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| Maternal and Child Health program | |
| **Objective** | Generate greater capacities in families, organizations and communities to improve family health conditions and have healthy communities. |
| **Family goals** | 900 families in 27 communities |
| **Project Duration Time** | February 2016-March 2020 |
| **Total Cost of the Project** | CAN $ 289,437 |
| **Financed by:** | Asuntos Globales de Canadá |

**Introduction**

The present report of the Maternal and Child health project rescues the main advances of the period, which are evident in the community work that in pro of the welfare of the families and children with the dedication of the monitors and mother guides and health committees is performed.

The formation of the guiding and monitoring mothers has enabled them to strengthen their technical and methodological capacities, which has contributed to broadening the knowledge so that the families provide good treatment to the minors and they can develop and grow fully. The living force of the communities and especially the health committees play a very important role in engaging in the generation of consciousness mothers and fathers, as well as in the general population to carry out actions that promote community health.

**Progress in the execution of activities**

**Program AIN – C**

**Exchange Tours**

Carried out a tour of exchange of experiences at the local level in the community of El Trapiche to know the different methods and strategies used for the implementation of the methodology AIN-C and early stimulation where they had the participation of monitors, mother guides, mothers, children of the projects "Sembrando Esperanzas" and program of Integral Development The Guarumas, with the assistance of 70 people: four (4) men, 43 women, 10 girls and 13 children among them 31 volunteers of health, 13 mothers and a father, the exchange made a general description of the application of the two methodologies, AIN – C and early stimulation; They also shared the limitations that have been presented in the development of the methodological process and possible solutions, it was observed the whole process that takes place in a session of size and weight, we developed a demonstration session of early stimulation with children of Six (6) to 60 months of age, the constraints found are as follow:

Socio-affective area c

Children are limited to being social with individuals

It makes it hard for them to get involved with other children

Many mothers do not do the exercises with children in their homes

*Recommendations by participants*

• Meetings should not be combined (AIN-C and early stimulation)

• They should be done in places where children have room to do the exercises.

• Mother guides motivated parents to always participate in these spaces, emphasizing that the benefit is for their children.

Another tour of the exchange of experiences was carried out among members of the health committees of the communities of El Rincón and El Quebrachal, who received people from the Zonal Health Committee of the project "United for Children and Development" of Concepción de Maria, Choluteca, which is also a project of Vecinos Honduras, they got to know about the functioning of the health committees of the area of San Antonio de Las Guarumas, in the route the members explained how the health committees are formed, which are the functions carried out by the administration and showed the annual community plan they produce, the accounting records; The health committees of San Antonio de las Guarumas have a community fund that has been created by doing the following activities: They contribute with an amount of 10 to 15 lempiras monthly per committee, selling food at expo local fairs, soccer games and events done in the communities, these funds are intended to cover health emergencies in the community, for example: there is a sick person in the community who does not currently have financial resources to be taken to the hospital or buy medicines, the Health Committee provides the necessary amount to the patient, purchase of chlorine to purify the water of the systems, (wells, aqueducts, harvesters of water, for expenses of mobilization in activities of management and coordination with the Secretary of Health). Afterwards, they explained the annual planning and how they meet monthly to evaluate the activities of the plan and share a topic related to health in each of the meetings, to stay motivated at each meeting they give each other a souvenir elaborated by themselves, other activities that the Committees undertake is to promote vaccination campaigns, cytology campaigns, community and cleaning awareness, construction of improved stoves with the support of members of the health committees and neighbors from the community, motivating mothers with children under five (5) years of age to participate in AIN-C and early stimulation meetings. This entire experience was explained to the members of the visiting committees, who were very motivated and expressed that they loved the experience they shared and that they will start taking actions to bring it into practice.

The visitors were 2 men and 4 women members of health committees and the members visited were 8 women from two communities.

**AIN-C**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Children's Growth Trend Chart AIN-C Program |  | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| **Program Projects** | **Children with Suitable Size** | | **Children with Inadequate Size** | | **Children under Percentile Three** | | **Children who turned 5** | | **Total** |
| **Girls** | **Boys** | **Girls** | **Boys** | **Girls** | **Boys** | **Girls** | **Boys** |
| **Michael Newman** | 110 | 116 | 10 | 14 | 2 | 0 | 10 | 14 | 276 |
| **"Sembrando Esperanzas"** | 46 | 45 | 12 | 10 | 1 | 4 | 7 | 10 | 135 |
| **Las Guarumas** | 24 | 42 | 8 | 6 | 2 | 0 | 3 | 1 | 86 |
| **Total** | 180 | 203 | 30 | 30 | 5 | 4 | 20 | 25 | 497 |
|  |  |  |  |  |  |  |  |  |  |

The monitors continue to exercise volunteer work with mothers in the communities, during the semester they have obtained the following results in the growth trends of children under five years of age. As indicated by the Table 497 minors are being attended, 235 girls and 262 boys, out of those 20 girls and 25 boys are already five years old, the trend is described as follows: 180 girls represent 75.5% of the total attended girls (235), 203 boys represent 77.4% Of the total number of attended boys (203) with adequate growth; 30 girls account for 12.7% of the total number of girls served (235), 30 boys represent 11.4% of the total boys attended(262) with inadequate growth, 5 girls represent 2.1% of the total number of girls served (235), 4 boys represent 1.5% of the total boys attended (262) with a low percentile three, 20 girls account for 8.5% of total girls attended (235), 25 boys represent 9.5% who already turned five years old.

Children presenting under the three percentile are always the same as in previous reports reported as suffering from some of the following disabilities: Microcephaly, Genu valgus (bowed legs). The girl who has Genu Valgus has heart issues and asthma according to medical diagnoses.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Girls and boys growth Trend Chart AIN-C program | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| **Program Projects** | **Chidren with Suitable Size** | | **Children with Inadequate Size** | | **Children under Percentile 3** | | **Children who turned 5** | | **Total** |
| **Girls** | **Boys** | **Girls** | **Boys** | **Girls** | **Boys** | **Girls** | **Boys** |
| **Michael Newman** | 120 | 129 | 2 | 1 | 2 | 0 | 10 | 14 | 276 |
| **"Sembrando Esperanzas"** | 46 | 45 | 12 | 10 | 1 | 4 | 7 | 10 | 135 |
| **Las Guarumas** | 28 | 43 | 6 | 5 | 0 | 0 | 3 | 1 | 86 |
| **Total** | 194 |  |  | 16 |  | 4 |  | 25 | 497 |
|  |  | 217 | 20 |  | 3 |  | 20 |  |  |

**Note:** Children who have turned (5) years of age have adequate size

As shown in the table above; 194 girls represent 82.5% of the total number of girls attended (235) 217 boys represent 82.8% of the total number of boys attended (262), representing a suitable size, 20 girls represent 8.5% of the total number of girls attended (235) and 16 boys representing 6.1% inadequate size, 3 girls represent 1.2% and 4 boys representing 1.5% with three percentile size, 20 girls represent 8.5% and 25 boys representing 9.5% of the total number of boys cared for at five years old, according to health personnel and monitors in this semester in the project "Sembrando Esparanzas" some boys and girls did not achieve the minimum expected weight because during the month there were health problems caused by a virus whose signs and symptoms were: fever, vomiting, diarrhea and muscle ache.

Carried out a training at zonal level to monitors and volunteers of health, of the communities of Candelaria with the participation of 15 people: 12 Women, and three (3) men on Integral Care of the child in the community (AIN-C) in which it was reviewed the Growth monitoring module that comprises the topics: what is AIN-C?, activities of a monitor, updating of community sketch, conduction of sessions, interpretation and graphing of tendencies, use of counseling posters, domiciliary visits and conduct of community meetings.

With the support of the Kenoli Foundation, 12 new monitors were trained on integral care for children in the community and 8 guide mothers were trained, with the aim of attending more boys and girls under five years of age since the monitors formed by the project were not able to attend all children. The distances that mothers had to travel to get to the AIN-C meetings were far away which prevented their attendance. With the work process of the programs on early stimulation and AIN-C we have trained mother guides and monitors, in the path of implementing these methodologies, volunteering is a fundamental part but it is not so easy to keep the same staff as there are monitors and mother guides who for various reasons are withdrawn, especially because they go to the city in search of employment because locally there are no sources of employment; This is the case in the Michael Newman project where five monitors have been removed, a monitor and two guiding mothers.

Limitations:

For the development of both strategies AIN-C and early stimulation there have been presented certain situations that limit the good development of the activities such as:

Because of the geographical dispersion of the dwellings in the communities and the long distances towards the center where the meetings of AIN-C and ET are developed it is very difficult for the mothers to carry their children and bring them to the meetings. In order to provide a solution, communities have been divided into sectors, for example: where there is more concentration of families with children under five years of age, one or two monitors and guiding mothers by sector have been selected and trained to benefit mothers and children so that there is more participation in both programs. We have managed to complement the program with support from the Kenoli Foundation. Training 12 new monitors, a monitor and 8 mother guides.

185 family gardens were established in the 26 communities of intervention of the Maternal and Child Health project, with the following crops: sweet potato, yucca, beans, passion fruit, chilies, legs, tomatoes, pineapple; Fruit trees such as: cashew, tamarind, lemon, papaya, mango, orange, plum, lime, avocado; Medicinal plants such as moringa lemon grass (Cyngopogon Citratus), valerian, good grass, aloe, Ruda (route), etc.

Implemented eight (8) community fruit tree gardens in the community: Casa Nuevas, El Trapiche, San José, Llanitos Verdes y El Obraje, these gardens will contribute to the diversification of the orchards.

**Early Stimulation:**

With the support of 170 mothers, mother guides exercise with 158 children under five years of age with the goal of getting children to develop their skills according to their age. Both parents and volunteers are committed to using the materials they have at their reach and dedicate daily time to play with children.

Developed a training event on a zonal level on early stimulation with mother guides from the project "Sembrando Esperanzas" and Integral Program the Guarumas with the participation of 19 mother guides where they gave topics on: Human Development, the Cognitive development theory, prenatal development, physical and motor development, cognitive development, language development; In addition, materials such as geometric figures, didactic tokens of the alphabet, classification of objects by texture, laterality and basic concepts, flowchart of images, cardboard puzzles, flowers and hearts shaped buttons, number cubes, which help develop memorization and attention skills.

In the same sessions of AIN-C are present the mother guides who give attention to 48 boys and 32 girls, there they develop the sessions of early stimulation with the mothers and children. In the first semester it had only been possible for children to develop the motor area, now it has been achieved that in all communities children participate more actively in meetings, decreased shyness, others walk faster, play with other children, they draw, so they have developed their skills in the five (5) areas of early stimulation. The mother guides say that in the area that the children have more difficulty due to lack of stimulation from mothers are the areas of communication and language and emotional issues, but also some mothers say that the children when they already learn, it helps them a lot when they go to Kindergarten, they lose their shyness, they do their homework and they relate better to their classmates.

Two (2) workshops on early stimulation were developed, from ages 0 to 5 years old directed to 31 mother guides and four (4) members of the staff of Vecinos Honduras in the programs Michael Newman, the Guarumas and Sembrando Esperanzas. The workshops focused on establishing the differences between growth and development, the areas to be stimulated in children (motor, language, emotional and cognitive area) also emphasized the evaluation of the mother guides to know which areas has developed the child and which areas need reinforcement, afterwards the mother guide will do an evaluation every three (3) months. The areas to be evaluated in the child are: cognitive motor, language, affective approach.

**Home Visits**

96 home visits were made in the 10 communities of the Las Guarumas program in 8 communities of the Michael Newman program, visited members of health committees were visited, members of water management boards, families with children under five (5) years of age, mothers were counseled on child care regarding food, hygiene of children, household hygiene, water treatment, importance of building latrines, promotion of family gardens, these visits involved 81 women and 15 men. It has been achieved that 12 families from the community of Guanacastillo in Nacaome have built equal number of pits for 12 hydraulic sierre latrines and 66 families have family gardens with at least four crops, sweet potato, yucca (ipomoea sweet potato), papaya, bean gandules (box), etc. That allows them to diversify the diet of their family members.

The monitors and mother guides visited in the communities of Buena Esperanza, Boneton, Claveles #1, Claveles #2, Las Flores #2, La Libertad, San José and Santa Fe; Located in the Michael Newman program, they have this servant spirit and have stated that they will continue volunteering to continue to motivate other people to continue in the AIN-C and early stimulation programs.

**Basic Sanitation**

Five (5) cleaning campaigns were developed in the communities of Guanacastillo, Las Labranzas, El Quebrachal and El Rincón; 30 men and 35 women participated in these cleaning campaigns. The families cleaned up the housing environments, cleaned the surrounding wells, the streets and pathways of the community, they also collected solid wastes that were not degradable, then took them to the municipal crematorium. With the accomplishment of the operatives of cleaning, the propagation of insects that transmit diseases like: dengue, chikungunya and sika has been reduced. In the treatment of solid waste, families placed 50 trashcans equivalent to number of households. During this semester 150 families are treating water, 42 families treat it at their own home and 108 at the level of community aqueducts.

In the community of Lajas Blancas, municipality of Nacaome, Valle a purified water project was built that benefits 57 families, they treat water with calcium hypochlorite (HTH).

When this water project did not exist the population had to buy the water at a price of L 250.00 per cubic meter (thousand liters), for the domestic consumption and they bought purified water in plastic bag and bottles. With the existence of the aqueduct they save money that is used in other basic necessities of the household.

The project of latrines was evaluated, in the communities of El Boneton with the participation of 7 women and Buena Esperanza 14 women and 9 men, socialization with the beneficiaries, the amount of the investment by the Maternal and Child Health program, and economic contribution according beneficiaries capacities; In the community of Buena Esperanza, the beneficiaries are 125 and in the community of El Boneton 36 people. 31 families who did not have latrines were supported in their homes. Vecinos Honduras contributed to the community of Boneton with an amount of L 24,216.66 and the beneficiaries contributed in unskilled labor the amount of L19, 522.00. A collaboration was given to the community of Buena Esperanza with an amount of L 60,099.17 and the beneficiaries contributed with unskilled labor the amount of L 43,450.00, also benefited four (4) monitors and one (1) monitor with materials for latrines.

Seven (7) workshops were held on storage building, in the communities of Claveles #1, Santa Fe, San José, El Boneton, Claveles #1 and Claveles #2 of the Michael Newman program with the aim that families manage to have more health in their homes. Storeroom is a piece of furniture that is placed in the kitchen of the house built with the following materials: earth adobes, cement, corrugated rod, sweet wire, ceramics, hinges, mesh is a cabinet serves as a table it has four tanks that serve to store the kitchen utensils. The importance of this technology is to prevent insects from contaminating the kitchen utensils avoiding the spread of diseases transmitted by insects such as cockroaches and flies as well as rats. Ten people participated, seven (7) Women and three (3) men, including beneficiaries.

**Water Management Boards:**

Trainings were developed for the members of the water management boards of the communities of Las Guarumas project (El Jocotal, Guanacastillo, Lajas Blancas) on: internal regulations and implementation of the recommendations in the study of water. After the trainings have been carried out, activities such as cleaning water sources, reforestation and fencing, are being counseled on the maintenance of the water harvesters of the community of Quebrachal. A water source has also been improved in the Community of Matasano in which 6 families are benefited.

One (1) training event was held for members of the Water Management Board and plumbers of the communities of El Sobrón and El Trapiche in the project "Sembrando Esperanzas" in which 15 people participated: four (4) Women and 11 men developing procedures to disinfect the water in storage and distribution tank, it was also explained how to calculate the quantity of granulated or liquid chlorine according to the capacity of the tank. It focused on the type of maintenance that should be made to the supply system such as: cleaning where the distribution tank is located, check and lubrication of valves to facilitate their operation, use of anticorrosive paint to protect metallic accessories and the construction of a perimeter fence to protect and prevent the entry of animals.

We visited the supplying source of the community of San José and Boneton of the Michael Newman project to guide the settlers on the importance of the construction of dikes in water sources, and the source that supplies the community of El Boneton built three dykes 4 by 1 meters, 32 men participated, the dykes are stone walls located on top of the water supply dam and serve to retain the litter, sand and filter the water to pass to the box water intake.

**Community Kits**

The 26 community kits in the Guarumas area have been strengthened, in the counseling section for volunteers and medical purchases. According to what the volunteers report, 165 women and 54 men, 148 girls and 156 boys have been treated, the most prevalent diseases in the communities are fever, headache, respiratory infections, diarrhea, parasites, pediculosis, and stomatitis in few cases. The communities say that the community kits have been a great and necessary contribution with the medicine, since they are more expensive in the small convenient stores and in the units of health services U.S... There are medicines in existence by the decentralization of the Government, but there is no consultation every day, if they did not have the kits would have to go to Nacaome, Valle, Langue, or Danlí El Paraíso.

**Nebulizer Beneficiaries**

In the communities of Santa Fe, Flores, La Libertad, and Claveles #1 of the Michael Newman project, 15 boys and five (5) girls have been nebulized. And in the program the Guarumas three adult people and a girl who suffered from pneumonia have been nebulized as well.

Two (2) training events were developed for 16 members of Community kits in the communities of Matasano and Brazil, the Guarumas program of which 15 are women and one (1) adult male. The topics of organizational records, accounting documents and log of operations in the book of entries and outputs were developed. During the activity, all the accounting operations were recorded in the book and general information was provided to all the representatives of the community unit, and they were also advised on the control and organization of the administrative vouchers that back up drug purchases.

**Health Committees**

In the 10 communities of the Guarumas, the health committees elaborated their annual plan and they evaluate it once a month to know their level of implementation. In addition, during their meetings, they have given the following training topics: solid waste management, water treatment, acute respiratory infections, food preparation with local products, in 35 women and 0 men participated.

**Trainings:**

Training was done on good family treatment, the main topics were: what is child and teen abuse? Emotional abuse, physical abuse, sexual violence, children's rights, health promotion, and resilience, monitors and mother guides, from Claveles # 1, Buena Esperanza, San José, La Libertad, Los Flores and Santa Fe, Michael Newman program, in which 7 female monitors, 1 male monitor and 11 mother guides participated. The same training was conducted in the community of La Libertad in which parents from the Center of Basic education participated with a total participation of 34 people: 2 monitors, 2 mother guides, 21 mothers, 2 fathers, 2 teachers and 5 children. In the community of El Boneton the same topic was also taught in which 7 mothers participated. Mothers said that it is a very important topic because there is almost always abuse in families.

Fourteen workshops on acute respiratory infections were developed with the participation of 140 women and (5) five men. The common cold and asthma sub-themes were developed; Two (2) replicates were made by members of the Health Committee, volunteers and monitors. With these trainings have accomplished that families who have children under five years in the community of Guanacastillo, Lajas Blancas, Quebrachal and Matasano, mothers have avoided giving children treats such as chips that do not provide nutrients and also mothers are more careful with children's hygiene so children are less sick from common colds and diarrhea.

In the communities of the Claveles #1, San José, Santa Fe and Buena Esperanza as a result of training on respiratory infections in the communities, the monitor Orlando Amador performed the replica in his community, San José, with the participation of 21 mothers of children under five years old, also in the community of Santa Fe, the monitor Alvina Rivas performed the replica in which 18 mothers participated, and in Claveles #1, with the instructor Estefany Reyes 7 mothers participated. The Secretary of Health supported the training of the volunteers from the Michael Newman program.

In the communities of El Sobrón, El Trapiche, Casas Nuevas and Llanitos Verdes from the project Sembrando Esperanzas, mothers know the signs of danger when children are sick with IRAS, they take care of them so they do not get aggravated.

11 trainings were developed on the importance of vaccines in the communities of El Jocotal, El Rincón, Matasano, Malpaso, Torrecillas (Integral Project Las Guarumas) San José, El Trapiche, El Sobrón, Nuevas Casas and Llanitos verdes (Sembrando Esperanzas Project) San José and Santa Fe (Michael Newman project), in which 146 women and four (4) men participated, the issue consisted in identifying which vaccines prevent diseases, (BCG, Hepatitis B, Sabin, pentavalent, pneumococcal, Rotavirus, DPT, Vitamin A). It is important to comply with the complete vaccination scheme for the age at the indicated dates, this knowledge has allowed the mothers to be aware of the dates that the vaccines are applied to the children and it is observed in the vaccination cards of the boys and girls that They carry out their scheme to prevent diseases.

Thirteen trainings were developed on nutrition (nutrients and functions, basic food groups, infant feeding) with members of health committees to 147 women, 11 men, 20 children and 20 girls, mother guides, monitors and mothers of children Under five (5) years of age. With the development of this training the participants learned that to achieve good nutrition it is necessary to establish in the family orchards crops that allow them to produce uncontaminated food, proper, balanced and available portions. During this winter season there have been sown 23, all of them came to sow their orchards at a backyard level, these participants are from El Guanacastillo, Las Labranzas, El Rincón, Quebrachal and Lajas Blancas, Casas Nuevas, El Trapiche, Llanitos Verdes, El Picacho and San José.

Twelve demonstration workshops were developed on improved stoves with the participation of 80 women and 27 men from the Communities El Rincón, Guanacastillo and Lajas Blancas (Integral project Las Guarumas), Claveles #1 (Michael Newman Project) and in the eight (8) Communities of the project "Sembrando Esperanzas". In each of the workshops a demonstration was made that teaches how the families are already using and having benefits with the improved stoves. The families contributed the local materials: Adobes of Earth, the stone, and labor, Vecinos Honduras contributed with the rod, the chimney, the bricks and the tones. The participants learned how to build the improved stoves, they committed themselves to make the replica of the workshop with the other families of the communities they desire.

In coordination with the Secretary of Health, the monitors were trained on the module of AIN – C Care for sick children in the Dar community. This topic is about learning to identify signs of danger in pneumonia, dehydration, diarrhea and what are the doses of emergency medication that monitors should give children while they arrive at the hospital. Sixteen monitors participated and pledged to perform their work well, as monitors making references to children when necessary to take them to the hospital to prevent child deaths.

**Other:**

The community of La Mancha consists of homes, initially 36 families participated in the activities that the project planned. A basic study was conducted and it showed the participation in the training of monitors, but did not continue to exercise the role due to the fact that in this community there are only 5 children under the age of 5. Families are reluctant to the training processes because they are accustomed to paternalism, they have made home visits to motivate them but if it has not been possible to assist meetings and to participate in the different activities. The situation of the population is precarious, they have houses but not with the grounds to cultivate basic grains (beans and corn) and rent land for cultivation and small scale, the harvest is not enough for the livelihood of families throughout the year. Projects have been promoted that families have to provide unskilled labor but have not been supported. So this community is no longer being seen because the families have been taken care of but they have shown how they do not want to be part of the process or participate in it.

**Equipment and materials for monitors and mother guides:**

We made the purchase of equipment and materials for the execution of exercises of integral attention of the childhood and early stimulation such as standing scales, music players, rubber balls for development of physical areas, illustrative colored sheets, alphabet and fruits, coloring books, tracing and cutting, children's tales.

**Conclusions**

1. Children participating in the AIN-C program mostly have a suitable growth trend as shown in the table in the report
2. The implementation of the early stimulation program allows children to develop skills. This contributes to their education and motor development because when they go to kindergarten they are quick learners.
3. Better hygiene conditions are evident at the family and community level, since they have been trained in the subject and the population has become aware of this aspect.
4. With the improvement of water supply systems for human consumption, families have a better welfare because they save time and money. This also allows them to have more personal and home hygiene and better health when it comes to drinking the treated water.
5. Latrine's projects have enabled families to improve living conditions, complement the adopted technology plan and prevent pollution at the population level and water sources.
6. The training processes have been a very fundamental and strategic part for the change of attitude of the population, this has contributed to the improvement of the living conditions of the families and the start of the processes of community development.
7. The complementarity of the current projects that VH implements allows the interrelation of the community health component to be involved in all the strategic institutional areas as it is a component that deals with health as an individual.
8. Health Committees taking actions that involve the population with activities that promote preventive health by sharing with their neighbor’s knowledge to bring them into practice along with their community work plans.

9. Monitoring and guiding mothers continue to be trained to work with children and mothers to continue their efforts with their children and to see positive results in the health and attitude of infants.

10. Close coordination continues with the Ministry of Health with Vecinos Honduras with the U.S. at community level and through the health region supporting on different issues and other aspects of coordination.