

QUARTERLY REPORT

Quarter 2

Feb 2023 - Apr 2023



**Community Based Anaemia Prevention
and Control Program for Women**

in Bissamcuttack Block of Rayagada District, Odisha



Community Volunteer visiting a household to counsel a new mother along with ASHA (tracking of anaemia of mothers activity)

Community Based Anaemia Prevention and Control Program for Women

in Bissamcuttack Block of Rayagada District, Odisha

Quarterly Progress Report

Reporting Period: Q2 (Feb 2023 - Apr 2023)



GOAL

To contribute to existing government efforts to prevent and control anaemia with a special focus on iron deficiency anaemia.



OBJECTIVE

- ➔ To increase the level of awareness on nutrition among pregnant women, lactating mothers and women in the reproductive age group of (15-49) on prevention and control of anaemia.
- ➔ To strengthen community actions for reducing anaemia among women and children by sensitisation of the local Self-help Groups and PRIs to address the challenges of anaemia among women and children.
- ➔ Promotion of kitchen garden for Supplementary nutrition of women and children.



TARGET BENEFICIARIES

Primary Beneficiaries :

2000 women in the reproductive age group of (15-49) and children (0-5 years)

Secondary Beneficiaries:

the family members and community as a whole



PROJECT DURATION

The project is under implementation for a duration of 8 (eight) months. The project started from December 2022 and is expected to be completed by July 2023.



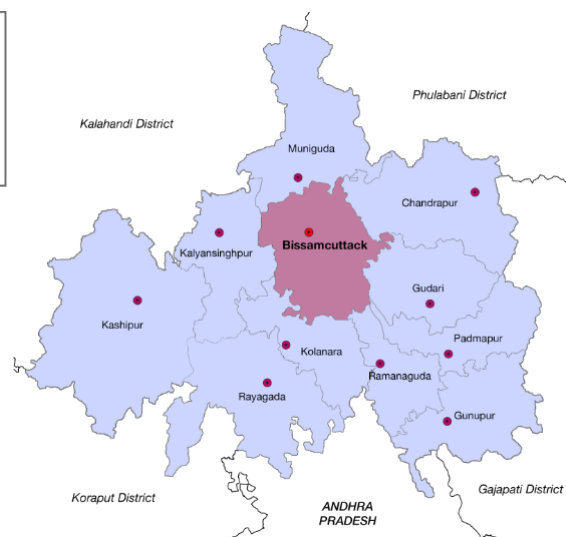
PROJECT LOCATION

The project is being implemented in Bissamcuttack block of Rayagada district.



The project activities is being implemented in the Sahada Health Sector of Bissamcuttack block.

In first phase activity started in Sahada Sub-centre and Dukum Subcentre and later extended to Judo Subcentre, Jhigidi Subcentre and Thuapadi Subcentre.



Progress of Project Activity

December 2022 - April 2023

Preparatory Activity

Recruitment of Project Staff

The formation of a project team and the provision of technical support are essential elements in ensuring the successful execution of any project. The purpose of forming a project team is to bring together individuals with diverse expertise and skill sets, who collectively contribute to the project's planning, implementation, and evaluation. The team members collaborate to define project objectives, develop strategies, allocate resources, and establish clear roles and responsibilities. By pooling their knowledge and experiences, the team is able to generate innovative ideas, overcome challenges, and make informed decisions throughout the project lifecycle.

Additionally, technical support plays a crucial role in providing specialised knowledge and guidance to the project team. Technical support ensures that the project team is equipped with the necessary tools, information, and skills to effectively carry out their assigned tasks, while also facilitating problem-solving and continuous improvement.

A senior technical advisor of PPHF has been assigned the task of providing technical assistance to the project and a full-time Project Manager has been deployed at Bissamcuttack block. Two Community

Block level meetings

The Project Manager had meetings with the District Program Manager, Block Medical Officer, Block Program Manager and Block PHEO to finalise the project area. It was suggested that PPHF will start the intervention in the Sahada Health Sector of Bissamcuttack. Further, it was decided that PPHF will start the activities from Sahada Sub-centre and Dukum Sub-centre area, and further expand the intervention to other sub-centres.

Obtaining administrative communication

Obtaining administrative communication is of utmost importance when it comes to implementing project activities. Administrative communication serves as a validation and endorsement of the project, lending it credibility and legitimacy. It signifies the recognition and support of the relevant authorities, at all level. By securing administrative approval, project activities gain access to essential resources, such as administrative support, logistical support, and necessary permits. It also helps in navigating potential bureaucratic hurdles and ensures compliance. Moreover, administrative communication fosters collaboration and coordination with other stakeholders, as it facilitates the involvement and engagement of government agencies, community leaders, and relevant organisations. Ultimately, obtaining administrative communication provides a solid foundation for successful project implementation, strengthening partnerships, and maximising the potential for positive impact on the target community or beneficiaries.

An official communication from the Chief District Medical and Public Health Officer (CDMPHO), Rayagada has been circulated regarding the initiation of the project to PPHF as well as the block health administration of Bissamcuttack vide letter No. 8586/NHM/Rayagada dt. 09 December 2022.



Orientation of FLWs - 29 December 2022



Micro-planning Workshop- 14 January 2023

Orientation of FLWs

An Introductory Orientation of ASHAs and ANMs has been organised on 29th December 2022 at the Sahada HWC where the FLWs have been introduced to the project and its goal & objectives. A total of 43 participants attended the workshop. This workshop played a vital role in providing a comprehensive understanding of the project's objectives, strategies, and target population. During the workshop, healthcare providers were oriented on PPHF's method of providing appropriate counseling and treatment to individuals identified as anemic. They are also introduced to the concept of community mobilization, empowering them to engage with community members, raise awareness about anemia prevention, and promote behavior change towards adopting iron-rich diets and utilizing iron supplementation programs. The workshop also emphasizes the importance of collaboration with local stakeholders, such as community leaders and government authorities, to ensure a coordinated and sustainable approach to anemia prevention. By enhancing the capacity of grassroots healthcare providers, the orientation workshop paved the way for successful implementation and long-term impact of the project.

Micro-planning Workshop

A workshop to conduct micro-planning for community meetings, kitchen garden sites and other project deliverables has been organised at Sahada HWC on 14th January 2023. This workshop served as a crucial platform for strategic discussions and collaborative efforts towards combating anaemia within the community. This meeting brought together stakeholders such as health administration, community volunteers, local PHC representatives, and project team to devise comprehensive plans tailored to the specific needs and challenges of the community. The participants analysed data related to anaemia prevalence, nutritional status, and healthcare accessibility to identify area of implementation and target interventions effectively. During the meeting, strategies were developed to raise awareness about anaemia, promote iron-rich diets, kitchen garden, and encourage the utilisation of iron supplementation and fortification programs. This workshop also served as an opportunity to identify and address any logistical, financial, or cultural barriers that may hinder the implementation of the project.



First project stakeholder meeting on 25th February 2023

Second project stakeholder meeting on 27th March 2023

Stakeholders Meeting

A total of 70 stakeholders attended the first project stakeholder meeting on 25th February 2023. This meeting brought together a diverse group of participants, including healthcare administrators, field-level workers, healthcare providers, and the project team. This meeting served as a platform for collaboration, exchange of ideas, and coordination of efforts towards the successful implementation of the project. Each stakeholder contributes their unique expertise and perspective to address the complex challenges associated with anaemia prevention. Healthcare administrators provided guidance and strategic direction, ensuring that the project aligns with the broader healthcare goals and policies. Field-level workers shared valuable insights from their interactions with the community, helping to identify specific needs and barriers to implementation. Healthcare providers brought their clinical expertise, ensuring the delivery of quality counselling, and treatment services. The project team provided updates on progress, shares data and findings, and facilitates discussions on key project components. Through this stakeholder meeting, a cohesive and collaborative approach is fostered, enabling the pooling of resources, leveraging of strengths, and alignment of efforts towards a common goal of combating iron deficiency anaemia at the community level.

The second stakeholder meeting was organised on 27th March 2023. A total of 64 participants attended the meeting. One of the key highlights of the second stakeholder meeting is the emphasis on counselling of mothers and targeted tracking of iron and folic acid (IFA) supplementation of mothers in 10 villages. Recognising the pivotal role of mothers in promoting healthy practices, the meeting emphasised the need for effective counselling strategies to empower them with knowledge about the importance of iron-rich diets, proper nutrition during pregnancy, the benefits of IFA supplementation, prevention from malaria and deworming, and practice hand hygiene. Healthcare providers play a crucial role in delivering personalised counselling sessions to mothers, addressing their concerns, and motivating them to adhere to recommended guidelines. Additionally, the meeting focuses on establishing a robust tracking system to monitor IFA intake of 50 mothers in 10 villages among the target population. By implementing strategies such as regular follow-up visits, reminders, and tracking tools, the project aims to ensure consistent and adequate IFA supplementation, thus significantly reducing the risk of iron deficiency anaemia. This meeting was the platform for sharing best practices, discussing challenges, and identifying innovative approaches to enhance counselling effectiveness and improve IFA tracking, ultimately leading to better health outcomes for both mothers and their children. The activities of the project has been discussed and suggestions taken from all stakeholders for future improvement.

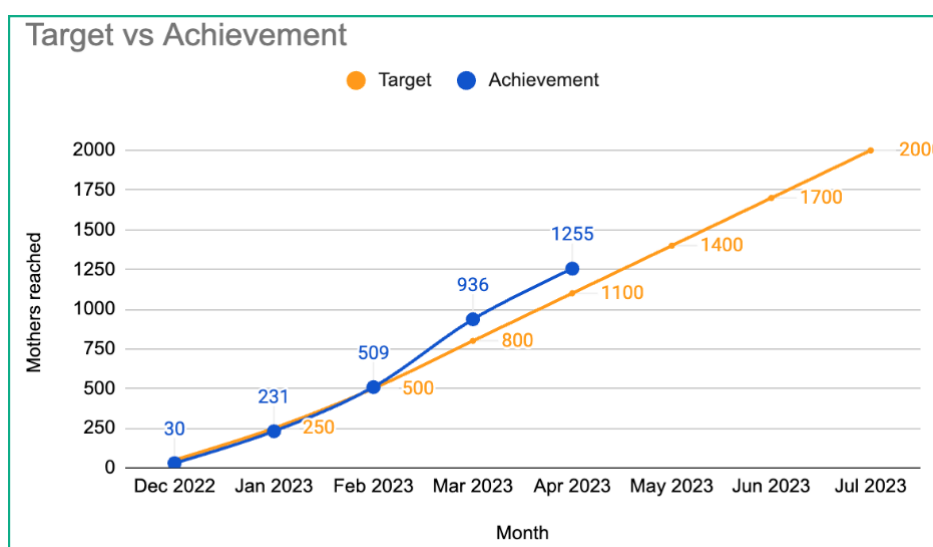
Community Interaction:

Community counselling of tribal mothers in small group meetings is a powerful approach to address multiple health issues, including the prevention of iron deficiency anaemia (IDA), promoting iron-fortified and vitamin-rich nutrition, deworming, prevention of malaria and dengue, and emphasising hand hygiene. These interactive sessions provided a platform for education, engagement, and empowerment of mothers in combating anaemia. During these sessions, mothers are educated about the causes, consequences, and prevention of IDA, emphasising the importance of iron-rich foods and iron supplementation. They are also educated about the benefits of consuming vitamin-rich foods such as fruits and vegetables to enhance overall nutrition.

Additionally, the sessions provide information on the significance of deworming to combat intestinal parasites and reduce anaemia risk. Mothers are educated about the prevention of malaria and dengue, including the use of bed nets, and removal of stagnant water sources. Furthermore, the importance of hand hygiene practices such as proper hand washing with soap (HWS) techniques and maintaining clean living environments is emphasised to prevent the spread of infections.

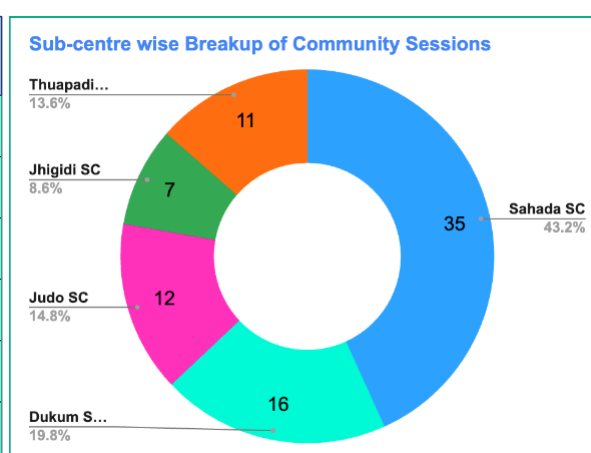
By addressing multiple health issues in these small group meetings, community counselling ensures that tribal mothers are equipped with the knowledge and tools to protect the health and well-being of themselves and their families.

- By the end of reporting period, a total of 81 community interaction events have been organised .
- A total of 1255 mothers have been reached by the project team through community events and home visits.



Subcentre-wise Distribution of Community Meetings

Area	Progress up to Q1 (upto Jan 2023)	Progress during Q2 (Feb-Apr 2023)	Total
Sahada SC	14	21	35
Dukum SC HWC	4	12	16
Judo SC	1	11	12
Jhigidi SC	---	7	7
Thuapadi SC	---	11	11
TOTAL	19	62	81

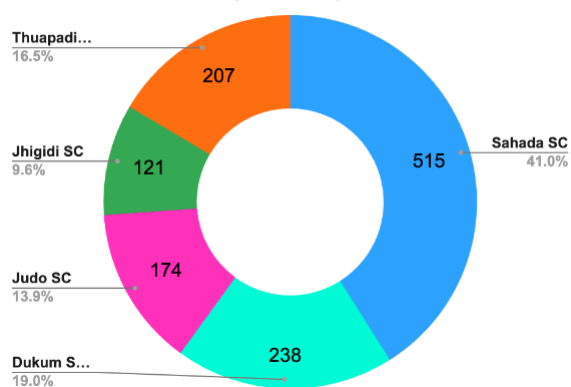




Subcentre-wise Distribution of Participants

Area	Progress up to Q1 (upto Jan 2023)	Progress during Q2 (Feb-Apr 2023)	Total
Sahada SC	165	350	515
Dukum SC HWC	56	182	238
Judo SC	10	164	174
Jhigidi SC	---	121	121
Thuapadi SC	---	207	207
TOTAL	30	201	1255

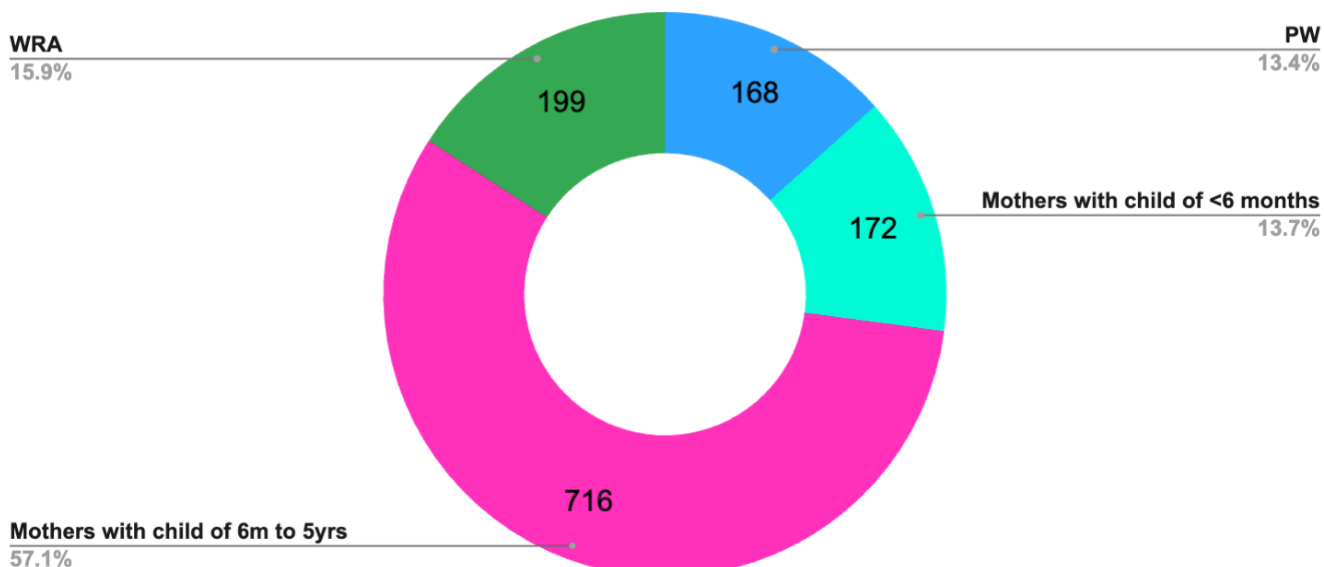
Sub-centre wise Breakup of Participants



Category-wise Distribution of Participants

Category	Progress up to Q1 (upto Jan 2023)	Progress during Q2 (Feb-Apr 2023)	Total
Pregnant Woman (PW)	94	54	148
Mothers with child of <6 months	73	79	152
Mothers with child of 6m to 5yrs	295	269	564
Woman of Reproductive Age (WRA)	47	25	72
TOTAL	509	427	936

Category-wise Breakup of Participants in Community Sessions



Tracking of Anaemia of Pregnant Women and Mothers

The tracking of anaemia of 50 pregnant women and mothers in 10 villages serves as a vital tool to assess the impact of the project. Through this tracking process, the program can evaluate the effectiveness of its interventions and strategies in reducing the prevalence of IDA within the target population. By regularly monitoring haemoglobin levels, iron supplementation adherence, dietary practices, deworming, prevention of malaria, and practicing hand hygiene the activity will gather valuable data on the progress and outcomes of the project. This data will enable the program to identify areas of success, such as improved haemoglobin levels and increased knowledge of iron-rich diets, as well as areas that may require further attention or modification. Tracking also helps to understand any barriers or challenges faced by the tribal women in accessing and utilising the program's services. The findings from this tracking process provide insights into the program's overall impact, highlighting its strengths and areas for improvement, ultimately guiding future program planning and implementation to better serve tribal women in preventing and controlling IDA.

The duration of this activity is 10 weeks i.e. 10th April 2023 till 30th June 2023. The envisaged activities under this intervention is as follows:

Week 1-2:

Orientation of Community Volunteers: An orientation session was conducted with the community volunteers to provide an overview of the intervention and their roles.

Development of Monitoring and Tracking Formats: A tracking system is established to monitor IFA consumption, iron and vitamin-rich food intake, worm infestation prevention, and adherence to hand hygiene and general cleanliness practices.

Week 3-4:

Awareness and Education: Interactive sessions will be held at group meetings and household level to provide detailed information on the benefits of IFA consumption, iron and vitamin-rich food, worm infestation prevention, and malaria control. The team will utilise visual aids, demonstrations, and videos to engage and educate pregnant women and mothers effectively.

Monitoring and Tracking: The community volunteers will use Form 1 and Form 2 during these visits to record information of mothers, their level of understanding after first counselling session and address any concerns/questions. The Project Manager, PPHF will maintain a database to track individual progress and identify areas for improvement.

Supply Chain Management: The Project Manager, PPHF will ensure haemoglobin tests and a consistent supply of IFA supplements of pregnant women and mothers in the selected villages after due consultation with HWC, Block and District Health Administration.

Week 5-9:

Follow-up Visit Sessions: Community volunteers accompanied by the healthcare workers (ASHA/AWW) and will do follow-up visit sessions to the households of the pregnant women and mothers in the community to assess their understanding, record their progress and address any concerns/questions.

Behaviour Change Communication: The team will implement behaviour change communication strategies to address cultural and social factors that may influence the adoption of desired practices.

Collaboration and Partnerships: The project team will explore opportunities to collaborate with local health facilities, community leaders, and CBOs to strengthen the intervention's impact. The project team will engage ASHAs, AWWs and other village level service providers to assist in awareness generation.

Week 10:

Final Evaluation: The project team will Conduct a comprehensive evaluation at the end of the intervention to assess the effectiveness of the program in achieving its goals using Form 4. The team will prepare an evaluation reports summarising the collected data, including key findings, achievements, challenges, and lessons learned.



Before



After

Model Kitchen Gardens

Model kitchen gardens in promoting iron-fortified and vitamin-rich food in tribal areas has emerged as a powerful tool in addressing nutritional deficiencies among indigenous communities. These gardens enable the cultivation of a diverse range of fruits, vegetables, and herbs that are rich in iron and essential vitamins. By incorporating iron-fortified crops such as leafy greens, legumes, and iron-rich grains, the model kitchen gardens offer a sustainable solution to combat anaemia and other iron-related deficiencies prevalent in tribal populations. Additionally, the cultivation of vitamin-rich crops like citrus fruits, tomatoes, and dark leafy greens provides a natural and accessible source of essential vitamins such as vitamin C, vitamin A, and folate. The integration of these nutrient-dense crops into the tribal diet through model kitchen gardens not only improves overall health but also contributes to the growth and development of children, enhances immunity, and reduces the risk of various diseases. Through education and awareness programs, the communities are empowered to make informed choices about their dietary practices, thereby ensuring a more balanced and nutritious lifestyle.

Four model kitchen gardens are operational in the project area in the following locations:

1. Sahada HWC
2. Judo AWC
3. Dukum Village
4. Jhigidi Village



Before



After



Challenges

Cultural beliefs and practices: Tribal communities often have their own cultural beliefs, traditions, and dietary practices that sometimes contribute to anaemia or hinder the adoption of preventive measures. Addressing these cultural barriers requires cultural sensitivity, community engagement, and collaboration with local leaders to promote understanding and acceptance of recommended interventions.

Language and communication barriers: Communication is a challenge in some tribal communities where the local language or dialect may differ from the state official language. The project used trained local volunteers, and maintained clear communication channels to ensure effective dissemination of information.

Limited resources and infrastructure: Tribal communities in hard to reach areas often face resource constraints, including limited health facilities, transportation, and limited comprehensive health care services.

Behavioural change and adherence: The project encourages behaviour change, such as adopting iron-rich diets, regular iron supplementation, and seeking healthcare services, can be challenging in some tribal areas. Overcoming this challenge requires continued intensified counselling, behaviour change communication, and regular follow-up to ensure sustained adherence to recommended practices.

Priorities for Next Reporting Period

- Intensifying the community interaction sessions.
- Capacity building of FLWs / volunteers / stakeholders in May 2023.
- Organise third stakeholder meeting in May 2023.
- Completion of first phase project activities by mid July 2023.
- Preparation of final report, documentation of project activities including case studies and best practices.

Our Vision:

We envision a world where everyone has equal access to opportunities for better health.

Our Mission:

Transforming lives for improved health and wellbeing through locally-driven solutions.

Our Values:

Stewardship to fulfil our commitment to make a positive impact.
Accountability for our work and results.
We do more because we collaborate.
We strive constantly to innovate



Community Volunteer and Tribal mothers in a community meeting



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