

PART 1: Description and all information of the outcome/impact reported

TYPE

OICR: Outcome Impact Case Report

TITLE

Dietary Health Clubs for ethnic minority women in Northern Vietnam improved diet quality through vegetable and nutrition capacity building and seed access.

STATUS

New

YEAR

2022

OUTCOME IMPACT CASE REPORT

Study #4663

Stage of Maturity of change reported: stage 1

GEOGRAPHIC SCOPE: NATIONAL



COUNTRY: Vietnam

OUTCOME STORY/IMPACT STATEMENT

Dietary health clubs were formed as a platform for creating awareness and exchanging information and skills on vegetables (seeds, production) and nutrition to enhance demand for and utilization of diverse vegetables and quality seeds. The club facilitators have increased their agency as change agents and sources of information in the villages. There was an increase in ethnic minority women members' access to information, improved knowledge and skills, and enhanced household vegetable availability and consumption and dietary diversity. This is contributing to household nutrition security.



LINKS TO ANY COMMUNICATIONS MATERIALS RELATING TO THIS OUTCOME

- Seed of change – Journey with ethnic minority communities in Northwest Vietnam. [here](#)
- Improving nutrition – access to seed and school meals for ethnic minorities in Vietnam and Laos, August 3, 2021. NWO website [here](#).
- Alliance of Bioversity International and CIAT. Examining connections among seed system, nutrition and gender in Vietnam, [here](#).
- Nabuuma D., Pham T.M.H., Nguyen P.T., Hoang T.K., Ngo T.H., Nguyen T.T.L., Le Nhu N., Stomph T.-J., Swaans K. 2022. Vegetable seed systems for ethnic minorities in northern Vietnam for enhanced nutrition and income. [here](#)
- Hoang T.K., Nguyen T.L., Luong L.V., Nabuuma D. 2021. Promoting consumption of diverse foods for health and nutrition and ways to improve vegetable production, seed selection and storage. [here](#)

Contributing external partners:

- Wageningen University and Research, The Netherlands
- Fruits and Vegetables Research Institute, Vietnam
- Tan Loc Phat Seed company, Vietnam

CGIAR INNOVATION(S) OR FINDINGS THAT HAVE RESULTED IN THIS OUTCOME OR IMPACT

Usually, nutrition education is conducted alongside diversification or production capacity building or as a stand-alone to improve the impact of agricultural interventions on food and nutrition security. Rarely are seeds included together with nutrition education. The Dietary health clubs (DHC) strengthened the capacity of beneficiaries in seeds, production, and nutrition, enabling the linkage of seed and production actions and vegetable availability, diversity, and nutrition outcomes, such that communities are empowered to access and utilize quality vegetable seeds for production and diverse vegetables for nutrition security. Their design and formation in 2021 were informed by a seed system characterization study that elaborated the strengths, opportunities, and challenges in the vegetable seed systems and vegetable availability and utilization among ethnic minority farmers in Northern Vietnam, and the theoretical pathways from seeds to nutrition [1-2]

GENDER, YOUTH, CAPACITY DEVELOPMENT AND CLIMATE CHANGE

- **CapDev relevance:** 2 - Principal. Building of the capacity of farmers in nutrition, seed and vegetable production was a core element of the innovation (Ref. 5, 10)
- **Gender relevance:** 2 - Principal. Improved capacity of women to participate in seed and vegetable production and nutrition (Ref. 5, 10)

Other cross-cutting dimensions:

Among the next users and end users were ethnic minority groups in Northern Vietnam. The innovation particularly focused on the H'mong, Thai and Dao ethnic groups.



ELABORATION OF OUTCOME/IMPACT STATEMENT

The Alliance of Bioversity International and CIAT formed Dietary health clubs (DHC) as a platform for creating awareness and exchanging information on vegetables (seeds and production) and nutrition to enhance the demand for and utilization of diverse vegetables and quality seeds. Eighteen clubs with a total of 274 ethnic minority women farmers (Hmong, Thai and Dao ethnic groups) in Northern Vietnam were established as part of an Alliance research study of the impact of education with and without seed provision on vegetable seed sourcing and utilization, and nutrition outcomes [5]. The Alliance together with FAVRI trained 26 members of the respective communities as club facilitators and provided training materials. The DHC facilitators then lead 6-8 technical and practical training sessions that covered nutrition, healthy diets, vegetable handling and preparation, as well as vegetable farming, and production and handling of vegetable seeds [5]. The project also provided 210 randomly selected DHC members with seeds five diverse vegetables. Club activities were conducted in consideration of the needs and responsibilities of the members and supported by local leaders and organizations (Extension Service Centre, Women Union, Health Centre/Union, village leaders) [5]. The training of trainers increased the knowledge and skills of the 26 DHC facilitators (17 women) and strengthened their agency as change agents and sources of information on nutrition, vegetable production and seed production, utilizing the materials and networks from the project. This engagement has further encouraged their participation in other social community activities (especially the women) [7,9]. The clubs increased the members' access to information and improved their knowledge and skills on vegetable seeds, production, and nutrition. Members made further requests for additional materials for reference in their households that were developed and disseminated by the project [5-9]. An increase in household vegetable availability and consumption and dietary diversity was noted, particularly among club members that received seeds, thus positively contributing to household nutrition security [5]. There was an increase in women's decision-making power around vegetable production, and no negative impacts on women's empowerment [5]. The scaling of the DHC approach was tailored to empower ethnic minority women. The approach was appreciated in the research and development community as an entry point for knowledge sharing and seed exchange to enhance nutrition and income security and strengthen the local seed systems [7-9]. The OneCGIAR initiative on Nature-positive solutions for shifting agrifood systems to more resilient and sustainable pathways will build on the DHC approach.

PART 2: Mapping to Alliance strategy and structure

KEY CONTRIBUTORS



Lever 1 - Healthy sustainable diets

SDG TARGETS



- **2.2** - By 2030, end all forms of malnutrition, including achieving, by 2025, the internationally agreed targets on stunting and wasting in children under 5 years of age, and address the nutritional needs of adolescents, pregnant women and older persons
- **2.5** - By 2020, maintain the genetic diversity of seeds, cultivated plants and farmed and domesticated animals and their related wild species, including through soundly managed and diversified seed and plant banks at the national, regional and international levels, and promote access to and fair and equitable sharing of benefits arising from the utilization of genetic resources and associated traditional knowledge, as internationally agreed

REFERENCES

1. Nabuuma, D.; Hoang The, K.; Reimers, C.; Raneri, J.; Nguyen Thi Thuy, L.; Gauchan, D.; Stomph, T.; Swaans, K. 2020 Impact pathways from seeds to nutrition. Hanoi (Vietnam): The Alliance of Bioversity International and CIAT. (available [here](#))
2. Nabuuma, D.; Swaans, K.; Pham, T.M.H.; Hoang, T.K.; Nguyen, T.T.L.; Ngo, T.H.; Stomph, T.-J. 2021. Vegetable seed systems among ethnic minority communities in northern Vietnam. [Policy Brief No.1]. Hanoi (Vietnam): Alliance of Bioversity International and CIAT. (available [here](#))
3. Swaans K., T.M.H. 2020. Seed system characterization. [Not publicly shared- PhD thesis related manuscript underway] (step 2a): Household survey- vegetable production & seed systems (Mai Son and Sa Pa districts)
4. Raneri E. J. and Hoang T.K. 2020. Seed system characterization (step 2b): Descriptive results from the nutrition component of the household survey (Mai Son & Sa Pa districts). [Not publicly shared- PhD thesis related manuscript underway].
5. Nguyen T.L., Nabuuma D., Hoang T.K. 2022. Testing pathways for nutrition and food security impacts through seed system innovation: A Randomized Control Trial. [Not publicly shared- PhD thesis related manuscripts underway].
6. Bringing better seeds to indigenous farmers in Vietnam's Northern highlands: Vietnam Economy newspaper, Feb, 2021.(available [here](#))
7. Duc Phuong. Dec 2022. Local ethnic minority groups are improved their income from vegetable seeds production. Lao Cai News. (available [here](#))
8. Nguyen Thi Van Anh. 12 Oct 2022. End of Project Workshop on Seed System toward to nutrition and income in Sa Pa town. Economic Department of Sa Pa town. Gate of Lao Cai DARD website. (available [here](#))
9. VTC1 - NEWS. November 2022. Seed of change - Journey with ethnic minority communities in Northwest Vietnam. (available [here](#))
10. Hoang T.K., Nguyen T.L., Nabuuma D. 2023. Women Empowerment in a Seed System for Nutrition Intervention among Ethnic Minority Communities in Northern Vietnam. [Not publicly shared- PhD thesis related manuscripts underway].

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The Alliance of Bioversity International and the International Center for Tropical Agriculture (CIAT) delivers research-based solutions that harness agricultural biodiversity and sustainably transform food systems to improve people's lives. Alliance solutions address the global crises of malnutrition, climate change, biodiversity loss, and environmental degradation.



The Alliance is part of CGIAR, a global research partnership for a food-secure future.

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