

Household Agriculture-Nutrition Doable Actions

A framework to help focus nutrition-sensitive agriculture SBC programming to promote “doable” actions for women smallholder farmers and their families

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Photo credit: USAID/ENGINE and US Peace Corps, 2015.

The HANDS Framework

- “HANDS” stands for **H**ousehold **A**griculture-**N**utrition **D**oable **A**ctions.
- Helps integrated programs focus on pro-nutrition behaviors and actions: nutrition-sensitive agriculture practices, nutrition-specific behaviors, and supportive family actions.
- Prioritizes **five behavioral clusters** (“action areas”) that contribute to improved maternal and child nutrition outcomes through increased access to and consumption of diverse, nutrient-rich foods.

Why create “clusters”?



MANAGEABILITY:

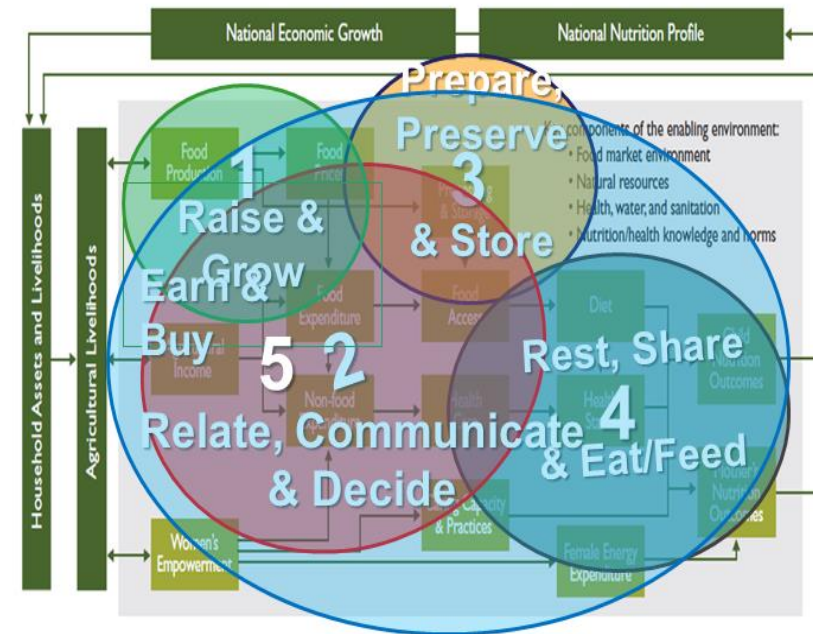
Groups a myriad of potential key pro-nutrition behaviors together along-- *and across--* the pathways.

GIVES RESEARCH A PLACE TO START:

Orients the planning of formative research to explore and understand people’s behaviors and their contexts.

FOCUS FOR DESIGN:

Focuses the design and development of SBC/SBCC strategies, interventions and materials within agriculture-nutrition programs on behaviors and supportive actions that are doable.



What makes Household Agriculture-Nutrition Actions “Doable” for women and their families?



- Pro-nutrition behaviors and actions become more “doable” for smallholder women farmers and their families when agriculture program interventions help enhance behavioral facilitators and reduce behavioral barriers in each of the 5 clusters.
- Good SBCC programming can help improve nutrition outcomes in agriculture programs by:
 - ▣ complementing existing agriculture interventions to maximize nutrition outcomes;
 - ▣ motivating people to adopt new or improved behaviors;
 - ▣ addressing barriers that can be reduced or mitigated through strategic communication; and
 - ▣ creating a more enabling environment for social and behavior change.

The Five Clusters of “Pro-Nutrition” Behaviors and Supportive Family Actions



**RAISE &
GROW**



**REST,
SHARE &
EAT/FEED**



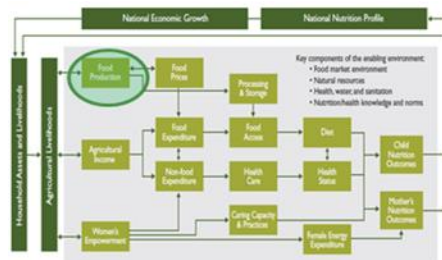
EARN & BUY



**PREPARE,
PRESERVE
& STORE**

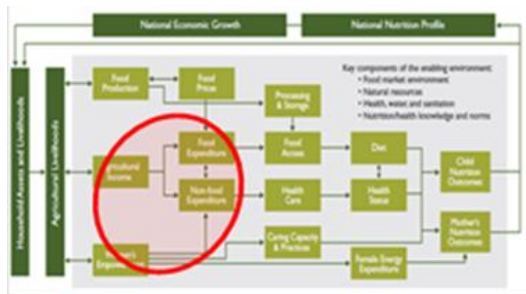


**RELATE,
COMMUNICATE
& DECIDE**



In this cluster, agriculture extension, WASH and SBCC interventions focus on helping women smallholder farmers and their families:

- **Raise livestock, poultry, or fish** to increase mothers' and children's access to animal source foods, employing improved animal-human separation techniques and other sanitation and hygiene practices
- **Grow nutrient-dense vegetables or fruits** for on-farm consumption, employing improved safety management and hygiene practices (aflatoxin, pesticides, fertilizers).
- Includes **Farm-WASH (animal-human separation, farm-relevant handwashing, hygiene and sanitation)**

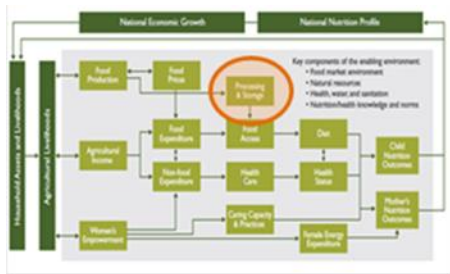


In this cluster, agriculture value chain, home economics and SBCC interventions focus on helping women smallholder farmers and their families:

- **Earn agriculture income** to improve nutrition outcomes for mothers and children;
- **Buy animal source foods and nutrient-rich vegetables or fruits** not produced on the farm for home consumption; and
- **Buy soap** and other affordable and available WASH commodities for use at home.

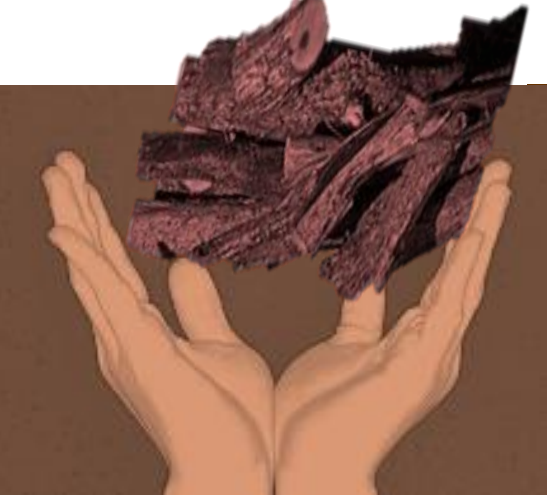


PREPARE, PRESERVE & STORE

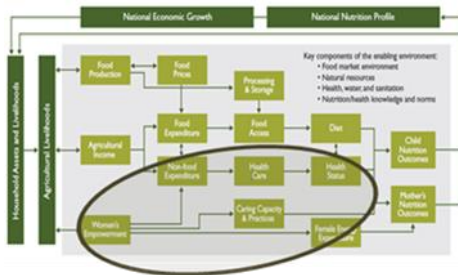


In this cluster, agriculture extension, nutrition, WASH and SBCC interventions focus on helping smallholder farmer women and their families:

- **Prepare nutritious meals and snacks**, especially for mothers and young children, using improved WASH and cooking practices and in ways that help retain their nutrients
- **Preserve and Store foods to reduce waste or spoilage and to assure their availability over longer periods** for home consumption.



REST, SHARE & EAT/FEED

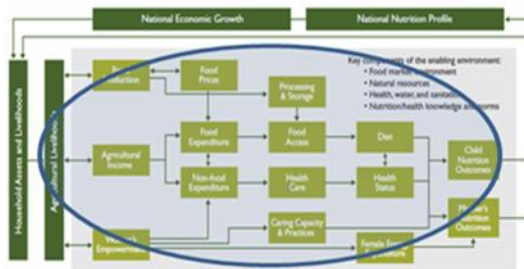


In this cluster, agriculture extension and SBCC interventions focus on helping smallholder farmer families:

- **Reduce women's workloads**, especially during pregnancy, through labor-saving technologies
- **Facilitate equitable intra-household allocation of food**
- **Increase consumption of nutritious foods** through improved maternal eating behaviors and infant and young child feeding practices.
- **Improve farm-specific WASH practices** including handwashing after handling livestock, poultry or crops and keeping animals and their feces away from areas where children rest, play and eat.



RELATE, COMMUNICATE & DECIDE

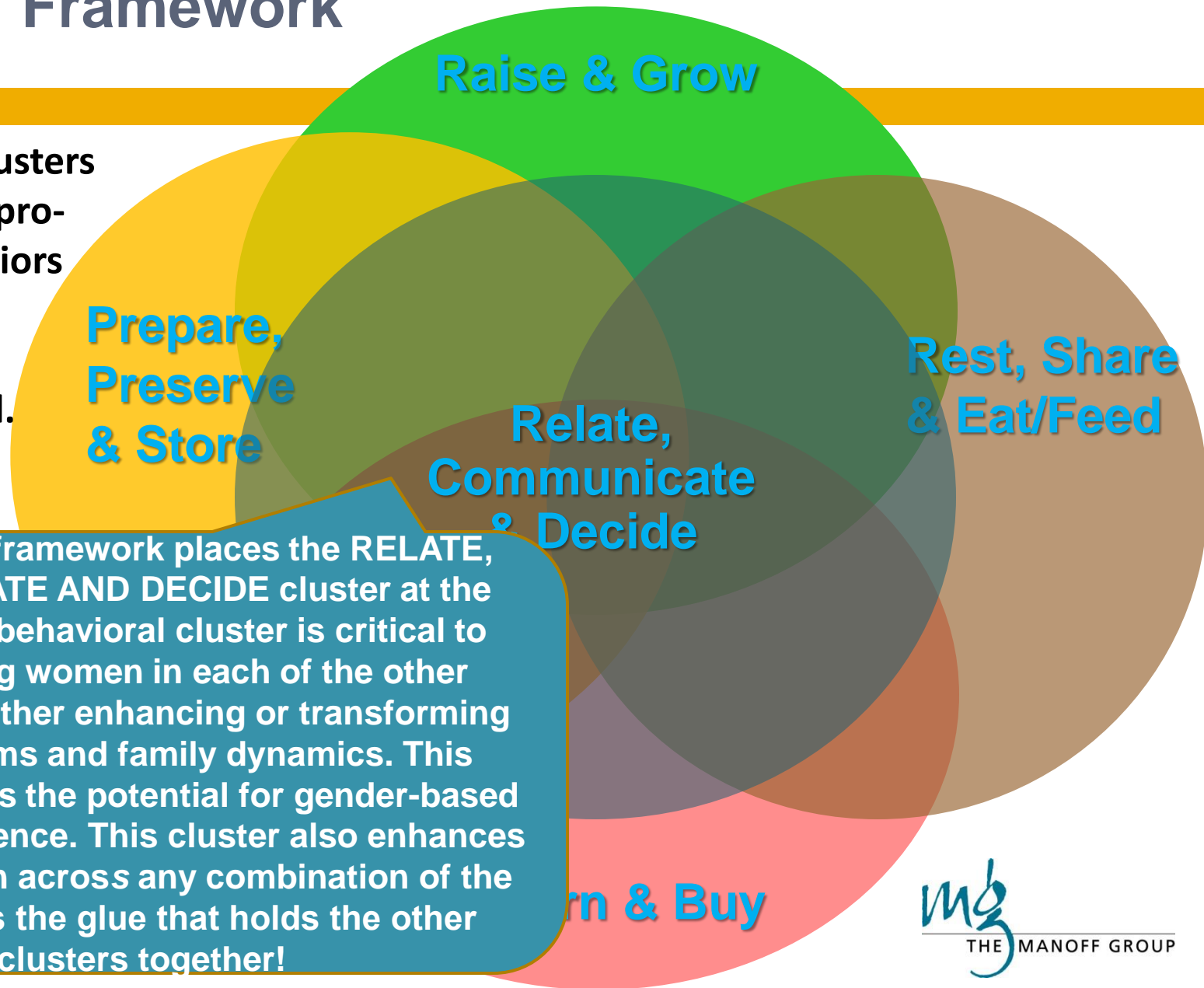


In this cross-cutting cluster, SBCC interventions help women smallholder farmers and their families attain better nutrition outcomes through improved family dynamics in each of the four other clusters. This cluster is highly sensitive to cultural context of gender, family and power:

- **Enhance men's and women's pro-nutrition gender roles**
- **Strengthen family relationships, harmony and family member support**
- **Improve intimacy and safe communication, as and when appropriate**
- **Make informed decisions, individually or jointly with spouses or other family members**
- **Reduce potential for gender-based conflict or violence**

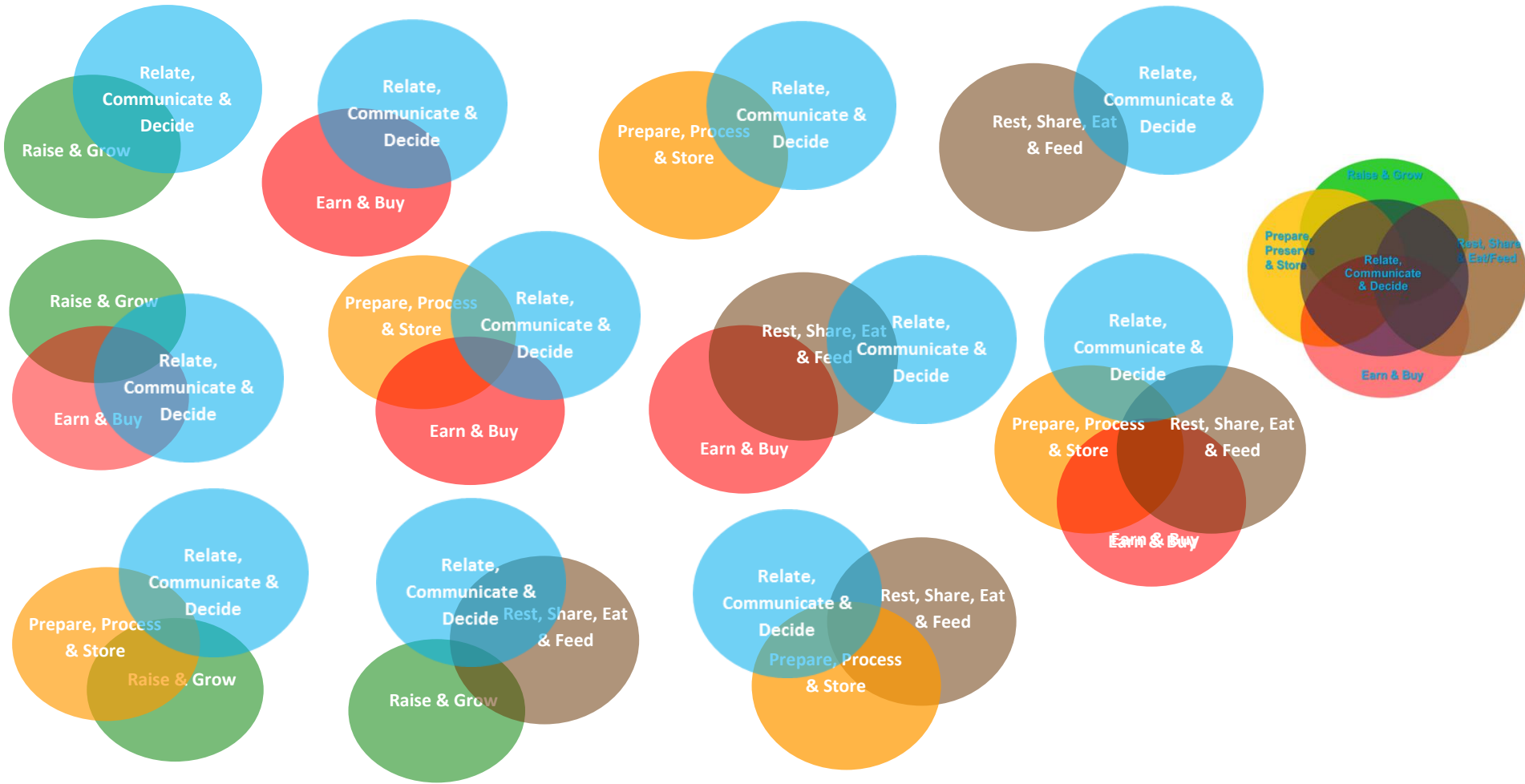
Household Agriculture-Nutrition Doable Actions (HANDS): Framework

Each of the 5 clusters contain critical pro-nutrition behaviors and supportive actions at the household level.



The HANDS framework places the RELATE, COMMUNICATE AND DECIDE cluster at the center. This behavioral cluster is critical to empowering women in each of the other clusters, by either enhancing or transforming gender norms and family dynamics. This cluster reduces the potential for gender-based conflict or violence. This cluster also enhances the integration across any combination of the clusters: it's the glue that holds the other clusters together!

The 5 Clusters: Framework



The HANDS Framework enhances nutrition outcomes by adding interventions supporting the “Relate, Communicate & Decide” cluster to any other individual cluster, or to any possible combination of two or more other clusters.

The Five Clusters of “Pro-Nutrition” Behaviors and Supportive Family Actions



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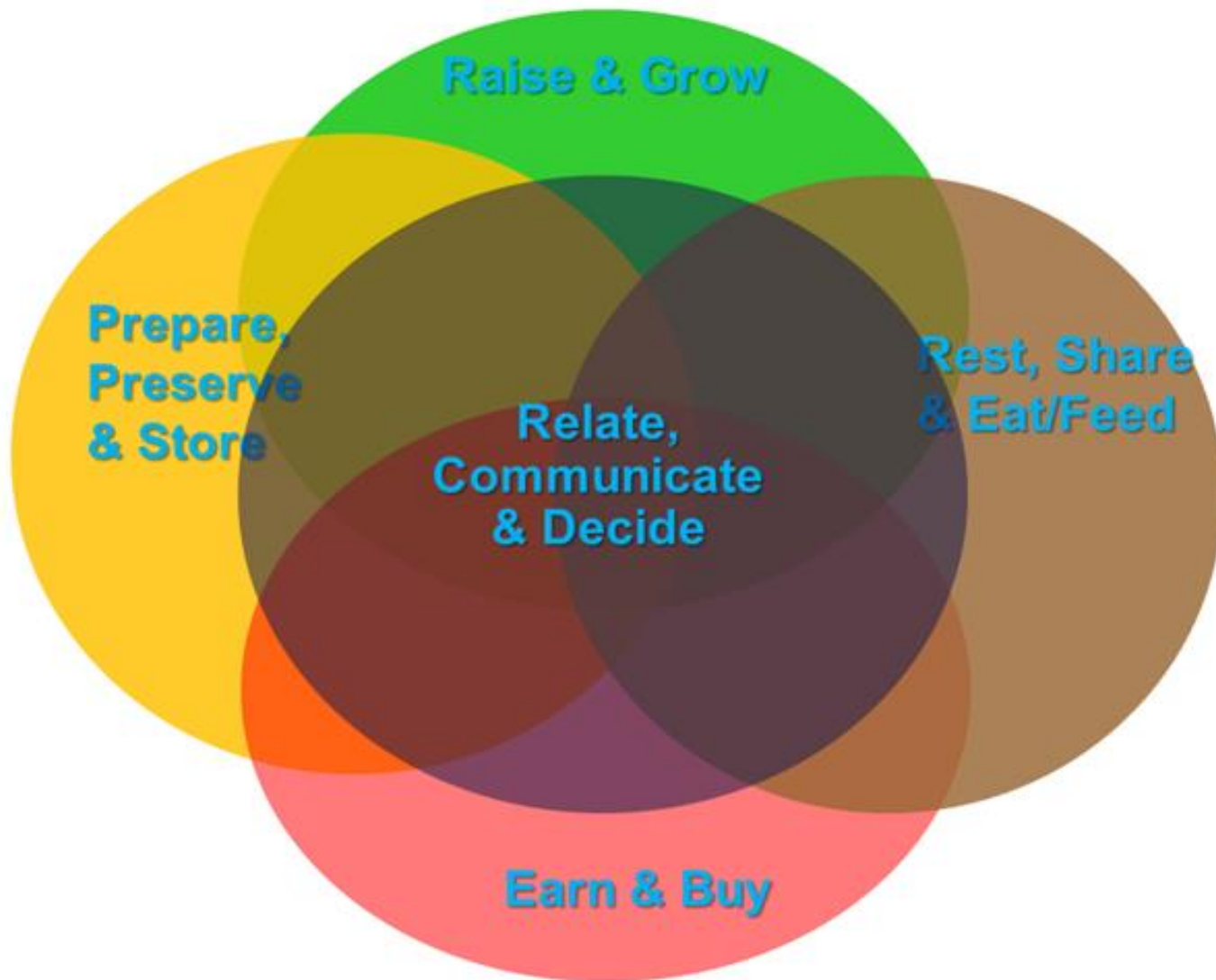


**PREPARE,
PRESERVE
& STORE**



**RELATE,
COMMUNICATE
& DECIDE**

Household Agriculture-Nutrition Doable Actions (HANDS)



For more information about the 5 behavioral clusters and the HANDS Framework featured in this presentation:

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