



Maternal and Child Health Program	
<b>Objective</b>	Build greater capacity in families, organizations and communities to improve the health conditions of families and have healthy communities.
<b>Target Families:</b>	900 families of 27 communities
<b>Project length:</b>	February 2016 through March 2020
<b>Total cost of the project:</b>	CAN \$ 289,437
<b>Financed by:</b>	Global Affairs of Canada

### **Introduction**

With the implementation of the Maternal and Child Health Project in the areas of intervention of the Integral Development Programs of San Antonio de Las Guarumas Sembrando Esperanzas in the department of Valle ( southern Honduras ) and in the Program Michael Newman in the department of El Paraíso ( east of the country ) the purpose of Vecinos Honduras is strengthened to "*Build greater capacity in families, organizations and communities to improve the health conditions of families and have healthy communities,*" which, at country level will contribute to reduce mortality and morbidity especially in mothers and infants and also to improve nutrition and mental development of children.

Data from baseline in the intervention communities of the project show the need to propose changes especially in food and hygiene habits at household level and sanitation at community level.

At programs level, volunteers (health monitors and guide mothers) and community organizations (health committees) have been identified and selected to undertake actions of support in their communities. These individuals and organizations have started a training process on topics of Integral Care for Children of the Community (ICC- C) and Early Stimulation.

Similarly, there is support and collaboration from the Regional Offices and Units of Health Services (US )of the Ministry of Health.

### **Progress in the implementation of activities:**

Four ( 4 ) community assemblies for the socialization of the Project Maternal and Child Health (MCH ) were held, and at the same time eight ( 8 ) monitor volunteers were

selected to carry out the work with children under two years old. Also, guidance on the importance of working with the Integral Care for Children of the Community ( ICC - C ) program was given. In these assemblies 104 women and three ( 3 ) men of the communities of Los Claveles # 1, San Jose , Las Flores # 2 and La Libertad, located in Danli , El Paraiso participated.

Support from the Health staff assigned to the US of the area, and from members of the health committees of these communities was received in these assemblies. The participants expressed their interest in taking part in the activities of the Project, as it will help to improve the health conditions of families, especially children.

The Program Sembrando Esperanzas (Langue, Valle) which since 2015 is supporting the health monitors, held a meeting with five ( 5 ) volunteer monitors to know the work they carry out, the material and equipment that is used in the sessions of weight and height of children, and the early stimulation techniques. They stated that the above allows them to monitor the growth and development of children, identify the signs and symptoms of common diseases (acute respiratory infections and diarrheal diseases) in order to prevent them and to counsel mothers on the nutritional status of their children.



One training course on Healthy Child Care (First module of ICC- C) was developed, with the participation of 17 monitors and three parents. Participants reflected on the need for the forces of the communities to take part in finding solutions to the problems that affect children in the community. Participants reside in the following communities : El Trapiche, Casas Nuevas, Llanitos Verdes, El Sobrón, El Picacho, Obraje, San Jose and Los Encuentros (Project Sembrando Esperanzas in Langue, Valle); Jocotal, Rincon, Mal Paso, Labranzas and Matasano (Program Las Guarumas in Nacaome , Valle).

Training on Acute Respiratory Infections was given to members of the health committees, volunteer monitors, mothers of children under the age of five (5) and pregnant women. Mothers and health volunteers reflected on the importance of early detection of diseases, which allows seeking immediate care for the treatment of children. Participants included 16 women and seven (7) men of the following communities: Los Claveles# 1, La Libertad, Santa Fe and San José (Michael Newman Program ), El Rincón and Jocotal (The Guarumas Program).



The health committee of the community Los Claveles # 1 carried out a cleanup campaign with the participation of the entire population. Cleaning included their homes and surroundings, the roads of the community. Solid waste was collected in order to prevent vector-borne diseases , such as Dengue , Chikungunya and Zika



The community health facilitators of the intervention Programs, participated in a workshop on meaningful child participation, aimed at generating and defining common criteria to promote children participation at community organizations level so that their demands are included in the development projects implemented by them. Similarly, facilitators participated in the first module of ICC- C

In communities of San Antonio de Las Guarumas, 24 home visits to pregnant women and mothers of children under the age of two were carried out in order to encourage them to participate in the sessions of CIC- C which are held every month, and in which topics related to the prevention of acute respiratory infections are addressed.

Development of the project baseline was conducted in the communities of intervention of it. Such information will be useful to measure progress on the achievement of the objectives and results. Also, a document that summarizes the strategy of institutional gender to be implemented in the project, was developed.

**Equipment:**

The equipment, furniture and office equipment (laptop, desktop, office supplies, etc. ) have been acquired for the use of the project coordinator. Also, materials and accessories for the use of monitors and guide mothers in ICC-C sessions and early stimulation of children under the age of five, have been acquired.

**Summary table of events:**

#	Events	Program	Participants	
			W	M
1	Socialization on the ICC – C program and selection of monitors (4 assemblies)	Michael Newman	10 4	3
2	Three training workshops on ICC- C, module I (Healthy Child Care)	Las Guarumas and Sembrando Esperanzas	20	3
3	Two training workshops on Acute Respiratory Infections.	Michael Newman and Las Guarumas	16	7
<b>Total</b>			<b>14 0</b>	<b>13</b>

Participation of women (91.5% of the total participants) is considerably high with regard to men, which confirms that at family level women are the most interested in their children's health. In order to achieve the participation of men, it is necessary that -from the project-



strategies that allow their participation is defined. This aimed to break the old cultural patterns that increase the reproductive-related and house work of women.

**Conclusions:**

- a) The project is a perfect complement in the interventions already undertaken by Vecinos Honduras on health topics, since it strengthens the education strategy that is raised from the Community Health component.
- b) It allows guiding and carrying out concrete actions with the families and communities in which the health conditions of children are poor and can be solved with the existing local resources.
- c) The community approach strategy that arises from the project, allows the population to strengthen ties of solidarity and trust, as the needs and health problems are common in most communities.
- d) It is on public health issues where the desire and interest of the population to participate in the collective search for solutions becomes evident. This also encourages a sector of the population (especially women) to support voluntarily in the development of certain activities.
- e) The consent of the regional staff of the Ministry of Health favored the implementation of some strategic activities of the project which also allows consistency of the project with national health regulations.

**Priorities for the next period:**

- 1. Continue with the training process for volunteer health monitors on Acute Respiratory Infections and Integral Care for Children of the Community
- 2. Training on Early Stimulation to guide mothers and staff of the programs.
- 3. Training on water treatment methods to water committees and health committees.
- 4. Workshops on responsible consumption of food to mothers and fathers of children between the ages of 0-2 years.

**Budget Execution:**

The financial report reflects execution of CAN \$ 24.663.09 representing 78% of the funds disbursed.