



## NOURISH: Nutritional support for people affected by TB

### BACKGROUND

TB patients in Nepal are often severely undernourished at diagnosis. This is further exacerbated by loss of livelihood and catastrophic health expenditure during the course of the illness.

BNMT's previous studies showed that one third of TB affected households in Nepal experienced food insecurity, and that the prevalence of food insecurity increased during the illness. We therefore designed and piloted a nutritional support package for TB patients through the TB RECOVERY project supported by John Burge Trust Fund.

This project builds on TB RECOVERY to deliver an evidence informed, locally appropriate intervention to support nutrition and accelerate recovery for TB affected households in Nepal.

The project run from January to December 2024.



### OBJECTIVES

1. Provide six months of nutritional support to 140 people affected by tuberculosis (TB) and their households, in extreme poverty or with very low Body Mass Index (BMI  $\leq 18.5$ ) at diagnosis in three districts: Morang, Mahottari and Banke.
2. Design scale up strategy of the intervention to inform scale-up by the National TB program.
3. Generate data to support large funding application for randomized trial of nutritional support for TB in Nepal.



### COLLABORATION

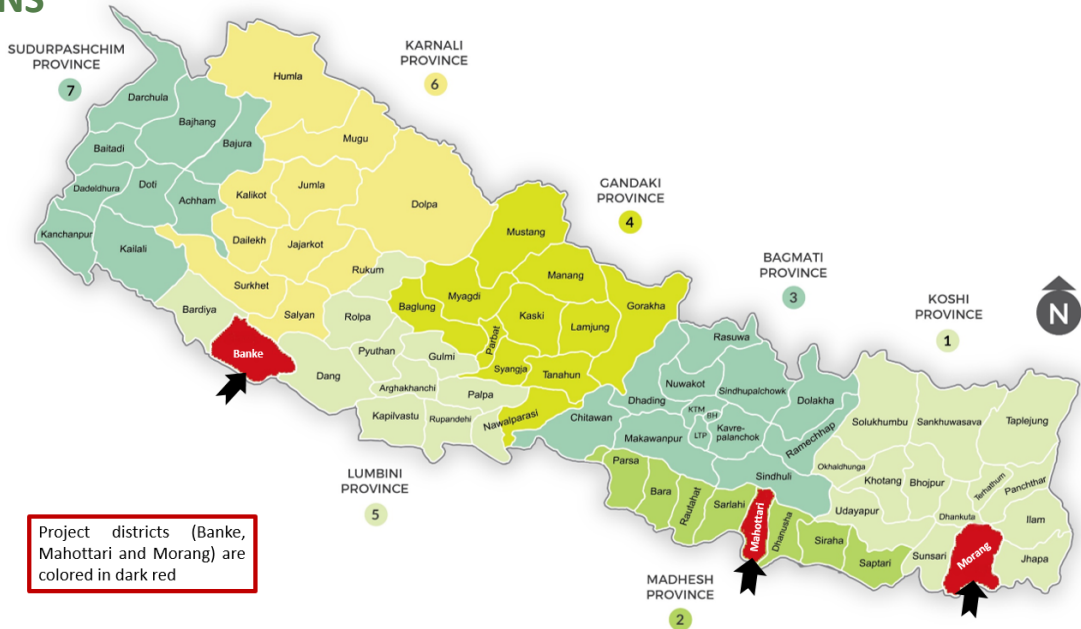
**Funded by:** The Britain Nepal Medical trust (BNMT UK) and Sabitri Basnyat Fund for TB (SBFT)

**Partners:** Ministry of Health and Population, National Tuberculosis Control Center, Provincial Health Directorate, Health offices, municipalities and TB partners.

## EXPECTED OUTCOMES

1. 140 TB affected households receive nutritional support.
2. Publication of policy briefs in English and Nepali summarizing findings and evaluation outcomes, and stakeholder perceptions around nutritional support for people affected by TB in Nepal
3. Dissemination of the findings at local, national, and international level forums to facilitate appropriate policy translation.

## PROJECT LOCATIONS



## KEY INTERVENTIONS

1. Provide nutritional support to 140 families (approx. 700 individual beneficiaries) affected by TB in three districts of Nepal with high prevalence of both extreme poverty and TB (Mahottari, Morang and Banke).
2. Evaluate clinical outcomes, and change in BMI for the beneficiary groups compared to a cohort of patients not receiving the nutritional support.
3. Conduct a policy dialogue and dissemination event with government stakeholders to share project findings and explore strategies for scale-up of nutritional support.

## CONTACT INFO

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