

# Global Nutrition Research and Evaluation



RTI International offers interdisciplinary expertise worldwide to address malnutrition in all its forms. We seek to identify high-impact, evidence-based solutions through rigorous research, evaluation, and other consultative services.

## Focusing on Global Nutrition

Undernutrition is an underlying cause of half of all child deaths worldwide, and chronically malnourished children are not able to reach their full developmental potential. Meanwhile, the prevalence of overweight and obesity is increasing at an unprecedented rate in resource-limited countries, placing excessive strain on burdened health systems.

RTI's team of nutritionists, economists, behavioral scientists, policy analysts, statisticians, and survey researchers have technical expertise related to the following:

- Maternal, infant, and young child nutrition
- Measurement of food insecurity and dietary intake
- Nutrition-sensitive programming
- Prevention and treatment of acute and chronic malnutrition
- Global and national nutrition policies
- Overweight, obesity, and noncommunicable diseases
- Food safety, labeling, and consumer behavior

### Research Capabilities and Other Services

#### Scientifically Rigorous Research

- Epidemiological studies
- Mixed methods research
- Randomized controlled clinical trials
- Research methodology and indicator validation
- Systematic literature reviews

#### Program and Policy Evaluation

- Cost-effectiveness and cost-benefit analysis
- Formative research
- Impact evaluations
- Implementation science research
- Performance evaluations

#### Data Collection, Analysis, Modeling, and Presentation

- Analytical laboratory sciences
- Database design and maintenance
- Data visualization and interactive presentation
- Dietary data collection and analysis
- Geographic mapping

## Project Highlights

### Enhancing Milk Quality and Consumption for Improved Income and Nutrition in Rwanda

Under the Feed the Future Livestock Systems Innovations Lab, RTI is leading a cluster-randomized study to test the nutrition benefits of adding nutrition education to a livestock asset transfer program in Rwanda. The educational activities focus on increasing consumption of animal source foods, especially cow's milk, by children ages 12–23 months.

### Alive & Thrive Nigeria Impact Evaluation

RTI is using a cluster-randomized, mixed methods approach to evaluate the impact of Alive & Thrive's infant and young child feeding interventions in two Nigerian states and in a subset of urban areas. RTI's evaluation includes household surveys with mothers of young children, interviews with health providers, and qualitative data collection.

### Nigeria Nutrition Data Landscape Analysis

RTI conducted a comprehensive analysis of the nutrition data and accountability landscape in Nigeria, including a description of major initiatives and their objectives, key stakeholders, and activities. We mapped the landscape through a literature review and stakeholder interviews, provided recommendations for improving the nutrition data landscape, and facilitated a stakeholders' workshop to develop consensus on next steps.

### Drivers of Food Choice Among Overweight Women and Children in Malawi

RTI is conducting a mixed methods study to identify and explain predictors of dietary intake and food choice among Malawian mother-child dyads with an overweight mother, child (ages 6 months–5 years), or both. Findings will be used to develop future obesity prevention interventions.

### Development and Validation of Pictorial Methods for Portion Size Estimation in Malawi

RTI is using formative data to develop pictorial portion size estimation aids and validating them against a weighed food record. RTI is collaborating with Tufts University to incorporate findings into the International Dietary Data Expansion project.

### Testing Behavior Change Messages for More Optimal Nutrition Among Malnourished Children in Rwanda

RTI used the Trials of Improved Practices method to identify and test behaviors for achieving more optimal dietary intake and physical activity patterns among underweight and overweight children ages 6 months–5 years in Rwanda. Data from this study will be used to design and test a behavior change communication intervention for promoting better nutritional status among children across the weight spectrum in Rwanda.

### USDA McGovern Dole Mozambique School Feeding Program Evaluation

RTI is collecting baseline survey and qualitative data on an integrated school literacy and school feeding program and designing an evaluation to assess the impact of the program on child literacy and nutrition outcomes.

## Our Partners

We conduct research and deliver technical services on behalf of local and national government agencies, foundations, global nongovernmental organizations, academia, commercial companies, and others through grant and contract research. We work closely with local organizations to develop strong partnerships and build capacity in low- and middle-income countries.

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### More Information

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