The BALANCED Project
"Building Actors and Leaders for Advancing Community Excellence in Development" (BALANCED) is a global program supported by the US Agency for International Development's Office of Population and Reproductive Health. The project, which is implemented by the University of Rhode Island's Coastal Resources Center (URI/CRC) and its partners—PATH Foundation Philippines Inc. (PFPI) and Conservation International (CI)—seeks to advance the use of effective population, health and environment (PHE) approaches worldwide by:

1. Building capacity through peer-to-peer mentoring, south-to-south exchanges, and innovative learning techniques
2. Synthesizing knowledge and state-of-the-art (SOTA) practices in PHE integration and disseminating that knowledge to key audiences
3. Facilitating implementation and scale-up of field-based PHE initiatives in areas of high biodiversity, particularly in East Africa and Asia

What is POPULATION, HEALTH and ENVIRONMENT (PHE)?
P is for POPULATION. Population initiatives provide family planning information and services to those who live in areas of high biodiversity.

H is for HEALTH. This includes a range of interventions but usually involves water, sanitation, malaria prevention, or child health.

E is for ENVIRONMENT. It promotes protected areas and biodiversity conservation and can include a variety of approaches—watershed management, sustainable agriculture, and natural resource management.

I am interested in PHE approaches. What can I do?
Contact the BALANCED Project. We assist conservation, health and community development NGOs interested in the PHE approach by providing:

- Assistance with analyses of PHE dynamics at a project site and identification of appropriate interventions and interlinkage mechanisms
- Assistance to identify entry points for incorporating family planning and adolescent reproductive health into conservation, livelihoods and coastal and natural resource management projects
- Targeted training and/or technical assistance on how to design and implement integrated PHE activities
- Technical support on developing integrated PHE messages and information, education, and communication (IEC) materials
- Assistance with establishing effective partnerships across sectors
- Assistance with developing integrated M&E systems

For more information, contact: Balanced@crc.uri.edu
Website: http://Balanced.crc.uri.edu

Cover Photos
Top: Mother and Child in Andranomainty, Madagascar
Photo By: CI/Russ Mittermeier
Bottom: Merina people in Madagascar tending rice fields
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PROMOTING AND ADVANCING
Integrated Population, Health and Environment Approaches
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PFP trainer conducting IEC workshop in Tanzania
Photo by CRC/URI

Children in Metu, Ethiopia where land degradation, poverty, poor health care and unmet need for family planning are prevalent.
Photo by CRC/URI
The PHE Approach: INTEGRATE Population, Health, and Environment

Why INTEGRATE Population, Health, and Environment?

It makes sense

Humans and their environment are inextricably linked, especially in a future where climate change, natural disasters and ecosystem changes pose serious threats to human health, food security and sustainable development.

Healthy natural systems provide food and water storage; water and air purification; prevention of erosion, flooding and landslides; and regulation of climate change. Yet people are using natural resources and degrading natural systems at an alarming rate – rates that will only accelerate with population growth.

Conservation organizations may be able to develop better relationships with communities by integrating a health component – which allows them to provide something tangible for the community. For health organizations, linkage with natural resources management (NRM) groups has enabled access to communities and clients that otherwise would be impractical or too expensive to reach. By combining resources, organizations can potentially implement their projects in a more efficient manner, sharing transportation, staff and resources.

Integrated projects allow organizations to address the root cause of the situation in which they are working. For example, in many areas, there are immediate threats to the biodiversity, such as habitat conversion, and the underlying driver for this is population growth.

Integrated projects can work with a wider variety of frameworks

Integrated projects encourage the active involvement of a broader segment of the community and increase the participation of women and youth in resource management.

Conventionally, NRM programs are considered to be the realm of men, and family planning as the domain of women. In integrated projects, however, men are tapped not only in conservation of natural resources but also in reproductive health activities. In fact, men have played a central role in RH as service providers/educators/advocates in order to increase contraceptive use, address men’s reproductive health needs, and promote more equitable relations between the sexes. Conversely, women have become more engaged in conservation activities.

The PHE approach also addresses other critical quality-of-life issues such as food security. Growing population pressures can affect the food supply.

The integrated PHE approach helps educate communities on the links between health, family planning and resource management and activates community members to take actions that positively affect food security.

For more information on a wide range of PHE resources, please visit the USAID supported Knowledge for Health website (www.k4health.org). Click on toolkits and explore the Population, Health and Environment toolkit.
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