



PROJECT OVERVIEW

Improving Health and Nutrition in Guatemala's Western Highlands

PROJECT GOAL

Increase and diversify agricultural production to improve nutrition of Guatemalan families while reducing chronic malnutrition and the prevalence of diarrhea in children under 5.

With the sixth highest level of chronic malnutrition in the world, and the highest in Latin America and the Caribbean, food security is an urgent issue in Guatemala. The Improving Health and Nutrition in Guatemala's Western Highlands project, implemented by Lutheran World Relief in collaboration with FundaSistemas, is working to better nutritional outcomes and strengthen agricultural development in the department of San Marcos. Applying innovative behavior change methodologies, the project utilizes home visits, technical assistance and an arts-based community development (ABCD) curriculum to promote healthy food consumption, agricultural diversification, maternal and child health and WASH best practices. Through local partnerships, the project strives to reduce stunting among children while increasing the income, yield and availability of safe, nutritious food to rural communities.

Lutheran World Relief began its work in Guatemala in the 1990s, with an increased presence since 2017. Promoting environmentally sustainable practices, we support farming families to improve health and nutrition, increase crop quality and yield, access sources of credit and sell produce in bigger and more profitable markets. By championing co-creation to strengthen market-based agricultural development, Lutheran World Relief is addressing the main drivers of malnutrition, poverty and migration through a holistic approach that advances community resiliency and long-term food security.



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EXPECTED RESULTS

- **200 female heads of household** improved their nutrition and learned breastfeeding and supplementary feeding practices to improve the nutrition of their families
- **100% of children under 6 months of age** from 200 households consumed only breast milk
- **100% of children aged 6-23 months** from 200 households consumed the Minimum Dietary Diversity (MDD)
- **1,000 community members** participated in arts-based community development (ABCD) workshops to promote hygienic practices and healthy eating
- **400 male and female heads of household** trained in sustainable food production and increased crop diversity to supplement their income
- **400 male and female heads of household** adopted food safety and personal hygiene practices
- **400 male and female heads of household** increased access to safe drinking water and improved sanitation to prevent diarrheal diseases



The Corus Effect

Lutheran World Relief works in concert with Corus International, an ensemble of global leaders in international development and humanitarian assistance. In addition to Lutheran World Relief, the Corus subsidiaries include global public health agency IMA World Health, U.K.-based technology for development company CGA Technologies, impact investing firm Ground Up Investing, and direct trade company Farmers Market Brands.

We operate as permanent partners, integrating expertise, disciplines, approaches and resources to overcome global health challenges, develop productive and stable economies, improve resilience in the face of climate change, and respond to natural disasters and humanitarian crises.



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