



GLOBAL NUTRITION & EMPOWERMENT

IMPROVING HEALTH THROUGH NUTRITION

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Annual Fund Drive Underway

With your help, GNE will be able to continue our efforts to improve health through nutrition in vulnerable populations around the globe.

Please consider making a donation by going to our website and clicking on the donate button at
www.globalnutritionempowerment.org

Message from Marie Long, MD

Adventures in Asia – 2020 Plans

Maples are on fire, acorns abound, my garden is tucked in for its winter snooze and thoughts turn to the annual GNE trip to Asia. There is a lot happening at GNE, but I want to highlight plans for the 2020 trip, as no other advertising will be done and the number of volunteers is limited. You, the GNE newsletter readers, have the exclusive opportunity to join the GNE travel team!

NEPAL - trip begins mid-February for 2-3 weeks - led by Marie Long. Mountainous and moderately strenuous. A new program initiated and planned by Captain Dam (longtime GNE Nepali partner, and now region chairman), includes a comprehensive nutrition and agriculture plan. This is the type of community driven, well-planned approach GNE works hard to achieve.

Our trip is located in the incredible Myagdi region of Annapurna. GNE has conducted successful nutrition and earthquake reconstruction programs here. Some readers have memories of wild honey gathering or cheering for volleyball teams on courts surrounded by terraced fields and snowcapped peaks.

Volunteers will hike up to 10 miles per day, gaze at magnificent vistas, eat copious amounts of delicious food, and tolerate fireside traditional dancing while talking to people knowledgeable and passionate about improving their rural communities. Five volunteers will be accepted on this trip, as the villages are small and accommodations limited. Expect to record sound tracks in local dialects and collect information for the next education app.

INDONESIA – trip begins early March for 2-3 weeks – led by Neil Forsberg. This trip will be tropical and not physically strenuous. On the Island of Sulawesi GNE partners with Banggai Regency, Hasanuddin University and Vitamin Angels to reduce childhood stunting (one form of malnutrition). GNE will introduce the new app “Smart Kids Eat Healthy”, collect additional information for future apps, and ensure current tablets function properly. Volunteers will visit remote fishing villages (home of deep free-divers), jungle villages and hear informed perspectives on public health from our Banggai Regency hosts.

Ungge village on Lombok Island is the site of another, completely different Indonesia GNE project. JKF (our Indonesia non-profit partner) has initiated a successful duck farm and conducts after school programs with the children of the village. GNE will help distribute Vitamin Angels supplements to women and children in the community.

If you are interested, email GNE at info@globalnutritionempowerment.org soon. Five qualified volunteers will be accepted for each leg of the trip. First come, first serve. Applications close December 31, 2019.

Hope to see you in Nepal and/or Indonesia! - Marie



www.GlobalNutritionEmpowerment.org

GNE

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Education Initiatives

Our current efforts to develop new technologies and education programs:

One in five deaths in the world is related to malnutrition. GNE is taking on the challenge of improving health through nutrition by developing education programs. Field experience with thousands of participants in Nepal, Guatemala, Philippines and Indonesia told us that women with low literacy are an interested and unique audience.

GNE has found that education apps on tablets appeal to this audience. The apps can be interactive and allow women to control the pace of the education program. The information is given verbally and written in their own language (so far English, Tagalog, Bahasa, Spanish and Nepali). Switching food emojis allows us to tailor presentations to different cultures.

To date GNE has developed apps on "General Nutrition" and "Nutrition in Pregnancy." Our next app which should be ready by spring is "Smart Kids Eat Healthy."

Having seen women walk many miles to attend GNE programs, we are working hard to provide them education in a way that is fun, engaging and informative. GNE is investing in better education models and techniques to improve health through nutrition locally and internationally.



Country by Country Updates

Here are quick reports about our activities worldwide:

Oregon: GNE has met with the Yakima Field Workers Health Center to develop a nutrition program for vulnerable populations right here in Oregon. Many are Hispanic migrant workers.

Guatemala: Working alongside medical teams from Faith in Practice, GNE has been field testing its education apps in rural villages. We have gained valuable knowledge about the design of our program.

Indonesia: GNE is a partner in the Indonesian government program "No More Stunting" in the Banggai Regency of Sulawesi. The government is distributing vitamins to 30,000 young women in 337 villages. GNE is delivering tablets with nutrition apps to half of a subset of villages to study their effect on nutrition knowledge and practice. GNE also has a partnership with the JKF Foundation in Lombok and will be returning this spring with our new app for childhood nutrition.

Philippines: GNE is proposing a province-wide nutrition education program in Ifugao. Discussions are on-going with the Ifugao Department of Health. No trip is planned for now.

Nepal: GNE programs are rekindling in Nepal after a lull. Our Nepali leader, Captain Dam, has invited GNE back and a spring trip is planned.

