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Community Nutrition

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Outline

- Ipegue (Karlee)
 - Observations
 - Community resources
 - Preliminary Recommendations
- Te'Yikue (Heather)
 - Observations
 - Community resources
 - Preliminary Recommendations
- Summary (Karlee)





Ipegue Terena Community

- Loss of land to cattle ranchers and sugarcane plantations
- Reduces capacity to grow food and be self-sufficient
- Dependence on food from outside the aldeia
- Affects food security, malnutrition, and health





Food Security

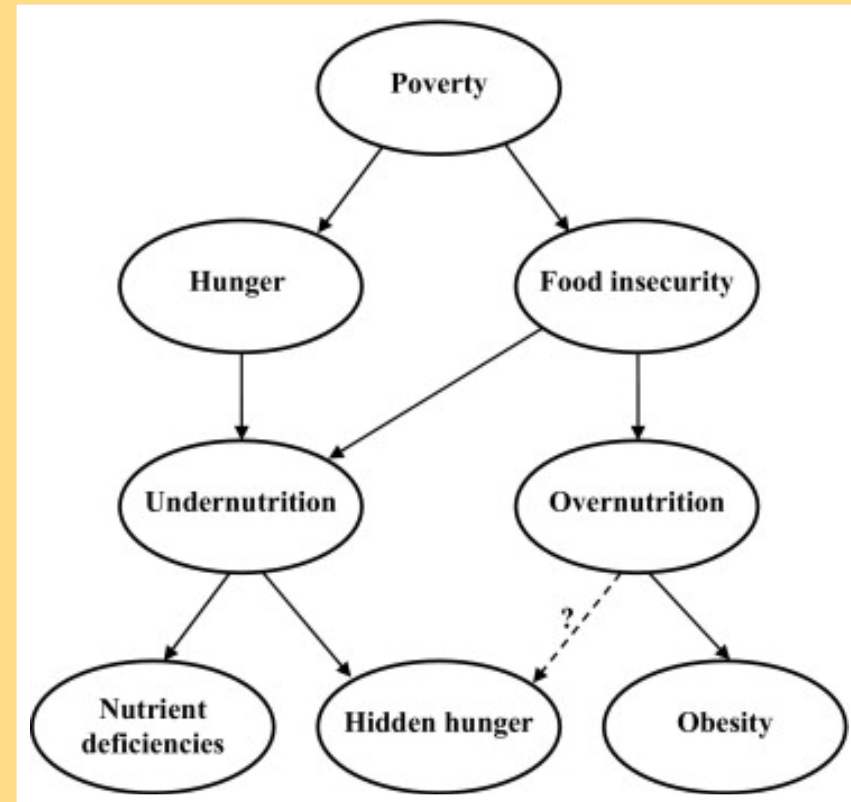
- “When all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life” (WHO, 1996)
- Land conflicts
- Inadequate incomes





Food Insecurity

- Undernutrition
- Overnutrition
 - Chronic Diseases
 - Hypertension
 - Diabetes



Taken from Tanumihardojo et al., 2007



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Community Resources: School Lunch Program

- Nutritionist Approved Menu
- Staple foods
 - Beans, Rice, Pasta
- Inadequate as main food source
 - Government food aid available
 - Non-sustainable





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Future Program: Escolar Experimental

- Children learn farming and growing techniques
- Purpose: bring practices back to families
- Requires active community support and participation



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Other Support Local FUNASA Clinic

- Federally funded
- Doctor, dentist, nutritionist, nurse, health promoters
- Some indigenous health promoters
- Provide resources and support for chronic disease



Preliminary Recommendations

- Nutrition education in schools
 - Ideally added to curriculum
 - Knowledge of healthy food choices
 - Important for future health





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Preliminary Recommendations

- Adult Nutrition Education
 - Possibly run through the clinic
 - Help prevent and manage chronic disease





Preliminary Recommendations

- Encouraging Traditional Diet
 - Based on local fruits/vegetables/grains
 - Limit industrialized food
 - Community leaders key in setting an example





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Te' yikue Guarani-Kaiowa Community

- Key Issues: poverty, marginalization, and land insecurity
- Key Nutrition and Health Issues
 - Malnutrition
 - Infectious Disease





Malnutrition

- Infant and child malnutrition
 - Low birth weight infants
 - Lack of access to variety of foods
 - Lack of calcium in diet





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Infectious Disease

- Infant pneumonia
- Tuberculosis



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Community Resources

- Escola Experimental



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Community Resources

- School lunch program



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Community Resources

- Federal and Municipal government support
 - Food baskets
 - Financial support
 - Nutritionists
- Health Services
 - Medical assessment
 - Health promotion



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Preliminary Recommendations

- Expand food sources in community
 - Escola Experimental
 - Family gardens
 - Livestock





Preliminary Recommendations

- Increase knowledge of health and nutrition
 - Add to school curriculum
 - Adult classes
 - Maternal and child health program
- Improve access to clean water





Summary

- Both communities have similar nutrition and health issues and have resources to partially address these issues.
- The recommendations for each community must be contextualized and supported by members in order to be realistic and successful.

