

# **Workshop 3: How to Use Moringa Leaves and Other Leafy Vegetables to Prevent Malnutrition**

Discussion Summary






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## Workshop Objective

### **Objective:**

Define the best strategies for using leafy vegetables to prevent malnutrition

# Activities

-  Assessing malnutrition: when and why choose leafy vegetables
-  Ways to increase leafy vegetable consumption: individual production and consumption vs marketing leafy vegetables: Who's diet is improved?
-  Production vs consumption: groups concerned and their incentives
-  Assessing diet changes in projects aiming at increasing leafy vegetable consumption: examples, methods, results, constraints
-  Assessing the change in nutritional status of the target groups: examples, methods, results, constraints

## Assessing Malnutrition: When do we choose Moringa?

- Identify your target group (families, children under 5, pregnant & lactating women, etc)
- Determine type of malnutrition among target group (PEM, micronutrient, HIV/AIDS, etc)
- Assess locally available foods and their nutrient content to determine appropriate foods
- Assess cultural dietary practices to determine acceptability of Moringa in local diets
- Use Moringa carefully with high-risk groups (severe malnutrition, acute diarrhea, etc)

## Assessing Malnutrition: Why do we choose Moringa?

### Moringa:

- Proven capacity for improving health & nutrition
- More acceptable and nutrient-rich than vitamin supplements
- Affordable, accessible, and self-renewable
- Easy to produce and process locally
- Sustainable solution for malnutrition that does not depend on external inputs

## Ways to Increase Leafy Vegetable Consumption: Who's diet is improved?

- Advocacy with government structures, NGOs, religious organizations, agencies
- Awareness-raising for producers and consumers (families, schools, women's groups, etc.)
- Trainings for producers, processors, and consumers

### TOOLS:

- Scientific documentation
- Media (radio, TV, posters, recipe books)
- Interpersonal communication methods (cooking demonstrations, nutrition lessons, peer educators)
- Networking/Partnerships among target agencies

## Production vs. Consumption: Groups Concerned and Their Incentives

### PRODUCTION

- Concerns producers, Min of Ag, NGOs, etc

### Incentives:

- Income for producers, reducing poverty
- Desire to consume healthy food
- Access to urban markets
- Low start-up costs, small # of external inputs

# Production vs. Consumption: Groups Concerned and Their Incentives

## CONSUMPTION

- Concerns communities, NGOs, schools, etc

### Incentives:

- Improve health and nutrition
- Increase food security (availability, accessibility, and utilization)

# Assessing Diet Changes in Projects: examples, methods, results, constraints

## METHODS

- Establish baseline data and conduct follow-up studies on dietary parameters:
  - Moringa source (produced or purchased)
  - Specific Moringa consumption
  - General content and amount of daily diet
- Community Observations
  - Moringa markets and prices
  - Supply and demand of Moringa products
  - Existence of Moringa orchards or trees

# Assessing Change in Nutritional Status of Target Groups

## METHODS

- Establish baseline data and conduct follow-up studies on nutritional parameters:
  - Anthropometric measures
  - General clinical assessment
  - Frequency of various ailments (headache, malaria, diarrhea, stomach problems, etc)

# Assessing Diet & Nutritional Change

## RESULTS

- Ability to determine impact
- Documented progress can encourage community
- Documented results can be submitted to MORINGA NEWS and augment the database

# Assessing Diet & Nutritional Change

## CONSTRAINTS

- Obtaining accurate data (including causal connection)
- Cultural sensitivities
- Current dietary and food preparation practices
- Community and project biases

## Workshop Results

- Guidelines for project development: diagnostic, implementation, assessment
- Description of the best practical tools already tested
- List of contacts able to provide materials and methods for projects

## Guidelines for Project Development

- Diagnostic (Activity #1)
  - Determine type of malnutrition
  - Determine if Moringa is appropriate
- Implementation (Activity #2 & #3)
  - Advocacy, Promotions & Trainings
- Assessment (Activity #4 & #5)
  - Establish baseline data & conduct follow-up surveys
  - Be prepared for potential constraints

## Description of best practical tools already tested

### Promotional & Training activities/materials:

- Flip charts, posters, calendars, T-shirts, etc
- Cooking demonstrations, peer education, recipes & special event recipes
- TV, radio, skits and other media events
- Importance of using Moringa yourself so you can speak from personal experience

## List of Contacts able to provide materials & methods for projects

- Moringa News ([www.moringanews.org](http://www.moringanews.org))
- Moringa News Member Database
- Trees for Life ([www.treesforlife.org](http://www.treesforlife.org))
- AVRDC ([www.avrdc.org](http://www.avrdc.org))
- ECHO ([www.echonet.org](http://www.echonet.org))

Please help us complete this list  
and keep it updated!