

# Progress Report 2020



**Humana**  
People to People Laos



**Humana**  
Fundación Pueblo para Pueblo



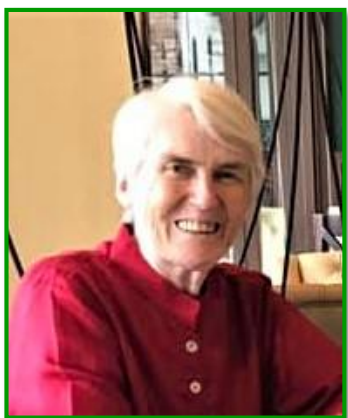






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## Greetings from the Country Representative

It is with great pleasure I send my warm greetings to all the people in our projects, our valued partners in development and government partners, and our dedicated volunteers and project leaders. 2020 has been a year where Humana People to People and Humana Fundación Pueblo para Pueblo experienced great progress in our projects. We have consolidated the partnership with the European Union and Global Fund, and added four new partners, Expertise France L'initiative, Gilead Sciences, GEF SGP and The French Embassy.

The most important development has been created by the people, the thousands of farmers, mothers, fathers, children and community volunteers that have used the support and guidance we have provided to cut out new possibilities for a better life for themselves, their families and communities. We believe that the struggle to escape poverty is only successfully carried out, when the poor themselves engage actively in changing their own fate. We believe in collaboration, in collective efforts, and in solidarity – at the community level and between people, governments and progressive forces.

We are committed to fight alongside the poor to make sustainable changes that will make the world a better place for us all.

In 2020 we closed down the TB Active Case Finding project in Bolikhamxay Province, and handed it over to the communities and the National TB Center. Together with the families in Bolikhan, Pakkading and Paksan districts and the government we celebrated the project's great success since its start in 2018. Two new health and disease prevention projects have started, and a third project is about to start up, now in the North of Laos.

In the Farmers' Clubs project in Khammouane Province 5,000 farmers and their families have completed their second year and continued to strive for greater resilience and increased food security, and to fight malnutrition.

Laos has luckily been less affected by Covid-19 than most other countries in the World, and in spite of some constraints we and the people in our projects have been able to carry out many of our activities as they were planned.

We want to use the opportunity to thank our international partners for the funds that have made this important development possible, and to the Government of Laos, and our valued partners at Central, Provincial and District level.

Gitte Hector, Country Representative



# Introduction



Members of a Core Group in the Farmers' Clubs project discuss how to improve nutrition in their families

**We work alongside the poor and join forces with them.**

**When people are at the center of their own development in an organized collective process, sustainable change can be made.**

## Who are we:

Humana People to People Laos (HPP Laos) is an international NGO that has implemented community development and health projects in Bolikhamxay Province, Laos since 2011.

Humana Fundación Pueblo para Pueblo (Humana FPP) is implementing a large Food and Nutrition Security project in Khammouane Province that started in 2018.

Both organizations are part of a global network of 29 organizations under the Federation Humana People to People, whose members are operating in Europe, Africa, Asia and the Americas.

Humana FPP is the local delegation of Fundacion Pueblo para Pueblo in Spain.

## What do we do:

HPP Laos and Humana FPP's projects focus on sustainable agriculture, environmental protection, maternal and child health and nutrition, disease prevention, and community development.

Our core value is to work alongside the poor in remote and vulnerable communities, empowering them to work together and achieve the change they desire.

By 2020 our 50 project leaders and field officers and 80 volunteers have implemented projects that benefit more than 90,000 people in 180 villages.

Our staff are recruited locally, and they live and work in the communities alongside the people we train and mobilize.

## .Our projects:

In Khammouane Province, Humana FPP in cooperation with Health Poverty Action and the Provincial Health Office is implementing an EU funded Food and Nutrition Security project. It engages 5,000 families in 6 provinces and 100 villages in Farmers' Clubs. In 2020 Bolikhamxay Province.

Through many years, HPP Laos has worked alongside the poor in Bolikhamxay to improve maternal and child health and nutrition and strengthen community development.

In December 2020 we completed our first disease prevention project in 3 districts of Bolikhamxay that contributed to the National TB Center's efforts to eradicate tuberculosis in Laos before 2030. The project is called TC TB for Total Control of Tuberculosis and was funded by Global Fund.

Building on the success of the first project, we started the second, and larger TC TB project in 2020 with funding for three years from Expertise France L'initiative.

The third TC TB project funded by Global Fund will start up in 2021 in Oudomxay Province, Northern Laos.

A new project called HOPE, funded by the US based commercial company Gilead Sciences, also started in 2020. The project provides support for people living with HIV through increased access to medicine, improved nutrition and treatment adherence support.

Finally, we have cooperated with a local Community Based Organization in Ban Phadai on a climate change project funded by GEF SGP.





**We support smallholder farmers to produce bigger quantities of better food**  
We train and mobilize those who need it most, the rural poor

**We work alongside people and the government to eradicate Tuberculosis**  
Positive outcomes depend on people themselves as the driving force



**The fight to gain control of HIV and AIDS builds on people that are organised together in close cooperation with the public health system**



# Sustainable Agriculture, Environment and Food Security

**Small scale farmers are the frontline response to the world's environmental and social crisis.**

That is how important they are. When conditions allow for them to earn a living, they stay on the land and they protect it.

**The land is the foundation for their livelihoods and their culture.**



Farmers in our Food Security and Nutrition project learn to raise animals safely and to breed them. Every farmer receive animals and pass on chicks or kids from the first generation to other families in the club.



# **The Food security and Nutrition project Farmers' Clubs**

**100 Farmers' Clubs established**

**5,000 members engaged**

**500 Step-up farmers trained**

**500 Administrative committees formed**

**121 demonstration plots set up**

**16 types of vegetables and 7 types of fruit trees introduced and tested**

**4,155 home gardens established**

**102 village veterinary workers equipped and trained**

**1,760 farmers have received 9,302 animals as pass-on loan**

**109 village irrigation systems installed**

Humana FPP, with project partners Health Poverty Action (HPA), and the Khammouane Provincial Health Office (PHO), is implementing a Food and Nutrition Security project funded by the European Union. Activities commenced in 2018 and will end in 2021.

Humana FPP is responsible for delivering activities around strengthening food security, climate resilience and dietary diversification of vulnerable communities.

To achieve these aims, we work through our Farmers' Clubs approach and have established 100 Farmers' Clubs with around 50 members each. The Farmers' Clubs are the basic project structure through which activities are implemented.

## **Core activities include:**

- Establishment of demonstration plots for crops farming and vegetable production (1 per Farmers' Club)
- Training on climate-smart agriculture and other sustainable agricultural practices
- Establishment of 10 seed banks
- Adoption of small-scale water systems for irrigation
- Training of Trainers on SRI methodologies
- Training in animal husbandry and set-up of animal pass-on-loan schemes
- Introduction of innovative techniques of food processing, preparation and storage
- Creation and training of 6 cooperatives (1 per district)



## Farmers' Clubs, an approach that has been tested and applied all over the world

The Farmers' Clubs concept has been developed and implemented globally by members of the Federation Humana People to People through more than 15 years. After adapting the concept to the local context, HPP Laos led a Farmers' Clubs project in Bolikhan District, Bolikhamxay Province from 2015 to 2017 with 1,000 farmers, and currently, Humana FPP is using the approach in its EU-funded Food and Nutrition Security Project with 5,000 farmers in Khammouan Province. The Farmers' Clubs organise and train small-scale farmers in groups of around 50 so they can join forces, share knowledge and resources. At least 50% of the farmers are women, and many of the farmers are from ethnic minorities.

## Farmers' Clubs improve climate resilience and nutrition

The overall objectives of Farmers' Clubs are to further sustainable and climate smart production, to improve families' nutrition through a balanced diet, to increase farmers' wealth and to create a crop surplus for sale. In their groups, farmers learn how to increase their yields, diversify their crops, work together more effectively, bargain as a collective, and support each other. They meet once a fortnight to discuss progress and issues, and to receive training. Through close collaboration and new learning, the farmers make great progress. The perspective is that Farmers' Clubs evolve to become self-sustaining in mutually supportive networks of farmers which last beyond project completion.







Farmers learn to diversify their crops and improve their nutritional value in the demonstration plots



Every farmer has a membership book where he list the plan for what he wants to achieve year by year, and records his results. Each farmer shares his results and discuss his obstacles with his fellow club members

In all of the 100 villages a veterinary worker is trained and equipped so that (s)he can help the farmers to succeed with raising and breeding the animals they receive from the project.





# Health and Disease prevention

**Our Health programs begin with people not with the disease**

As in any other area of life, sustainable results within health rely on people as the key drivers in building and maintaining good health for all.

**With our Health projects** we respond to how people live their lives; we work alongside them to build and maintain good health in their communities and increase well being for all.



HPP field officers and nurses at community health centers take care that people who suffers from Tuberculosis or HIV receive the medicine that is vital to their life and health





We go from door to door in the remote villages to raise awareness about tuberculosis, so that people that suffers from the disease without knowing it, can be tested and cured

## **Tuberculosis - the TB Active Case Finding projects a people-centred approach to disease control and prevention**

The TB Active Case Finding projects are based on HPP's Total Control of the Epidemic (TCE) concept. TCE has been developed and tested throughout HPP countries worldwide. It is applied to combat tuberculosis, HIV/AIDS and malaria. TCE is centred on the idea that only people can liberate themselves from the epidemics. HPP Laos incorporates Village Health Workers in all activities and mobilises communities to support their TB affected peers through formation of TRIOs. TB patients and two family members or friends are trained in TB awareness and nutrition. TRIOs ensure daily medication intake of the patient. HPP Laos provides TRIOs with knowledge in and materials for vegetable gardening and animal raising. Improved nutrition supports TB patients' recovery and improves their overall health to decrease the risk of getting sick again. Funded by the Global Fund, HPP Laos completed a 3 years' project in December

2020. The project played an important part in the efforts of the Ministry of Health in eradicating Tuberculosis before 2030. The project reached more than 130,000 people with awareness of the symptoms and prevention of tuberculosis, and helped the National TB Center and the community health centers to identify 119 TB cases, and due to raised awareness several new patients have been discovered in 2021. The project has established TRIOs around all the patients to support adherence to treatment and increased health and wellbeing. Building on the success, Global Fund has approved implementation of a new project in Oudomxay Province, which will start up in 2021. Another new TB Active Case Finding project has already started in 2020, with funding from French Expertise, L'initiative. Funding is for 2020-2023 and the project covers all 17 districts in two provinces..





Ms. Syda is one of many people that has recovered from tuberculosis through the support she has got.

*“Tuberculosis is hiding in the remote communities, so the support HPP Laos is providing is very important. We appreciate and respect the great effort your dedicated field officers are doing - from door to door, day in and day out.”*

**Dr. Sakhon, National TB Center, Vientiane**



## HOPE – improve the quality of life for people living with HIV

The HOPE project started late 2020. Its goal is to mobilise 200 people that have been diagnosed with HIV to take their medicine, improve the quality of life and their well being. The project raises awareness about HIV in the villages to decrease the stigma, that keep the PLHIV from being open about their disease. An important part of the project is to mobilise the PLHIV to boost their immune system, so they can live a long life. In Laos, ART, the medicine that HIV patients must take, is free of charge, but many patients live far away from a hospital where the medicine is administered, and cannot afford the travel costs. The HOPE project has engaged 40 volunteers to work alongside the PLHIV. A TRIO of family and friends are formed around each patient. The TRIO's task is to support the PLHIV to live a healthy and positive life, adhere to the medicine, and control the disease.

Until now 158 of 200 PLHIV have been reached, 137 of them are now adhering to the medication, 46 TRIOs have been formed, and 100 families have received seeds and animals for their home gardens. The US based pharmaceutical company Gilead Sciences is funding the project.



We encourage people living with HIV to grow vegetable and raise animals to boost their immune system. It works.



We organize people living with HIV to form TRIOs of families and friends

To open up awareness about HIV in the communities is an important tool towards stigma eradication









# Maternal and Child Health and Nutrition



Every child deserves to live a healthy and active life free of malnutrition and stunting. During the first thousand days of their lives they build the foundation for this.

## Fighting malnutrition and prevent stunting:

Ten years ago HPP Laos started its quest to improve life for the under 5 years' old children. During the ensuing years 28,000 people in 19 villages have been mobilised and trained in Community development projects called Child Aid. The projects are focused on health, nutrition, hygiene and sanitation and income generation.

The project staff sign up people in the communities in Village Action Groups, that are encouraged, supported and organised to advance the situation for each of the member families in the village. The Child Aid project is focusing especially on building up families' capacities to reduce malnutrition among pregnant women and children under 5 years.

The Village Action Groups work together to keep the village clean and to build water, sanitation and hygiene infrastructure with the aim of improving each family's health and well-being.

The project contributes to important outcomes. For example in August 2020, Bolikhamxay Province was declared the first open defecation free province in Laos, with HPP Laos having made a significant contribution to that achievement.

For example, more than 1,200 families in Child Aid target districts have been trained and mobilized to construct household toilets using locally procured materials at affordable prices.





Through the Child Aid Project we have experienced that 80% of the women start using the health center services through pregnancy and after giving birth.

### Sustainable change:

- Mothers of child bearing age increasingly use the local health centres during pregnancy and birth
- The families have been educated and trained to fight malnutrition and prevent stunting
- The health centres have immunized all the children
- The families understand the importance of sanitation, and more than 800 household toilets have been built
- All families have established or expanded their family garden to improve nutrition.
- 10 schools have established school gardens, where the children play an active role
- School toilets have been constructed
- Many families have started income generating activities, like sale of vegetables at the local markets, production of clothes, breeding and sale of animals
- More than 2,000 children under 5 attended health centres regularly
- Three of our previous project villages were appointed Model Health Villages by the Provincial Government in 2018

The project has been funded by a number of smaller and larger partners, both at local and global level.



# Climate Change Project



300 families in Ban Phameuang and Phadai have replaced traditional wood fueled stoves with Household Biomass Gasifiers. Health benefits from smoke free kitchens are significant.

Most families in the rural areas cook food in the close quarters of the household kitchen. They fuel the stove with chopped wood from the forest or with charcoal that is locally produced. This practice has great health risks, especially to the mothers and children that usually stay in the kitchen many hours every day.

Additionally, the practice of chopping wood for fuel and production and use of charcoal has large environmental impacts.

For the second time HPP Laos has formed a partnership with one of the Farmers' Clubs that has registered as a local CBO, and secured a small grant from GEF/SGP in 2020 to buy 100 household Biomass Gasifiers from a Vietnamese producer and train the families to use them. Now 300 families in the area are using them.

The gasifiers are fuelled with rice husk, a waste product from the rice harvest, that every farmer can store in abundance after the harvest. The husk does not burn but will gasify in a closed steel canister, that releases no smoke at all.

The project has invested in a hammer mill and a pellet machine in order to utilize the rice straws and compress rice husk to pellets with a higher burn value.

The project has been enthusiastically met by the families. They have participated actively to take as much advantage as possible from the project, and to agitate for a smoke free kitchen and use of rice husk instead of wood and charcoal.



Biochar is a biproduct of the gasification, it enhances the effect of compost and manure in the garden.



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