

SUMMARY

A healthy diet helps to protect against malnutrition in all of its forms as well as from non-communicable diseases (NCDs); including diabetes, heart disease, stroke and cancer.

Multi-sectoral coordination refers to deliberate collaboration among various stakeholder groups (eg. government, civil society, and private sector) and sectors (eg; health, environment, economy) to jointly achieve a policy outcome. Therefore multi-sectoral effort is essential in nutrition promotion

This study is conducted to assess the present situation of multi-sectoral activities and to strengthen grassroots level multi-sectoral nutrition promotion activities in a selected Medical Officer of Health area in Nuwaraeliya district. The study consists of three components.

The first component is a descriptive study to identify the present multisectoral nutrition promotion activities at grassroots level and factors adversely affecting the existing project. Second component is to improve and implement the existing package based on study findings. This intervention consists of advocacy to middle level managers, development and introduction of forms for record keeping and reporting, training grass root level primary health care officers on multisectoral nutrition promotion activities with regular monitoring and evaluation mechanism.

Third component is also a descriptive study to assess the multisectoral nutrition promotion activities at the grassroots level three months after the intervention.

There were less number of multisectoral Nutrition promotion activities and gaps in the ways of conducting multisectoral nutrition promotion activities in the selected MOH area when

compared to District Nutrition Action Plan instructions of Ministry of Health. The development and implementation of the intervention package was effective ($T=-8.356$ $P=0.000$) in increasing the number of multisectoral nutrition promotion activities.

The results indicate that multi-sectoral activities have improved significantly at grass root level in the selected MOH area. Hence it is recommended to conduct advocacy programmes for key stakeholders to get their involvement in improving multisectoral nutrition promotion activities, to conduct regular reviews in MOH office, to use developed forms for recording, monitoring and evaluation in field, divisional and regional level institutions and health and nutrition committees. It is also recommended to plan and implement regular capacity development programs on multi-sectoral nutrition promotion for the MOH office staff.