

# Nutrition Education Project Development and Evaluation in Rural Vietnam

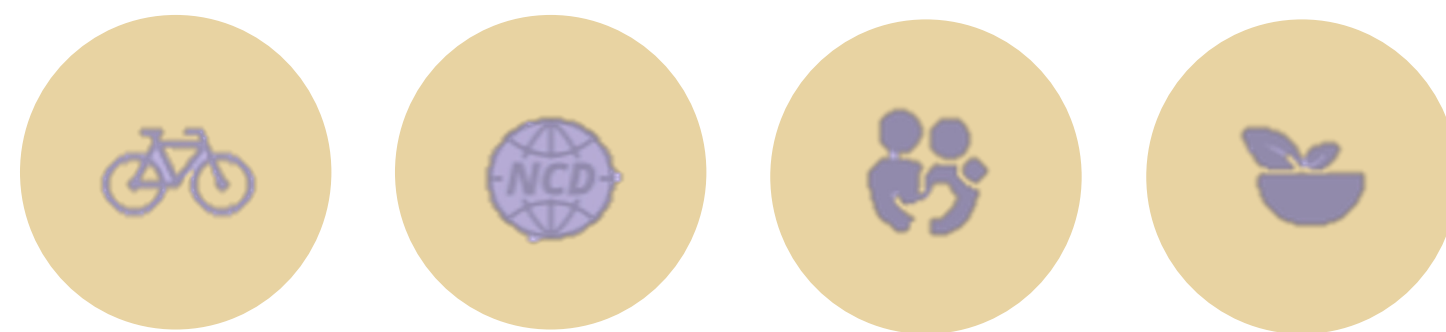
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## Background

HealthBridge (HB) has a mission to empower local partners in communities they work with to improve health and reduce health inequities through **research, policy, and action.**

### Areas of Focus



### Deliverables

Created an **evaluation tool** to measure success of previously completed nutrition education and food demonstration sessions

Developed a **logic model and letter of interest (LOI)** using information from an informal literature review and collaboration with the Vietnam team to submit to a potential funder

## Evaluation Tool for Completed Nutrition Education Sessions

With Son La (community of implementation) being a primarily Thai population, and community educators being primarily Kinh, HB was interested in both effectiveness and appropriateness of the session design.



First page of the curriculum plan used to lead Nutrition and Food Demonstration sessions in various communities in Son La, Vietnam.

### Goals of evaluation

#### In participants:

> **Change in knowledge** on the importance of exclusive breastfeeding and complementary feeding for mothers, father, grandparents and other caregivers

> **Awareness of accessing and preparing** locally available food

> The **enablers and barriers** to preparing nutritious meals for the children

#### In community educators:

> **Assess confidence in knowledge** to deliver sessions

> Understand the **educators' perception of the success** of sessions

## Development of a Logic Model and LOI Highlighting Stunting in Son La, Vietnam

### Timeline



\*A potential funding opportunity with a philanthropic foundation that funds initiatives targeting undernutrition/stunting was identified. It was determined by the HB admin team that this foundation aligned well with our mission and current work in decreasing undernutrition in rural Vietnam.

### Highlights of Logic Model

#### Decreased stunting amongst ethnic minority children under 2 in the Son La province of Vietnam

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|--|---|--|
| Increased utilization of health and nutrition services/resources by mothers and caregivers | Improved ICYF practices and maternal nutrition to highlight nutrient sufficiency and using and preparing locally available and affordable foods | Increased initiation of breastfeeding and exclusive breastfeeding in the first 6 months and complementary feeding after 6 months |
|--|---|--|

## Reflection

### Moving Forward

The evaluation tool will be used to run interviews mid-late March in Vietnam. The information collected will then be used to inform a subsequent round of nutrition education and food demonstration sessions that are expected to be funded later this year.

The LOI will be submitted to the potential funder around the end of March. If HB is invited to apply for a grant, a concept note and grant proposal will be constructed.

### Other highlights of my overall experience:

> Attended **all-staff meetings**, where I learned about other projects and happenings within the organization

> Completed training in **Results Based Management** and **Clear Language**

> **Collaborated cross-culturally** between the Canada and Vietnam offices

> Conducted **literature reviews** to understand country context and previous intervention and evaluation approaches in ethnic minority communities (EMCs)



I feel very fortunate to have completed a practicum with an organization that valued the knowledge I brought as a student and that allowed me autonomy in what this experience looked like. It would not have been possible without the excitement and care my site supervisor and the rest of the HB team took to support me throughout this experience.