

APEF: PERIODIC SURVEY - 2006

Observation of results

Sent by the teachers at Lajas, Paredones, Cuevas, Lagunitas and Bella Vista Primary Schools

Date: November 2005

Name of Centres:	Lajas, Paredones, Cuevas, Lagunitas and Bella Vista Primary Schools
Address:	Communities of Lajas, Paredones, Cuevas, Lagunitas and Bella Vista
Person in charge:	Adela Soto, Rogelia Guzman, Tito Benito Cécile Boulais Lizondo, Co-ordinator of the Association ASOPEC

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

- ✓ Children - Number: 135
- Age: 6 to 12 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 April to November 2005
- ✓ How is the LLC given? (e.g. mixed with ...)
 - Mixed with jam and spread on crackers
- ✓ Do you increase the quantities from the start of the programme? How?
 - Yes, just a pinch the first week, then in increasing quantities each week up to a soup-spoon of 10 g by the third week

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
 - Lack of attention at school

4) WHAT ARE THE OBSERVED POSITIVE EFFECTS?

- ✓ Children (age):
 - 6 to 12 years old
 - Reduced catarrh, colds, bronchitis
 - Fewer coughs
 - Less diarrhoea
 - Increase in weight and height
 - Increase in appetite
 - Improvement in skin condition
 - Improved attention at school and better concentration
 - Desire to work; more calm
 - Greater willingness to participate in various activities

5) HOW LONG BEFORE POSITIVE RESULTS ARE OBSERVED?

Start of improvement: From the first month
Attainment of satisfactory result: 3 to 4 months

6) HAVE YOU WITNESSED ANY NEGATIVE EFFECTS?

- No
- Yes, in the following cases:
 - ✓ At the start:
 - ✓ Later:
 - ✓ Details
 - ✓ Duration

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

Leaf concentrate is of great benefit to the development of the children and their health
 It should be given as a school breakfast and thus it would significantly improve the quality of their diet
 Thanks are due to all the educational units for having brought such great support

8) OPINION OF MEDICAL PROFESSIONALS?

No cases of rejection by the children
 Excellent participation and collaboration by the teachers, who prepared and distributed the biscuits with leaf concentrate every day
 Excellent results in improving health, weight and height development and progress in school

9) YOUR PROJECTS AND FUTURE NEEDS

To be able to introduce leaf concentrate as a school breakfast in all the Primary Schools in Samaipata

Appendices:

- Planning of weight and height monitoring
- Haemoglobin dose

November 2005
 Adele Soto, Rogelia Guzman, Tito Benito