

ILSI Japan CHP Newsletter

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Project SWAN



SWAN2 Vietnam : Project Evaluation



Project SWAN2 – a project to improve the nutritional status of residents and provide for clean water supplies by improving the capabilities of local authorities in Vietnam – has been effectively implemented in 16 communes. In order to maintain sustainability of the project, evaluation of both the Information, Education and Communication (IEC) Program and the technical program was conducted during this the final year of the project.

Three evaluations of IEC activities were conducted: an evaluation survey of Knowledge, Attitude and Practice (KAP) regarding water, sanitation and nutrition for local inhabitants, Focus Group

Discussions (FGD) with

What's Project SWAN (Safe Water and Nutrition)?

Water Management Unions (WMU) and Commune Health Centers (CHS) and in-depth interviews with the Support Teams concerning the Preventive Medical Center and the Center of Rural Water Supply and Environmental Sanitation. From the results of the KAP evaluation survey, two improvements were observed: [adherence to proper hand washing and food hygiene practice](#). In the FGDs with the WMU and CHS, the participants remarked that the training courses on WTF operations had enabled WMU staff to operate the WTF and dose chemicals more effectively than before implementation of the project. Furthermore, in the in-depth interviews with the members of the Support Team, they mentioned that the SWAN project had strengthened [inter-sector collaboration between the water sector and the health sector](#).

When it comes to technical program, we conducted field visits to all 16 WTFs to discuss proper operation of the WTFs by the WMUs, to develop an operation manual for the WTFs in order for them to maintain operation records. In addition, we collected



WHO has reported that 1.1 billion people do not have access to safe drinking water, in many developing countries the intake of unsafe water and unhygienic environments cause diarrhea and infectious diseases among children. This interferes with the intake of necessary nutrients, resulting in malnutrition. Even if water treatment facilities exist, it is often found that these facilities are not properly designed and that proper treatment is not conducted, including the use of chemicals to remove contaminants, resulting in the failure to meet WHO microbiological and chemical standards.

Project SWAN aims to establish sustainable water supply and health management models in rural and suburban areas through a participatory approach with inhabitants by enhancing knowledge of drinking water, nutrition, food hygiene and sanitation at the household level, optimizing the operation of water treatment facilities to meet Vietnamese standards, establishing effective management systems to sustain safe water supplies and promoting health communication by community-based participatory approaches.

It is expected that these models will be applicable to and can be expanded to other rural and suburban areas in Vietnam.

data on treated water quality, quantity, the number of households receiving treated water and water leakage at WTFs both before and after project implementation. These data showed the quantitative outcomes of the project. Thus, the results of the data helped the Support Team and the WMU to proactively identify the achievements of the project and points for possible further improvements of WTF operation.

By sharing these outcomes from the evaluation activity, ILSI Japan hopes to further encourage the Vietnamese local authorities and the WMU to maintain the activities in support of safe water supply and the IEC.

Project SWAN started in 2005 as a grassroots technical cooperation program by the Japan International Cooperation Agency (JICA) is scheduled to be completed in 2013. Currently, preparations for the project guidelines which are applicable to other areas and the workshop for sharing the knowledge and experiences with the project-related authorities are underway. These programs are expected to contribute to establishment of a community-support system to address safe water supplies and sanitation.

Achievements of Project SWAN to Date

With an emphasis on rural areas in developing countries in Asia, where public water works are lacking, ILSI Japan CHP has since 2001 been investigating the quality of drinking water and the needs of local residents toward safe water supplies, food safety and hygienic environment. Through experiments we have confirmed that the water quality can be improved to meet the Vietnamese standards for drinking water by optimizing the operation of existing water treatment facilities.

Based on the preliminary investigations, a proposal titled “Participatory approach for improving safe water supply, nutrition and health environment” was proposed and approved by JICA (Japanese International Cooperation Agency) as a 3-year grassroots technical assistance project. In November 2005, the project was started in three communities (Hanoi-Tam Hiep·Hanoi-Dai Mo·Nam Dinh-Quang Trung) in northern Vietnam where 2,500 households are supplied from local water treatment facilities. The Water Management Union composed of a technical group and an IEC group has been working to generate a synergistic effect to improve the water supply and health management system. We have confirmed that the water quality has been improvement in the three communities following the WTF renovation. Project SWAN was completed with great success in November 2008.

Project PAN “Ishinomaki TAKE10!” started



temporary housing and use TAKE10!® leaders to help prevent isolation and health problems related to inactivity. Continuous and efficient efforts rooted in the community are necessary for this effort. In cooperation with Mr. Hatakeyama, the principal of Kitakami Junior High School, Ishinomaki City, we held a briefing session there in this June and started training sessions in August. The “Nikkori TAKE10!” Project started at the Nikkori Temporary Housing Complex, Kitakami, Ishinomaki City in October. It should be also noted here that SUMITOMO Life Health Foundation supported this project as a part of the “2012 SUMISEI community sports promotion support program”.

One and half years after the Great East Japan Earthquake, there are still many problems remaining in the disaster-affected area. Isolation of the elderly, health problems caused by lack of exercise and breakdowns in community relations are issues that need to be solved immediately. ILSI Japan CHP initiated these activities in order to help cope with these problems through use of the TAKE10!® program. Utilizing our past experiences in other regions such as Tsuwano or Masuda, we planned to run training sessions for applicant evacuees living in



Vietnam TAKE10!® ~Next Step~

To assist in the development of “Vietnam TAKE10!®”, 3 researchers from the Vietnam National Institute of Health (NIH) and the Vietnam Public Health Association (VPHA) visited Japan for on-site study during September 2012. They had decided to employ “TAKE10!® for elderly” and develop “Vietnam TAKE10!®” at a meeting in Hanoi at the end of 2011 and were eager to see the site where we conduct this program lead by staff of ILSI Japan CHP. They also toured the venue where “Sumida TAKE10!®” is held.

They have already undertaken translation of the TAKE10!® booklet into Vietnamese from Japanese and started a Vietnam TAKE10!® training course in November 2012. In December, Ms. Kimura, ILSI Japan CHP visited their sites in Hanoi and observed how the progress.

Supermarket chain uses TAKE10!® in a sales campaign

The supermarket chain Aeon Company and Ajinomoto Company began running a joint sales campaign using the “TAKE10!®” program this past Autumn. They distributed several leaflets (right) which introduced healthy meal recipes using Ajinomoto products and the “TAKE10!®’s Dietary Variety Score”. They also handed out another leaflet explaining the “TAKE10!®” program (left) to their customers. During a three-day holiday weekend in September, at a special marketing project “G.G.



Festa” and stamp-rally events “AJIMI general-election” were held in 15 large shopping malls across the country. They set up in-store sampling corners to taste some menus which were introduced on the leaflets and successfully connected with many customers. It was a good opportunity to introduce “TAKE10!®” to all age groups and families not only the elderly. We have heard that this event will be run again next spring.

TAKE10!® Up To Now

An intervention study was conducted for 1400 elderly population in Nangai village, Akita Prefecture from July 2002 for one year. The study proved that TAKE10!® for the elderly can effectively be introduced to local communities and can improve regular physical exercise practices and dieting habits, maintain muscle strength and improve physiological functions.

The result of the study was reported at the Annual meeting of Japanese Society of Public Health in November 2004. Three national newspapers and eight local newspapers covered the study. More than 8,000 inquiries have been received, including inquiries from local government offices and organizations, and more than 20,000 copies of the booklets have been sold. Many lecture sessions by ILSI Japan CHP have been conducted.

The “Sumida TAKE10!®” program was started by Sumida Ward Government of Tokyo in October 2005. The program was conducted at six sites and included lecture sessions on the program and physical exercise practices.

What’s Project PAN (Physical Activity and Nutrition)?

To promote healthier aging, Project PAN seeks to prevent **lifestyle-related diseases** including **obesity** among middle-aged people and **keep the elderly out of being bedridden**. Project PAN develops science-evidenced programs to promote physical exercise and to improve nutritional status of people through changing their lifestyles.

ILSI Japan CHP is pursuing two programs named “TAKE10!®” and “LiSM10!®”.

LiSM10!®

ILSI Japan CHP developed “LiSM10!®” (Lifestyle Modification) that supports improvements of risk factors of lifestyle-related diseases of employees in **worksites**. This program focuses on health promotion for physical activity and dieting after medical check-ups in worksites.

“LiSM10!®” is consists of 1) Individual objective setting and recording implementation. 2) Individual and periodical counseling by professionals to support individual program for 6 months, and 3) Support programs from worksites and families of individuals.

TAKE10!® for the elderly

Aiming to support “Healthier longevity” among the elderly and to reduce costs of the national health care program, ILSI Japan CHP developed TAKE10!® for the elderly. The program is featured by effective and unique combination of **appropriate physical activity** and **proper dieting habits**, which is different from conventional programs for preventing lifestyle-related diseases of adults.

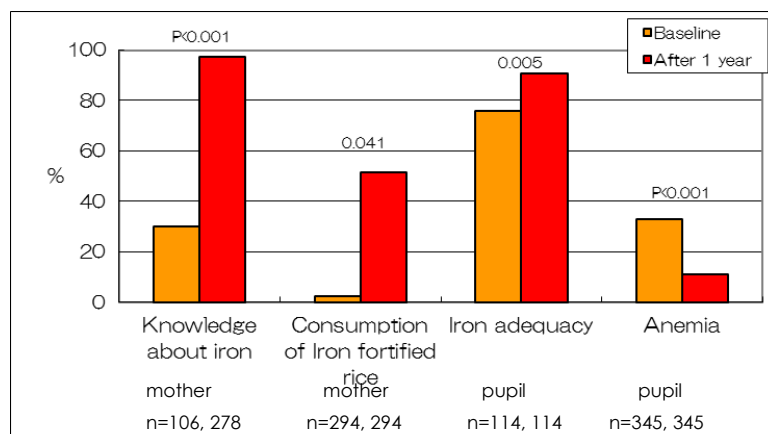
Project IDEA

Philippines: Advocacy meetings begun in Mindanao Island

The market trial of iron-fortified rice in Zambales Province was successfully completed. FNRI (Food and Nutrition Research Institute, Philippines) published a report on this trial, which shows that the fortified rice was accepted by consumers and that anemia among school children improved substantially.



Following up on this success, FNRI has been conducting advocacy meetings with potential rice millers in Mindanao Island prior to national introduction.



Vietnam: Market Trial on Iron and Zinc Fortified Rice

A report on the efficacy study on iron-fortified rice was completed, which showed significant decreased anemia among women of reproductive age. Following up the successful efficacy study on iron-fortified rice, it was decided to conduct a market trial in collaboration with NIN (National Institute of Nutrition in Vietnam) and GAIN (Global Alliance for Improved Nutrition, Switzerland). This time, doubly fortified rice (iron and zinc) will be test-marketed, which responds to the outcomes of the Vietnamese National Food Intake Survey. Preparation is currently underway for a market trial to commence in July 2013.

Achievements of Project IDEA to Date

In the Philippines, ILSI CHP has worked with FNRI on the stability and acceptability of several alternatives for the fortification of rice with iron. The overall evaluation indicated that extruded rice with ferrous sulfate and micronized ferric pyrophosphate are the most stable and have the most acceptable taste and color. An efficacy study was conducted for 6 months in 2004 by means of an intervention program using primary school pupils 6-8 years old in Metro Manila. The intervention program demonstrated that both of fortification alternatives significantly improved anemia prevalence. A market trial started in April 2008 and confirmed the effectiveness in Orion Municipality.

In Cambodia, fish sauce fortified with NaFeEDTA was introduced in Kampot in March 2007 and Siem Reap in August. ILSI Japan CHP is working with RACHA to promote social marketing programs, to establish quality monitoring of the market and to establish a surveillance system for monitoring IDA. The effectiveness of the fortification was confirmed. Akzo Nobel is supporting the project by donating NaFeEDTA.

A literature search on complementary feeding resulted in the report "Towards improved infant and young child nutrition in Asia through appropriate complementary feeding" which can be used as a basis for the research and development of complementary feeding.

In Vietnam, in collaboration with National Institute of Nutrition (NIN), ILSI CHP has pursued iron fortification (NaFeEDTA) of fish sauce. A series of studies verified that regular consumption of iron-fortified fish sauce significantly reduced the prevalence of anemia. Iron-fortified fish sauce was launched in 2006 based on the scientific outcomes of the research and development. The plan calls for 10 large production plants to produce fortified fish sauce by 2009. With financial support from GAIN, the national launch is scheduled in 5 years, which will include programs for production/distribution, quality assurance, communication of nutrition and health and monitoring/surveillance. ILSI Japan CHP will continue to provide professional support to ensure a successful national launch.

In China, the Iron Fortified Soy Sauce Program has been launched since 2004 as the national policy to prevent anemia by ILSI Focal Point in China and CDC China.

What's Project IDEA (Iron Deficiency Elimination Action) ?

The difficulty in maintaining a variety of food sources results in malnutrition and micronutrient deficiencies in the developing countries. Iron deficiency anemia, one of the most prevalent threats to public health, impairs brain development, immune system functioning, and learning ability in infants and children. It can also be a major cause of death among pregnant women, and dramatically reduces productivity among working adults, which in turn hinders the struggle against poverty. The UN ACC/SCN (the United Nations Administrative Committee on Coordination/ Sub-Committee on Nutrition) reported that 3.5 billion people suffer from iron deficiency anemia, and that it has been more difficult to overcome this than other micronutrient deficiencies.

Project IDEA works to reduce iron deficiency anemia (IDA) in developing countries by adding iron to commonly-eaten and commercially-produced foods such as condiments and staples, based on the dietary patterns unique to each country.

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