

Strengthening Health Systems and Improving Nutrition in Vietnam: Key Achievements of Nutrition Knowledge and Practices

Objective

Increase the consumption of nutritious foods and supplements by mothers, pregnant women and children under two

Target Population

Ethnic Minority communities in Son La Province, Vietnam

Intervention 1

Counselling and home visits for nutrition and maternal and child health

Intervention 2

Home gardening improvement for nutritious foods & promoting consumption of locally available micronutrient-rich foods

Intervention 3

Community education sessions on breastfeeding, child feeding and cooking with local foods

Key Results

Antenatal Care

Percentage of pregnant women receiving iron and folic acid supplements for at least 90 days during pregnancy improved by 8%

54% baseline

62% endline



Breastfeeding

Percentage of mothers having a proper understanding of breastfeeding improved by 4.5x

12% baseline

53% endline



Percentage of newborns breastfed within an hour after birth increased by 25%

62% baseline

87% endline

Probability of children being exclusively breastfed until 6-months of age increased by 23%

17% baseline

30% endline

Diverse Foods Consumption

Yellow/Orange Vegetables



63% baseline

82% endline

Dark Green Leafy Vegetables



81% baseline

91% endline

Beans & Legumes



63% baseline

89% endline

Increased consumption of diverse foods by mothers and young children and an increase in home garden produce

Child Nutrition

Percentage of children from 6-24 months of age receiving a minimum acceptable diet increased by 16%

44% baseline

60% endline

Percentage of children from 6-24 months of age receiving vitamin A supplements increased by 12%

75% baseline

87% endline

