

For the past 10 years, IRD has improved the health of millions of people, from meeting the immediate needs for medical supplies of refugees and internally displaced people in Georgia to meeting long-term needs for improved hygiene education in Indonesia. IRD's technically appropriate health programs cover HIV/AIDS, maternal and child health, reproductive health, procurement and supply chain management, treatment of infectious diseases, nutrition, community-based primary health care, health education, and water and sanitation hygiene training programs. All these programs are designed to be community-based, comprehensive, technically appropriate, and sustainable in the long-term.

IRD is a charitable, non-profit, non-governmental organization that focuses its operations in regions of the world that present social, political, and technical challenges, and is a specialist in conflict and post-conflict settings. IRD's mission is to reduce the suffering of the world's most vulnerable groups and provide tools and resources needed to increase their self-sufficiency. IRD has current operations in 25 countries in six core sectors: democracy, governance, and community development; economic growth and public-private partnerships; sustainable food and agriculture systems; health; infrastructure; and relief.



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Health Programs



International Relief & Development
Improving Lives. Building Livelihoods.

Community-Based Programs

IRD has found that the most effective programs are those that work directly with the communities they are trying to help. When community members contribute to project design, when their priorities are addressed, they are much more likely to feel they have something at stake and will work towards the project's success.

For example, IRD is using an **integrated community-based approach to decrease child malnutrition** in the Teuk Phos Administrative District of **Cambodia**. The project promotes community-level education and behavior change to improve breastfeeding, the quantity and quality of complementary foods, and hygiene practices. It also encourages village-based nutritional rehabilitation using the "Positive Deviance Hearth Model," in which mothers are urged to follow the example of the mothers with the healthiest children in the community.

Technically Appropriate Solutions

Successful programs have realistic expectations for the level of technology available. IRD's programs are designed by the communities and experts familiar with locally available resources, which means the solutions they devise are appropriate for the area.

Solar water disinfection programs in **Laos, Mozambique, and Sri Lanka** are an example of this. Using only plastic bottles and the sun, families can remove harmful bacteria from their drinking water, reducing water borne illness considerably. No chemicals or electricity are required.

Sustainable Transfer of Skills

It is critical that local people, whether in clinics, NGOs, or households, have the technical and management skills to maintain a project in the long term. Training and follow-up supervision are therefore central to IRD's programming.

During a recent program in **Azerbaijan**, for instance, IRD trained nearly 1,600 health workers to conduct **HIV/AIDS awareness and prevention** sessions, with the ultimate goal of reducing both the transmission of and stigma about the disease.

Comprehensive Initiatives

Most development issues cannot be neatly compartmentalized into exclusively health, or economic, or educational categories. IRD and communities design programs to address all aspects of the problems at hand.

For example, the Women First program empowers **Mozambican** women through a combination of **small business development and peer education on health and HIV/AIDS**. IRD provides business skills training and baskets of basic household goods on credit. As the women go from house to house to sell these goods, they also raise awareness of issues such as HIV prevention and reproductive health.

In **Southern Sudan**, IRD is taking a **multi-sectoral approach** to improving community services by building schools and clinics, improving water and sanitation, and training teachers, health care workers, and clinic management staff. IRD is supporting literacy, health education, and vaccination campaigns, and establishing gardens at each clinic and school, as well as enabling the local county and state authorities to plan and deliver their own health and education services.

