

# Vietnam

## Improving mothers' and children's nutritional status



In Vietnam, chronic malnutrition is a major public health issue: according to the National Institute of Nutrition (2009), 1 in 5 children is underweight and malnourished. Regarding the topic, huge discrepancies exist between rural and urban areas. People coming from ethnic minorities and living in the mountainous regions are among the most vulnerable groups. Malnutrition results in consequences for physical growth and intellectual development and increases child mortality and disease risks. It is widespread due to bad mother's nutritional status during pregnancy and breast-feeding as well as inappropriate nutrition and hygiene practices for infants.

**The overall Plan's programme** goal is to reduce:

- child mortality by 5%,
- rate of children under 5 suffering from serious malnutrition by 6%.

This objective will be reached through **activities** such as:

- Raising community awareness of nutrition issues (health clubs, campaigns, counselling spaces...)
- Providing micronutrients to pregnant women and children under 2 years old,
- Training medical workers and volunteer health officers.

**Direct beneficiaries:** 11,000 women from 18 to 34, including 7,000 pregnant women.

**Indirect beneficiaries:** more than 13,000 children under 5 years.

**Localisation:** Son Ha, Ba To, Da Krong and Huong Hoa, mountainous districts located in the Centre Region, where more than half of the children is affected by malnutrition.

**Duration:** 3 years (October 2010 – September 2013)

**Budget:** 613,000€

**Funds needed:** 170,000€