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Final Report Project External Evaluation of 1086 & 1087

On behalf of DWHH

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Executive Summary

Deutsche Welthungerhilfe (DWHH) works in three main sectors: 1) Humanitarian Aid, 2) Food and Nutrition Security and 3) Capacity Development, Empowerment and Support in provinces of Khyber Pakhtunkhwa (KP), Punjab and Sindh. In 2013 WHH started a three year Food Nutrition Security project in 3 districts of Khyber Pakhtunkhwa - Swat, Shangla and Kohistan districts – and 1 district of Punjab- Muzaffargarh . The projects piloted and measured different approaches for improving food and nutrition security status through proxy indicators of HDDS and IDDS. The second phase was implemented in Khyber Pakhtunkhwa target districts by Lasoona (Project 1086), and in Punjab target by Doaba Foundation (Project 1087) December 2016 to January 2019.

External Evaluation of Project 1086 & 1087

The objective of the evaluation is to provide a comprehensive assessment of Food and Nutrition Security projects (1086 and 1087) based on OECD DAC evaluation criteria. The evaluation used mixed methods, quasi-experimental design, including 1) Desk review, 2) Key Informant Interviews (qualitative), 3) Focus group discussions (FGDs) with target communities, 4) Structured Interviews of beneficiaries using HIFAS and MAHFP scale.

Findings:

Relevance – Both projects addressed the malnutrition situation in the target areas in the contextualized manner. The main focus of both projects was increasing dietary diversity of the communities by training and facilitating the access of diverse nutrient rich vegetables through kitchen gardens as well as fruits trees plantation while raising awareness about the importance of diverse and nutrient rich diets especially for pregnant and lactating women and infants. The community mobilization undertaken through trained Lady Health Workers (LHWs), social mobilizers and community volunteers; using school nutrition clubs /children clubs or peer educators; the objective of all activities was to change the dietary attitudes and practices of the community.

Household Food Insecurity Assessment Scale (HFIAS) Results - The HIFAS Access related variable is a proxy for household poverty and measures food insecurity linked to poverty (lack of resources). Among Project 1086 target districts, Kohistan is the most vulnerable with 5% households facing severe food insecurity. In Muzaffargarh, 2% households are severely food insecure. HIFAS access related scores are also higher for Kohistan (6.3) and Muzaffargarh (5.7), depicting higher food insecurity. Overall, the prevalence of food insecurity remains a challenge in these highly vulnerable districts. Both the partners have improved the nutrition status through their interventions – as depicted through IDDS and HDDS increase at the end-line – but a lot more work is needed in this regard in both districts.

The results of MAHFP Scale show that in the project’s target districts in KP, the food security has increased from 10 months to 11 months and sustained at this level by the time of evaluation. In Muzaffargarh the food security sustaining at 10 months as compared to 8 months of adequate food provision at the baseline. MAHFP findings are in-line with HIFAS results.

Effectiveness - A combination of approaches grounded in the local realities and context has led to the successful achievement of results at the community level. Phase 2 of FNS project in both provinces was geared towards strengthening the best practices of Phase 1, empowering community organizations and linking them with relevant duty bearers i.e. government departments at the local and district level.

Both Lasoona and Doaba have harnessed the opportunity of increased nutrition focus from the government and presence of approved provincial multisectoral nutrition strategies to start a complementing partnership with the government. The proactive participation in and mobilization of District Multisectoral Forums in KP and District Malnutrition Addressing Committees (DMACs) in Punjab have helped in making the project initiatives a part of government plans of relevant departments – diversified kitchen gardens have impressed the agriculture

authorities in the relevant districts, nutrition training of Lady Health Workers (LHWs), Extension Workers of agriculture and livestock departments as well as school teachers through education departments have ensured sustained nutrition awareness among communities.

The success of both projects was largely because of the comprehensive project preparation process followed by a mutually consultative project planning period. The experienced project partners with community embeddedness resulted in above average good implementation quality, given the fact that all the outputs have been achieved and the food security proxy indicators – HDDS and IDDS – have improved in the target population.

Efficiency - Efficiency and getting the maximum return (results) on the resources invested was one of the guiding principles not only for WHH but also for Lasoona and Doaba. The behavior change communication (BCC) activities, raised the nutrition awareness of the target communities and convinced them to change their lifestyles – practicing dietary diversity in households, early initiation and exclusive breastfeeding, diversified complimentary feeding of children, changing dietary patterns of pregnant and lactating women, diversifying, maintaining and expanding kitchen gardens, adopting and changing practices for food storage –led to improvements of nutritional status of target communities. BCC through social mobilization is the most efficient activity and the lynch pin of both the projects, none of the other activities could have gained traction and acceptance by the communities without BCC through social mobilization.

Monetizing the Cost Effectiveness - Very limited evidence is available on the cost effectiveness of nutrition sensitive interventions, because of the complex, multilayered and cross sectoral nature of these interventions. The cost analysis of projects 1086 and 1087 is not mutually comparable, because of the difference in projects' outreach and geographical spread. The overall cost of Project 1086 was 563,000 Euros (approximately \$ 0.63 million) and the total cost of Project 1087 was 396,000 Euros (approximately \$ 0.447 million). The Cost per Household is 39 Euros for Project 1086 and 413 Euros for Project 1087. The Cost per Beneficiary is 5 Euros for Project 1086 and 77 Euros for Project 1087.

Sustainability - Communities have seen and experienced the benefits of these kitchen gardens and committed to their replication after the end of the projects. The awareness and capacity development regarding FNS among the communities will also sustain, as the direct beneficiaries are sharing the information and skills they have attained with other people. In addition the whole assistive network of trained LHWs, agriculture and livestock extension workers and peer educators have been linked with the communities for continued support and information and services, beyond project period.

Conclusion

Project 1086 and 1087 were actually social change projects. Making pregnant and lactating women and children under 2 years as the impact population of the projects, meant that the implementers have to work within local socio-cultural contexts, with the local communities to sow the seeds of a major social paradigm shift – changing the status of women at household and community level. There is a visible social change within the target communities. Their dietary habits have changed, they are using their enhanced knowledge and skills for improving their socio-economic standing. The projects has strengthened women's agency, they have gained economic independence and improved knowledge about nutrition, dietary diversity, IYCF and maternal care; have increased their social status. WHH and its partners have been successful in demonstrating an integrated development model for enhancing food and nutrition security. This model can be linked with existing provincial multisectoral nutrition strategies for scaling up and implementation of the evidence based FNS interventions.

Recommendations

Continue Partnership Approach - WHH's strategy of implementing projects through local partners is effective, efficient and sustainable as it builds local technical expertise in specialized thematic areas like food and nutrition security. It also strengthens the systems, structures and technical capacities of the local organizations, thus

contributing to a mature civil society sector. WHH should continue with the partnership approach in their future interventions as well.

Increase Engagement at Policy Level - Given the strong technical expertise and experience, WHH should focus its energies and resources at the policy and decision makers' level, at national, provincial and local levels, to make the government system responsive to the needs of the communities.

Harnessing the Government System and Infrastructure - As envisioned in 1086 and 1087, the way forward to sustainable development as well as sustainable food and nutrition security is mobilizing the already existing government infrastructure. WHH should harness the vast infrastructure of the government, by providing technical support to the government, building their capacities for integrated multisectoral nutrition approach and strengthening nutrition interventions through government.

Organizing communities - Strengthen and organize communities through information and awareness and connect them, with the service providers (government), thus creating a greater demand for a responsive and operational government system.

Cost-Benefit / Cost Effectiveness Analysis - WHH should undertake cost- benefit and or cost-effectiveness analysis of FNS projects, to understand its comparability with other community based developmental models of FNS, especially in South Asian context.

Community based 3-way controlled trial - To ascertain the effectiveness of sustainable Food and Nutrition Security Model, WHH should focus on research and evidence generation. Undertaking a 3 –pronged community based control trial in the comparable communities, will provide a robust evidence for scaling up of FNS model.

Enhancing Cross Learning - WHH's partnership model is quite effective and efficient for social development. WHH should design more formal cross –learning sessions with its partners, not only from FNS projects, but from other sectors as well. This will facilitate in building useful synergies and cross-sectoral innovations.

Private Sector Engagement to Build Multi-Stakeholders' Partnerships - A sustainable FNS intervention requires a multi-level approach. There is need to respond to changes of global food systems and changing food value chains. WHH should include food value chains and access to markets, through public private partnerships in future programs, as the role of private sector is critical for ensuring sustainable food and nutrition security.