

STORY EXAMPLE

**Worksheet 2.1 UPDATED Relevant Research Findings**

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| **Nutrition Behavior and Steps:** | Caregivers use a variety of nutrient-rich foods each day in meals and snacks for children 6-23 months, with emphasis on animal-source foods for children under 12 months.  **Steps:**   1. Obtain sufficient quantities of nutrient-rich foods, such as fish, eggs, fruits, and vegetables, for daily use. 2. Offer nutrient-rich foods, such as fish, eggs, fruits, and vegetables, in meals and snacks during the day. 3. Introduce new nutrient-rich foods as the child matures. 4. Limit highly processed, non-nutrient-rich foods and sugary drinks. |

| **Types of Factors**  What categories or types of barriers or enablers prevent or support practice of the behavior? | **Factors**  What prevents people from—or supports people to—practice the behavior now? | **Supporting Actors & Actions**  Who needs to do what to address the factor? |
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| **Structural** | | |
| Accessibility | Caregivers do not feed children small fish or fruit because markets do not sell affordable options year-round.\*  Caregivers often give children biscuits and sweets for snacks as these are cheap and readily available.\* | Market vendors offer affordable and appropriate options for young children year-round.\*  Policymakers and leaders incentivize market vendors to sell healthy snacks and regulate sales of unhealthy options.\* |
| Provider competencies | None found. | None found. |
| Service experience | None found. | None found. |
| **Social** | | |
| Family and community support | Caregivers do not feed children animal-source food because they lack family support to obtain or prioritize fish or eggs for young children. | Fathers prioritize funds for food for children, and bring fish and eggs home from markets. |
| Gender | None found. | None found. |
| Norms | Caregivers do not feed children diverse diets because family and others expect them to reserve high value foods for older family members.  Caregivers do not feed children small fish because it is unusual in their community, especially for children under 12 months.\* | Peers and family members approve of feeding high value food to children.  Family members, peers, and community members approve of and model feeding small fish to children.\* |
| **Internal** | | |
| Attitudes and beliefs | Caregivers believe that a good diet for children consists of starchy staple foods rather than a variety of foods. | Community agents and peers show how children need and like to eat a variety of food groups. |
| Self-efficacy | None found. | None found. |
| Knowledge | None found. | None found. |
| Skills | Caregivers are unsure how to prepare small fish or eggs for young children.\* | Community agents demonstrate to caregivers how to prepare small fish and eggs for young children.\* |