



16th annual
UNITE FOR SIGHT
Global Health & Innovation Conference
April 13-14, 2019

► Yale University, New Haven, CT

"Improving the Maternal and Child Health Indicators in Rural Communities of Nicaragua. The Maternal and Child Wellness Group"

- ▶ **Mary Flores-Guindo**
Program Coordinator
- ▶ **Yolanda Paredes-Gaitan**
Executive Director



Agenda

- Who We Are
- Methodology
- Data & Results
- Conclusion
- Nicaraguan Michael Jackson

- Who We Are



NICARAGUA
A

BOACO
STATE

Population: 6,082,000



A NEW MODEL OF CARE FOR FAMILIES IN NEED



The main Pillars of Clinica Verde

Evidence Based
Design

Compassionate
Care

Preventive
Health
Education

To transform the health and wellbeing
of those we serve

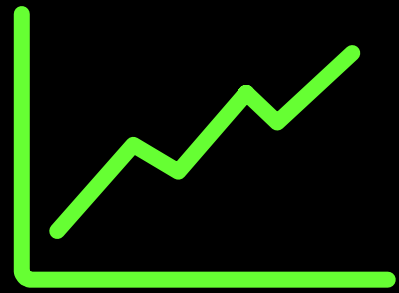


Green Building

- Methodology



254 Pregnant Women / 6 Places



**Pre & Post test
Country Indicators**

Essentials

Return to Basics



Recruitment / Education

Methodology: **Returning to Essentials**

 **1. Nutrition**

 **2. Bio
intensive
Garden**



**3. Maternal &
Child Care** 

**4. Pregnancy
Changes & Risks** 

 **5. Baby Book**

- Data & Results



Maternal Mortality



Nicaragua

a 2015

51th Week

Source: WHO 2015

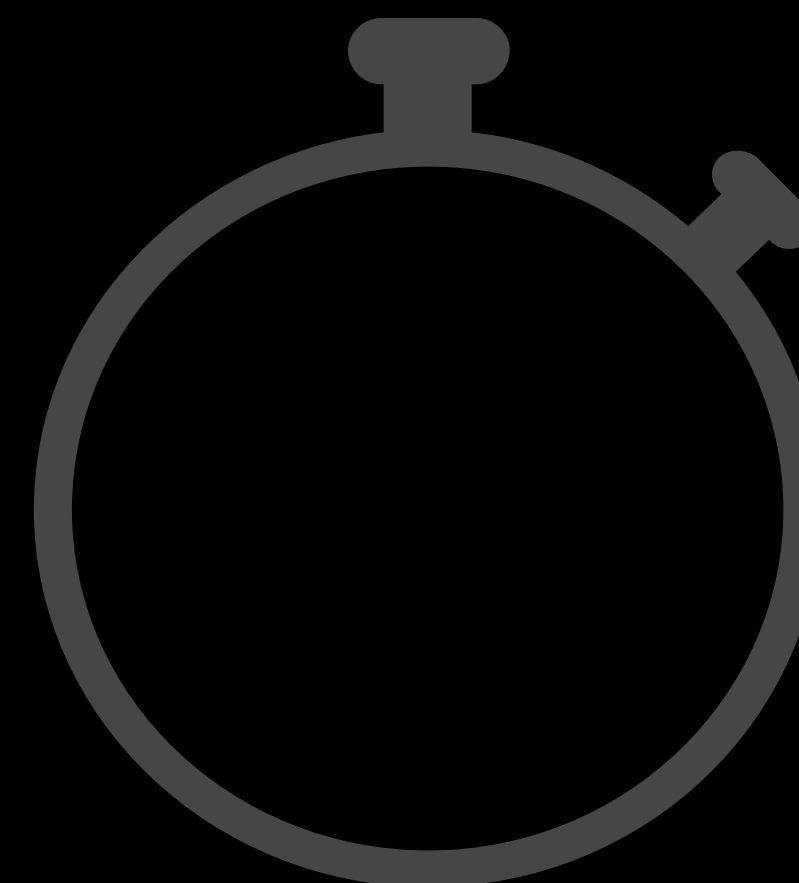


Nicaragua

a 2018

51th Week

Source: MINSA 2018



MCW Group

2017-2018

Source: CV Data 2018



Neonatal Mortality



Nicaragua

a 2017

51th Week

Source: MINSA 2018

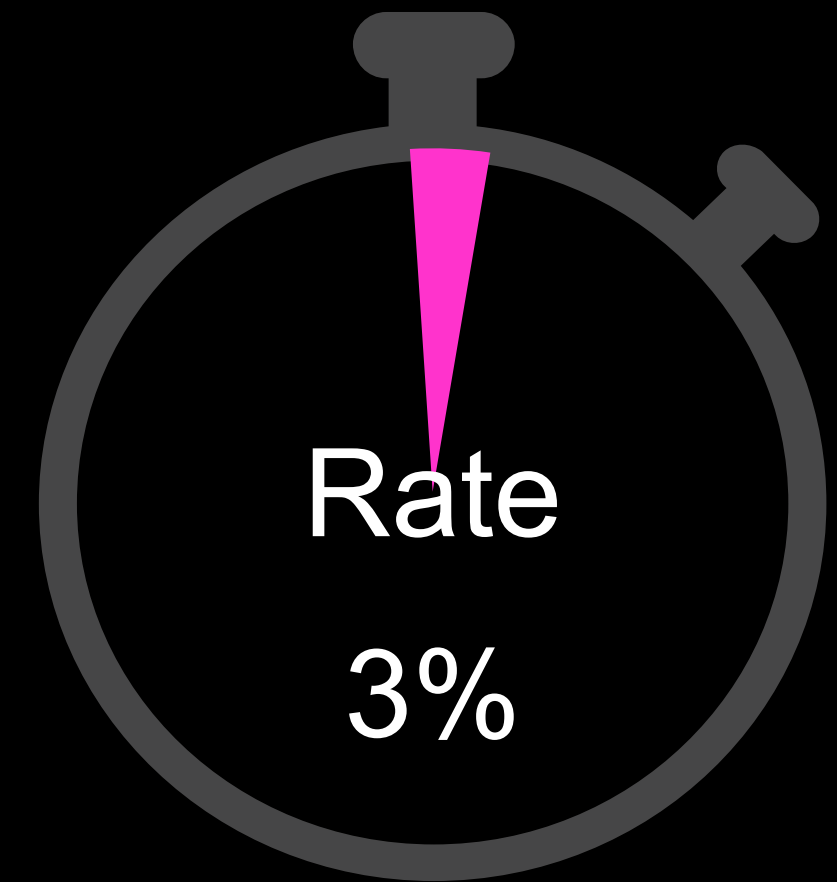


Nicaragua

a 2018

51th Week

Source: MINSA 2018

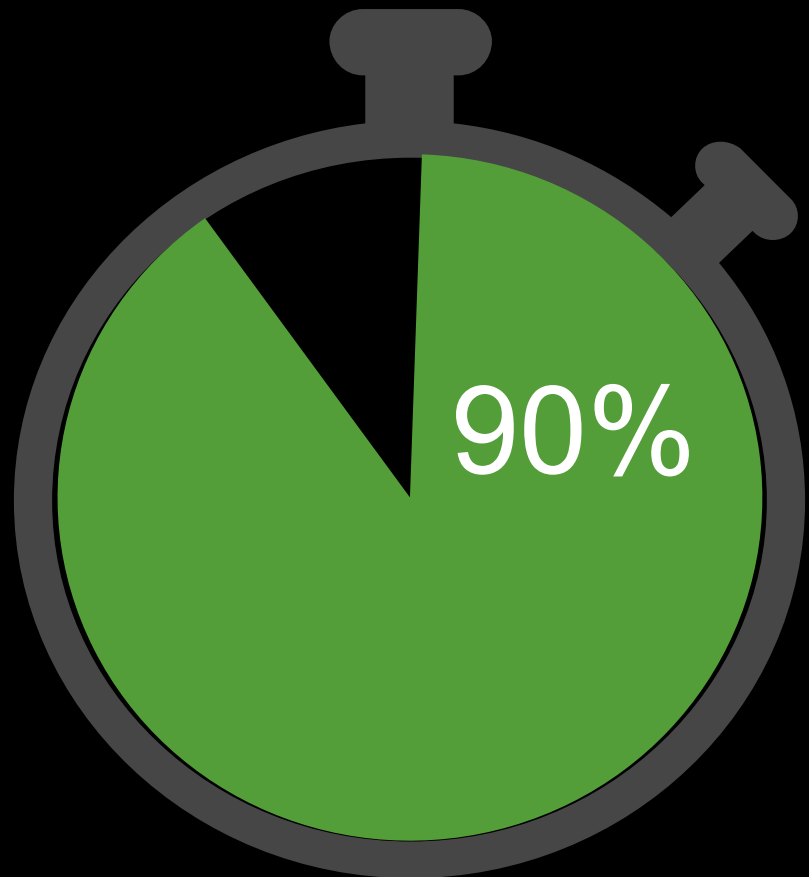


MCW

Group

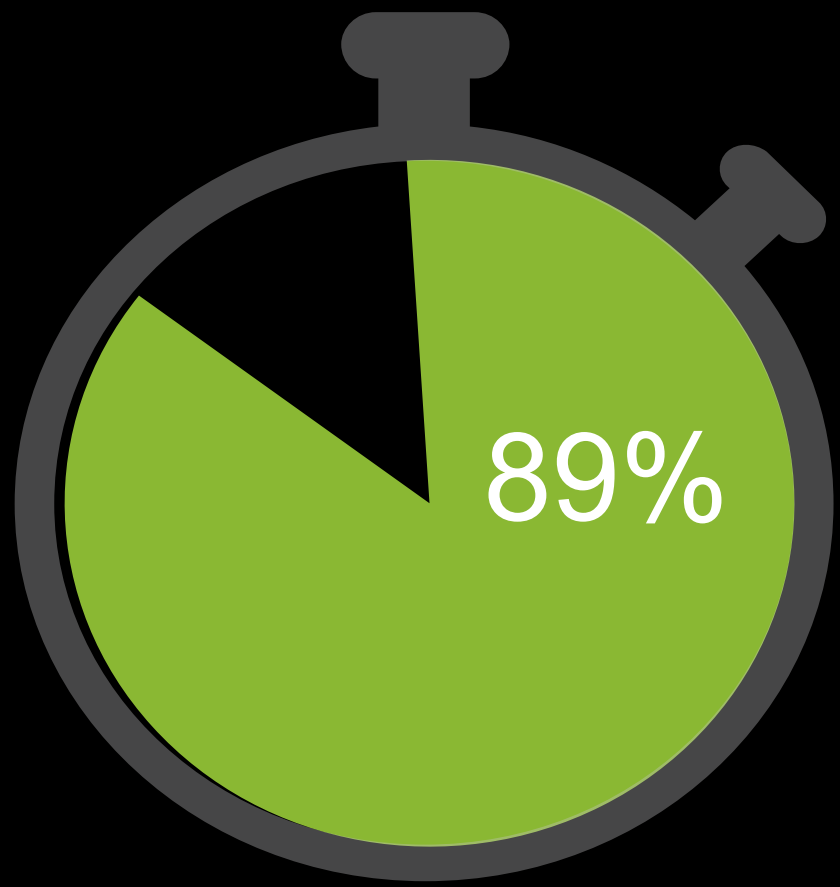
Source: CV Data 2018
2017-2018

Baby Delivered with Normal Birthweight



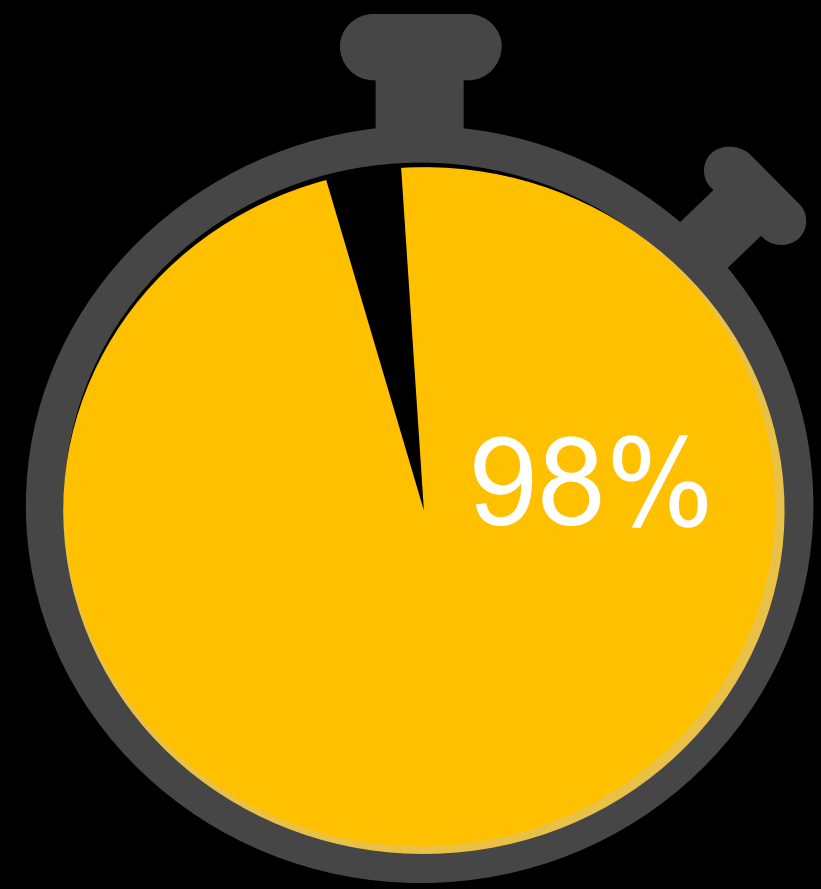
Nicaragua
Urban 2012

Source: Health survey 2012



Nicaragua
Rural 2012

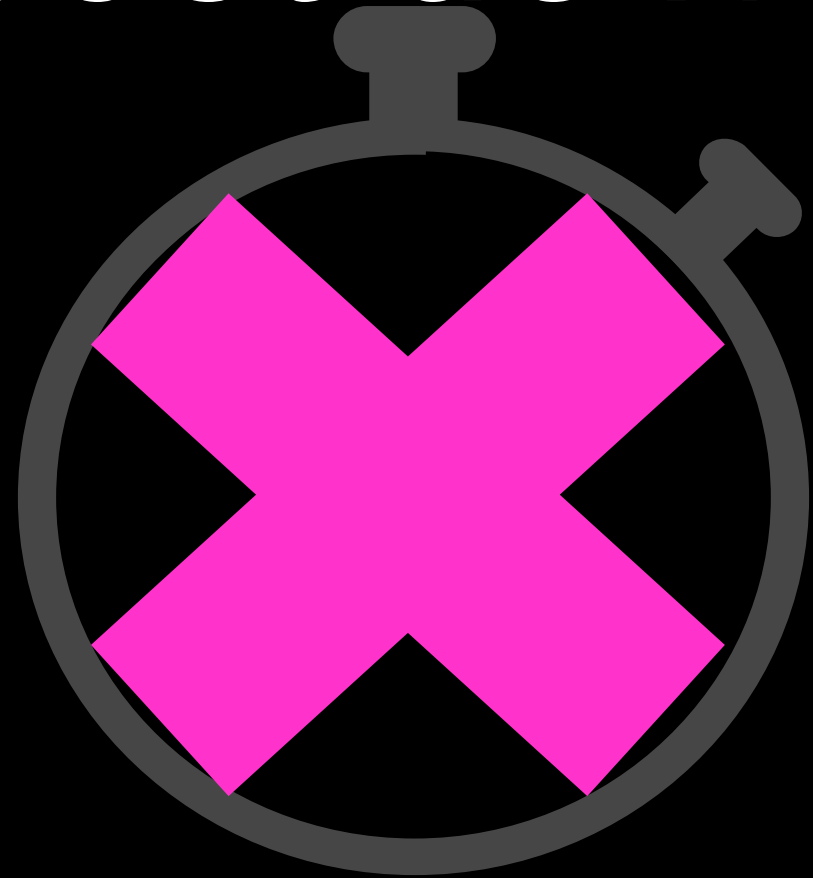
Source: Health survey 2012



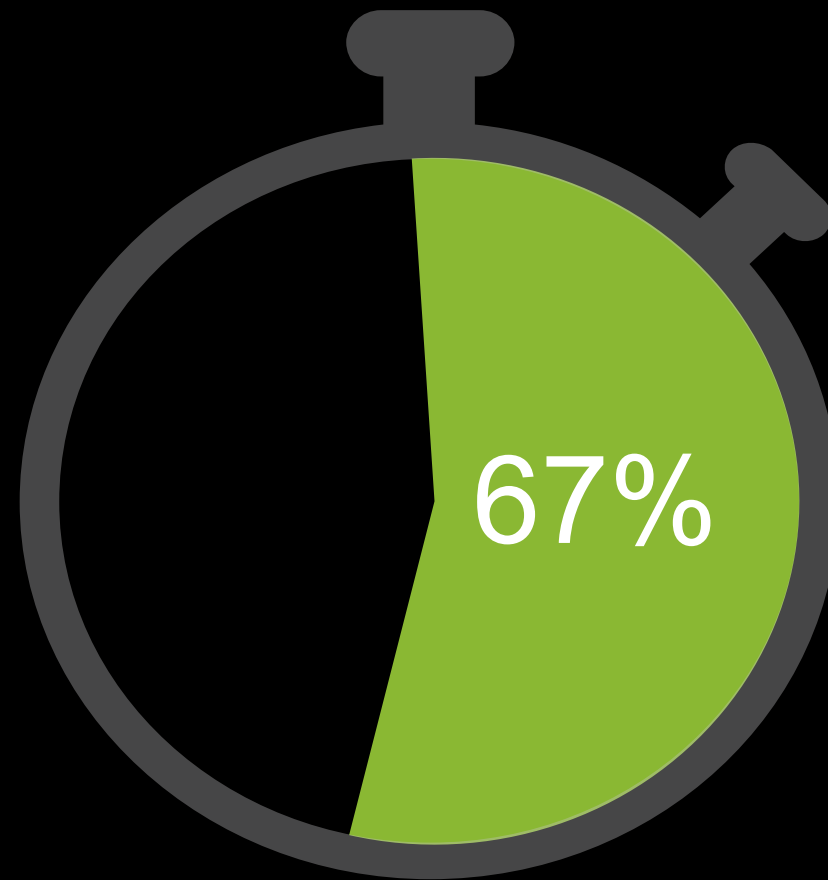
MCW
Group

Source: CV Data 2018
2017-2018

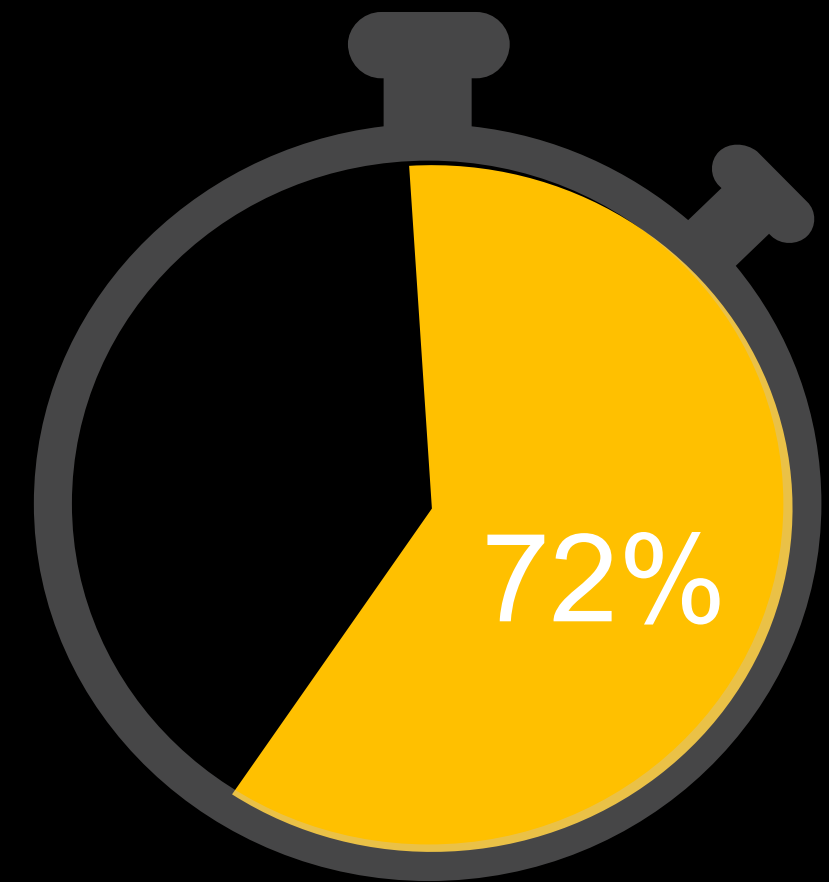
67% of women practice exclusive-breastfeeding for 3 months post-delivery



Nicaragua



Previous
Source: CV Data 2018
MCW



MCW
Group

Source: CV Data 2018
2017-2018

% of women practice exclusive-breastfeeding for < 6 months post-delivery



Nicaragua
2007

Source: WHO 2007



Nicaragua
2012

Source: WORLD BANK
2012



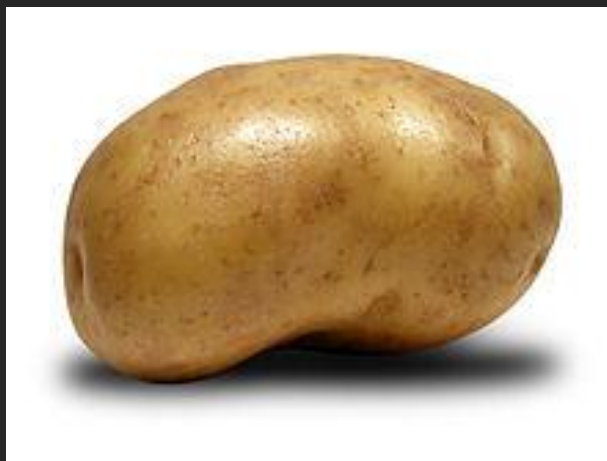
MCW
Group

Source: CV Data 2018
2017-2018

Methodology: Returning to Essentials

01. Nutrition

Able to identify & Use 3 fruits & 3 vegetables.



Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



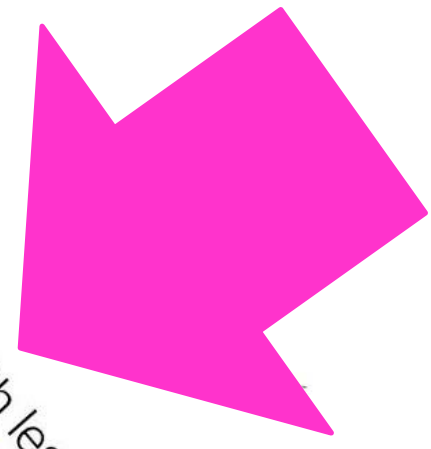
Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



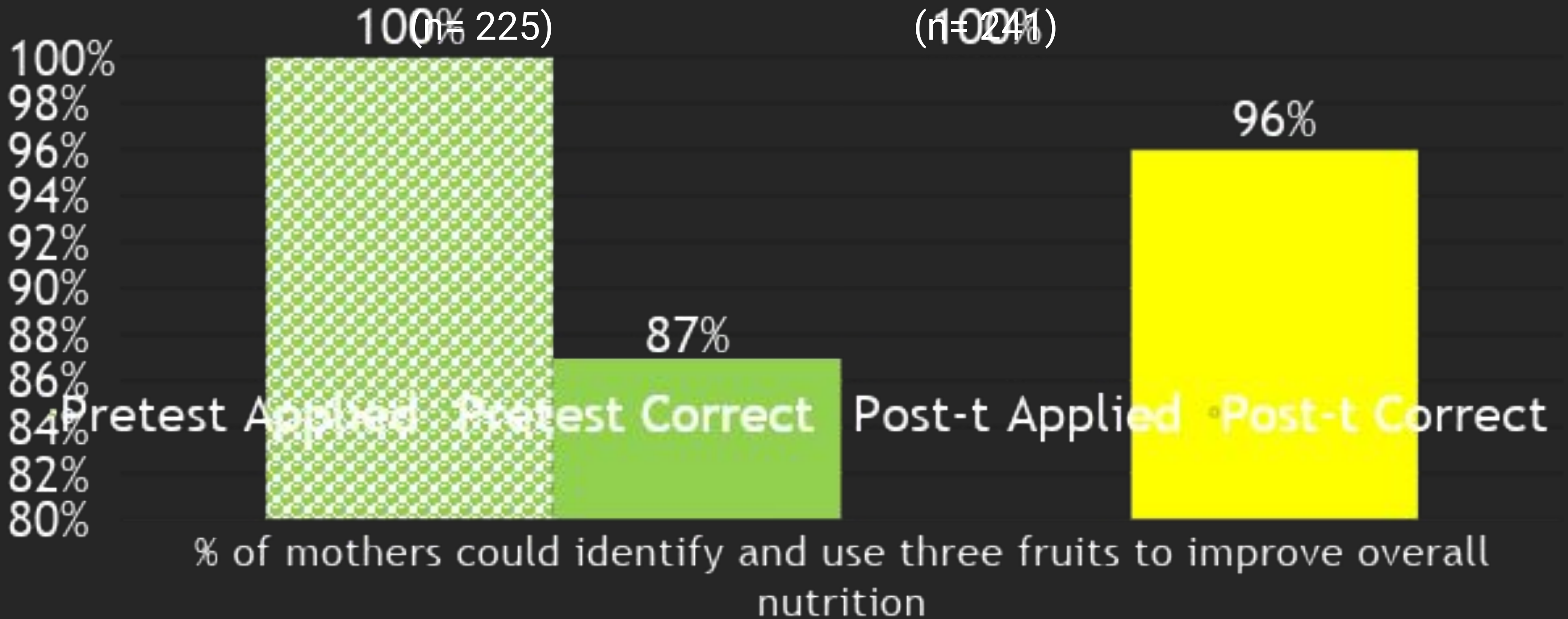
Dairy and alternatives

Choose lower fat and lower sugar options

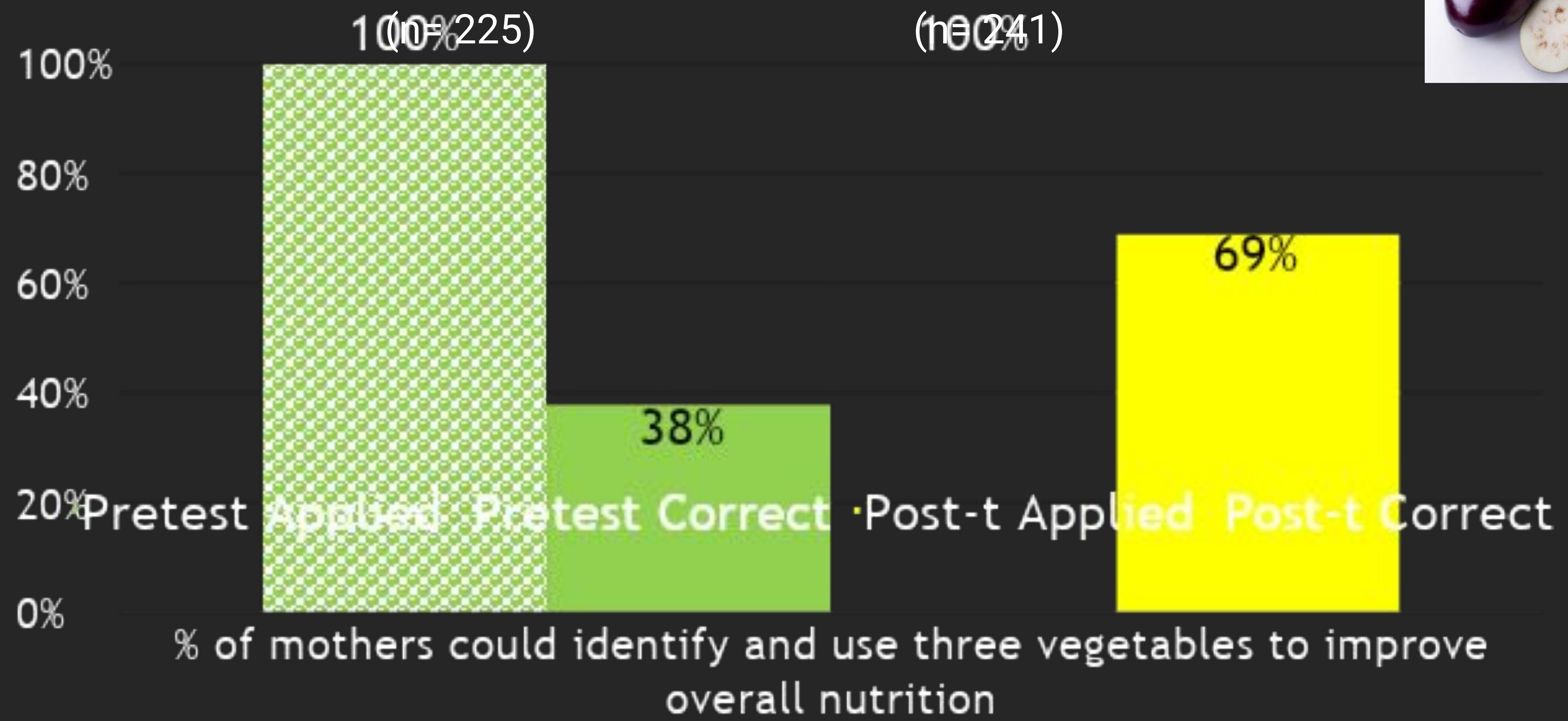


Choose unsaturated oils and use in small amounts

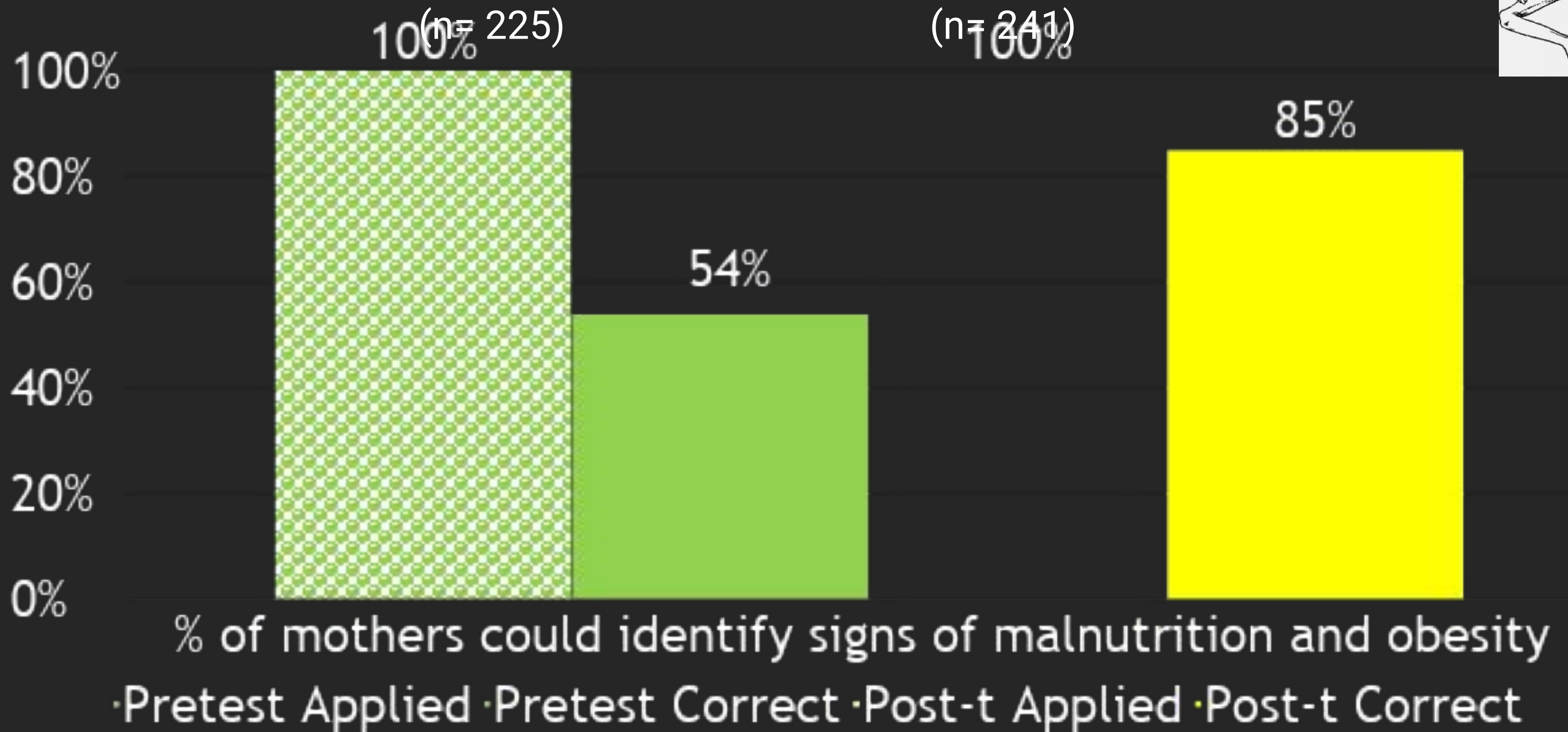
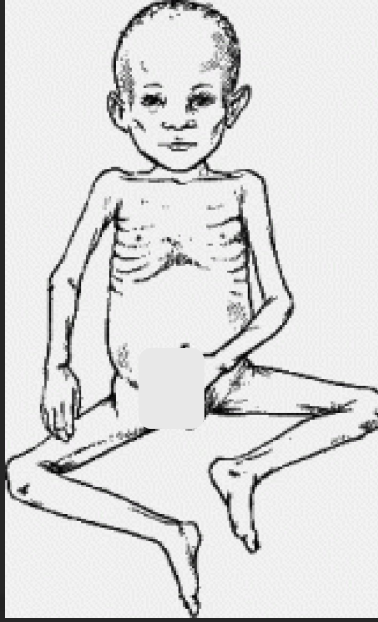
70% of Women Could Identify & Use Three Fruits to improve overall nutrition



70% of Women Could Identify & Use Three Vegetables to improve overall nutrition



75% Women Able to Identify Signs of Malnutrition & Obesity



Methodology: Returning to Essentials



2. Bio intensive Garden



Bio Intensive Garden



Lettuce, corn



Carrot , Malanga



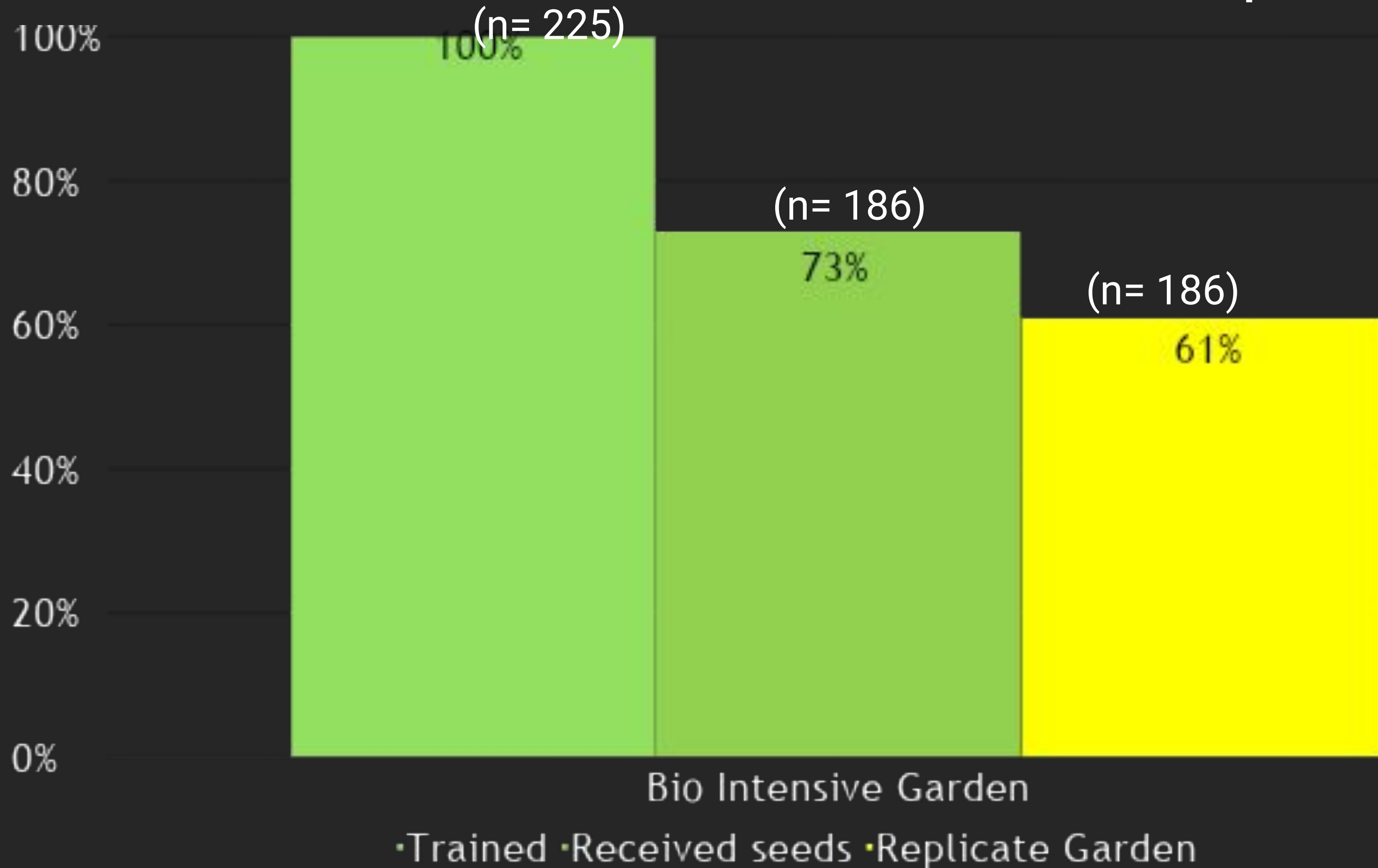
Type of Squash



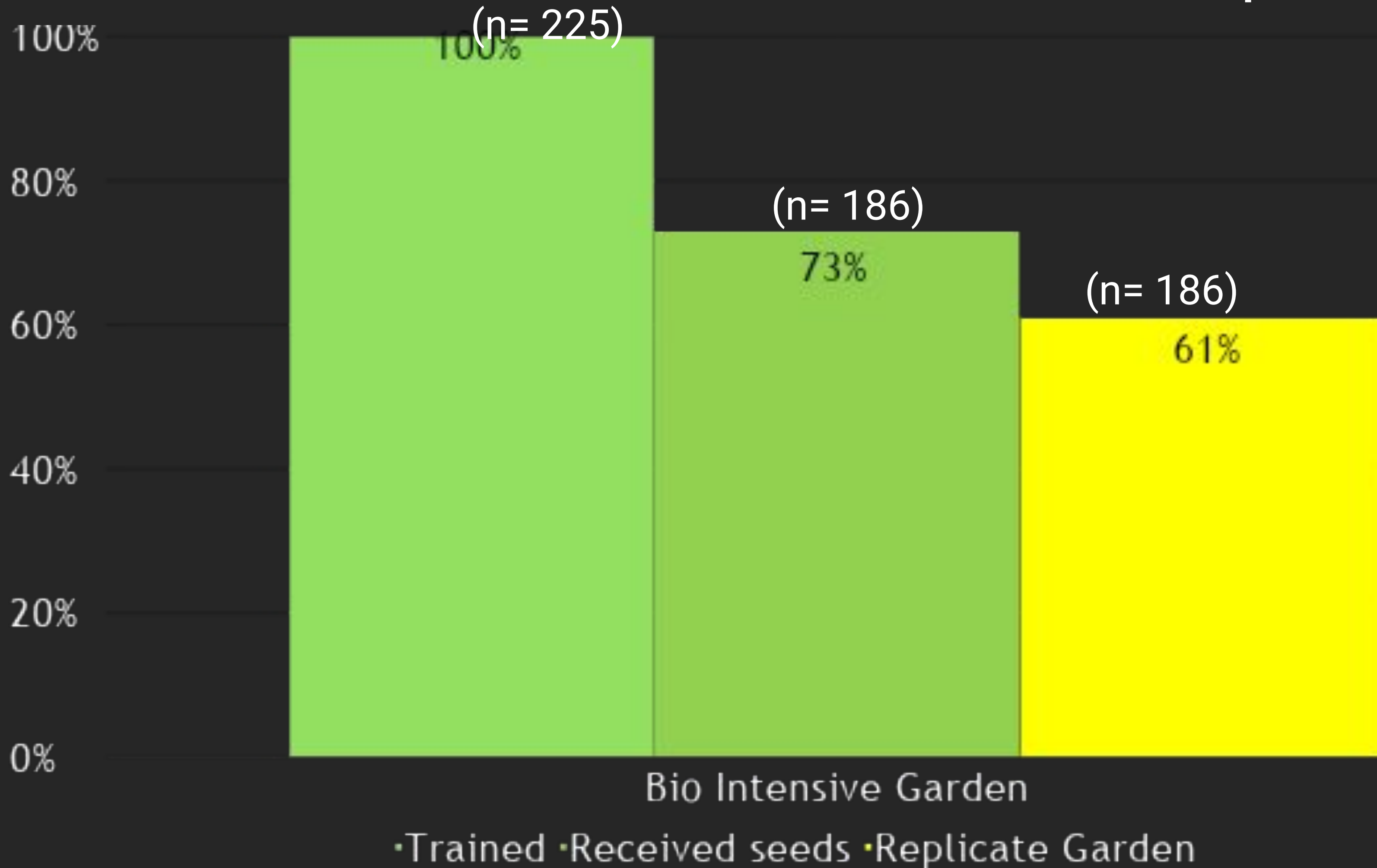
Chives



Bio Intensive Garden Instruction and Replication



Bio Intensive Garden Instruction and Replication



Methodology: Returning to Essentials



3. Maternal & Child Care



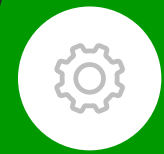
Methodology: Returning to Essentials



4. Pregnancy Changes & Risks



Methodology: Returning to Essentials



5. Baby Book





Social space for learning and recreation

Social Networks



Clinica Verde added 3 new photos.

October 16, 2017 · 🌐

Parte del trabajo que realizamos con las embarazadas, donde les enseñamos como alimentarse adecuadamente durante y después de este período de gestación. Si te querés unir al grupo solo visitános o llama al 2220-7914



👍 Like

💬 Comment

➦ Share

• Conclusions



Conclusions

- The results suggest that the new prenatal curriculum and its application minimize the prevalence of maternal and neonatal mortality or health complications within local pregnant mothers.
- The program is a necessity for our impoverished communities. This initiative also helped to improve knowledge and practices around nutrition that may have an impact on families and community in general.



THANK YOU FOR LISTENING!

ALL REFERENCES ARE
IN CLINICA VERDE STATISTICS DATA

KIMBERLY BOSTWICK, Ph.d.



Nicaraguan Michael Jackson