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| Health Program “Materno Infantil” | |
| **Objectives:** | Generate greater capacities in families, organizations, and communities to improve family health conditions and have healthy communities. |
| **Family Goal:** | 900 families in 27 communities |
| **Proyect Duration Time:** | February 2016 to March 2020 |
| **Total Proyect Amount** | CAN $ 289,437 |
| **Funded by:** | Global Affairs Canada. |

**Introduction**

This report detail us the follow up of the work done of the Maternal Child health Program, which over five years of training and transformation process it has been done through community volunteering. Different wellness actions have been developed for families, being this the last semester describe, it has been linked community organization during its period such as health committee and water management committee also, communities employers have been protagonist in achieving the progress of the project, the coordination with others entities such as The Ministry of Health that has gone closely associated in the process not only community level but also health area at sectoral level.

Monitors and guiding mothers are very important agents that care about community childhood health, seeking to low the malnutrition rate in children under 5 years age and developing skills and abilities for a good brain development for girls and boys.

The water management committees keep looking for the improvement of projects since they have develop management skills, during the project they have always been present, improving their aqueducts, water wells, and others in order to keep the child and its families safe and well, mainly to women who are the ones who carry water for their home sustenance.

In this semester many of the field activities didn’t go throw because of the situation that the country is going through (Pandemic COVID-19) This has been affected us but in the order hand we have learning to take other actions that have been very helpful to maintain health in general level.

1. **Executions Activities Progress.**

**Program AIN C:**

16 visits were developed, to accompany monitors in the AIN-C session, monitoring the growth of 120 girls and 138 boys, in total 258; Registering an adequate trend. During sessions mothers received infant feeding orientation, hygiene care, water treatment, Dengue, Coronavirus, and healthy home prevention by volunteers

Monitors have fulfilled their role as volunteers, coordinating with the Health Secretary, doing replicates of training and giving advices to mothers who participate in meetings in the following communities: Los Encuentros, El Trapiche, El Sobrón and new houses from (“Sembrando Esperanzas” Project) Guanacastillo, Lajas Blancas, Malpaso, Torrecillas, Matasano, las Guarumas, Nacaome, Valle.

Even with the pandemic COVID-19, Monitors don’t stop and continue doing the volunteer labor but without sessions where there is agglomeration of people. Also, mothers take their children at monitors homes to monitoring the growth control of their children. This activity benefits 150 children, (69 girls and 81 boys) (Michael Newman Project) and communities : El Picacho, El **Trapiche**, San José, El Obraje, Casas Nuevas, Los Encuentros and Llanitos Verdes from the Program Sembrando Esperanzas, In the Sobrón community, the parents request to keep attending exclusively eight (8) girls and (8) boys under the age of five years, as long as they take biosecurity measures (Use of mask, hand washing, use of gel) receiving children individually to maintain distance and avoid crowds.

**Boys and Girls Growth Chart (Weight)**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Programs | # Children Ideal Weight | | # Children No-Ideal Weight | | # Low 3th Percentile | | # Children turn 5 years | | Total |
| Girls | Boys | Girls | Boys | Girls | Boys | Girls | Boys |
| Las Guarumas | 10 | 16 | 2 | 2 | 1 | 0 | 6 | 5 | 42 |
| Sembrando Esperanzas | 32 | 33 | 0 | 1 | 0 | 0 | 0 | 0 | 66 |
| Michael Newman | 57 | 62 | 2 | 2 | 2 | 1 | 8 | 16 | 150 |
| Total | 99 | 111 | 4 | 5 | 3 | 1 | 14 | 21 | 258 |

The next table show us data of the growth and development of 120 girls and 138 boys, from the months of January to February 2020, since in this semester we only work two months in the field. Not all the monitors followed up due to the Health social distance for the Pandemic of Coronavirus and in Azabache too, but this was for the coffee harvest , not all the AIN C session stars in January because most of the mothers with their children migrate from one community to another to the collection of coffee.

As we can notice, 258 boys were attended in total in the chart before, an 82.5% girls (99) have an adequate growth trend as well as 80.4% (111), the 3% of girls (4) and 4% of boys (5) have an inadequate growth trend 2.5% girls and 0.7% of boys are under percentile 3 three, 11.6%, of girls and 15.2% of boys are already 5 years old.

**Girls and Boys Growth Chart**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Programs | # Children adequate size | | # Children inadequate size | | # Children under percentile 3 | | # Children turn 5 years old | | Total |
| Girls | Boys | Girls | Boys | Girls | Boys | Girls | Boys |
| Las Guarumas | 10 | 17 | 2 | 1 | 1 | 0 | 6 | 5 | 42 |
| Sembrando Esperanzas | 32 | 34 | 0 | 0 | 0 | 0 | 0 | 0 | 66 |
| Michael Newman | 57 | 62 | 2 | 2 | 2 | 1 | 8 | 16 | 150 |
| Total | 99 | 113 | 4 | 3 | 3 | 1 | 14 | 21 | 258 |

The chart show us the growth trend (Size) of children; Of the 258 boys and girls under the age of five that the monitors of the 26 communities carry out with the AIN C methodology, of this 120 are girls and 138 boys. The 82.4% of girls and 81.8% of boys have an adequate growth trend, 3.3% of girls and 2% of boys have an inadequate growth trend, 2.5% of girls and 0.7% of boys under percentile 3 three, 11.6% girls and 15.2% boys that already left the AIN C project, they turn already 5 years old.

**Note:** Charts show the work done in the months of January to February 2020, only in some communities they continue to care the growth and development of children. They do this by taking biosecurity measures to both mothers and monitors, but they do not arrive at the same time, they go individually. Due to Pandemic they have to stop these activities, if there are some communities that they keep doing it, has been because parents have requested it.

**Home Visits**

(51) Developed home visits were oriented: To health volunteers to organized communities, families, strengthening organizational and methodological capacities in healthy home, basic sanitation, water treatment from sources of supply, Acute respiratory infections, and the vaccines importance. Members were followed up and supported practices of home hygiene for the prevention of COVID-19 and Dengue, In the community of the Sobron and the Trapiche Project “Sembrando Esperanzas”

Monitors visited mothers in postpartum conditions, they gave orientation about breastfeeding, they weighed and sized children, presenting an adequate growth trend. The monitors guided on the care of newborns in order mothers can have a better care with them. Mothers also were healthy and well after their birth, these visits were made in Claveles #1 Community (Michael Newman Program)

Families who have water harvest from the community El Matasano were visited, with the objective of monitoring and verify the water harvest, families were full motivated and happy with technology, because they can have this water in their homes. Time ago these communities had to traveled long distances to take water at home.

Home visits were made to communities’ leaders in the 10 communities of the Guarumas Program in order to abord different health issues and follow up some agreements and commitments established with them. Guide mothers, health members committee and members of the water management were visited to motivate them to keep working for their well-being of families in their communities.

Also, mothers who have children under five years old were visited, they were motivated to continue in the meetings of AIN-C and early stimulation, these programs are very important to maintain the vigilance and development of children under the age of five. In visits made, families say the community kits are very important for any emergency, this kits with medicines are given to treat common diseases.

**Early Stimulation Program**

Early stimulation activities were performing by guide mothers. They attended 20 girls and 28 boys. 48 children. Volunteers reported having worked the areas of a child development: Motors, socio affective, hygiene and language areas, they perform exercise plans for mothers to practice with their children at home. 45 mothers and 3 fathers participated, from the communities: El Trapiche, Casas Nuevas, Los Encuentros, El Sobrón, San José-El Obraje and El Picacho from Sembrando Esperanzas Project, Langue Valle.

(5) Accompaniment visits were performed in the development of integral childcare

In the community (AIN-C) and early stimulation. The nutritional status was monitored in 13 girls and 18 boys 31 in total, all of them presenting an adequate growth. The mothers received educational talk about the water treatment hand washing and food preparation care.

It was agreed to perform the meetings at noon, it is difficult for them to attend meetings at morning since they have chores and care of school-age-children. Communities: El Trapiche, El Sobrón and Casas Nuevas, El Trapiche, Casas Nuevas Project “Sembrando Esperanzas” Langue, Valle.

In the Trapiche community, early stimulation exercises were developed in the cognitive areas. (Puzzles, cubes, intelligence bits) Intelligence bits are pictures with drawing or stories. Socio-affective area (songs, games) and Motor areas (Ladder, walk) involving mothers of five (5) girls and (4) four boys. In the Sobron Community they continue with the exercise of the socio affective area through games, hygiene habits and teaching them the correct way of washing hands. Meanwhile, in the Casas Nuevas Community, they strengthened cognitive and language abilities through games and activities in teaching colors, numbers 0 to 5, intelligence bits and images.

Volunteers are not currently presenting early stimulation sessions in order to avoid contact with children due to COVID-19, But they keep in touch with families to be informed to hygienic care and the importance of exercising with their children to keep them in physical and intellectual activity.

It has been achieved that children develop skill and abilities, the ones who have been in the program have better abilities than the children that have been involved. Teacher noticed the difference between them, these kids are more intelligent and active than the children that have never participate in the program.

Mothers guide give follow up to the ET, in the same session of AIN C. These mothers develop exercises with boy and girls under the age of five (5) in these meetings have participated 34 mothers who also are involve in the children exercises. Mothers talk about not only the learning that has been very useful for their personal growth, but also, they can help special children of their communities.

**Training Program:**

**(4)** Four training events were developed for mothers about acute respiratory infection, especially in Pneumonia, Bronchitis and coronavirus, the participant learn about signs , symptoms, form of transmission, preventions and case registration data. The participants show interest in learning by being participatory, making questions, learning prevention forms in order to avoid contagion. 4 men and 55 women participated in the communities of Guanacastillo and Torrecillas (Las Guarumas Program) and El Sobrón with other families about construction and the proper use of technology and practices sanitation and healthy home.

Developed (2) two Trainings about a healthy and nutritive food, 13 women, mothers of children under 5 five years old from the communities El Portillo, Matasano and Torrecillas from the program, Las Guarumas. Families learned about kitchen practice with local products, produced in their own family orchards, motivated to grow nutritive food throw its plots and family gardens taking advantage of the rainy season. The girls and boys of these families have increased their weight and nutritional development by putting in practice the tips learned.

A training program on Responsible Consumption was developed, with the participation of 9 women and 5 men, with the San Antonio de la Guaruras Experimented producer’s association. This training emphasized the value of the local products to raise awareness in the decrease of non-nutrition food, promoting the production and local consumption. With this journey it was achieve that new families integrate to a new organizations, they agreed to plant plots in a collective way and cultivate creole seeds and use organic fertilizers.

Los Encuentros community volunteers discuss the knowledge about vaccines importance. Participants learned about the childhood vaccination scheme, they were able to reflect about the importance and vaccines types given to the five years old child such as BCG, Hepatitis B, Pentavalent, SRP, Pneumococcal and DPT (One dose) 5 years old of age. Understanding that are biological medicines that are apply to healthy people, they cause the generation of defenses (antibodies) that act protecting them from future contacts with infectious agents against we are vaccinated, avoiding the infection or disease. 5 Women participated in this activity.

**Note:** Nota all participants arrived, that was the day the Honduras Government order curfew and start with social distance for the present of the first COVID-19 Cases.

One (1) work day was developed in the Intelligence bits elaboration. (Doman Method), volunteers (Mother guide and monitors), In Lajas Blancas, San Antonio de las Guaramas pilot comminity to implement the program. The volunteers learn different learning lecture methods, specifically Doman Method; The participants learn to elaborate intelligence bits, numerical and loose words, as well as the way to read them. They pledged to use the material done with the children in the early stimulation sessions. In this event participated three (3) guides mothers. Las Guarumas, Nacaome, Valle Program.

(3) Demonstrative workshop about the construction of the Improved wood-burning-stove were developed. 13 women and 8 men were training on the construction of the improved wood burning stove in the communities of Torrecillas, Malpaso and Lajas Blancas. Also, they were training in Healthy home technologies to prevent respiratory diseases in their homes.

**Water Management Committee**

This committee, carried out cleaning campaign and guide families in hygiene and water treatment, benefiting 56 families.

Community Organizations: Employers, JAA, Health committees that leads preventives actions in communities, they count with pledged leaders with the health of the population. They make coordination and management efforts to families and other organizations. This makes possible to implement a community plan to respond to this national emergency.

Claveles #1 Community, Construction box took place, and near of the new water supply source. It was built with the beneficiary’s work and with the funds from Inter American foundation, with an amount of $ US 689.46. It was also worked with the installation of the pipe up to the tank, getting to do the water injection for a better home supply. 50 communities’ families were benefited.

Developed of (1) community meeting in Las Labranzas Community, with water source beneficiaries with the aim of planning the pipe repair, pump system, and the solar plant so that families can have access to water. In this meeting 9 person participated, Seven (7) women (2) men. The whole management was carried out, but the pandemic stopped the activity.

**Health Committees**

Faced with the Pandemic COVID -19 (8) Community health Committees are organized with volunteers and implement the campaign “Together we can prevent the spread of viruses and vector diseases in our communities” Vecinos Honduras provided biosecurity materials and disinfection and hygiene supplies, managing to benefit 389 families (1330) people in the sanitization home. Beneficiary families express gratitude of all the prevention actions by committing themselves and implementing all this hygiene practices.

Health volunteers have oriented 297 families on prevention media, biosecurity protocols and healthy home practices. Training families have shared knowledge with other families. Volunteers reported that exists a greater responsibility in families in implementing sanitation practices.

Las Marías-El Trapiche Sectoral health committee, coordinate actions with the zone personal, about prevention and promotion (ZPP-Las Marias) through SESAL manage they acquired biosecurity equipment, materials and inputs managing to stablish disinfections and sprays at the entrance of the communities. Spray points is where the villagers gather 6 people and spray them as well as vehicles to prevent COVID 19 Contagion. The solution is water, chlorine and lime.

Community Health Committee (1) participation, San Antonio de las Guarumas community. The participant discussed the reasons why families are not implementing the water treatment in their homes. Expressing commitment to promote family’s responsibility in the water treatment in order to reduce Diarrhea diseases, also they elaborated their annual planning socializing it with all the crowd. In summary, the main activities were: Clean up campaigns, community meetings, Water treatment training for families and the family gardens establishment.

Established Agreements: Next Zonal committee meeting, socialize the work plan with the community and start saving of $0.41 per every committee member. In this event participating 16 members of committees of seven (7) communities (Las Labranzas, El Malpaso, El Rincón, Guanacastillo, El Quebrachal, Lajas Blancas and El Matasano) and two (2) Young people interested in participate. 18 women in total.

Health committees in the Guarumas areas, always maintain the practices implementation of basic sanitation and healthy homes (Wood-burning stove, latrines, water treatment and solid waste management) This practices have help to reduce some deasses such as: Acute respiratory infections , Gastrointestinal diseases and skin and vision infections.

**Community Health Units**

Seven (7) Kits medicines were monitoring. Monitors are the responsible to take care and maintain these kits full. Are 29 boys ,16 girls, 37 women and 11 men (93 attentions) who are beneficiated from it. The medicines on demand are Acetaminophen for kids, adults and fever or headache. The monitoring was carried out in El Trapiche, El Sobrón, Los Encuentros, El Picacho, Casas Nuevas, San José y El Obraje from the proyect Sembrando Esperanzas.

**Equipment**

400 hygiene kit and biosecurity equipment, spray pumps, chlorine in liquid and gloves, which were distributed to the (26) health committees communities, 26 communities that works on the proyect SMI, benefiting to 1,125 families in the communities; being a budget investment of $ US **6,451.12**,

**Langue Valle**

El Picacho, Langue Valle community , doesn’t have an aqueduct project, that’s why, Global Brigades Institution is funding a drilled water well for families to supply water in their community, but to make this possible they need a good monetary amount to buy materials, so, Vecinos Honduras provided them a contribution in materials by the SIM project. The amount of $ USA 2015.40 to buy: 5 meters of crushed gravel, bricks and wooden boards, this project will be benefited 80 families, due to Pandemic COVID-19 the project is not working.

26 Basic Medicine kits were supplied by the Secretary of health, to treat common deasses, for the present of the Pandemic Covid-19 the management of the kits have taken an important role, attending the community. According to the report of the people in charge have attending 45 adults and 33 children in boys and girls in the 10 communities of Guaruma 18 girls and 15 boys under the age of 12 years, the most common deasses have been fever, cough, vomiting and headache.

Monitors and guide mothers receive an incentive for the work done, that provides well-being for them. These incentives are always made to follow the goals of the project. In this semester the following materials were given: 8 plastics stands for their kitchens, 2 floors and 3 ceilings were repaired, (1) latrine from hydraulic closure, and zinc sheets and one storage room. To make this, were given the following materials: Cement, iron rod, zinc sheets, and nails. The amount ascends to US$ 68.93, Foundation Inter American Funds.

Guarumas areas, has a nebulizer to give attention to kids, when kids have respiratory infections they are translated to the near hospital, it has been of much benefits to some families, it is difficult for them to take their children to a clinic o an hospital to mist.

Four (4) attention cares have been done in children under the age of 5 and 2 in adults’ people from communities of Lajas Blancas, Malpaso y Torrecillas. Materials were given to monitors with 1600 development and growth cards from the OMS to the 26 communities, these cards are useful for the work of AIN C, since every born child need one to keep track of anthropometric measures. Educational posters were given, about nutrition, breastfeeding, dengue, and coronavirus.

**Conclusions:**

Since the current situation that our country is going through for the COVID-19, The communities organizations are the fundamental pillar to keep with actions without the continued presence of the Vecinos Honduras staff, demonstrating that they have empowered from the develop of their own communities.

Monitors and guide mothers keep interested in doing the work with children in their communities, monitoring growth and development of children under the age of 5 years old, they are totally agreed that they have seen the result with children, malnutrition is decreasing and the intellectual development has been strengthened. Children show an adequate growth and develop skill and abilities.

The health committees have strengthened the training of families with the practices that are done in communities, which has allowed a presence in agents that enhances education for the prevention and contagion for COVID 19, until now, no one has been infected within the range action of the SMI program.

The COVID-19 delayed the execution process of many activities from the operative annual plan, that takes place in a community level, the institutional presence left field labor in mid-march been presents only in a few occasions, but that was very helpful because they could train and prepare the volunteer staff y make delivery of biosecurity equipment, some activities were planned by phone, trusting in the responsibility of the members and directors from the different organizations.

Water management Committees continuing to maintain water supply to the projects and managing projects that benefit the community to keep the population satisfied in their water needs with quantity and quality. They continue forming with related organizations.