ನೋಡಿದ್ದೀರಾ? ಹೌದು ಎಂದಾದರೆ, ಅದರ ಬಗ್ಗೆ ನಿಮ್ಮ ಅಭಿಪ್ರಾಯಗಳೇನು. ನಿಮ್ಮ ಕುಟುಂಬಕ್ಕೆ ಆಹಾರವನ್ನು ತಯಾರಿಸುವಾಗ ನೀವು ವೀಡಿಯೋದಲ್ಲಿನ ಸಂದೇಶಗಳನ್ನು ಅನುಸರಿಸುತ್ತೀರಾ?
4	ಕಾರ್ಯಕ್ರಮದ ನಂತರ ನಿಮ್ಮ ಮಗು ನಿಮಗೆ ವಿವಿಧ ರೀತಿಯ ಆಹಾರವನ್ನು ಕೇಳುತ್ತಿದೆಯೇ?

5	ನಿಮ್ಮ ಮಗುವಿನ ಆಹಾರದಲ್ಲಿ ಯಾವುದೇ ಬದಲಾವಣೆಗಳು ಅಥವಾ ಬೇಡಿಕೆಗಳಿವೆಯೇ? ನೀವು ಮಗುವಿಗೆ ವಿವಿಧ ರೀತಿಯ ಆರೋಗ್ಯಕರ ಆಹಾರವನ್ನು ನೀಡಿದ್ದೀರಾ?
6	ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಹಾಜರಾಗುವ ಮೊದಲು ನಿಮ್ಮ ಮಗು ಪ್ರತಿದಿನ ಉಪಹಾರ ಸೇವಿಸಿದೆಯೇ?
7	ಬೆಳಗಿನ ಉಪಹಾರದ ಮಹತ್ವವನ್ನು ಅರ್ಥಮಾಡಿಕೊಂಡ ನಂತರ, ನೀವು ಈಗ ನಿಮ್ಮ ಮಗುವಿಗೆ ಶಾಲೆಗೆ ಹೋಗುವ ಮೊದಲು ಪ್ರತಿದಿನ ಉಪಹಾರವನ್ನು ನೀಡುತ್ತೀರಾ. ?
8	ಈ ರೀತಿಯ ಜಾಗೃತಿ ಕಾರ್ಯಕ್ರಮಗಳು ನಿಮ್ಮ ಕುಟುಂಬ ಮತ್ತು ನಿಮ್ಮ ಮಕ್ಕಳಿಗೆ ಮುಖ್ಯ/ಅಗತ್ಯ ಎಂದು ನೀವು ಭಾವಿಸುತ್ತೀರಾ?

Feedback from the Field - Students filling the Questionnaire





Teacher's Filling the Questionnaire



Parents Filling the Questionnaire:

