



## Abstract/Summary information for the Technical Meeting on Nutrition (TMN)

Subject Title	Research and field experiences of integrating ECD, nutrition and psychosocial care
Level of Relevance <i>Global /Regional/National</i>	Global
Subject focus area <i>Research/programming/combination</i>	Combination
Sphere of interest <i>Humanitarian/Development/Cross-cutting</i>	Cross-cutting
Main nutritional focus <i>Wasting/Stunting/Micronutrient malnutrition/overweight and obesity</i>	Malnutrition
Identify which of the ten thematic areas it relates to	Nutrition resilience
<p>Abstract/Summary information (<i>no more than 300 words</i>)  <i>Suggest to include information such as;</i></p> <ul style="list-style-type: none"> <li>▪ What is the context?</li> <li>▪ A brief description of the research/programme</li> <li>▪ Main aims</li> <li>▪ What has been learned that is new?</li> <li>▪ Does it inform; evidence/design decisions/policy/other?</li> <li>▪ How robust are the findings?</li> </ul> <p>Recent research and intervention have shown that early childhood is a critical time for integrating health, nutrition and child stimulation but evidence from efficacy trials is still limited and come mainly from home-visiting programs (Grantham-McGregor and al, 2013). Lancet Series (2013) mention psychosocial interventions (early childhood development, maternal mental health, women's empowerment and child protection) as nutrition sensitive interventions. Evidence based on maternal psychosocial well-being have not been developed but there is promising evidence that cognitive-behaviour therapy-based interventions provided by community health workers to pregnant women, can effectively reduce depression at 3 months post-partum but with no effect on weight gain or linear growth in infancy. In its programs in prevention and treatment of malnutrition, ACF developed psychosocial interventions. This presentation will describe some of these interventions. A specific focus will be on a program developed in Bangladesh with pregnant and lactating women.</p>	

Women are involved in support groups on pregnancy and child care from the 4th month of pregnancy to the 6 months of child's age. A study for evaluating the effects of the ongoing community-based prevention program with a psychosocial perspective on mother well-being, mother's knowledge on maternal and child care and child nutritional status is on-going. The first results show significantly improvement in maternal mental health status and their self and child care related awareness.

This presentation aims at showing the importance of child care practices, early childhood development and psychosocial issues in prevention and treatment of malnutrition and the types of interventions that might be set up in the field. Some priorities for research and operational guidance will be suggested.