

EC Partners

Health Unlimited

Provincial Health,
Agriculture and
Forestry Departments
and Women's Union

Facts and Figures

- EC contribution:
€650 250 (85% of
total)
- Duration: 2007-2010
- Number of people
affected: 2 592
households in 24
villages
- Area covered:
Attapeu province
(Lao PDR)



EUROPEAN
COMMISSION

Food security

Improving the health and nutritional status in Lao PDR

"Many mothers attended health and nutrition education sessions in order to improve their child feeding method"

Ms. Chanbuapha, community health and nutrition facilitator of Attapeu



Context

Attapeu province is one of the remotest and poorest provinces in Lao PDR. More than two-thirds of the population lives in the lowland river valleys. Villages go without sufficient food for four to eight months per year. Many villagers, newly settled in lowland regions, are not familiar with the wetland resources and do not know how to exploit them sustainably. In addition villagers practice a number of food taboos related to child feeding.

Objectives

- Increased capacity of people to assess, plan and manage health, nutrition and wetland, agriculture and non-timber forest product resources for increased food production.
- Improved nutrition and health-seeking behaviours of people.

Impact

- 1 331 children received support from nutrition activities
- 720 villagers have received training on agricultural production.
- 1 000 families have piloted livestock and crop productions - frog and fish raising and vegetable and mushroom cultivating.
- 120 family and community latrines have been built and 26 clean water points built.
- 110 government partners have been trained on various topics of project planning, implementing and monitoring.

Improving the health and nutritional status in Lao PDR

Taboos related to child feeding

Phorbsamai is an indigenous woman of Darkkied village, Sanxay district, where this project is being implemented. She is 25 years old and married with two children.

She practiced exclusive breastfeeding from birth until six months old after having heard information in a meeting in her village.

According to their previous traditional practice, infants were not allowed to take the yellow breast milk because older women in the village advise new mothers to milk it out before feeding the baby. They believe that yellow milk will cause an infant to get sick and have diarrhea, but now it is totally different as they are advised to give the first drop of breast milk to new born babies to prevent any sickness and diarrhea.

Phorbsamai says that her children are lucky and healthy because they were both born after she learnt this useful information and knowledge on how to care for a baby properly. In addition, they have both received the required immunizations and vaccinations for newborn children.

Currently, Phorbsamai is responsible for one project activity in the village 'news house' as a community loud speaker announcer. She takes turns to announce news, provides health messages and plays music on the community loud speaker program.



Mrs. Phorbsamai, woman village volunteer of Ban Darkied, with her healthy son