

Catholic Relief Services – Indonesia
Emergency Relief and Mitigation in West Timor Program
Final Report
Submitted to the Office of Foreign Disaster Assistance
Grant Agreement # 497-G-00-04-00018-00

Catholic Relief Services –Indonesia

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CATHOLIC RELIEF SERVICES/INDONESIA

Emergency Relief and Mitigation Program in West Timor

FINAL REPORT

For the Period July 2004 – January 2005

I. INTRODUCTION

This report presents the achievements and describes the activities of Catholic Relief Services/Indonesia in the implementation of the OFDA funded Emergency Relief and Mitigation Program in West Timor for the period of July 2004 up to January 2005. As stated in the proposal, the project was implemented to address the problems of malnutrition among children under five years old resulting from continuing food insecurity. The project was implemented in 19 villages in four sub districts of Belu and North Central Timor districts. The goal of the program was to improve in a sustainable manner the nutritional status and food security of the most vulnerable families in Belu and North Central Timor districts.

II. ACCOMPLISHMENTS

Objective 1: Improved Nutritional Status of Malnourished children under 5 years old, pregnant and lactating women in the target villages

A. Identification and selection of target beneficiaries

Below is the summary of target area information, beneficiaries and a table providing a detailed profile according to each geographic area:

Summary:

1. Districts: Belu and North Central Timor
2. Subdistricts: Tasifeto Barat, Malaka Timur, Sasitamean, and Biboki Utara
3. Total number of villages: 19 villages
4. Total number of Posyandu: 79 Posyandus
5. Target beneficiaries: 4,816 beneficiaries consisting of;
 - a. Children under 5 years of age: 4,054 children
 - b. Pregnant Women: 295 women
 - c. Lactating Mothers: 467 mothers

Table 1. Target area profile according to subdistrict:

	Tasifeto Barat	Malaka Timur	Sasitamean	Biboki Utara	Total
Village	6	6	4	3	19
Posyandu	32	25	12	10	79
Children under 5 years of age	1,341	1,387	823	503	4,054
Pregnant women	78	116	73	28	295
Lactating women	139	154	130	44	467

B. Trainings

Capacity building was one of the core strategies in the program implementation. The strengthening of the knowledge and skill of both the partner staff and village health cadres was the entry point to address the malnutrition problem in the target areas. Trainings were conducted to increase the ability of partner staff and cadres to properly conduct anthropometrical screening, and improve their knowledge on proper child feeding practices. The trainings were conducted focusing on two major



Figure 01. Cadre training

topics: 1) Basic health and nutrition screening including identification of nutritional status using weight for age, weight for height and MUAC techniques. Several topics such as marasmus detection and criteria for referral for intensive treatment had already been covered during previous program implementation; TAP West Timor program in early 2004 2) Proper child feeding practices including colostrums consumption, exclusive breast feeding for infants 0 – 6 months, proper complementary feeding practices, identification and preparation of locally available nutritious food.

At the completion of the project timeframe, a total of 25 partner staff and 327 posyandu cadres were trained on the aforementioned topics. In the proposal, it was targeted that a total of 280 cadres would be trained in 7 groups consisting of 40 participants in each group. Considering both the jealousy that might appear among the cadres if only some were trained and others not, and to improve the coverage of cadres capable of conducting proper nutrition screening and providing correct information on feeding practices, program staff revised the training targets to accommodate all cadres in the trainings. In the end, a total of 15 groups or 327 cadres were trained during the implementation of the project or about 83% out of the total number of cadres in the target areas.

Table 2. Number of Posyandu cadres in the target areas

NO	Sub district	# POSY	Number of Cadres		TOTAL
			Active	Less active	
1	Malaka Timur	25	112	13	125
2	Sasitamean	12	60	0	60
3	Tasifeto Barat	32	127	33	160
4	Biboki Utara	10	48	2	50
TOTAL		79	347	48	395

Table 3 Cadres trained during the project implementation

NO	Sub district	# POSY	# Cadres	# Cadres trained	%
1	Malaka Timur	25	125	125	100
2	Sasitamean	12	60	60	100
3	Tasifeto Barat	32	160	104	65
4	Biboki Utara	10	50	40	80
TOTAL		79	395	329	83.29

C. Provision of Basic equipment to village health posts (posyandu) for improved nutrition surveillance

Prior to the program implementation, the majority of posyandus had inadequate equipment for conducting nutrition surveillance. The program was able to provide the necessary equipment and materials to support the posyandu activities as described in the table below:

Table4: Provision of posyandu equipments

Items	Target	Actual Provision
Salter scales	79 units	79 units
Harness for weighing children	79 units	79 units
Height boards	79 units	79 units (provided during previous TAP program)

Child growth monitoring chart and pregnant mother growth monitoring chart	3,650 pieces	6,500 pieces
MUAC tapes	None	184 pieces
Score table for nutritional status (weight per age and weight per height)	None	184 pieces
Local food preparation guideline book (Recipe book)	None	706 books (2 books per posyandu and farmer group)

D. Supplemental Feeding Program activities (Child growth monitoring, and education)

Through the Supplemental Feeding Program, CRS/ID aimed to make a measurable contribution for the improvement of maternal and child nutritional status in the target communities. The supplemental feeding program focused on empowering the families to address the malnutrition problem in their community through the use of locally available materials. Several complementary activities were implemented in conjunction with the supplemental feeding activities such as cooking demonstrations and health education.

All of the target posyandus conducted the supplementary feeding using locally available materials. The nutrition status screening conducted at the start of the project indicated that 352 children were categorized as malnourished (*'bawah garis merah'* covering moderate and high malnutrition). This number showed an increase over the original target number identified in the baseline data; 310 children. The supplemental feeding intervention using local resources was conducted for these 352 children for 30 days. The intervention managed to improve nutritional status of 53 under-fives (15%) from moderately malnourished to well nourished. It was also successful in improving the nutritional status of 177 children (50%) from high malnourishment to moderate malnourished condition. Growth monitoring reports indicate that all of the target participants gained weight attributable to the supplementary feeding.



Figure 02. Cadres Practicing of local food preparation



Figure 03. Staff Practicing local food preparation



Figure 04. Staff Practicing local food preparation



Figure 05. Supplementary feeding for malnourished children

The main objective of the supplementary feeding was:

“Improved nutritional status of malnourished children under 5 years old, pregnant and lactating women in the target villages of Belu and TTU”

The following table below shows the comparison of nutritional status of severely and moderately malnourished children at the start of the project and at the completion of the project. The objective of decreasing the percentage of the targeted highly and moderately malnourished children under 5 years old to 25% as compared from the preliminary data was achieved.

Table 5: Data of Weight for Height screening from Target Area in October 2004:

NO	Sub district	Targeted Malnourished Children	Nutritional Status				TOTAL
			Weight for height \leq 70%			LILA < 11.5	
			0 - 6	7 - 36	37 - 60		
1	Tasifeto Barat	125	0	90	35	18	125
2	Malaka Timur	104	2	67	35	15	104
3	Sasitamean	78	1	56	21	14	78
4	Biboki Utara	45	1	34	10	9	45
TOTAL		352	4	247	101	56	352

Table 5. Weight Gain Table:

NO	Sub district	Targeted Malnourished Children	# of children gaining weight			TOTAL	%
			< 200	200 - 400	> 400		
1	Tasifeto Barat	125	5	35	85	125	100
2	Malaka Timur	104	8	7	89	104	100
3	Sasitamean	78	11	29	38	78	100
4	Biboki Utara	45	9	18	18	45	100
TOTAL		352	33	89	230	352	100

Table 6. Change of Nutritional Status of targeted malnourished children as of end of January 2005

NO	Sub district	Targeted Malnourished Children	≤ 70% to 70 - 79%		70 - 79% to ≥ 80- 100%		Stay ≤ 70%		Total
			#	%	#	%	#	%	
1	Tasifeto Barat	125	54	43.20	14	11.20	57	45.60	125
2	Malaka Timur	104	50	48.08	25	24.04	29	27.88	104
3	Sasitamean	78	49	62.82	7	8.97	22	28.21	78
4	Biboki Utara	45	24	53.33	7	15.56	14	31.11	45
TOTAL		352	177	50.28	53	15.06	122	34.66	352

All of the posyandus (79) conducted cooking demonstrations every month. The cooking demonstrations were conducted using locally available nutritious foods contributed by the participants. With assistance from the cadres, the participants prepared the food together, and learned new techniques and recipes in food preparation.

In addition to conducting the supplemental feeding program, all the posyandus in the target areas managed to practice the GoI Ministry of Health mandated “System Lima Meja” or Five Table Systems (Table 1 –Registration; Table 2 – Weighing; Table 3 – Recording; Table 4 - Health and Nutrition Education counseling. Table 5 – Health Services; immunizations, vitamin A supplementation, etc. During the monthly posyandu day pregnant and lactating mothers and their children are expected to attend for monthly monitoring of the nutritional status of their children.

Health education and counseling were conducted by program staff and cadres in the posyandu during Posyandu Day. The topics covered were integrated with the respective posyandu program or occurring cases in the villages. The topics covered included; information on home management of diarrhea, proper sanitation and hygiene practices (including the importance of appropriate hand washing practices), immunization, exclusive breastfeeding and colostrums consumption, the promotion of nutritious food intake, the use of the growth monitoring chart, home gardening, positive health practices, and good infant and child feeding practices. Program field workers, health supervisors and health cadres facilitated the promotion of these health education messages. Program staff also distributed the recipe books of locally available materials to cadres during the cadre trainings.

In addition to the impact on the nutritional status of the targeted malnourished children, the program also showed impact in terms of weight gain among pregnant women. Based on the data collection over the four month period from October 2004 to January 2005, out of the total number of pregnant women who attended monthly posyandu activities 65% - 70% were reported to gain weight as required by the recommended weight gain standard (1-1.5 kg). Pregnant women who gained weight more than the recommended amount ranged from 9%-10% each month. 19% - 21% of pregnant women were reported as having no weight gain each month.

Objective #2:

Improved target farmers resistance to potential food insecurity and impact of disasters

Outcome: 80 target farmer group leaders in the four sub-districts have improved their emergency mitigation skills and practices resulted from the trainings provided in the program.

E. Mitigation activities



Figure 06. Agriculture training for staff

In order to increase the capacity of partner staff CRS/ID conducted trainings on Sustainable Agriculture and Harvest Management, Disaster Mitigation, and Managing Group Dynamics. The objective of these trainings is to improve the capacity of partner staff so they are able to facilitate the target farmers at the village level. These trainings focused on crops selection, farm planning, seed and seedling nursery, organic fertilizer, harvest storage and processing, mitigation and disaster preparedness and promotion of Sphere Project Guidelines.

Program staff then conducted the same trainings to 80 project holders and farmer group leaders in the targeted area. It is expected that these farmer leaders will spread the knowledge to other members in the group.

Table 7. Agriculture activities

No	Activities	Target	Realization
1	Planting of food crops (ha)	2,549.55	2,549.55
2	Farmland clearing (ha)	2,549.55	2,549.55
3	Fencing (m)	104,248.5	104,248.5
4	Construction of terraces (ha)	2,549.55	1,019



Figure 07. Construction of terraces

Number of crops planted

Through this program, CRS provided seeds to be planted by the farmers as shown in the table below:

Table 8. Distribution of seeds to the target farmers

NO	VILLAGE	BENEFICIARIES	KIND OF SEEDS (Kg)		
			Cashew nut (<i>anacardium occidentale</i> sp)	Peanut (<i>arachis hypogea</i> sp)	Glyricidae
1	Teun	445	224		100
2	Wemeda	247	124		50
3	Tesa	391	131		50
4	Sanleo	349	117		75
5	Asmanulea	227	114		75
6	Naibone	189	63		60
7	Kufeu	364	122		60
8	Biau	205	103		60
9	Tunabesi	488	163		100
10	Tunmat	200	67	120	60
11	Motadik	363	121	190	50
12	Kotafoun	271	91	136	50

NO	VILLAGE	BENFICIARIES	KIND OF SEEDS (Kg)		
			Cashew nut (anacardium occidentale sp)	Peanut (arachis hypogea sp)	Glyricidae
13	Fatuketi	306	102		50
14	Oekolo	391	196		75
15	Taensala	385	-		75
16	Oemanu	45	15		50
17	Oesoko	185	62	139	60
18	Matabesi	95	32	72	60
19	Luniup	187	63	141	60
20	Tunbes	122	41	92	60
21	Kaubele	146	49	110	60
TOTAL		5,601	2,000	1,000	1,340



Fig 08. Seeds selection



Fig 09. Seeds distribution



Fig 10. Cashew nut plant

III. PROBLEMS ENCOUNTERED

The OFDA funded West Timor Emergency program served as a continuation of program activities that were previously funded using unspent TAP funds. As the TAP supported West Timor activities were drawing to a close the USAID/Jakarta FFP office advised CRS/ID to submit a proposal to the OFDA office in Jakarta to continue similar program activities. During the March to July 2004 period between the end of the TAP supported program and the start of the OFDA program all interventions were halted and staff at the Partner level were discharged with the expectation that they would be rehired as soon as the OFDA funding was awarded. Unfortunately, CARE began actively recruiting staff at this time for their newly awarded ECHO funded program in the same general area of West Timor. Some Partner technical staff was subsequently recruited by CARE during this break in CRS programming. This served as a challenge to program implementation once the OFDA funding was awarded because of the difficulty in recruiting qualified technical staff in West Timor.

While the program was an overall success, the lack of adequate technical staff on hand at program start-up for such a short program posed a challenge to meeting the program objectives. Planned

trainings for farmer groups in disaster mapping at the village and sub district level, as well credit union development could not be conducted during the project period. The omission of these trainings as well as the lack of a full complement of staff during the project was the major causes for the under-spending.

IV. LESSONS LEARNED

The involvement of community members particularly the key stakeholders in the villages can promote ownership of the project. During the project implementation, there was an imbalanced ratio of agriculture field workers and their coverage area. This could have affected the provision of adequate technical assistance to the community. However program staffs were able to address this issue by giving a greater role to the available key stakeholders in the villages in the project areas. The local village government and other related stakeholders were encouraged to take more responsibility for the program. In order to improve their capacity in disseminating program (agriculture, etc) messages to beneficiaries, these project holders and farmer group leaders were also involved in the trainings related to the program. In the health sectors, the community and religious leaders were very actively involved throughout the life of the project from the selection of target beneficiaries, trainings and evaluation of the project.

In addition to upgrading the standard of equipment at posyandu, the program also motivated the cadres to improve their posyandu activities. The cadres were motivated to perform better after their posyandus were improved. They had previously appealed to the government for improved the posyandu equipment but due to limited budgets, the government had to turn down the appeal.

The supplemental feeding activity was successful in improving the nutritional status of the malnourished children through the use of locally available food in the feeding activities. This contributed to the acceptability of the food as the children are already familiar with the taste, as well contributed to the sustainability of new feeding practices.

SUCCESS STORIES

SAVANNAH REGREENING THROUGH APPROPRIATE APPROACH AND TECHNOLOGY

As part of the program's agricultural activities the program fieldworkers in the Humusu B village of TTU district were introducing appropriate technologies in Soil and Water Conservation practices to the community working groups of the village.

One day during the groups working schedule there was a focus group discussion which was participated by the community leaders, project holders, the field workers and the community. The community decided to green a previously uncultivated parcel of land space of approximately 234 hectares.

After the decision was made the community developed an action plan for work activities. As part of the project the community contributed lamatoro seeds for constructing terraces, as well as cassava and peanuts seeds. Cashew nuts and gamal seeds were provided by CRS. As a result of the activities the land was successfully cultivated and the output from the land is divided among the community contributing to community level food security.