



# ProPAN

## Process for the Promotion of Child Feeding



### An updated tool to improve infant and young child feeding

The first two years of life are a period of great opportunity but also great vulnerability with respect to child nutrition, health, and development. These years provide a window in which adherence to recommended breastfeeding and complementary feeding practices can improve not only the nutrition and health of infants and young children but also the trajectory of key aspects of their lifelong well-being.

*ProPAN* was developed (and updated into *ProPAN 2.0*) to provide ministries of health, NGOs, and international organizations with a tool to develop, implement, and evaluate interventions and programs to improve infant and young child diet and feeding.

*ProPAN* includes 1) a field manual with step-by-step guidelines on how to apply quantitative and qualitative research methods; 2) an Epi Info™-based software program for data entry and analysis of quantitative data; and 3) a software user's guide.

### *ProPAN 2.0* provides:

- A process for identifying specific breastfeeding and complementary feeding problems, based on 12 ideal practices, and defining the context in which these problems occur
- Quantitative and qualitative research techniques for joint analysis of breastfeeding and complementary feeding practices
- Software for standardized input and output of anthropometric, diet and feeding information
- A method for formulating, ranking, and selecting dietary and feeding recommendations that are practical, feasible, and acceptable to caregivers and health care providers
- Guidance on how to convert the resulting information into an intervention or program and for monitoring and evaluation



## **ProPAN 2.0 incorporates:**

- The World Health Organization (WHO) Child Growth Standards
- The WHO/UNICEF Indicators for Infant and Young Child Feeding Practices
- Mid-upper arm circumference (MUAC) for use in emergency settings
- Survey questions about awareness of infant feeding in the context of HIV/AIDS
- A method to measure responsive feeding and identify iron-rich or fortified foods
- Outputs for use in the WHO *Optifood* software program

## **ProPAN 2.0 includes four modules:**

- **Module I** provides quantitative and qualitative data collection instruments and guidelines for assessing and identifying anthropometric, dietary, and feeding problems. Quantitative instruments include a *Caregiver Survey*, a *24-hour Dietary Recall and Anthropometry*, and a *Market Survey*. Qualitative methods include *Opportunistic Observations*, *Semi-structured Interview* and a *Food Attributes Exercise*. The main product is a list of potential recommendations to address the problems identified.
- **Module II** provides guidelines for a *Recipe Creation Exercise* and for evaluating, through behavior and recipe trials, and *Focus Groups*, the acceptability and feasibility of the potential recommended practices identified in Module I and for identifying locally accessible nutrient-rich foods appropriate for infants and young children. The main product is a final list of recommendations that are feasible and acceptable to caregivers and health care providers.
- **Module III** provides guidelines for developing an intervention plan crafted around the recommendations selected in Module II. The main products are strategies, activities, materials, and messages for promoting the selected recommendations.
- **Module IV** provides guidelines for designing a plan for monitoring the implementation of the intervention and evaluating its impact.

**ProPAN** modules can be used individually or as one comprehensive exercise, depending on the needs of the user. Modules I and II can also be used to train nutritionists in quantitative and qualitative research methods.

***“ProPAN saved months of work in helping to develop our intervention. It is so systematic and complete—there is nothing else like it in one manual.”***

***—Country Director, Alive and Thrive (2012).***

To date, **ProPAN** has been used in over 15 countries in Africa, Asia, and Latin America and the Caribbean. **ProPAN 2.0** incorporates lessons learned from these experiences as well as comments and suggestions by researchers and practitioners working in the field of infant and young children feeding around the world.

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