

## The smaller picture

A literature review has identified the political, economic and social issues faced by Kenyan mothers and their young children living in informal settlements. Poverty, malnutrition, autonomy, risks to personal and child safety, lack of knowledge about health and nutrition and lack of access to support and education were identified as common themes.

This is a case study of a day care centre in Mathare, run by Tushinde. Prior to this study, upon the opening day of the centre, 40% of the children in attendance were found to be dangerously malnourished.

**The research is sound: lack of care in the first thousand days of a child's life has direct consequences on physical and mental development that last into adulthood. [1]**

## Context & background

This project is aligned to Kenya's long term development blueprint Kenya Vision 2030 and supports the 2015 Global Sustainable Development Goals (SDG) including the goal to end hunger and malnutrition by 2030. [3]

Prior to 2015, Kenya had already implemented a National Nutritional Action Plan (2012-2017). Changes in devolution of government and political policy processes in Kenyan Constitution in 2013 means that all of nutrition activities are now handled by county governments. [4]

**The demographic data from the Day Care project highlights that these policies are yet to impact on the families in Mathare.[5]**

**UNICEF**  
 Nearly half of all deaths in children under five are attributable to undernutrition...the unnecessary loss of about 3 million lives a year. [1]

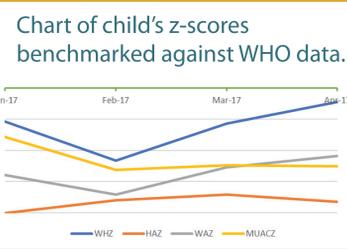
# The big picture...

...every child has his/her own chart against which his/her growth is assessed and followed up appropriately. [2]

**WHO**

## Outcomes

Physical health is improving, however conversations with care givers show that current educational interventions are not succeeding.



Individual data should be monitored to flag cases of concern including unexpected variation of data or exacerbation of malnutrition.

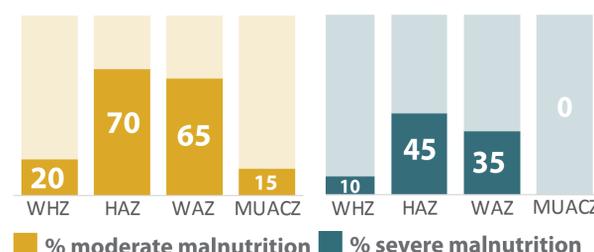
## Methods

The first stage of this work was to address the physical health of the children.

This 2017 study is an analysis of one year's monthly anthropometric data of twenty 0-3 year olds in day care six days a week, ten hours a day. They are given two meals a day.



% of children who at some point in the year of care are suffering moderate or severe malnutrition based upon analysis of different nutritional indicator Z scores.



### Continue

Provide day care for ten hours six days a week and include two nutritional meals a day.

Continue to individually monitor and act upon anthropometric data of children in care.

### Add

Deliver peer education programme for caregivers on nutrition, safety and cognitive development for 1000 children in one year. Each child to hold a Personal Development Record ("The Red Book").

### Evaluate

Evaluate this community based, peer led, train the trainer approach to improve knowledge and skills.

Use realist evaluation to establish what works, how it works, why it works and for whom.



#### References

- [1] Unicef (2017) Current Status & Progress <https://data.unicef.org/topic/nutrition/malnutrition/>
- [2] WHO (2009) Child Growth Standards [http://www.who.int/childgrowth/faqs/what\\_to\\_do/en](http://www.who.int/childgrowth/faqs/what_to_do/en)
- [3] United Nations (2016) Sustainable Development Goals <https://sustainabledevelopment.un.org/memberstates/kenya>
- [4] Scaling Up Nutrition (2012) Kenya <http://scalingupnutrition.org/sun-countries/kenya/>
- [5] Davis T (2017) Tushinde Day Care Report <http://tushinde.org.uk/wp-content/uploads/2017/11/Tushinde-Day-Care-report-July-2017.pdf>