

## **SHORA KAULUKA ABSTRACT PRESENTATION AT THE RESEARCH FOR NUTRITION CONFERENCE.**

**Title of abstract:** Integrated Specific and Sensitive Nutrition Interventions for under nutrition prevention in Blantyre and Karonga districts in Malawi.

**Authors and presenter:** KAULUKA Shora, SHEKAR Anish      Email:  
[shora.fohop@gmail.com](mailto:shora.fohop@gmail.com), [as13945@nyu.edu](mailto:as13945@nyu.edu)

**Organization or affiliation of presenter:** Fountain of Hope (FOHOP) Malawi.

### **SHORT BIOGRAPHY**

Shora Manuel Kauluka, a forty-four years Malawian and an Executive Director of Fountain of Hope(FOHOP) organization, developed passion for food security and nutrition theme since his childhood and when he grew up, he was very lucky to start working for a non Governmental organization whose main focus was on promoting agriculture and nutrition interventions by working with small scale rural farmers through providing trainings in agricultural improved practices, sensitive nutrition practices and value additions. After working for different organisations in Malawi, Zimbabwe and Democratic republic of Congo in food security and nutrition projects, Shora gained strong farming skills and knowledge which impacted many farmers in the communities. He is the Blantyre district focal person for Civil Society Organisation Nutrition Alliance in Malawi (CSONA). He has mobilized small scale farmers to form 130 clubs of 25 members to improve nutritional productivity. Shora Kauluka has worked with women and youth farmers' clubs, and a combination of youth, women and men cooperatives which were formed under his influence. Over 30,000 farmers have benefited from his services in Malawi. Has made abstract presentations including the 2016 research Malawi National Aids Commission dissemination conference whose abstract was entitled: Accelerating children's HIV/AIDs treatment ,care and support in Thyolo district, The Water Services Association of Malawi (WASAMA) conference in March, 2016 abstract titled Solar Borehole for Consistent Clean Water Supply and Improving Livelihoods.

**Other abstract Authors :** MKOMO Bridget Fountain of Hope (FOHOP) Malawi.

### **ABSTRACT**

#### **BACKGROUND**

Despite some significant progress over the past two decades, Malawi still has the highest level of chronic childhood undernutrition (stunting prevalence 37.1%) in the Southern Africa region and nearly two out of three children under five years old suffer from anaemia (Bernstein & Wiesmann, 2019; Clara Chikhungu, 2022; and NSO & ICF, 2017). In addition, one in every four cases of young child mortality in Malawi is linked to under nutrition (UNICEF, 2018). Some causes include: widespread poverty, nutritionally poor diet, infectious diseases, and over-dependence on maize as a staple food. No wonder at least 573,000 children under five are at risk of suffering from malnutrition in Malawi (Unicef 19 May 2023)

Therefore, Fountain of Hope (FOHOP) came up with nutrition related interventions from 2019 to 2025 in Karonga and Blantyre districts of Malawi.

## **METHODS**

**Nutrition education** targeting mothers around the time of childbirth using female volunteers to provide information about the nutrition needs of infants, including breastfeeding, weaning, and complementary foods to influence nutrition outcomes.

**Provided access to** financial services for women by organizing in groups and training in Village Savings and Loan services (VSLs).

**Mobilized women** to have both group and individual home stead nutritious gardens.

**Trained indigenous youth and women** in protecting and promoting their nutritious food heritage including orange fleshed sweet potatoes.

**Promoted organic manure** production for health food.

**Organic garden farming** Demonstration fields.

**Established group** Livestock production.

**Installed 2 rope and washer pumps** for increased access to water and sanitation.

## **RESULTS.**

**Increased children's dietary diversity** through crop diversification and animal farming among 750 households.

**Increased mothers' knowledge and practices** regarding children's nutritional needs and health diets preparation.

**750 Households improved food consumption** from one meal to two or three meals a day.

**Increased access to water, sanitation and hygiene services** among households.

**Improved nutritious food processing and utilization** initiatives.

**750 households increased** crop and Livestock diversification practices.

**Increased access** to clean water and improved and sanitation practices.

## **LIMITS**

**Some women were resistant** to adapt new initiatives like nutritious gardens and participating in nutrition education. However consistent counselling visits and engaging fellow women as mentors in nutrition became solutions.

## **CONCLUSIONS.**

**Integrated Specific and Sensitive nutrition** interventions are key in prevention of under nutrition in rural communities.

## **RESEARCH UPTAKE.**

By prioritising Nutrition related intervention means contributing to poverty reduction, improved health and a decrease in mortality rates. Policy makers should consider using small scale farmers in promoting health food production.

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**CONFLICT OF INTEREST:** There is no conflict of interest over the last 5 years.