

## Impact Evaluation of the FNHW Interventions in Immersion Sites under Kudumbashree State Poverty Eradication Mission, Kerala

Over the years, India has significantly improved household incomes, agricultural productivity, and child survival. However, malnutrition among children and undernourishment among women remains prevalent. The fifth National Family Health Survey shows a decrease in child stunting and women with low BMI, but 52.2% of pregnant women in rural areas are still anemic.

Additionally, increased out-of-pocket healthcare expenses make affordable care inaccessible to many. To address these challenges, DAY-NRLM adopted the Dashastra strategy, integrating Food, Nutrition, Health, and WASH (FNHW) for the holistic development of Self-Help Group (SHG) members. This strategy leverages existing community infrastructure, such as SHGs and their federations, to raise awareness and drive behavioral change among rural women. It highlights the importance of women's collectives and local mobilizers in mainstreaming health and nutrition interventions within large-scale livelihood programs. Similarly, the Kerala State Poverty Reduction Mission, Kudumbashree, has implemented FNHW initiatives through Dashastra for SHG members systematically. Health and livelihoods are crucial components of sustainable development goals, interlinked to ensure their attainment.

Sambodhi collaborated with the Kudumbashree to conduct a baseline study in three blocks of two districts in Kerala. The study involved an assessment of the current diet diversity indicators among women and children and the existing level of food security at the household level. The assignment also identified the barriers and success factors influencing diet diversity, food security, and initiation of complementary feeding. The findings of the assignment were to be contextualized and triangulated to inform further policy and intervention decisions.

Sambodhi adopted a cross-sectional study design with a mixed-methods approach for the baseline study and used quantitative and qualitative evidence to address the research objectives. This approach enabled the triangulation of information collected from various sources and helped to draw inferences. The sample size distribution involved the selection of two districts (Wayanad and Palakkad) and three blocks within the districts (Kalpetta and Mananthavady, Attapaddy). The quantitative sample covered a random selection of 12 CLFs and 12 VOs in the two districts, and within them, the survey was conducted on 175 adolescent girls, 175 pregnant women, and 350 lactating mothers.

As per the qualitative mandate, Sambodhi conducted FGDs with the relevant stakeholders in the ecosystem to garner their views and insights on the different study objectives. The stakeholders were:

- SHG women (non-office bearers and non-CRP members),
- Pregnant women and mothers of children under 2 years of age,
- FNHW CRP, Social Action Committee Members, Office Bearers, ASHA, AWW, GP President, and SRLM staff

Furthermore, Sambodhi conducted six KIIs with the BMMU, DMMU, and SMMU to gain an overview of the FNHW ecosystem in Kerala.

Methods of Analysis Employed:

- Quantitative: Sambodhi used State 13 to analyze the data, including calculating the stakeholders' dietary diversity score, and generating evidence through the use of relevant histograms and frequencies.
- Qualitative: Sambodhi transcribed the qualitative data and thoroughly read it to develop a coding frame. A thematic analysis of the data was then conducted, and all the themes contained codes pointing to that specific category/theme.

The deliverables expected of Sambodhi include:

- Desk review and stakeholder meetings
- Listing of key areas of inquiry and identifying stakeholders
- Inception Report
- Preparation of study tools
- Preparation of draft report
- Preparation of the final report and PowerPoint presentation