

Some preliminary findings on how Nutrition Counseling integrated to MCH services equip and empower mothers to adopt optimal nutrition practices

- 90% of mothers at ANC and CWC responded that they were told how to eat well by health workers (111 mothers responded)

(Discussed with HW) “Complementary feeding is a gradual process. Don't force children to eat”

(Discussed with Health worker) “Eat well to help you your baby grow well. Eat more fruit. Eat balanced diet. Food iron rich content”

- 89.5% of mothers at ANC and CWC responded that they will practice one thing discussed with health workers (95 mothers responded).
- Some health workers reported that the counseling services helped in improving dietary and feeding practices of clients, and/or helped to improve their nutritional status.

“We used the book (MCHRB) to counsel a client whose child was not thriving and there has been an improvement in the weight”

“It works. Mothers are able to prepare variety of food for their babies using four-star diet. There is weight gain in subsequent visit.”

“a client at Krokrom has had her Hemoglobin improved after nutrition counseling services”