

## **APEF: PERIODIC SURVEY - 2004**

### **Observation of results**

*Sent by Françoise Nugier-Ouélé*

*Date: 26.08.2004*

Name of Centre:	CREN: Centre de Récupération et d'Éducation Nutritionnelle de Tiébélé (Tiébélé Centre for Recovery and Nutritional Education)
Address:	Tiébélé, Nahari Province, Burkina Faso
Person in charge:	Sister Evelyne Ouedraogo

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

- ✓ Children - Number: about 35 children  
- Age: from 6 to 15 months
- ✓ Mothers - Number: 12 mothers (including a grandmother who was breastfeeding the son of her deceased daughter)  
- Age: from 20 to 35 years
- ✓ Others - Senior citizens

#### **2) HOW DO YOU USE LLC?**

- ✓ Eaten as received (semolina) or after milling/grinding (flour)
  - We ground the leaf concentrate to make it easier to mix
- ✓ Size of portion per recipient
  - 5g for children, 12g for adults
- ✓ How is the LLC given? (e.g. mixed with ...)
  - For children, mixed into Misola (flour of millet, soya, peanut), or Monkey Bread (baobab fruit) porridge
  - For mothers, with Bisap (West African hibiscus plant)
- ✓ Do you increase the quantities from the start of the programme? How?
  - With very weak children, we start with 1g for 3 days, then 2g for 3 days, then 3g for 3 days
  - Otherwise, as follows: 2.5g for 3 days, 5g for 3 days, 7.5g for 3 days

#### **3) IN WHAT CIRCUMSTANCES DO YOU GIVE LLC?**

- ✓ Malnutrition:
  - Light (1<sup>st</sup> degree)
  - Moderate (2<sup>nd</sup> degree)
  - Severe (3<sup>rd</sup> degree)
  - Kwashiokor
  - Marasme
- ✓ Illnesses:
  - Anaemia
  - Diarrhoea
  - AIDS
  - Other illnesses
- ✓ Other reasons:  In cases of scarring, for the elderly

#### 4) WHAT ARE THE OBSERVED POSITIVE EFFECTS?

- ✓ Children (age):
  - Weight-gain within 3 months
  - Alert, happy children willing to get involved in activities
  - Significantly improved alertness, good relations with others, desire to walk and play
  - Reduction in illnesses
- ✓ Mothers:
  - Less tired, more attentive to their children, more active
  - Improved resistance to microbes and viruses
- ✓ Others:
  - *Senior citizens*: improvement in anaemia and respiratory problems, return of appetite and interest in life
  - *Scarring*: spectacular healing of scars within 2 months

#### 5) HOW LONG BEFORE POSITIVE RESULTS ARE OBSERVED?

*Start of improvement:* One month  
*Attainment of satisfactory result:* 3 months

#### 6) HAVE YOU WITNESSED ANY NEGATIVE EFFECTS?

- No
- Yes, in the following cases:
  - ✓ At the start: Yes, in the weakest children
  - ✓ Later: No
  - ✓ Details Vomiting, diarrhoea
  - ✓ Duration A few days

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

The population is aware of spectacular improvements in children and mothers, using a very simple approach.

We wish to give it to all those who need it.

#### 8) OPINION OF MEDICAL PROFESSIONALS?

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#### 9) YOUR PROJECTS AND FUTURE NEEDS

- Project starting in December 2005 to distribute LLC to people in the countryside
- Supply to primary schools in villages (added to a bowl of white rice, without salt)
- Develop the ability to make LLC at CREN

Issued on: 26 August 2004  
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