

We empower individuals and communities to lead lives of dignity and self-reliance.

## Fighting Malnutrition and Anaemia

Malnutrition and anaemia remain major health challenges in rural Bolivia and Peru, particularly among children. Geographic isolation, limited healthcare access, and scarce resources further exacerbate these issues.

Since 2010, Suyana has been tackling these challenges through its Healthy Municipalities Programme, a holistic initiative integrating health, education, and livelihoods.

Suyana’s 16 mobile units, staffed with healthcare professionals, bring medical care, health education, and nutritional assessments directly to remote communities. These units conduct seven operational cycles per year, each lasting 25 days, ensuring consistent support and promoting lasting behavioural change through workshops and follow-ups.



### Objective

The programme aims to achieve significant changes within a three-year cycle. The nutritional status and haemoglobin levels of children are seen as dynamic developments that result from interactions between families and their environment.

### Strategy

The strategy includes bringing services as close as possible to children and their families by conducting continuous screenings, anthropometric evaluations (height, weight) and haemoglobin assessments as well as sensibilization and nutrition workshops. This allows for early diagnosis, timely treatment, rehabilitation, and follow-up.

The severity levels of malnutrition and anaemia, along with influencing factors, shape intervention strategies that emphasize healthy eating habits and hygiene practices. Through these comprehensive efforts, Suyana contributes to the state’s responsibility in reducing anaemia and malnutrition in the Andean regions.

**Did you know?**  
/su'jana/ Suyana is the word for “hope” in the indigenous languages of Quechua and Aymara.

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## Key Initiatives

### Healthcare and Nutrition Programs

- **Anthropometric Measurements:** Regular assessments of children's height and weight are conducted to monitor growth and nutritional status. These evaluations help in early diagnosis and intervention for malnutrition and related health issues. By tracking these metrics, Suyana can implement timely treatment, ensure continuous rehabilitation and follow-ups.
- **Deworming Sessions:** Conducting regular parasite analysis leading to bi-annual de-worming sessions to improve children's health and nutritional absorption.
- **Promotion of Nutritious Food Consumption and Bio Gardens:** Raising awareness and providing training and workshops on the consumption of nutritious foods. Supporting the creation and maintenance of bio gardens to encourage sustainable agriculture practices and improve dietary habits.
- **Creation and Distribution of Educational Materials:** Promoting the consumption of nutritious foods through educational materials in schools, encouraging children to adopt healthy eating habits from a young age.
- **School Feeding Programs:** Promoting the cultivation of nutritious local foods to enhance food security and sustainability and supporting the use of nourishing meals at schools to improve children's health and academic performance.
- **Health and Hygiene Practices:** Foster best hygiene practices, through sessions demonstrating for example proper handwashing techniques to prevent the spread of diseases.



### Anaemia Intervention Programs in Peru

- **Nutritional Education and Supplementation:** Raising awareness and educating families about nutrition, preventive measures to combat anaemia and providing iron supplements to children.
- **Health Screenings and Treatments:** Regular anaemia screenings and treatments to identify and address cases early, ensuring children receive necessary medical interventions.
- **Iron-Rich Food Preparation Demonstrations:** Organizing sessions to demonstrate the preparation of foods rich in iron, helping families incorporate these into their diets to combat anaemia.



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## Impact and Outcomes

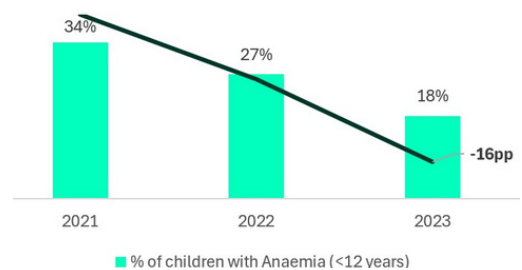
Through our health and educational initiatives, access to quality services in rural communities has significantly expanded. This improvement has not only enhanced overall health outcomes but has also led to fewer school absences and promoted better hygiene practices.

**Improved Diets & Food Security:** awareness-raising efforts, trainings on sustainable agriculture, and the creation of bio gardens have helped communities grow their own nutritious foods, enhancing food security and improving overall dietary habits.

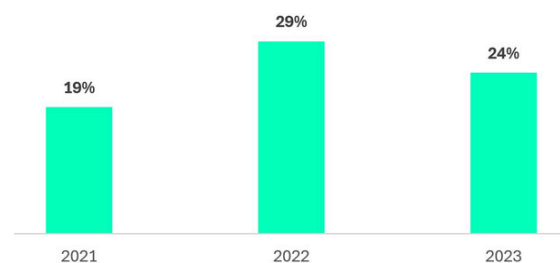
**Anaemia Reduction:** in Peru, anaemia screenings and interventions have helped identify and treat patients at a higher success rate than the official basic health indicators. In Peru alone, more than 2,600 children until 12 years old were part of the programme.

**Parasitic Infection Reduction:** Targeted deworming campaigns benefited thousands of young children in both countries, significantly reducing parasitic infection among those aged 3 to 6. The increase observed in 2022 in Peru reflects expanded outreach efforts as COVID-19 restrictions lifted, allowing us to access more communities and thus detect and address more cases.

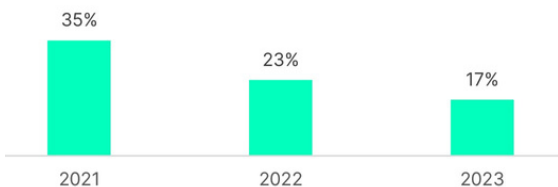
Children's anaemia  
Peru 21'-23'



% share of children (3-6 years) with parasites  
Peru 21'-23'

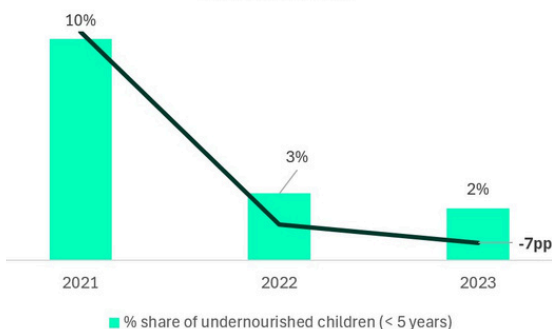


% share of children (3-6 years) with parasites  
Bolivia 21'-23'

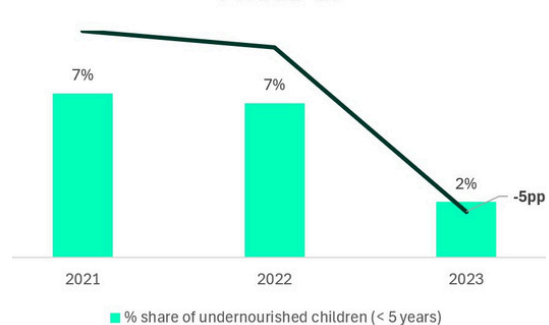


**Children's malnutrition & undernourishment reduction:** In Peru, undernourishment among children under 5 decreased by 71% from 7% in 2021 to 2% in 2023. In Bolivia, the reduction was even more significant, at 80%, dropping from 10% in 2021 to 2% in 2023. These results underscore the impact of our nutrition programs in improving young children's health and well-being.

Children's undernourishment  
Bolivia 21'-23'



Children's undernourishment  
Peru 21'-23'



PP percentage points

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## *Future Goals*

- **Expansion Coverage of Programs:** Both Bolivia and Peru aim to extend their health and nutrition initiatives to more communities, with a focus on sustainable food production and preventive health measures.
- **Strengthen Partnerships:** Collaborations with local health authorities and educational institutions are crucial for the sustainability of these programs.
- **Resource Mobilization:** Securing essential resources, such as medical supplies and educational materials, is vital for supporting ongoing and expanded efforts.
- **Increase Evaluation Frequency:** More frequent assessments will allow for better monitoring and timely interventions.
- **Improve and Update Equipment:** Modernizing and maintaining equipment will enhance the quality of care and interventions provided.
- **Sustainable Funding:** Seek long-term funding commitments from donors and government agencies to ensure the sustainability of the health care programme.



## Contact Information and Partnerships

**Get Involved:** Suyana encourages donations and partnerships to support its health and nutrition programs.

**Contact Details**

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Acknowledgments: Suyana acknowledges its partners and supporters who contribute to the success of its programs.

For more detailed information on Suyana’s projects and impact, please visit [Suyana’s website](http://www.suyana.org).