



Community education and training for MOH staff and extension agents (VHVs, TBAs) and health surveillance agents.

**Monitoring and Evaluation**

Monthly monitoring of process indicators; End of program evaluation based on extensive 2004 survey including demographic, anthropometric, biochemical, clinical and household questionnaire data.

**Analysis and Reporting**

**Table 3: Food Fortification:**

Geographic area(s) covered by this table **17 mills in all 3 regions of Malawi**

Project Name (if relevant) **Micronutrient and Health (MICAH)**

Supporting Agencies (if relevant) **Canadian International Development Agency, World Vision Canada, World Vision Malawi, Govt MoH and MoAg, Unicef**

Approximate # of subjects or beneficiaries for each project described **8,000 households**

**Micronutrients**

	Iodine	Iron	Folate	Zinc	Calcium	Vit A	Vit B-12	Vit C	Vit D	Vit B-1	Vit B-2	Vit B-3	Vit B-6	Vit K	Vit E
--	--------	------	--------	------	---------	-------	----------	-------	-------	---------	---------	---------	---------	-------	-------

Commodities

**Salt**

**Maize**

**Complimentary food**

Activities

**Policy and Advocacy**

**Member of National Fortification Alliance**

**Communication Support**

**Provision of Fortification Equipment**

Fortification Unit was outfitted with necessary equipment to prepare premix for sale to local mills; measuring supplies were provided to local mills.

**Provision of Fortification Supplies**

Salt Test Kits, Fortificants imported from DSM, RSA then processed in-country at a local fortification unit to prepare premix for sale to millers

<b>Fortification Monitoring and Evaluation</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--	-------------------------------------	-------------------------------------	-------------------------------------	-------------------------------------	-------------------------------------	-------------------------------------	-------------------------------------	--------------------------	--------------------------	-------------------------------------	-------------------------------------	-------------------------------------	-------------------------------------	--------------------------	--------------------------

From survey data (2004), MICAH (M) intervention areas vs. Control (C) areas: 88% of Households(M) using iodized salt compared with 83% (C); small surveys re: use of fortified maize indicate high acceptance

Quality Assurance/ Quality Control for fortified foods	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--	-------------------------------------	-------------------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Testing for adequate Iodine Content of salt, Samples of fortified maize assessed for iron content and homogeneity

**Targeted Fortification**

<b>In-home fortification (complementary foods)</b>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--	--------------------------	-------------------------------------	-------------------------------------	-------------------------------------	-------------------------------------	-------------------------------------	-------------------------------------	--------------------------	--------------------------	-------------------------------------	-------------------------------------	-------------------------------------	-------------------------------------	--------------------------	--------------------------

Maize is taken to local mills and as the maize is ground into flour, a premix with fortificants is added.

<b>Commercial complementary foods</b>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
---------------------------------------	--------------------------	-------------------------------------	-------------------------------------	-------------------------------------	-------------------------------------	-------------------------------------	-------------------------------------	--------------------------	--------------------------	-------------------------------------	-------------------------------------	-------------------------------------	-------------------------------------	--------------------------	--------------------------

A fortification unit prepares a complementary food (Lukini Phala) for sale.

**Table 4: Supplementation:**

<u>Geographic area(s) covered by this table</u>	<b>14 project areas in all 3 regions of Malawi</b>
<u>Project Name (if relevant)</u>	<b>Micronutrient and Health (MICAH)</b>
<u>Supporting Agencies (if relevant)</u>	<b>Canadian International Development Agency, World Vision Canada, World Vision Malawi, Govt MoH and MoAg, Unicef,</b>
<u>Approximate # of subjects or beneficiaries for each project described</u>	<b>272,391</b>

Activities	Micronutrients													
	Iodine	Iron	Folate	Zinc	Calcium	Vit A	Vit B-12	Vit C	Vit D	Vit B-1	Vit B-2	Vit B-3	Vit B-6	Vit K

<b>Prevention Program</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>																	
Daily supplements were provided to pregnant & lactating women, distributed weekly. Weekly supplements (1 dose per week) were provided to children under age 5 (U5) & women of child bearing age (15-49 years).																			
<b>Treatment Orientation</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>																	
Women and children that presented with anemia were treated with iron/folate.																			
<b>Supplementation project size</b>																			
<b>National/Regional Program</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>																	
Training and management support was provided to MOH staff and volunteers to improve supplementation programs.																			
<b>Equipment/Supplies</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>																	
Iron/folate tablets and syrup provided to program, to supplement MOH supplies (MOH policy: iron is for pregnant women only)																			
<b>Supplements Primary Distribution</b>																			
<b>Through Public Channels</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>																	
Ministry of Health																			
<b>Through NGOs</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>																	
World Vision support to MoH, and through other NGO partners																			
<b>Through Private Channels</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>																	
Iron tablets are for sale to men in community drug revolving funds.																			
<b>Supplements Compliance Promotion</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>																	
From survey data (2004), MICAHA (M) intervention areas Monitoring of compliance among women and children; high compliance reported (97-99%). Weekly distribution involved direct observation (100% compliance) of taking 1 supplement on a weekly basis. Pregnant women took the remaining 6 tablets home for daily consumption.																			
<b>Supplementation Monitoring/Evaluation</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>																	
Determine Coverage among target groups as defined below																			
<b>Supplementation Targeted Groups</b>																			
<b>Women (15-49 years)</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>																	
From survey data (2004), MICAHA (M) intervention areas vs. Control (C) areas:																			

	73% WCBA (M) received iron/folate with 97% reported compliance vs. 8% (C) with 100%.													
<b>Pregnant women</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>												
From survey data (2004), MICAH (M) intervention areas vs. Control (C) areas: 55% pregnant women (M) received daily iron/folate supplements vs. 46% (C).														
<b>Children 6-24 months of age</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>												
From survey data (2004), MICAH (M) intervention areas vs. Control (C) areas: 68% children U5 (M) received iron/folate supplement (1 dose weekly) with 99% reported compliance vs. 6% (C), with 90% compliance.														
<b>Children 2 – 5 years of age</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>												
From survey data (2004), MICAH (M) intervention areas vs. Control (C) areas: 68% children U5 (M) received iron/folate supplement (1 dose weekly) with 99% reported compliance vs. 6% (C), with 90% compliance.														

**Table 5: Dietary Diversity to Improve Micronutrient Nutrition:**

<u>Geographic area(s) covered by this table</u>	<b>14 project areas in all 3 regions of Malawi</b>														
<u>Project Name (if relevant)</u>	<b>Micronutrient and Health (MICAH)</b>														
<u>Supporting Agencies (if relevant)</u>	<b>Canadian International Development Agency, World Vision Canada, World Vision Malawi, Govt MoH and MoAg, Unicef,</b>														
<u>Approximate # of subjects or beneficiaries for each project described</u>	<b>272,391 direct beneficiaries</b>														
	<b>Micronutrients</b>														
<u>Activities</u>	<b>Iodine</b>	<b>Iron</b>	<b>Folate</b>	<b>Zinc</b>	<b>Calcium</b>	<b>Vit A</b>	<b>Vit B-12</b>	<b>Vit C</b>	<b>Vit D</b>	<b>Vit B-1</b>	<b>Vit B-2</b>	<b>Vit B-3</b>	<b>Vit B-6</b>	<b>Vit K</b>	<b>Vit E</b>
<b>Agricultural Initiatives</b>															
<b>Home Gardens</b>		<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>									
18,000 fruit tree seedlings distributed: From survey data (2004), MICAH (M) intervention areas vs. Control (C) areas: 37% of households (M) had live fruit trees compared with 46% (C); 55% of households (M) had vegetable gardens, compared with 37% (C).															
<b>Agricultural Extension Activities</b>		<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>									

<b>Other areas using diet improvement to improve micronutrient nutrition.</b>		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>											
Community education of appropriate, nutrient dense Complementary Foods, increased frequency of feeding; From survey data (2004), MICAH (M) intervention areas vs. Control (C) areas: Exclusive breastfeeding found with 69% of mothers with children U5 (M) compared with 55%(C); Breast feeding to 24 months was practiced with 80% of mothers with children U5 (M) compared with 64% (C). Rearing and Consumption of small animals in 72% of households (M) compared with 54% (C).																		
<b>Table 6: Other Public Health Intervention Links:</b>																		
<u>Geographic area(s) covered by this table</u>	<b>14 project areas in all 3 regions of Malawi</b>																	
<u>Project Name (if relevant)</u>	<b>Micronutrient and Health (MICAH)</b>																	
<u>Supporting Agencies (if relevant)</u>	<b>Canadian International Development Agency, World Vision Canada, World Vision Malawi, Govt MoH and MoAg, Unicef,</b>																	
<u>Approximate # of beneficiaries</u>	<b>272,391 direct beneficiaries</b>																	
	<b>Micronutrients</b>																	
	<b>Iodine</b>	<b>Iron</b>	<b>Folate</b>	<b>Zinc</b>	<b>Calcium</b>	<b>Vit A</b>	<b>Vit B-12</b>	<b>Vit C</b>	<b>Vit D</b>	<b>Vit B-1</b>	<b>Vit B-2</b>	<b>Vit B-3</b>	<b>Vit B-6</b>	<b>Vit K</b>	<b>Vit E</b>			
<u>Activities</u>		<input checked="" type="checkbox"/>																
<b>Hookworm Control</b>	<u>Deworming</u> to 86,250 school aged children (SAC) &U5s; From survey data (2004), MICAH (M) intervention areas vs. Control (C) areas: 85% of targeted schools conducted deworming sessions (M) compared with 15% (C) 30% of U5s received deworming (M) vs. 3% (C). Hookworm in SAC—3% (M) compared with 2% (C); Treatment of <u>schistosomiasis</u> provided to 55,500 SAC. Schistosomiasis in SAC—6% (M) compared with 0 (C).																	
<b>Malaria Prevention and Control</b>		<input checked="" type="checkbox"/>																
Community training re: signs, symptoms, cause and prevention of malaria provided. All presenting cases of malaria treated according to MOH policy. Increased use of <u>bednets</u> 97,000 bed nets distributed; From survey data (2004), MICAH (M) intervention areas vs. Control (C) areas: 75% households (M) with a net compared with 69% (C); for target groups sleeping under a bednet the previous night (to the data collection)—86% U5s (M) vs. 75% (C); 78% pregnant women (M) vs. 60%																		

(C); 89% WCBA (M) vs. 80% (C). 50% pregnant women received 2 doses of SP as prophylaxis (M) vs. 47% (C).

**Polio/Immunizations**



Full immunization to children aged 12-23 months—88% in MICAH intervention area vs. 70% in control areas.

**School Nutrition/Health Programs**



64 communal gardens initiated

**Table 7: Any other activities** associated with each micronutrient(s) that you/your organization are working on

<u>Geographic area(s) covered by this table</u>	<b>14 project areas in all 3 regions of Malawi</b>
<u>Project Name (if relevant)</u>	<b>Micronutrient and Health (MICAH)</b>
<u>Supporting Agencies (if relevant)</u>	<b>Canadian International Development Agency, World Vision Canada, World Vision Malawi, Govt MoH and MoAg, Unicef,</b>
<u>Approximate # of subjects or beneficiaries for each project described</u>	<b>272,391 direct beneficiaries</b>

<u>Activities</u>	<b>Micronutrients</b>														
	<b>Iodine</b>	<b>Iron</b>	<b>Folate</b>	<b>Zinc</b>	<b>Calcium</b>	<b>Vit A</b>	<b>Vit B-12</b>	<b>Vit C</b>	<b>Vit D</b>	<b>Vit B-1</b>	<b>Vit B-2</b>	<b>Vit B-3</b>	<b>Vit B-6</b>	<b>Vit K</b>	<b>Vit E</b>
<b>Research</b>															

Clinical and biochemical indicators for anemia, parasitemia; anthropometry for U5s