

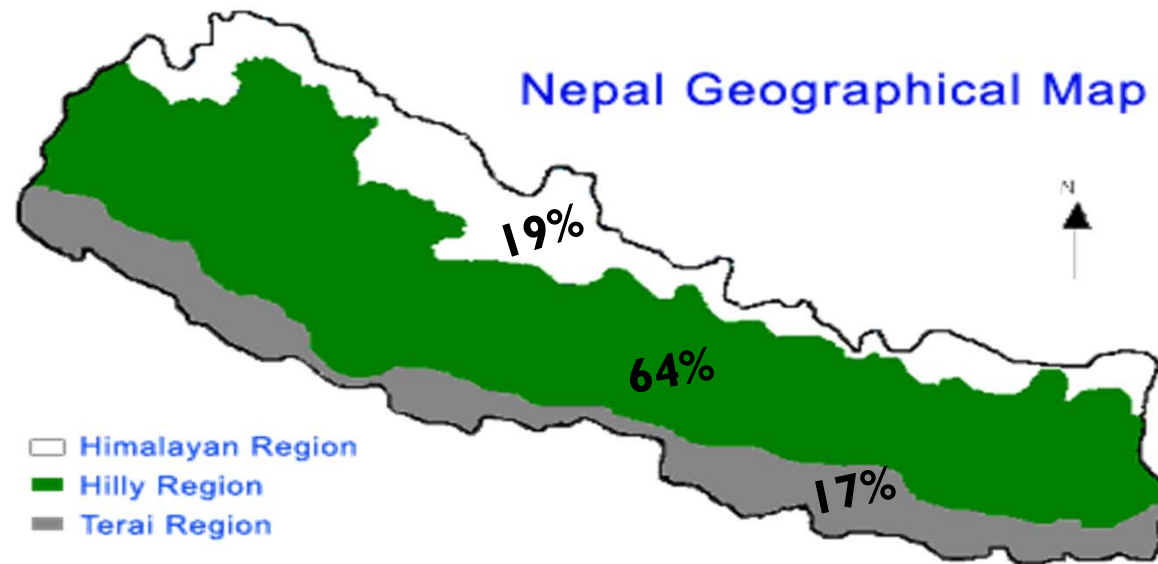
# **Population, Health and Environment (PHE) Piloting in Nepalese Himalayas: A Lesson for Developing Climate Resilience at Grassroots**

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- Small landlocked country in South Asia
- Rich in biological diversity (118 ecosystem, 35 forest type)
- Total forest cover: 39.6% (including 10.6 % shrub land)
- Total population: 26.5 million (CBS, 2011)
- Population density: 180 person/ Sq km
- Population growth rate: 1.35%
- Per capita GDP: US\$562
- One of the poorest countries in South Asia
- About 25% population living below poverty
- 80% of poor live in rural area



- Life expectancy: 66.6 years (CBS, 2011)
- Average fertility rate: 3.1 (NDHS, 2006)
- 40 % of girls are married by age 15
- Unmet Family Planning need still high in rural area
- Almost 50% under five children malnourished
- Under five mortality rate: 52.9 (2011) and 91.2 (2001)
- Infant mortality: 31 (2011) and 40.5 (2001)





## Dependency on Forest

- Farming system interlined with forests
- Approximately 84% households use fuel wood for cooking
- Fuel wood demand outsets the supply by 1.5 million tons (Kanel, 2012)
- Nepali traditional hearth are energy inefficient and source of indoor pollution
- Timber demand deficit by 0.17 million cubic meter
- Deforestation rate: 1.63% during 1990-2005 (FAO, 2005)

# Major Drivers of Deforestation and Forest Degradation

## Mountain

Fuel wood  
Forest fire  
Grazing  
Hydropower



## Hills

Fuel wood  
Rural roads  
Forest fire  
Mining



## Terai

Illegal logging  
Forest fire  
Encroachment  
Road  
Mining  
Grazing







## Climate Change Vulnerability in Nepal

- One of the most vulnerable countries
- Impacts both upland and low land ecosystem threatening the vital biodiversity, water, energy and food security
- Major implication: flood, Aridity/drought, forest fire
- People living in the mountain and in poverty are more vulnerable to extreme weathers



# Community Forestry in Nepal

- One of the most successful approaches in Global South
- A high-priority program of Nepal Government's Ministry of Forestry and Soil Conservation
- CFUGs strong grass-root organizations with resources
- 1.71 million hectares of national forest handed over to 18,324 CFUGs (as of June 2014)
- Total household 2,260,688 (0.76ha/HH)
- Wider scope of integrating other programs





## Ecological Restoration



## Governance & Collective Action



## Forest Product Supply







Income Generation



Women Empowerment



Environmental Services



Democratic Rights





## Resource Identification and Management Society Nepal (RIMS Nepal)

Local NGO developed from USAID supported NRM Project

### **Special focus**

- Participatory resource management
- Livelihoods
- Biodiversity conservation
- Climate change mitigation, adaptation, resilience building
- Policy advocacy





**Livelihood  
Improvement**

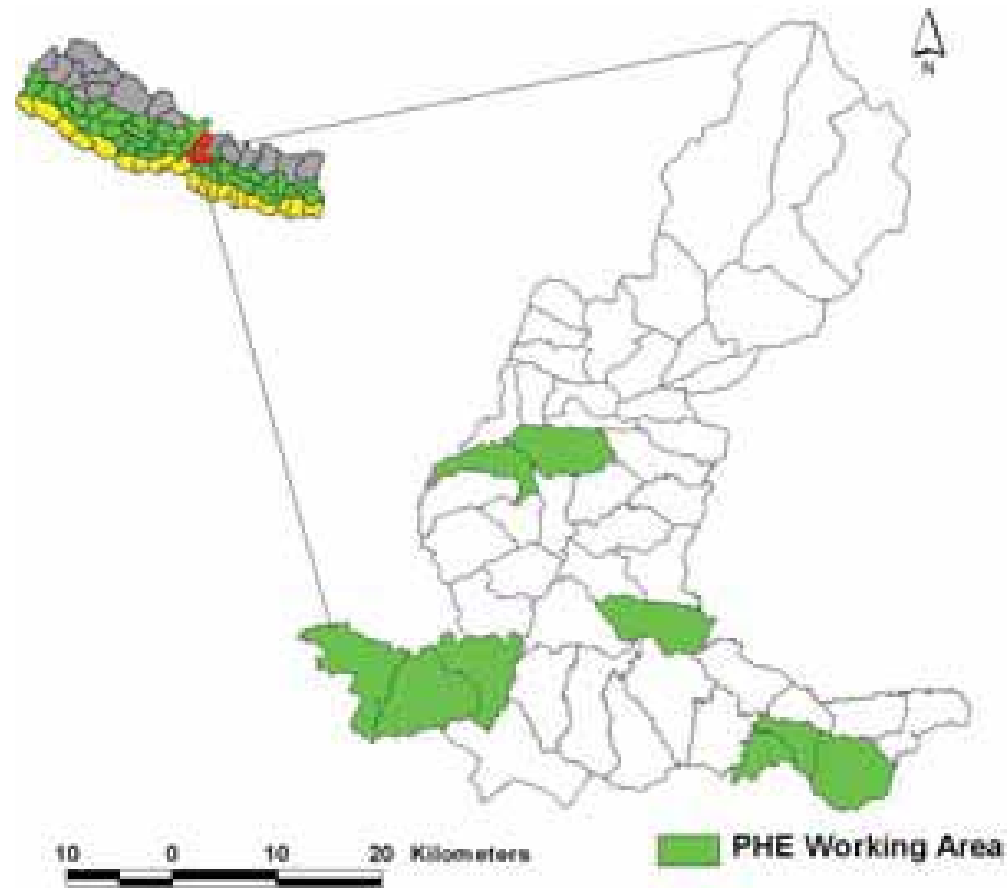
**PHE**



**Biodiversity  
Conservation**



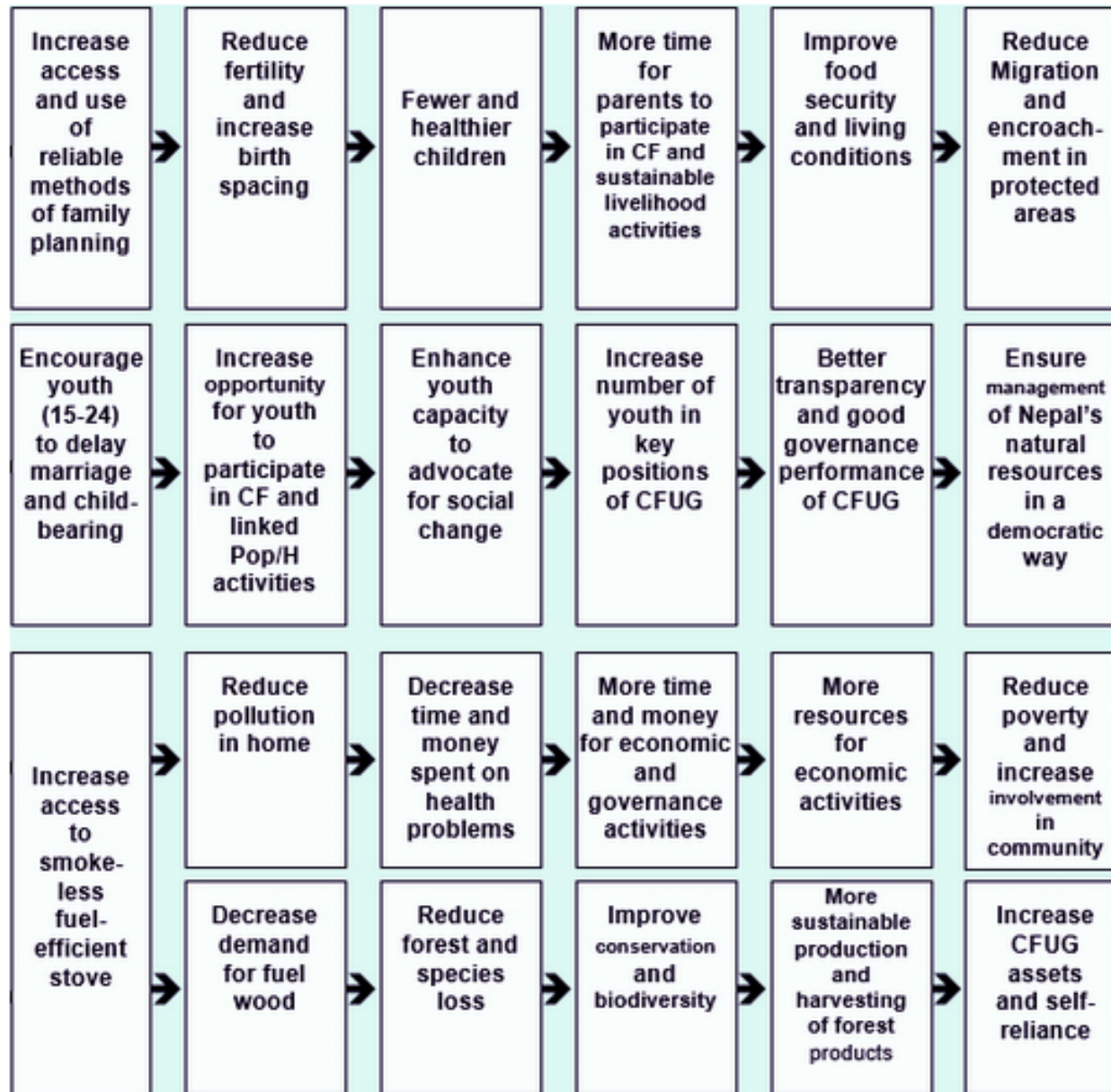
Why RIMS integrated PHE in  
Forestry Program



Working area: 82 CFUGs of Dhading District  
Total Beneficiaries: 5,945 HH  
Integrated with USAID supported SAGUN Program



# Theory of Change



Healthy People-Health Forests  
And Sustainable Livelihoods

Sustainable  
Livelihood

Healthy  
People

Healthy  
Forests



# Goal and Objectives

## **Goal**

Improved quality of life in forest corridors  
and ecosystems

## **Objectives**

- Improved health outcome of people
- Enhanced capacity of CFUG to promote human and ecosystem health using community-based and integrated PHE approaches
- Increased support in forest user groups for sustainable PHE approaches





## Intervention: Awareness and Education







## Intervention: Local Human Resource Development







# Institutional Support

- Monitoring support for Female Community Health Volunteers(FCHVs)
- Supporting FCHVs and Outreach clinic jointly with government
- Service delivery strengthening workshop
- Facilitating resource leverage for PHE at local level
- Revision of CFOP integrating PHE agenda



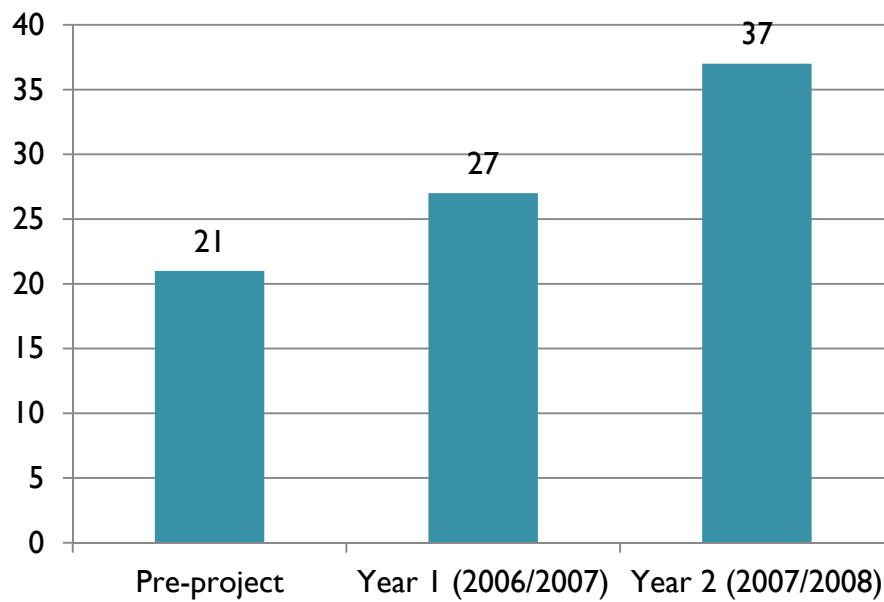
## Intervention: Institutional Support



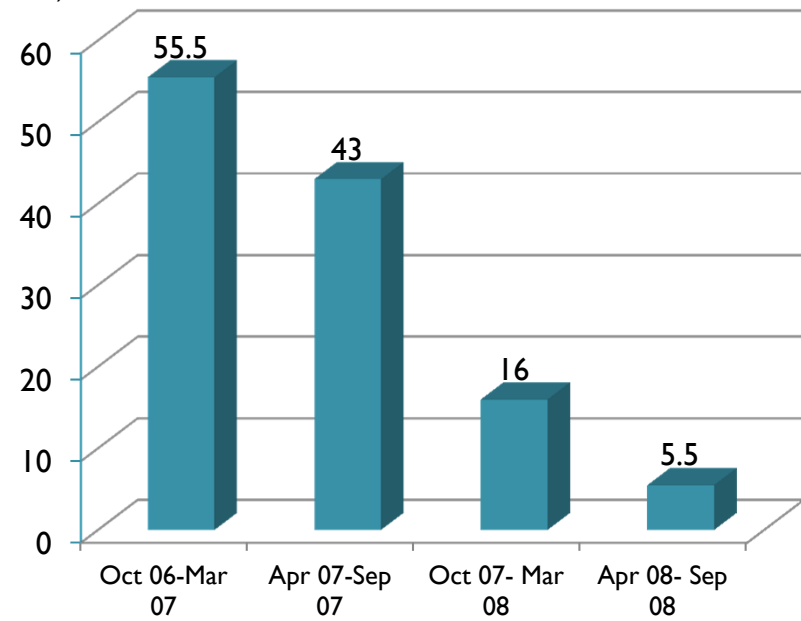
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| २. गर्भवती जाँच                 | १. ५ वर्ष मुनिको बच्चाको वृद्धि अनुगमन (बच्चा तौल) |  |
| ३. सुत्केरी जाँच                | २. निमोनियाको उपचार                                |  |
| ४. नवशिशु जाँच                  | ३. काडापसालाको उपचार                               |  |
| ५. आईएम चक्की वितरण             | ४. स्वास्थ्य शिक्षा तथा परामर्श                    |  |
| ६. प्रेण                        | ५. परिवार नियोजन                                   |  |
| ७. परिवार नियोजन                | १. आमा तथा नवजात शिशु स्वास्थ्य                    |  |
| ८. काडाप. पिल्स र डिपो वितरण    | २. बाल स्वास्थ्य                                   |  |
|                                 | ३. यौन रोग तथा HIV/AIDS                            |  |



| Outcome Indicator                                      | Base value | Projected result | Actual result |
|--------------------------------------------------------|------------|------------------|---------------|
| Contraceptive Prevalence Rate- Modern Methods          | 44%        | 55%              | 63.1%         |
| ARI Case Referral                                      | 55%        | ↓                | 5.5%          |
| Households using clean energy                          | 21%        | 30%              | 37.2%         |
| FOP incorporating PHE                                  | 0          | 18               | 25            |
| Value of resources leveraged for PHE (US\$ equivalent) | 0          |                  | 46,888        |



## Clean Energy



## ARI Case Referral



# ICS for less energy consumption and less indoor pollution





ISSUE OF  
SCALING UP



THE HIMALAYAN TIMES, SATURDAY, MARCH 14, 2009

## Report hails pilot project on health, environment a success

**Himalayan News Service**  
*Dhading, March 13*

In less than a couple of years, the Population, Health and Environment Programme (PHE) has been more than successful in attaining its goals of improving the quality of lives of people living in the forest corridors in Dhading and Bardia.

The project uses Community Forest User Groups to ensure sustainable management of the natural resource. PHE is a two-year pilot project supported by USAID Nepal.

A report based on the progress made by the pro-

ject said it was one of the successful projects.

According to the report, the percentage of couples using modern family planning methods increased from 44 to 63.1 percent in the project area after the implementation of the project. Likewise, the number of households using Improved Cooking Stoves and biogas went up from 22 to 37.2 per cent.

Similarly, the amount of firewood saved from the use of ICS and biogas increased from 2,106 metric tonnes to 3,284 metric tonnes. The number of adults and youths trained by PHE project has

reached 375. The total value of cash collected from various resource providers increased from Rs 1,109,900 to Rs 3,657,275 while 10 CFUGs incorporated the PHE agenda into their Community Forest Operations Plans (CFOP).

Rishi Bastakoti, Executive Director of RIMS Nepal, attributed the success to the effectiveness of the PHE approach in general.

The project was launched with the technical support of ADRA-Nepal while RIMS-Nepal and WWF-Nepal were responsible for field implementation.





## Lessons Learned

- Having manageable family size and access to basic health services is strategically important for secured livelihood and ecosystem health
- CFUGs make excellent entry point for integrated programming in conservation, FP/health and livelihood improvement
- Local volunteers are the key for the success of PHE
- ICS promotion is proven as effective means for ecosystem health, human health and wellbeing
- Using traditional media and humor to promote PHE and reinforce the work of peer educators and change agents is effective in rural area
- Multistakeholders collaboration increases the chance of leverage and collective ownership



## PHE in Connection to Climate Change

- PHE approach is relevant for climate change mitigation, adaptation and resilience building
- CFUG is one of the best lowest units to initiate climate change adaptation (however there are policy challenges yet to be addressed)
- Multi-sectoral, multi-stakeholders approach is always better for mainstreaming, leveraging and sustainability of the program





# Acknowledgement

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- ADRA International
- Government of Nepal
- People of the project area