

LIFT-funded Partners Questionnaire: Nutrition and Resilience in Myanmar



The Leveraging Essential Nutrition Actions To Reduce Malnutrition (LEARN) project is conducting a study on nutrition and resilience at the request of the Livelihoods and Food Security Trust (LIFT). LIFT's overall purpose is to strengthen the resilience and sustainable livelihoods of poor people in Myanmar. A series of studies to assess the extent to which LIFT has contributed to strengthening resilience in several different ways have been commissioned, including through improved nutrition. LIFT defines resilience as increased capacity of individuals, households and communities to cope with and recover from various shocks and stresses arising from environmental factors, and/or macro¹ and micro socio-economic pressures².

This study on Nutrition and Resilience includes: (1) a critical review of nutrition and resilience in Myanmar; and (2) a secondary analysis of the 2015 and 2017 LIFT Household Survey data. The primary audience for these documents are the LIFT Fund Board, the LIFT Fund Management Office (UNOPS) as well as current and potential future LIFT implementing partners. The secondary audience includes Myanmar development sector partners and the government. These documents will aim to highlight the linkages between nutrition and resilience in Myanmar and seek to identify how LIFT-funded partners have strengthened resilience for improved nutrition through their interventions. As part of this exercise, high-level managers or technical staff from LIFT implementing partners are requested to fill out the questionnaire below.

This questionnaire aims to support the systematic collection of information on the nutrition and resilience context in Myanmar in order to further our understanding on how they are connected. The objective of the questionnaire is to answer the following questions:

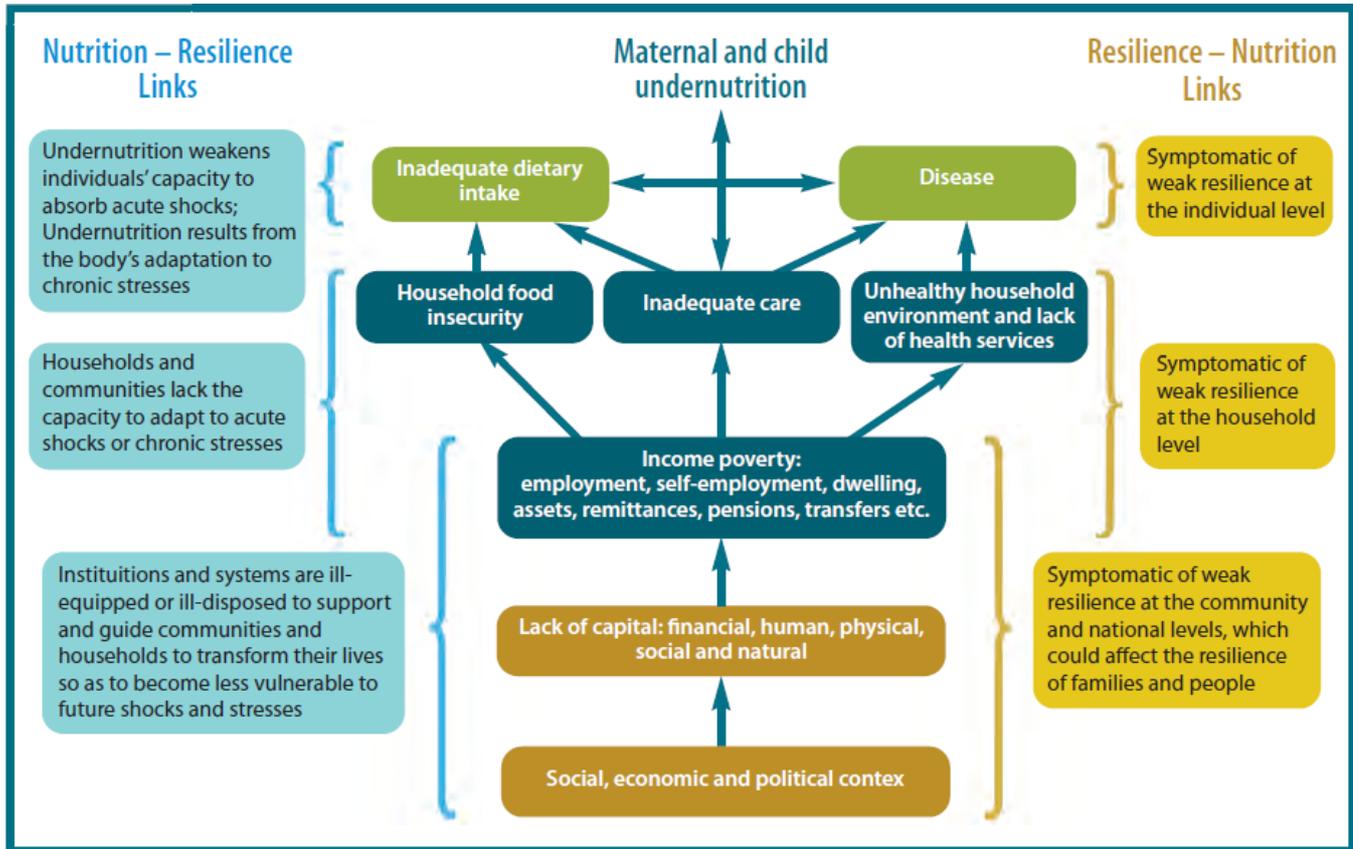
- **Question 1: What are the main mechanisms through which LIFT funded projects have contributed to nutrition changes at the household level?**

To answer this question, the questionnaire is based on the nutrition implementation framework³. The analytical framework for nutrition implementation identify implementation "core elements" which are central to delivery of interventions in the impact pathway (e.g. intervention design, formative research, management capacities, training processes, and supervision) (Menon et al. 2014).

- **Question 2: How are nutrition and resilience linked?**

For this question, the questionnaire uses the conceptual framework of nutrition and resilience (Figure 1). The conceptual framework (Figure 1) shows how nutrition can serve as both the input for strengthening resilience capacities and the outcome for strengthened resilience by looking at how resilience can

influence different factors in the causal model for nutrition.



(<http://greenspot.in/survey/images/nutrition.png>)

Figure 1: **Conceptual Framework of the Relationship between Nutrition and Resilience** (source: ENN 2015)

Note:

The left (blue) section demonstrates how nutrition can influence resilience capacities at different level. The right (yellow) section illustrates how nutrition can be the outcome of resilience. The center section is illustrated based on UNICEF's undernutrition causal framework (2013).

The relationship between nutrition and resilience is multidimensional and can have influence at various levels (individual, household, community or national level) which will be explored in this study.

The questionnaire should be completed by the LIFT-funded partners in order to contribute to the critical review on nutrition and resilience, which will be disseminated in early 2019. We request that you please identify the most relevant person in your organisation to complete the questionnaire. If necessary, please consider forwarding this to additional relevant people who have worked on the project but who may now have left Myanmar. The questionnaire includes 21 questions and it should take about one hour to complete. Some questions are mandatory (marked “*”) and some are not. Responses will be reviewed by an independent consultant commissioned by LEARN to write the report. Quotes will not be attributed to individuals or organizations in order to maintain the confidentiality of responses. If you would like more information about this exercise or how the information will be used by the consultant for the report, please contact Saw Eden, LEARN Project Manager at saw.eden@savethechildren.org (mailto:saw.eden@savethechildren.org) or Elizabeth Whelan, LIFT Nutrition Specialist Consultant at elizabeth.whelan@gmail.com (mailto:elizabeth.whelan@gmail.com).

Your participation is voluntary, with no penalty should you choose not to participate. Should you choose to participate, the information you provide will contribute to improving the funding for and design of nutrition projects.

We request that you submit the questionnaire by August 31st 2018.

Thank you for your time,
The LIFT FMO and LEARN Teams

1 Macro-economic pressures include market fluctuations and the changing structure of economic opportunities arising from economic transition.

2 Lifecycle pressures reflect the different economic constraints faced by individuals and households over time, typically linked to major events such as marriages and ageing.

3 Menon, P., Covic, N.M., Harrigan, P.B., Horton, S.E., Kazi, N.M., Lamstein, S., Neufeld, L., Oakley, E. and Pelletier, D., 2014. Strengthening implementation and utilization of nutrition interventions through research: a framework and research agenda. Annals of the New York Academy of Sciences, 1332(1), pp.39-59.

There are 22 questions in this survey.

What is your name? *

Please write your answer here:

What is your designation? *

Please write your answer here:

What is your email address? *

Please write your answer here:

What is the name of your organisation? *

Please write your answer here:

What is the project title? *

Please write your answer here:

What are the nutrition-specific or sensitive outcomes in your project's theory of change? *

Please write your answer here:

Who are the target groups? *

Please write your answer here:

What nutrition indicators is the project collecting?

Please write your answer here:

Please indicate the frequency of data collection

❶ Choose one of the following answers

Please choose **only one** of the following:

- yearly
- baseline/endpoint
- baseline/midterm/endpoint

Other

Is the project on track to achieving its nutrition targets (please refer to indicators specified in question 0.9 above)?

❶ Choose one of the following answers

Please choose **only one** of the following:

- Yes. Please explain how.
- No. Please explain why not.
- Don't Know

Make a comment on your choice here:

Was the project informed by formative research or existing evidence?

🗳️ Choose one of the following answers

Please choose **only one** of the following:

- Yes. Please explain how.
- No. Please explain why not.
- Don't Know

Make a comment on your choice here:

What determinants of malnutrition did the project aim to tackle?

Please write your answer here:

Please refer to the conceptual framework graphic above. According to this framework, immediate determinants of undernutrition include inadequate dietary intake and disease. Underlying determinants of undernutrition include household food insecurity; inadequate care; and unhealthy household environment and lack of health services. Basic causes of malnutrition include income poverty, lack of capital, and the social, economic and political context.

At which levels, did the project operate to impact the nutritional status of the target groups?

🗨 Comment only when you choose an answer.

Please choose all that apply and provide a comment:

At individual level. Please explain how.

At household level. Please explain how.

At community level. Please explain how.

At regional / national level. Please explain how.

None of these levels. Please explain why not.

Don't Know

Did the project contribute to reduced vulnerability?

❗ Comment only when you choose an answer.

Please choose all that apply and provide a comment:

Yes at individual level only. Please explain how.

Yes at household level only. Please explain how.

Yes at community level. Please explain how.

Yes at regional / national level. Please explain how.

No. Please explain why not.

Don't Know

Vulnerability defined as the diminished capacity of an individual or group to anticipate, cope with, resist and recover from the impact of a natural or man-made hazard

Did the project complement or actively operate with other(s) projects (e.g. WASH, health...) in the same geographical areas?

🗳️ Choose one of the following answers

Please choose **only one** of the following:

- Yes. Please explain how.
- No. Please explain why not.
- Don't Know

Make a comment on your choice here:

What were the possible strengths of the project?

🗖 Check all that apply

Please choose **all** that apply:

- A strong and motivated management team
- A well-designed project based on formative research or evidence-base
- Well-costed project based on cost-effectiveness analysis
- Realistic planning
- An implementation strategy in place
- A clear theory of change
- Engaging leaders and stakeholders
- Strong quality assurance mechanisms
- A strong monitoring and evaluation system
- Allowing for adjustments based on monitoring and evaluation data
- A well trained and motivated project team, frontline workers or community workers
- Taking into account contextual factors
- An innovative approach

Other. Please specify:

What were the weaknesses of the project?

Please write your answer here:

Did the project contribute to building capacity to adapt to acute shocks or chronic stresses?

🗨 Comment only when you choose an answer.

Please choose all that apply and provide a comment:

Yes, at individual level. Please explain how.

Yes, at household level. Please explain how.

Yes, at community level. Please explain how.

Yes, at regional or national level. Please explain how.

Please explain why not.

Don't Know

Did the project contribute to improved resilience?

❗ Comment only when you choose an answer.

Please choose all that apply and provide a comment:

Yes, at individual level. Please explain how.

Yes, at household level. Please explain how.

Yes, at community level. Please explain how.

Yes, at regional or national level. Please explain how.

Please explain why not.

Don't Know

Did the project by contributing to improved resilience result in better nutritional situation in the target groups?

🗳️ Choose one of the following answers

Please choose **only one** of the following:

- Yes. Please explain how.
- No. Please explain why not.
- Don't Know

Make a comment on your choice here:

Did the project by contributing to improved nutritional status of the target groups result in improved resilience?

🗨 Comment only when you choose an answer.

Please choose all that apply and provide a comment:

Yes, at individual level. Please explain how.

Yes, at household level. Please explain how.

Yes, at community level. Please explain how.

Yes, at regional or national level. Please explain how.

No. Please explain why not.

Don't Know

If you recommend other people should be followed up with for insight, could you please provide additional contact details?

Please write your answer here:

Submit your survey.

Thank you for completing this survey.