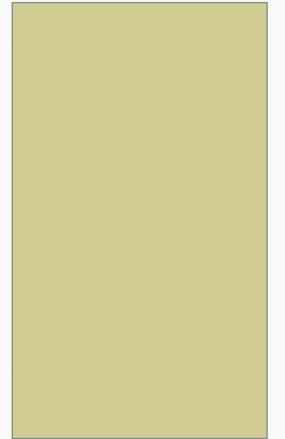


COMMUNITY-BASED RESPONSIBLE HUMAN DEVELOPMENT MODEL: HOW IMPROVING HEALTH IS THE FIRST STEP IN PROMOTING HUMAN DEVELOPMENT

MARICARMEN VALDIVIESO: EXECUTIVE DIRECTOR, NEXOS VOLUNTARIOS

LAURENT-CHARLES TREMBLAY-LEVESQUE: NUTRITION AND EDUCATION INTERN



AN INTRODUCTION TO NEXOS VOLUNTARIOS

Nexos Voluntarios (NeVo)

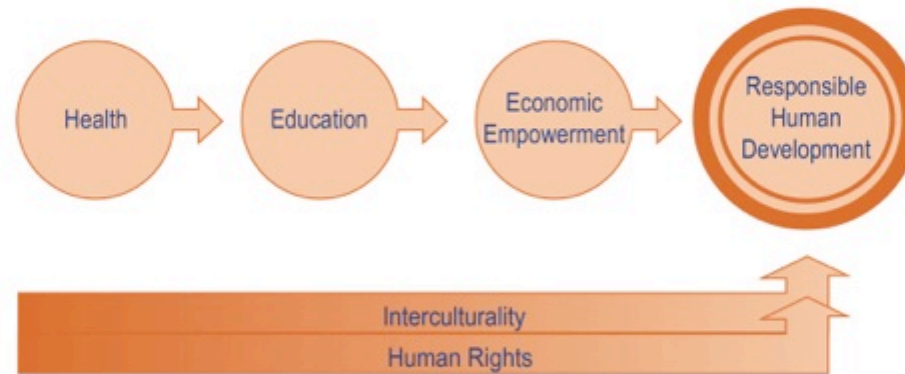
A global community creating bonds for Human Development

- ◆ NeVo is a **Peruvian Non-Profit Organization** that works in **the Upper-Andes**, primarily with **indigenous Quechua speaking communities**.
- ◆ NeVo receives support from committed and **caring volunteers** from different parts of the world who are interested in **serving communities** that require support in order to have a better life and **improving the wellbeing** of its members and children.
- ◆ NeVo aims to provide a human development to those who **most need** it as well as striving to learn about **different cultures**.
- ◆ **5 development projects:** **(1)** responsible community tourism initiative; **(2) lunch box programs;** **(1)** Initiative against discrimination; and **(1)** reproductive health program.

NEXOS VOLUNTARIOS MODEL



Our Development Model



INTRODUCTION

Nexos Voluntarios' vision:

The promotion of a sustainable human development should:

- (1) Focus on the health of individuals; and
- (2) Be community-based (centered and led).

Competing narratives on how to promote a sustainable human development in Peru:

National government of Peru:

- (1) Key variable: wealth
- (2) Nationally centered & regionally led; center to periphery; one fits all solution i.e. the magic bullet

Goal:

Promoting a sustainable human development in Peru.

Nexos Voluntarios

- (1) Key variable: health
- (2) Community-centered & community led; periphery to center; local solutions to local problems

HOW TO PROMOTE A SUSTAINABLE HUMAN DEVELOPEMNT

Case Study: child development

National government of Peru:

Q'ali Warma national school feeding program

- (1) Driven by wealth indicators
- (2) Centrally designed but regionally managed

Goal:
Improve the development of Peruvian children.

Nexos Voluntarios:
Kuychi Wasi and the Cuncani lunch box-programs

- (1) Driven by health indicators
- (2) Community managed

BASIC INFORMATION ON CHILD MALNUTRITION IN PERU

Accurate portrait of children undernutrition in Peru

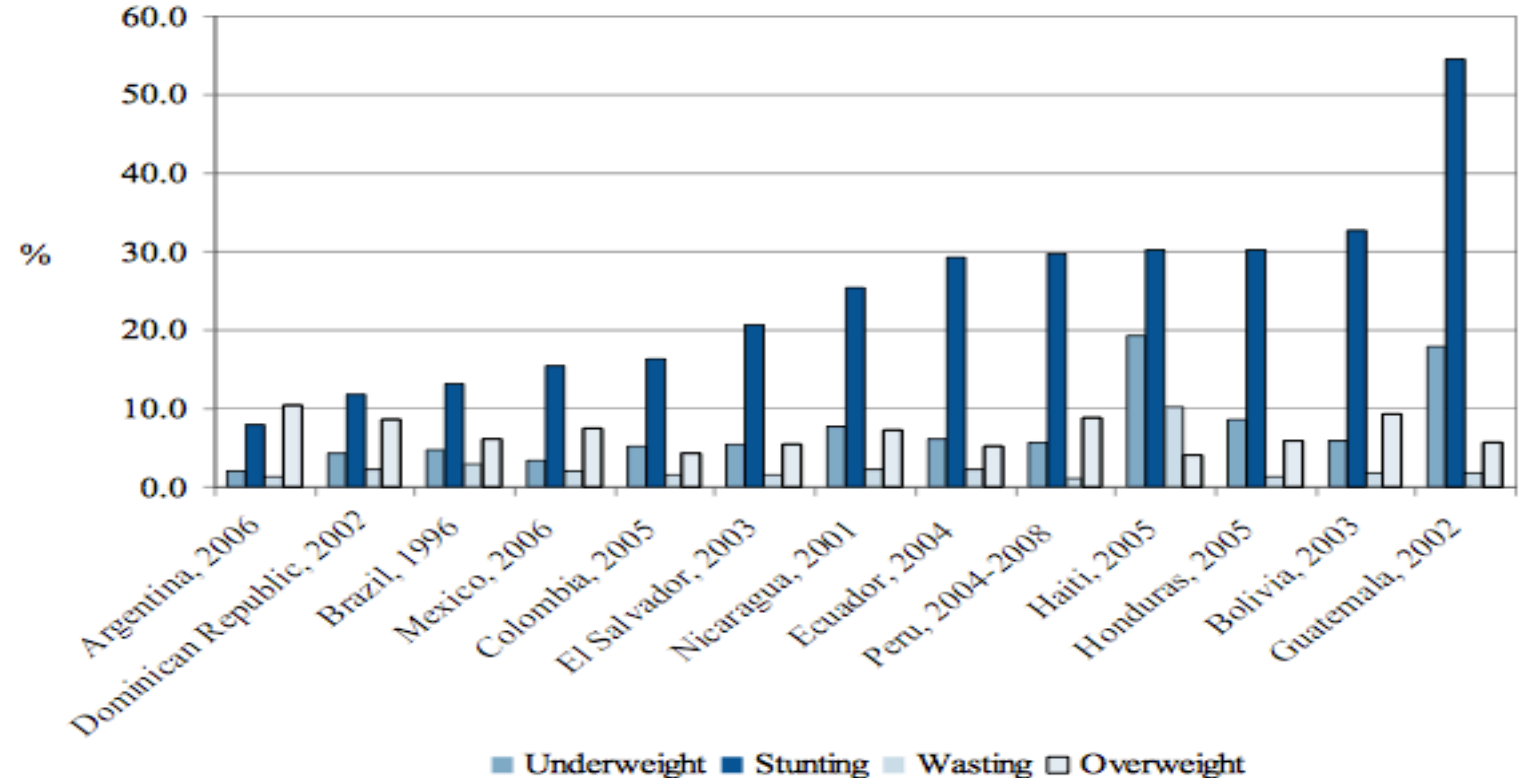
Consensus on child undernutrition effects:

- 1- Negative effects on the physical development of a child (e.g. underweight, stunted, wasted).
- 2- Negative effects on the child mental development (e.g. ability to learn, to communicate, to develop an analytical thinking, socialize and to adapt to new environments.)

Statistic:

27.5% of children 17 and under suffer from chronic undernutrition (WHO, 2009)

Figure 4. Prevalence estimates of underweight, stunting, wasting and overweight using the new WHO Child Growth Standards for all countries, most recent survey data.



Source: http://www.unscn.org/layout/modules/resources/files/Malnutrition_in_Infants_and_Young_Children_in_LAC,_Achieving_the_MDGs.pdf

INTRODUCING Q'ALI WARMA

The Qali Warma National School Feeding Program (2012-present)

Mission:

Provide rich, varied and nutritious food to children who attend kindergarten (from 3 years old) and primary public schools across the country.

Goal:

- (a) Promote a healthy physical development
- (b) Promote a better mental development by improving attention in class, attendance and retention.

Aid components:

Food: Products for a daily breakfast and lunch.

Education: Information and technical assistance.

Reach:

Currently: 2.7 million children in more than 47 thousand public schools.

By 2016: 3.8 million children i.e. the entire child population attending public schools.

Cost:

330 000 000\$ in 2013

Method:

Cogestionmodel – State, private sector, parents



Q'ALI WARMA

(1) DRIVEN BY WEALTH INDICATORS

How does QW determine what does a school receive?

Wealth indicators

Peru has 1836 districts, each of them are assigned to an income quintile by the INEI (according to absolute and relative poverty).

Poorest (Q1 and Q2) receive products which are sufficient for the provision of a daily breakfast and lunch.

Example: Yanahuara and Cuncani elementary schools are part of **Urubamba** district
= 1248/1836 poorest or Q4 – entitled to light breakfasts only (bread and jam with porridge) vs **Lares** 1/1836 (97.5% absolute poverty) – entitled to maximum aid.

Theoretical foundation (Amartya Sen's theory of famine)

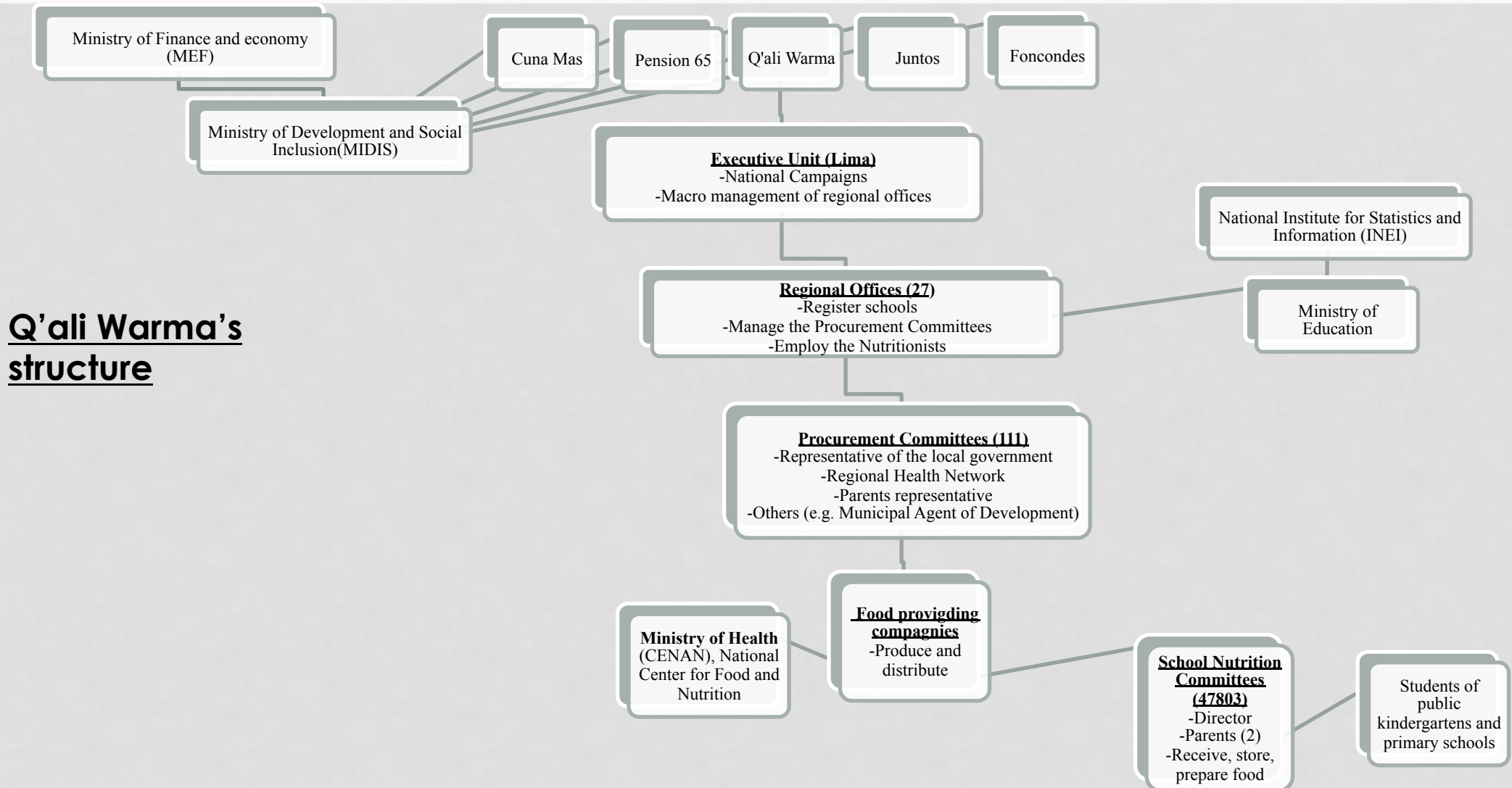
Entitlement failure (production and/or exchange)



“What is crucial in analyzing hunger is the substantive freedom of the individual or the family to establish ownership over an adequate amount of food, which can be done either by growing the food themselves (as peasants do), or by buying it in the market (as nongrowers of food do). (Sen, 1999)

Q'ALI WARMA:

(2) CENTRALLY DESIGNED BUT REGIONALLY MANAGED



QUESTIONING QW:

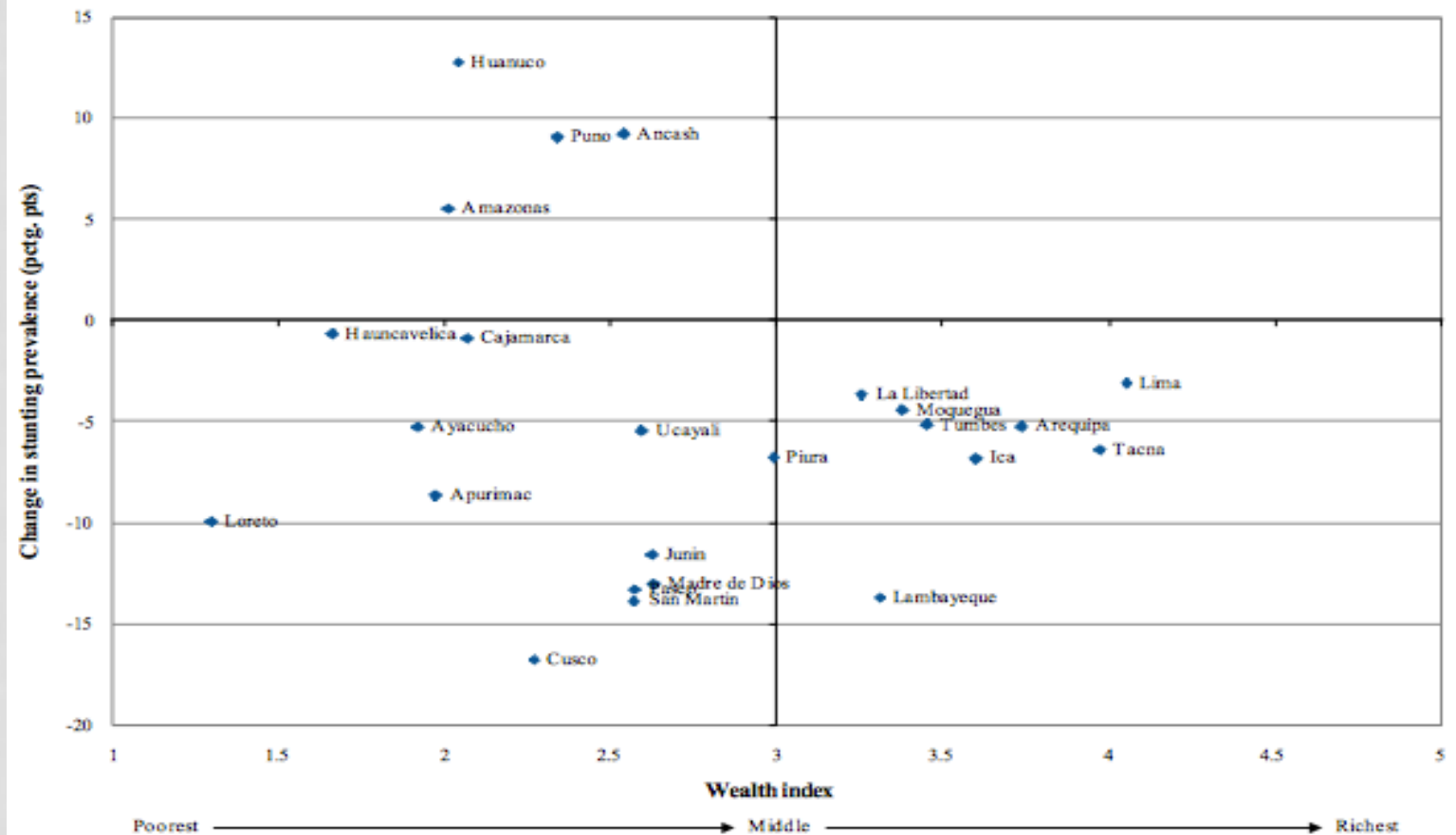
(1) DRIVEN BY WEALTH INDICATORS

Improvement in anthropometric indicators vis-à-vis wealth indicators

Are wealthier regions more successful at reducing stunting than less well-off regions?

In Peru, many of the poorest regions, for example, Puno and Huanuco, showed large increases in stunting prevalence between 1996 and 2004-08. However, there were poor regions throughout Peru that saw decreases in stunting (for example Loreto and Ayacucho), at the same time, richer regions such as Arequipa and Moquegua, had increases in stunting prevalence.

Figure 28. Peru 1986-2005 change in prevalence of stunting by Wealth Index and region

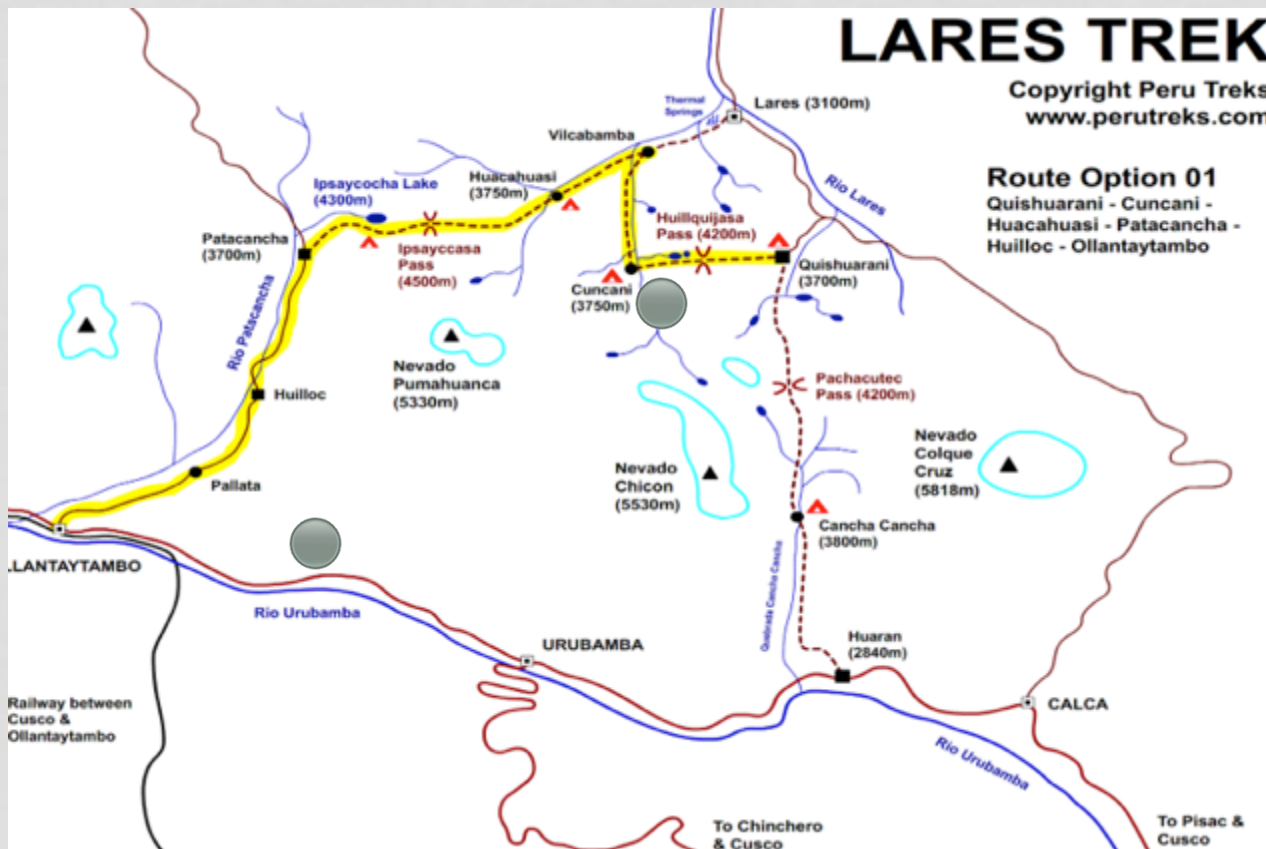


Source: http://www.unscn.org/layout/modules/resources/files/Malnutrition_in_Infants_and_Young_Children_in_LAC,_Achieving_the_MDGs.pdf

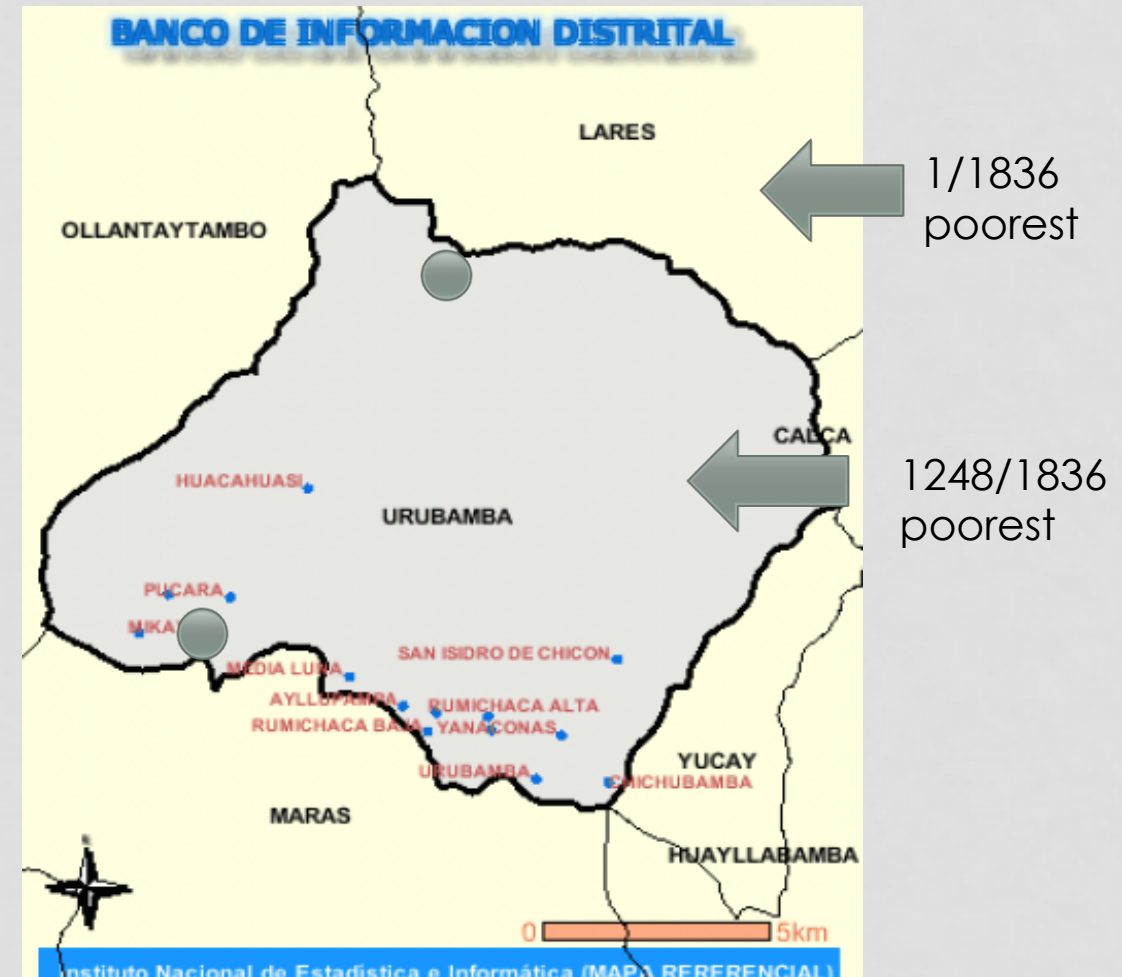
QUESTIONING QW:

(1) DRIVEN BY WEALTH INDICATORS

Yanahuara and Cuncani: QW's perspective



<http://www.perutreks.com/images/lares-trek-quishuarani-huilloc.gif>



<http://www.map-peru.com/es/mapas/Cusco-Urubamba>

QUESTIONING QW: (1) DRIVEN BY WEALTH INDICATORS

Yanahuara and Cuncani: QW's perspective



Yanahuara

Cuncani

QUESTIONING QW:

(2) CENTRALLY DESIGNED BUT REGIONALLY MANAGED

Yanahuara:

Weekly deliveries

Example of daily breakfast/products received:

Bread and egg

Bread and jam and/or caramel

Crackers and cheese

Breakfast provided every day



Cuncani:

One delivery per semester

Breakfast/products received:

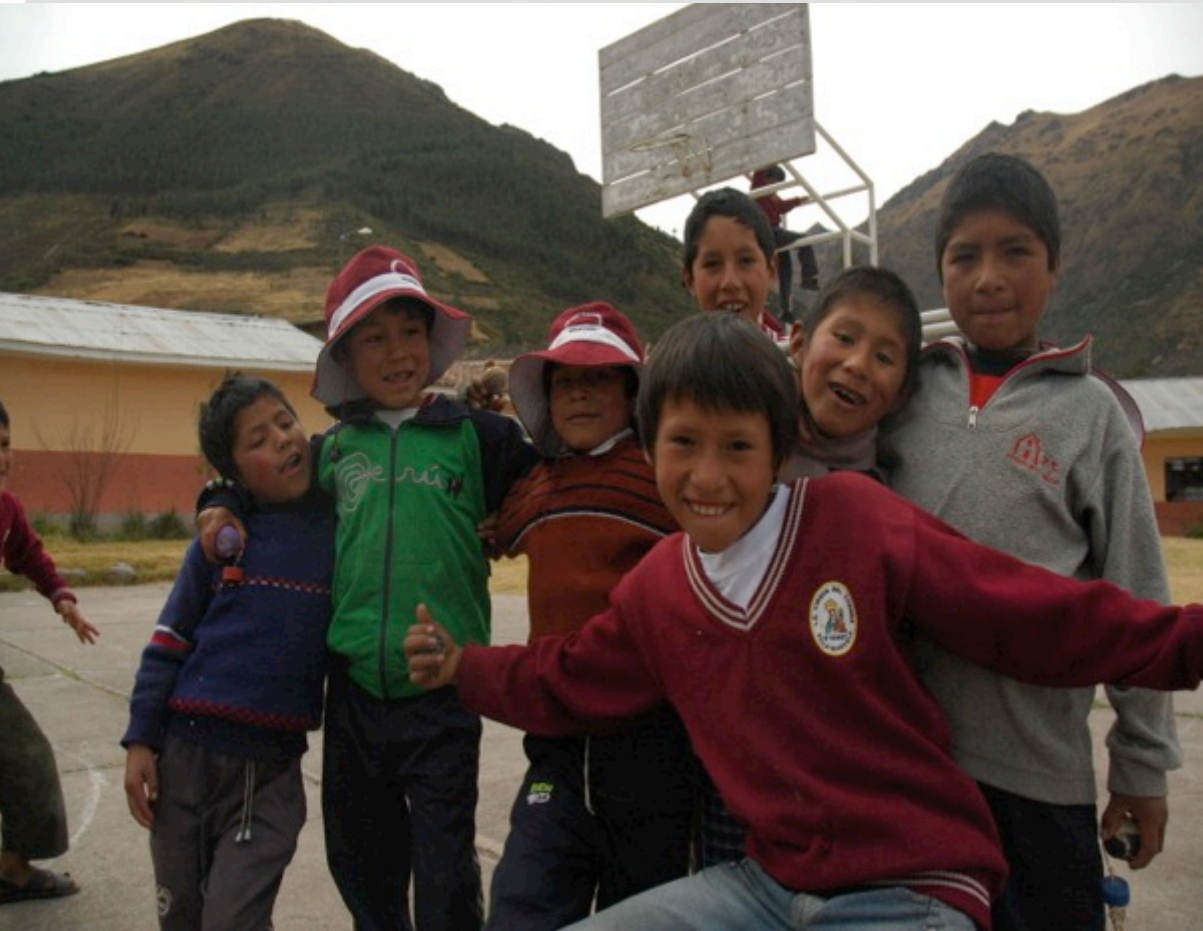
White bread, oats, canned milk, caramel and sugar

Products distributed to the community



NEVO LUNCH-BOX PROGRAM: (1) DRIVEN BY HEALTH INDICATORS

Yanahuara and Cuncani: qualitative methods



NEVO LUNCH-BOX PROGRAM:

(1) DRIVEN BY HEALTH INDICATORS

Yanahuara and Cuncani: quantitative methods

Yanahuara:

Anthropometric examination:

- BMI (Stunted, Waisted and Underweight)
- Water deficiency

Result: 11/76 (14%) presented at least one deficiency

Cuncani:

Health cross-check examination:

- BMI (Stunted, Waisted and Underweight)
- Water deficiency
- Anemia (adjusted hemoglobin levels)
- Parasites (*Hymenolepis nana*, *Blastocystis hominis*, *Giardia lamblia*,
Entamoeba coli)

Result: 65/67 (97%) presented at least one deficiency

NEVO LUNCH-BOX PROGRAM: (2) COMMUNITY-BASED



Yanahuara:

Weekly deliveries, prepared by parents of the community

Complementing QW with 3 meals per week:

Monday: Chicken with rice and tarwi

Wednesday: Mashed pumpkin with salad

Thursday: Quinoa soup with peas and vegetables

MIÉRCOLES		
ALIMENTO	CANTIDAD	UNIDAD
MOLLEJA POLLO	7	kg
ACEITE	6	kg
PAPA	1.5	kg
AZÚCAR RUBIA	4	kg
ARROZ	200	gr
AJOS	6	kg
ARVEJAS SECAS	2	kg
CEBOLLA	4	kg
TOMATE	5	Und
LECHUGA	1.5	kg
LIMON, JUGO	2	Und
APIO		

Jueves	
Alimento	Ctd
Cebolla	3kg
Zanahoria	4kg
Zapallo	5kg
Haba Verde	5kg
Quinua	3kg
Papa	5kg
Acelaa	20Und



NEVO LUNCH-BOX PROGRAM: (2) COMMUNITY-BASED

Cuncani:

Weekly deliveries, prepared by parent of the community

Five meals a week

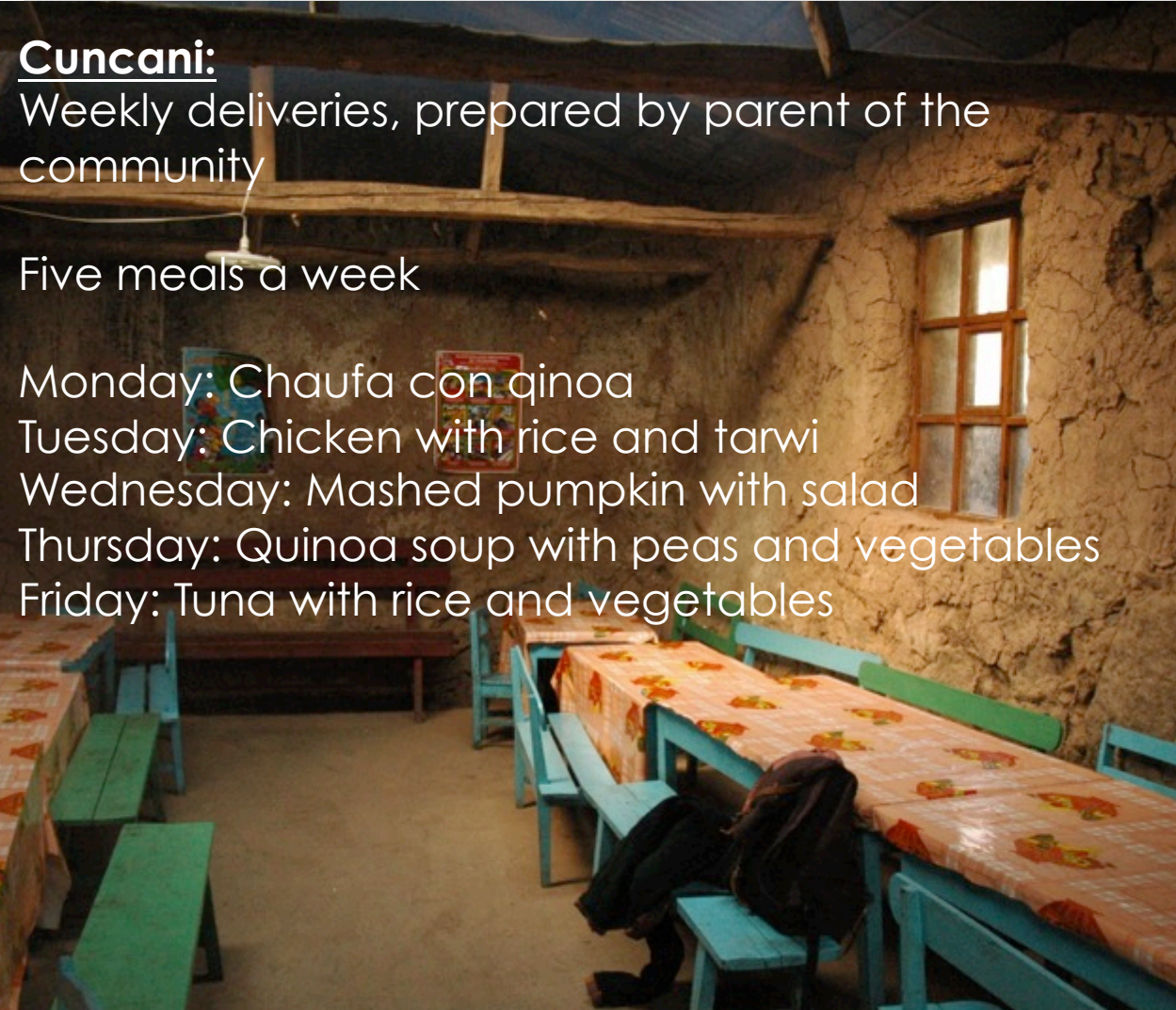
Monday: Chaufa con quinoa

Tuesday: Chicken with rice and tarwi

Wednesday: Mashed pumpkin with salad

Thursday: Quinoa soup with peas and vegetables

Friday: Tuna with rice and vegetables



CONCLUSION

Nexos Voluntarios' vision:

The promotion of a sustainable human development should:

- (1) focus on the health of individuals; and
- (2) be community-based.

Competing narratives on how to promote a sustainable human development in Peru:



DISCUSSION & QUESTIONS



Follow up session:

GLOBAL HEALTH
INTERNATIONAL
ETHICS [Muskoka III]

Innovative Solutions
to Global Health
Challenges

Today 1:00PM –
2:45PM