



## Strategies to increase milk consumption among children in rural Nepal

March 2019 – June 2021

### Principal Investigator

- Mr. Bhola Shankar Shrestha, Heifer International Nepal

### Co-PI and Collaborators

- Laurie Miller, M.D., Tufts University
- Dr. Merina Shrestha, Tribhuvan University
- Feed the Future Innovation Lab for Nutrition

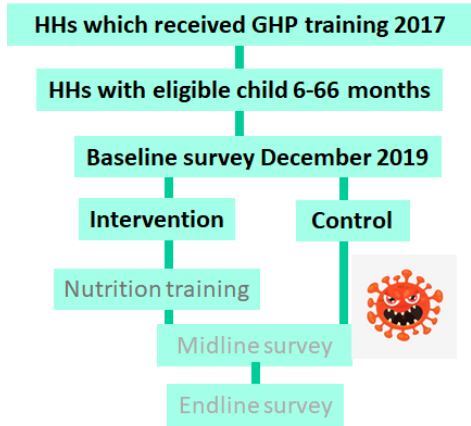
### Objectives

- Explore association between household milk production and child milk consumption
- Implement a nutrition training program, focused on child ASF consumption; evaluate the impact of this program
- Assess relationship between child milk consumption and child growth and development
- Determine if households maintained adherence to good animal husbandry practices (as introduced via Focus grant, Heifer Nepal, 2017)

# Milk Consumption

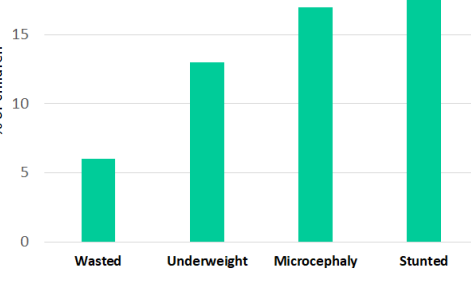
Bhola Shrestha, Laurie Miller

## Study design

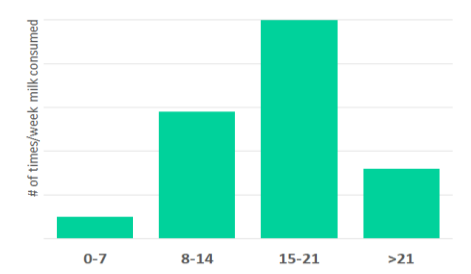


## Findings at baseline

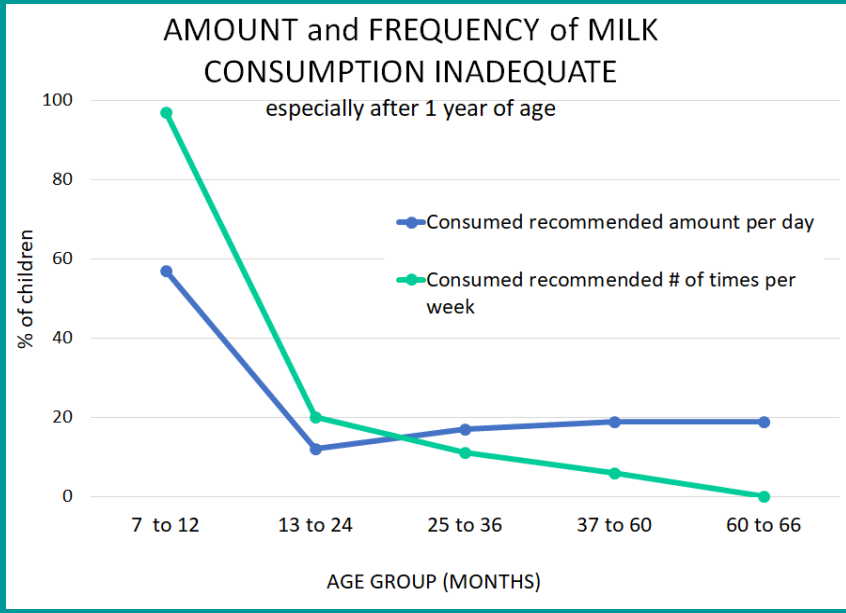
Children have poor nutritional status  
(no difference Intervention vs Control)



Milk consumption varies widely  
(no difference Intervention and Control)

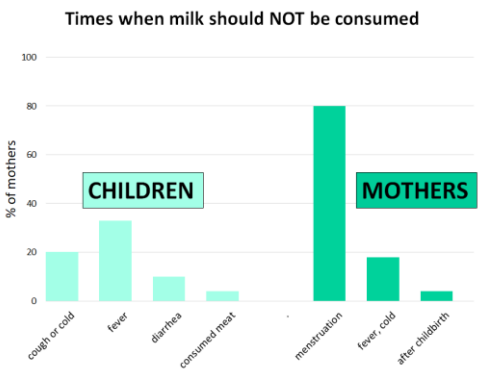
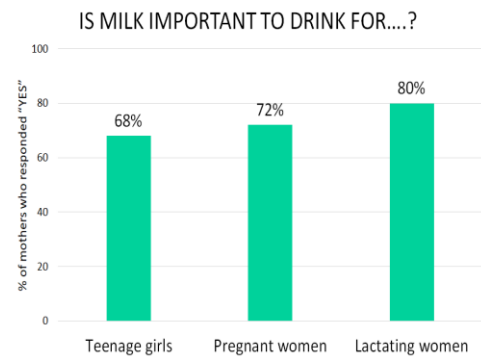


1. Only baseline survey completed
2. Nutrition training initiated... but interrupted
3. Milk intake amount and frequency are inadequate in these young children
4. Nutrition training is needed!



## Other preliminary results:

1. Milk consumption does *not* appear to relate to
  - # of dairy animals owned
  - Family SES
  - Mother's education
2. Mothers' beliefs about milk should be addressed



Please, COVID, let us finish our work!

