

# Changes in Minimum Dietary Diversity for Women and Children in Uplands of Vietnam Through Promotion of Agrobiodiversity in Nutrition Education and Home Gardening

## A Pilot Study in Vietnam

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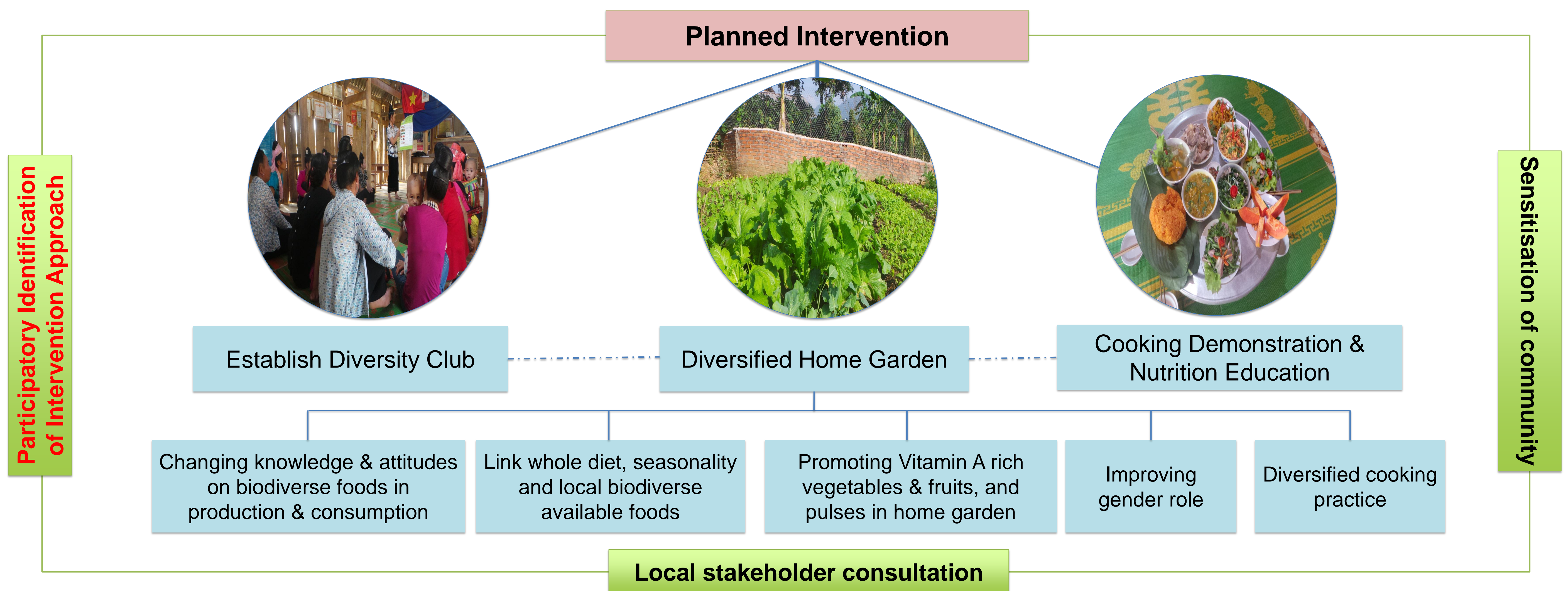
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### Introduction

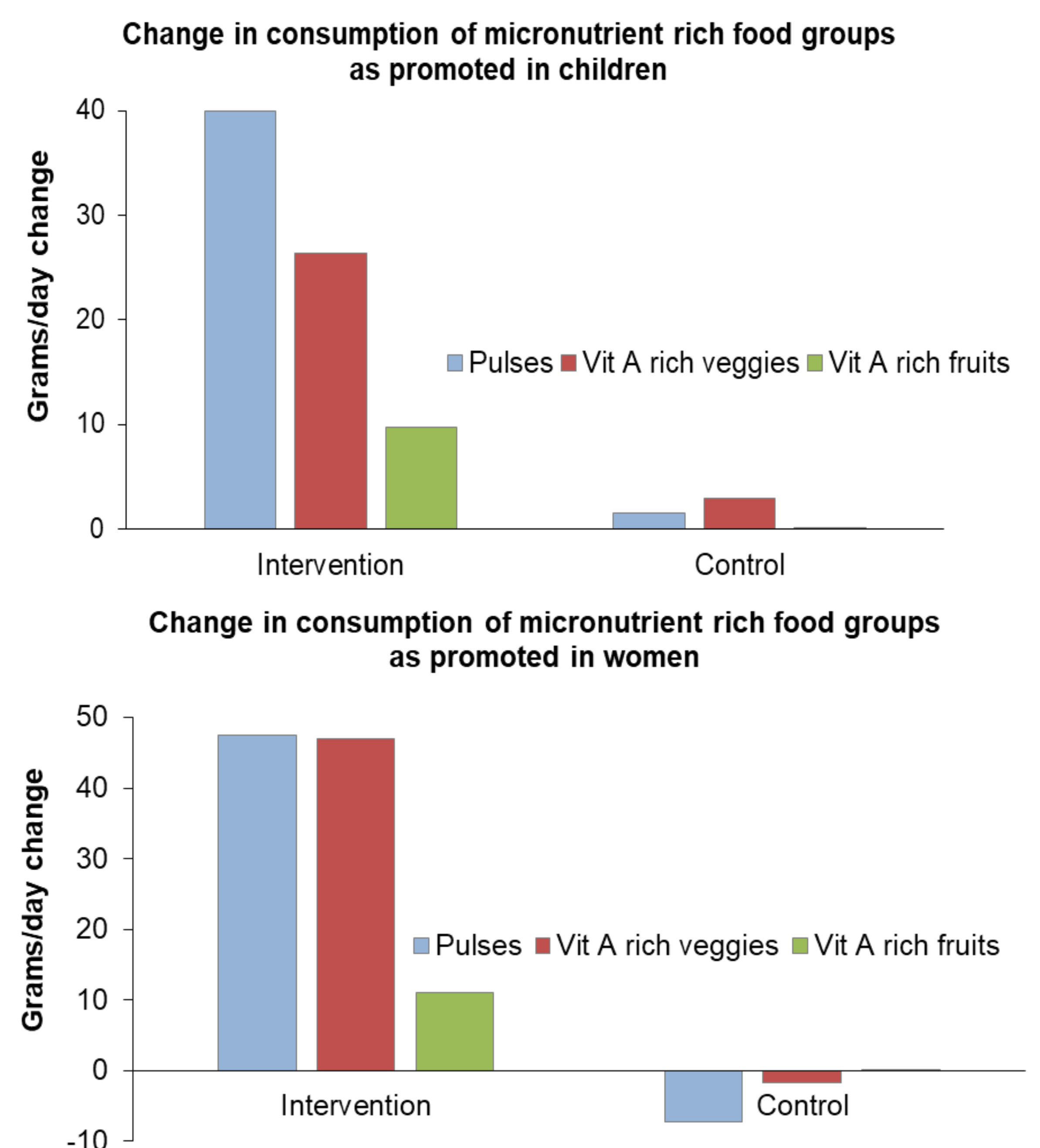
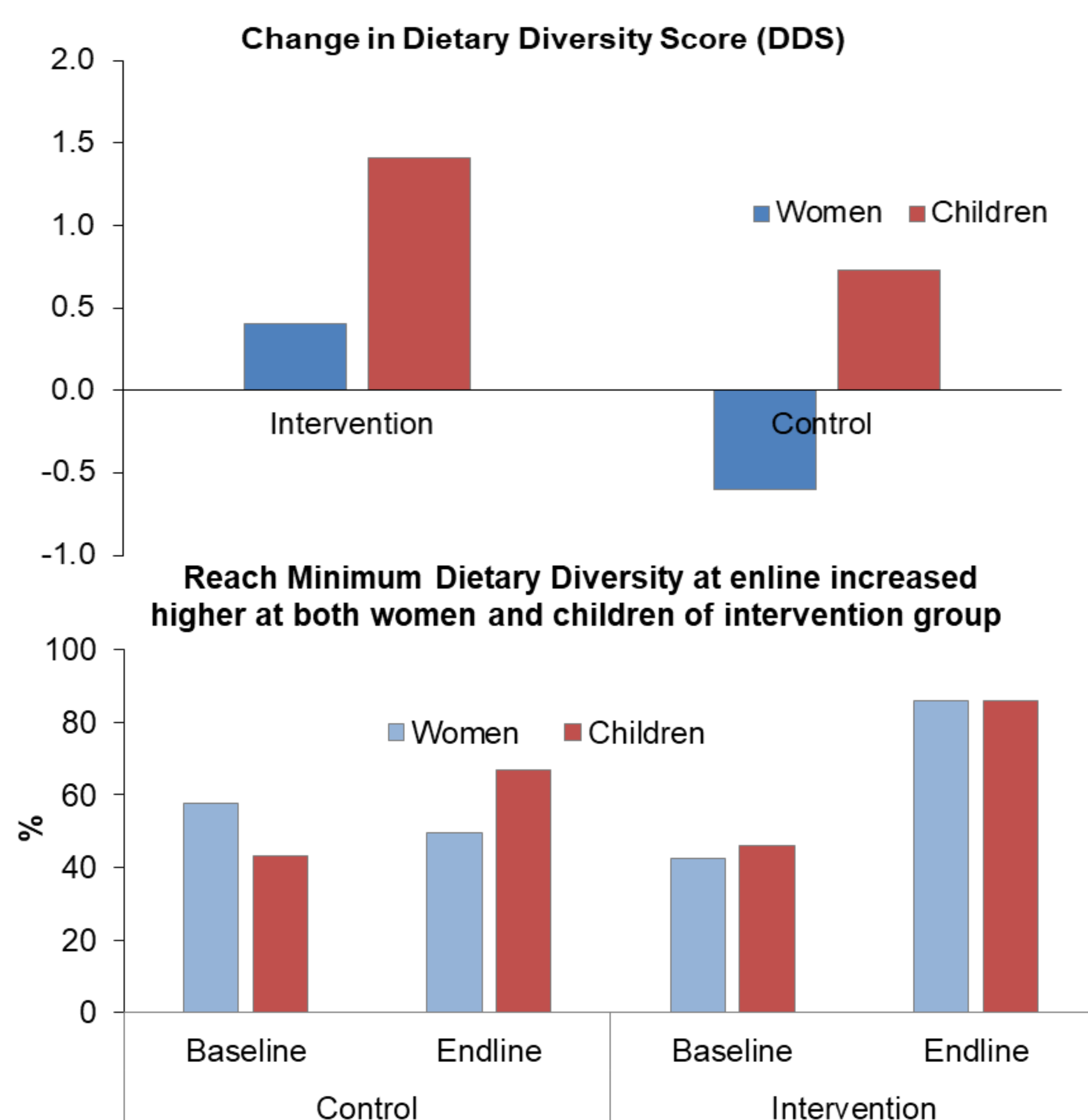
- Poor nutrition and low living standards are common in mountainous areas of Vietnam.
- Land holdings have low biodiversity in the agro-ecological system.
- Increased agrobiodiversity alone is often not sufficient to improve diet diversity. Improved nutrition knowledge, and women's empowerment are also required.

### Method

- A cluster randomized control trial
- Pre and post-intervention evaluation
- N= 177 Thai mother-child pairs in North West Vietnam.
- One-year community-based intervention, targeting women and integrated with the local health care system.
  1. Education and participatory food preparation to diversify meals using under utilized species
  2. Education and practical support growing the diverse nutrient-rich crops.



Results: Post-pre test, adjusted for child sex, mother age, mother education and household income



### Conclusion

The intervention employed Participatory Identification of Intervention Approach with Community Sensitization proved to be feasible, relevant and effective.

The planned interventions including diversified home gardens, improved nutrition knowledge and practice through Diversity Club model resulted in a significant difference in the intervention group compared to the control group as:

- Diversified diets
- Increased quantity of nutritious food group consumption.
- Empowered women and improved women's household's nutrition and social capital.
- Improved health services regarding childcare and nutrition at village and commune levels

### Recommendation

Given the positive results and the integrated, evidence-based approach used, we suggest that the nutrition education and agrobiodiversity in home gardening model should be further studied, maintained and replicated on a larger-scale in the mountainous and remote areas of Vietnam, to increase diversified diet for women and children through diverse species in farming ecosystems.