

**Comprehensive Nutrition and Blindness Prevention Programme:  
Performance Evaluation in Thakurgaon District**  
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**a) Researchers' Identity**

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**b) Objectives**

The objectives of the evaluation were to:

- i. study the knowledge and awareness of the target population about the causes of Vitamin A and iron deficiency and Oral Dehydration Therapy;
- ii. get an idea about the production and consumption of special key vegetables and food items promoted by the programme which contain micro-nutrients;
- iii. study the extent of breast feeding, infant feeding and weaning food practices followed by the mothers;
- iv. assess the awareness and practices of mothers on colostrums feeding to their new born babies;
- v. find out the use of safe water and hygienic sanitation practices;
- vi. study the coverage of immunization among mothers and children, Vitamin A distribution, iron tablets distribution, use of iodized salt and deforming; and
- vii. assess the nutritional status of children under six years and prevalence of night blindness.

### **c) Abstract**

An attempt was made to assess how far the Comprehensive Nutrition and Blindness Prevention Programme (CNBPP) achieved its targets. At the same time the socio-economic characteristics of the respondents were recorded. It is mentionable that the programme gave special treatments to the members of the mothers' groups; so analysis was made separately for the members of mothers' groups and general village women.

### **d) Conclusion**

The main objective of the programme was to improve the knowledge of women about some of the basic aspects of nutrition and primary health care. Specifically, the programme tried to make conscious and educate women about the following aspects; i) the causes of Vitamin A, iron and iodine deficiency; ii) benefit of giving colostrums to the babies, breast feeding at least for 2 years, feeding weaning meal after 5 months; iii) competency on Oral Rehydration Therapy, use of safe water, consumption of iodized salt and iron tablet; and reduce prevalence of night blindness to minimum of 2.5%.

Findings of the study showed that most of the targets of the programme were achieved. However, the programme could not achieve the expected target to make conscious and educate about the causes of iron deficiency for both mothers' groups members and general village women and about the benefit of colostrums feeding to new born babies. Targets of the programme was to make aware and educate 90% of women about the causes of iron deficiency, but only 59% of the mothers' groups members and 35% of the general village women were found having the above knowledge. Another target of the programme was to make aware 80% of the women about the benefits of colostrums feeding, 95% of the members of mothers' groups and 66% members of general village women were found to be well aware about this. Therefore, if we look into the achievements of the programme, it can be said that the programme achieved most of its targets. Findings showed that a very good awareness has been developed among the target population on night blindness, iodine deficiency, giving weaning food, competency on homemade saline and use of safe water.

Model School Gardening Promotion Programme achieved its most of the objectives in the surveyed schools and this seems to be a very good programme to educate the students about health and nutritional aspects with practical demonstrations. However, sustainability of the programme should be carefully considered to replicate this in other schools.