

# PROGRAMME FOR IMPROVED NUTRITION IN SINDH

In support of the Accelerated Action Plan, Government of Sindh

# THE PINS PULSE

February 2020

The European Union-funded Programme for Improved Nutrition (PINS) aims to sustainably improve the nutritional status of children under five (U5) and of pregnant and lactating women (PLW) in Sindh through nutrition-specific and nutrition-sensitive interventions while capacitating the Government of Sindh so that it may efficiently implement its multi-sectoral nutrition policy.

## PINS at the Sindh Livestock Expo, 2020

As part of efforts to foster growth in the livestock sector (6-7% by 2030), the Government of Sindh organized a Livestock Expo (LS 2020), on Feb 8-9. The purpose was to demonstrate and share with people in the livestock sector some of the techniques, tools and information that enhance productivity.



PINS Nutrition Sensitive Team's Project Director Mr. Akbar Raza led the showcasing

On the invitation of the Livestock Department, PINS Advisor, Mr. John O'Dea, contributed to the technical sessions. The Nutrition-Sensitive team led by Mr. Akbar Raza showcased different interventions for reducing. On a related note, Secretary Livestock, Mr. Aijaz Mahesar and EU-PINS Policy Chief Advisor / Team Leader, Mr. Muhammad Zeeshan Tariq, deliberated on areas of support for greater impact, including capacity building for the department (training, service mapping/dashboard and others), training of extension workers, distribution of supplementary food (MMBs- Mineral Molasses Block) for livestock and strengthening of capacities at the Institute of Animal Health at Karachi.

## Women Development Department Officials Trained on Nutrition

On 4 February, 2020, the PINS Policy team delivered a full-day training workshop on Nutrition for the Women Development Department's provincial & district officials.

This was aimed at developing their capacity to meaningfully engage in the process of reducing malnutrition.



In her keynote address, the Secretary of the Women Development Department, GoS, Mrs. Alia Shahid, urged her colleagues to develop a good understanding of nutrition, the issue and its management, and to use the workshop learnings, particularly in the field. PINS Policy Team Leader, Mr. Muhammad Zeeshan Tariq emphasized the need to actively engage with the district authorities to achieve both treatment and prevention of

malnutrition. He also advised WDD's officials to work closely with the sub-divisional and district level Coordination Committees (SCCNs and DCCNs) for overseeing nutrition activities.

## Treatment of Inayatullah

Inayatullah (1.5 years, Male, Thatta), suffered from wasting, was severely dehydrated and even unable to walk, when he was brought to a nearby Out Patient Therapeutic Site (OTP). The circumference of his upper-arm (MUAC) measured less than 9cm and he weighed 4.3 Kg.

On receiving treatment, his weight is age-appropriate and his MUAC is 11.5 cm. PINS Nutrition-Specific team is actively engaged in treating children like Inayatullah and as of February 2020, screened **642,971** and treated **37,622** children at **262** OTP sites.



At Admission

After treatment

## Orientation on Fish Pond Management

80 community fish farmers from 8 of PINS' target districts were oriented on fish pond operations and management. A dialogue with the LSOs to identify sites for ponds on the basis of soil texture and water quality was done prior to the orientation sessions and the completed pond will be managed through the respective LSOs and VOs.



The sessions covered topics such as fish varieties, aquaculture, feed & disease management, harvesting & preservation mechanisms.

## The Sindh Health Strategy 2020 to be developed with PINS support

In view of the programme objectives and as part of the scaled-up efforts, to support the Health and Population Welfare Department, deliberations were held on the next steps and timelines of the activities assessed and finalized for 2020 by EU-PINS Policy, between the Health Department (led by Secretary Health & Population Welfare - Mr. Zahid Ali Abbasi) and EU-PINS Policy team (led by Chief Advisor/Team Leader – Mr. Muhammad Zeeshan Tariq). Secretary Health and Population Welfare appreciated the initiative of PINS Policy team on the new Health Strategy on which the DoH and EU-PINS will work together to steer the process of development (a steering committee being notified in this regard), along with other areas of support identified and planned in 2020, for Health and Population Welfare in consultations with him, his relevant AAP and other colleagues. It was decided to put the development of the Health Strategy and Capacity Building of Regional Training Institutes (RTIs) of PWD, on priority. Dr. Zahra Ladhani, Senior Advisor for Nutrition-Specific, GoS AAP Health Coordinator - Dr. Sahib Jan Badar and Additional Director - Mr. Mohsin Ahmed Shaikh were part of the discussion.

### OTP Sites Promote Kitchen Gardens

PINS Nutrition-Specific team, alongside the People's Primary Health Initiative (PPHI) has introduced Kitchen-Gardens at the Out Patient Therapeutic Site (OTP) sites in Tando Allahyar. Kitchen Gardens at OTP sites help promote the benefits of kitchen gardens in homes and communities.

The Nutrition-sensitive component is working with village organisations across PINS' 10 target districts to encourage the cultivation of kitchen gardens through sessions and distribution of seeds. Household-level kitchen gardens improve access to seasonal organic produce and cultivating it at OTP sites reinforces this.



### 10<sup>th</sup> WASH Sector Coordination Meeting

PINS Nutrition-Sensitive team hosted the 10<sup>th</sup> WASH Sector Coordination Meeting, with this installment focused on drinking water quality solutions and best practices for chemically contaminated areas of Sindh. The technical committee, comprised of representatives of the Public Health and Engineering Department (PHED), the Pakistan Council of Research in Water Resources (PCRWR), UNICEF and PINS discussed developing sustainable alternate water sources for chemically contaminated areas linking with nearby secure water sources as well as treating the levels of nitrate as a means to address chronic diarrhea



which leads to a significant loss of nutrients, especially among young children. The committee agreed to oversee under alternate water options for chemically contaminated area, along with discussing methodology, supply chain and financial support to poorest households for latrine construction material and a village-wide sewerage system. Data would also be collected to explore proposed sustainable solutions/options to be implemented under PINS.

## PINS Implementation Updates



**28,451** 6-59 month old children identified with SAM and referred to OTP sites



**215,196** Women attended IYCF counselling sessions



**252,265** Pregnant and lactating women screened



**58,150** Admissions at OTP sites



**4** Rainwater harvesting ponds completed



**215** Village Organisations certified Open Defecation Free



**1,307** Pregnant and lactating women (in the 0 – 12 PSC range) given grants to purchase goats



**69** Low-cost disaster-resilient demo latrines constructed



**74** District-level fish farmers trained on improved fish production

## Family Welfare Workers to be trained on new curriculum

After reviewing the existing curriculum for training of the Family Welfare Workers on Nutrition, the PINS Policy team will conduct training in two phases. The training will take place after consultations with the AAP Coordinator and Deputy Coordinator and endorsement by the Secretary of the Population Welfare Department, following the agreement in principle already reached. Work has commenced and in the first phase around 300 in-service Family Welfare Workers will be trained at the Regional Training Institutes (RTIs) in Karachi, Larkana, Hyderabad & Sukkur.

In the second phase, the new inductees on Client Centered Family Planning (CCFP) techniques, and the faculty and staff of the RTIs will also be trained on modern approaches to deal with malnutrition & contribute to AAP's implementation in the province.



'This publication was produced with the financial support of the European Union. Its contents are the sole responsibility of PINS1/ Policy and do not necessarily reflect the views of the European Union'.

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