

# 3<sup>rd</sup> International Conference and Exhibition on Nutrition & Food Sciences

September 23-25, 2014 Valencia Convention Centre, Spain

## An integrated approach to scale up nutrition through behavior change on health, care and food practices, Suaahara (good nutrition) program, Nepal

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**Objective:** To Improve the nutritional status of women and children under two years of age.

**Background:** Nepal is the higher prevalence of malnutrition in South East Asia. According to NDHS 2011, 41% of below five years children are stunted, 29% are under weight and 9% have wasting. Likewise, 18% mothers are suffering from under nutrition. Actually care practices related to nutrition at the family level remain poor. For example: exclusive breastfeeding is only 70%. The primary determinants of under-nutrition in Nepal include care dimensions (poor feeding and care-related behaviors), health dimensions (including hygiene and sanitation; lack of potable water, and a high prevalence of infections that reduce food absorption and utilization); and food dimensions (inadequate food availability, access, affordability, quality, and nutrient density). To address such problem, with the financial support of USAID Suaahara (Good Nutrition) program is a consortium of Save the Children, HKI, Jhpiego, JHUCCP, NTAG, NPCS and NEWAH. Suaahara has been implementing focusing on “Golden 1000 days”.

### Biography

Jeeban Ghimire is a public health professional since 12 years, Master of Health Education from Tribhuvan University, Nepal. He is currently working as a Health Service Promotion Coordinator in Integrated Nutrition Program (Suaahara) in Nepal.

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