



The

**PROMOTING
AND ADVANCING**
Integrated Population,
Health and Environment
Approaches



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**CONSERVATION
INTERNATIONAL**

The **BALANCED** Project

*“Building Actors and Leaders for Advancing
Sustainable Development”*

The BALANCED project 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



PFPI trainer conducting IEC workshop in Tanzania
Photo by CRC/URI

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.



Children in Metu, Ethiopia where land degradation, poverty, poor health care and unmet need for family planning are prevalent.
Photo by CRC/URI

the inter-relationships
between population,
health, environment
and economic
dynamics.

The PHE Approach



HE is a development
approach that supports

This is done in a holistic
manner to improve the well-
being of people living in critical
land and coastal areas who
depend on the ecosystem for food,
livelihood and other goods and
services.

PHE aims to simultaneously improve communities' access to family planning and reproductive health (FP/RH) services, while improving natural resources management in ways that improve livelihoods and conserve the critical ecosystems upon which humans depend. PHE approaches are best suited in countries with relatively high rates of population growth and density which have played a role in the loss of biodiversity and ecosystem productivity.



In Indonesia, villagers from Blonko participate in a population analysis as part of a broader participatory rural appraisal.
Photo by John Williams

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.



Slash and burn cultivation of forestlands contributes to soil erosion and poor soil productivity.
Photo by Ricky Hernandez, PFPI

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.

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.

What are the BENEFITS of the PHE APPROACH?



Peer educators who counsel couples on family planning, in front of CBD outlet in Apo Island, Philippines.
Photo by PFPI

- Enables access to communities typically not reached by traditional health programs because they are too expensive or impractical to reach.
- Partnering with conservation organizations provides easy reach to these remote communities. Health information and services can be delivered via already existing social or community networks established and maintained by the conservation organizations (such as farmers' cooperatives or community resource committees).
- Addresses some of the root causes of health problems such as poverty, environmental degradation, and inequitable distribution of services.
- Generates active involvement of non-traditional audiences such as men or youth in FP/RH who tend to be more involved with environment or livelihood activities.

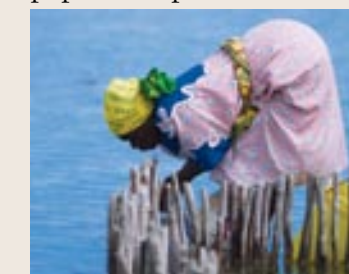


Integrated projects can work with a wider variety of frameworks

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.



Woman cultivating oysters used to make jewelry in livelihood project in Menai Bay, Zanzibar.
Photo courtesy of Claus Hartung

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.

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:
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Cover Photos

Top: Mother and Child in Andranomainty, Madagascar
Photo By: CI/Russ Mittermeier

Bottom: Merina people in Madagascar tending rice fields
Photo By: CI/Russ Mittermeier



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