



Reducing Malnutrition by Introducing Moringa in Mare Brignol

Preventative and
restorative approach

Phase 1: November- December 2013

- **Part I: Introduction of Moringa to Mare Brignol Community. (November 2013)**

- Education and Awareness:
Planting and upkeep
 - Community Seminar
 - Social Marketing (Moringa Ambassadors)
 - Distribution of Educational Material
- Implementation:
 - Planting of Community Gardens as future sources
 - Distribution of seeds and clippings among the community



Phase 1: November- December 2013

- **Part II: Establishing baseline (December 2013)**

- Determining Population:
 - 20 most accessible households (~100 individuals)
- Collection of Baseline Data:
 - Full name, Age, Height/Weight, Vitals, Illnesses/Symptoms commonly suffered
- Gauge effectiveness of previous Education: *Planting and upkeep*
 - In person interviews
 - Surveys
- Implementation:
 - Planting 5-10 trees per household
 - Reinforcing information through personal education.
- Deworming Program (Children 1-10)
 - Preventative and recuperative



Phase 2: May 2014

Transition education or planting and upkeep towards consumption.

- Collection of same baselines prior the start of consumption:
 - Comparison of data between December and May prior the start of consumption to measure changes unrelated to Moringa.
- Propose Incentives for family with healthiest plants:
 - Creates motivation to continue growing and start consuming among the community.
- Transition education towards consumption:
 - How to prune plant
 - How to consume
 - Dosage
 - Ways to consume
 - Drying leaves
- Implementation:
 - Create more community gardens
 - Plant more in each household
- Deworming Program (Children 1-10)
 - Preventative and recuperative



Phase 3: December 2014 – May 2015

Measure Impact of Moringa in Mare Brignol

- Collection of data
 - 6 and 12 months after consumption has begun.
 - Measure:
 - HAZ (Height/Age Z-scores)
 - WAZ (Weight/Age Z-scores)
 - BMI
 - Overall Health
 - Vitals
 - Symptoms reports
- Continue Incentives for family with healthiest plants and with most health improvement:
 - Increase motivation to continue growing and consuming Moringa among the community.
- Reinforce importance of consumption and previous education
- Implementation:
 - Use of surveys to acquire data
- Deworming Program (Children 1-10)
 - Preventative and recuperative



Future Goals

- ① Continue Collection of Data and Education
- ② Emulate Tap-Tap project
- ③ Expand to more Households
- ④ Create School Projects
- ⑤ Have enough trees and harvest to implement powder production
- ⑥ Create a micro-economy based on Moringa leaves/powder sales
- ⑦ Spread to adjacent communities
- ⑧ Become part of the Moringa Network



Methods to Gather Data

- Surveys