**Main Goal:**

To reduce the indices of malnutrition in children ages 0-18 in Mare Brignole, Haiti.

**How:**

By the introduction of a highly nutritious plant to the community that will supplement the caloric and nutrient needs of the population upon daily consumption.

**This will be carried out through:**

**Education:**

* Education and awareness of the health benefits this plant provides
* Education on planting techniques and plant up keep
* Education on proper plant consumption

**Access:**

* Provide access to the plant by planting community gardens
* Provide access through planting on a house-to-house basis

**Measurement of Impact:**

* Measuring baseline levels of malnutrition objectively and qualitatively
  + Height to Age Z-scores
  + Weight to Age Z-scores
  + Weight to Height Z-scores
  + BMI
  + Signs of anemia an edema
* Measuring same indicators at 3 month intervals after the start of consumption to compare with baseline levels and measure changes

**What has been done:**

* Performed a community seminar involving community leaders, adults and children to create awareness about the plant, its health benefits, its planting and upkeep process, and provided them with permanent educational material to reinforce such information.
* Created a Community Tools Program, providing them with access to the necessary tools needed for planting.
* We delineated a population of 16 households, comprising 68 children with ages ranging from 0-18 years.
* Created a Survey to gather names, ages, height, weight, staple diet, and level of awareness about the plant.
* Planted a community garden with +100 plants
* Planted an average of 16 plants per household (as space permitted), making it a total of +300 plants in the community.

**What will be done in future trips:**

* Reinforce awareness and education
* Plant more trees (community and households)
* Re-measure baseline values prior the start of consumption to measure any possible changes as a negative control
* Transition education towards consumption of the plant
* Measure same indices at 3-month intervals, expecting a recuperative trend in the levels of malnutrition of the selected population. (Restorative approach)

**What we have found:**

* 50.5% of the sampled population suffers from either acute or chronic malnutrition
* 35% of the children have stunted growth, are underweight, and have wasting syndrome
* We achieved a 70% degree of success at creating awareness through the educational seminars provided 6 weeks prior to the start of the surveys.
* Plants planted 6 weeks prior to the start of the survey have begun to grow healthy

**The plant:** Moringa Oleifera

**All you need to know about it:** [www.tfljournal.org/article.php/20051201124931586](http://www.tfljournal.org/article.php/20051201124931586)

<http://www.cysonline.org/article.asp?issn=2229-5186;year=2011;volume=2;issue=3;spage=119;epage=125;aulast=Dhakar>

**Measuring Malnutrition:**

<http://www.who.int/childgrowth/standards/en/>