Maternal preferences and barriers for vegetable gardens and nutrition counseling in rural Burkina Faso: A qualitative study

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Introduction

Climate change: -variability in rainfall -temperature -droughts -heavy rains
Seasonal food insecurity
Among children under 5 years
Health problems: Physical and cognitive development
Malaria
Extreme weather conditions: reduce the harvest

Socio
Nvivo
Directed content analysis using an inductive approach
Geographical and physical: distance and difficulties in
Economical: lack of financial means

Recording, transcribed, and translated from the local language to French

In Burkina Faso, mothers of children aged <5 years showed great interest in receiving support for setting up home gardens and

These results support the design of an integrated home garden and nutrition counseling intervention in this area to improve the nutritional status of children <5 years of age.

Methods/Approach

• Individual in-depth, semi-structured interviews; October and November 2020
• Analysis:
  - 32 interviews with mothers of children aged <5 years living in
  - the Nouna Health & Demographic Surveillance (HDSS) area
  - 11 interviews with national experts located in Burkina Faso

✓ Recorded, transcribed, and translated from the local language to French
✓ Directed content analysis using an inductive approach
✓ Nvivo software for coding and analysis

Findings and interpretations

Delivery mode – home gardens

Household interviews:
Justifications for preferred vegetables:
1. Select vegetables that are simple to cultivate
2. Should allow to sell products
3. Should taste good

Stakeholder interviews:
Justifications for preferred vegetables:
1. Select vegetables of richness in nutrients and vital substances
2. Should contain vitamins
3. Select vegetable variants in case of bad harvest

Barriers – home gardens

Water/water access
Financial support
No training in gardening
Technical capacity
Space

Stakeholder – Barriers for gardening – Households
Find responsible person, involve village chief and husband

Study aim:
Understand preferences and barriers for the implementation of home gardens and nutrition counseling of mothers with young children in rural Burkina Faso

Exchange with mothers in Nouna, Burkina Faso

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Delivery mode – nutrition counseling

Household interviews
Preferred: more than one counseling session in month, duration 1 hour, in group strategy and facilitated by the health agents, targeting mothers and fathers, and preferred during the dry season

Justifications:
✓ Field and domestic work
✓ Avoid forgetting

Stakeholder interviews:
Preferred: group strategy, duration 1 hour, 2 session per month, facilitated by Village Development Committee

Justification
✓ Less expensive
✓ Low intellectual capacity
✓ Gateway to the community

Barriers – nutrition counseling

Water/water access
Food
Material: fencing, garden tools
Seeds and fertilizer
Pesticides and herbicides
Dry season
Insect attacks, animals destroying the garden
Space
Demotivation in case of production failure

Conclusion

➢ In Burkina Faso, mothers of children aged <5 years showed great interest in receiving support for setting up home gardens and participating in nutrition counseling sessions. A combination of both was well perceived.
➢ These results support the design of an integrated home garden and nutrition counseling intervention in this area to improve the nutritional status of children <5 years of age.

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