



Master's Programme in Public Health

Leadership and Professional Perspectives on Public Health MPPH28

Case 6

Focus topic: Breast feeding in Timor Leste

Background

Timor-Leste is a LMIC in Asia. While the nation has poor health outcomes in general, strong government commitment to improving national health, together with support from development partners, has resulted in recent improvements in health outcomes for the Timorese population. Further funding and efforts are urgently required in order to continue this improvement.

Childhood and under-5 mortality levels are decreasing, probably as a result of increased investment in health and infrastructure. Nevertheless, Timor-Leste is one of the countries in the Asia-Pacific region with an alarming nutritional situation. Although exclusive breastfeeding among children 0-6 months has increased from 30% in 2003 to 65% in 2020, the percentage of children 6-23 months old who received minimum acceptable diet has decreased since 2013 and is now at a sub-optimal 14.3% (TLFNS 2020).

The World Breastfeeding Trends initiative (WBTi) is a global initiative to assess policy and programmes that support breastfeeding. It measures the rates of practice of optimal infant and young child feeding, as well as the progress of nations on the ten indicators of policy and programmes based on the framework of action in the Global Strategy for Infant and Young Child Feeding. WBTi has stepped in to support the MoH in Timor Leste to assess the situation. To move forward with one of their prioritized actions, WBTi and MoH are looking for an NGO that can address infant malnutrition and the practice of breastfeeding in Timor Leste.

The assignment

The NGO will develop a pilot project in one of the districts of Timor Leste (to be decided by the NGO in consultation with the MoH) to increase the practice of breastfeeding with the aim of reducing infant malnutrition. The pilot project should include a set of interventions addressing breastfeeding practices and malnutrition among infants. The project should include an RBM framework to track and assess progress, it should also make references to relevant analyses such as stakeholder analysis, risk analysis, and how to ensure sustainability. The pilot project should have a timespan of 1 year after which it will be evaluated and if successful be scaled up to cover the entire country. The pilot project should be carried out within the limits of a 1M USD budget.

Expected outcome

A proposal for a pilot project aiming at improving breastfeeding practices and nutritional status among infants in Timor Leste. The proposal should be presented to Ministry of Health and WBTi at the MoH office in Dili, November 24, 2023.

References

- [Infant and Young Child Feeding, Situation in Timor-Leste A Workshop Report on the Assessment of IYCF*](#)
- www.worldbreastfeedingtrends.org
- [WHO country cooperation strategy Timor Leste 2021-2025](#)
- [The Timor-Leste Food and Nutrition Survey 2020 \(UNICEF, 2022\)](#)