



ADRA ASIA
focus

*Lessons of
a Mother*

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MOTHER
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ADRA



ADRA

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GET CONNECTED



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This quarter, we focus on how ADRA is addressing malnutrition in children to reduce rates of stunting, wasting and being underweight in Lao PDR.



This quarter we take you to
LAO PDR

CAPITAL
Vientiane

LANGUAGE
Lao

POULATION
7.5 Million

CURRENCY
Laotian Kip (KN)

RELIGION
Theravada Buddhism

PROVINCES
17

TIMEZONE
GMT +7

LITERACY
Male: 91%
Female: 83%

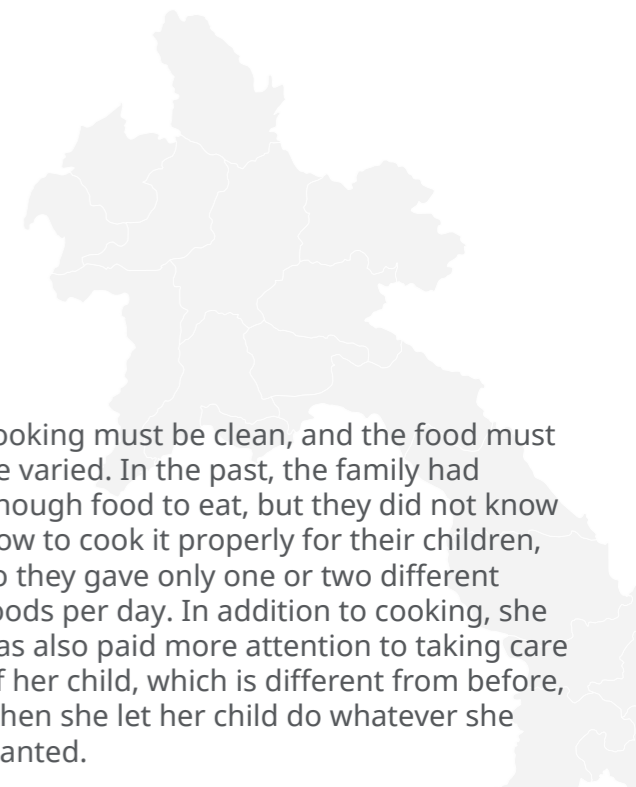


1991
ADRA Office first established





LESSONS OF A MOTHER



“When I was pregnant, I didn’t rest much as I worked on the farm. On that day, I came back in the evening with labor pain, soon after my daughter was born. Because we are poor and there are few people in our family, I had to help my family,” said Siphone, a 25-year-old mother who lives with her husband and four-year-old daughter in Sobkhao Village, Xiengkhouang Province, Laos. Siphone’s baby daughter joined the Enhanced Nutrition and Health for Upland Phoukoud Phase II (ENHUP II) Project because she was underweight and unhealthy.

When her daughter was three months old, she started to introduce her to food because she had to go back to work. Siphone left her child with her parents during the day. Before she left, she cooked rice soup for her daughter and breastfed her when she came home in the evening. *“I was thinking that the reason why my daughter was underweight and always sick was because I didn’t have enough rest when I was pregnant, and I didn’t eat anything nutritious. I lived a normal life,”* Siphone stated.

Three years ago, the ENHUP II project came and did measurements for children. The results showed that Siphone’s daughter was underweight. Siphone was mortified thinking her daughter was malnourished because she was unhealthy. Siphone continued to tell the team that before the project came, her daughter was often sick, 2-3 times a month and thin. However, she didn’t know the cause of her child’s frequent illness. After she learned this from the project, she was able to connect the dots.

Siphone participated in ENHUP II’s cooking programs, and nutrition and health awareness sessions where she learned much knowledge, especially about cooking for her children. She learned

cooking must be clean, and the food must be varied. In the past, the family had enough food to eat, but they did not know how to cook it properly for their children, so they gave only one or two different foods per day. In addition to cooking, she has also paid more attention to taking care of her child, which is different from before, when she let her child do whatever she wanted.

“Before, when it was cold, children wore short clothes; they didn’t like to wear long clothes. Now I pay more attention to them. Before, they were too indulgent; they wanted to do whatever they wanted. Now we don’t indulge them, we must take care of what is necessary, such as in winter when we put them in long clothes to keep them warm. Same with food. Children didn’t like to eat vegetables. We didn’t force them. We only cooked rice soup for them. Now we are slowly feeding them and influencing them by what they are interested in so that they can eat vegetables and meat, as it is beneficial.” Siphone said.

Now, her child’s illness has decreased. In the future, Siphone would like to have another child, using the lessons learned to take better care of them. She will rest more while pregnant, eat more nutritious food, and exclusively breastfeed them up to 6 months old, so it won’t affect their health.

“I want to see my family healthy; I want my children to have knowledge and wisdom; if possible, I want my children to graduate with a bachelor’s degree; and I will support them to the best of my ability so they can have a better life as well as help our family escape from poverty,” said Siphone.



Soudalat Pathammavong
ADRA Laos



[CLICK TO WATCH | LESSONS OF A MOTHER](#)

REGIONAL FOCUS

27.4%

CHILDREN UNDER 5 IN SOUTH EAST ASIA ARE STUNTED DUE TO POOR NUTRITION

134

MILLION PEOPLE DON'T HAVE ACCESS TO CLEAN WATER IN ASIA

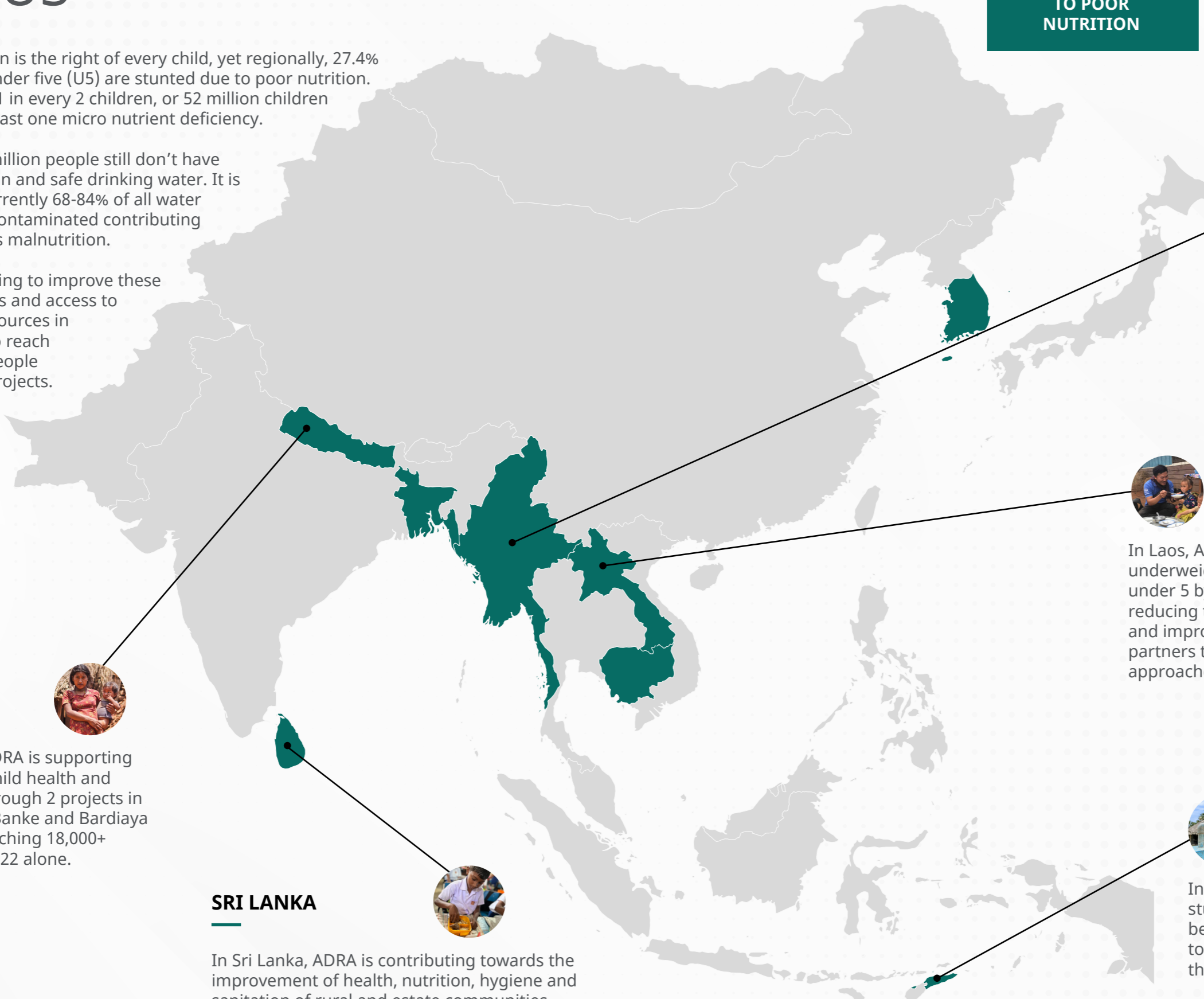
1.9

MILLION PEOPLE ARE CURRENTLY BEING SUPPORTED BY ADRA

Good nutrition is the right of every child, yet regionally, 27.4% of children under five (U5) are stunted due to poor nutrition. Additionally, 1 in every 2 children, or 52 million children U5, have at least one micro nutrient deficiency.

In Asia, 134 million people still don't have access to clean and safe drinking water. It is estimated currently 68-84% of all water sources are contaminated contributing further to this malnutrition.

ADRA is working to improve these nutrition rates and access to clean water sources in **8** countries to reach **1.9 million** people through **16** projects.



MYANMAR

In Myanmar, ADRA is working to increase access to clean drinking water sources for various crisis affected communities, in particular the most vulnerable being women and children, to mitigate the spread of water-borne diseases through 4 projects.



LAOS

In Laos, ADRA is working to reduce acute malnutrition, underweight and chronic malnutrition rates for children under 5 by increasing consumption of nutritious food, reducing the prevalence of malnutrition related diseases and improving awareness and capacity of development partners to adopt best practices and multi-sectoral approaches to nutrition.



NEPAL

In Nepal, ADRA is supporting maternal, child health and nutrition through 2 projects in Mahottari, Banke and Bardiyaya Districts reaching 18,000+ people in 2022 alone.



SRI LANKA

In Sri Lanka, ADRA is contributing towards the improvement of health, nutrition, hygiene and sanitation of rural and estate communities living in Matale; Moneragala and Nuwara Eilya through 2 projects.

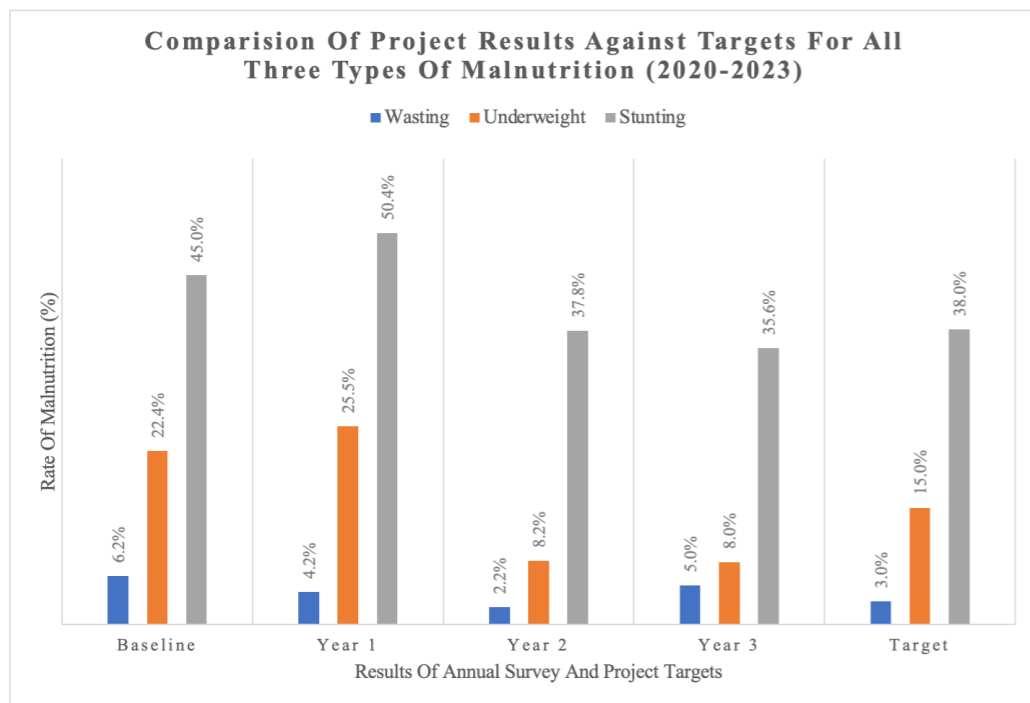


TIMOR-LESTE

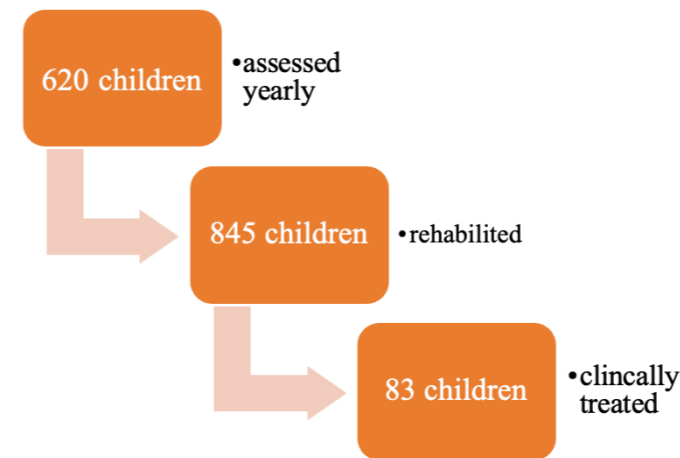
In Timor-Leste where 47% of children under 5 are stunted and 60% of all food is imported, ADRA has been working to improve nutrition rates and access to clean drinking water sources supporting more than 3,000 people.

INTEGRATED APPROACH TO THE COMPLEXITY OF MALNUTRITION

Undernutrition rates remain high in Lao PDR. A national survey in 2017 reveals that 33% of children under five years are stunted, 21% underweight, and 9% wasted. The situation has called for ADRA Laos to respond. Between 2017 and 2019, ADRA launched a health and nutrition project called Enhanced Health and Nutrition for Upland Phoukoud (ENHUP) and reduced the rate of wasting to 3% from 10% across 16 target villages in Phoukoud, Xiengkhouang; underweight dropped down to 18% from 25%; and stunting fell to 50.90% from 51.4%. These improvements, however, reflect only a small area of Phoukoud as the district has 43 villages. Subsequently, Phase II was approved by the Canadian Foodgrains Bank in 2020 to expand to other villages, and the project concluded in August 2023 with a lot of notable achievements.



It is an indisputable fact that malnutrition is a multifaceted health problem. Thus, ENHUP II had taken an integrated approach to reduce undernutrition in Phoukoud. Under its nutrition specific activities, ENHUP II had slashed the rates of wasting among children under five years (CU5) down to 5% from 6.5%, underweight to 8% from 22.4%, and stunting to 35.6% from 45%. It is exceptionally unusual to have reduced stunting by almost 10% in the span of a project life. However, thanks to the project design, approach, team, and government implementing partners, the project was able to do just that. Instrumental to these reductions is the employment of the Positive Deviance/Hearth approach, which is a community-based approach to improve nutrition among young children and strengthen local capacity to manage and sustain the treatment of malnourished children as well as prevent future malnutrition.



Each year, the project assessed 620 children on average to determine their nutritional wellbeing and enrolled about 250 of them in the rehabilitation program or PD/Hearth while referring those who were severely malnourished (SAM) for clinical treatment. The project had successfully rehabilitated 845 children with moderate malnutrition and supported the treatment of 83 SAM cases.

Each round of PD/Hearth typically runs for 12 consecutive days and involves cooking and feed demonstrations, health/nutrition sessions for caregivers, home visits, and community sessions. On Day 12th, a growth monitoring is taken to see whether the children's health has improved. Subsequently, they are monitored again on Days 30, 90, and 270. It should be noted that parents are encouraged to bring locally available food such as vegetables (leaf, root, fruit), rice, or whatever they can to cook nutritious food for their children. They also take turn running the activities each day.

It is worth mentioning that ENHUP II conducted one round of PD/Hearth per village per year.

However, some villages received two rounds per year because of persistent undernutrition. All in all, the project had conducted 67 PD/Hearth sessions in the 16 target villages. Food insecurity and the lack of diversity are another major cause of malnutrition. Under this nutrition sensitive component, the project had distributed goats, ducks, chicken, and fish to 149 households whose children were malnourished and provided seeds to 340 HHs. To sustain and maximize the protein inputs, the project handed over the goats in the form of a revolving fund, i.e., each HH should raise the goats (3 per HH) until they give births and pass on the goats to another HH whose child is also malnourished. This had resulted in an increase of protein availability from 50% to 82% and home garden produce from 49% to 60%. That is not all. Some HHs bred and sold the animals to generate income and buy a variety of food items which they cannot produce.

Sanitation and hygiene activities were also focused on malnourished children. By utilizing the Community-led Total Sanitation approach and working closely with key stakeholders, the project was able to declare all the 16 target villages Open Defecation Free and eventually contribute to crowning the entire district Open Defecation Free as well. In building local capacities, the project had produced a number of learning materials and shared project data with key partners. 89% of those who received the materials/reports testified that the reports were helpful and referred to them while 96% used the learning materials in their work.



Porm Keosamone
ADRA Laos

STAFF FOCUS

7
YEARS
WITH ADRA

1

Tell us about your journey since you started working with ADRA

I joined ADRA Laos as a Program Assistant in 2016. In the role, I assisted with project design, official document translation, reporting, travel coordination, and Disaster Risk Reduction. Then, I was promoted to be the Health and Nutrition Officer of ENHUP Phase I and Project Manager for ENHUP Phase II. As Project Manager, I supervise and lead the project team and government partners.

2

Can you tell us about one of your most memorable experiences?

It is not easy to reduce malnutrition among children under 5 in the community but I am amazed when I see the results of our Community Nutrition Rehabilitation program that capacity builds village health volunteers and women group leaders to apply the Positive Deviance Hearth (PD/Hearth) approach with mothers, carers and CU5, which helps improve their nutrition and health.

3

What were the challenges and difficulties you faced during your journey and how have you overcome it?

As a young leader, there are multiple challenges I face. One of the most critical is how to handle staff who are older and try to undermine my leadership. Leadership skills and management experience are essential. The ADRA Laos Senior Management Team have nurtured, supervised, and coached me to address this issue helping me to become a good leader for the organization. ADRA also teaches me how to respect, love and be compassionate for everyone. I now feel more confident to perform a variety of management and administrative functions.

4

As a Nutrition Project Manager and a father, how do you apply nutrition knowledge in your life?

As a father of 2 boys, I support my wife to exclusively breastfeed and help her to prepare nutritious food, feed, clean and care for our boys while sometimes she takes a nap. To ensure my children received adequate diversity of vegetables and food, I have established a small home garden where vegetables, herbs, and nuts are harvested. Plus, I raise 20 chickens and 12 ducks that help our family access protein sources so I can add protein to meals which helps to generate my boys weight gain and good health.

My wife and I are really thankful to ADRA and the nutrition project as we apply and live the principles in our own lives so our boys can eat healthy nutritious food. We also share our nutrition learning lessons with our family and friends too.

5

What does the work of ADRA mean to you?

ADRA creates a workplace, lifestyle, and environment that emphasizes love, care, and physical well-being as a family, and provides individual and community development opportunities toward positive change that reflects the ministry of Jesus Christ of love, justice, and compassion to the world.



Meet
Soua Lee (Jack)

Project Manager
ADRA Laos

NEWS FOCUS

BANGLADESH

In Bangladesh, ADRA has been encouraging farmers to grow cauliflower. Cauliflower seedlings are transplanted in the field to demonstrate the setup in Climate-Smart Agriculture (CSA) practices. Recently, the CEP project in Gouripur, Mymensingh implemented demo plots on 10 decimals of land.



JAPAN

March 2011, ADRA responded to the Tohoku Earthquake and Tsunami in Yamamoto Town, Miyagi Prefecture providing assistance to the local population through running soup kitchens and distributing starter packs for temporary emergency housing. Recently, ADRA received a donation from LIGUNA Co., Ltd to purchase outdoor parasols and new books for the local library/playground.



CAMBODIA

ADRA Cambodia's BEST CHOICES project distributed water filters to 176 families in Bakan district. The water filters were distributed to individuals at 4 central locations with families coming in from 14 villages. During the distribution, the project team explained how to use the water filters to drink clean water, and how to maintain the filters.



LAOS

ADRA Laos' SARLI project organized a plum jam processing training with trainers from the Faculty of Agriculture, National University of Laos. Provincial district agriculture government coordinators and plum farmer groups from 4 districts; Nonghat, Paek, Khoun and Phoukoud, attended the training. The purpose of the training was to add value to local fruit, reduce loss of plums during oversupply and increase farmer income.



INDIA

In June, ADRA India responded to devastation caused by Cyclone Biparjoy. The storm made landfall in India's coastal regions on June 15th bringing widespread destruction to homes, infrastructure and agricultural lands displacing over 100,000 families. ADRA India distributed hygiene kits to 780 households across 17 affected settlements in the Kutch district of Gujarat to protect health and aid recovery.



MONGOLIA

From June 27-30, ADRA facilitated a milk production training as part of the PLUS Project to enhance the capacity of female herders. 31 herders were trained to maintain hygiene of milk storage at home, and produce dairy based products for sale. At the end of the training, 13 participants were provided milk equipment kits including; electric milk separators; curd patterns; and milk buckets.



INDONESIA

This quarter, ADRA Indonesia attended the 3rd Indonesian Pathfinder camporee to facilitate an ADRA Pathfinder Honor on Disaster Response. This honor aims to better equip Pathfinders to build resilience, prepare for any challenges, understand hazards and be aware of potential risks affecting our safety and wellbeing in disaster.



NEPAL

ADRA Nepal conducted emergency sexual and reproductive health camps to communities affected by an earthquake. With the local health post severely damaged, women walked 3-4 hours to attend. They received help with pelvic organ prolapse issues, family planning needs, sexual health education, STI testing and treatment and cervical cancer screening. In one area, baby deliveries are taking place in a tent. ADRA will be providing a prefabricated building, while the government works on rebuilding it.

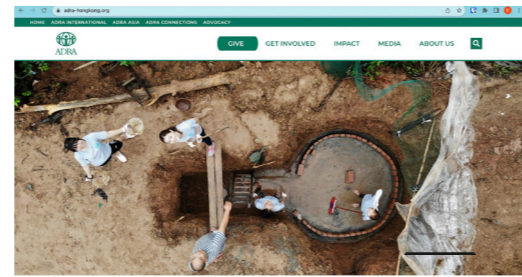


NEWS FOCUS

HONG KONG

Would you like to keep updated on what ADRA Hong Kong is doing? Check out their new website and social media channels on Facebook and Instagram.

Click the icons below



Justice. Compassion. Love.



PHILIPPINES

This quarter, ADRA Philippines celebrated their 40th Anniversary in serving the people of Philippines. The milestone was marked by a weekend celebration seeking to gather the dynamic people behind ADRA's museum of passion projects throughout the years embodying justice, giving compassion and sharing love.

THAILAND

In the hills of Northern Thailand, life can be difficult and dangerous for young girls. Poor and marginalized, these girls often find themselves in the hands of human traffickers. ADRA Thailand's Keep Girls Safe project is building bridges of hope and opportunity to champion children's growth, education and wellbeing to shape a promising tomorrow for generations to come.



TIMOR-LESTE

On July 19, ADRA Timor-Leste, Lautem Municipality Administrator, Lautem SMASA Director, Los Palos Post Administrator, Cacavei local authorities and the community members celebrated the inauguration of the rehabilitated water system in Cacavei. This water system benefits 342 households living in 4 aldeias of Pai-hira, Lai-ara, Solepara and Tsharano.



KOREA (SOUTH)

From 20-25 August, ADRA Cambodia hosted an ADRA Connections team from South Korea. The team were from the Sahmyook Foods company. During their visit, they connected and worked with several of ADRA Cambodia's projects in Pursat province bringing smiles to many students.



VIETNAM

This quarter in Vietnam, staff working with ADRA Vietnam visited several farmlands to monitor the successful progress of turmeric being grown naturally without chemicals by local farmers.



SRI LANKA

On July 29, ADRA Sri Lanka celebrated 40 years of service in Sri Lanka by leading church service at the Shiloh Seventh-day Adventist Church in Nugegoda. Since its inception in 1983, ADRA Sri Lanka has grown from strength to strength leaving a remarkable legacy. ADRA Sri Lanka attributes this to the dedication of staff and support of valued stakeholders.



ASIA REGION

This year, ADRA's offices in Asia are participating in exchange visits in an effort to share insights, strategies and best practices for strengthening our collective mission in making positive change happen. This quarter, select staff from ADRA India visited ADRA Indonesia from 23-25 August, and from May 31-June 5, staff from ADRA Nepal visited ADRA Mongolia.





Every Child

1 in 5 children worldwide are not in school. Children with disabilities and children in crisis - especially girls - face the most hurdles to gaining an education. Your generous gift helps these children access primary education.

[GIVE NOW](#)