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

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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

Health  Education  Economic Empowerment  Responsible Human Development

Interculturality  Human Rights
**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

- **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 DEVELOPMENT

Case Study: child development

**Goal:** Improve the development of Peruvian children.

**National government of Peru:**
- **Q’ali Warma national school feeding program**
  1. Driven by wealth indicators
  2. Centrally designed but regionally managed

**Nexos Voluntarios:**
- **Kuychi Wasi and the Cuncani lunch box programs**
  1. Driven by health indicators
  2. Community managed
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)
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:
Cogestion model – 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 (Amartiya 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’s structure
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.

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-huiloc.gif

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

1/1836 poorest

1248/1836 poorest
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: Qinoa soup with peas and vegetables
NEVO LUNCH-BOX PROGRAM:
(2) COMMUNITY-BASED

Cuncani:
Weekly deliveries, prepared by parent of the community
Five meals a week

Monday: Chaufa con qinoa
Tuesday: Chicken with rice and tarwi
Wednesday: Mashed pumpkin with salad
Thursday: Quinoa soup with peas and vegetables
Friday: Tuna with rice and vegetables
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:

Goal: Improve the development of Peruvian children.

National government of Peru: Q’all Warma national school feeding program
(1) Driven by wealth/poverty indicators at the district level
(2) Centrally designed but regionally managed
Lead to an unsustainable and unequal promotion of human development

Nexos Voluntarios: Kuychi Wasi and the Cuncani lunch box-programs
(1) Driven by health indicators
(2) Community managed
Lead to a sustainable and adequate promotion of human development
DISCUSSION & QUESTIONS

Follow up session:

GLOBAL HEALTH INTERNATIONAL ETHICS [Muskoka III]

Innovative Solutions to Global Health Challenges

Today 1:00PM – 2:45PM