Integrating a child anemia reduction package into an existing public health and nutrition program in India

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Child Anemia Reduction Package (CARP) Feasibility Study

~36 million anemic young children (6-23 months old)

~8 million in Jharkhand & Uttar Pradesh
CARP concept

Multiple causes of anemia in young children

Integrated approach
CARP activity timeline

2006  National situation assessment

2007-2008  Design phase
TAG meetings, Formative research,
Worm prevalence study, CARP design workshop

2008-2010  Implementation phase
Training frontline health workers, Ongoing home visits,
Baseline & Endline surveys, Periodic program monitoring

2010-2011  Dissemination & scale-up phase
CARP program model of change
Integration into ICDS

Capacity for anemia control developed among frontline health workers

Training • monitoring • supportive supervision

Mothers & other child caretakers adopt better health practices for themselves & young children

Anemia reduced

More effective outreach, nutrition & health education and counseling happens
CARP approach

Mother-centered messages
- Pregnancy, delivery care and breastfeeding practices improved
- Disease control improved (worms & malaria)

Child-centered messages
- Iron-folate supplement intake improved
- Dietary intake improved (quantity & quality)

Anemia reduced in newborns, infants & children
## Why is this integration?

<table>
<thead>
<tr>
<th>Item</th>
<th>Degree of integration</th>
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<tbody>
<tr>
<td>Development of CARP feasibility study</td>
<td>Collaborative process: national, state and local levels, multi-sectoral stakeholders</td>
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<tr>
<td>Frontline health worker training</td>
<td>Utilized existing system and health workers (ANM, AWW, ASHA), special 3-day training</td>
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<td>Promotional messages for mothers &amp; community members</td>
<td>Coordinated and comprehensive set of messages</td>
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<tr>
<td>Product distribution</td>
<td>Some (IFA syrup for children), but not all</td>
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<tr>
<td>Program monitoring</td>
<td>LQAS</td>
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<td>Policy/product changes</td>
<td>Endorsement of deworming integration</td>
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Decision to integrate

Overcome barriers
Outcomes of integration

• Feasibility of approach demonstrated
  – Existing public health and nutrition system can be used
  – Frontline workers capable
  – Mothers receptive and willing to adopt some practices
  – Some anemia reduction observed
    • Uttar Pradesh: 11%
    • Jharkhand: 4%

• Raised awareness about need for a multi-pronged approach to anemia control in young children
Was integration successful?

Certain aspects, yes
General remarks on integration
Integration framework

Location
- Global
- Regional
- National
- State/province
- Local

Domain
- Policy
- Organizational structure
- Activity

Degree
- Coordination
- Collaboration
- Consolidation

Potential trade-offs of integration

- Time
- Effort
- Resources
- Higher risk, unknown return
- Delayed gratification
Measures of success: 2 components

Scenario #1

Scenario #2

Scenario #3

Scenario #4

Scenario #5

Scenario #6
Measures of success: 3 components
Final thoughts

- Worth considering, not always appropriate or feasible
- Methods for assessing the appropriateness of integration needed
- Effective integration $\neq$ impact
- Ultimate goal: Better programs for the public
Acknowledgments

CARP Feasibility study
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