

APEF: PERIODIC SURVEY

Observation of results

*Sent by: Cécile Boulais LIZONDO
Director, Educational Units, Kinder Samaipata*

Date: November 2005

Name of Centres:	Arco Iris and Maura Saavedra Infant Schools
Address:	Samaipata, Florida Province, Bolivia
Person in charge:	Gerlinde Gregg de Toledo Cécile Boulais Lizondo

1) TO WHOM DO YOU GIVE LUCERNE LEAF CONCENTRATE (LLC)?

- ✓ Children - Number: 138
- Age: 3 to 6 years old
- ✓ Mothers - Number:
- Age:

2) HOW DO YOU USE LLC?

- ✓ Eaten as received (semolina) or after milling/grinding (flour)
 - Flour (after milling/grinding)
- ✓ Size of portion per recipient
 - 10 g per day, 5 days per week, Monday to Friday, from March to November 2005
- ✓ How is the LLC given? (e.g. mixed with ...)
 - Mixed with jam and spread on crackers or bread
- ✓ Do you increase the quantities from the start of the programme? How?
 - Yes, just a pinch the first week, then in increasing quantities over the next two weeks up to a soup-spoon of 10 g, according to the wishes of the child

3) IN WHAT CIRCUMSTANCES DO YOU GIVE LLC?

- ✓ Malnutrition:
 - Light (1st degree)
 - Moderate (2nd degree)
 - Severe (3rd degree)
 - Kwashiokor
 - Marasmus
- ✓ Illnesses:
 - Anaemia
 - Diarrhoea
 - AIDS
 - Other illnesses
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- ✓ Other reasons:
 - Weakness, lack of energy
 - Retarded height and weight development
 - Lack of attention at school

4) WHAT ARE THE OBSERVED POSITIVE EFFECTS?

- ✓ Children (age):
 - 3 to 6 years old
 - Reduced absenteeism
 - Improved performance at school
 - Good development of hand-eye coordination
 - Improved recovery from illnesses caused by cold weather (colds, catarrh, flu, tonsillitis, bronchitis, between May and June)
 - Increase in weight and height
 - Stabilisation of weight in overweight children (control of appetite)
 - Increase in appetite of underweight children
 - More regular digestion

5) HOW LONG BEFORE POSITIVE RESULTS ARE OBSERVED?

Start of improvement: From the first two months
Attainment of satisfactory result: After 6 months

6) HAVE YOU WITNESSED ANY NEGATIVE EFFECTS?

- No
- Yes, in the following cases:
 - ✓ At the start: Yes
 - ✓ Later: No
 - ✓ Details: 6 children refused to eat leaf concentrate
 - ✓ Duration: The first month; three refused to eat it all year

7) YOUR PERSONAL OPINION (on LLC and its use)

- Very important for the development of the children
- Improves their health and performance at school

8) OPINION OF MEDICAL PROFESSIONALS?

- Very clear improvement in the health and alertness of the children

9) YOUR PROJECTS AND FUTURE NEEDS

- To be able to introduce leaf concentrate as a school breakfast in infant schools

Appendices:

- Planning of weight and height monitoring
- Haemoglobin dose
- Systematisation of the experience

November 2005
Gerlinde Gregg de Toledo