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# Project



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October 4

## Healthy Moms for Healthy Kids

Prepared for: Lance Moore  
Director

Prepared by: Harjono Soemadji  
Project Director



## Description

There are two major goals for the "Healthy Moms for Healthy Kids" Project in Kota Emessu. The first major goal is to reduce the degree of malnutrition among young children. The second major goal is to effectively use volunteers as a major factor in helping people to learn about health and nutrition.

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# Table of Contents

Executive Summary .....	2
Project Background .....	3
Needs Assessment.....	4
Personnel.....	4
Facilities.....	4
Equipment/Supplies/Communication.....	4
Goals and Objectives .....	5
Market and Audience .....	6
Project Methods.....	7
Resources .....	8
Project Management.....	9
Evaluation.....	10
Formative Evaluation.....	10
Summative Evaluation.....	10
Budget .....	11
Time Line .....	13
Executive Bio .....	14
Mission Statement .....	15



# Executive Summary

Date of application: October 4

Name of organization: Kota Emessu Health Center

Purpose of grant: There are two major goals for the "Healthy Moms for Healthy Kids" Project in Kota Emessu. The first major goal is to reduce the degree of malnutrition among young children. The second major goal is to effectively use volunteers as a major factor in helping people to learn about health and nutrition.

Address of organization: Harjono Soemadji, PO Box 103, Kota Emessu, Malnesia

Telephone number: 0060 3 2949321

Executive director: Harjono Soemadji

Contact person and title: Harjono Soemadji, Project Director

*Is your organization an IRS 501(c)(3) not-for-profit?: Yes  
If no, please explain:*

Grant request: \$1,288,000

Check one:

General support: X

Project support: N/A

Total current fiscal year organizational budget: \$450,000

Budget Period (mo/day/year): January 1, 20XX – January 1, 20XX

Total project budget: \$1,288,000

Dates covered by project budget (mo/day/year): January 1, 20XX – January 1, 20XX

Project name: Healthy Moms for Healthy Kids





# Project Background

Major obstacles to child survival in the developing world include infections, parasitic diseases, malnutrition and the risks associated with low birth weight and high fertility. (UN Informational Letter #37-435) A serious problem exists in the rural villages of Malnesia of children dying from common illness and infections that are attributable to poor nutrition. Though high nutrition foods are available in the villages, it is apparent that mothers do not have an understanding of exactly what foods contain the most value for their children. (Ministry of Health, 1994) The most significant person in the life of the young child is the child's mother. Research has shown that the children of mothers who have an understanding of how to provide good nutrition to their children stand a significantly greater chance of survival during the first three years of life (87% survival rate) as compared with children of mothers who do not know how to provide good nutrition (43% survival rate) (Position Paper, Opening Plenary Session, Malnesian Health Conference - MALHEALTHCON - 96).

The use of volunteers to provide community service is a new concept in Malnesia and can be capitalized upon as a viable way to provide trained manpower for the offering of educational services. The first student service scheme, Service Mahasiswa/SERMAH, was created in the early 1990s. Initially operated at only two universities, SERMAH is now a mandated national program that operates at all public and private universities (Directorate for Higher Education, Ministry of Education, Statistics for 1996). The emphasis of SERMAH has been exclusively on the providing of information to local farmers on improved farming practices. The Universitas Pembangunan Pertanian has been funded by the Ministry of Agriculture to operate the SERMAH Educational Development Center (Introducing SERMAH, Ministry of Agriculture, 1996) as a central agency for the providing of farming practices instructional materials to all universities in Malnesia. The selection and training of student volunteers is conducted autonomously at each university with the support of the instructional materials disseminated by the SERMAH Educational Development Center.





# Needs Assessment

## Personnel

- Two full time staff at 100% salary, one full time staff at 50% salary, three part time persons at 50% salary.

## Facilities

- None (provided by the community head and the Department of Food and Nutrition - UNPEMPER)

## Equipment/Supplies/Communication

- Needed equipment

Duplicating machine (for preparation of informational educational materials)  
Chairs and desks for three offices  
Chairs and tables for a large classroom/community meeting room  
Chalk board  
Typewriter  
Drafting table

- Needed supplies

Paper, pencils, chalk, duplicating supplies, and materials preparation.





# Goals and Objectives

<< Objectives are the measurable outcomes of the program. They define your methods. Your objectives must be tangible, specific, concrete, measurable, and achievable in a specified time period. Grant seekers often confuse objectives with goals, which are conceptual and more abstract. >>

There are two major goals for the "Healthy Moms for Healthy Kids" Project and specific objectives within each of the goals.

## **Goal #1 - To reduce the degree of malnutrition among young children.**

- Objective #1.1 - To provide mothers in Kota Emessu with relevant information regarding health and nutrition
- Objective #1.2 - To assist mothers in Kota Emessu in learning how to effectively apply health and nutrition information in helping their young children to be more healthy.
- Objective #1.3 - To teach mothers in Kota Emessu how to evaluate changes in the health of their young children.

## **Goal #2 - To effectively use volunteers as a major factor in helping people to learn.**

- Objective #2.1 - To recruit a group of undergraduate students (15-20 students each semester) at Universitas Pembangunan Pertanian to become volunteers in the "Pusat Ibu dan Anak Sihat" (PIAS) Project.
- Objective #2.2 - To provide a 4 week training program for the volunteers that covers a) basic nutritional information for mothers and b) information on adult teaching methods.
- Objective #2.3 - To place the students in the PIAS Center to offer tutoring services to local mothers.
- Objective #2.4 - To compare the type and degree of volunteer learning that takes place in the PIAS Project as compared to volunteer involvement with SERMAH.





# S A M P L E

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