

Project SUNBRIGHT

Supporting Nanay in Exclusive Breastfeeding and Infant/Child Feeding for Growing Healthy Tsikiting

Funded by the Sun Life Foundation, Project SUNBRIGHT's goal is to contribute to the reduction and prevention of malnutrition through the promotion of **exclusive breastfeeding** and **appropriate complementary feeding**.

It targets the following **population groups**:

- Pregnant and lactating women (PLW), including teenage mothers
- Mothers, fathers, and caregivers of infants and children under 2 years of age
- Support network of pregnant women and parents/caregivers
- Health service providers (HSPs)

The project aims to achieve the following:

1. To determine the causal factors leading to **undernutrition** among infants and young children and pregnant and lactating women (PLW) including teenage mothers;
2. To promote the importance of optimal **infant and young child feeding (IYCF)** practices through capacity-building of local HSPs and use of socio-behavioral change communication (SBCC) materials;
3. To increase coverage of IYCF practices through the formation or strengthening of community **IYCF support groups** among PLW, their partners, and community leaders; and,
4. To **capacitate the local government units** (city and barangay) on specific nutrition concepts, programs, and practices that would effectively prevent and reduce undernutrition through local policies and sustained logistical support.



PROJECT AREA:

Alabang, Muntinlupa City

SUMMARY DATA:

Type	Barangay
Island Group	Luzon
Region	National Capital Region (NCR)
Population (2020)	71,075
Coordinates	14.4192, 121.0449 (14° 25' North, 121° 3' East)

WHAT ARE THE KEY COMPONENTS OF PROJECT SUNBRIGHT?

The interventions for this project will be **co-designed with the target groups** including pregnant and lactating women, teenage mothers, parents/caregivers, and local health and nutrition service providers. Consultation with these groups will be done to determine the factors preventing optimal IYCF practices.



Barangay health and nutrition service providers will undergo a **training series** on the following topics:

- First 1000 Days of Life Program (RA 11148)
- Maternal, Newborn, Infant and Young Child Nutrition
- Kangaroo Mother Care
- Essential Intrapartum and Newborn Care
- Management of Moderate and Severe Acute Malnutrition

Field testing of monitoring tools including F1KD localization guide and Nurturing Care Framework will be utilized for accurate data collection and detection of MAM/SAM cases in the community. An **IYCF corner** will also be established at the local health center.



KEY COMPONENTS

Socio-behavioral change communication (SBCC) prototypes will be developed to promote good IYCF practices.

IYCF support groups for caregivers will be established and will be engaged through parent education sessions on proper nutrition. Male caregivers will be engaged actively to promote shared responsibilities among all genders within the household. Children will also be invited to participate as they learn to advocate for the health of fellow children.



TARGET REACH



200
children



50
pregnant
women



200
caregivers of
children <2y/o



50
health service
providers



100
individuals
from support
network

PROJECT TIMELINE

FEB –
MAR
2023

- Project assessment (baseline)
- Consultations with local community leaders/partners and existing breastfeeding support groups
- Community mapping of target beneficiaries
- Early iteration of project co-designing

APR –
SEP
2023

- Establish IYCF corners in strategic locations
- Design and test behavioral interventions to ensure exclusive breastfeeding and appropriate complementary feeding
- Establish community support groups among pregnant women, mothers/ fathers/caregivers
- Conduct parent education sessions on IYCF and other relevant topics with community support groups
- Conduct trainings among health service providers (*First 1000 Days - localization, Maternal, Infant and Young Child Feeding, Kangaroo Mother Care, Essential Intrapartum Newborn Care, and the simplified approach to Moderate and Severe Acute Malnutrition management*)
- Field testing of monitoring tools including F1KD localization guide and NCF dashboard

OCT –
NOV
2023

Project assessment (endline)

SUCCESS INDICATORS

- ✓ Increased percentage of newborns put to the breast within 1 hour of birth (early initiation of breastfeeding on the first hour or EIBF)
- ✓ Increased percentage of exclusively breastfed infants 0-6 months old
- ✓ Increased percentage of infants introduced to appropriate complementary feeding at 6 months with continuous breastfeeding
- ✓ Reached 50 pregnant women and 100 mothers/father/caregivers of children under 2 years of age
- ✓ Increased knowledge of 50 health service providers in nutrition concepts and programs
- ✓ At least 2 community support groups with 25 individual members per group