

# **PROMISE FINAL EVALUATION**

**GARU TEMPANE AND EAST MAMPRUSI DISTRICTS**

**FINAL STUDY REPORT**

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**Submitted to:**

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## ACRONYMS

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ACs	Area Councils
CAP	Community Action Plans
DAs	District Assemblies
DoA	District Department of Agriculture
EMD	East Mamprusi District
FCS	Food Consumption Score
FFBS	Farmer Field and Business Schools
FGD	Focus Group Discussion
GAC	Global Affairs Canada
GAP	Good Agricultural Practices
GLSS	Ghana Living Standard Survey
GSS	Ghana Statistical Services
LINKAGES	Linking Initiatives, Stakeholders and Knowledge to Achieve Gender-Sensitive Livelihood Security
MOFA	Ministry of Food and Agriculture
MTDP	Medium Term Development Plan
NGO	Non-Governmental Organization
NMCCSP	Nutrition and Malaria Control for Child Survival Project
OMC	Operations Management Committee
PARED	Partners in Rural Empowerment and Development
PAS G	Presbyterian Agricultural Station Garu
PRA	Participatory Rural Appraisal
RING	Resilience in Northern Ghana
SARI	Savannah Agricultural Research Institute
SPRING	Strengthening Partnerships, Results, and Innovations in Nutrition Globally
SPSS	Statistical Package for Social Scientist
VSLAs	Village Savings and Loans Associations
WIAD	Women in Agricultural Development

## EXECUTIVE SUMMARY

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### 1.1 Introduction to Study

After implementing a four year project in the Northern and Upper East regions of Ghana, CARE Canada recruited an external consultant to undertake a final evaluation of the PROMISE project in order to comprehend the relevance, effectiveness, efficiency, impact and sustainability of interventions in the project communities. This report is an outcome of the documentation of findings relative to the evaluation of the project on the basis of each of these variables. The report is divided into six sections. The first section presents the project description, objectives of the assignment, and the scope of the evaluation. The second section elucidates the Logic Model and Performance Measurement Framework of the project – the section highlights theories of change including targets and strategies that were used to achieve the project’s goals. Section three presents the purpose of the evaluation; the methodology deployed to realise the objectives of the assignment as well as the limitations of the evaluation. The findings of the evaluation are presented in section four – with explicit focus on a clear and thorough analysis of all end line data; thorough comparison on an outcome by outcome basis of baseline and end line data and in-depth analysis of gender change, based on use of Universal Gender Tools for all outcomes supported by evidence relative to where the project is in its development (these are organized by way of the Evaluation Questions/DAC criteria). Drawing from findings in section four, section five pulls together the salient conclusions of the evaluation and provides insights into the findings; reasons for successes and failures, innovations etc. The final section builds on lessons learnt and barriers to success to proffer recommendations for decision making on future CARE programming for “improved nutritional and financial status of vulnerable women and girls”.

### 1.2 Project Background

The *Linking Initiatives, Stakeholders and Knowledge to Achieve Gender-Sensitive Livelihood Security (LINKAGES)* program is a 4-year, multi-country initiative implemented by CARE Canada with funding from the Government of Canada through the Department of Global Affairs Canada (GAC). PROMISE is CARE Ghana’s contribution to the achievement of the goal of LINKAGES “Improved livelihood security and resilience for vulnerable women, girls, men and boys in Bolivia, Ethiopia, Ghana and Mali”. It seeks to achieve the following intermediate outcomes: *Women and girls increase consumption of processed soya and cowpea and products; vulnerable women and girls equitably participate in and benefit from soya and cowpea value chains; and District Assembly processes in the two districts support women led multi-stakeholder platforms for cowpea and soya beans.*

PROMISE in Ghana is implemented in 20 communities in 2 districts (Garu-Tempene and East Mamprusi) in Upper East and Northern regions respectively reaching out to 4,460 direct female beneficiaries. PROMISE is implemented through two local partners; Presbyterian Agricultural Station–Garu (PAS-G) and Partners in Rural Empowerment and Development (PARED) working in the Garu Tempene and East Mamprusi districts respectively. PROMISE is also implemented in collaboration with the Ministry of Food and Agriculture (MoFA) and the Savannah Agricultural Research Institute (SARI) who provide technical support to beneficiary communities for soya beans and cowpea production and value chain development. Ghana Health Service (GHS)

provides technical support and education on nutritional values of soya beans and cowpeas to women in beneficiary communities. CARE Ghana also works with the two District Assemblies to ensure the creation of the necessary enabling environment for women to be involved in decision making on issues affecting their access to resources to improve their livelihoods. The soya bean and cowpea value chains are being used as the platform to initiate this process.

### 1.3 Purpose and Objectives of the Final Evaluation

The purpose of this final evaluation is to assess the relevance, efficiency, effectiveness, sustainability and impact of the project. It also assessed the extent to which the project has achieved its immediate, intermediate and ultimate outcomes; and how and why they were achieved or not achieved. The specific objectives of the evaluation were:

- Assess end-line data and compare it to baseline data to determine if outcomes were achieved, targets were met, and why.
- Capture intended and unintended outcomes in behaviours, attitudes actions, ownership, capacities and relationships of program stakeholders, especially as they relate to gender equality.
- Determine the project's contribution to these changes, the efficiency and effectiveness of those contributions, especially in promoting and supporting gender equality change among key stakeholders.
- Analyse the relevance of the project's activities and strategies, according to the key actors and current context of the project, and with knowledge around the gender equality challenges in the project context.
- Form an expert opinion based on the above points as to whether the project results are sustainable, especially with regards to the gender equality change necessary in the project context, including consideration for the current institutional arrangements in the project context.
- Enable the project stakeholders (traditional leaders, women leaders, district assemblies including the department of agriculture, implementing partners and women's networks and the project team) to reflect on change processes and the progress achieved.
- Document stories about results and change from stakeholders' perspectives and distil lessons learned that will feed into Country Office programming.

### 2.1 Methodology

The methodology was a mixed method. Mixed method is the combination of both qualitative and quantitative methods of data collection.

### 3.1 Household Structure

The mean age of the respondents was 43 years. Beneficiaries reported a marked improvement (53.5%) in control over household capital that is far beyond what is the traditional situation in this largely patriarchal environment. The findings show that majority (88%) of the respondents are married. Also, majority of the respondents do not have formal education, which explains why the main occupation of the respondents is crop production (95.5%).

#### 4.1 Project ultimate outcome: Improved nutritional and financial status of vulnerable women and girl

The findings of the study show that cereals and vegetables (99%) are widely consumed by households weekly. This is closely followed by foods made from beans, soya bean and groundnuts (98%). This constitutes an increase over the baseline of 30% of women and girls consuming quantities of processed soya/cowpea. In both Garu Tempene and East Mamprusi districts, 100% of respondents indicated the use of soybean “dawadawa” in all soups cooked and consumed each day (in contrast to 96.5% of respondents at baseline). The findings indicate that carbohydrate is the most consumed food group taken as breakfast and lunch on an average of 6 times in a week, while it is taken as supper on an average of 7 times. Proteins are the least consumed, taken as breakfast and supper on an average of 3 times, while taken as lunch on an average of 4 times. The findings indicate a less than satisfactory in-take of micro-nutrients - taken as breakfast, lunch and supper on an average of 4 times in a week.

#### 4.2 Project intermediate outcome 1: women and girls increase consumption of processed soya beans and cowpea

The PROMISE project baseline indicator for this outcome is measured by the percentage of processed soya and cowpea consumed by women and girls and it was determined to be 30%. The endline survey results reveal a significant improvement to 86.5%, indicating that the percentage of soya and cowpea consumption has outstripped the baseline by more than twofold. The improved consumption has also been closely knit to improved production of the legumes as confirmed by results of the endline survey presented elsewhere in this report. The findings show that 68% and 53% of women in Garu Tempene reported an increase in soya bean and cowpea respectively, compared to 68% and 64% of women reporting increases in soya beans and cowpea respectively, in East Mamprusi district.

#### 4.3 Intermediate Outcome 2: vulnerable women and girls equitably participate in and benefit from soya and cowpea value chains

The findings indicate that an average of 47.2% and 47.9% of profits are realizable at the production stage of the value chain of soya and cowpea, respectively. The results of the evaluation show that an average of 45.4% and 44.4% of profits accrue for soya bean and cowpea, respectively at the marketing stage. The ratio of women to men in soya bean and cowpea production is 3:7 (women: men); processing of soya bean and cowpea is 10:0 (women: men) and marketing of soya bean and cowpea is 8:2 (women: men).

#### 4.4 Intermediate Outcome 3: District Assembly processes in the two districts support women led multi-stakeholder platforms for cowpea and soya beans

The project was very instrumental in setting up “Agbadeeya Ma” (literally meaning “the mother of Soya and Cowpea Producers”) which is the Soya and Cowpea Apex body in the East Mamprusi District; it also facilitated processes for the inclusion of PROMISE beneficiaries to the Garu Cooperative Farmers’ Association, which engages the DA on decision making relative to farmers’ interest in the district (including lobbying for the inclusion of soya to the list of crops of advocacy interest to the association); and finally supported the setting up of two operation management

committees (comprising solely women) to oversee the running of the soya threshing machines provided by the project. The results reveal eight (8) initiatives that have been planned and budgeted for in relation to soya production and processing but the modalities for their execution are not in many ways related to actions that respond to and support community-driven women-led platforms in cowpea and soya production and processing.

#### 4.5 Immediate outcome 1.1: Increased and more equitable access of women to extension and technologies for the production of soya bean and cowpea

Farmers received in excess of 8 extension services on the production value chains. The current crop of extension agents are not only reaching farmers with technological innovations but are also diffusing ready market information to these groups and linking them to produce buying outlets. PROMISE was very instrumental in improving the access of women to extension services compared to the normal situation where they are often neglected by the formal agricultural advisory service delivery system of MoFA. The results indicate that the project had an added value over baseline by as much as 5.5 percentage points (this is because access to extension services at baseline for GTD and EMD were 57% and 72% respectively; this translates to an average of 64.5% at baseline).

#### 4.6 Immediate outcome 1.2: Improved knowledge and skills of women to process soya bean and cowpea into nutritious products for consumption

The findings indicate that 80.5% and 97.0% of the respondents reported knowledge of many dishes they can make from cowpea and soya bean, respectively. The results also indicate that more respondents in East Mamprusi have knowledge and skills in processing cowpea than in Garu Tempene.

#### 4.7 Immediate outcome 1.3: Women have greater control over soya bean and cowpea produce and products

Women are active in the production of soy and cowpea as extension messages delivered by trained women extension agents based in the communities are pretty intensive and responsive to their needs. Women constitute 84.8% of the project's 257 members of the marketer groups.

#### 4.8 Immediate outcome 2.1: Women have improved control of finance and markets through VSLA

The endline survey results point out clearly that 94% of respondents reported having equal decision making power in the use of HH income. Eighty percent (80%) of the 10 FGDs held with VSLA groups in both project districts did give positive indication of many decisions they were embarking on to improve their economic wellbeing through the soya and cowpea value chains.

#### 4.9 Immediate outcome 2.2: Improved capacity of women in soya bean and cowpea associations to engage in value chain operations and management

The indicator for this outcome is # of contracts successfully negotiated/implemented between district, producer organizations and purchasers. The target for this indicator was 3 contracts successfully negotiated. The endline survey as well as the project's PIMS/POMS reveal that the

producer groups have not successfully negotiated contracts with purchasers and many still sell on individual basis.

#### 4.10 Immediate outcome 3.1: Staff in the two DAs enhance their skills to effectively and transparently engage stakeholders in gender sensitive development planning and implementation processes

The project's effort to enhance the skills of DAs to effectively and transparently engage stakeholders in gender sensitive planning and implementation processes, organized training workshops in both project districts for Assembly persons. The Assembly persons were given capacity support to appreciate what it takes to make district plans, budgets and monitoring/evaluation systems gender sensitive. In view of the fact that the current planning cycle is already far advanced, it is doubtful if these CAPs could find expression in the DMTDPs which are for the period 2014-2017.

#### 4.11 Immediate outcome 3.2 Improve operational environment supporting the soya bean and cowpea value chain activities

According to the project's PIMS/POMS, no operational guidelines for production, marketing and processing have been developed for Soy and Cowpea Value Chains. There are two functional linkages between producers and marketers and SPs. The project team has collaborated with MOFA and SARI to help build the capacity of the women through engagement and training of CBEAs and the establishment of demonstration plots. This was confirmed during the key informant interviews with SARI and the District Departments of Agriculture to ascertain important milestones achieved by the project as reported in the PIMS/POMS.

### 5.1 Conclusions and Recommendations

The evaluators' general assessment of PROMISE's achievements over the course of the four year project is that it has successfully met its purpose and significantly contributed to the project goals. In some areas we can say it has exceeded the expectations of the original project design, for example, production targets for soya and cowpea were exceeded and it was same for quantities of these produce that were stored for household consumption.

The evaluation has explored PROMISE's contribution to the district and national discourse on how to achieve Gender-Sensitive Livelihood Security; it has examined the extent - and the results - of PROMISE's influence with respect to increasing consumption of processed soya bean and cowpea and products; how vulnerable women and girls can equitably participate in and benefit from soya bean and cowpea value chains; and how to influence District Assembly processes in the two districts to support women led multi-stakeholder platforms for cowpea and soya beans.

Further, the evaluation has explored the most useful and relevant messages of PROMISE on nutrition, and assessed the project's contribution to the broader discourse on the overall relevance of the LINKAGES (Linking Initiatives, Stakeholders and Knowledge to achieve Gender-Sensitive Livelihood Security) project. Our analysis is that PROMISE has in important ways

redefined and deepened the understanding – and use – of soya bean/cowpea as an approach to improving nutrition outcomes without being prescriptive, by providing adaptable or flexible strategies that have respect for local dietary recipes.

There is diverse evidence to indicate that the project has impacted positively in the lives of the target communities, women and girls based on the findings gathered from the sample communities. These include high level of participation in project activities by the beneficiaries particularly in the production and use of soya bean and cowpea products to improve on the nutritional status of household members. The findings show that the strategies employed by the project are coherent and consistent to the organization’s previous initiatives. This is useful for sustainable development. The strategies are working well and very reinforcing. The collaboration, advocacy, education, sensitization and cooking demonstration strategies need strengthening if these gains are to last beyond the project span.

Based on the findings of the study, the following recommendations are offered:

1. In view of the pretty significant impacts chalked by PROMISE in establishing VSLAs, Male Gender Champions, Nutrition Clubs and most importantly improving soya bean production and consumption among women and girls etc. - the development and implementation of a realistic phasing out and replication and sustainability strategy should take top priority, even if this means that the set target for number of communities directly reached is adjusted downward. The phasing out should be finalised within a four month period after the end of the current project phase. As part of the development of the phasing out and replication strategy, a thorough and robust analysis of options for implementing the PROMISE model post-project should be jointly developed with existing partners, DAs, DoA/ MoFA and GHS. Such an analysis should include, for example:
  - the nominal cost (of institutionalisation) to DAs and their decentralized departments, relative to their current budgets;
  - the personnel requirements, relative to DAs’ current capacity; and
  - the roles of the partner organisations vis-à-vis those of the state and how any additional costs (over and above DAs’ regular costs) will be funded.
2. As pointed out in the first recommendation, the need to extend the time of project exit by some four additional months is imperative in view of the need to allow for effective execution of some project activities including the strengthening of women-led platforms to guarantee their continued existence after the demise of PROMISE. The extension of project exit will also enable implementing partners have ample time to educate beneficiaries of the donkey traction initiative on how to effectively use the facilities provided. Similarly, proper arrangements could be made for the management of the multi-purpose threshers supplied to beneficiaries of the project. Failure to extend the time will adversely affect the progress made so far.
3. The research team considers that, overall; PROMISE’s implementation provided good value for money. It built some of the basic capacities that are now needed for sustained



improvement in the soya and cowpea value chains to improve livelihood security and resilience for vulnerable women, girls, men and boys. Value for money would be further increased if PROMISE continues for a longer period to ensure the sustainability of the initial investment. For such capacity building and knowledge sharing projects, benefits would continue to grow over time with less financial investment. The investment-to-benefit ratio would progressively increase. For this reason, long-term commitment is needed to build organisational and institutional capacities to sustain improved nutrition outcomes through soya and cowpea value chains.

# Section 1: Project Description

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## 1.1 Introduction to Study

After implementing a four year project in the Northern and Upper East regions of Ghana, CARE Canada recruited an external consultant to undertake a final evaluation of the PROMISE project in order to comprehend the relevance, effectiveness, efficiency, impact and sustainability of interventions in the project communities. This report is an outcome of the documentation of findings relative to the evaluation of the project on the basis of each of these variables. The report is divided into six sections. The first section presents the project description, objectives of the assignment, and the scope of the evaluation. The second section elucidates the Logic Model and Performance Measurement Framework of the project – the section highlights theories of change including targets and strategies that were used to achieve the project’s goals. Section three presents the purpose of the evaluation; the methodology deployed to realise the objectives of the assignment as well as the limitations of the evaluation. The findings of the evaluation are presented in section four – with explicit focus on a clear and thorough analysis of all end line data; thorough comparison on an outcome by outcome basis of baseline and end line data and in-depth analysis of gender change, based on use of Universal Gender Tools for all outcomes supported by evidence relative to where the project is in its development (these are organized by way of the Evaluation Questions/DAC criteria). Drawing from findings in section four, section five pulls together the salient conclusions of the evaluation and provides insights into the findings; reasons for successes and failures, innovations etc. The final section builds on lessons learnt and barriers to success to proffer recommendations for decision making on future CARE programming for “improved nutritional and financial status of vulnerable women and girls”.

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### **1.3 Purpose and Objectives of the Final Evaluation**

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#### **Specific objectives of the Evaluation**

The specific objectives of the evaluation were:

- Assess end-line data and compare it to baseline data to determine if outcomes were achieved, targets were met, and why.
- Capture intended and unintended outcomes in behaviours, attitudes actions, ownership, capacities and relationships of program stakeholders, especially as they relate to gender equality.
- Determine the project's contribution to these changes, the efficiency and effectiveness of those contributions, especially in promoting and supporting gender equality change among key stakeholders.
- Analyse the relevance of the project's activities and strategies, according to the key actors and current context of the project, and with knowledge around the gender equality challenges in the project context.
- Form an expert opinion based on the above points as to whether the project results are sustainable, especially with regards to the gender equality change necessary in the project context, including consideration for the current institutional arrangements in the project context.
- Enable the project stakeholders (traditional leaders, women leaders, district assemblies including the department of agriculture, implementing partners and women's networks and the project team) to reflect on change processes and the progress achieved.
- Document stories about results and change from stakeholders' perspectives and distil lessons learned that will feed into Country Office programming.

### **1.4 Scope of Study**

Geographically, the scope of work covered two districts in the Northern and Upper East of Ghana (where the project is being implemented in 10 communities of each of the districts). The East Mamprusi District is one of over 22 districts of the Northern Region of Ghana. Located in the North-eastern part of the Northern Region; the district has Gambaga as its capital. It is bordered

to the north by Upper East Region; to the east by the Republic of Togo; to the West by the Gushegu and Saboba/Chereponi Districts. The district covers an area of 3,060km<sup>2</sup>. The project's targeted communities are: Yunyoranyiri, Yapala, Teanoba, Bongni, La'atari, Baungu, Bongbini, Gbangdaa, Dimea, and Jawani. The 2010 population and housing census puts the District's population at 121,009; disaggregated into 61,556 females and 59,453 males.

The second district; the Garu–Tempene is located at the South-eastern corner of the Upper East Region. It shares boundaries with: Bawku Municipal to the South; Bawku West District to the West and Republic of Togo to the East. It covers an area of 1,230 km<sup>2</sup>. The project communities in this district are: Biamboog, Gozesi, Kokomada, Kpalsako, Kugasegu, Bantafarugu, Naati, Naafteeg, Takori and Tariganga. The district's population as per the 2010 Population and Housing Census is estimated at 130,003, disaggregated into males 62,025 and females 67,978.

Agriculture is the main economic activity in the districts. It employs about 83% of the working population. The bulk of the districts' agriculture is on subsistence basis. The project is currently working with 4, 460 direct female beneficiaries who are engaged in activities at various stages of the soybean and cowpea value chains. The households of these beneficiaries were the primary focus of the end-line survey and PRA activities that informed the evaluation process. Apart from local PROMISE partner organizations (i.e. PAS-G and PARED) institutional/organizational level stakeholders covered during the field level activities of the evaluation comprised: GHS, MoFA (District Departments of Agriculture), DAs as well as Apex bodies of VSLAs and Cowpea/Soya producers, processors and marketers.

By way of literature, the scope of work comprised reviewing project documents and reports to be abreast with the PROMISE project intervention strategy, CARE's gender strategy, the implementation processes, baseline data, monitoring and evaluation plans, project performance reports, and reports from implementing partners.

## Section 2: Evaluation Methodology

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### 2.1 Methodology

The methodology was a mixed method. Mixed method is the combination of both qualitative and quantitative methods of data collection. Both conceptions of reality are needed to appreciate the true values of life issues especially in development as is pursued by the PROMISE project.

#### 2.1.1 Quantitative Methodology

The study used "quantitative" measures in the collection of data and to capture any changes in the parameters of change that the project sought to bring about through its interventions. The primary quantitative methodology used was a sample survey for statistical analysis of the issues defined in the objectives of the evaluation. The survey was administered only to women but

information about household heads who are mostly men was obtained through the women sampled. The final evaluation adapted the questionnaire used in the baseline study to capture the data allowing for a comparative assessment of the bench line (baseline) situation against the end-of-project situation. The reason was to capture all relevant data in order to compare the indicators of progress as identified in the theory of change of the project as at inception (baseline) against exit period.

### **2.1.2 Qualitative Methodology**

Qualitative methods were used to gain an understanding of perceptions and attitudes and to compliment any quantitative findings. Therefore, the main qualitative approaches for the final evaluation and gender analysis were *The Resources and Benefits Profile; the Women's Empowerment Framework, and the Harvard Analytical Framework*. The main methods used for the qualitative data collection were basically participatory rural appraisal techniques involving the use of Focus Group Discussions (FGDs) and key informant interviews. FGDs were carried out in ten (10) communities with members of the VSLAs, CBEAs, Male Gender Champions, out-of-school girls and nutrition club members. The study team used a checklist to engage the participants in the FGDs (see annex).

## **2.2 Study Population**

The study population was 4,460 direct female beneficiaries. The beneficiaries were grouped as VSLA members, CBEAs, Nutrition club members, Gender champions, CAP members, etc. The sampling frame consisted of all the households in the twenty (20) PROMISE communities in the two districts. The master list of households in the PROMISE communities was used as the sampling frame for the selection of respondents. This list was constructed for each of the communities by the partner organizations (PARED and PAS G) as part of the planning and designing of the survey

## **2.3 Sampling**

### **2.3.1 Sampling Strategy**

Two forms of sampling were used to select the respondents for optimal data collection. A probability sampling strategy employing multi-stage sampling was used to cover different communities as strata, and then groups as sub-strata. The simple random sampling technique was used to select the beneficiaries for the one-on-one interviews. Also, a non-probability sampling strategy employing snowball sampling was used to select the respondents for optimal usefulness of information for the evaluation.

### 2.3.2 Sample Size

Using the formula by Krejcie and Morgan<sup>1</sup> (1970), the sample size should have been 357 as a true representation of the population of 4,460:

$$S = \frac{X^2NP(1-P)}{d^2(N-1) + X^2P(1-P)}$$

Where:

*S* = Required Sample size

*X* = Z value (e.g. 1.96 for 95% confidence level)

*N* = Population Size

*P* = Population proportion (expressed as decimal) (assumed to be 0.5 (50%))

*d* = Degree of accuracy (5%), expressed as a proportion (.05); It is margin of error

However, the bulkiness of the questionnaire coupled with time factor to get the work done even before the expiration of the contract, necessitated the reduction of the questionnaire administration to 200 women (100 sampled women per district). A pretest of the questionnaire prior to the survey exercise provided indication that only 200 respondents could be reached within the time available for the survey exercise (for this reason, 157 potential respondents were cut from the actual sample size of 357). The FGD sample size for the communities ranged from 8 to 12 participants (see list of FGD). The FGD participants were 70% women because of the women-centred nature of the project. Some of the executives of the VSLAs and all of the membership of the Gender Champions are male, for this reason, 30% males were targeted as well for the FGDs (see FGD scenes in appendix).

### 2.4 Study Team

The study team comprised a Lead Consultant/Researcher (Dr Paschal B. Atengdem) and two Assistant Consultants (Dr Joseph Abazaami and Mr. James Natia). Field assistance was sought from staff of CARE Ghana in the project districts and project partners during data collection. The administration of questionnaires was done by independent Data Enumerators who had no prior knowledge of the project.

### 2.5 Enumerator Training and Piloting

A one day training workshop was held in the project districts for 20 data enumerators (10 men and 10 women). The essence was to ensure that the Enumerators understood the nature of questions, sequence and flow of questions and the translation of questions into quality local dialects for easy comprehension by the respondents. The training workshop helped in rephrasing

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<sup>1</sup> Krejcie, R.V. & Morgan, D.W. (1970). Determining sample size for research activities. *Educational and Psychological Measurement*, 30, 607-610.

or correcting some of the questions. The format and sequence/flow of the questions were addressed before the final printing of the questionnaires.

## **2.6 Data Collection**

There was a pre-test of the data collection instruments in two non-PROMISE beneficiary communities to ascertain basic prerequisites of the data collection instruments in terms of validity and reliability for the intended purpose. Data collection lasted 10 days for household questionnaire (survey). Also, participatory rural appraisal (PRA) techniques involving focus group discussions, key informant interviews, etc. - were used in the sampled communities across the two districts and this lasted another 10 days with the sub-group of beneficiaries.

## **2.7 Data Quality Assurance**

Respect for quality of data was very critical in the decision pertaining to recruitment of Enumerators. To ensure that data was of high quality, the evaluation team recruited enumerators with a minimum of diploma in Agriculture and at least two years working experience in data collection on similar projects. The research team also supervised the data enumerators on field throughout the duration of the administration of the questionnaires. Additionally, on the spot checking was done to ensure that data enumerators were on track in the administration of the questionnaire.

## **2.8 Data Entry and Management**

### **2.8.1 Data Entry**

Five Research Assistants of the Institute for Interdisciplinary Research and Consultancy Services of the University for Development Studies were recruited for data entry into the Statistical Package for Social Scientists (SPSS). Each Research Assistant entered a maximum of 40 questionnaires within five days. There was no double entry of a questionnaire since every questionnaire had a unique serial number.

### **2.8.2 Data Cleaning**

Data cleaning entailed two steps. The first was a cleaning of the completed questionnaires right from the field and then designing appropriate codes for non-response. Since the data was entered by five Research Assistants, the template of each data clerk was cleaned before merging to form a master data base. Cleaning of the data base during the second step was done for categorical variables and continuous variables - for checking internal consistency, filtering errors or identifying missing values and outliers. The outliers were corrected by tracing the case to the questionnaire to verify the correct information that ought to have been entered properly (but may have been entered incorrectly).

### **2.8.3 Data Processing and Analysis**

Data gathered from the field were edited and coded to ensure that all interviews and participatory rural appraisals were completed and transcribed. The responses were cleaned and grouped into identified themes that were recurring in all the responses. The results from qualitative research were presented in descriptive, interpretive and narrative forms while responses from the questionnaire were entered into the Statistical Package for Social Scientists (SPSS) software version 20 for processing. Quantitative data were presented in descriptive statistical formats. The results were presented on district basis to compare with changes that have occurred between the two districts.

## **2.9 Ethical Considerations**

This evaluation team did not receive written approval from the Ghana Health Service, but a verbal approval was obtained at the district level (i.e. the District Health Directorates of GTD and EMD). However, there was informed consent from each individual before the interviews and FGD. The evaluation was designed to address the other ethical principles including respect for persons, beneficence and justice. The study protected individual autonomy, minimized harm and maximized benefits and equitably distributed risks and benefits by using procedures which were consistent with sound research design that take these issues into consideration.

## **2.10 Limitations**

The sample size of the study can be contested to be small relative to the population of 4,460 beneficiaries. The bulkiness of the questionnaire coupled with time factor to get the work done even before the expiration of the contract, necessitated the reduction of the questionnaire administration to 200 (100 per district) as opposed to the right sample size that was determined to be 357. Notwithstanding this limitation, information gathered within the limited time frame represented a semblance of the true situation and it is anticipated that it would serve the purpose intended.

The data gathering process was quite protracted, given the limited time and period for the study. Beyond this, key officers and contact persons could not give time for longer and more detailed discussions. Appointments made had to be postponed to other dates due to intervening activities that required key officers and contact persons travelling out of stations. In some cases it was not ever possible to gather primary data from some respondents; hence the consultants relied on secondary data. Indeed in the absence of the key contact person of a particular organization/institution, there was paucity in the information gathered about that particular organization/institution. In the particular case of GTD for example, the Planning Officer at the District Assembly who was actively involved in activities of the project was on transfer to another District Assembly at the time of the evaluation – his successor was not on top of the project since he had just come in to take over from his predecessor. Similarly, the current staff on the project were not the beginners of the project and thus could not accurately supply data on some of the issues posed to them. Lack of baseline information on some of the indicators, especially those



related to dietary diversity also constituted significant limitations with respect to accurately measuring before and after situations of the project.

Furthermore, it would have been useful to elicit the account of men on a number of development indicators pertaining to the project but this was not carried out due to time limitations. Other limitation is the discrepancies between the evaluation findings and the project production tracking system emanating from differences in sample size.

## Section 3: Demographics for household survey

### 3.1 Household Structure

Table 1 presents the household structure. The mean age of the respondents was 43 years. The mean number of household members was 13 for Garu Tempane and 11 for East Mamprusi. The findings also show that the mean number of dependent children in households was 5 and 6 for Garu Tempane and East Mamprusi, respectively.

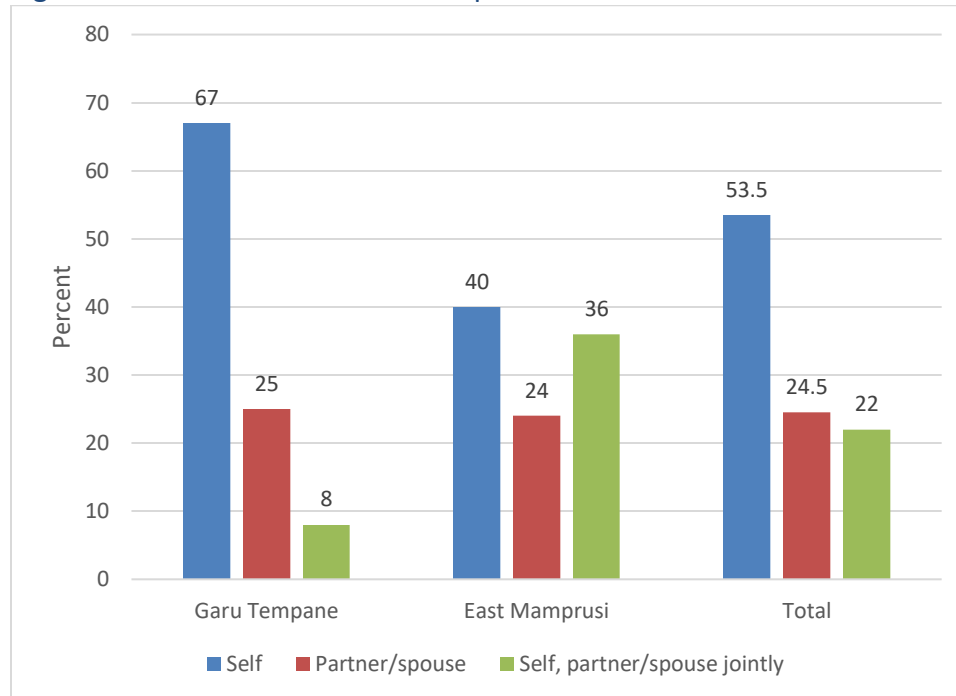
Table 1: Household structure

Variable	District	Mean	N	Std. Deviation	Mini.	Max	Median
Total number of household	Garu Tempane	13.1	100	8.8	1	50	11.0
	E. Mamprusi	11.1	100	6.4	4	40	9.0
	<b>Total</b>	<b>12.1</b>	<b>200</b>	<b>7.7</b>	<b>1</b>	<b>50</b>	<b>10.0</b>
Number of women in household	Garu Tempane	4.8	100	3.7	1	25	4.0
	E. Mamprusi	3.4	100	2.2	1	9	3.0
	<b>Total</b>	<b>4.1</b>	<b>200</b>	<b>3.1</b>	<b>1</b>	<b>25</b>	<b>3.0</b>
Number of dependent children in household	Garu Tempane	5.8	100	2.8	1	25	6.0
	E. Mamprusi	6.1	100	2.9	1	18	5.0
	<b>Total</b>	<b>5.9</b>	<b>200</b>	<b>2.9</b>	<b>1</b>	<b>22</b>	<b>5.5</b>
Age of respondent	Garu Tempane	45.0	100	13.6	20	75	44.5
	E. Mamprusi	41.4	100	14.4	18	80	36.5
	<b>Total</b>	<b>43.2</b>	<b>200</b>	<b>14.1</b>	<b>18</b>	<b>80</b>	<b>40.0</b>

Figure 1 presents endline survey results of beneficiaries' control over household capital. More beneficiaries (67%) in GTD reported improvement in control over household capital compared to 40% for EMD. On the whole however, beneficiaries reported a marked improvement (53.5%) in control over household capital that is far beyond what is the traditional situation in this largely patriarchal environment – where it is often a taboo to talk about women controlling household capital when they are themselves perceived or considered to be assets of their husbands. This

significant contribution of the project to uplifting the control of women over household capital is a demonstration of the added value of the project – at least, at the household level.

Figure 1: Control over household capital



### 3.2 Socio-Demographics of Population

Figures 2, 3 and 4 present the socio-demographic characteristics of the respondents. The findings show that majority (88%) of the respondents are married. There are more married respondents in East Mamprusi (91%) compared to Garu-Tempane (84%). The results also indicate that 116 representing 58% of the respondents are in polygamous marriages. The distribution of polygamous marriages is higher in Garu-Tempane (65%) than in East Mamprusi (51%). Eighty-three percent (83%) of the respondents do not have formal education; a very important indication of the high illiteracy situation of the project districts. There are however, more respondents without formal education in Garu-Tempane (84%) than in East Mamprusi (82%). This largely explains why the main occupation of the respondents is crop production (95.5%) – where formal education is not necessarily a prerequisite.

Figure 2: Marital status of Respondents

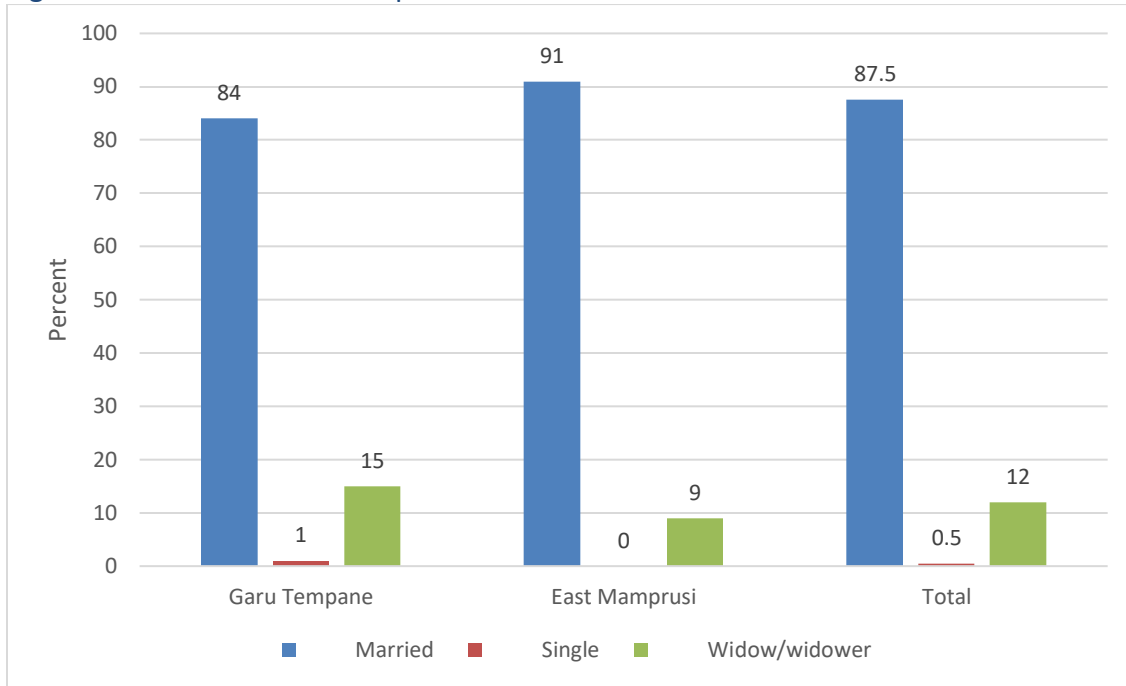


Figure 3: Educational Levels of Respondents

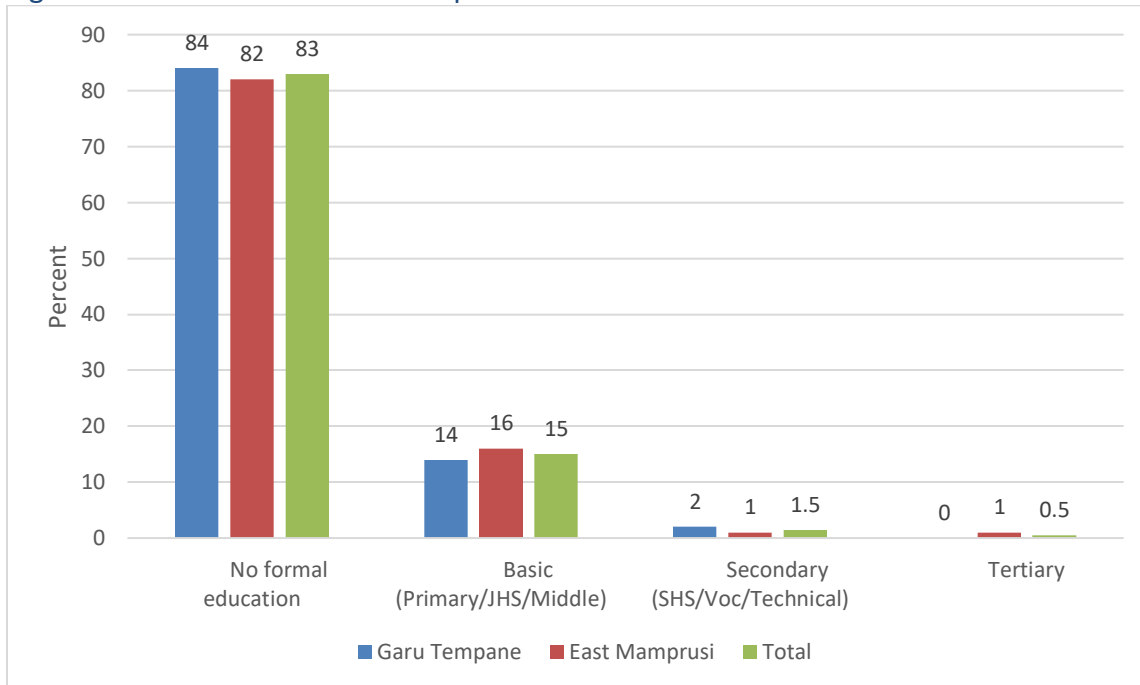
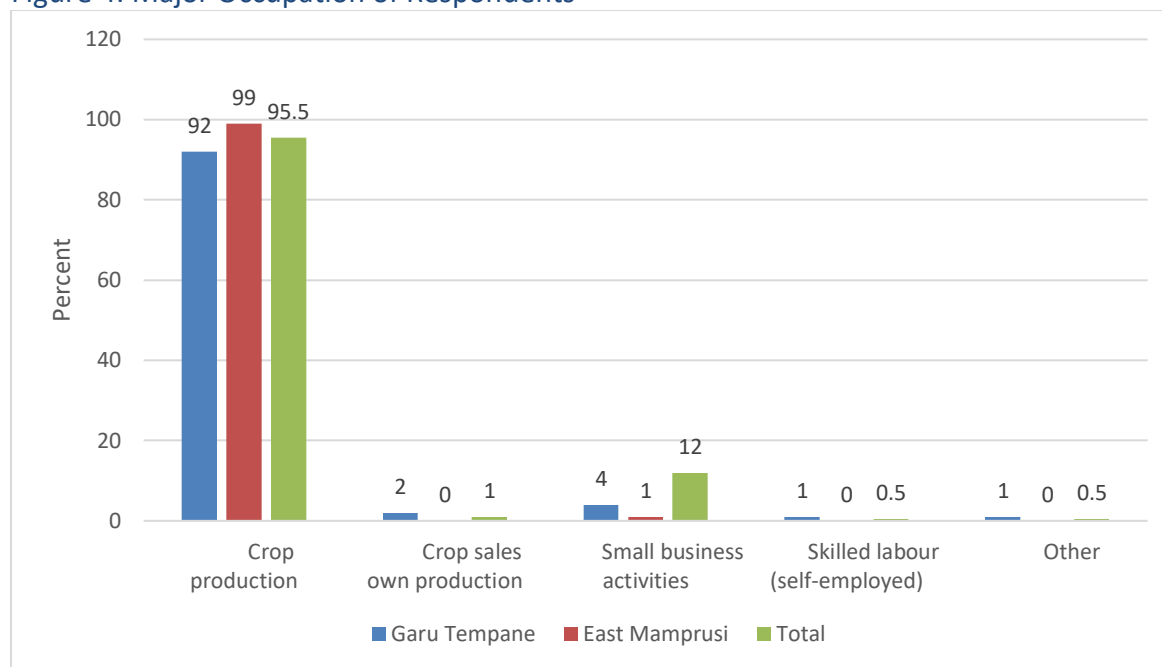


Figure 4: Major Occupation of Respondents



## Section 4: Results

### 4.1 Project ultimate outcome: Improved nutritional and financial status of vulnerable women and girl

The project document reveals two indicators for the ultimate outcome:

- 1) the number and types of assets (physical, financial and social) acquired, and
- 2) changes in dietary diversity.

The findings of the evaluation indicate that the ultimate outcome has been achieved to a large extent. This is because the evidence gathered shows that the number and types of assets have improved just as much as there has been an increase in households' dietary diversity. The evidence is presented below:

#### 4.1.1 Number and types of assets

Table 2 presents the number and types of assets owned by the beneficiaries at the time of the endline survey. The results of the study show that impressive numbers of women have cooking utensils (80.5%), cloths (77.0%), cell phones (58.5%), agricultural land (56.5%), small ruminants (49.5%), poultry (47.0%) and bicycles (41.5%). Except for bicycles, cooking utensils and cloths that women in Garu-Tempane have acquired more than their colleagues in East Mamprusi, the rest of the assets show that they are more available among women in East Mamprusi than Garu-

Tempane. It is imperative to point out that, in the absence of baseline information on the assets measured, it is difficult to attribute the gains made so far to the PROMISE project; however, a number of developments are worth highlighting. The number of respondents reporting owning assets such as agricultural land (56.5%) is a feat that can be directly attributed to the work of the project's male gender champions whose duty it has been to facilitate processes to increase women's access, control and security of tenure to agricultural land.

Table 2: Number and type of assets owned

Type of assets	Garu Tempane		E. Mamprusi		Total	
	N	%	N	%	N	%
Cell phone	51	51.0	66	66.0	117	58.5
Bicycle	49	49.0	34	41.0	83	41.5
Motor bicycle	8	8.0	16	66.7	24	12.0
Donkey cart	5	5.0	10	66.7	15	7.5
Plough	10	10.0	16	61.5	26	13.0
Donkey	6	6.0	12	66.7	18	9.0
Cattle	10	10.0	12	54.5	22	11.0
Small ruminant	44	44.0	55	55.6	99	49.5
Poultry	41	41.0	53	56.4	94	47.0
Cooking utensil	86	86.0	75	46.6	161	80.5
Cloths	81	81.0	73	47.4	154	77.0
Agricultural land	43	43.0	70	61.9	113	56.5

In the absence of baseline information for measuring progress on the number and type of assets owned by PROMISE beneficiaries, the results of the survey are compared to national average asset ownership as reported in the Ghana Living Standards Survey (GLSS) Round 6 (GSS, 2012/13) report. Table 5 below indicates variances in the ownership of three assets covered by this survey as well as the GLSS (2014):

Table 3: Differences in Asset Ownership

Type of Asset	% of ownership by beneficiaries PROMISE	% Rural Savannah Average	% National Average	% Variance
Cell phone (mobile)	58.5	63.8	80.2	-5.3 (-21.7)
Bicycle	41.5	63.8	20.2	-22.3 (21.3)
Motorcycle	12	21.1	7.4	-9.1 (4.6)

**Source:** Ghana Statistical Service, 2014 (NB: Assets listed here are those with data from the GSS and which are also captured in the survey questionnaire).

The results from table 5 clearly reveal that ownership of assets such as cell phones, bicycles and motorcycles by beneficiaries of the PROMISE project fall far short (-5.3, -22.3 and -9.1 percentage points) in comparison to the average for rural savannah regions of Ghana. It is however significant to note that, ownership of bicycles and motorcycles outstrip the national average by as much as 21.3 and 4.6 percentage points respectively. The survey respondents will appear to be doing relatively well when examined from the national perspective but their performance at the regional (rural savannah region) is more crucial as the national concentration of assets such as bicycles and motorcycles are more pronounced in this part compared to any other ecological regions of the country.

Paucity in national data for gauging ownership of key assets such as donkey carts and ploughs, donkeys, cattle, small ruminants, poultry, cooking utensils, cloths, agricultural land etc. makes it pretty challenging to adduce definitive evidence for progress made by PROMISE beneficiaries (at least on the basis of information available on these assets from the GLSS 6). It is however imperative to point out that the donkey traction initiative supported by the project has modestly improved the asset base of at least 50 women (some 1.1% of the 4,460 beneficiaries) on account of the donkeys and ploughs provided. Some additional 20 beneficiaries have been supported with soya processing equipment to improve their processing and marketing of soya/cowpea products – a widening of the asset base of another 0.4% of beneficiaries. These efforts might appear to “dissolve in space” given the number of beneficiaries involved, but they are catalytic ingredients that could contribute to future exponential improvement of the asset base when viewed from the reproductive angle of the donkeys supplied and the potential profit that could accrue from the value addition to soya/cowpea products through the processing equipment supplied.

#### **4.1.2 Change in dietary diversity**

The findings of the study indicate that 63% of the respondents reported that they eat from different food groups in a week (it is important to point out from the outset that, a more accurate measurement of dietary diversity is for a 24 hourly basis but the endline opted for a weekly basis in view of the fact that what can properly be called a “balanced diet” is hard to find in most households within a 24 hour period. This is confirmed by results of the baseline, it therefore became necessary to extend the period to one week to have a more composite appreciation of the dietary diversity of the respondents. The results will have to be compared with caution in view of these differences). Table 4 presents the household dietary diversity. The findings of the study show that cereals and vegetables (198, 99%) are widely consumed by households weekly. This is closely followed by foods made from beans, soya bean and groundnuts (195, 98%). This constitutes an increase over the baseline of 30% of women and girls consuming quantities of processed soya/cowpea (see p.33 of the PROMISE Baseline Report, 2013). The results also indicate that the least consumed diet in a week is tubers (45%). Findings of the FGD indicate that women prepare daily household meals using soya bean and cowpea products due to the training received from the project. Cowpea based foods listed by women interviewed in both districts were ‘tubani’ (dumplings made from cowpea flour); ‘waakye’ (boiled rice and cowpea) and porridge blend fortified with soya or cowpea; fried bean flour (koshe) is a common diet in the

two districts. Soybeans are also used in combination with other foods by 100% (compared to 73.3% at baseline) of respondents. In both Garu Tempane and East Mamprusi districts, 100% of respondents indicated the use of soybean “dawadawa” in all soups cooked and consumed each day (in contrast to 96.5% of respondents at baseline).

Table 4: Household dietary diversity

Household dietary diversity	Baseline	Garu Tempane		E. Mamprusi		Total	
	N (%)	N	%	N	%	N	%
<b>Cereals (millet, sorghum, maize, rice) or other food made from cereal e.g. bread</b>	53(88.3)	99	99.0	99	99.0	198	99.0
<b>Tubers (potatoes, yam, cassava) or other food made from roots or tubers e.g. fufu</b>	8(26.7)	26	26.0	64	64.0	90	45.0
<b>Vegetables</b>	37(61.7)	100	100.0	98	98.0	198	99.0
<b>Fruits</b>	38(63.3)	96	96.0	99	99.0	195	97.5
<b>Beef, lamb, goat, wild game, poultry, or organ meat</b>	26(43.3)	70	70.0	72	72.0	142	71.0
<b>Eggs</b>	3(5.0)	59	59.0	65	65.0	124	62.0
<b>Fish</b>	48(80.0)	91	91.0	85	85.0	176	88.0
<b>Foods made from beans, soya bean or groundnuts</b>	52(86.7)	98	98.0	97	97.0	195	97.5
<b>Any local cheese (wagashi), yoghurt, milk, or other milk products</b>	Nil	48	48.0	59	50.0	107	53.5
<b>Any foods made with oil, animal fat or shea butter</b>	Nil	96	96.0	96	96.0	192	96.0
<b>Any sugar or honey</b>	Nil	65	65.0	93	93.0	158	79.0
<b>Any other foods, such as tea, coffee, local drinks, etc.</b>	Nil	59	59.0	66	66.0	125	62.5

Table 5 shows the number of different types of foods households consume in a week. The Food Consumption Score (FCS) is a composite score based on the dietary diversity, food frequency, and relative nutritional importance of various food groups consumed by a household during the lean period. A higher FCS indicates better food consumption in terms of dietary intake (food frequency) and dietary diversity; a lower FCS indicates poor food consumption. Food Consumption Scores range from the lowest score of 0 (no food from any food group is consumed in the past seven days) to the highest possible score of 112 (foods from all food groups are consumed every day for the past seven days).

The findings indicate that carbohydrate is the most consumed food group taken as breakfast and lunch on an average of 6 times in a week, while it is taken as supper on an average of 7 times. Proteins are the least consumed, taken as breakfast and supper on an average of 3 times, while taken as lunch on an average of 4 times. The findings indicate a less than satisfactory in-take of micro-nutrients - taken as breakfast, lunch and supper on an average of 4 times in a week. According to the standardized thresholds<sup>2</sup>, PROMISE beneficiary households are within the “acceptable consumption threshold”. The proportion of PROMISE households in the acceptable food consumption threshold is high when compared to data from the World Food Program’s (WFP) Comprehensive Food Security and Vulnerability Analysis (CFSVA) Report of 2012.<sup>3</sup>

Table 5: Number of different types of food households consume in a week

		District	Mean	N	Std. Deviation	Mini.	Max	Median
<b>Carbohydrate</b>	<b>as breakfast</b>	G. Tempone	5.4	96	1.8	2	7	7
		E. Mamprusi	6.6	97	4.4	2	21	7
		<b>Total</b>	<b>6.0</b>	<b>193</b>	<b>3.4</b>	<b>2</b>	<b>21</b>	<b>7</b>
<b>Protein as breakfast</b>	G. Tempone	2.5	90	2.0	0	7	2	
	E. Mamprusi	4.4	94	4.5	0	24	3	
	<b>Total</b>	<b>3.5</b>	<b>184</b>	<b>3.6</b>	<b>0</b>	<b>24</b>	<b>2</b>	
<b>Micro-nutrients as breakfast</b>	G. Tempone	3.3	41	2.1	0	7	2	
	E. Mamprusi	4.1	93	3.6	1	21	3	
	<b>Total</b>	<b>3.9</b>	<b>134</b>	<b>3.2</b>	<b>0</b>	<b>21</b>	<b>3</b>	
<b>Carbohydrate as lunch</b>	G. Tempone	4.2	95	1.8	1	7	4	
	E. Mamprusi	6.3	98	4.5	1	21	7	
	<b>Total</b>	<b>5.2</b>	<b>193</b>	<b>3.6</b>	<b>1</b>	<b>21</b>	<b>4</b>	
<b>Protein as lunch</b>	G. Tempone	3.2	93	1.7	1	7	3	
	E. Mamprusi	4.7	98	4.2	1	21	3.5	
	<b>Total</b>	<b>4.0</b>	<b>191</b>	<b>3.3</b>	<b>1</b>	<b>21</b>	<b>3</b>	
<b>Micro-nutrient as lunch</b>	G. Tempone	3.2	41	1.9	1	7	2	
	E. Mamprusi	4.5	94	4.8	1	21	3.5	
	<b>Total</b>	<b>4.1</b>	<b>135</b>	<b>4.2</b>	<b>1</b>	<b>21</b>	<b>3</b>	
<b>Carbohydrate as supper</b>	G. Tempone	5.3	95	1.6	2	7	5	
	E. Mamprusi	6.6	98	4.5	1	21	7	
	<b>Total</b>	<b>6.0</b>	<b>193</b>	<b>3.4</b>	<b>1</b>	<b>21</b>	<b>7</b>	
<b>Protein as supper</b>	G. Tempone	2.6	92	1.9	0	7	2	
	E. Mamprusi	4.3	97	3.7	1	21	3	

<sup>2</sup> WFP (2012), CFSVA, Table 70, p. 134. The data is comparable in the sense that it used the same standard set of questions for the FCS and focused on northern Ghana, but the sampling frame, the time period and the enumerators that were used were different. For example, the WFP data covers both rural and urban areas in the regions whereas the PROMISE data only covers rural areas (the focus of the project). The FC thresholds are defined as: >35 (acceptable food consumption); 21-35 (borderline food consumption) and <21 (poor food consumption).

<sup>3</sup> WFP, 2012, CFSVA, Table 71, p. 135.



Micro-nutrient as <i>supper</i>	<b>Total</b>	<b>3.5</b>	<b>189</b>	<b>3.1</b>	<b>0</b>	<b>21</b>	<b>3</b>
	G. Tempane	3.0	40	2.1	0	7	3
	E. Mamprusi	3.9	94	3.7	1	20	3
	<b>Total</b>	<b>3.7</b>	<b>134</b>	<b>3.3</b>	<b>0</b>	<b>20</b>	<b>3</b>

## 4.2 Project intermediate outcome 1: women and girls increase consumption of processed soya beans and cowpea

The indicators for this intermediate outcome include:

- 1) the quantity of processed soya and cowpea consumed by women and girls,
- 2) % of male household heads encouraging their women and girls (families) to consume processed soya bean and cowpea products,
- 3) % of female increasing production of soya bean and cowpea for household consumption, and

The evaluation findings indicate that significant gains have been chalked relative to the 1<sup>st</sup> intermediate outcome of the PROMISE project. The evidence gathered is discussed below:

### 4.2.1 Quantity of processed soya bean and cowpea consumed by women and girls

Table 6 shows the quantity of processed soya bean and cowpea consumed in a week. The results show that to a large extent the target set for the consumption of soya bean and cowpea has been realized. The survey findings show that an average of 3.2kg and 2.5kg of soya bean and cowpea products are consumed in every sampled household at Garu Tempane and East Mamprusi districts respectively in a week (this translates to an average of 136.8kg of soya and cowpea products consumed by every sampled household in a year).

The PROMISE project baseline indicator for this outcome is measured by the percentage of processed soya and cowpea consumed by women and girls and it was determined to be 30%. The endline survey results reveal a significant improvement to 86.5%, indicating that the percentage of soya and cowpea consumption has outstripped the baseline by more than twofold. The improved consumption has also been closely knit to improved production of the legumes as confirmed by results of the endline survey presented in Table 4. This is further evidenced by data from the production tracker of the project which has shown that between 2012 and 2015, quantities of soya stored by PROMISE beneficiary households for consumption had increased from a low of 13.6kg to a high of 344.5kg – suggesting a 25 fold improvement over the four year period. The production tracker’s results outstrips the findings of this evaluation by as much as 207.8kg (i.e. 344.5 – 136.8). Similarly, quantities of cowpea stored for consumption by PROMISE beneficiary households increased between 2012 and 2015 by as much as 23.9kg (i.e. 62.4 – 38.5).

Table 6: Quantity of processed soya bean and cowpea consumed in a week

Soya bean and cowpea products	Garu Tempene Kg	E. Mamprusi Kg	Total Kg
Foods containing cowpea (waakye)	3.0	2.5	2.7
Foods containing soya bean	3.5	2.4	2.9
Cowpea	3.3	2.5	2.9
Soy bean	3.4	3.0	3.2
Soy flour	3.5	2.3	2.8
Cowpea flour (e.g. tubani)	3.5	2.5	2.9
Soy milk	3.5	2.3	2.7
Soy fortified blend (e.g., tom brown porridge)	3.3	2.0	3.1
Cowpea fortified blend	2.6	2.2	2.3
Spice (e.g., dawadawa)	3.2	2.6	2.9
Total	3.3	2.5	2.8

#### 4.2.2 Male household heads encourage family members to cultivate soya bean and cowpea for family consumption

According to FGD participants, almost all women now cultivate soya bean and cowpea for home consumption and sale. They discussants argued that since women cultivate soya bean and cowpea, their male counterpart's produce are sold for cash income. The discussants (women) noted that though the produce is often given to them to sell, it is not the norm that they are informed to keep some for processing into secondary products for home consumption.

Figure 5 presents data on male household heads encouraging family members to cultivate soya bean and cowpea for family consumption. The findings of the study indicate that 158 representing 79% of the total respondents indicate that male household heads encourage women and girls to cultivate soya bean (this is based on the account of the women interviewed). The findings show that more male households in East Mamprusi are encouraging women and girls in the production of soya bean and cowpea compared to Garu Tempene. For cowpea, the survey results show that 150 representing 75% of the total respondents indicated that male household heads give encouragement to women and girls to cultivate soya bean. In East Mamprusi, more male household heads (90%) compared with Garu Tempene (60%) are encouraging women and girls to cultivate cowpea. The FGD participants revealed that not only do male household heads encourage women and girls to cultivate soya bean and cowpea, but they also provide them with productive agricultural lands and labour for land preparation. It would have been useful to elicit the account of men on these developments but this was not carried out due to time limitations.

Figure 5: Male household heads encouraging the cultivation of soya bean and cowpea

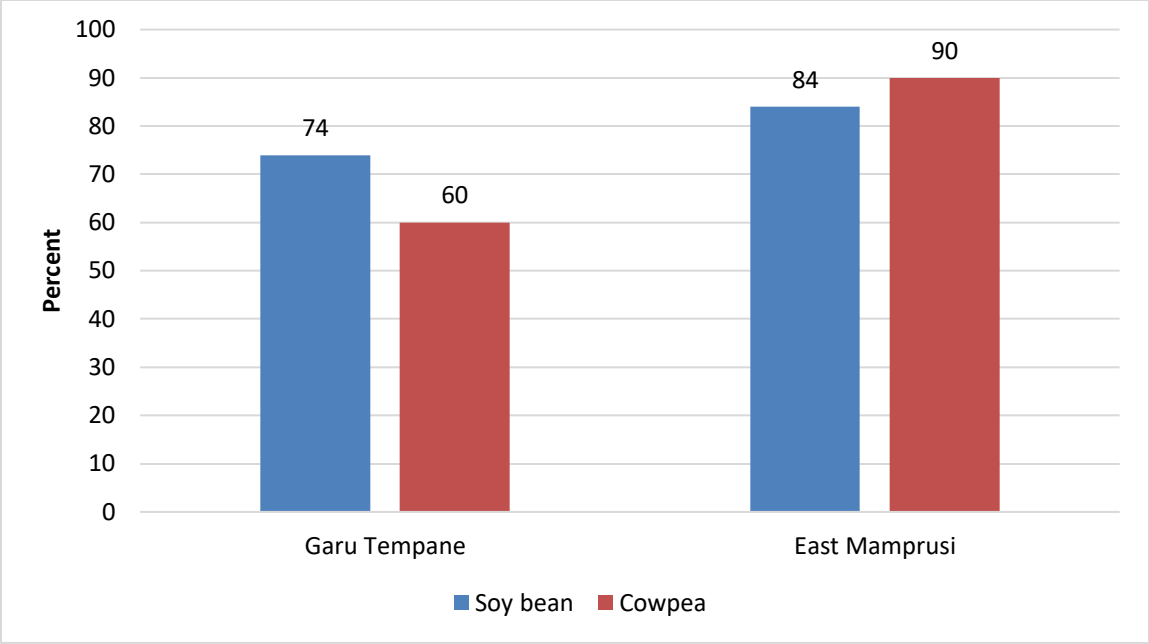


Table 7 presents the area cultivated for soya bean and cowpea. The results show that the mean cultivated area is 1 acre for both soya bean and cowpea. The findings point out that average cultivated area in East Mamprusi (1.6 acres) was higher than Garu Tempene (1.2) – this is in direct contrast to the situation at baseline where Garu-Tempene registered an average cultivated area of 1.2 acres compared to 0.5 acres for East Mamprusi. It will appear from these results that the Gender Champions in East Mamprusi were more proactive in ensuring that women had increased access to land. The results also indicate that more women and girls are engaged in cultivation of soya bean than cowpea. According to majority (90%) of FGD discussants in Garu-Tempene there is more productive time for doing household chores if one engages in soya bean cultivation compared to cowpea. The reason adduced was that soya production did not require much labour for weeding and fertilizer application unlike cowpea. However, single parent female household heads especially in Bantafaragu had challenges accessing land for soya beans and cowpea cultivation. Three discussants (widows) indicated they never had free access to land for farming except to hire/rent. These are likely typical reasons accounting for PROMISE beneficiaries in Garu-Tempene not registering any increase in cultivated area right from baseline.

Table 7: Soya bean and cowpea cultivation area (acres)

Variable	District	Mean	N	Std. Deviation	Mini.	Max	Median
Soya bean cultivation area	G. Tempane	1.2	89	0.5	0.5	3	1
	E. Mamprusi	1.6	97	1.1	0.5	7	1
	<b>Total</b>	<b>1.4</b>	<b>186</b>	<b>0.9</b>	<b>0.5</b>	<b>7</b>	<b>1</b>
Cowpea cultivation area	G. Tempane	0.9	69	0.3	0.5	2	1
	E. Mamprusi	1.3	89	0.8	0.5	4	1
	<b>Total</b>	<b>1.1</b>	<b>158</b>	<b>0.7</b>	<b>0.5</b>	<b>4</b>	<b>1</b>

Table 8 shows that more male household heads in East Mamprusi encourage women and girls to consume cowpea and soya bean and their products compared to male household heads in Garu Tempane (it is important to note that the results for this particular issue was obtained from female and not male respondents). Comparing the results of the evaluation in the two districts, it appears that more male household heads in East Mamprusi were encouraging women and girls to consume cowpea and soya bean products than in Garu-Tempane. The difference may be as a result of difference in advocacy campaigns embarked on by the implementing partners. There is the need for co-sharing of strategies between implementing partners for optimal project outcomes.

Table 8: Household heads encouraging women and girls to consume cowpea and soya bean products (on account of results from women respondents)

	Garu Tempane		E. Mamprusi		Total	
	N	%	N	%	N	%
Soya bean and cowpea products						
Foods containing cowpea (waakye)	65	65.0	73	73.0	138	69.0
Foods containing soya bean	75	75.0	93	93.0	168	84.0
Cowpea	70	70.0	89	89.0	169	84.5
Soy bean	62	62.0	89	89.0	151	75.5
Soy flour	68	68.0	89	89.0	157	78.5
Cowpea flour (e.g. tubani)	69	69.0	89	89.0	158	79.0
Soy milk	41	41.0	84	84.0	125	62.5
Soy fortified blend (e.g., tom brown)	35	35.0	84	84.0	119	59.5
Cowpea fortified blend	30	30.0	84	84.0	114	57.0
Spice (e.g., dawadawa)	64	64.0	88	88.0	152	76.0

#### 4.2.3 Women's Yield of soya beans and cowpea increasing every year

Figure 6 presents results of women's soya beans and cowpea yields at the time of the endline. The findings show that 68% and 53% of women in Garu Tempane reported an increase in soya bean and cowpea respectively, compared to 68% and 64% of women reporting increases in soya beans and cowpea respectively, in East Mamprusi district. Table 9 provides reasons for the increase in soya and cowpea yields. The evaluation results indicate that the reasons for increased

yield in Garu are good rainfall (43.4%) and improved tools and/or technology (33%), while the reasons for the increase in soya beans and cowpea in the East Mamprusi district are adoption of improved practices (51.8%) and fewer pest and/or diseases (19%). The FGD results corroborate the findings on increase in soya bean and cowpea production. According to the discussants, the knowledge and skills acquired and adoption of best agricultural practices had led to increases in crop yields. The participants also indicated that increases in crop yields were because of the use of improved and viable seed varieties for soya bean (e.g. ganguruma variety) and cowpea (padituya and songora varieties).

Figure 6: Percentage Increase of Women’s Yield of Soya and Cowpea

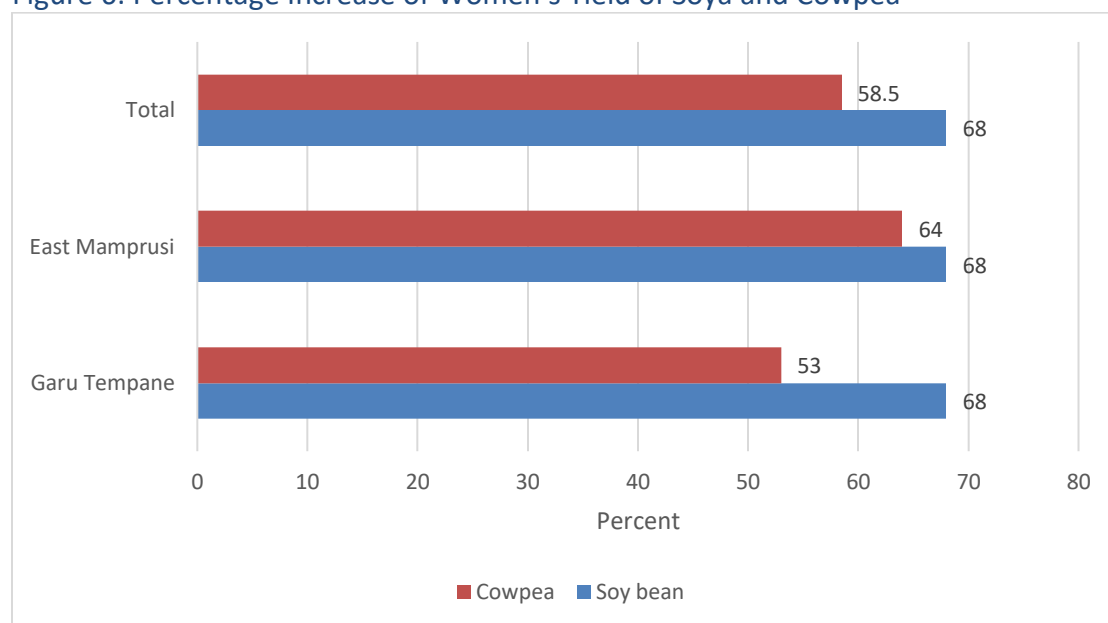


Table 9: Reasons for increase in crop yield

Reasons for increase	Garu Tempene		E. Mamprusi		Total	
	N	%	N	%	N	%
Fewer pests and/or disease	5	7.6	11	19.6	16	13.1
Adoption of improved practices	8	12.1	29	51.8	37	30.3
Improved tools and/or technology	22	33.3	8	14.3	30	24.6
Labour	1	1.5	0	0.0	1	0.8
Good rains	28	42.4	5	8.9	33	27.0
No floods/disaster	0	0.0	2	3.6	2	1.6
Cultivated more land	2	3.0	1	1.8	3	2.5

Table 10 presents the annual production of soya bean and cowpea in the project districts. The findings indicate that 212Kg (2 maxi bags) of soya bean and 100Kg (1 maxi bag) of cowpea are the mean annual production per household. This is commendable compared to baseline but when viewed against optimal production potential, there is more room for improvement. FGDs in both districts reveal that, in general terms, households harvest more soya bean than cowpea. Similarly, the results suggest that East Mamprusi is making more harvests than Garu-Tempene. This is because whereas 1600kg (16 maxi bags) of soya bean and 1500kg (15 maxi bags) of cowpea were recorded in East Mamprusi, Garu Tempene was trailing with 360kg (3.6 maxi bags) of soya bean and 350kg (3.5 maxi bags) of cowpea. The results here contrast what has been captured by the project’s production tracking system which is reporting lesser quantities of soya (217.2kg) and cowpea (109.5kg) produced per farmer for the year 2015. The discrepancies between the evaluation findings and the project production tracking system could be due to differences in sample size. What is evident in general is a marked improvement in quantities of soya (90.7kg) and cowpea (62.4kg) being stored by beneficiaries for household consumption in 2015 compared to the situation at baseline.

Table 10: Annual Production of Soya and Cowpea

Crop	District	Mean	N	Std. Deviation	Mini.	Max	Median
<b>Soya bean (Kg)</b>	Garu Tempene	211.5	89	78.4	20	360	50
	E. Mamprusi	213.5	94	295.0	20	1600	130
	<b>Total</b>	<b>212.5</b>	<b>183</b>	<b>254.7</b>	<b>20</b>	<b>1600</b>	<b>150</b>
<b>Cowpea (Kg)</b>	Garu Tempene	80.2	68	78.4	20	350	50
	E. Mamprusi	116.7	88	200.1	20	1500	50
	<b>Total</b>	<b>100.8</b>	<b>156</b>	<b>159.5</b>	<b>20</b>	<b>1500</b>	<b>55</b>

### 4.3 Intermediate Outcome 2: vulnerable women and girls equitably participate in and benefit from soya and cowpea value chains

The specific indicators for this objective were:

- 1) net profit accruing to women and girls at every level of the soya bean and cowpea production value chain,
- 2) ratio of men and women controlling the different levels of the value chain,
- 3) number of out-of-school girls participating and benefiting from soya bean and cowpea value chains.

The findings indicate that the extent to which these objectives have been achieved cannot be stated forthrightly because some of the indicator activities are currently being implemented. Preliminary evidence however point to the following results:

### 4.3.1 Net profit accruing to women and girls at every level of soya and cowpea value chains

Table 11 presents the results on profits accrued at every level of soya and cowpea value chains. The results indicate that 89% of women reported recording profit. Table 12 shows the net profits of soya and cowpea at production and marketing levels. The findings indicate that an average of 47.2% and 47.9% of profits are realizable at the production stage of the value chain of soya and cowpea, respectively. At the marketing stage of the value chain, the findings of the evaluation show that an average of 45.4% and 44.4% of profits accrue for soya bean and cowpea, respectively. *Caution must be taken when interpreting this information because the actual cost of production was not taken from farm records of the farmer but were based on their individual estimates.*

According to a FG discussant in Bantafaragu, “I make huge profits from the sale of soya bean products such as dawadawa. I even send some dawadawa to an agent in Kumasi who sells everything and returns my money to me” (Issahaka Mariam, Bantafaragu, 13.04.16).

Table 11: Profit accrued for soya and cowpea value chains as a whole

Crop	Garu Tempene		E. Mamprusi		Total	
	N	%	N	%	N	%
Soya bean	85	85.0	93	93.0	178	89.0
Cowpea	76	76.0	82	82.0	158	79.0

Table 12: Net profits accruing at different levels of soya and cowpea value chains

Net profit at production (%)	District	Mean	N	Std. Deviation	Mini.	Max	Median
Soya bean	Garu Tempene	35.3	87	20.5	0.0	80.0	40
	E. Mamprusi	58.56	92	40.8	10.0	400.0	55
	<b>Total</b>	<b>47.2</b>	<b>179</b>	<b>34.5</b>	<b>0.0</b>	<b>400.0</b>	<b>50</b>
Cowpea	Garu Tempene	33.6	72	19.5	3	80.0	35
	E. Mamprusi	60.1	84	63.4	0.00	600.0	55
	<b>Total</b>	<b>47.9</b>	<b>156</b>	<b>50.1</b>	<b>0.00</b>	<b>600.0</b>	<b>47.5</b>
Net profit at Marketing (%)	District	Mean	N	Std. Deviation	Mini.	Max	Median
Soya bean	Garu Tempene	29.0	87	19.0	0.0	80.0	30
	E. Mamprusi	60.8	93	42.0	5.0	400.0	60
	<b>Total</b>	<b>45.4</b>	<b>180</b>	<b>36.5</b>	<b>0.0</b>	<b>400.0</b>	<b>40</b>
Cowpea	Garu Tempene	29.9	72	18.6	2	80.0	30
	E. Mamprusi	56.7	85	25.3	0	130.0	60
	<b>Total</b>	<b>44.4</b>	<b>157</b>	<b>26.1</b>	<b>0</b>	<b>130.0</b>	<b>50</b>

### 4.3.2 Ratio of women and men controlling the different levels of the value chains

The study results indicate that women dominate in the processing and marketing of agricultural produce. The evidence gathered from the FGD and key informant interviews suggests that the ratio of women to men in soya bean and cowpea production is 3:7 (women: men); processing of soya bean and cowpea is 10:0 (women: men) and marketing of soya bean and cowpea is 8:2 (women: men). The implication of this finding is that women have relative dominance in many activities along the soya and cowpea value chains. This development demonstrates in a positive way the contribution of the PROMISE project to enhancing women's capacity with the support of men to make informed decisions on the best food choices that meet their own nutritional needs and that of other members of their families as well as strengthen their participation and equitable control in the soya and cowpea value chains.

### 4.3.3 Number of out-of-school girls participating in and benefiting from soy and cowpea value chains

During the time of the evaluation, most of the out-of-school girl beneficiaries were not readily available to determine their total number. Those available and some parents of out-of-schools indicated that ***all the young girls*** received training in value addition to soya/cowpea and are effectively participating in the production and retail of soya and cowpea products. At the FGD level, the discussants noted that out-of-schools girls are engaged in the sale of soya products during market days to supplement household incomes of their parents. Areas of minimal involvement of this segment was with respect to processing since some of them have children below 2 years who need intensive care and will not under normal circumstances have time to spare. The reports of partner organizations however indicate that 200 out of school girls are participating in and benefiting from soya bean and cowpea value chains.

## 4.4 Intermediate Outcome 3: District Assembly processes in the two districts support women led multi-stakeholder platforms for cowpea and soya beans.

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The specific indicators are:

- 1) # of women led platforms that are influencing A/C and D/A decision-making processes
- 2) # and types of A/C and DA decisions and actions that respond to and support community-driven women-led platforms in cowpea and soya production and processing

### 4.4.1 # of women led platforms that are influencing A/C and D/A decision-making processes

The PROMISE Project's forward looking effort to addressing some of the underlying causes of women's vulnerability to unfavorable conditions in the soya and cowpea value chains *inter alia*: poor marketing opportunities (lack of ready market for soya and cowpea); lack of collective



bargaining power through produce aggregation and poor lobbying capacity to influence decisions at the AC and DA levels - facilitated the formation of women-led platforms known as District Women-Led Soya and Cowpea Associations in the two project districts. The mandate of these associations included taking a lead role in negotiating and lobbying for competitive prices for soya and cowpea produce. The associations were also mandated to represent the interest of their members on any platform of interest so far as soya and cowpea value chains are concerned - with the District Assemblies being the prime target of activities of the platforms. Since the formation of the associations, not much has been witnessed by way of securing competitive prices for produce according to accounts of FG discussants and project staff of PROMISE. This has been a major challenge to the associations and has necessitated the formation of a select group of aggregators from among the membership of the associations to drive the produce aggregation process. It was envisaged that upon successful produce aggregation, appropriate produce buying companies will be contacted for negotiation and collection of produce. According to accounts of all FGDs in East Mamprusi, the volume of produce aggregated was not good enough to be of interest to the Savannah Marketing Company (i.e. a produce buying company) – that was earmarked as the off-taker for their produce. This is further confirmed by the project’s PIMS which reported that *“the producer groups have not successfully negotiated contracts with purchasers and many still sell on individual basis”*. The Ghana Grains Council’s (GGC) assurance to the groups to assemble their produce for effective linkage to buyers did not also come to fruition.

In order to further activities of these women-led platforms, the project facilitated the constitution of Thresher Operation Management Committees (OMCs) with membership from the platforms to oversee the running of the cowpea threshing machines that were supplied to lessen their drudgery in soya processing. In view of the late delivery of the threshers, not much can be reported about the contribution of these committees to the operational sustainability of the machines since they are yet to be used in the coming farming season (i.e. 2016). What is evident however is that, the constitution of the OMCs is solely women – there is thus a guaranteed assurance that women are taking control of vital assets that will ultimately improve their operations in the soya value chain – this constitutes a significant opportunity for women to exercise agency (i.e. women’s ability to act collectively to further their own interests.). This is contrary to the norm in the project districts where men are often gatekeepers and will in many instances take possession of such vital assets by relegating women to the background in the constitution of such OMCs.

In sum, the evaluation team’s field findings on intermediate outcome 3 are: the project was very instrumental in setting up “Agbadeeya Ma” (literally meaning “the mother of Soya and Cowpea Producers”) which is the Soya and Cowpea Apex body in the East Mamprusi District; it also facilitated processes for the inclusion of PROMISE beneficiaries to the Garu Cooperative Farmers’ Association, which engages the DA on decision making relative to farmers’ interest in the district (including lobbying for the inclusion of soya to the list of crops of advocacy interest to the association); and finally supported the setting up of two OMCs (comprising solely women) to oversee the running of the soya threshing machines provided by the project.

While some gains have been made through the establishment of these platforms at the local level, there is no clear evidence of concrete results on the ground by way of what has been leveraged from the ACs and DAs in both districts through the activities of these platforms. This is explained largely by the late establishment of these platforms as well as the PROMISE Project's PIMs and POMs report that *“there has not been any AC decision taken to support the women led platforms in soy and cowpea production and processing. This is because the AC structures in the two districts especially in the project communities are weak and hardly functional and so they have not been meetings among AC members”*. The need for an extended period of support to these platforms will be paramount to guarantee their functional sustainability. The critical issue to view in terms of the continued relevance of these platforms to local development priorities and needs is to clearly identify what messages are needed from PROMISE to influence local government policy and resource allocation for soya and cowpea value chains, and what knowledge tools and models can and must be built in order to significantly accelerate uptake of PROMISE approaches across the planning and budgeting systems of the ACs and DAs.

#### **4.4.2 # and types of A/C and DA decisions and actions that respond to and support community-driven women-led platforms in cowpea and soya production and processing**

The evidence presented in the preceding section amply makes it clear that the platforms established by the project are still at infancy – there is thus little to report by way of numbers and types of AC and DA decisions and actions that respond to and support community-driven women-led platforms in cowpea and soya production and processing. A thorough review of the District Medium Term Development Plans (DMTDPs) of both project districts reveals eight (8) initiatives that have been planned and budgeted for in relation to soya production and processing but the modalities for their execution are not in many ways related to actions that respond to and support community-driven women-led platforms in cowpea and soya production and processing.

#### **4.5 Immediate outcome 1.1: Increased and more equitable access of women to extension and technologies for the production of soya bean and cowpea**

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The specific indicators for this immediate outcome include:

- 1) number of extension services provided to women-led groups at each level of the soy and CP VC., and
- 2) % of women in the cowpea and soya beans value chains reached with extension services compared to men and boys.

To a very significant extent, this outcome was achieved. The evidence supporting this conclusion is presented below:

#### **4.5.1 Number of extension services provided to women-led groups at each level of the soy bean and cowpea value chain**

The survey findings indicate that 82 representing 41% of the respondents reported meeting an extension officer of the District Departments of Agriculture (DoA), 63 representing 32% of the respondents indicated they had met extension officers of PARED and PAS-G and 65 representing 33% of the respondents indicated that they met CBEAs for technological, market and pricing information. This compares favourably when related to the situation at baseline (see the PROMISE PMF attached to this report). Interviews with key informants indicate that in aggregate, farmers received in excess of 8 extension services on the production value chains. These include the provision of donkey ploughs and multi-purpose threshers were the two main technologies introduced to improve women's labour savings. The others are the provision of improved seeds, insecticides to produce soya and cowpea, application and use of agro-chemical, and the selection of crop varieties. Interestingly, the current crop of extension agents are not only reaching farmers with technological innovations but are also diffusing ready market information to these groups and linking them to produce buying outlets. Unfortunately, the produce of the groups are not in large quantities to warrant producer companies to bulk adequate quantities for commercial purposes. It was reported during the FGDs in GTD and EMD that, one of the significant barriers to soya produce companies doing business with the PROMISE communities is the rather low volumes that are produced. Efforts to bulk huge quantities to attract better pricing and leverage advantages of scale economies have been undermined to a large extent by this situation.

#### **4.5.2. % of women in the cowpea and soya beans value chains reached with extension services compared to men and boys**

A review of the project's monitoring report (PIMS/POMS) does not provide any updated data on this indicator; the endline survey similarly did not capture any information on this (the baseline survey did provide information on the percentage of women having access to extension services in the soya and cowpea value chains but not in relation to men and boys). What was however indicative from the FGDs in the sampled project communities was that, PROMISE was very instrumental in improving the access of women to extension services compared to the normal situation where they are often neglected by the formal agricultural advisory service delivery system of MoFA. A PRA exercise to gauge the assessment of discussants on the percentage of women in the cowpea and soya beans value chains reached with extension services compared to men and boys using a collection of ten (10) stones produced an average of 7 out of 10 (i.e. 70% computing the average of assessments from all the sampled communities). The modal split was therefore 70% women compared to 30% men in both female and male headed households. The results indicate that the project had an added value over baseline by as much as 5.5 percentage points (this is because access to extension services at baseline for GTD and EMD were 57% and 72% respectively; this translates to an average of 64.5% at baseline).

## 4.6 Immediate outcome 1.2: Improved knowledge and skills of women to process soya bean and cowpea into nutritious products for consumption

The indicator is # of new recipes produced/promoted and consumed by women from soya and cowpea. Table 13 shows the knowledge and skills in processing cowpea and soya beans. The findings indicate that 80.5% and 97.0% of the respondents reported knowledge of many dishes they can make from cowpea and soya respectively. The results also indicate that more respondents in East Mamprusi have knowledge and skills in processing cowpea than in Garu Tempene. According to the FGD participants at Kusheigu, soya bean has over 5 dishes including: soya cheese 'wagazie' (widow's meat), chips, "koshe", flour, "tom-brown" (blend), "dawadawa", 'walsa', "Tubani", "beamfegu" (bachelor's food), "fufura", "yoga", "gari", palava sauce, 'five fingers', porridge, etc. while cowpea dishes include "waakye", "tubani", etc. *"I did not know that soya was used as a spice for preparing food. After I gained knowledge and skills in the use of soya to prepare different spices, I now prepare all my meals with soya spice. I also share this information to my extended family members who are not in this community and have not received this training. Today, my extended family members are preparing meals using soya spices all the time"* (Apam Sandow, FGD in Takore, 12.04.15).

Table 13: Knowledge and skills in processing cowpea and soya bean

Knowledge and skills in processing cowpea and soya bean	Garu Tempene		E. Mamprusi		Total	
	N	%	N	%	N	%
<b>Can many dishes be made from cowpea?</b>	72	72.0	92	92.0	161	80.5
<b>Can many dishes be made from soya bean?</b>	97	97.0	97	97.0	194	97.0
<b>Are there different ways cowpea and soya bean can be processed?</b>	95	95.0	97	97.0	192	96.0
<b>Do you use different methods for processing cowpea?</b>	90	90.0	96	96.0	186	93.0
<b>Do you use different methods for processing soya bean?</b>	78	78.0	92	92.0	170	85.0

## 4.7 Immediate outcome 1.3: Women have greater control over soya bean and cowpea produce and products

The indicator for this immediate outcome is % of women owning key stages and assets of the value chain. The target earmarked for achievement by the project for this indicator are compared to actual progress made as reported in the projects PIMS/POMS. Results here indicate that the project has 1,404 producers in the two districts with women constituting 77.7%. These women are active in the production of soy and cowpea as extension messages delivered by trained women extension agents based in the communities are pretty intensive and responsive to their needs. Women also constitute 84.8% of the project's 257 members of the marketer groups.

These developments indicate significant progress over what was targeted (i.e. 20% of women production stage and assets and 10% of women owning larger markets and assets). The impressive results being reported here also place an enormous responsibility on the project to ensure that the gains chalked so far do not decline or fizzle out all-together due to the exit of the project. Continued support is crucially required to sustain the gains chalked so far and this will be most suitably guaranteed if the women-led platforms set up by the project are given further support to stand on their feet.

## **4.8 Immediate outcome 2.1: Women have improved control of finance and markets through VSLA**

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The indicators for this outcome are:

1. % of women equally making decisions on the use of household income
2. % of individual women and # of groups making the appropriate decisions in the soy bean and cowpea value chains

### **4.8.1 % of women equally making decisions on the use of household income**

The project's target for this outcome with respect to indicator 1 was 50% of women equally making decisions on the use of HH income. The endline survey results point out clearly that 94% (188) of respondents reported having equal decision making power in the use of HH income. This compares favorably with results from the project's PIMS/POMS which reports that *"even though no survey has been carried out to establish the percentage of women making equal decisions on household income, it can be observed that the VSLA platforms created by the project have improved women's economic situation through savings and they are able to contribute to economic activities such as farming. Most of the project direct beneficiaries are women who have been assisted with farm inputs and credit to undertake farming activities. These interventions have enhanced the status of women and they are being consulted by men (husbands) on use of household income since they are now in a position to contribute to income generation of their families. Facilitation of MGCs has also enhanced men and women engagements in useful discussions of common interest"*. The findings here corroborate what was noted by the evaluation team during FGDs in both project districts.

### **4.8.2 % of individual women and # of groups making the appropriate decisions in the soy bean and cowpea value chains**

The second indicator for this outcome is pretty amorphous and was difficult to measure during the endline survey as also confirmed by the absence of data on it from the projects PIMS/POMS, hence an alternate approach was adopted during the FGDs to have an appreciation of the % of individual women and # of groups making the appropriate decisions in the soy bean and cowpea value chains. 80% of the 10 FGDs held with VSLA groups in both project districts did give positive indication of many decisions they were embarking on to improve their economic wellbeing

through the soya and cowpea value chains. Among the interesting decisions that provided positive indication included learning with and through the project the following:

- new methods of farming soybean;
- improved methods of storing soy and cowpea beans that will attract better prices;
- new soy and cowpea recipes for improved economic activities along the value chains;
- new marketing strategies of soybean and cowpea; and
- discussion of management of the threshers purchased for the association by PROMISE.

#### **4.9 Immediate outcome 2.2: Improved capacity of women in soya bean and cowpea associations to engage in value chain operations and management**

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The indicator for this outcome is # of contracts successfully negotiated/implemented between district, producer organizations and purchasers. The target for this indicator was 3 contracts successfully negotiated. The endline survey as well as the project's PIMS/POMS confirm that the producer groups have not successfully negotiated contracts with purchasers and many still sell on individual basis. However, the GGC assured the groups to assemble their produce and give them information so that they will in turn inform buyers to come and purchase but not much has been achieved so far as noted earlier. It can therefore be concluded that a lot more is required by way of the project's success in improving the capacity of women in soya bean and cowpea associations to engage in value chain operations and management in the project districts.

#### **4.10 Immediate outcome 3.1: Staff in the two DAs enhance their skills to effectively and transparently engage stakeholders in gender sensitive development planning and implementation processes**

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The indicators are:

1. Present or absent in gender desegregated data available in two D/As
2. # of plans and budgets of 2 D/As reflect the specific needs of men and women

##### **4.10.1 Present or absent in gender desegregated data available in two D/As**

The project's effort to enhance the skills of DAs to effectively and transparently engage stakeholders in gender sensitive planning and implementation processes, organized training workshops in both project districts for Assembly persons. The Assembly persons were given capacity support to appreciate what it takes to make district plans, budgets and monitoring/evaluation systems gender sensitive. In view of the late start of the process (i.e. February, 2016) it will be premature to report possible outcomes that may have emanated from the capacity support provided. What is however indicative is that the processes resulted in all the

project communities developing gender sensitive Community Action Plans (CAPs), which were submitted to the various district assemblies for incorporation into their DMTDPs.

#### **4.10.2 # of plans and budgets of 2 D/As reflect the specific needs of men and women**

In view of the fact that the current planning cycle is already far advanced, it is doubtful if these CAPs could find expression in the DMTDPs which are for the period 2014-2017 (NB: All MTDPs of districts in Ghana were submitted to the National Development Planning Commission by the close of the year 2014 for verification and acceptance). With sustained advocacy support, the PROMISE facilitated CAPs could ultimately be incorporated into the next planning cycle which will be from 2018-2022 if efforts are intensified through other projects of CARE or an extended phase of the PROMISE project is rolled out.

### **4.11 Immediate outcome 3.2: Improve operational environment supporting the soya bean and cowpea value chain activities**

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The indicators are:

1. The presence of an operational guideline for soya bean and cowpea value chains
2. # of functional linkages among value chains actors linked to district

According to the project's PIMS/POMS, no operational guidelines for production, marketing and processing have been developed for Soy and Cowpea Value Chains. There are two functional linkages between producers and marketers and SPs. However, the team has collaborated with MOFA and SARI to help build the capacity of the women through engagement and training of CBEAs and the establishment of demonstration plots. This was confirmed during the key informant interviews with SARI and the District Departments of Agriculture to ascertain important milestones achieved by the project as reported in the PIMS/POMS.

### **4.12 Output 1: Extension messages and technologies relating to soya bean and cowpea production adapted and made more gender sensitive**

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The indicators are:

1. # of gender sensitive extension messages along the value chain on soya bean and cowpea made available
2. # of extension agents supporting women and girls with extension services and technology

#### **4.12.1 # of gender sensitive extension messages along the value chain on soya bean and cowpea made available**

The project's PIMS/POMS target for indicator 1 is seven (7) gender sensitive extension services provided to women in the production of soy and cowpea. Progress made at the time of the evaluation of the project was eight (8) different extension technologies covering agricultural production, processing, agricultural inputs (seed, fertilizer, and agro-chemicals), marketing, crop expenditure budgets, agronomic practices such as safe use of agro-chemicals and row planting, harvest and post-harvest management, and transporting services were provided to 600 women smallholder farmers in the project districts. These trainings were done four times annually. The platforms used included the FFBS, CBEAs and lead farmers – these channels have been effective ways of extension delivery at the community level. FGDs in the sampled project communities indicated that all beneficiaries have been reached with extension services including the following technologies; provision of improved seed/insecticides to produce soya/cowpea, application and use of agro-chemicals, selection of crop varieties based on weather and rainfall patterns, post-harvest management approaches/processes, market linkages, outlets and price negotiation, benefit-cost analysis of farming enterprise using the YI-CO-PO-MA model, training on nutritional values of soy and cowpea; organizing of community input fairs and sessions to sensitize on the safe application and use of agro chemicals and best disposal practices. Open days to link farmers to MOFA and SARI were useful in further clarifying extension messages and correcting wrong practices in soy and cowpea production. The achievement to date relative to this indicator is 114% – this represents monumental progress compared to baseline.

#### **4.12.2 # of extension agents supporting women and girls with extension services and technology**

The target for indicator two (2) according to the project's PIMS/POMS is 120 extension agents supporting women and girls with extension services. Progress to date indicates an achievement of 100%. A total of 120 CBEAs were identified and enrolled into the project and they are currently providing extension services to the women and girls in the project communities. They educate women farmers on GAPs for soy and cowpea cultivation as well as providing technical backstopping support to them on the fields.

In sum, it is worthwhile to note that the targets for this outcome area have been attained and even outstripped as in the case of indicator one. This is a good manifestation of an area of strength for the project which will need to be strengthened through future projects of CARE for optimal outcomes and impacts.



#### **4.13 Output 2: VSLAs in soya bean and cowpea trained on good agricultural practices (GAPs)**

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The indicator is # of VSLAs trained on GAPs by type. The results here are same as for output 1 above. It is significant to note that all VSLA groups are an integral part of soy and cowpea value chains and therefore received the same package of GAPs as other project beneficiaries as reported in section 4.11.

#### **4.14 Output 3: CBEAs facilitating gender sensitive training related to soya bean and cowpea production**

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The indicators are:

1. # of CBEAs who organize gender sensitive trainings on soya bean and cowpea
2. # of gender sensitive trainings on soya bean and cowpea conducted by CBEAs

The findings indicate that 120 CBEAs organize gender sensitive trainings on soya bean and cowpea. The modes of extension delivery have been sensitization at VSLA meetings, community fora, individual field/farm visits and meetings at FFBS fields etc. The results here have been reported in section 4.12 and need no repetition here.

#### **4.15 Output 4: VSLA platforms effectively facilitating sharing of nutrition information**

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The indicators are:

1. # of VSLA leaderships trained as CBT on nutrition information
2. # of nutrition messages shared at VSLAs
3. % of VSLA members demonstrating knowledge of new nutrition information acquired

Results for these indicators were mostly obtained through the FGDs conducted in the sampled project communities. All VSLA leaders (i.e. 5 leaders in each of the 10 communities) reported being trained as CBT on nutrition information. In total, 12 nutrition messages were reported to have been shared during VSLA meetings and all VSLA members (100%) demonstrated substantial knowledge of new nutrition information acquired. This was confirmed by the sheer number of recipes they reported that they could process from soy and cowpea (i.e. over 8 recipes).

#### **4.16 Output 5: Improved collaboration with WIAD for the processing, promotion and consumption of soya bean and cowpea products**

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The indicator is # and type of cowpea and soya bean recipes processed and promoted at CARE/MoFA programmes. The project team in collaboration with Women in Agriculture Development (i.e. WIAD is a unit under MoFA, which signed MoU) developed and promoted 8 different soybean recipes to women and girls in the project communities. The various recipes included; soy porridge, soy khebab, "Bombiga", "Tokni", soy fortified banku, walsa, soy sauces etc. The Women and girls are preparing and consuming these recipes at the household level. In addition, two different recipes from cowpea have been developed and promoted to the women and girls in the project communities. These recipes include improved processed Koose and Tuubane. The evaluation team found out from its interactions with staff of the District Departments of Agriculture that WIAD officers facilitated trainings on the nutritional value of soya bean in at least 30 communities of the project districts.

#### **4.17 Output 6: Women/girls trained in processing nutritious products from soya bean and cowpea**

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The indicators are:

1. # and types of trainings for processing group members on soya bean and cowpea
2. % of trained women and girls demonstrating knowledge and skills in processing at least one new cowpea or soya bean (or both) products

These indicators have been reported on in earlier sections (see sections 4.14 and 4.15)

#### **4.18 Output 7: Male gender champions and other opinion leaders advocate for involvement of women in decision making at household level**

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The indicator is # of male gender champions advocating for women involvement in household decision making process. Thirty (30) community forums have been organized by 60 MGCs on promoting women's access to bullock traction, productive land and organic manure from the homes. Some refresher trainings were organized in both districts for male gender champions to acquire skills and enhance their knowledge on advocacy and lobbying for women to have greater control of soy and cowpea products and produce. This effort has even be elevated to strategically lobbying and advocating for the inclusion of women as government appointees to the District Assemblies – phenomenal success has been achieved in this respect through the work of the PROMISE Gender Advisor who lobbied to have 5 women in East Mamprusi and 4 women in Garu-Tempane to be appointed (as Government appointees) to both Assemblies respectively. It is

expected that these developments will help to leverage support for the empowerment of women in households of the project districts.

#### **4.19 Output 8: Micro dealers provide targeted support to women soya bean and cowpea groups**

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The indicator is # and type of support to women on soya bean and cowpea by micro dealers. The findings show that 3 micro dealers provided specific types of services to soya bean and cowpea VC groups. These included: the VC groups receiving traction services, input dealers supplying their inputs to the communities and transporters also providing transport services to VC groups. The findings indicate a short fall of 2 as the target was 5 (different types of support).

#### **4.20 Output 9: cowpea and soya bean value chain association formed and trained**

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The indicator is # of VC associations formed and trained on market information scouting, tracking and sharing with groups; training on advocacy and lobbying skills; training on group dynamics including effective communication skills, information sharing, leadership skills and conflict management and resolution

The results of the study indicate that half of the target (40) community based soya bean and cowpea associations were formed in the communities. Interviews with project staff indicate that every community has one association that is composed of members of the producer, processors and marketers. The project did not do as much in providing training on negotiation, lobbying and advocacy as only 50 leaders of community level associations were trained as against a target of 180. These 50 leaders have had 10 trainings on GAP, price negotiations, conservation agriculture and lobbying. The project however did extremely well - as it nearly doubled the number of women and girls trained on leadership skills and group dynamics.

#### **4.21 Output 10: Women and girls trained in leadership**

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The indicators are:

1. # of women with leadership potential trained in leadership roles
2. # of trained women in leadership who gain leadership positions at the district value chain groups and association

Workshop reports from PROMISE indicate that 33 women and girls were trained in leadership roles in Garu-Tempene while 45 were trained in East Mamprusi. In sum, a total of 78 women and girls received leadership training while a total of 20 women gained leadership positions in the district women-led gender platforms (10 for each district).

#### **4.22 Output 11: Cultural/household policy restrictions on women minimized**

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The indicator is % of women reporting that cultural and or household restrictions have been minimized. In all the FGDs conducted in the sampled communities, women respondents generally gave a positive indication of minimized restrictions at the household level. Respondents gave accounts of how they could now easily access their food barns because of their increased share of produce stored there. They also pointed out how they were able to use proceeds from the sale of soya and cowpea products as well as share outs from VSLAs without any consent from their husbands – evidence of improved economic independence. What was most striking was the generally reported issue of freedom to store and use seed (particularly soya and cowpea) – without the ever pressing problem of demanding these from their husbands who are often not guaranteed to grant their request. On account of these developments, respondents were of the view that 80% of them were free from restrictions pertaining to the issues itemized above. It is significant to note that the community gender dialogues (CGDs) organized in 20 communities of the project districts played an instrumental role in supporting these outcomes being reported.

#### **4.23 Output 12: Create platforms for soya beans and cowpea value chains**

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The indicator is # of platforms created for cowpea and soya beans value chains stakeholders. Two platforms have been established in both districts as reported in earlier sections.

#### **4.24 Output 13: Build the capacity of cowpea and soya bean producers in marketing**

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The indicator is # of cowpea and soya bean women producers receiving training in marketing. This has been addressed in section 4.12.1.

#### **4.25 Output 14: Strategic (for both processed and unprocessed product) market linkages formed**

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The indicator is # of market agreements successfully developed and implemented. No market agreements have been successfully developed and implemented.

#### **4.26 Output 14: Women/girls have secure markets for processed product (soya bean/cowpea)**

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The indicator is # of soya bean/cowpea markets identified by type of products. Markets for soya bean/cowpea are far from secure because of the low volumes that are currently being aggregated. There are however, village and district level markets for cowpea and soya bean products. Moreover, the women-led platforms established to set this process in motion are still at infancy and will require substantial support before credible results can start to emerge.

#### **4.27 Output 15: District cowpea and soya bean associations constituted and functional**

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The indicator is # of soya bean and cowpea associations constituted and functional. Two associations have been established and are beginning to mobilise for action (still at the emerging stage of functionality).

#### **4.28 Output 16: Gender audit of district level decision making processes conducted**

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The indicator is # of gender audits conducted per annum. The evaluation study findings indicate that the project successfully conducted two (2) gender audits in Garu Tempane and East Mamprusi districts. This means that the some progress has been made relative to this indicator.

#### **4.29 Output 17: Capacity development plan for DA staff with respect to their understanding and appreciation of gender issues (exemplified through soya bean and cowpea VCs) developed and implemented**

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The indicator is # of D/A staff capacity built on gender. This target has been achieved since 40 staffs of DAs staff have had their capacities built on gender issues and it is evidenced by the plans and reports covering this output in both districts (see 2 plans and reports of training for assembly persons for both districts).

#### **4.30 Output 18: Capacity development needs assessment of women with respect to their participation in decision making at district level conducted**

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The indicator is capacity development score of women participation. No capacity development score is available from any of the reports and documentations provided in support of this evaluation but what is indicative from interactions with project staff is that the capacity needs assessment of women with respect to their participation in decision making at the district level are amply captured in the CAPs which were prepared by them and submitted to the DAs for incorporation into the MTDPs. It is important to indicate that 2 actions and strategies were under taken with regards to the preparations of CAPs. It is envisaged that with the right facilitation and strategic influencing, the capacity needs identified in the plans will eventually see fruition by way of implementation by the Assemblies concerned.

#### **4.31 Output 19: Capacity development plan for women developed and implemented**

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The indicator is # of actions and strategies implemented from needs assessment. Following from the findings in section 4.30, it is evident that output 19 was achieved.

#### **4.32 Output 20: Linkages between women led associations and district assemblies established**

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The indicator is # of meetings held with women led associations by the DA/MoFA. Four (4) separate meetings were organized by project partners and PROMISE staff in both districts to facilitate linkages (2 reports covering these activities were provided to the evaluation team by the local implementing partners to confirm this).

#### **4.33 Output 21: Approaches governing VCs reviewed and amended with all stakeholders**

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The indicator is status of the review of amendment of approaches governing value chain. This output area was not implemented.

# Section 5: Findings of Evaluation Questions

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## 5.1 Relevance

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Relevance is considered the extent to which the project is suited to the priorities and policies of the target group (beneficiaries), national governments, the recipient and/or the donor. For the purposes of this evaluation, given the ToR and proposed evaluation questions, we focus here on the relevance of PROMISE activities on beneficiaries, the extent to which project objectives are still valid and responsive to their needs and priorities. We have also examined if the outputs of the project are consistent with the ultimate outcome and the attainment of intermediate outcomes.

CARE International-Ghana Women's Empowerment Program identifies vulnerable and marginalized women as a primary impact group and aims to overcome the root causes of poverty and marginalization affecting them. The program is guided by a long-term program framework to support vulnerable and marginalized women to overcome poverty; live in dignity and to claim their rights – it is herein that the relevance of the PROMISE project to local realities is most evident. The project has been instrumental in building women's capacities to enhance their right to access control and manage their own livelihoods and to influence the direction of social change in a more equitable and just manner through the soya and cowpea value chains.

The demonstration fields and trainings on appropriate agronomic practices for soy and cowpea have led to increased knowledge and improved yields among beneficiaries as confirmed by results of the endline survey (see figure 6 and Table 13 of this report). Similarly, the sensitization trainings on nutritional value of soy and cowpea and demonstration of soybean and cowpea recipes led to improved consumption of soy and cowpea among beneficiaries (see Table 6 of section 4.2.1 of this report for evidence). Additionally, the endline survey confirms improvements in gender relations and increased access to productive assets for women and girls through the activities of gender champions as reported in sections 4.1.1, 4.18 and 4.22. However, a lot more is required to uplift the empowerment situation of beneficiaries through the structures or associations facilitated by the project to enable them benefit financially from participating in the cowpea and soy VCs. The late establishment of these structures readily account for this shortfall. With sustained effort, these structures can be strengthened to leverage the right support needed to have them work closely with the Ghana Grains Council, the Savannah Marketing Company and the Ghana Buffer Stock Company (or even the Ghana School Feeding Program) to guarantee ready market for their soy and cowpea produce. Overall, the FGDs held with MGCs, VSLAs, "Agbadeeya Ma", MoFA, SARI, DAs, GHS etc. gave strong indication that the target communities feel that the project has been successful in meeting their immediate needs for food (good nutrition), income (VSLAs) and the underlying causes of vulnerability to male exploitation through gender discrimination, stereotyping and exclusion. The PROMISE project through these

activities is helping to fight poverty and inequality which remain cardinal pillars of sustainable development goals.

Following from the developments expatiated above; there is strong indication that the objectives of PROMISE are still highly valid and relevant. This is evidenced both by the external environment – the continuously growing number of national and international NGO’s and CSO’s programming in this space since PROMISE began (examples abound such as the USAID’s Resilience in Northern Ghana (RING) and Strengthening Partnerships, Results, and Innovations in Nutrition Globally (SPRING) projects<sup>4</sup> ) - and the ongoing needs of communities to continue to respond to problems of nutrition as reported in the GDHS (2014) report.

The relevance of PROMISE project can also be appreciated through its responsiveness to the current and ongoing needs of beneficiaries as clearly spelt out in the District Medium Term Development Plans (DMTDPs) of East Mamprusi and Garu-Tempane districts. The DMTDP (2014-2017) of East Mamprusi for instance reports that *“the district continues to measure a reduction in low birth weights (LBWI babies due to a number of interventions: malaria control in pregnancy (supported by EPPICS); Nutrition and Malaria Control for Child Survival Project (NMCCSP) and CARE’s PROMISE project. Therefore the significant reduction in the LBW babies may have been contributed by these interventions. Such initiatives need to be expanded to cover more communities”* (see p.55 of EMD MTDP, 2014). Similarly, in Garu-Tempane, the DMTDP spells out efforts to *“train 160 farmers Groups in nutrition education and meal planning using soya and cowpea in consonance with CARE’s PROMISE model”* (see p. 210 of the GTD MTDP, 2014). These developments clearly indicate the project is aligned to the strategies and policies of the District Assemblies in the project area and therefore is contributing to value addition by way of local development needs and aspirations.

In sum, it can be concluded that, with respect to consistency of the project at the immediate, intermediate and ultimate levels, the project strategy has shown sufficient flexibility; there has

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<sup>4</sup> The **USAID/Ghana Resiliency in Northern Ghana (RING)** program is an integrated project and partnership effort under USAID’s Feed the Future initiative designed to contribute to the Government of Ghana's efforts to sustainably reduce poverty and improve the nutritional status of vulnerable populations. The purpose of the RING project is to improve the livelihoods and nutritional status of vulnerable households in targeted communities of 17 districts in the Northern Region. This is being achieved through three complementary project components: increasing the consumption of diverse quality foods, especially among women and children; improving behaviours related to nutrition and hygiene of women and young children; and strengthening local support networks to address the ongoing needs of vulnerable households.

The **Strengthening Partnerships, Results, and Innovations in Nutrition Globally (SPRING)** project seeks to strengthen global & country efforts to scale up high impact nutrition practices, prevent stunting & anaemia in the first 1,000 days & link agriculture & nutrition. SPRING is funded by USAID under a five-year cooperative agreement at the intersection of the U.S. Government’s two flagship foreign assistance initiatives—Feed the Future and Global Health Initiative.



been no serious indication of the non-validity of the logical consistency of the project. It is evident from the results presented in the preceding sections that the project's ultimate outcome of improving the nutritional and financial status of vulnerable women and girls has been achieved to a significant degree (see endline survey results in sections 4.1, 4.2 and 4.3 touching on nutrition (consumption), incomes (profits) and gender equity respectively).

## 5.2 Effectiveness

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Assessing the effectiveness of a project is a measure of how well the project achieved what it set out to do. In other words, did the project meet its intended goals and objectives? In the context of PROMISE, the evaluation team has defined effectiveness as the extent to which the intended goal (or impact) of the project was met, as articulated in the log frame and further substantiated by the PMF. An updated report of the PMF as presented below clearly articulates areas of monumental success and failures relative to the project's indicators at baseline vis à vis targets and end line results.

Drawing from the performance of the project and wide consultations with beneficiaries and key local institutional level stakeholders, the most promising results in terms of increased consumption of soybean and cowpea by women were galvanized through the Community Food Demonstration or Exhibition Bazaars/Durbars. Using the Community based micro finance schemes commonly known as the Village Savings and Loans Associations (VSLAs) as conduits to improve nutrition education proved to be an effective platform for easily reaching women with skills and techniques for adding value to soya and cowpea. The approach was found to be women-friendly, women-dominated (usually 80% to 95%) and self-sustaining that afforded and enhanced access to nutrition information aside the direct financial security it offered to project beneficiaries. The VSLAs and Community Food Demonstration or Exhibition Bazaars/Durbars presented unique opportunities in terms of equitable participation of women and girls in the soybean and cowpea value chains. Complementing these achievements were the women-led platforms for soya and cowpea VCs (Agbadeeya Ma and Garu Farmers' cooperative) which were envisaged to galvanise AC, DA and Produce Buying Companies' support for the production, processing and marketing of soya and cowpea produce and products. These platforms have a huge potential to revolutionize women's participation in the soy and cowpea VCs but the late establishment of the platforms has been a major drawback. The visionary decision to support beneficiaries with soya threshing machines to improve their labour savings has been useful but the timing for the delivery of the machines was less than ideal and this has by default created a lacuna in appreciating the effectiveness of the OMCs set up to oversee their operations at the time of the evaluation.

Another approach that improved the production capacity of women to increase yields in order that more soya and cowpea could be available for household consumption was the Farmer Field and Business Schools (FFBS). This approach uses demonstration plots at the community level to experiment with different good agricultural practices, the results of which are evident to

women beneficiary farmers. The FFBS approach covers knowledge transfer to mostly women in the areas of sustainable agriculture, market, nutrition, gender and monitoring and evaluation using participatory processes. The fact that FFBS plots are established at community levels also allows greater participation of women in the demonstrations for improved soya and cowpea production. The use of CBEAs (solely women) to facilitate extension delivery especially to small holder women farmers at the community level complemented well the activities in respect of FFBS. Using women CBEAs for the FFBS is a good strategy that can improve women's equitable participation in the soy and cowpea value chains - strategically linking these CBEAs to on-going CARE projects or other related donor funded projects in the PROMISE operational districts will go a long way to sustain their effectiveness.

Table 14: Results (Effectiveness)

S/N	Indicator	Baseline	Target	End line (n, %)
4.1.1	<b>Number and types of assets (physical, financial and social) acquired</b>	Men: 6 assets (land, livestock, farm produce, means of transport such as bicycle, motor bike, radio set, cell phone)  Women: 4 assets (cooking utensils, new clothing, local poultry, savings at VSLA)	Women assets to increase by two (farm produce and any one livelihood assets such as cell phones, bicycles, motor bicycles, or livestock by 2016)	More than 7 productive assets acquired e.g., cooking utensil, cloths, small ruminants, poultry, bicycle, etc.
4.1.2	<b>Change in dietary diversity</b>	27% of HHs consume combination carbohydrates, protein, and micro nutrients weekly	35% by 2014  45% by 2016	63%
4.2.1	<b>Quantity of processed soya and cowpea consumed by women and girls</b>	0.8kg of soya beans consumed monthly  1.65kg of cowpea consumed monthly	1.33kg of soya beans consumed monthly  2.4kg of cowpea consumed monthly	2.9kg  2.7kg
4.2.2	<b>% of male household heads encouraging their women and girls to consume</b>	50%	65% by 2014  70% by 2016	a). 27% male household head provide beans to be processed and consumed by family member (This was unintended outcome and the project

	<b>processed soya bean and cowpea products</b>			<p>should immediately address it if possible) The FGD results indicate the reason for this scenario</p> <p>b). 79% of male household heads encourage family members to cultivate soya bean and cowpea for family consumption</p>
<b>4.2.3</b>	<b>% of females increasing production of soya bean and cowpea for household consumption</b>	<p>281 women produced cowpea in 2013 with an average yield of 0.52bags per acre.</p> <p>351 women produced soya beans in 2013 with an average yield of 0.89 bags per acre</p>	<p>45% of women cowpea producer increase their production from the previous year</p> <p>55% of women soya bean famers increase their production from the previous year</p>	<p>59% of women cowpea producer increase their production in the last four years</p> <p>68% of women soya bean farmers increase their production in the last four years</p>

4.3.1	<b>Net profit accruing to women and girls at every level of the soya and cowpea value chains</b>	Production: 20% net profit of both soya beans and cowpea for women  Marketing: 35% net profit from soya beans and cowpea for women	Production: 40%  Marketing: 60%	Production: 47% for soya bean and cowpea  Marketing: 45% for soya bean and 44% for cowpea (The end line results indicate that the target has been missed although there is improvement compared to the baseline results)
4.3.2	<b>Ratio of women and men controlling the different levels of value chains</b>	Production 8: 2 (m:w) Processing 0:10 (m:w) Marketing 2:8 (m:w)	Production 6:4 (m:w)	Production 3:7 (m:w) Processing 0:10 (m:w) Marketing 2:8 (m:w)
4.3.3	<b>Number of out-of-school girls participating in and benefiting from soya bean and cowpea value chain</b>	0	200 (100 girls in each district)  60% of participating girls have learnt one new skill in the value chains of either soya bean or cowpea or both	200  100%

4.4.1	Number of women-led platforms that are influencing A/C and D/A decision making processes	0	3 women led platforms	2 District Women-Led Soya and Cowpea Associations 2 Thresher Operation Management Committees
4.4.2	Number and types of A/C and D/A decisions and actions that respond to and support community driven women-led platforms in cowpea and soya bean production and processing	0	3 actions	8 initiatives that have been planned and budgeted for but no specific related actions
4.5.1	Number of extension services provided to women in the production chain of soya beans and cowpea	0	7 extension services provided on the production value chains  Introduce at least 2 labour saving technologies to producer groups	Excess of 8 extension services  2 donkey ploughs and multi-purpose threshers have been provided but farmers are yet to use them

4.5.2	<b>Percent of women and girls in the cowpea and soya beans value chains reached with extension services compared to men and boys</b>	<p>In the East Mamprusi district men have 61% access to extension compare to 39% of women in MHH. In FHH women have 44% access to extension and men have 54%</p> <p>In the Garu Tempene district both men and women have equal access to extension service in FHH but women have 35% access and men have 65% access in MHH.</p> <p>5% of women/girls accessing extension information</p>	<p>Men and women in East Mamprusi district have equal access to extension services in female and male headed households</p> <p>Men and women in East Mamprusi district have equal access to extension services in female and male headed households</p> <p>10% of girls accessing extension information on processing of cowpea and soya beans</p>	70% of women have access to extension services in female and male headed households
4.7	<b>% of women owning key stages and assets of the value chain</b>	<p>10% of women own production stage and assets</p> <p>75% of women own rural markets and assets</p> <p>5% of women own larger markets and assets</p>	<p>20% of women own production stage and assets</p> <p>80% of women own rural markets and assets</p> <p>10% of women own larger markets and assets</p>	<p>20% of women own production stage and assets</p> <p>84.8% of women own rural markets &amp; assets</p> <p>10% of women own larger markets &amp; assets</p>

		100% of women own rural and household processing and assets		
<b>4.8.1</b>	<b>% of women equally making decisions on the use of household income</b>	20% of women in FGD	50% of women	94% of women have equal decision making power in the use of household income
<b>4.8.2</b>	<b>% of individual women and # of groups making the appropriate decisions in the soya bean and cowpea value chains</b>	5% of individual women in FGD  0 group of women making appropriate decision in the value chains	30% of individual women  3 (2 producer groups and 1 marketing group)	80% of women  No endline data
<b>4.9</b>	<b># of contracts successfully negotiated/implemented between district, producer organizations and purchasers</b>	1 contract between producer association and buyers	3 contracts between producer association and buyers	No successful contract has been established yet
<b>4.10.1</b>	<b>Present or absent in gender</b>	No	Yes in each district	Activity just started in February 2016.



	<b>desegregated data available in two D/As</b>			
<b>4.10.2</b>	<b># of plans and budgets of 2 D/As reflect the specific needs of men and women</b>	0	2 in each district	Activity just started in February 2016.
<b>4.11</b>	<b>The presence of an operational guideline for soya bean and cowpea value chain</b>	0	3 (1 for producers by 2015; 1 for marketing and processing by 2016)	0
<b>4.11</b>	<b># of functional linkages among VC actors linked to district</b>	No functional linkages among VC actors	2 (1 between producers and SPs; 1 between marketers and SPs)	2
<b>4.12.1</b>	<b># of gender sensitive extension messages along the value chain on soya bean and cowpea made available</b>	0	3 extension messages per year (9 messages by 2016)	8

<b>4.12.2</b>	<b># of extension agents supporting women and girls with extension services and technology in cowpea and soya bean</b>	0	40 trained CBEAs annually from beginning from 2013 (120 CBEAs by 2015)	120
<b>4.13</b>	<b># of VSLAs trained on GAPs by types</b>	0	40 producer groups trained by 2014 and 80 groups by 2016	120
<b>4.14</b>	<b># of CBEAs who organize gender sensitive trainings on soya bean and cowpea</b>	0	60 CBEAs by 2014 and 80 by 2016	120
<b>4.14</b>	<b># of gender sensitive trainings on soya bean and cowpea conducted by CBEAs</b>	0	4 training annually beginning from 2014 (12 training by 2016)	12
<b>4.15</b>	<b># of VSLA leaders/ reps trained as CBT on</b>	0	40 VSLA leaders trained as CBTs annually beginning from 2014 (12 leaders trained by 2016)	50 VSLA leaders trained

	<b>nutrition information</b>			
<b>4.15</b>	<b># of nutrition messages shared at VSLAs</b>	0	40 VSLAs annually beginning from 2014. 4 new messages annually beginning from 2014 (12 by 2016)	12
<b>4.15</b>	<b>% of VSLA members demonstrating knowledge of new information acquired</b>	25% at FGD during value chain assessment and used as baseline	50% by 2014 and 75% by 2016	100%
<b>4.16</b>	<b># and type of cowpea and soya bean recipes processed and promoted at CARE/MoFA programmes</b>	5 recipes of both soya bean and cowpea from WIAD past interventions  No of formal engagement between CARE and MoFA	3 recipes of soya bean and 2 new cowpea recipes by 2016  MoU signed between CARE and MoFA at nation and district level by 2013 and renewed annually	8  MoU signed for WIAD offers to render services to women and girls
<b>4.17</b>	<b># and types of trainings for processing group members on soy and cowpea</b>	0	300 women and 200 girls by 2016	500 women and girls

<b>4.17</b>	<b>% of trained women and girls demonstrating knowledge and skills in processing at least one new cowpea or soy (or both) products</b>	0	50% of trained women and girls demonstrating knowledge and skills in processing in 2014 and 75% by 2016	100%
<b>4.18</b>	<b># of male Gender champions advocating for women involvement in HH decision making process</b>	20 men have demonstrated championing and advocating on gender issues during community profiling and assessment	40 by 2014 and 60 by 2016.	60
<b>4.19</b>	<b># and type of support to women on soy and cowpea by Micro dealers</b>	0	At least one targeted support given to producers, marketers and processors each year beginning from 2014.	3. VC groups receiving traction services, input dealers supplying their inputs to the communities and transporters also providing transport services to VC groups
<b>4.20</b>	<b># of Value Chain Associations formed and trained on market</b>	Soybeans Producer Association in Garu Tempene District	Primary producers, marketer and processors associations	20

	<p>information scouting, tracking and sharing with groups; training on advocacy and lobbying skills; training on group dynamics including effective communication skills, information sharing, leadership skills and conflict management and resolution.</p>		<p>formed in 20 communities by 2014.</p> <p>Secondary producer, marketers and processors association formed in each District by 2016</p> <p>At least six trainings are conducted on good agronomic practices, conservation agriculture, price negotiations and lobbying, primary value addition to produce and products, food hygiene practices leadership and group dynamics for Value chain associations by 2016</p>	<p>Every community has one association formed</p> <p>10</p>
4.21	# of women with leadership potential trained in leadership roles	100 VSLA chair persons trained	300 women leaders of VSLA, producers, marketers and processors associations trained by 2016.	78
4.21	# of trained women in leadership who gain leadership positions at the District Value Chain	0	30 women are leaders of district level Value chain Associations	20

	<b>Groups and Associations</b>			
<b>4.22</b>	<b>% of women reporting that cultural and or household restrictions have been minimized</b>	30% of women in FGD at baseline	45% by 2014 and 55% by 2016	80%
<b>4.23</b>	<b># of platforms created for cowpea and soybeans value chains stakeholders.</b>	1 soybeans value chain network in the Garu Tempane District meeting stakeholders at least once since 2012	12 platforms created by 2016	2
<b>4.24</b>	<b># of cowpea and soy women producers receiving training in marketing</b>	0	600 women trained	600
<b>4.25</b>	<b># of market agreements successfully developed and implemented</b>	1 Market linkage formed for the sale of soybeans in the Garu Tempani District	1 market agreement per crop per district annually. (6 agreements)	No market agreement

<b>4.26</b>	<b>Number of soy/cowpea markets identified by type of products</b>	Village level markets  District level markets	3 levels of secured markets for soybeans and cowpea processors groups by 2015. (Community aggregators, certificate warehousing inventory credit scheme, signed contracts with companies and individuals).	There are village and district level markets
<b>4.27</b>	<b># of soy and cowpea associations constituted and functional</b>	District soybean association formed in GTD	2 Associations per district by 2016	2
<b>4.28</b>	<b>Number of gender audits conducted per annum</b>	0	6 gender audits per district by 2016	2
<b>4.29</b>	<b>Number of D/A staff capacity build on gender</b>	TBD	40 staff of D/As trained	40
<b>4.30</b>	<b>capacity development Score of women participation</b>	TBD	Needs assessment conducted by 2016	No capacity development score. But capacity needs assessment of women with respect to their participation

				in decision making are captured in CAPs
<b>4.31</b>	<b># of actions and strategies implemented from needs assessment</b>	capacity development plan for existing VSLAs	2 actions by 2016	2
<b>4.32</b>	<b># of meetings held with women led associations by the DA/MoFA</b>	0	6 meetings by 2016	4
<b>4.33</b>	<b>Status of the review or amendment of approaches governing value chain</b>	0	Done by 2015	Not implemented



### 5.3 Efficiency

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This criterion addresses the cost efficiency of project implementation and the value for money of implementing the PROMISE project in the two districts. We assessed the performance of the project based on these three factors:

- i the degree to which project's results were achieved on time and on budget;
- ii the degree to which project's management and delivery has leveraged networks and alignment with other institutions to extend reach;
- iii the pursuit and promotion of credible information on the relative costs and benefits of the project.

Findings and analysis below come from a review of documents provided by CARE and, to a less extent, from key informant interviews undertaken by the evaluation team.

Despite some variance between planned and actual expenses and activities, overall was cost-efficient in its implementation. The project's networked structure kept administrative costs down and their use of networks granted access to inexpensive vehicles to multiply their reach. The project management made effective use of funds through this structure. The structure includes two locally-based organizations as implementation partners, government agencies as technical partners (GHS, MoFA, DAs etc.) and collaborators like the Savannah Agricultural Research Institute and the University for Development Studies, with a shared goal of addressing problems of nutrition among women, girls and boys. This networked structure has kept administrative costs within thresholds that could be described as "falling within the standard and acceptable ratio of administration costs to project costs" according to accounts of PROMISE project staff (No empirical budget analysis was not carried out apart from key informant information from project staff, it is therefore not possible to indicate the degree of variance -/+).

On the flip side, delays in implementation and disbursement have occurred during the project period and this is especially with respect to the procurement and delivery of important equipment and tools. The delivery of donkey carts with all the accompanying toolkits to improve women's access to timely ploughing services under the so called "donkey and traction implements" initiative was late in coming. All beneficiaries received this support only during the last few months to the final evaluation of the project (in April, 2016). Threshers for soya processing as well as light equipment to support value addition to soya and cowpea products were only being delivered during the final months of the project. Optimal delivery times that could have yielded the right results to start thinking of possible impacts of the project were missed. This problem could partly be the result of inefficiencies in the procurement process and or the high staff attrition that plagued the project right from infancy. Recruitment delays at start up, staff turnover and downsizing are among the proximate reasons for variances in delivering activities according to plan. The rate of implementation relative to plan thus varied.

## 5.4 Sustainability

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This criterion addresses two factors:

1. whether or not changes in the lives of beneficiaries as a result of PROMISE will or are likely to last once PROMISE exits;
2. whether or not PROMISE methods and lessons are likely to be adopted more broadly than direct project beneficiaries.

Findings and analysis to address these questions come from a review of CARE documentation (mainly country and project annual and M&E reports as well as PROMISE Learning Research reports/studies) and, to a less extent, from key informant interviews. Assessment of the first factor continues the analysis in the Impact section, which documents and discusses changes in the lives of beneficiaries due to the project. Overall, analysis takes into account evidence on the willingness and ability of project participants to sustain project outcomes and the degree of embedding of PROMISE's nutrition principles and methods into institutions at all scales of the beneficiary districts.

Some evidence exists of communities and households in PROMISE target communities showing ownership of project activities, willingness and capacity to sustain project outcomes. Evidence of sustainability includes the registration of umbrella bodies to support VSLAs in East Mamprusi and Garu-Tempene through the District Departments of Cooperatives as well as the Ghana Rural Enterprises Programme. VSLAs registered with these apex bodies are guaranteed of continuous support of the program through the Local Business Associations (LBA) registration procedure. Through this procedure, VSLA members are able to access the Rural Enterprises Development Fund (RED Fund) and a Matching Grant to support the up-scaling of their businesses along the soya and cowpea value chains (in all cases, beneficiaries are supported with start-up kits to facilitate their take off as local enterprises).

PROMISE's strategy to project delivery, which emphasizes capacity building and community mobilization to empower women so they can address their own problems, has in itself supported the sustainability of project outcomes. Training and joint planning are strategies PROMISE has employed to influence the practices of CBEAs, Male Gender Champions, Community Nutrition Volunteers, Soya and Cowpea Processors, Producers and Marketers operating in the project districts. Uptake of soya and cowpea nutrition information at this level is important as contact with communities is direct. However, unstable funding, competing demands and lack of access to refresher training can hamper sustainability in the absence of PROMISE.

Without further interventions (PROMISE or otherwise), communities' abilities to sustain livelihood benefits and gains in gender equality could be at risk. Gender-related results of the project, including improved confidence of women, access to financial capital through savings and

loans groups and economic independence through participation in small business activities, are significant. However, persistent challenges like disparities in education levels among females and males (both project districts) and rigid gender roles can keep women in a vulnerable position: women take on new roles in addition to the ones they already have and men have reduced incentives to contribute to household expenses as a result of their knowledge of the economic empowerment women have received from the project. It was reported during FGDs that, some men are now taking advantage of their awareness of women’s economic empowerment through the project to deny them of “chop money” (money that is usually provided by male household heads for expenses related to family upkeep).

As noted in the section on relevance (5.1), the fact that some PROMISE nutrition education and approaches are finding expression in the DMTDPs of both districts gives significant indication that opportunities abound for the replication of some methods and tools of the project through the decentralized structures of the Assemblies, namely; GHS, DDA, Business Advisory Centers of the Ghana Rural Enterprises Program etc. There were countless reported cases during the FGDs in the project communities about the sharing of soya and cowpea recipes with other communities other than those of PROMISE. It is also envisaged that when the women-led platforms established by the project become fully operational, their membership base could go beyond only PROMISE beneficiaries – there is thus an opportunity for the replication and out-scaling of PROMISE methods, tools and approaches.

## 5.5 Impact

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While effectiveness is a measure of how well a project meets its intended objectives, impact is a measure of the actual changes brought about by the project – directly or indirectly, intended or unintended. To assess PROMISE’s impact, we look at what has verifiably changed in the lives of beneficiaries as a result of the project and whether these changes amount to strengthened nutritional outcomes for women, girls and boys (as well as men).

Overall, PROMISE’s evidence of impact is quite strong as evidenced by the results presented in the section on sustainability. The project has achieved considerable impact at the household, community and district levels. Impacts at the household level are perhaps the greatest and provide the strongest evidence of how the lives of beneficiaries have changed as a result of their direct participation in the project. They include evidence of strengthened and diversified livelihoods (through skill acquisition for processing and marketing soya and cowpea products), improved agricultural practices and access to physical, financial, social and human assets (as evidenced by results of the end line survey), improved protection of key assets (including food reserves as evidenced by results of the project’s production tracking system), and shifts in gender dynamics that foster and promote women’s agency (especially through the work of the Male

Gender Champions and VSLA activities). Where challenges and barriers to impact were encountered, contributing factors included mostly complex attitudes and perceptions deeply embedded in culture, custom or religion.

At the district level, the project's impact is again commendable although a lot more could have been achieved. Of particular note was the project's willingness to work with others and their ability to coordinate a 'basket of collaborators' to better serve the needs and interests of project communities. In addition to strengthening the capacity of local government services (i.e. Planning Units of the District Assemblies, Ghana Health Service, District Departments of Agriculture and agricultural extension staff for example), PROMISE also engaged a number of new service providers including radio stations and private hospitality industry actors in learning about and disseminating knowledge on soya and cowpea recipes or diets more widely. In East Mamprusi for example, the PROMISE project is considered the 'teacher' of soya recipes as a result of its learning events and various trainings hosted together with other local institutions.

Comments heard by the evaluation team in East Mamprusi suggests that communities feel more empowered and are more mobilized through such groups as the VSLAs, to lobby government and ask for resources using their CBEAs. This was confirmed by district level planning officers who commented that some CBEAs were visiting their offices on a weekly basis, demanding updates on extension packages that were due to be delivered to their communities.

In terms of improving local institutions' access to soya and cowpea nutrition information, PROMISE's focus was on the use of Nutrition Counselling Cards and improving access to such. Packaging nutrition information in such a way that can be easily consumed by beneficiaries has raised general awareness of the uses and benefits of soya and cowpea recipes. In subsequent phases of PROMISE, the project would do well to improve knowledge, understanding and awareness of longer-term benefits of sustained reliance on cowpea and soya recipes for optimal health benefits.

## 6. Conclusion and Recommendations

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The evaluators' general assessment of PROMISE's achievements over the course of the four year project is that it has successfully met its purpose and significantly contributed to the project goals. In some areas we can say it has exceeded the expectations of the original project design, for example, production targets for soya and cowpea were exceeded and it was same for quantities of these produce that were stored for household consumption.

The evaluation has explored PROMISE's contribution to the district and national discourse on how to achieve Gender-Sensitive Livelihood Security; it has examined the extent - and the results - of PROMISE's influence with respect to increasing consumption of processed soya bean and cowpea and products; how vulnerable women and girls can equitably participate in and benefit

from soya bean and cowpea value chains; and how to influence District Assembly processes in the two districts to support women led multi-stakeholder platforms for cowpea and soya beans.

Further, the evaluation has explored the most useful and relevant messages of PROMISE on nutrition, and assessed the project's contribution to the broader discourse on the overall relevance of the LINKAGES (Linking Initiatives, Stakeholders and Knowledge to achieve Gender-Sensitive Livelihood Security) project. Our analysis is that PROMISE has in important ways redefined and deepened the understanding – and use – of soya bean/cowpea as an approach to improving nutrition outcomes without being prescriptive, by providing adaptable or flexible strategies that have respect for local dietary recipes.

There is diverse evidence to indicate that the project has impacted positively in the lives of the target communities, women and girls based on the findings gathered from the sample communities. These include high level of participation in project activities by the beneficiaries particularly in the production and use of soya bean and cowpea products to improve on the nutritional status of household members. The findings show that the strategies employed by the project are coherent and consistent to the organization's previous initiatives. This is useful for sustainable development. The strategies are working well and very reinforcing. The collaboration, advocacy, education, sensitization and cooking demonstration strategies need strengthening if these gains are to last beyond the project span.

Based on the findings of the study, the following recommendations are offered:

1. Pretty significant impacts chalked by PROMISE in establishing VSLAs, Male Gender Champions, Nutrition Clubs and most importantly improving soya bean production and consumption among women and girls; the development and implementation of a realistic phasing out and replication and sustainability strategy should take top priority, even if this means that the set target for number of communities directly reached is adjusted downward. The phasing out should be finalised within a four month period after the end of the current project phase. As part of the development of the phasing out and replication strategy, a thorough and robust analysis of options for implementing the PROMISE model post-project should be jointly developed with existing partners, DAs, DoA/ MoFA and GHS. Such an analysis should include, for example:
  - the nominal cost (of institutionalisation) to DAs and their decentralized departments, relative to their current budgets;
  - the personnel requirements, relative to DAs' current capacity; and
  - the roles of the partner organisations vis-à-vis those of the state and how any additional costs (over and above DAs' regular costs) will be funded.
2. As pointed out in the first recommendation, the need to extend the time of project exit by some four additional months is imperative in view of the need to allow for effective execution of some project activities including the strengthening of women-led platforms to guarantee their continued existence after the demise of PROMISE. The extension of project exit will also enable implementing partners have ample time to educate

beneficiaries of the donkey traction initiative on how to effectively use the facilities provided. Similarly, proper arrangements could be made for the management of the multi-purpose threshers supplied to beneficiaries of the project. Failure to extend the time will adversely affect the progress made so far.

3. The research team considers that, overall; PROMISE's implementation provided good value for money. It built some of the basic capacities that are now needed for sustained improvement in the soya and cowpea value chains to improve livelihood security and resilience for vulnerable women, girls, men and boys. Value for money would be further increased if PROMISE continues for a longer period to ensure the sustainability of the initial investment. For such capacity building and knowledge sharing projects, benefits would continue to grow over time with less financial investment. The investment-to-benefit ratio would progressively increase. For this reason, long-term commitment is needed to build organisational and institutional capacities to sustain improved nutrition outcomes through soya and cowpea value chains.

Annex 1: ToR

Annex 2: Data Collection Tools

Annex 3: List of FGD participants