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## Cultivating Sustainable Wellness: Lessons from Lesotho's Integrated Nutrition and HIV Programme

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### Abstract

The Integrated Nutrition and HIV/AIDS Programme, spanning from 2019 to 2023 and jointly orchestrated by UNICEF and the Lesotho government, strategically aimed to elevate the health and nutritional status of HIV-impacted families. Grounded in international and local policy frameworks such as the Sustainable Development Goals 2, 3, and 5, Africa's Agenda 2063, and Lesotho's strategic health priorities, the initiative represents a concerted effort to address complex health challenges through a multifaceted approach. This paper presents a meta-analysis of the programme's key documents, from Inception to the Final Evaluation. By evaluating initial methodologies, extracting data on participatory practices, and conducting a thematic analysis, a detailed picture of stakeholder involvement throughout the programme's multiple phases was formed. A marked improvement in health behaviors and nutritional outcomes was observed, which can be attributed to the potent combination of community participation, effective governance, and behavioral change strategies. The findings particularly highlight the critical role of early family engagement, drawing connections to culturally attuned and impactful interventions. This reinforces the imperative of involving family members across the spectrum, from women and girls to men and boys, as key to enhancing health and nutritional results. The synthesis of findings leads to an array of incisive recommendations, advocating for the reinforcement and embedding of family-centered approaches, which are deeply anchored in gender equality and inclusivity, within interventions. Such methodologies are pivotal to cultivating health practices that are sustainable and genuinely resonate with the community members they are intended to benefit.

**Keywords:** Family; Nutrition; Health; Gender Equality; Inclusivity