

# Scaling up Nutrition for Women of Child Bearing Age in DRC

Congo Mission Network Meeting,

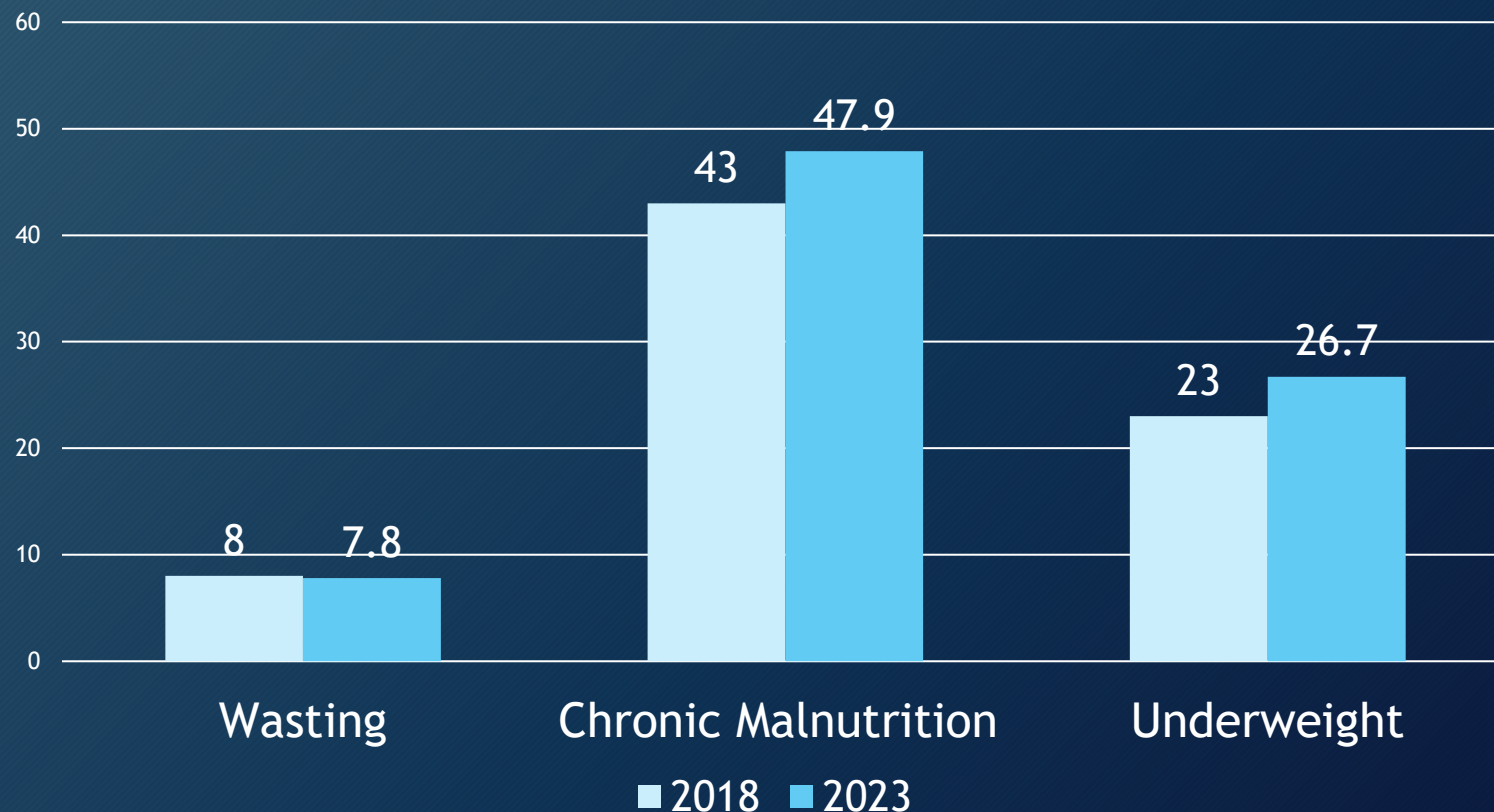
Charleston, SC

March 2024

Inge Sthresley

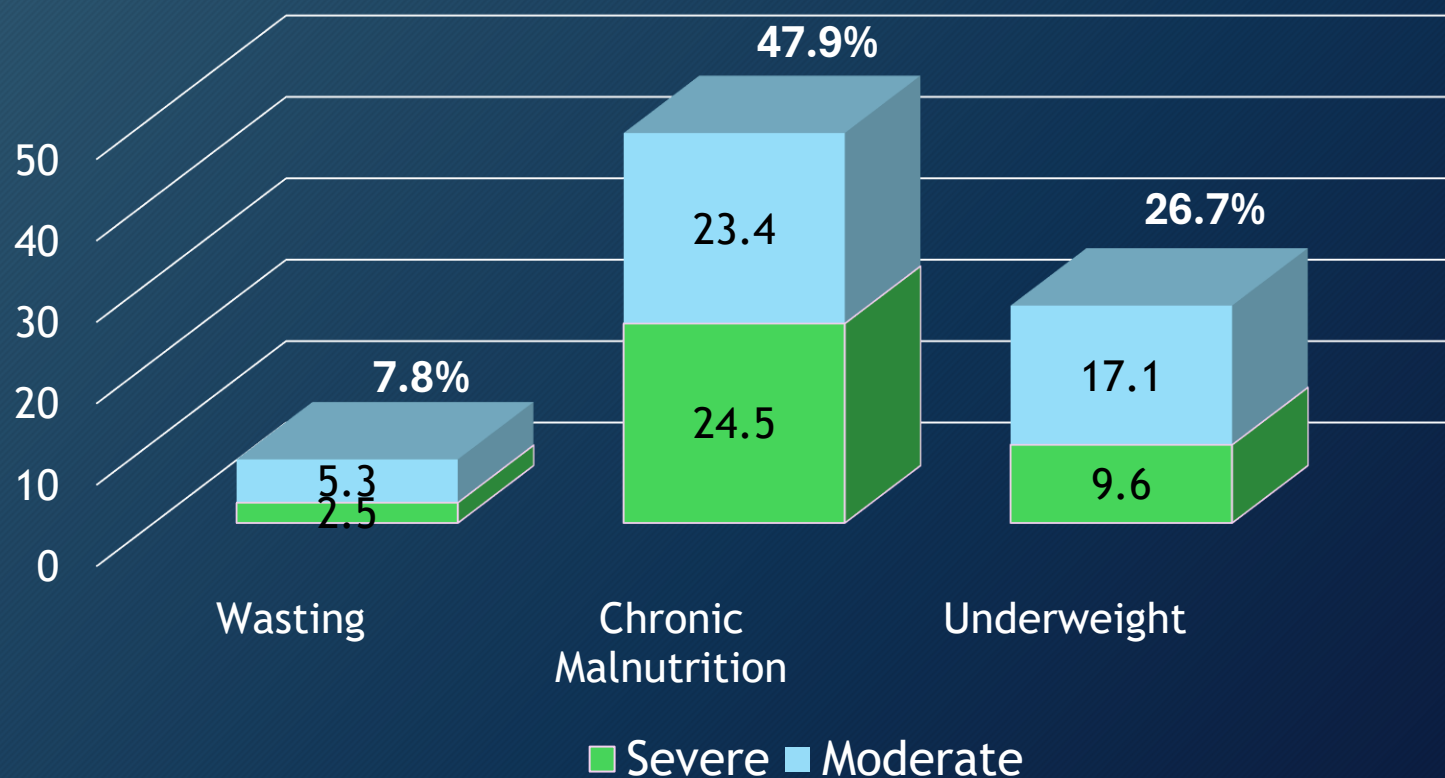
# Malnutrition over time, children 0 - 59 months: 2018 & 2023 (EDS 2018 & ENN 2023)

Malnutrition over Time: 2018 & 2023



# Results of the 2023 DRC National Nutrition Survey (ENN 2023)

DRC National Nutrition Survey 2023,  
Children 0 - 59 Months





# Consequences of Chronic Malnutrition

Malnutrition untreated in the “1,000 day window” can have detrimental long-term impact on a child:

Health impact:

- 42% of morbidity and mortality in children under 5 years of age is due to malnutrition.
- Adults that were malnourished as a child have more health problems in adulthood

Intellectual impact:

- Lower IQ / greater difficulty in school

Economic impact:

- Less income earned over a lifetime

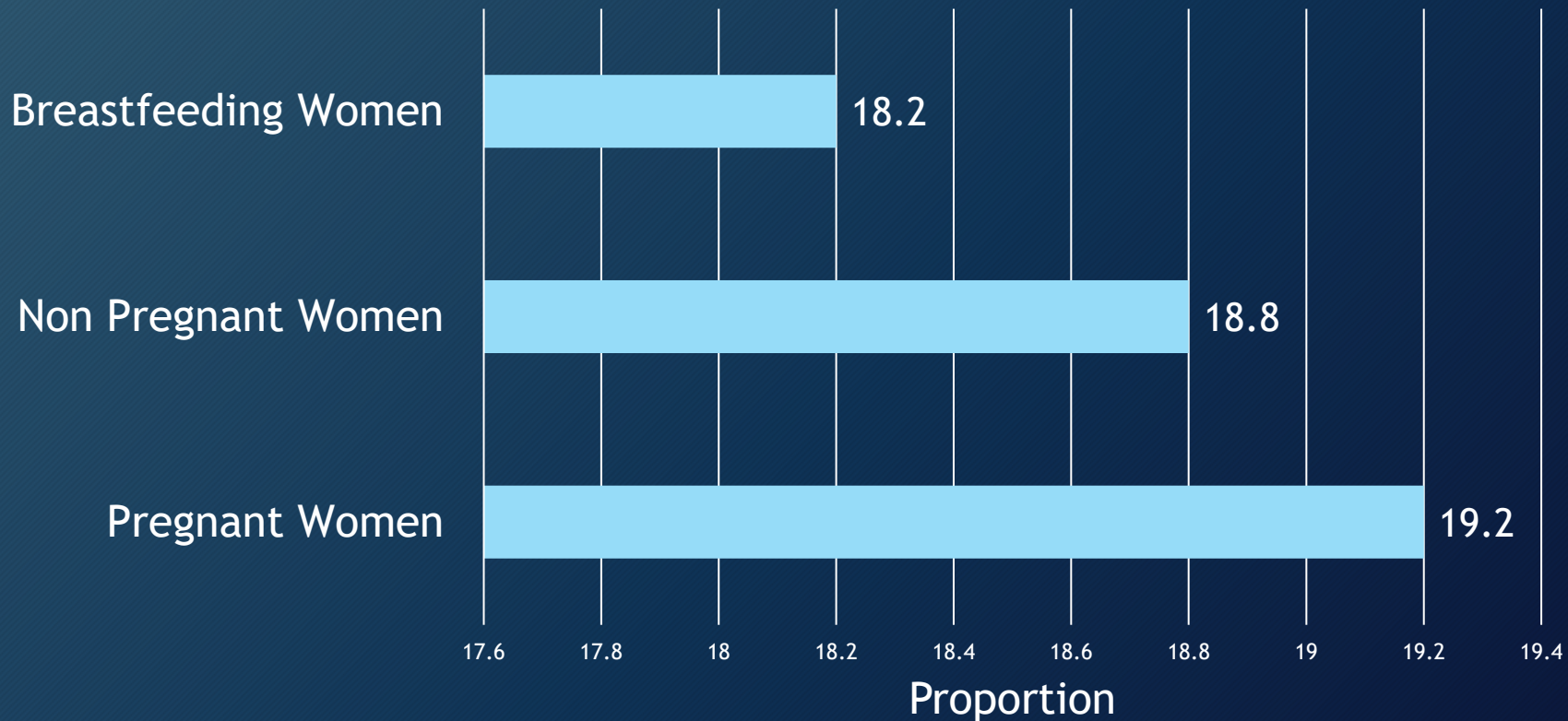


# Risk factors for stunting with adjusted odds ratio (AOR)

No.	Risk Factors for Child Stunting	AOR	Nutrition Sensitive Sectors
1	Mother's lack of formal education	6.4	Girls Education, Women's Empowerment
2	Childbirth weight less than 2.5kg	5.3	Women's Empowerment, Agriculture
3	Repeated diarrheal episodes	5.3	WASH (Water, Sanitation & Hygiene)
4	Mother height less than 150cm	4.2	Women's Empowerment, Agriculture
5	Mother with a body mass index less than 18.5 kg/m <sup>2</sup>	3.8	Women's Empowerment, Agriculture
6	A WHO diet diversity score < 4	3.2	Women's Empowerment, Agriculture
7	Household with two and above under-five children	2.9	Family Planning, Women's Empowerment

# ACUTE MALNUTRITION: Women of Childbearing Age, ENN 2023

Acute Malnutrition In Women of Child Bearing Age, ENN 2023





# PROGRAMS SUPPORTING NUTRITION ACTIVITIES IN THE KASAI



MATERNAL & CHILD HEALTH ESSENTIAL SERVICES (SEMI)



MULTI-SECTORAL NUTRITION & HEALTH PROGRAM - COMMUNITY BASED NUTRITION (PNMS-NAC)

# Programme de Développement du Kasai (PRODEK)



- Provide formative supervision / capacity building of over 7,762 Community Health Workers
  - 8 PRODEK Community Animators (SEMI Project)
  - 10 PRODEK Community Animators (PMNS-NAC Project)









# Package Nutritional Interventions for Pregnant Women: Health Centers

## Health Facility

- Strengthening services and building capacity of health care providers:
- Prenatal & Postpartum Consultations
- Nutrition Counseling
- Iron & Folic Acid
- Malaria Prophalaxis





# Package Nutritional Interventions for Pregnant Women: Community

## Community Activities

- Training of Community Health Workers (SEMI - 2,460 >5000 PMNS-NAC)
- Intensive Systematic MUAC Screening
- ANJE Support Groups
  - Nutritional messaging
  - Cooking Demonstrations
  - MUAC Screening
- Home Visits/Nutritional Counseling to malnourished pregnant women



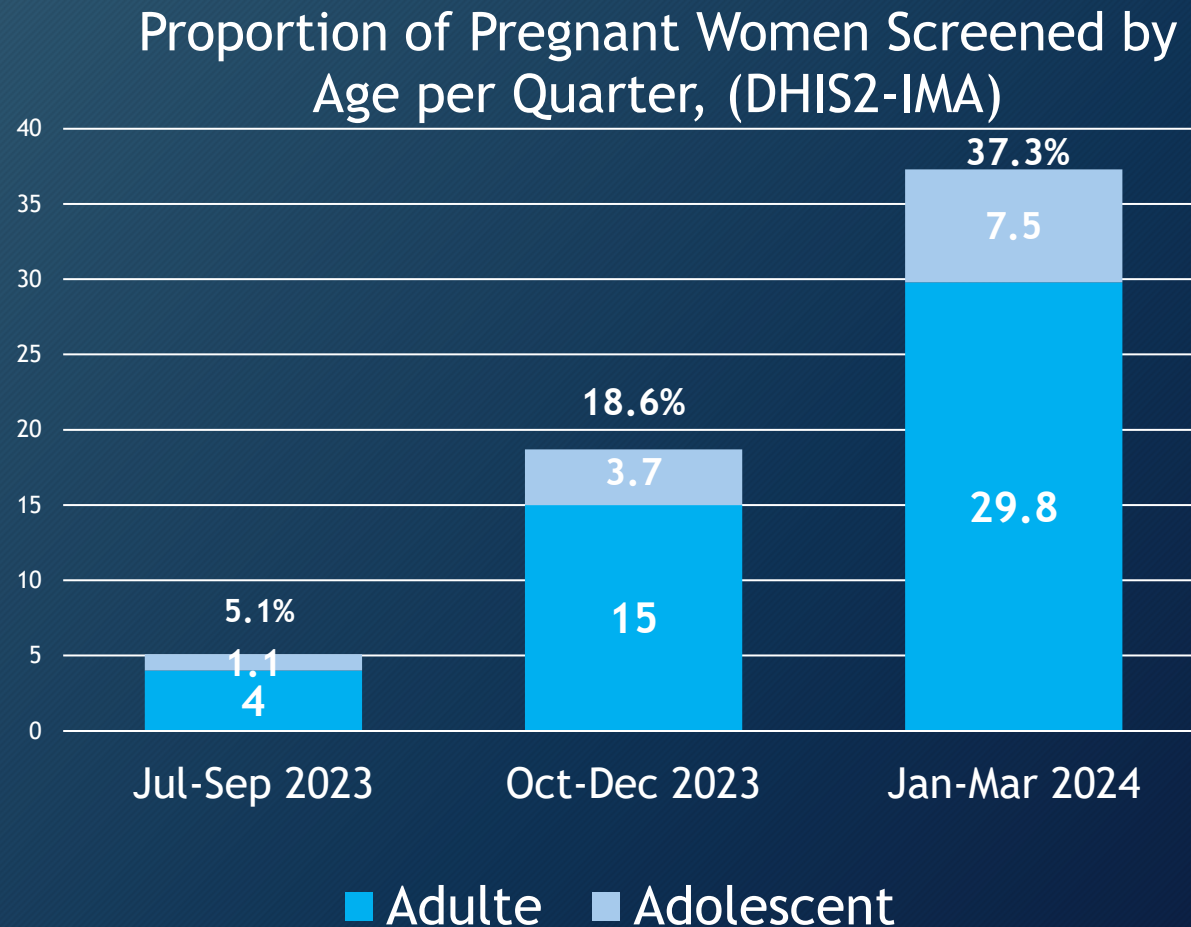


# Intensive Systematic MUAC Screening of Pregnant Women

- Ensure all pregnant women are screened quarterly
- Engage the community in screening efforts:
  - Micro-screening plans drawn up by Community Health workers
  - “ANJE” Groups members
  - Feedback of results to community
- Adolescents & all malnourished pregnant women referred to health center



# Proportion of Pregnant Women Screened by Age per Quarter (DHIS2-IMA)

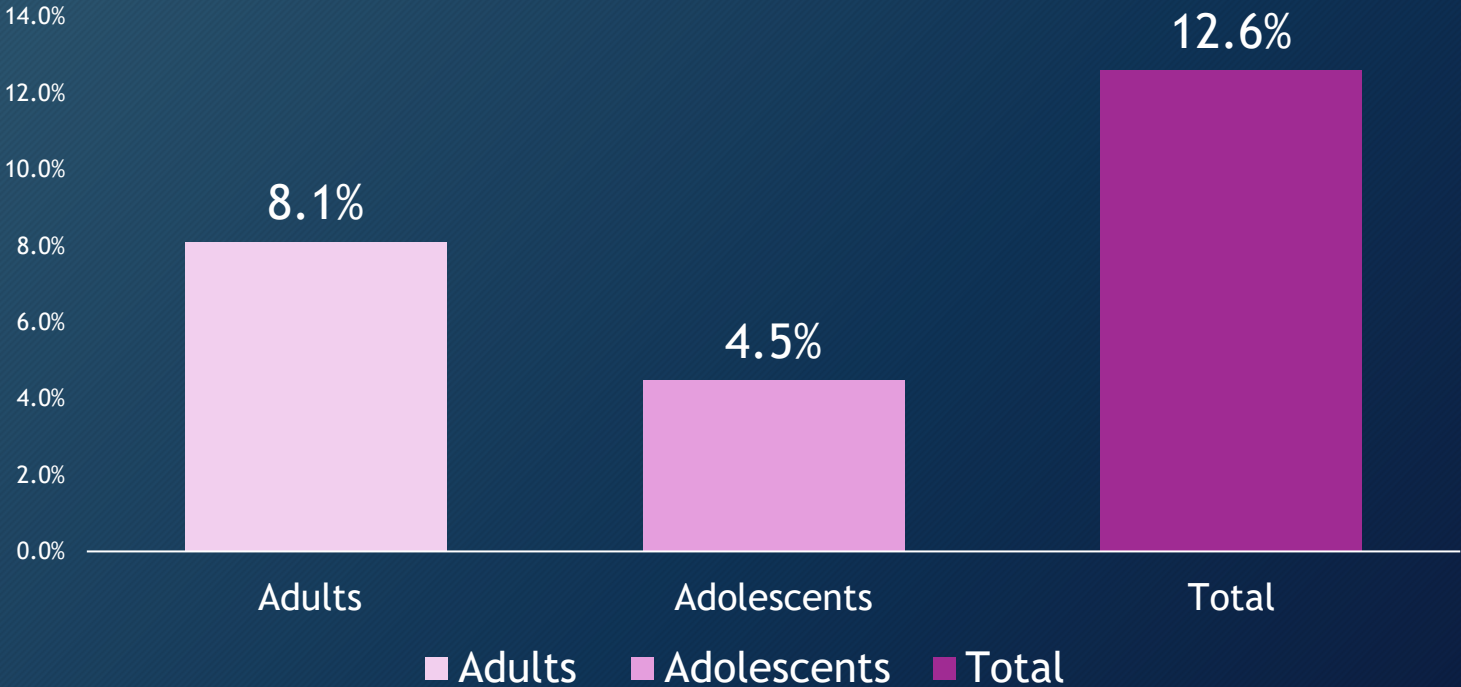


- More than 28,600 pregnant women were screened by community health workers in Jan-Mar 2024



# Proxy Prevalence Rate of Acute Malnutrition among Pregnant Women by Age Group, Oct–Dec 2023 (DHIS2-IMA)

Proportion of Pregnant Women with Acute Malnutrition by Age, 2023 (DHIS2-IMA)



- 2,210 pregnant women were referred to health center for acute malnutrition



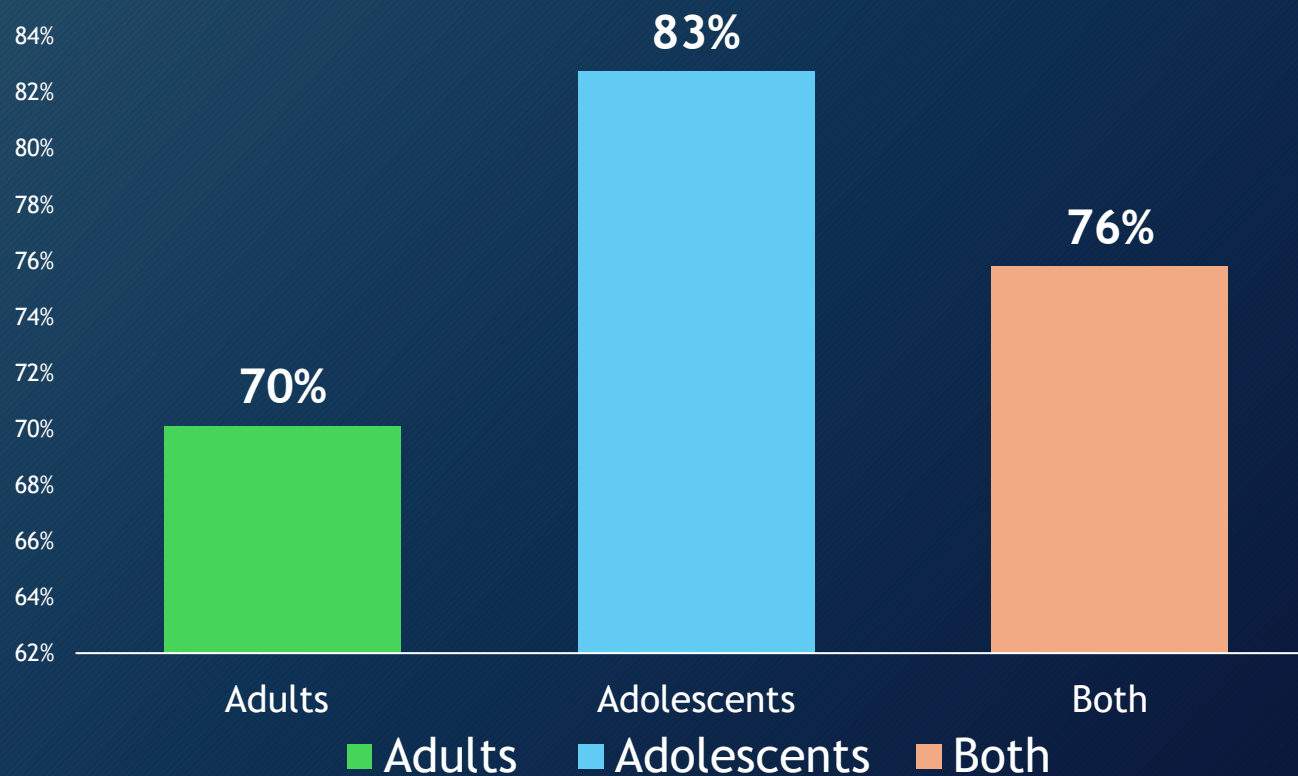
# Follow-up of Malnourished Pregnant Women

- Evaluation of Pregnant Women at Health Facility & confirmation of nutritional status
- On-going monitoring of nutritional status & integration into the « **Prise en Charge Integree de la Malnutrition Aigue** » (with or with out food supplementation)
- Tracking birth weight of babies born to malnourished pregnant women and ensuring follow - up with home visits & nutritional counseling through the 1st yr.



# Recovery rate of Pregnant Women by Age Group, 2023 (IMA-DHIS2)

## RECOVERY RATE OF MALNOUSHED PREGNANT WOMEN, by AGE GROUP





# Multi-Sector Activities focusing on Women

- Only 20% factors contributing to chronic malnutrition are health related
- Necessity to strengthen nutrition sensitive interventions



# HOME GARDENS



PRODEK is strengthening the Home Garden Component:  
Focus on Nutritious Perennial Plants - Moringa & Chaya





**VSLA: Piloting Village Savings & Loans Associations:  
+32 VSLAs in process of being established with  
assistance by PRODEK, with a focus on ANJE Support  
Group members**





## Income Generating Activities:

VSLAs will be reinforced with Income Generating Activities: Seeds, Sacs, & Stoves



Focusing on women's education,  
women's empowerment &  
nutrition sensitive interventions,  
have the potential to break the  
cycle of chronic malnutrition &  
systemic poverty.

