



# ***NURTURING CONNECTIONS®: ADVANCING GENDER EQUALITY FOR IMPROVED NUTRITION AND LIVELIHOODS***

**Ramona Ridolfi** – Regional Gender Advisor, HKI - Asia-Pacific Regional Office



## **OVERVIEW**

**Section 1: Background: HKI's EHFP Model**

**Section 2: The Nurturing Connections© Approach: Key Elements**

**Section 3: Implementing Nurturing Connections© - Adaptations and Results**

# BACKGROUND – OUR EHFP MODEL



Helen Keller  
INTERNATIONAL

## HKI's Mission

*HKI's Mission is to save and improve the sight and lives of the world's vulnerable by combatting the causes and consequences of blindness, poor health and malnutrition.*

## Our Work in Asia-Pacific

We bring expertise in helping households – especially women – increase food security, access income, improve nutrition and prevent blindness.

## Homestead Food Production (HFP)

- Works through groups of approximately 20 women, centered around “Village Model Farms”.
- Increases production of **nutritious foods**, including vegetables, eggs, poultry and fish, **for household consumption and sale.**



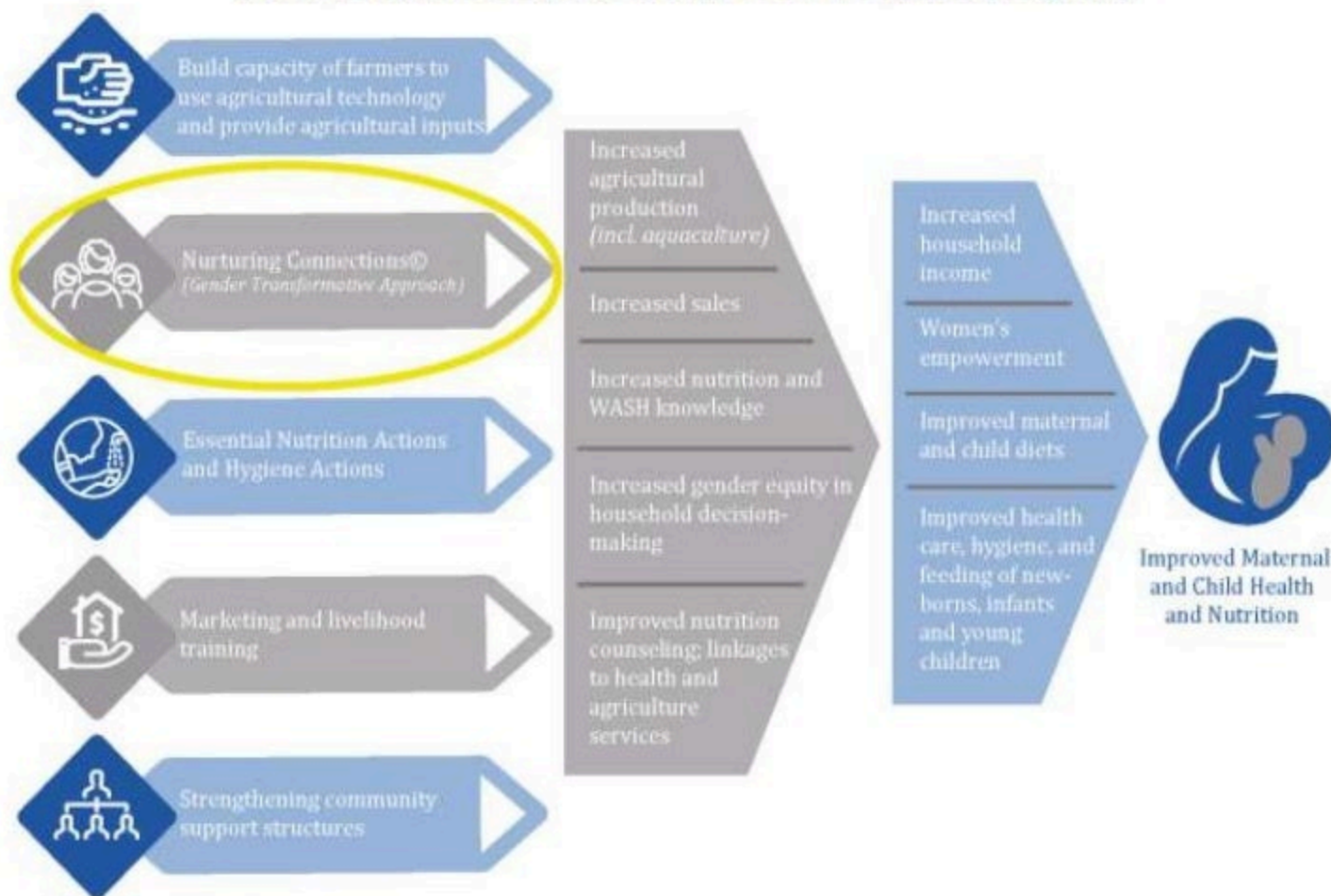
Photo©: HKI Cambodia

# BACKGROUND – OUR EHFP MODEL



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## Nurturing Connections© in the Nutrition-Sensitive Agriculture Impact Pathway (HKI's Enhanced Homestead Food Production program)





## INTRODUCTION TO NURTURING CONNECTIONS©

# THE NURTURING CONNECTIONS© APPROACH

- ✓ *Gender Transformative curriculum developed and piloted by HKI in 2012*
- ✓ *Integrated into seven projects worldwide in four countries (in four languages)*
- ✓ *Adapted for homestead food production (agri- and aquaculture) and nutrition.*



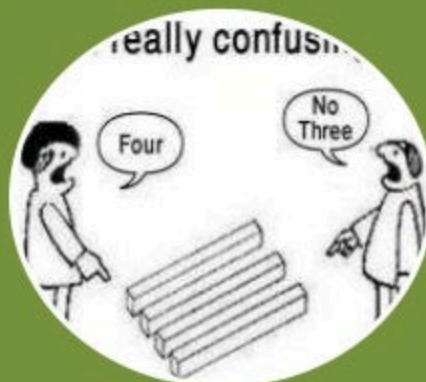
# THE NURTURING CONNECTIONS© APPROACH



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**Building  
Communication  
Trust  
Respect**



**Identifying  
Perceptions**



**Negotiating  
Power**



**Empowering  
women and  
men to Act  
for Change**

## EQUITABLE INTRA-HOUSEHOLD RELATIONS

- ✓ Joint decision-making power;
- ✓ Support to domestic tasks run by women;
- ✓ Improved trust, spousal communication, ability to solve conflict and shift harmful practices.



## IMPLEMENTING NURTURING CONNECTIONS© - ADAPTATIONS AND RESULTS



# IMPLEMENTING NURTURING CONNECTIONS® IN BANGLADESH



NC implemented in multiple projects (6) adopting a multi-sectorial approach to improving nutrition.

## Key Features

- ✓ Standalone component.
- ✓ 10-12 sessions, of peer and mixed sub-groups.
- ✓ **Fortnightly** frequency.
- ✓ *Integrated version* drops entirely activities from Block 1 and includes only activities more easily linked to technical trainings.

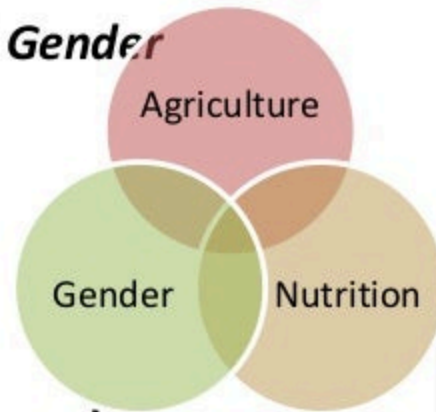


# NURTURING CONNECTIONS© RESULTS

## BANGLADESH



### *Agriculture, Nutrition, and Gender Linkages (ANGeL) Project*



**5 arms - interventions delivered to both men and women and 1 control:**

- T1: Nutrition BCC (DAE)
- T2: Nutrition BCC (trained community women)
- T3: Agriculture Production (DAE)
- T4: Agriculture+Nutrition (DAE)
- **T5: Agriculture+Nutrition+Gender\* (DAE and project facilitators hired by Helen Keller International)**
- C: Control

**A-WEAI to assess empowerment**

In arm 5 where NC was implemented:

- women became more empowered in asset ownership and income decisions.
- Significant “improvements” in women’s and men’s total gender attitude scores.
- Most consistent improvement: women recognize they make important contributions to the community.

Source: IFPRI – Endline Survey 2018

# IMPLEMENTING NURTURING CONNECTIONS® IN CAMBODIA



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**FF4F (2015 – 2018):** adapted and implemented in 2800 households.

**Women-Centred HFP / Gates (2016 ongoing):** implemented in 480 households.



## Key Features

- ✓ Standalone component in 2 hour sessions (1 is NC and 1 is ENA counselling)
- ✓ 7 sessions of mixed groups only (W, M, elders).
- ✓ Dropped “repetitive” activities, added domestic violence and more on intra-hh management of income.
- ✓ **Bi-monthly frequency.**

# NURTURING CONNECTIONS© RESULTS CAMBODIA



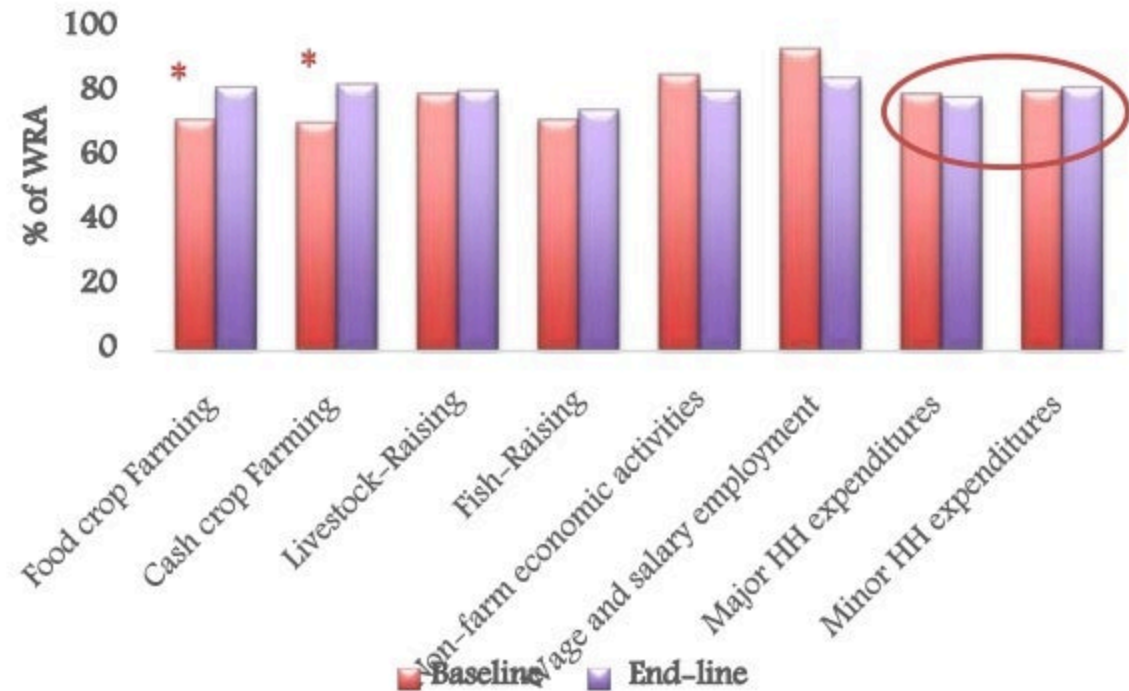
BL and EL surveys assessed 2 dimensions from WEAI: agricultural production and income generation:

- ✓ Increased women's decision-making autonomy over food and cash crop farming by 10%.
- ✓ Stable results on income generation.

Qualitative interviews with female & male participants:

- Increased men's participation in domestic chores
- Improved spousal communication.

Source: FF4F endline report (2018)



- PRO-WEAI in baseline of Gates-funded WGCD project
- Results available in May 2019

# IMPLEMENTING NURTURING CONNECTIONS® IN WEST AFRICA



**CHANGE (2013-2016) adapted and tested in two countries of the project (Senegal and Cote d'Ivoire – respectively 5 and 8 villages).**

## Key Features

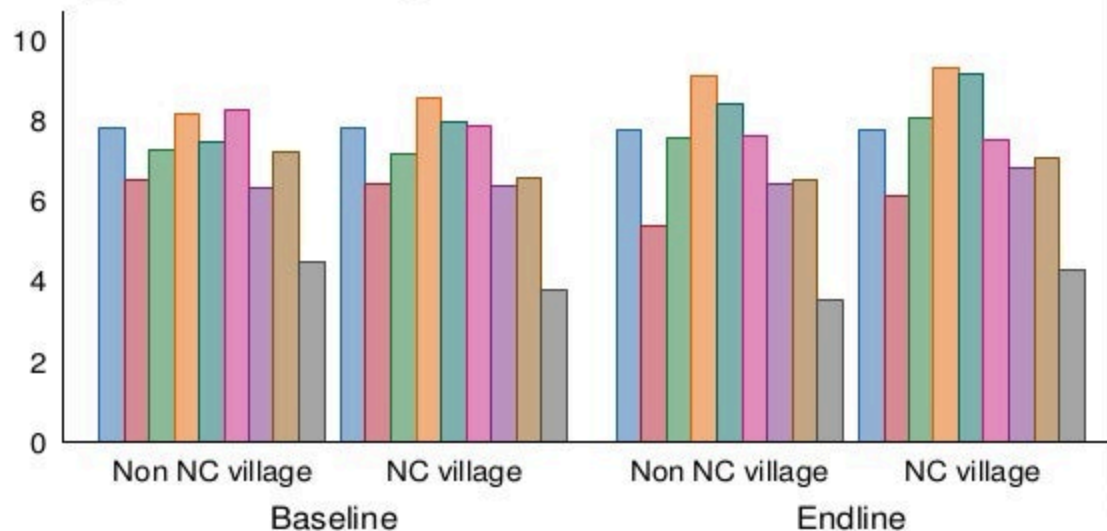
- ✓ **Standalone component.**
- ✓ **16 sessions.**
- ✓ **Issue of polygamy:** other “sister-wives” invited to observe. Power Block more extensive due to numerous family compositions.
- ✓ **Peer and mixed.** Mixed include all participants.
- ✓ **Weekly frequency.**



# NURTURING CONNECTIONS© RESULTS WEST AFRICA



## BASELINE AND ENDLINE SURVEYS WITH MEN AND WOMEN WITHIN THE SAME HOUSEHOLDS ON OUTCOME PROJECT INDICATORS



### HKI-IFPRI and ICRW survey tools

#### Positive & significant Impacts:

- ✓ **Women's sole decision making in 4 areas (Senegal):** childcare & health, use of agricultural plots and livestock rearing. Self-esteem increased.
- ✓ **Joint decision making (CI):** livestock rearing, agri plots, childcare & health. Self-esteem increased.
- ✓ **Intra-household communications:** larger shares of women reported discussing 9 selected topics.

Source: CHANGE endline report 2016

**Nurturing Connections**© is a proven example of GTA, demonstrating that *integrated programming* has better impact on women's decision-making and ownership, spousal communication and husband's support to domestic tasks.

## **AREAS OF INTEREST FOR FUTURE RESEARCH AND IMPLEMENTATION:**

- ✓ Sustainability of empowerment results;
- ✓ Nutrition and agriculture outcomes where NC is implemented;
- ✓ Differences in impact between 'full' vs 'light' NC approach and its frequency.



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# THANK YOU.

*“Although the world is full of suffering, it is also full of overcoming it.”  
-Helen Keller*