

APPENDIX-V

No. of Training Participants

APPENDIX-VI

Results of the Nutrition Survey (Baseline
and Endline)

(Explanation of terms)

FCS: Dietary diversification assessment index using a questionnaire developed by WFP-VAM (WFP, 2008). Using the questionnaire created in the T-COBSI impact survey, the Project asked participants about the number of times they consumed each item per week and scored them. FCS scores are broadly divided into three categories, and those below 21 are considered to have poor dietary diversity. A lack of dietary diversity increases the likelihood of malnutrition.

Indicator standards of FCS

FCS	Profiles
0-21	Poor
21.5-35	Borderline
>35	Acceptable

CSI: Nutrient intake is an essential act in people's lives, but when there is no money or food, each household's behavior is questioned. In scoring food insecurity, this CSI can be used to give higher marks to unsafe behaviors. The weighting of the score is based on the following table and is calculated according to a survey table prepared by the surveyor, taking into account the customs of the area. No criteria have been established. If the value is relatively high, food shortages are serious.

Z-score; The nutritional status of the children surveyed was evaluated by calculating the Z-score. Z-score is height for age, weight for age, and BIM for age. The Z-score is a standardized index that expresses the difference between the reference median value and the measured value as a multiple of the standard deviation, and this time it was calculated using WHO AnthroPlus, a software developed by the WHO. Malnutrition is defined by WHO as shown in the table below.

Child growth indicators

Z-score	Growth Indicators			
	Length/height-for-age	Weight-for-age	Weight-for-length/height	BMI-for-age
Above 3			Obese	Obese
Above 2			Overweight	Overweight
Above 1			Possible risk of overweight	Possible risk of over weight
0 (median)				
Below -1				
Below -2	Stunted	Underweight	Wasted	Wasted
Below -3	Severely stunted	Severely underweight	Severely wasted	Severely wasted

Source: Training Course on Child Growth Assessment, WHO

Subject	Item	Contents and Indicators	Northern Province (Top) Baseline: April 4 to 12, 2019 (Bottom) Endline: June 20 to October 26, 2023	Luapula Province (Top) Baseline: April 15 to 19, 2019 (Bottom) Endline: July 10 to 14, 2023	Muchinga Province (Top) Baseline: April 23 to 26, 2019 (Bottom) Endline: June 23 to August 23, 2023
Household	Food Diversification	Food Consumption Score (FCS)	Among the surveyed households, 48% were considered to have a lack of dietary diversity. The remaining 48% are borderline and 4% are good diverse diet. The Avg. food cost is 33.3 ZMW/week. 33% were considered to have poor dietary diversity. The remaining 53% are borderline and 13% are good dietary diversity. The Avg. food cost is 157 ZMW. Positive change	Among the surveyed households, 20% were considered to have a lack of dietary diversity. The remaining 52% are borderline and 28% are good diverse diet. The Avg. food cost is 91.32 ZMW/week. 10% were considered to have poor dietary diversity. The remaining 38% are borderline and 53% are good dietary diversity. The Avg. food cost is 281 ZMW. Positive change	Among the surveyed households, 20% were considered to have a lack of dietary diversity. The remaining 60% are borderline and 20% are good diverse diet. The Avg. food cost is 35.9 ZMW/week. 25% were considered to have poor dietary diversity. The remaining 54% are borderline and 17% are good dietary diversity. The Avg. food cost is 136 ZMW. Positive change
	Food Security	Cooping Strategy Index (CSI)	The minimum CSI score was 0 and the maximum was 57. If a value greater than 30 is assessed as severe food insecurity at the household level, 36% of households fall into this category. The minimum was 0 and the maximum was 77. A value greater than 30 indicates severe food insecurity at the household level, with 55% of households falling into this category. Negative change	The minimum CSI score was 0 and the maximum was 72. If a value greater than 30 is assessed as severe food insecurity at the household level, 16% of households fall into this category. The minimum was 0 and the maximum was 55. A value greater than 30 indicates severe food insecurity at the household level, with 24% of households falling into this category. Negative change	The minimum CSI score was 0 and the maximum was 73. If a value greater than 30 is assessed as severe food insecurity at the household level, 20% of households fall into this category. The minimum was 0 and the maximum was 75. A value greater than 30 indicates severe food insecurity at the household level, with 23% of households falling into this category. Slightly negative change
Gender	Illness within household (diarrhea)	Number of sick people (person/year)	The Avg. number of family members affected by diarrhea is 0.4 per year. Considering that the number of people in the household is 5.8, it is considered that the situation is not serious. The Avg. number of family members affected by diarrhea is 1.4 per year. Considering that the number of people in the household is 6.0, it is considered that the situation is not serious. Slightly negative change	The Avg. number of family members affected by diarrhea is 1.6 per year. Considering that the number of people in the household is 8.5, it is considered that the situation is not serious. The Avg. number of family members affected by diarrhea is 2.7 per year. Considering that the number of people in the household is 7.2, it is considered that the situation is not serious. Slightly negative change	The Avg. number of family members affected by diarrhea is 1.1 per year. Considering that the number of people in the household is 6.3, it is considered that the situation is not serious. The Avg. number of family members affected by diarrhea is 1.3 per year. Considering that the number of people in the household is 6.2, it is considered that the situation is not serious. No change
	Farmland area of woman and man	Owned farmland within household (Lima)	Woman's farmland (irrigable); Avg. 0.2 Lima Woman's farmland (no irrigation); Avg. 0.7 Lima Man's farmland (irrigable); Avg. 1.1 Lima Man's farmland (no irrigation); Avg. 3.0 Lima Woman's farmland (irrigable); Avg. 1.1 Lima	Woman's farmland (irrigable); Avg. 0.3 Lima Woman's farmland (no irrigation); Avg. 0.8 Lima Man's farmland (irrigable); Avg. 0.7 Lima Man's farmland (no irrigation); Avg. 3.2 Lima Woman's farmland (irrigable); Avg. 1.0 Lima	Woman's farmland (irrigable); Avg. 0.4 Lima Woman's farmland (no irrigation); Avg. 1.1 Lima Man's farmland (irrigable); Avg. 1.4 Lima Man's farmland (no irrigation); Avg. 4.5 Lima Woman's farmland (irrigable); Avg. 1.0 Lima

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			<p>Woman's farmland (no irrigation); Avg. 2.3 Lima</p> <p>Man's farmland (irrigable); Avg. 0.8 Lima</p> <p>Man's farmland (no irrigation); Avg. 3.2 Lima</p> <p>Positive changes</p>	<p>Woman's farmland (no irrigation); Avg. 4.6 Lima</p> <p>Man's farmland (irrigable); Avg. 0.8 Lima</p> <p>Man's farmland (no irrigation); Avg. 5.2 Lima</p> <p>Positive changes</p>	<p>Woman's farmland (no irrigation); Avg. 2.5 Lima</p> <p>Man's farmland (irrigable); Avg. 0.9 Lima</p> <p>Man's farmland (no irrigation); Avg. 2.9 Lima</p> <p>Positive changes</p>
	Access to domestic water	Domestic water access (m), type	<p>Avg. 7.6 minutes (300m) to reach a water source for cooking and drinking. Types of water sources are Well (16%), Piped water (0%), Borehole (32%), River (8%), Stream (16%), Furrow (28%)</p> <p>Avg. 5.3 minutes (200m) to reach water sources for other uses, and the types of water sources are Well (16%), Piped water (0%), Borehole (20%), River (0%), and Stream (20%), furrow (40%), no answer (4%)</p> <p>Avg. 6.7 minutes to a water source for cooking and drinking water.</p> <p>Avg. 6.7 minutes to water source for other uses.</p> <p>No changes</p>	<p>Avg. 9 minutes (200m) to reach a water source for cooking and drinking. Types of water sources are Well (36%), Piped water (16%), Borehole (36%), River (8%), Stream (4%).</p> <p>Avg. 10 minutes (200m) to reach water sources for other uses, and the types of water sources are Well (44%), Piped water (8%), Borehole (16%), River (8%), and Stream (16%), furrow (8%).</p> <p>Avg. 8.2 minutes to a water source for cooking and drinking water.</p> <p>Avg. 9.0 minutes to water source for other uses.</p> <p>No changes</p>	<p>Avg. 10 minutes (400m) to reach a water source for cooking and drinking. Types of water sources are Well (12%), Piped water (0%), Borehole (8%), River (32%), Stream (20%), Furrow (24%), no answer (4%).</p> <p>Avg. 9 minutes (400m) to reach water sources for other uses, and the types of water sources are Well (16%), Piped water (0%), Borehole (12%), River (16%), and Stream (24%), furrow (28%), no answer (4%)</p> <p>Avg. 7.5 minutes to a water source for cooking and drinking water.</p> <p>Avg. 7.0 minutes to water source for other uses.</p> <p>Slightly positive changes</p>
	Working hours for woman and man	(Rainy season) Avg. daily working hours by gender (hours)	<p>Woman's agricultural working hours: 3.8 hours</p> <p>Woman's domestic working hours: 4.8 hour</p> <p>Man's agricultural working hours: 4.2 hours</p> <p>Man's domestic working hours: 1 hours</p> <p>Woman's agricultural working hours: 3.7 hours</p> <p>Woman's domestic working hours: 2.3 hours</p> <p>Man's agricultural working hours: 3.0 hours</p> <p>Man's domestic working hours: 0.7 hours</p> <p>Positive changes as both men and women work fewer hours</p>	<p>Woman's agricultural working hours: 5 hours</p> <p>Woman's domestic working hours: 3.4 hour</p> <p>Man's agricultural working hours: 5.7 hours</p> <p>Man's domestic working hours: 0.7 hours</p> <p>Woman's agricultural working hours: 4.6 hours</p> <p>Woman's domestic working hours: 4.1 hours</p> <p>Man's agricultural working hours: 5.1 hours</p> <p>Man's domestic working hours: 0.7 hours</p> <p>No changes</p>	<p>Woman's agricultural working hours: 4.4 hours</p> <p>Woman's domestic working hours: 2.2 hour</p> <p>Man's agricultural working hours: 4.0 hours</p> <p>Man's domestic working hours: 0.4 hours</p> <p>Woman's agricultural working hours: 3.2 hours</p> <p>Woman's domestic working hours: 3.3 hours</p> <p>Man's agricultural working hours: 3.7 hours</p> <p>Man's domestic working hours: 0.8 hours</p> <p>Positive changes as both men and women work fewer hours in agriculture</p>
Child	Body weight	Weight-for-age Z-score	<p>Five out of the 31 children surveyed were underweight (16%).</p> <p>6 out of the 29 children surveyed under 5 years were underweight (21%).</p>	<p>Four out of the 30 children surveyed were underweight (13%).</p> <p>7 out of the 32 children surveyed under 5 years were underweight (22%).</p>	<p>One out of the 25 children surveyed were underweight (4%).</p> <p>1 out of the 22 children surveyed under 5 years were underweight (5%).</p>

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Mother and child	Height	Height-for-age Z-score	<u>Slightly negative change</u> 13 out of the 31 children surveyed were short and stunted (41%).	<u>Slightly negative change</u> 12 out of the 30 children surveyed were short and stunted (40%).	<u>No changes</u> 10 out of the 26 children surveyed were short and stunted (38%).
			<u>Positive change</u> 8 out of the 29 children surveyed under 5 years were short and stunted (28%).	<u>Positive change</u> 7 out of the 32 children surveyed under 5 years were short and stunted (22%).	<u>Positive change</u> Seven out of the 22 children surveyed under 5 years were short and stunted (32%).
	Weight-height ratio	BMI-for-age Z-score	One was considered to be wasted (3%). <u>Slightly negative changes</u> 4 out of the 29 children surveyed under 5 years were considered to be wasted (14%).	One out of the 30 children surveyed were considered to be wasted (3%). <u>Negative changes</u> 7 out of the 32 children surveyed under 5 years considered to be wasted (22%).	None was considered to be wasted (0%). <u>No changes</u> One out of the 22 children surveyed under 5 years was considered to be wasted (5%).
	Breastfeeding period	Breastfeeding period for target child (months)	The average age of the children surveyed was 33 months. One of the 25 children was being breastfed, and the average breastfeeding period for the weaned children was 20 months, indicating that the children were breastfeeding until an age close to the WHO. 96% supplemented with vitamin A. The average number of refills for children who have already refilled was 2.5 times. <u>Slightly positive change</u> Avg. age of the children surveyed (29 children under 5 years, 11 children 5 years or over) was 48 months. Avg. duration of breastfeeding for children was 21 months. 100% supplemented with Vitamin A. The average number of refills for children who have already refilled is 2.5 times.	The average age of the children surveyed was 30 months. Four of the 30 children were being breastfed, and the average breastfeeding period for the weaned children was 19 months, indicating that the children were breastfeeding until an age close to the WHO. 95% supplemented with vitamin A. The average number of refills for children who have already refilled was 2.8 times. <u>Slightly negative change</u> Avg. age of the children surveyed (32 children under 5 years, 10 children 5 years or over) was 46 months. Avg. duration of breastfeeding for children was 17 months. 90% supplemented with Vitamin A.	The average age of the children surveyed was 27 months. Five of the 25 children were being breastfed, and the average breastfeeding period for the weaned children was 21 months, indicating that the children were breastfeeding until an age close to the WHO. 92% supplemented with vitamin A. The average number of refills for children who have already refilled was 2.7 times. <u>Slightly positive change</u> Avg. age of the children surveyed (22 children under 5 years, 15 children 5 years or over) was 49 months. 100% supplemented with Vitamin A.

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Household	Food Diversification	Food Consumption Score (FCS)	<p>Among the households surveyed, there were no households considered to lack dietary diversity. 40% are borderline and 60% are good diverse diet. The Avg. food cost is 357 ZMW per week.</p> <p>There were no households considered to have a lack of dietary diversity. 24 % are borderline and 76% are good dietary diversity. The Avg. food cost is 359 ZMW. <u>Slightly positive changes</u></p> <p>The minimum CSI score was 0 and the maximum was 71. If a value greater than 30 is assessed as severe food insecurity at the household level, 27 % of households fall into this category.</p> <p>The minimum was 0 and the maximum was 85. A value greater than 30 indicates severe food insecurity at the household level, with 40% of households falling into this category. <u>Negative change</u></p>	<p>Among the surveyed households, 14% were considered to have a lack of dietary diversity. The remaining 57% are borderline and 29% are good diverse diet. The Avg. food cost is 175 ZMW/week.</p> <p>Nine percent was considered to have poor dietary diversity. The remaining 43% are borderline and 49% are good dietary diversity. The Avg. food cost is 305 ZMW. <u>Slightly positive changes</u></p> <p>The minimum CSI score was 2 and the maximum was 87. If a value greater than 30 is assessed as severe food insecurity at the household level, 40% of households fall into this category.</p> <p>The minimum was 0 and the maximum was 73. A value greater than 30 indicates severe food insecurity at the household level, with 25% of households falling into this category. <u>Slightly positive changes</u></p>	<p>Among the surveyed households, 50% were considered to have a lack of dietary diversity. The remaining 25 % are borderline and 25 % are good food diversity. The Avg. food cost is 131 ZMW per week.</p> <p>32% were considered to have poor dietary diversity. The remaining 50 % are borderline and 18 % are good dietary diversity. The Avg. food cost is 155 ZMW. <u>Positive change</u></p> <p>The minimum CSI score was 1 and the maximum was 86. If a value greater than 30 is assessed as severe food insecurity at the household level, 57 % of households fall into this category.</p> <p>The minimum was 4 and the maximum was 96. A value greater than 30 indicates severe food insecurity at the household level, with 41% of households falling into this category. <u>Positive change</u></p>
	Food Security	Cooping Strategy Index (CSI)	<p>The Avg. number of family members affected by diarrhea is 3.1 per year. Considering that the number of people in the household is 7.9, it is considered that the situation is not serious.</p> <p>The Avg. number of family members affected by diarrhea is 0.9 per year. Considering that the number of people in the household is 6.0, it is considered that the situation is not serious. <u>Positive change</u></p>	<p>The Avg. number of family members affected by diarrhea is 3.7 per year. Considering that the number of people in the household is 7.2, it is considered that the situation is not serious.</p> <p>The Avg. number of family members affected by diarrhea is 1.2 per year. Considering that the number of people in the household is 6.8, it is considered that the situation is not serious. <u>Positive change</u></p>	<p>The Avg. number of family members affected by diarrhea is 2.3 per year. Considering that the number of people in the household is 7.1, it is considered that the situation is not serious.</p> <p>The Avg. number of family members affected by diarrhea is 0.5 per year. Considering that the number of people in the household is 6.3, it is considered that the situation is not serious. <u>Positive change</u></p>
gender	Illness within household (diarrhea)	Number of sick people (person/year)	<p>Woman's farmland (irrigable); Avg. 0.9 Lima Woman's farmland (no irrigation); Avg. 3.7 Lima Man's farmland (irrigable); Avg. 1.0 Lima Man's farmland (no irrigation); Avg. 3.0 Lima</p>	<p>Woman's farmland (irrigable); Avg. 0.9 Lima Woman's farmland (no irrigation); Avg. 3.2 Lima Man's farmland (irrigable); Avg. 1.1 Lima Man's farmland (no irrigation); Avg. 4.9 Lima</p>	<p>Woman's farmland (irrigable); Avg. 0.7 Lima Woman's farmland (no irrigation); Avg. 3.7 Lima Man's farmland (irrigable); Avg. 1.1 Lima Man's farmland (no irrigation); Avg. 6.2 Lima</p>
	Farmland area woman and man	Owned farmland within the household (Lima)	<p>Woman's farmland (irrigable); Avg. 0.9 Lima Woman's farmland (no irrigation); Avg. 3.5 Lima Man's farmland (irrigable); Avg. 0.9 Lima</p>	<p>Woman's farmland (irrigable); Avg. 1.1 Lima Woman's farmland (no irrigation); Avg. 3.2 Lima</p>	<p>Woman's farmland (irrigable); Avg. 0.7 Lima Woman's farmland (no irrigation); Avg. 3.3 Lima</p>

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	Access to domestic water	Domestic water access (m), type	<p>Man's farmland (no irrigation); Avg. 2.5 Lima <u>Slightly negative changes</u></p> <p>Avg. 11.3 minutes (6.5km) to reach a water source for cooking and drinking. Types of water sources are Well (57%), Piped water (3%), Borehole (17%), River (13%), Stream (0%), Furrow (0%)</p> <p>Avg. 12 minutes (10.6km) to reach water sources for other uses, and the types of water sources are Well (47%), Piped water (3%), Borehole (20%), River (13%), and Stream (3%), furrow (0%), no answer (9%)</p> <p>Avg. 11.2 minutes to a water source for cooking and drinking water. Avg. 10.8 minutes to water source for other uses. <u>Slightly positive changes</u></p>	<p>Man's farmland (irrigable); Avg. 1.2 Lima Man's farmland (no irrigation); Avg. 3.7 Lima <u>Slightly positive changes</u></p> <p>Avg. 9 minutes (0.9km) to reach a water source for cooking and drinking. Types of water sources are Well (55%), Piped water (0%), Borehole (29%), River (0%), Stream (10%), Furrow (0%), Not answered (7%)</p> <p>Avg. 7.6 minutes (12.7km) to reach water sources for other uses, and the types of water sources are Well (36%), Piped water (0%), Borehole (19%), River (0%), and Stream (36%), furrow (0%), no answer (10%)</p> <p>Avg. 7.5 minutes to water source for cooking and drinking water. Avg. 8.2 minutes to water source for other uses. <u>Slightly negative changes</u></p>	<p>Man's farmland (irrigable); Avg. 0.8 Lima Man's farmland (no irrigation); Avg. 4.5 Lima <u>Negative change</u></p> <p>Avg. 5 minutes (4.4km) to reach a water source for cooking and drinking. Types of water sources are Well (36%), Piped water (16%), Borehole (7%), River (7%), Stream (36%), Not answered (0%)</p> <p>Avg. 7 minutes (4.9km) to reach water sources for other uses and the types of water sources are Well (29%), Piped water (0%), Borehole (7%), River (7%), Stream (29%), and furrow. (8%)</p> <p>Avg. 8.9 minutes to water source for cooking and drinking. Avg. 7.6 minutes to water source for other uses <u>Negative change</u></p>
	Working hours woman and man	(Rainy season) Avg. daily working hours by gender (hours)	<p>Woman's agricultural working hours: 5.2 hours Woman's domestic working hours: 4.1 hour Man's agricultural working hours: 5.5 hours Man's domestic working hours: 2.1 hours</p> <p>Woman's agricultural working hours: 4.9 hours Woman's domestic working hours: 3.4 hours Man's agricultural working hours: 4.8 hours Man's domestic working hours: 0.9 hours <u>Positive changes as both men and women work fewer hours</u></p>	<p>Woman's agricultural working hours: 4.9 hours Woman's domestic working hours: 4.8 hours Man's agricultural working hours: 6.0 hours Man's domestic working hours: 2.1 hour</p> <p>Woman's agricultural working hours: 4.5 hours Woman's domestic working hours: 4.4 hours Man's agricultural working hours: 5.7 hours Man's domestic working hours: 1.6 hours <u>A positive change as both men and women are working fewer hours in agriculture</u></p>	<p>Woman's agricultural working hours: 3.8 hours Woman's domestic working hours: 3.1 hours Man's agricultural working hours: 4.6 hours Man's domestic working hours: 1.0 hours <u>Slightly positive changes as both men and women work fewer hours</u></p>
	Body weight	Weight-for-age Z-score	Five out of the 36 children surveyed were underweight (15%).	Five out of the 51 children surveyed were underweight (9%)	One out of the fourteen children surveyed was underweight (7%).
Child	Height	Height-for-age Z-score	One out of the 22 children surveyed under 5 year was underweight (5%). <u>Positive change</u>	15 out of the 66 children surveyed under 5 years were underweight (23%). <u>Slightly negative change</u>	2 out of the 30 children surveyed under 5 years were underweight (7%). <u>No change</u>
			Thirteen out of the 36 children surveyed were short and stunted (38%).	Twelve out of the 51 surveyed children were short and stunted (23%).	None of the 14 surveyed children were short and stunted (0%).

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			<p>Eight out of the 22 children surveyed under 5 years were short and stunted (36%). <u>Slightly positive changes</u></p> <p>Two out of the 36 children surveyed were considered to be wasted (6%).</p> <p>None out of the 22 surveyed children under 5 years was considered to be wasted (0%). <u>Positive change</u></p>	<p>Fourteen out of the 66 children surveyed under 5 years were short and stunted (21%). <u>Slightly positive changes</u></p> <p>Four out of the 51 children surveyed were considered to be wasted (7%).</p> <p>Eight out of the 66 children surveyed under 5 years were considered to be wasted (12%). <u>Slightly negative changes</u></p>	<p>Ten out of the 30 children surveyed under 5 years were short and stunted (33%). <u>Negative change</u></p> <p>Two out of the 14 children surveyed were considered to be wasted (14%).</p> <p>None of the 30 children surveyed under 5 years were considered to be wasted (0%). <u>Positive change</u></p>
Mother and child	Weight-height ratio	BMI-for-age Z-score	<p>The average age of the children surveyed was 34 months. One of the 34 children was being breastfed, and the average breastfeeding period for the weaned children was 18 months, indicating that the children were breastfeeding until an age close to the first two years recommended by the WHO. 100% supplemented with vitamin A. The average number of refills for children who have already refilled was 2.7 times.</p>	<p>The average age of the children surveyed was 28 months. None of the 42 children was being breastfed, and the average breastfeeding period for the weaned children was 15 months, indicating that the children were breastfeeding until an age close to the first two years recommended by the WHO. 79% supplemented with vitamin A. The average number of refills for children who have already refilled was 3.7 times.</p>	<p>The average age of the children surveyed was 35 months. None of the 14 children was being breastfed, and the average breastfeeding period for the weaned children was 17 months, indicating that the children were breastfeeding until an age close to the first two years recommended by the WHO. 86% supplemented with vitamin A. The average number of refills for children who have already refilled was 3.7 times.</p>
	Breastfeeding period	Breastfeeding period for child target (months)			

対象	項目	内容・指標	コッパーベルト州(6郡) (上) ベースライン：2021年1月11～26日 (下) エンドライン：2023年6月19日～6月27日	北西部州 (上) ベースライン：2021年1月6～14日 (下) エンドライン：2023年7月21日～8月27日	中央州 (上) ベースライン：2021年1月12～15日 (下) エンドライン：2023年7月17日～7月20日
			<p>子どもの授乳期間の平均は、18 カ月であり、WHO が推奨している最初の2年間の母乳育児に近い月齢まで授乳をしていることがわかる。100%がビタミンA補給済み。補給済みの子どもの平均補給回数2.7回。</p>	<p>子どもの授乳期間の平均は、15 カ月であり、WHO が推奨している最初の2年間の母乳育児より少ない月齢まで授乳をしていることがわかる。79%がビタミンA補給済み。補給済みの子どもの平均補給回数は3.7回。</p>	<p>子どもの授乳期間の平均は、17 カ月であり、WHO が推奨している最初の2年間の母乳育児に近い月齢まで授乳をしていることがわかる。86%がビタミンA補給済み。補給済みの子どもの平均補給回数は3.7回。</p>

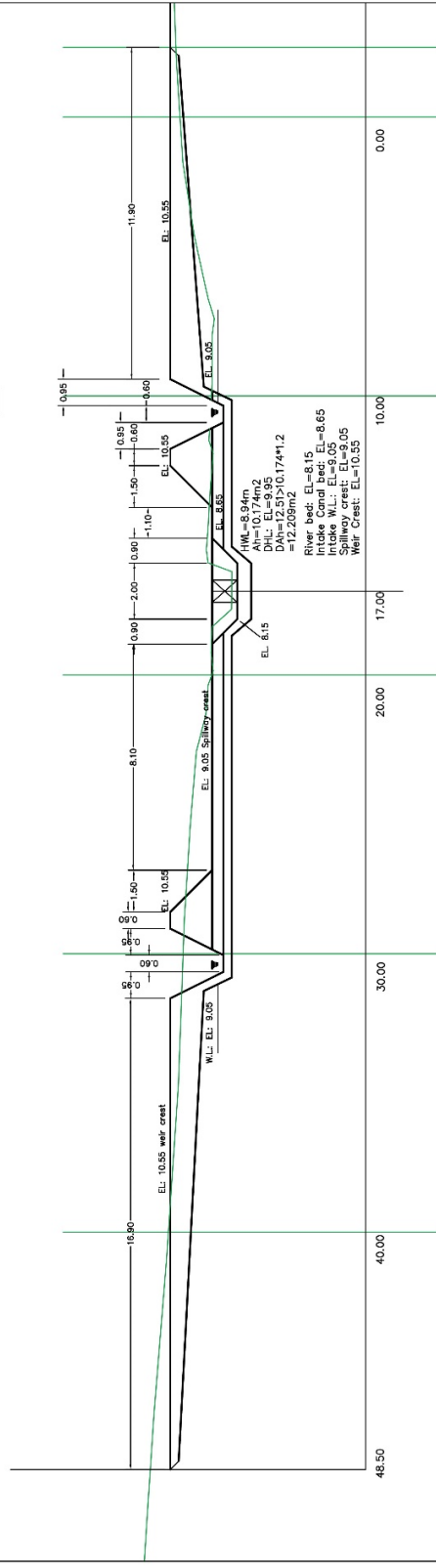
APPENDIX-VII

Permanent Weir Design Drawings

1. Twalubuka, Mufulira District, Copperbelt Province
2. Kabele, Kasempa District, Northwestern Province
3. Kafwa, Mkushi District, Central Province
4. Fitobaula, Chililabombwe District, Copperbelt Province
5. Mwambachimo, Masaiti District, Copperbelt Province
6. Kampombo, Kasempa District, Northwestern Province
7. Mwakama, Ikelenge District, Northwestern Province
8. Kaunda Farm, Mwinilunga District, Northwestern Province
9. Kabwe Kupela, Serenje District, Central Province
10. Misakalala, Chitambo District, Central Province

2. Kabele, Kasempa District, Northwestern Province

Ministry of Agriculture
 NORTH WESTERN PROVINCE
 Irrigation Engineering Section
 EXPANSION OF COMMUNITY BASED SMALLHOLDER IRRIGATION PR
 (ECOBSI)
 CONSTRUCTION OF KABELLE PERMANENT WEIR_KASEMPA

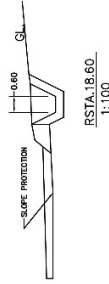
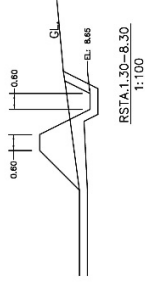
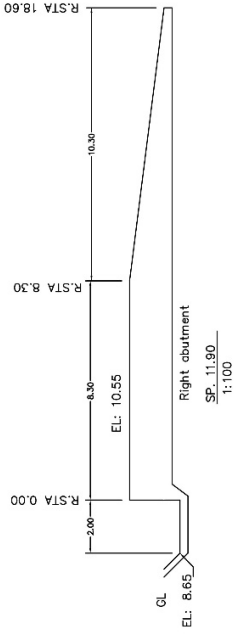
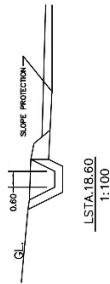
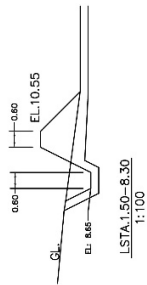
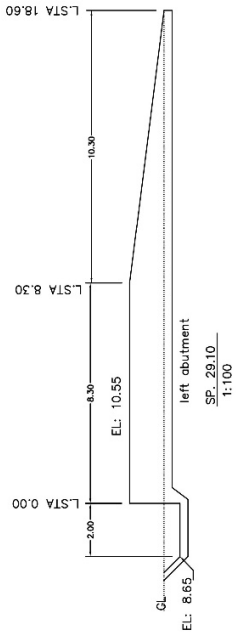


WEIR CROSS-SECTION

Scale: 1:200

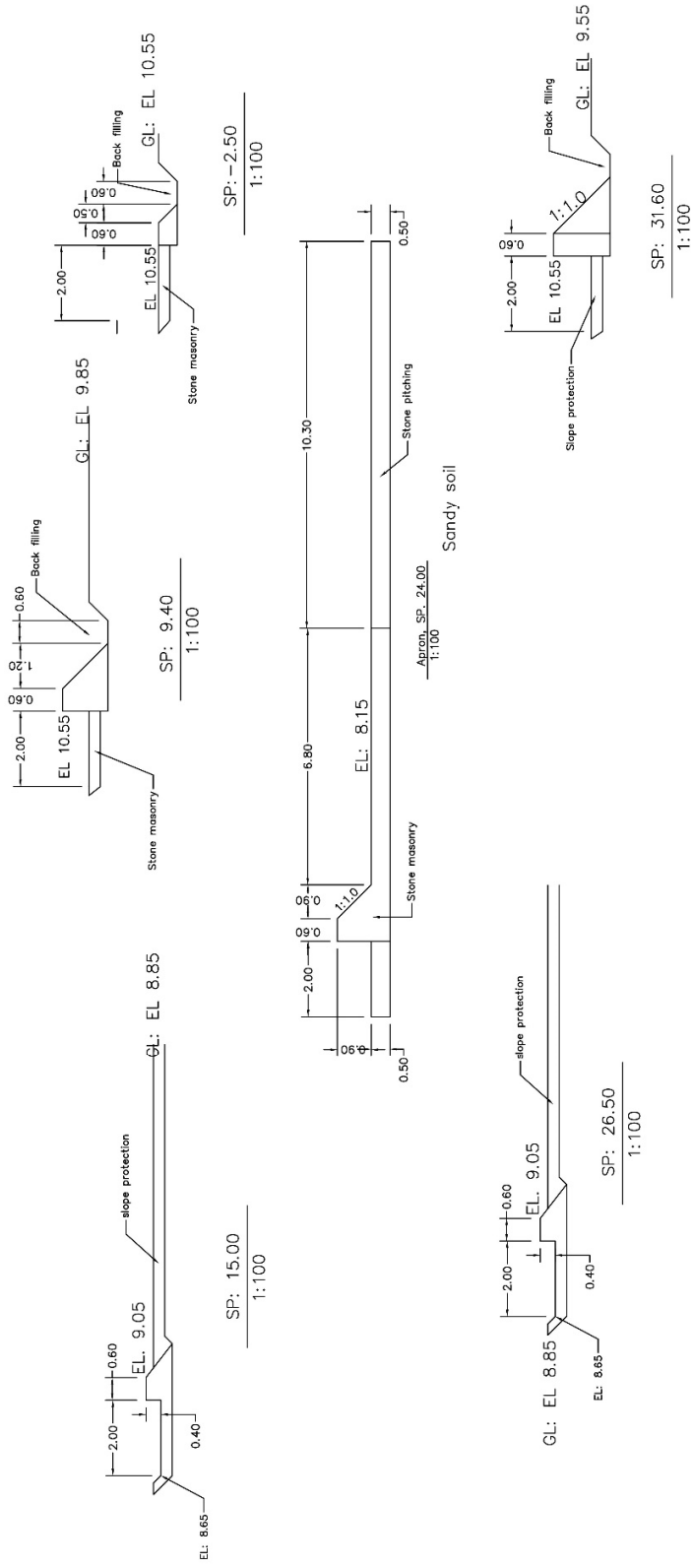
Client: ECOBSI: Shibende Irrigation Scheme Cooperative—KASEMPA	Project Title: Proposed Shibende Irrigation Cooperative Permanent Weir_KABELLE_KASEMPA	Drawn by: Jackson M. Bwalya	Scale:	Date: 11.04.2023
		Checked by:	Drawing No.:	

Cross Sections: Abutments



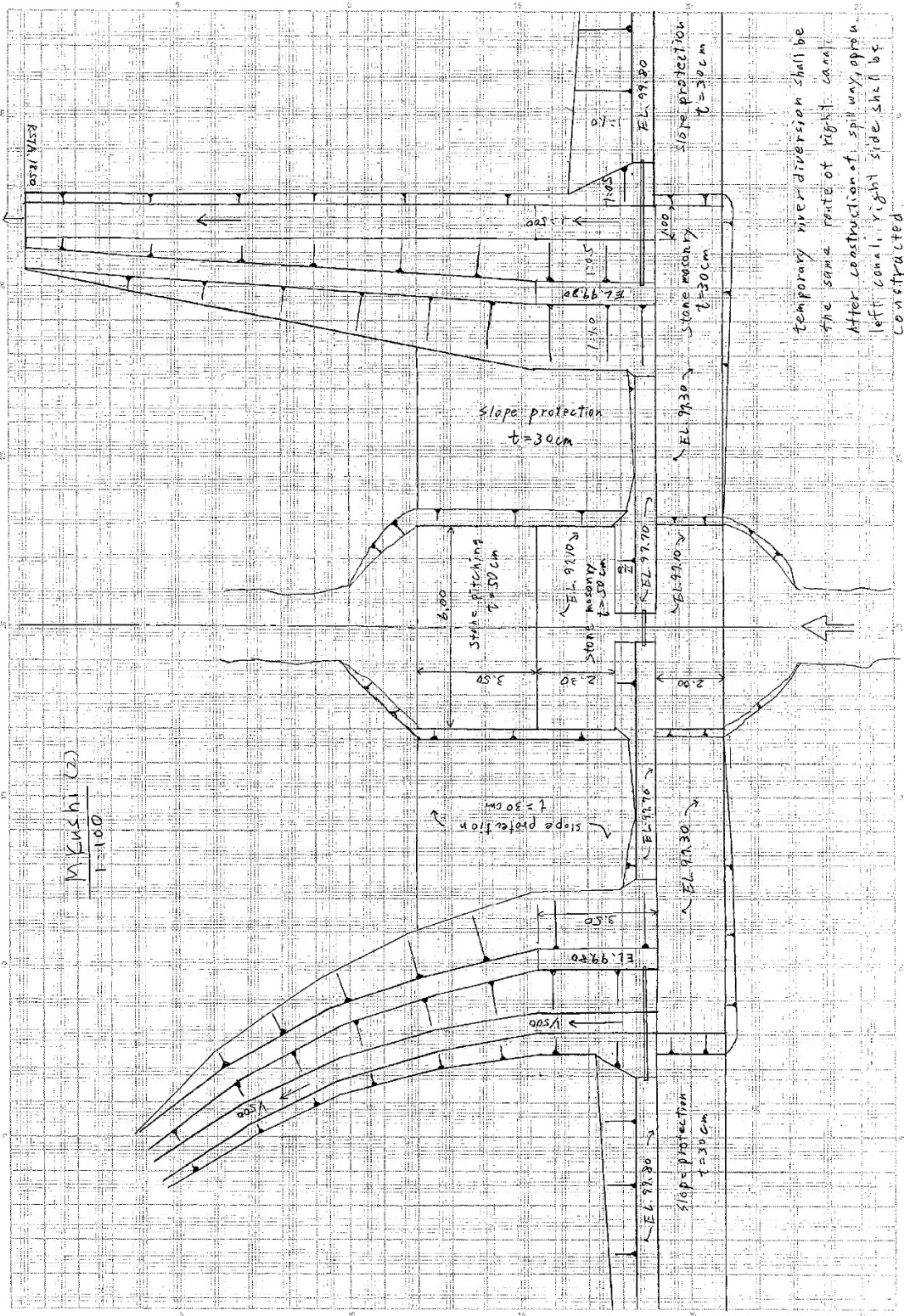
Client: ECOBSI: Shibende Irrigation Scheme Cooperative-KASEMPA	Project Title: Proposed Shibende Irrigation Cooperative Permanent Weir: KABEL_KASEMPA	Drawn by: Jackson M. Bwalya	Scale:	Date: 11.04.2023
		Checked by:	Drawing No.:	22221

Cross Sections: Apron, Spillway and embankments



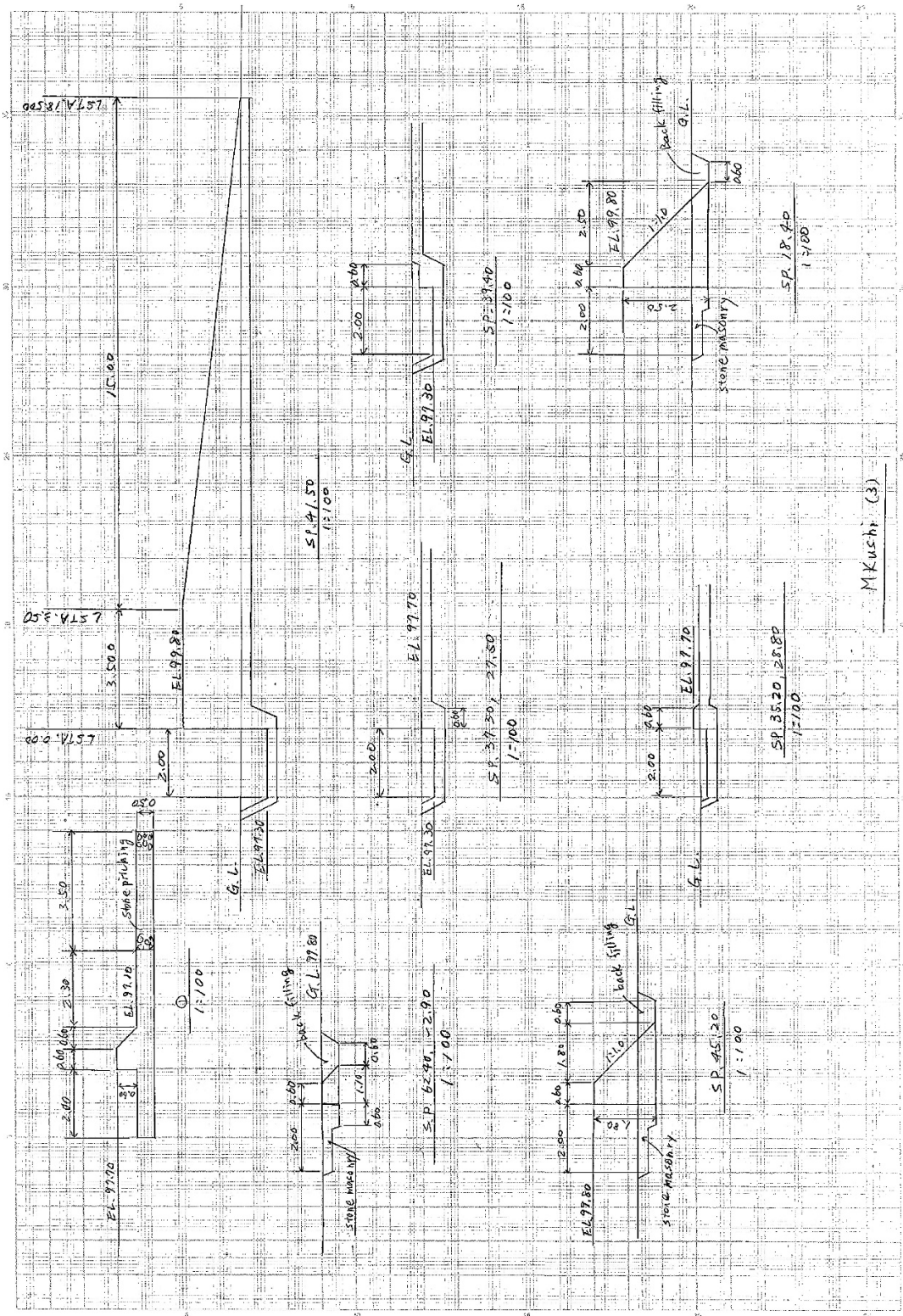
Client: ECOBSI: Shibende Irrigation Scheme Cooperative-KASEMPA	Project Title: Proposed Shibende Irrigation Cooperative Permanent Weir_KABELE-KASEMPA	Drawn by: Jackson M. Bwalya	Scale:	Date: 11.04.2023
		Checked by:	Drawing No.:	

to the stream 10 m.



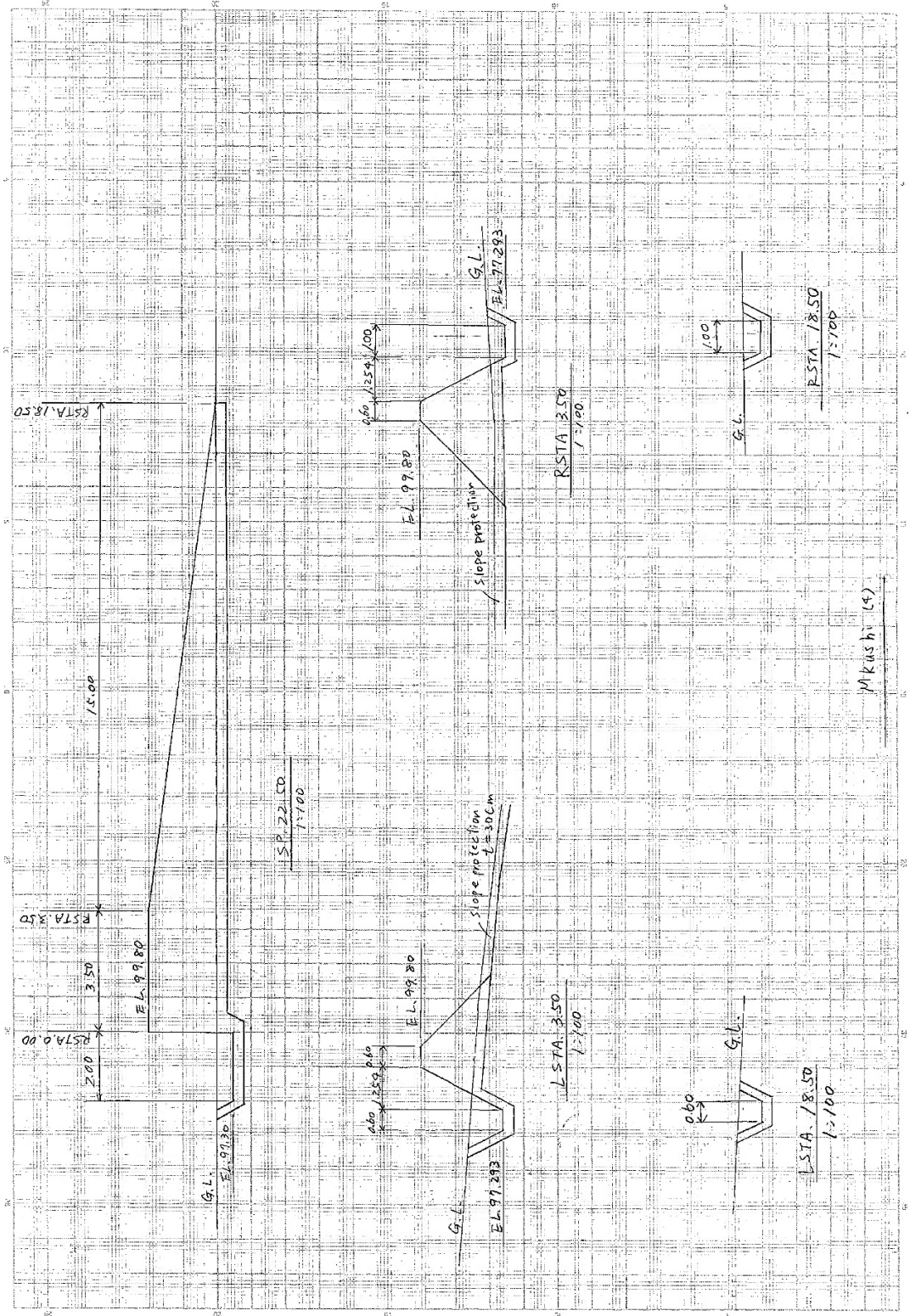
temporary river diversion shall be
 the same route of right canal
 After construction of spillway, approx
 left canal, right side shall be
 constructed

10000-RET

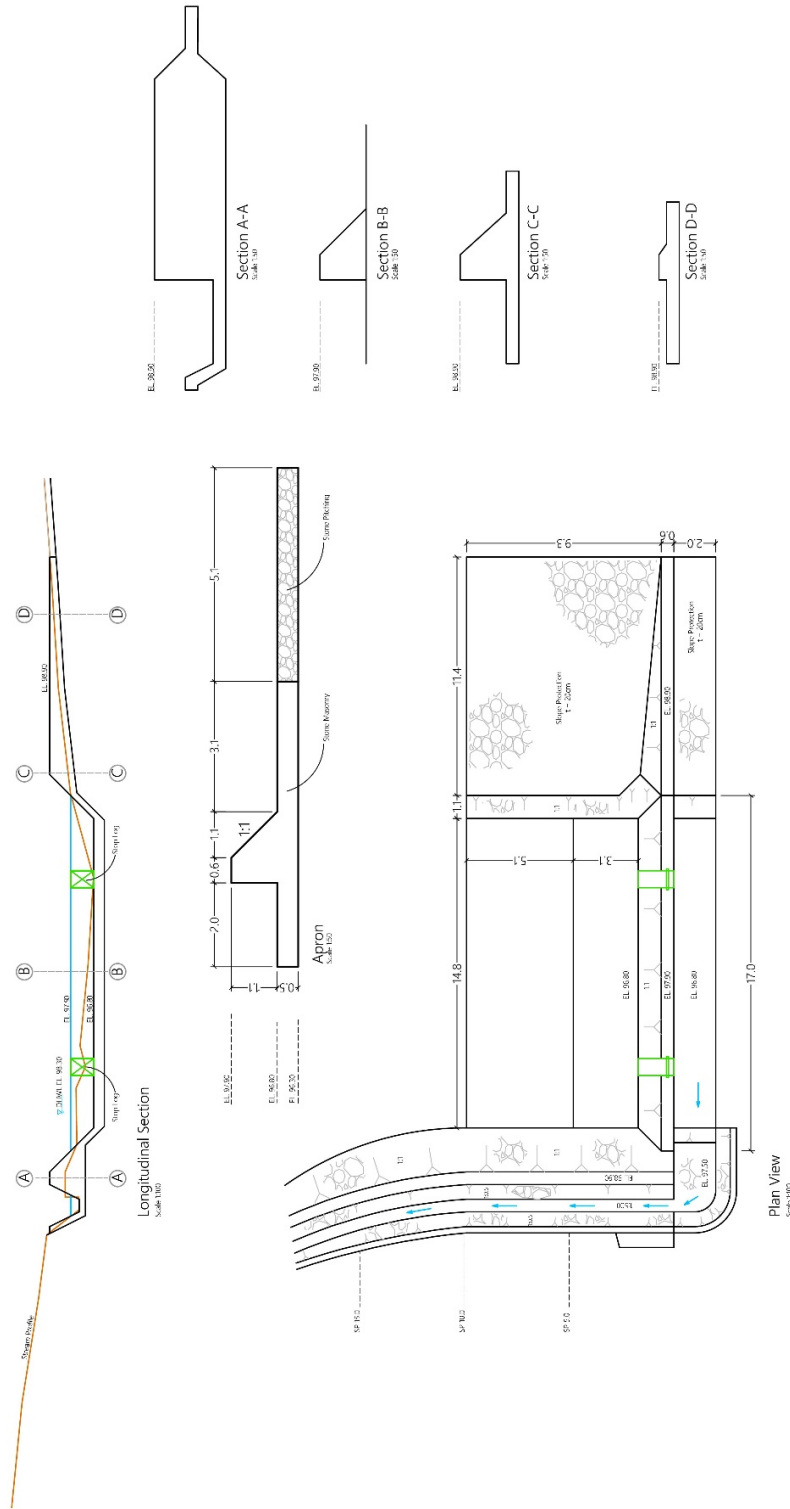


tebet.net

1:100



4. Fitobaula, Chililabombwe District, Copperbelt Province



SURVEYED BY:
DRAWN BY:
APPROVED BY:

DRAWING FOR STONE MASONRY
WEIR FOR FITOBAULA SITE IN
CHILILABOMBWE DISTRICT

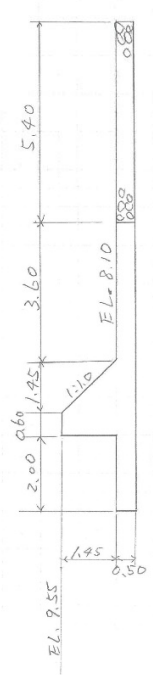
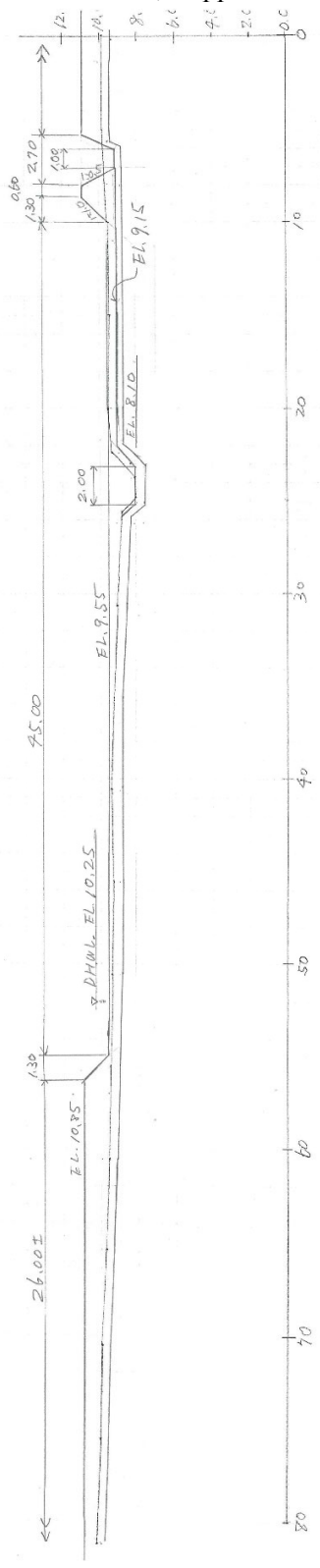
REPUBLIC OF ZAMBIA
MINISTRY OF AGRICULTURE
COPPERBELT PROVINCE



5. Mwambachimo, Masaiti District, Copperbelt Province

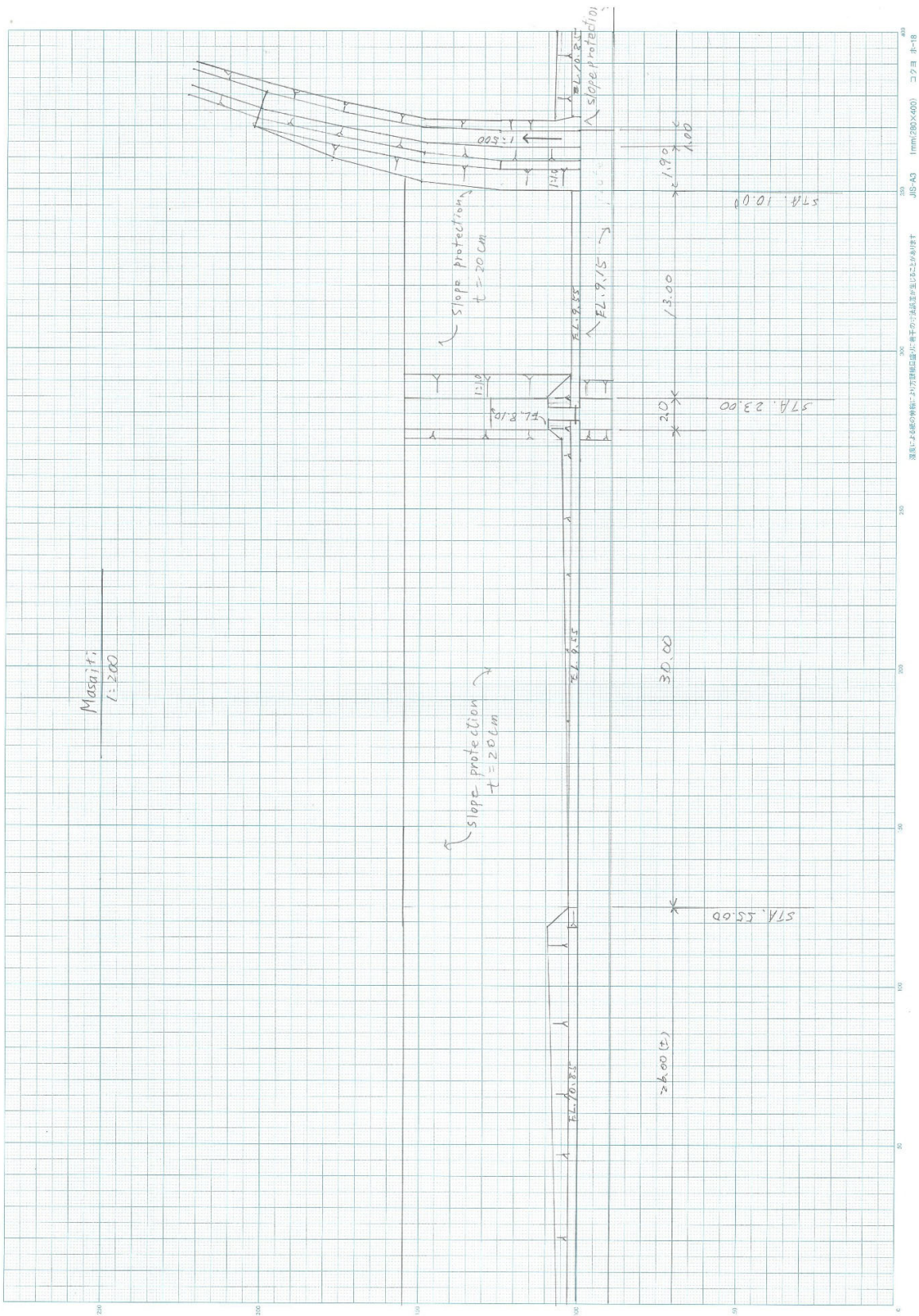
Masaiti
1:200

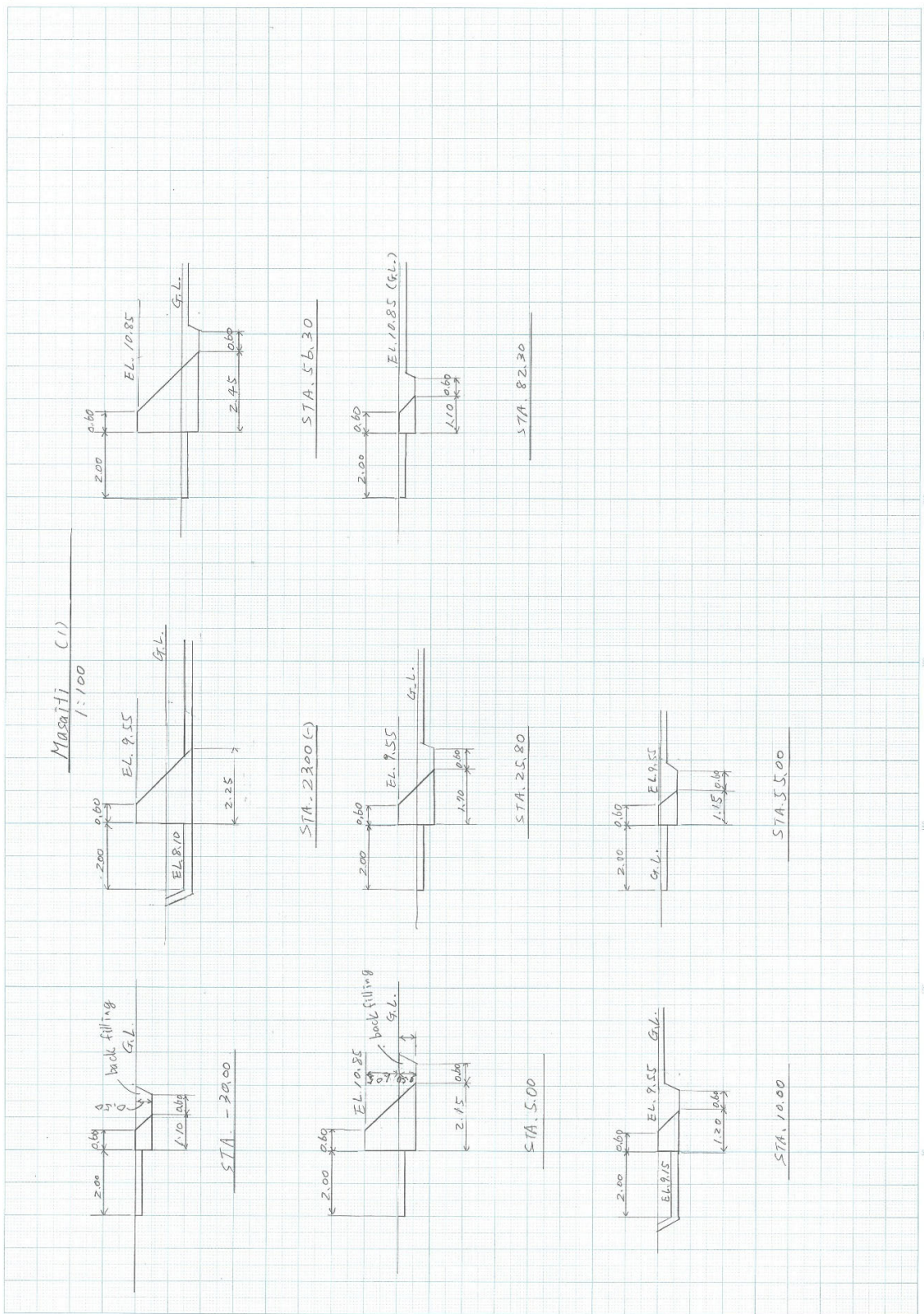
F.W.L. 9.719
W.L. 8.845
T.W.L. 9.550
River bed = 8.124

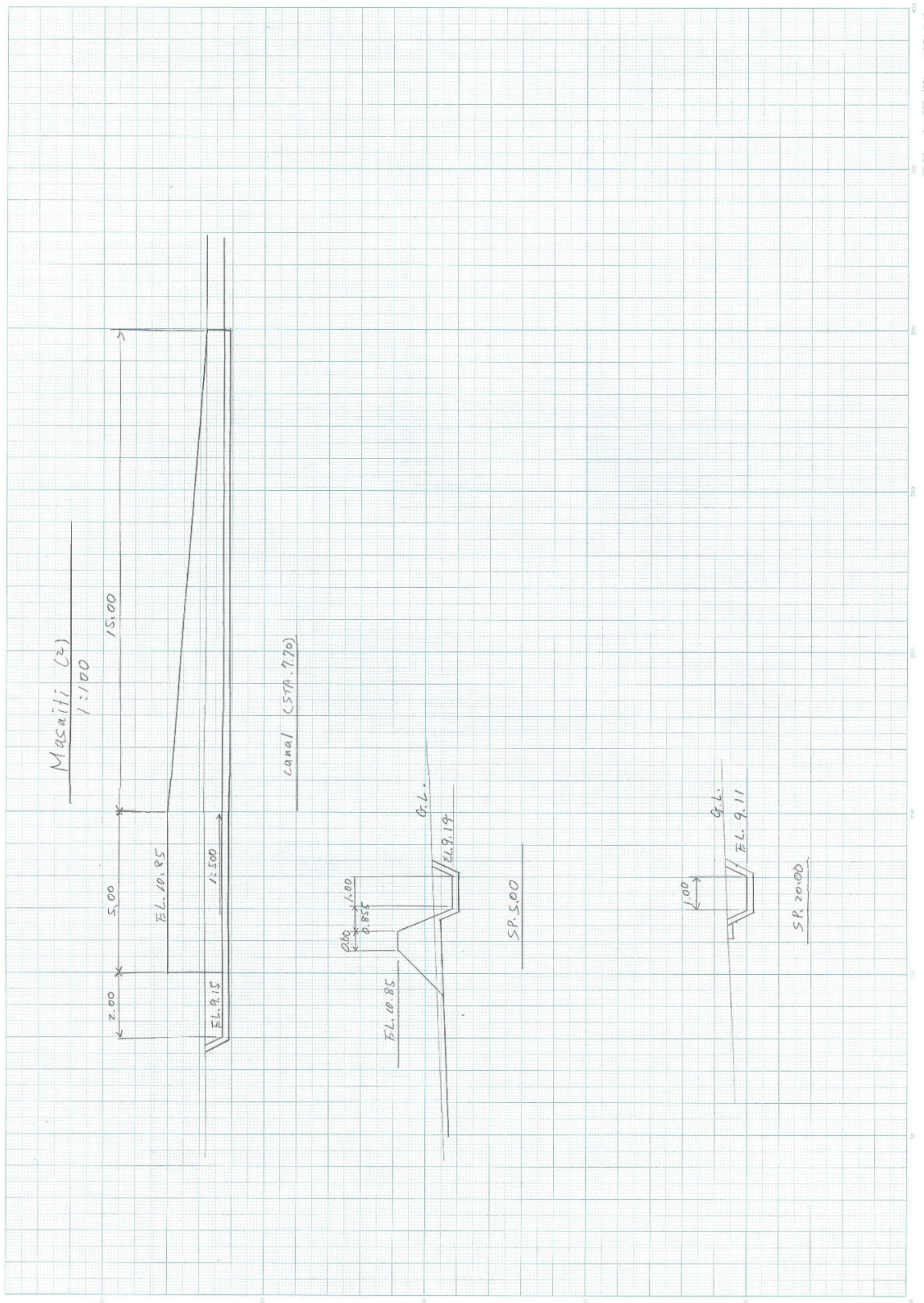


medium clay
H = 1.45
 $L_a = 0.6 \times 5.0 \times \sqrt{1.45} = 3.61$
 $L = 0.67 \times 5.0 \times \sqrt{1.45} \times 1.0$
= 9.02
 $L_b = 9.02 - 3.61 = 5.41$

approx
1:100

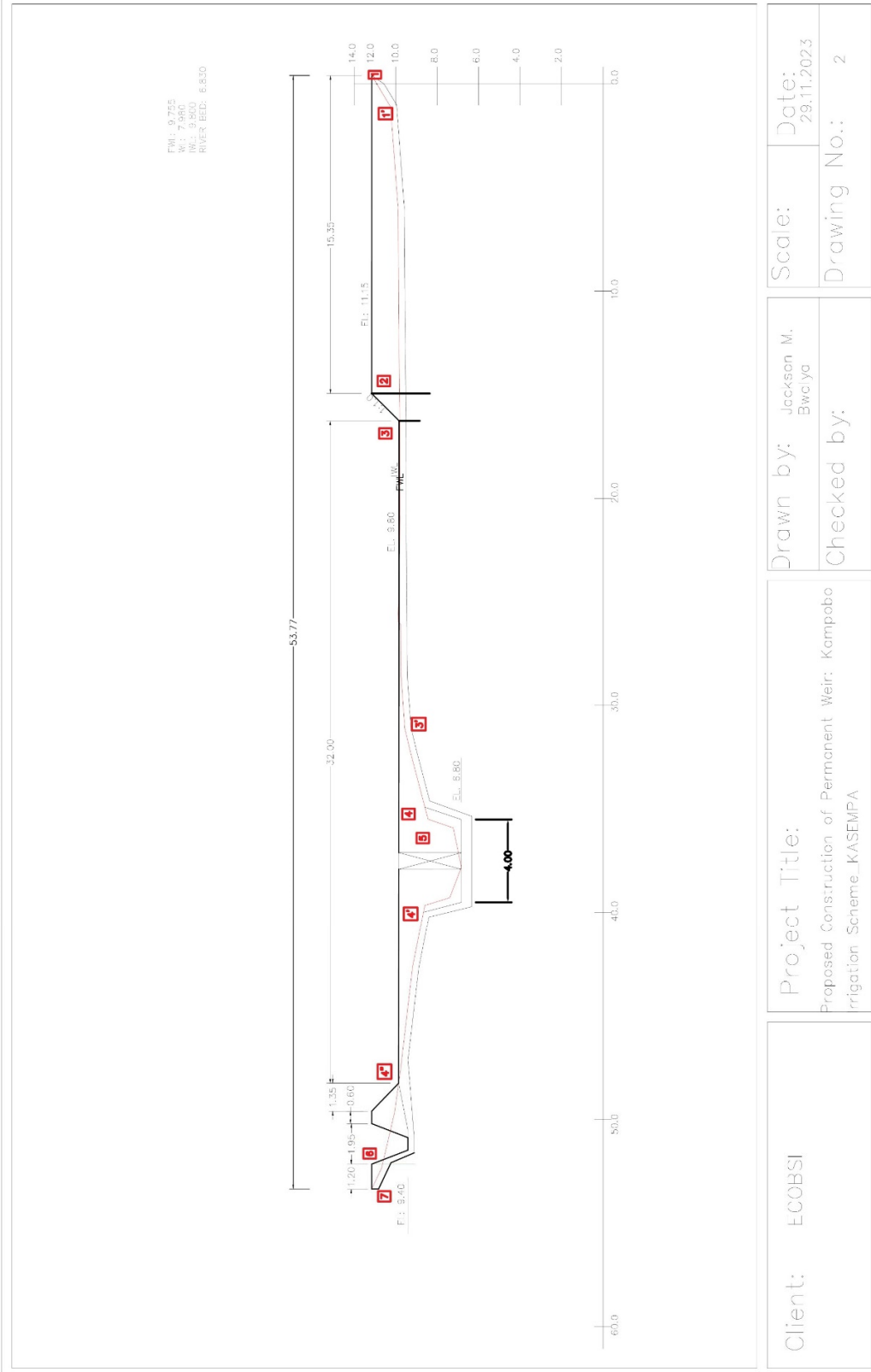


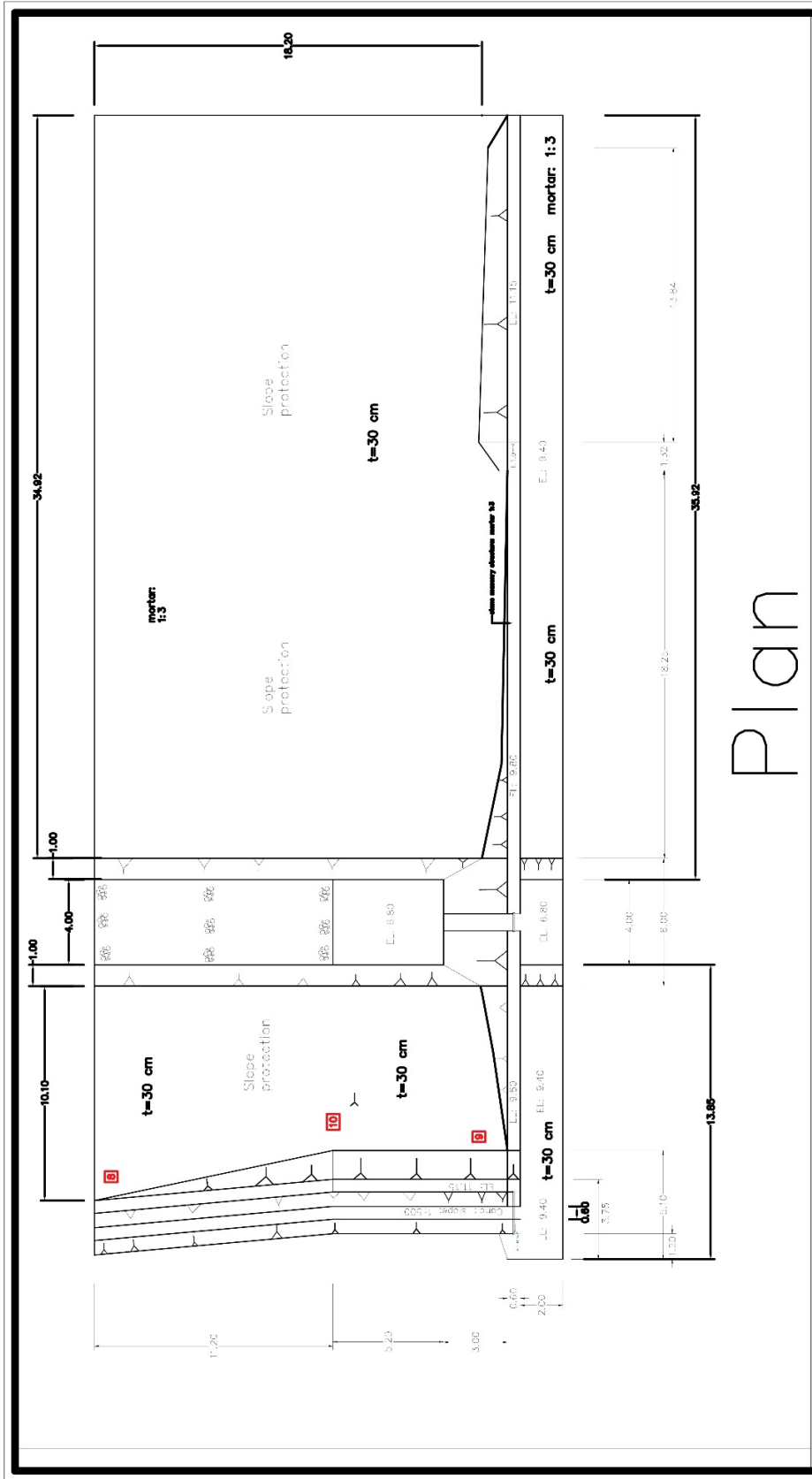




JIS A3 1mm(80)×420 1/23 本18

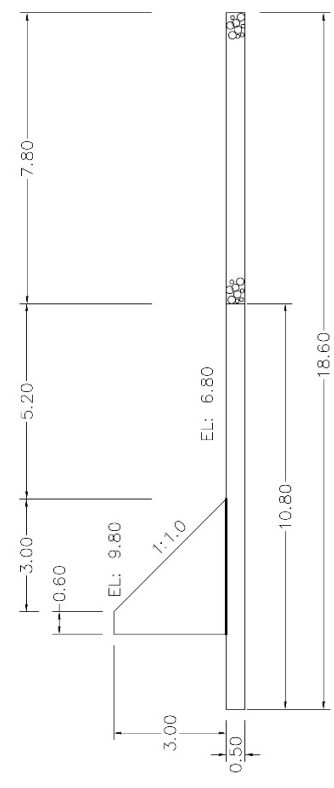
6. Kampombo, Kasempa District, Northwestern Province



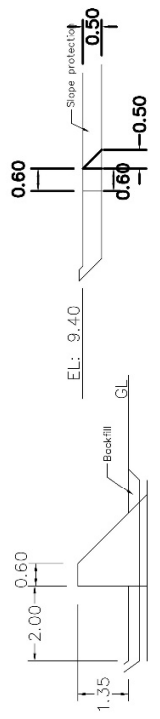


Client: ECOBSI	Project Title: Proposed Construction of Permanent Weir: Kampoo Irrigation Scheme KASEVPA	Drawn by: Jackson M. Ewa ya	Scale:	Date: 29.11.2023
		Checked by:	Drawing No.:	1

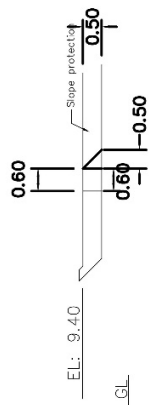
Spill Way



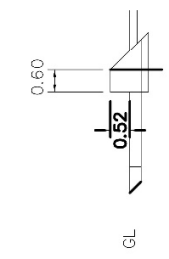
$H = 3.0m$
 $L_a = 0.6 * 5.0 * \sqrt{3.0} = 5.196 = 5.20m$
 $L = 0.67 * 5.0 * \sqrt{30 * 5.0 * 1.0} = 12.97 = 13.00m$
 $L_b = 13.00 - 5.20 = 7.80m$



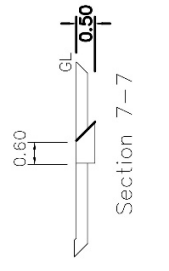
Section 2-2



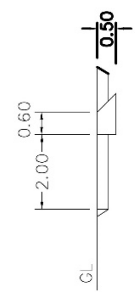
Section 3-3



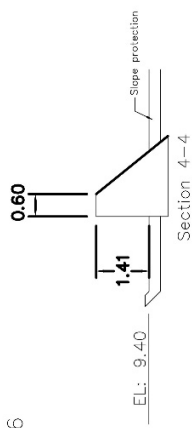
Section 6-6



Section 7-7



Section 1-1



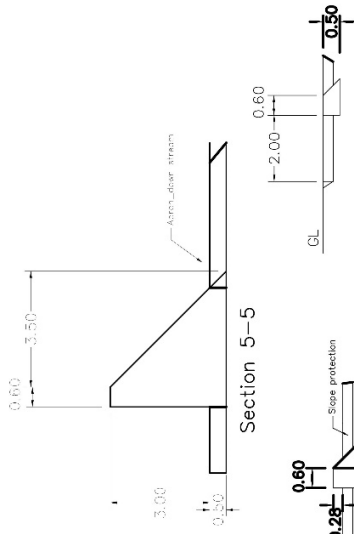
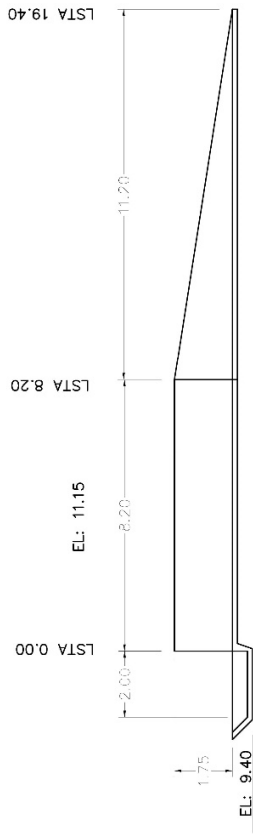
Section 4-4

Client: - CO-SSI

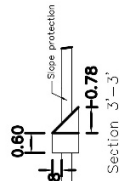
Project Title:
Proposed Construction of Permanent Weir; Kamboho
Irrigation Scheme_KAS-MFA

Drawn by: Jackson M.
Ewalya
Checked by:

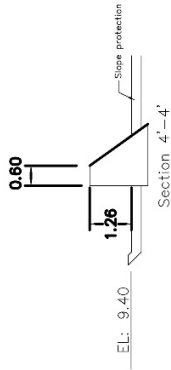
Scale:
Date: 29.11.2023
Drawing No.: 3



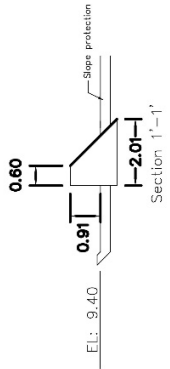
Section 4"-4"



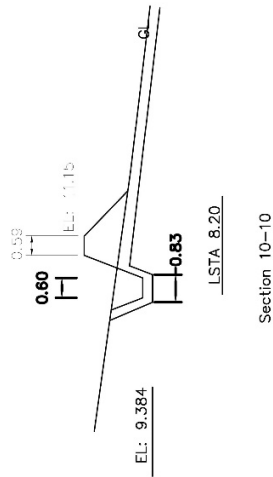
Section 3'-3'



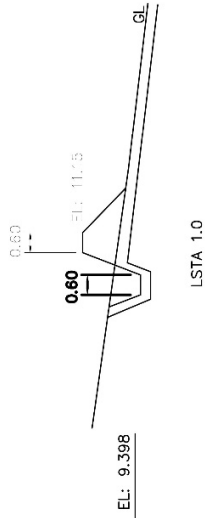
Section 4'-4'



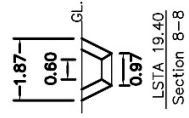
Section 1'-1'



Section 10-10



Section 9-9



Section 8-8

Client: FCORSI

Project Title:
Proposed Construction of Permanent Weir: Kompos
Irrigation Scheme, KAS-MIPA

Drawn by: Jackson M.
Bwalya

Checked by:

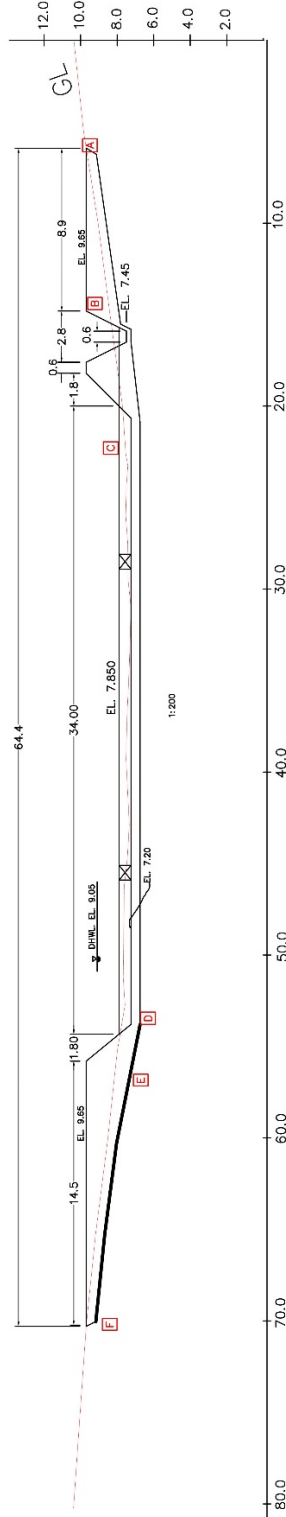
Scale:

Date:
29.11.2023

Drawing No.: 4

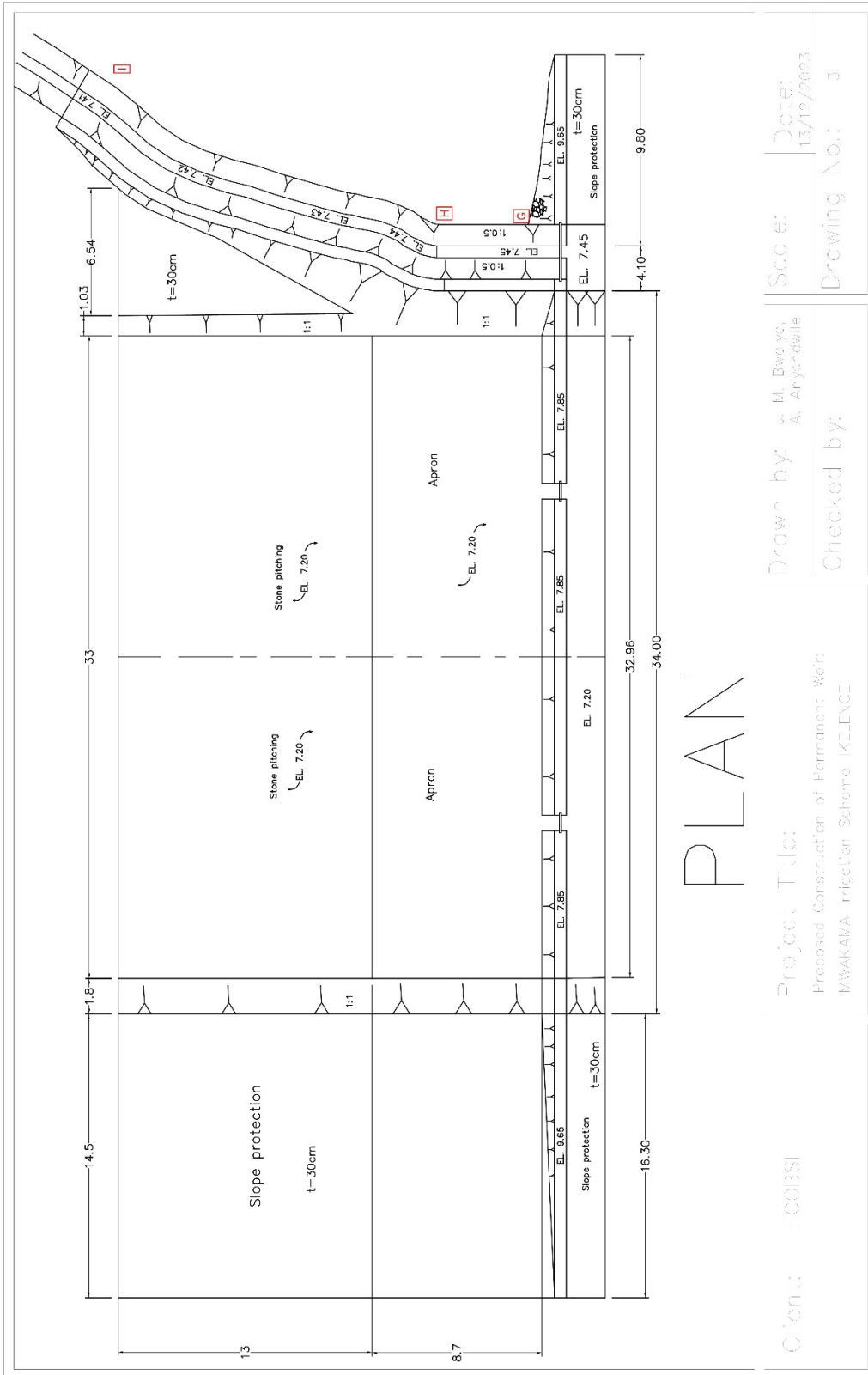
7. Mwakama, Ikelenge District, Northwestern Province

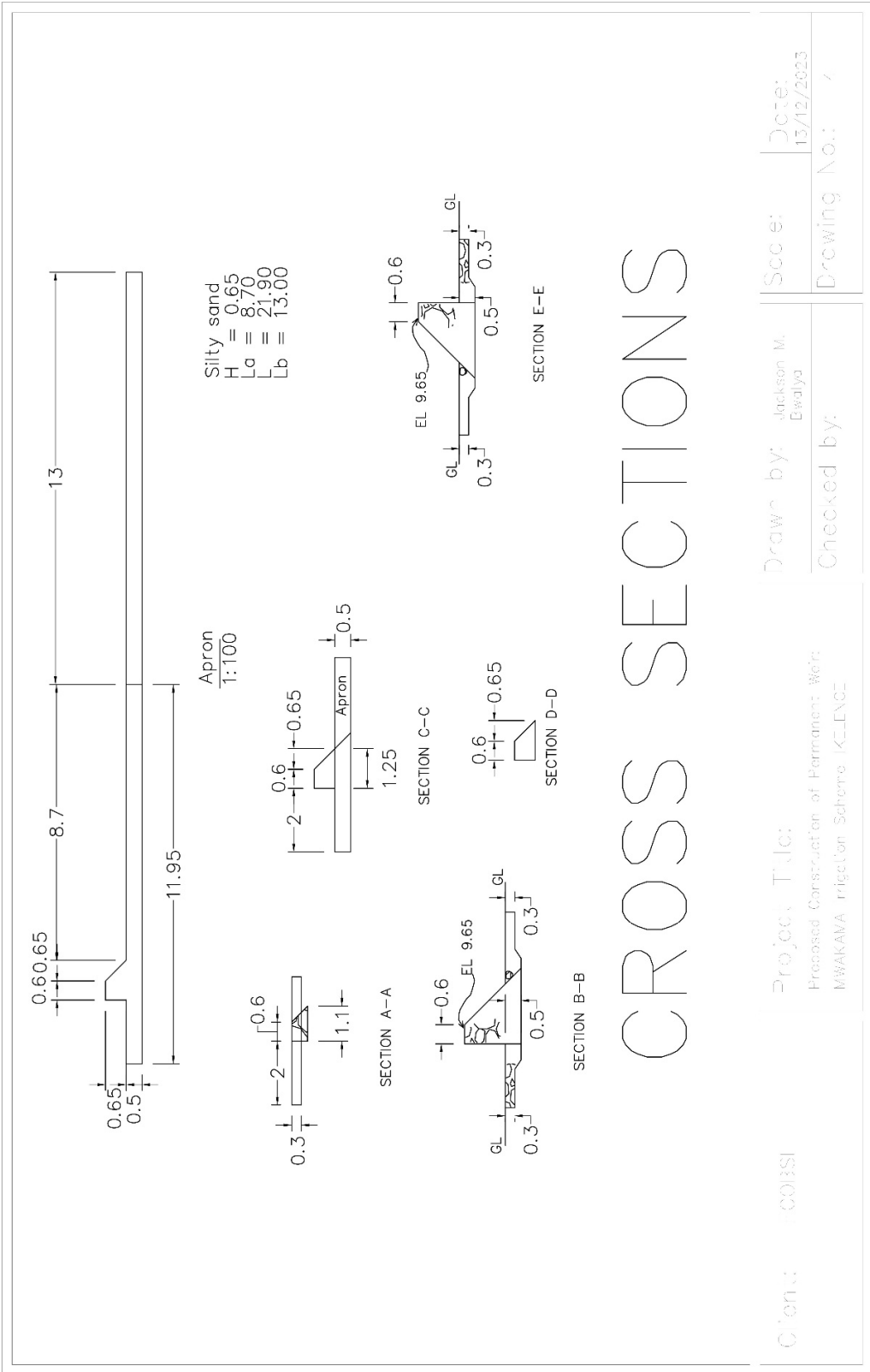
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 WL=7.536
 IWL=7.850
 RIVER BED=7.243



LONGITUDINAL SECTION

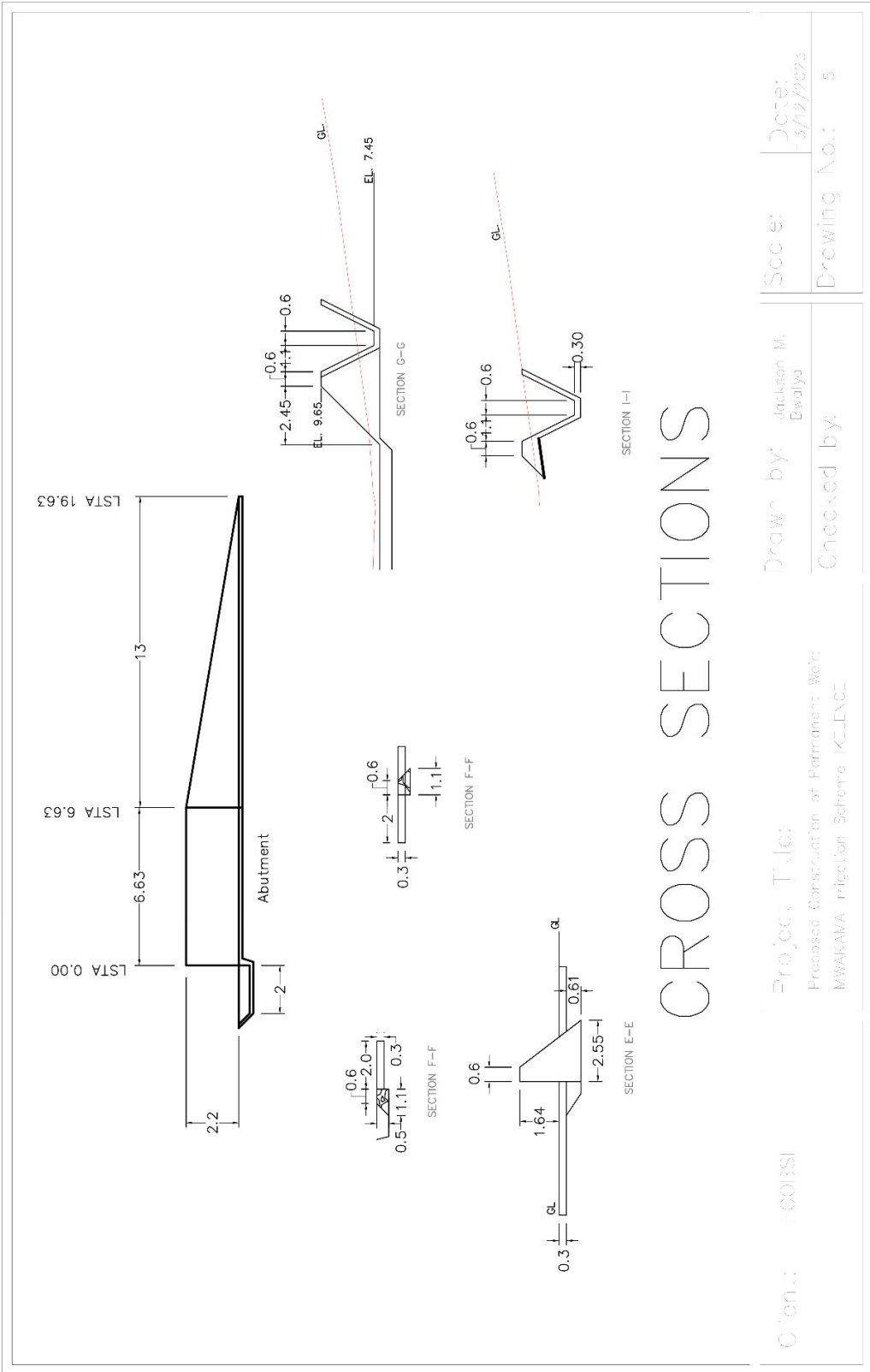
Client: COISI	Project Title: Proposed Construction of Permanent Weir MWAKAMA Irrigation Scheme IKELINGE	Drawn by: M. Bwalye, A. Anyandwilo	Scale:	Date: 3/2/2023
		Checked by:	Drawing No.: 2	





CROSS SECTIONS

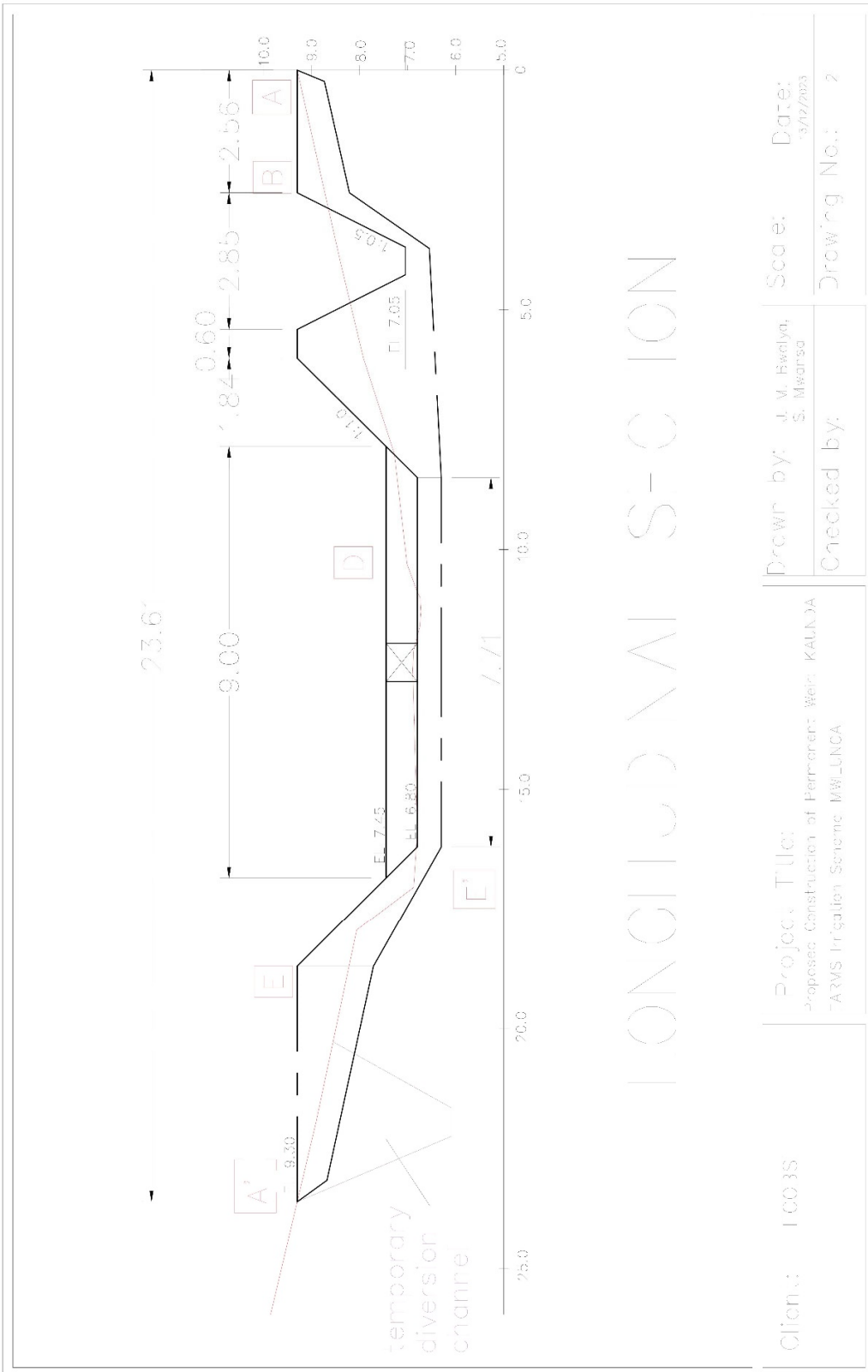
Client: COISI	Project Title: Proposed Construction of Permanent Weirs MWAKAMA Irrigation Scheme (KILENC)	Drawn by: Jackson M. Ewalya	Scale: Drawing No.: 7
		Checked by:	Date: 13/12/2023

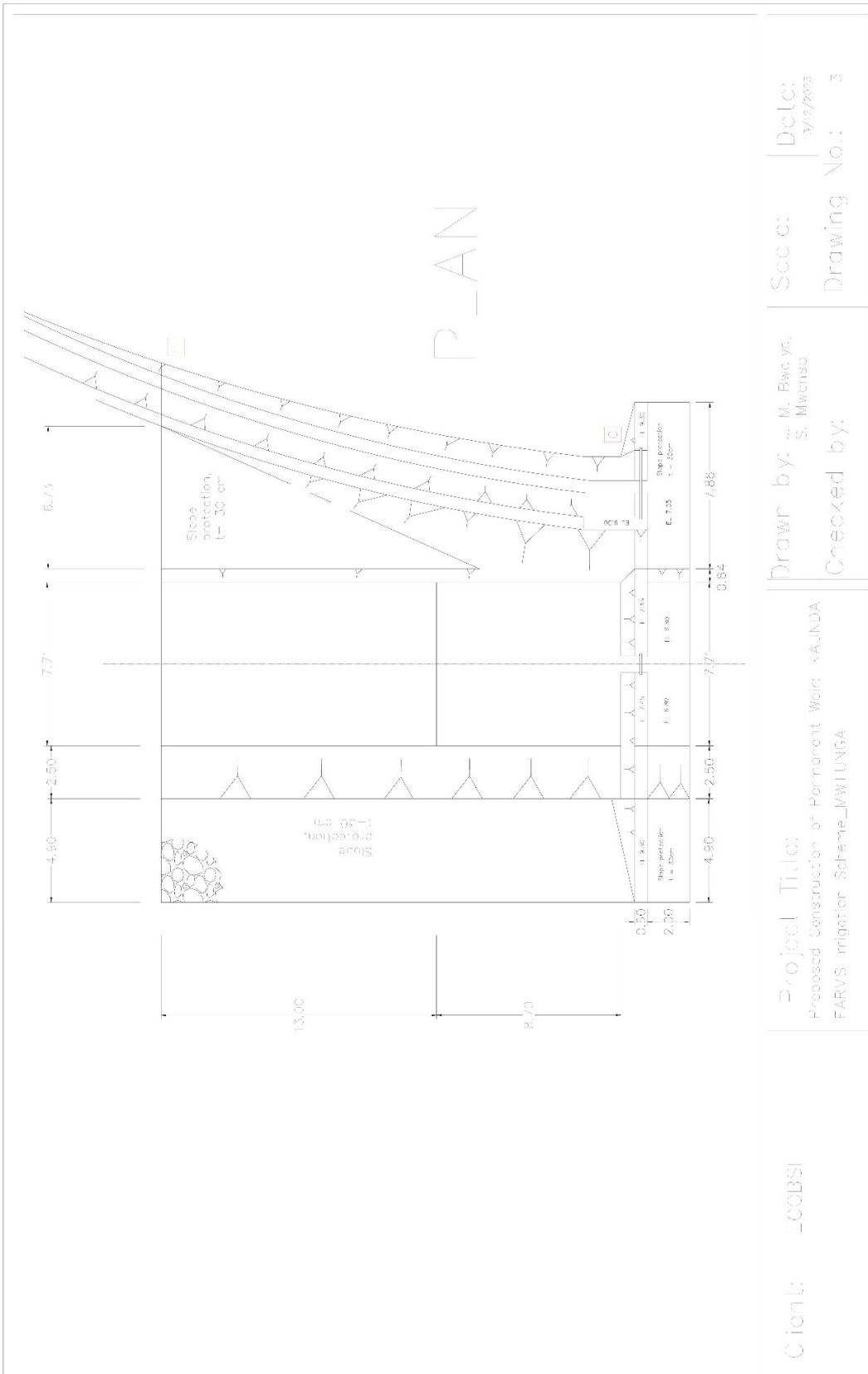


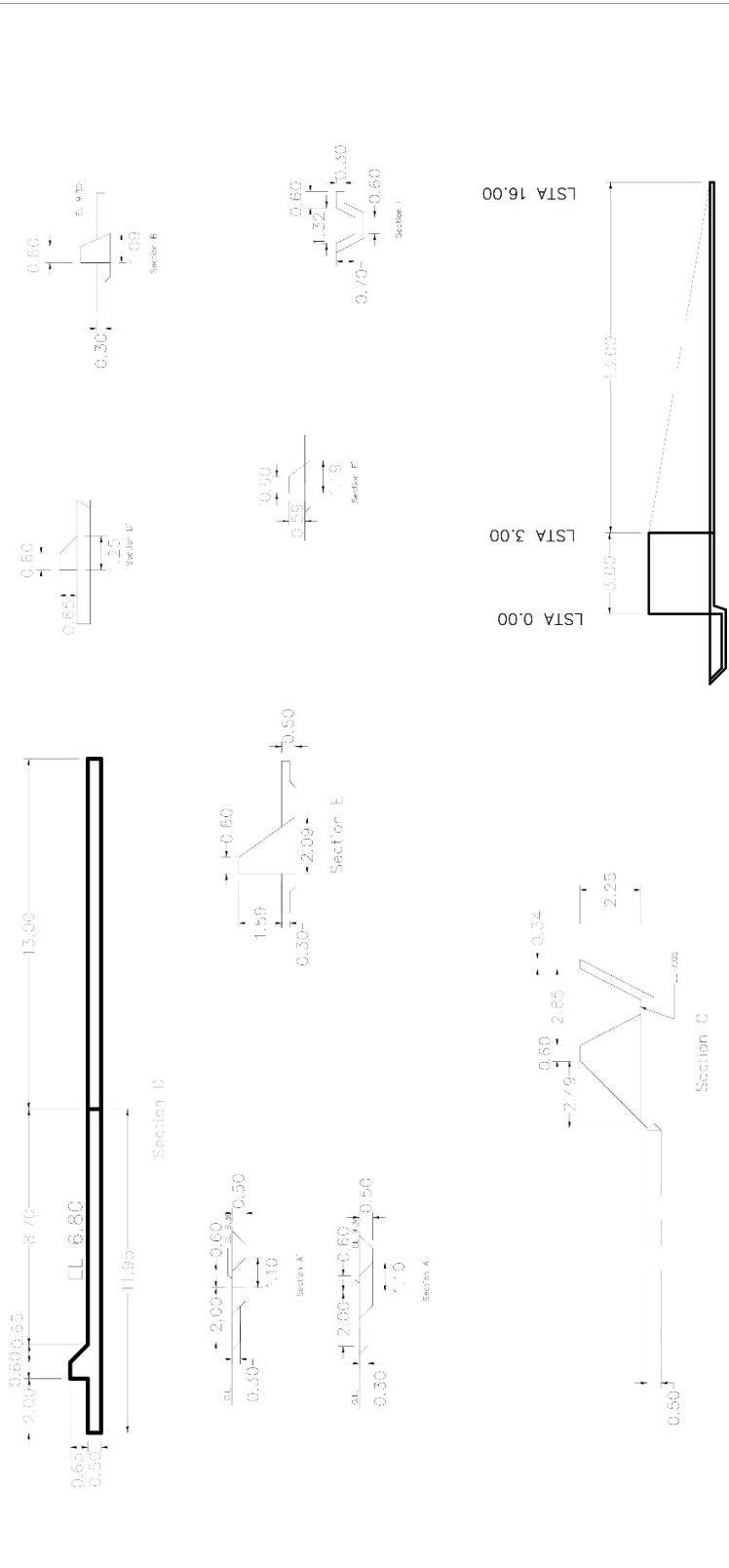
CROSS SECTIONS

Client:	COISI	Project Title:	Prepared Construction of Permanent Weir; MWAKAWA Irrigation Scheme (KLEDC)	Drawn by:	Jackson M. Ewaliya	Scale:	Date: 3/12/2023
				Checked by:			Drawing No.: 5

8. Kaunda Farm, Mwinilunga District, Northwestern Province



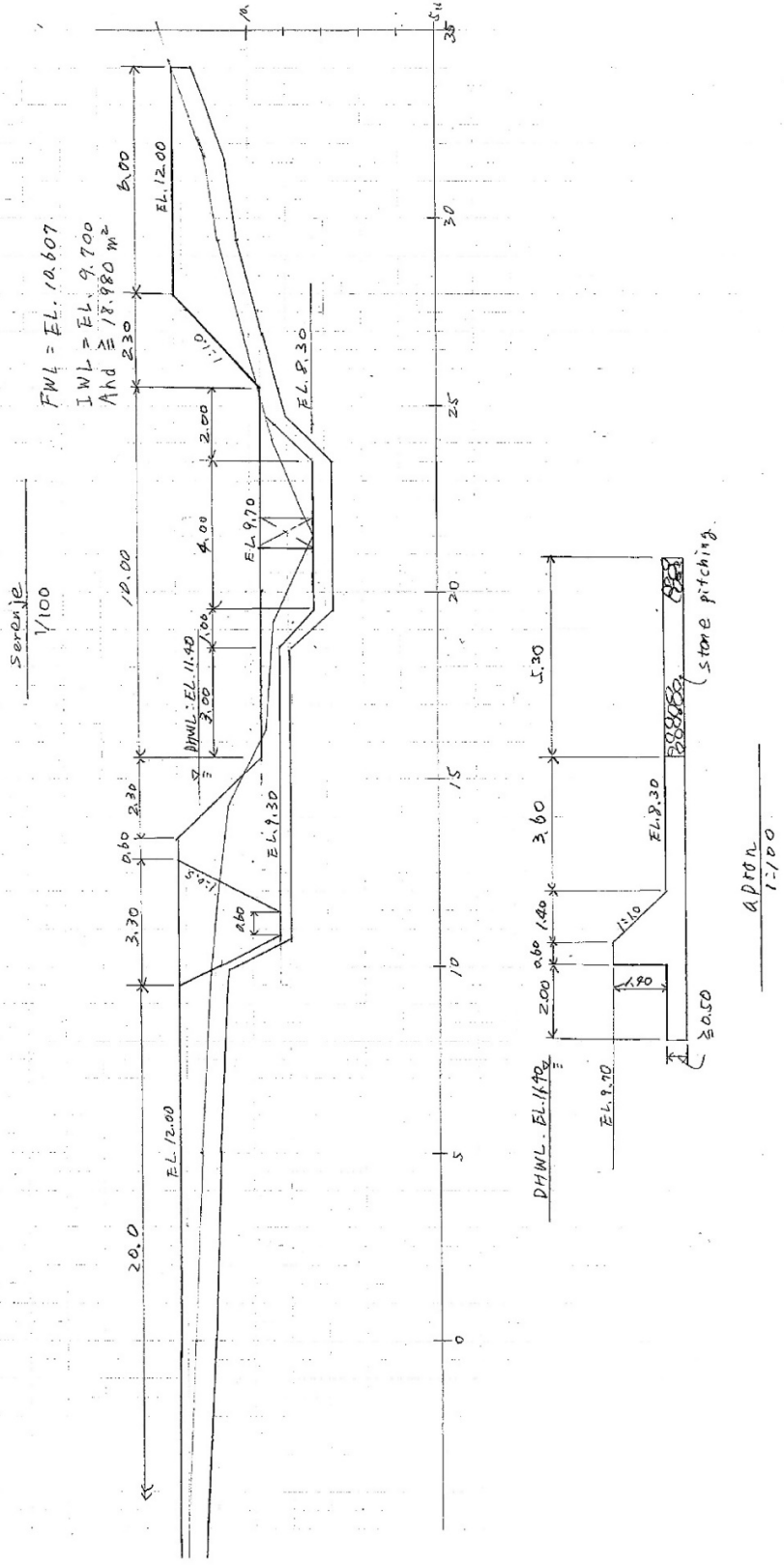


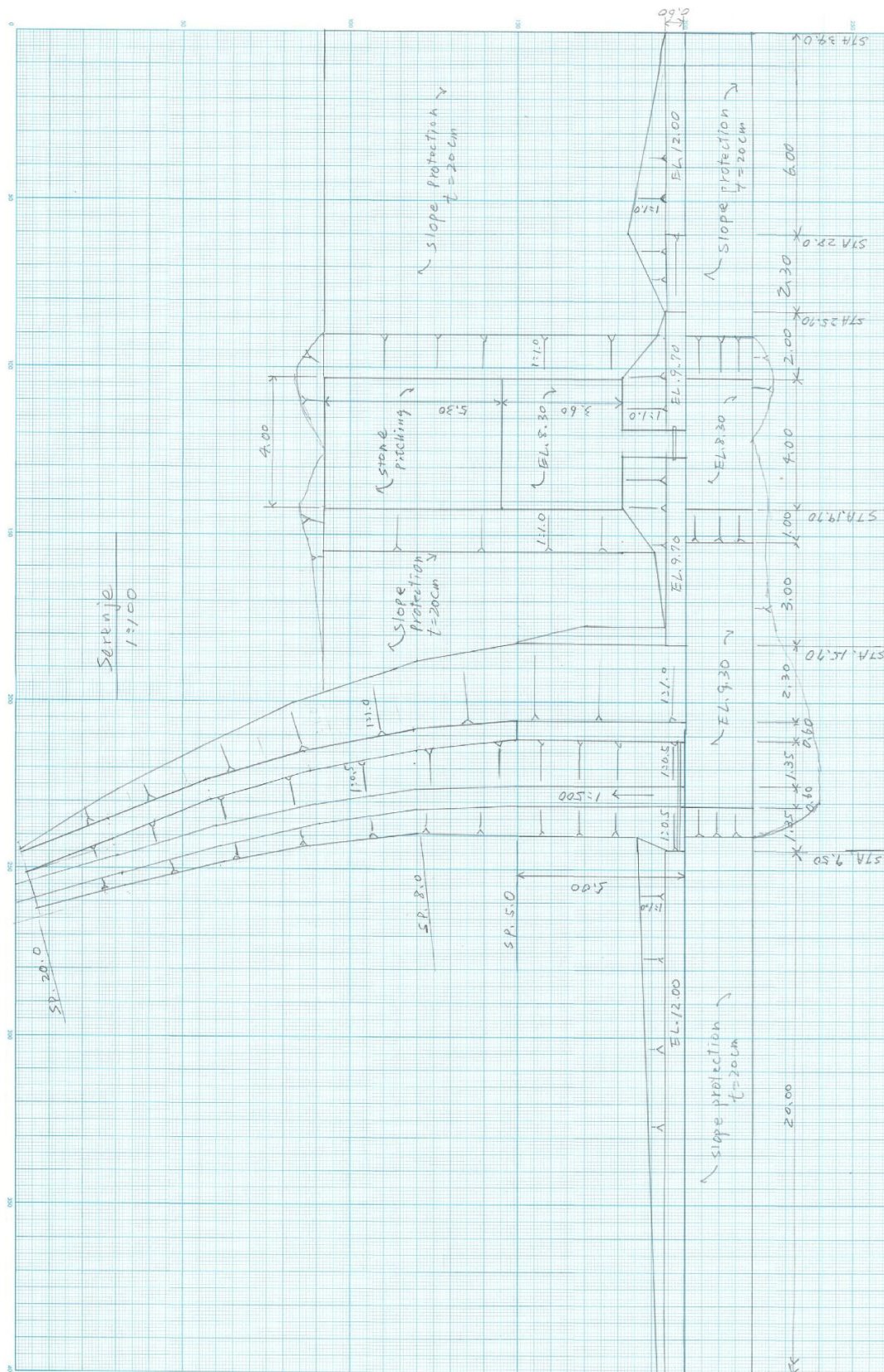


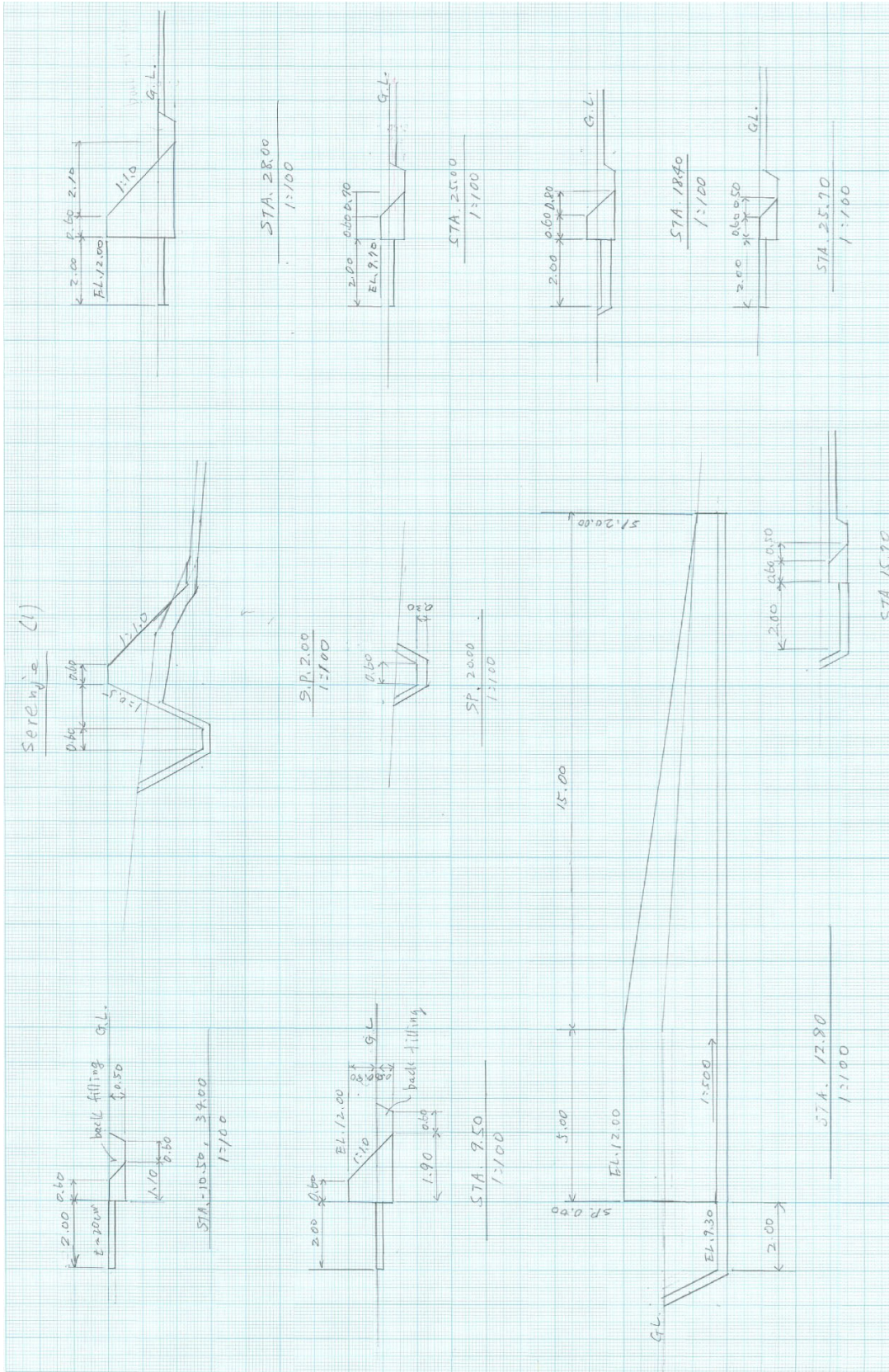
CROSS SECTIONS

Contd.: 100BS	Project Title: Proposed Construction of Permanent Weir KAUNDA EARVS Irrigation Scheme MWILLINGA	Drawn by: Jackson V. Eswalya	Scale: Drawing No.: 4	Date: 13/12/2023
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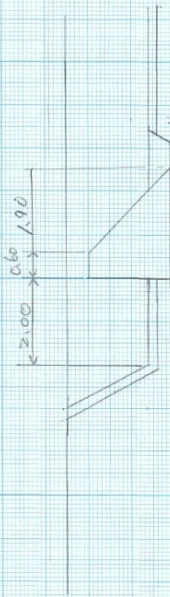
9. Kabwe Kupela, Serenje District, Central Province





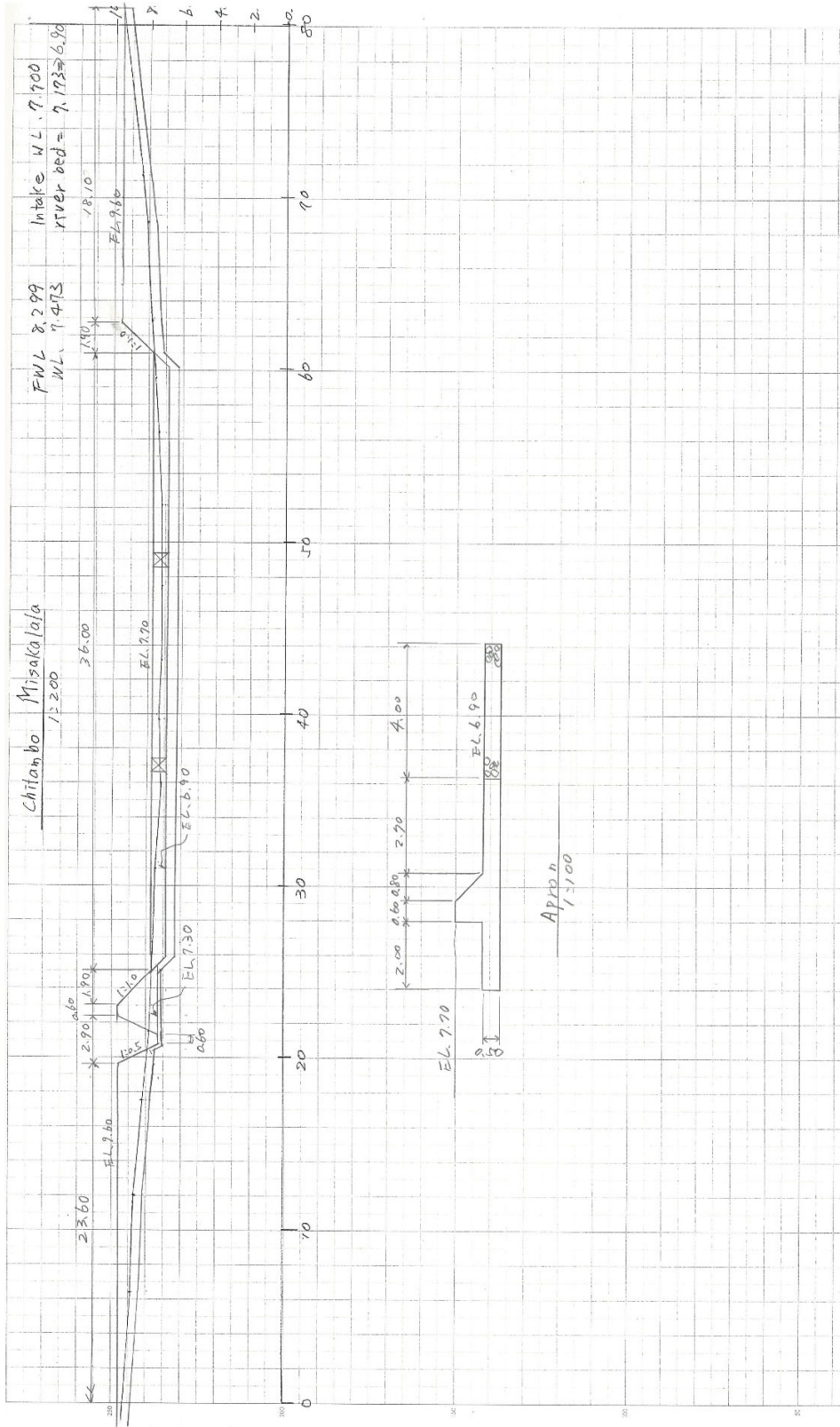


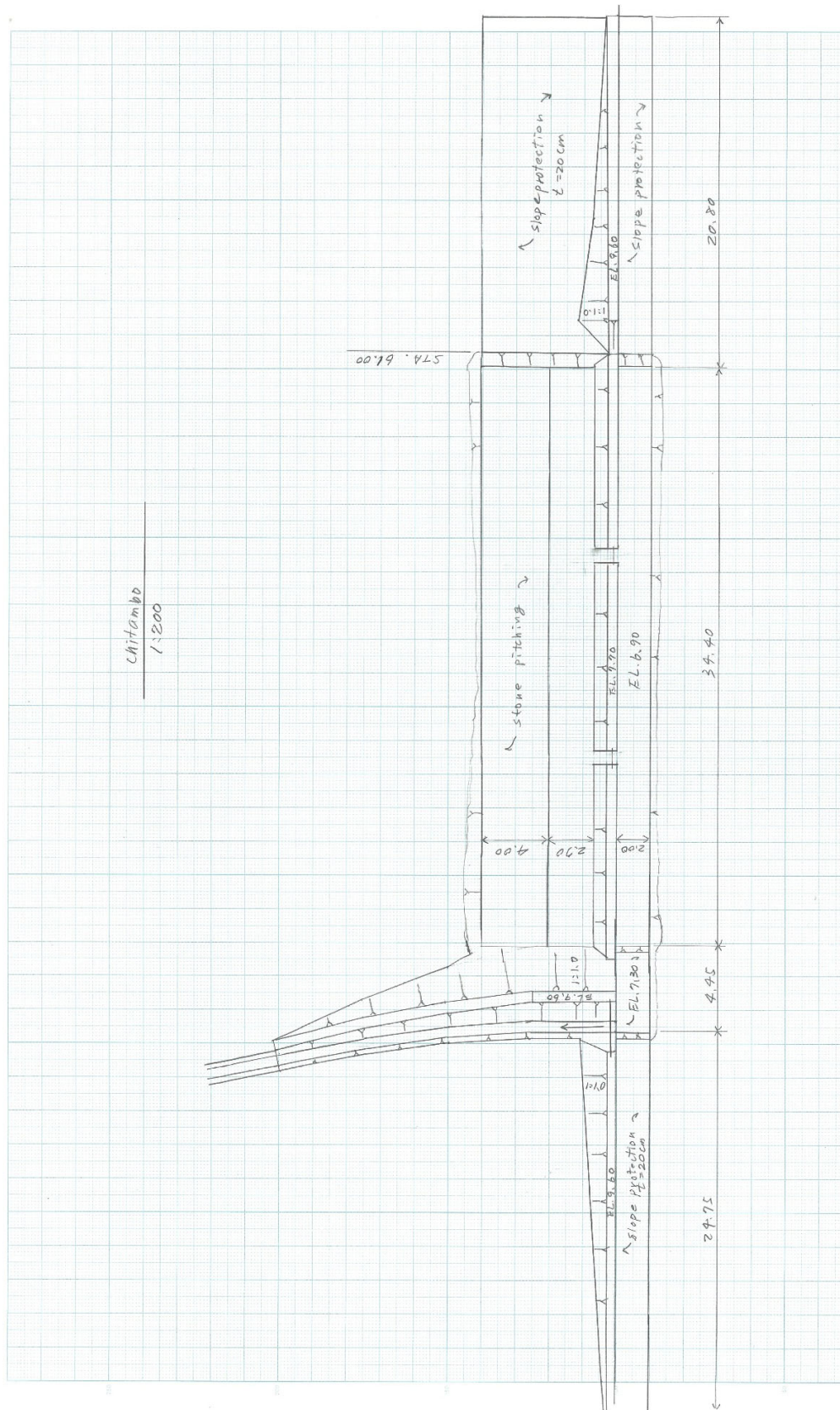
Serenje (2)



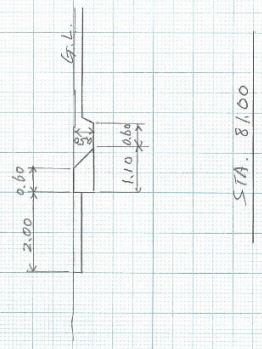
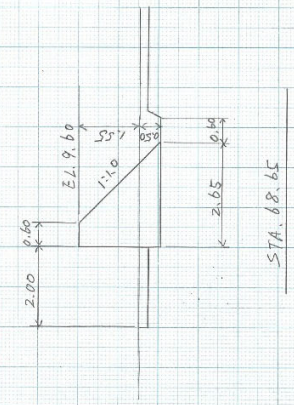
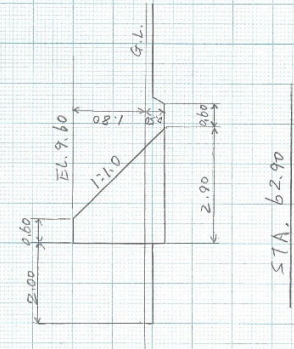
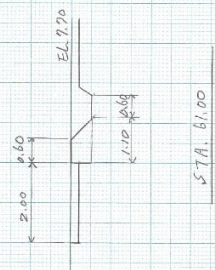
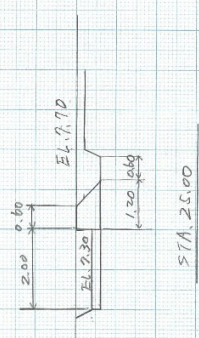
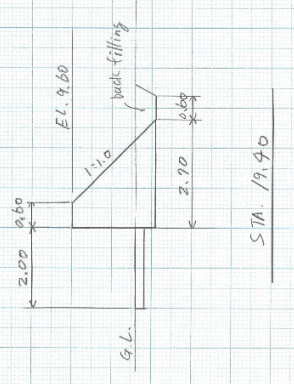
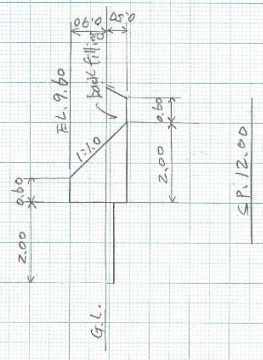
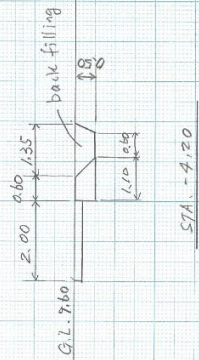
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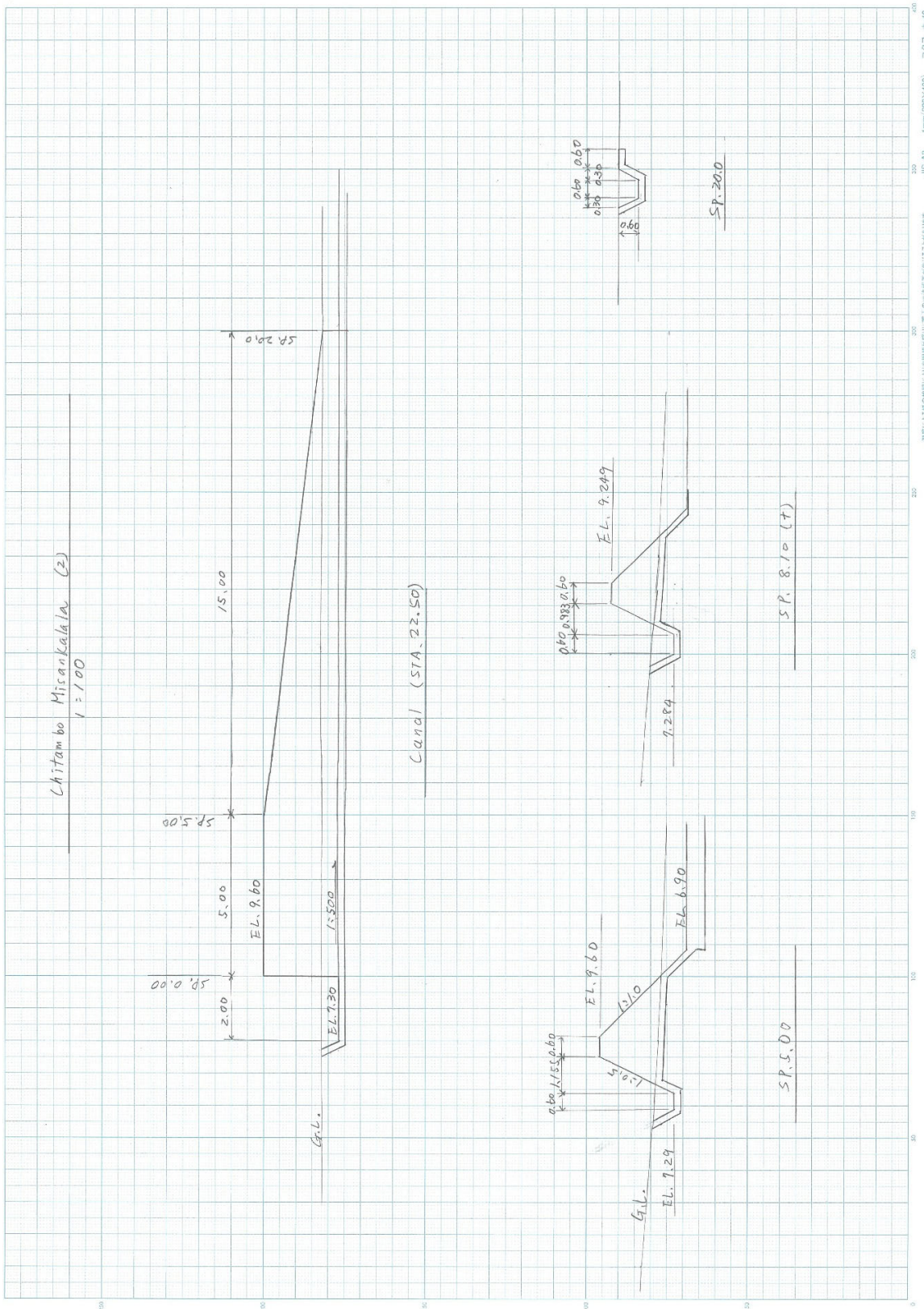
10. Misakalala, Chitambo District, Central Province





Chitombo Misanaka/Ala (1)





250
200
150
100
50
0
 50
100
150
200
250
300
350
400
 1mm(280×100) JIS-A3
 2018

APPENDIX-VIII

Q&A for dissemination of “*Tebakari Eiyouhou*”

The meeting on the revision of Hand Scale Method (*Tebakari Eiyouhou*)

Date: 31st Jan 2023 (Mon) 9 : 00~16 : 00

Venue: Nomad's Court Lodge in Lusaka

E-COBSI: Ms. Nagino

Participants: Mr. Mulele, Ms. Rita (PFNO), SFNOs from 6 provinces

In order to disseminate the Hand Scale Method (*Tebakari Eiyouhou*) to district officers and extension officers, Q&A was discussed in the meeting.

Q&A

1. How can you measure the amount of food for children?

2. Whose palm to use when measuring food?

A. Please use your hand to measure the amount of your own food. But if you cook for family members, please imagine and estimate others' hand size for others' food.

3. Why should we use the hand scale?

A. To promote adequate intake of nutrients e.g. amount and variety, it also shows the recommended amounts on a varieties of foods to eat.

4. When do you use hand scale? Is it before or after food preparation?

A. Except Nshima, foods shown on *Tebakari-Eiyouhou* are raw (fresh), so please refer it before food preparation.

5. At what meal should the hand scale be used?

A: *Tebakari-Eiyouhou* shows the amount of food per day and per person. So the amount should be split into three meals and at every meal a person should use it.

6. Who should use the hand scale?

A: Anyone above 2 years old.

7. What should I do if not full after using the hand scale?

A: Consider activity and your situation. Adjust the amounts of food based on your situation. And encourage to eat food at least 3 meals per day. The habit of taking food only once a day is not recommended and should be changed.

8. Is the food on the hand scale enough to satisfy me?

A: Basically it satisfies you. But requirement of food depends on personality.

First, try *Tebakari-Eiyouhou* (Hand scale to serve food daily) and check your body condition. If you feel healthy, keep the amount from *Tebkari-Eiyouhou*. If you feel you get thin and want to increase your weight, please increase the amount of hand you serve. If you feel you gain weight too much, please decrease amount of hand you serve.

Look at your body and adjust the amount of food to be served depending on your volume of activities. Check yourself whether you maintain, gain or lose your weight. *Tebakari-Eiyouhou* can be adjusted depending on people.

Calories of food should be adjusted by the “Cereals and starchy roots and tubers” group.

9. How long should the hand scale be used?

A: Daily on all the meals.

10. We don't have some of these foods, so what should we do?

A: Diversified production, increased productivity (income pathway). Purchase what you don't have. Food preservation processing and storage.

11. How does hand scale takes care of people with special diets e.g. vegetarians or allergies?

A: Tebakari-Eiyohou is for public. Those have disease, special consideration needs specific diets like hospital.

12. Culture don't allow to measure food?

A: To reduce food wastage and to reduce the risks of NCDs, measuring food is necessary.