

# Nutrition Management Plan 2017 – 2018

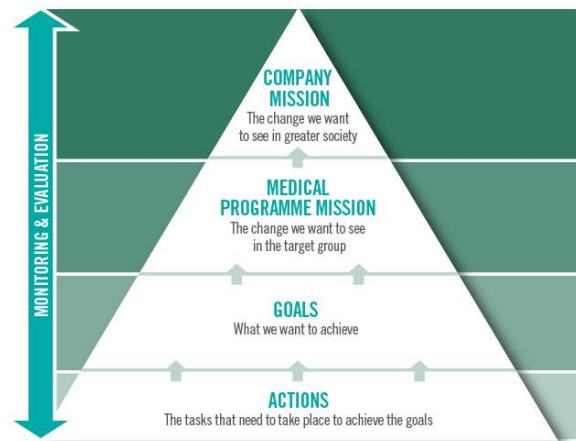
Cape Town, South Africa



## About the Nutrition Management Plans

This document explains the bigger picture of our projects in South Africa and how the combined daily tasks of all of our volunteers help us to achieve long term goals. By following Task Lists, our volunteers work towards our Goals, through which we contribute to our Medical Programme Mission which combined with our other projects, helps us to reach our Company Mission.

Here we will lay out the priorities, resources, monitoring tools and evaluation systems used to make our ambition a reality.



## Our Resources

### Human Resources

- Volunteers are of course our primary resource to achieve our goals. We welcome over 2,300 Medical volunteers per year globally.
- The staff at our placements support and facilitate our actions
- Over 600 Projects Abroad staff members provide the structure we need for worthwhile projects.

### Physical Resources

- With over 50 Projects Abroad offices worldwide, there is always somewhere for volunteers to work together and share experiences
- We provide all necessary materials for medical outreaches

### Online Resources

- Our Volunteer Resources Database shares thousands of ideas among our community
- Online reports are used to track our projects all over the world
- Personalised MyProjectsAbroad webpages prepare each volunteer for their Medical project.

### Financial Resources

- Funds for all of Projects Abroad's work come solely from volunteer placement fees. These are distributed via monthly budgets, to ensure fair allocation of funds for each destination.
- Occasionally the Projects Abroad community may send donations directly for a specific placement or project.

### Intangible Resources

- The good reputation of volunteers in local communities is what makes our work possible. This reputation has been earned over years of dedicated volunteer contribution.
- This is supported by the combined knowledge of our extensive staff network.

# Our Nutrition Management Plan Goals in South Africa for 2017-2018

The following goals have been selected from a list of six by our local staff and partners. Each placement and volunteer may be working on one or more of these goals, in line with our Medical Ethics Policy and taking into account the volunteer's qualifications and level of experience. We arrange workshops, outreaches and assist with independent research projects as a means of working towards each of these goals.



## Improve Maternal, Infant and Young Child Nutritional Status

The UN's third Sustainable Development Goal (SDG) aims to ensure healthy lives and promote wellbeing at all ages. Adequate nutritional intake during the early stages of life, starting in pregnancy, sets the foundation for healthy growth and development, improving child survival and long-term wellbeing. Globally, 24% of children under the age of 5 are stunted, 10% are wasted, while 14% are overweight. Stunting can be irreversible and is associated with reduced cognitive ability. Undernutrition also contributes to about 3 million deaths each year, which can be prevented through adequate maternal nutrition and appropriate young child feeding practices. Projects Abroad South Africa volunteers work primarily in townships to lead awareness campaigns, to provide nutritional guidance to new mothers and create resources for educational and training purposes.



## Reduce the Incidence, Prevalence and Complications Associated with Obesity and Non-Communicable Diseases

Obesity is a growing health concern in developing countries and is a major risk factor for many Non-Communicable Diseases (NCDs), including diabetes, cardiovascular diseases and cancer. NCDs account for around 43% of all deaths in South Africa. Many deaths due to NCDs in South Africa are premature and preventable. Lifestyle interventions, including nutrition and physical activity, are effective at reducing the burden of disease and increasing quality of life. Through our Nutrition project, we encourage local communities to improve their lifestyle choices, using community participation as a means of NCD prevention. Volunteers will lead individual counselling sessions, setting personal goals, as well as group sessions and community-based health events.



## Promote a Healthy Lifestyle and Healthy Environment for School-Going Children

Health is not merely the absence of disease, but rather the state of complete physical, mental and social wellbeing. Childhood and adolescence are a critical time in which to form healthy habits that support long-term physical, cognitive and psychological development. Our volunteers in South Africa visit pre-schools and primary schools to engage students in fun physical activities and exercises to learn more about healthy nutrition. Volunteers also assist with gathering data and compiling reports for school principals regarding the children's nutritional statuses, identifying students that are stunted, underweight, or overweight. Our team is working with local schools to provide more nutritional meal options as well. We target the younger generation with the aim of bringing about long-term change in mind-sets and lifestyles.

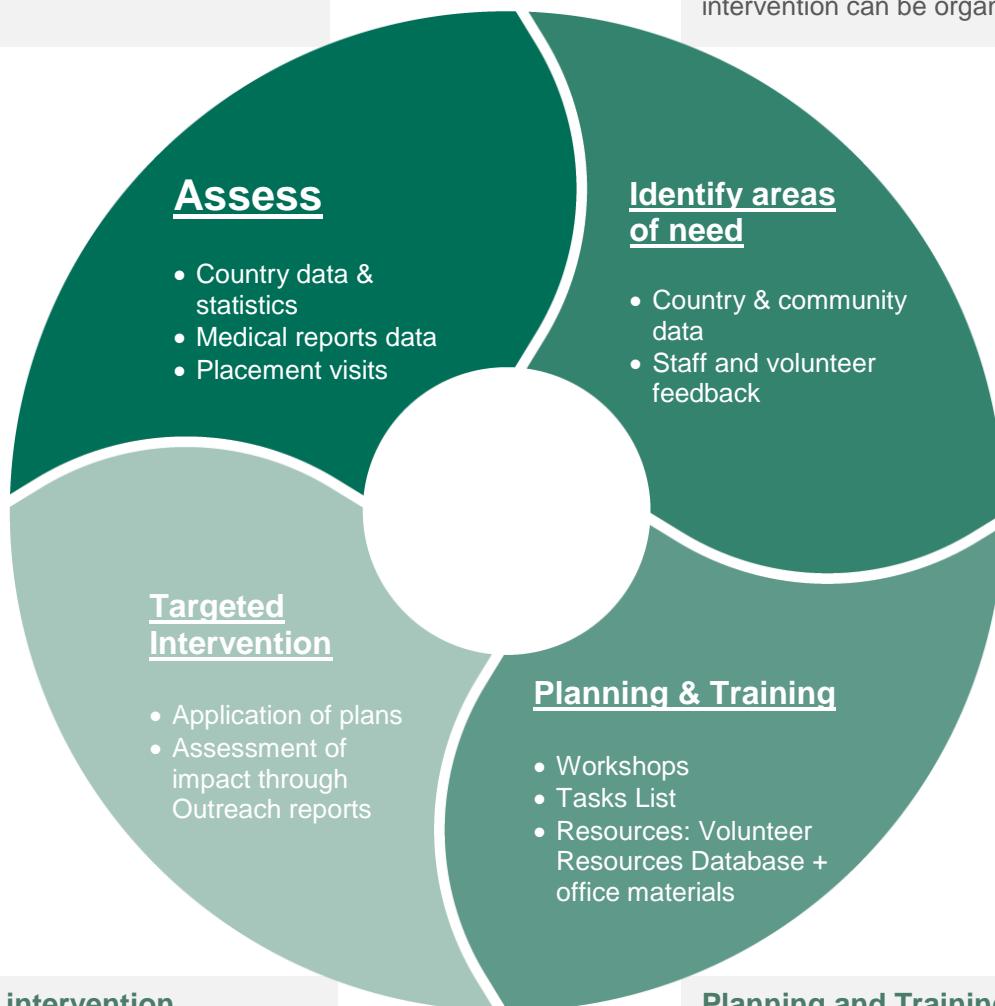
# How we achieve our goals

## Assessment

Through specially designed reports and structural research, we pinpoint locally relevant issues. This information will help us determine the methods and areas for intervention within local communities.

## Identify areas of need

Through research and data gathering, we can identify the areas that most need human or material resources. This helps volunteers to know which healthcare topics need further education as well as which ailments are most affecting local communities, so that targeted intervention can be organised.



## Targeted intervention

Through our steady stream of volunteers year round, we are continuously targeting the areas of need determined by our data. Although a 4 week volunteer might not see a tangible difference in the time they are there, we are able to show that over longer time frames each and every volunteer contributes to long-term, sustainable impact.

## Planning and Training

Based on the areas of need we create Task Lists, workshops and community outreaches to direct our impact to where it is most needed. Resources are designed by volunteers and these are shared on the Volunteer Resources Database.