

**Building Actors and Leaders for Advancing Community
Excellence in Development:
The BALANCED Project**

FINAL REPORT

For Period September 2008 to September 2013

**USAID Cooperative Agreement No. GPO-A-00-08-00002-00
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Agreement**

Implemented by:

**Coastal Resources Center at the University of Rhode Island
PATH Foundation Philippines, Inc.
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Acronyms

ABCG	Africa Biodiversity Collaborative Group
ADDO	Accredited Drug Dispensary Outlet
BALANCED	Building Actors and Leaders for Advancing Community Excellence in Development
BCC	Behavior Change Communication
BINP	Bwindi Impenetrable National Park
BMCT	Bwindi Mgahinga Conservation Trust
BMS	Behavioral Monitoring Survey
CA	Collaborating Agencies
CAR	Central Asia Republic
CBD	Community-based Distributors
CBFP	Community-based Family Planning
CBO	Community-based Organization
CI	Conservation International
CIP	Conservation International Philippines
CMO	Community-managed Organization
COMACO	Community Markets for Conservation
CRC	Coastal Resources Center
CRM	Coastal Resources Management
CTI	Coral Triangle Initiative
CTPH	Conservation Through Public Health
DBC	Designing for Behavior Change
DCB	Dual Capacity Building
DED	District Executive Director
DMO	District Medical Office
EARTH	Evaluation and Research Technologies for Health
ECHNTS	Esiama Community Health Nurses Training School
ECO	Ecological Christian Organization
ECSP	Environmental Security and Change Project
EHP	Environmental Health Project
ENWRA	Ethio-Wetlands and Natural Resource Association
FON	Friends of the Nation
FP	Family Planning
GH	Global Health
GIZ	German Society for International Cooperation
GMVR	Glacier Melt Vulnerability Resilience
HEW	Health Extension Worker
HOPE-LVB	Health of People and Environment in the Lake Victoria Basin
ICM	Integrated Coastal Management
ICFG	Integrated Coastal and Fisheries Governance (Project)

IEC	Information, Education and Communication
IUCN	International Union for Conservation of Nature
IR	Intermediate Result
K4Health	Knowledge for Health
KM	Knowledge Management
M&E	Monitoring and Evaluation
MEAT	Management Effectiveness Assessment Tool
MGNP	Mgahinga Gorilla National Park
MOH	Ministry of Health
MOU/A	Memorandum of Understanding/Agreement
MSI	Marie Stopes International
NGO	Non-Governmental Organization
NRM	Natural Resources Management
OEECC	Office of Energy, Environment and Climate Change
OH	Office of Health
OPRH	Office of Population and Reproductive Health
OSIENALA	Friends of Lake Victoria
PEPFAR	President's Emergency Plan for AIDS Relief
PFPI	PATH Foundation Philippines Inc.
PHE	Population-Health-Environment
PMP	Performance Monitoring Plan
PNG	Papua New Guinea
PTAL	PHE Technical Assistance Lead
RH	Reproductive Health
SACCOS	Savings and Credit Cooperative Society
SANAPA	Saadani National Park
SOTA	State of the Art
SSE	South-to-South Exchange
STI	Sexually Transmitted Infections
TCMP	Tanzania Coastal Management Partnership
TKCP	Tree Kangaroo Conservation Program
TOT	Training of Trainers
UHMG	Uganda Health Marketing Group
URI	University of Rhode Island
USAID	United States Agency for International Development
USG	United States Government
VEDCO	Volunteer Efforts for Development Concerns
VHT	Village Health Teams
VIP	Verde Island Passage
VSLA	Village Savings and Loan Association

WCS	Wildlife Conservation Society
WHO	World Health Organization
WPZ	Woodland Park Zoo
WWC	Woodrow Wilson Center
WWF	World Wildlife Fund
YPE	Youth Peer Educator
YUS	Yopno, Uruwa and Som (Rivers)

I. Introduction

The BALANCED Project has been funded by the United States Agency for International Development Bureau for Global Health (USAID/GH) from 2008 to 2013 to **advance and support wider use of population, health and environment (PHE) approaches worldwide**. USAID's PHE technical leadership cooperative agreement was led by Coastal Resources Center (CRC) at the University of Rhode Island (URI) and its international partners, PATH Foundation Philippines, Inc. (PFPI) and Conservation International (CI). The five-year BALANCED Project received \$5,560,000 in Core funding from the USAID/GH Office of Population and Reproductive Health (OPRH) and \$1,882,000 in field support funds from the Asia Bureau and from the USAID/Philippines Office of Health and the Office of Energy, Environment and Climate Change.

The vision of the BALANCED Project was: "*Cadres of competent PHE champions and practitioners from Africa and Asia are promoting the comparative advantage of approaches that simultaneously support family planning and conservation, are working collaboratively with other groups globally to apply PHE knowledge and state-of-the-art (SOTA) practices in remote biodiversity-rich areas, and are actively documenting and sharing evidence of the added-value and better practices of PHE using 21st century knowledge management and learning tools.*" In order to implement this vision, BALANCED focused on three key intermediate results (IRs):

IR1 – Capacity built for integrated PHE implementation

IR2 – PHE knowledge and tools developed, organized, synthesized and shared

IR3 – Results-oriented PHE field activities implemented in areas of high biodiversity

USAID/GH funds were used to integrate community-based family planning (CBFP) interventions into conservation, livelihood and community development projects in areas of threatened biodiversity where population growth was a key threat to the area of high biodiversity. Through the PHE approach BALANCED increased access to remote, underserved communities with a need for family planning (FP) and basic health services. By partnering with conservation organizations that had on-going projects and established relationships BALANCED was able to reach these underserved populations with conservation, livelihood, health and FP information as well as FP services.

This final report summarizes the activities completed by BALANCED Project from September 17, 2008 to September 16, 2013 as per terms and conditions in approved yearly workplans and Cooperative Agreement No. GPO-A-00-08-00002-00. The Performance Monitoring Plan (PMP) table and a summary of activities conducted from January 1 to Sept 16, 2013 can be found in annexes 1 and 2 respectively.

I. Assessment of Project Impact

Since its inception, the BALANCED Project worked steadily toward its goal of expanding the number of organizations and practitioners using the PHE approach, tools and methodologies in countries with significant biodiversity and population pressures. A 2008 assessment of PHE

projects commissioned by USAID/GH/OPRH prior to the BALANCED Project indicated that while development practitioners saw the value added benefits of PHE approaches, capacity to implement such programs was weak and dependent on international expertise.¹ Further, Finn points out in 2007 that PHE coalitions are “still struggling with how to operationally link population, health, and environment interventions and then measuring them to demonstrate the importance of those linkages.”²

The BALANCED Project sought to bridge this gap in skills and knowledge through a multi-pronged approach. Not only was it important to expand the range and number of experiential learning opportunities for those carrying out PHE work on-the-ground and to strengthen practitioners’ capacity to plan, implement and assess effective PHE interventions, it was also critical to build the capacity of these practitioners to train others so that they could be a resource for their organization, region and country. Over the past five years, the BALANCED Project has built the capacity of over 2,000 representatives from 72 conservation, livelihood, community development and health nongovernmental organizations (NGO), government agencies and other public and private stakeholders from eight countries (six in Africa³ and two in Asia⁴) on one or more of the following capacities: PHE Program Design, PHE community-based distribution and peer education systems, youth peer education, behavior change communication, Designing for Behavior Change, and PHE implementation. Of the 268 master trainers trained by BALANCED, over 100 of them (nearly 40 percent) have, in turn, built the capacity of 1,500 local counterparts to implement PHE activities. The Project also worked closely with the PHE Consortium in Ethiopia to build their capacity to serve as a resource to their network of members. The workshops and substantial post-training support and mentoring have led 21 organizations in eight countries (Ethiopia, Ghana, Kenya, Papua New Guinea, Tanzania, Uganda, Zambia and the Philippines) that were new to PHE to incorporate PHE tools and protocols into their work. Training and communication materials adapted from previous organizations were updated with state-of-art information and used during all training activities.

The Project utilized **south-to-south learning** approaches to advocate for the PHE approach and build a new generation of champion organizations and individuals capable of implementing and promoting integrated approaches in their countries. First, we sponsored a South-to-South learning exchange (SSE) in February 2010 for government and non-governmental officials to see up close how local stakeholders in the Philippines implement integrated PHE approaches there. Selected for their ability to foster and implement PHE approaches and strategies in their country, participants from Ethiopia, Ghana, Indonesia, Kenya, Tanzania, and the Philippines spent eight days visiting three PHE learning sites in Bohol province, an eco-region located in central Philippines. BALANCED partner, PFPI, has been working for the past 15 years in this area and has a wealth of lessons learned and best practices to share with people implementing PHE as well as those who are new to PHE. PFPI also provided training and mentoring support to trainees and institutions implementing PHE in Africa. PFPI shared their lessons learned from implementing PHE in the Philippines, while recognizing the need to adapt these approaches to

1 Pielmeier et al. 2007. Assessment of USAID's Population and Environment Projects and Programming Options. Washington, DC: GH-TECH.

2 Finn T. 2007. A Guide to Monitoring and Evaluating PHE Projects. MEASURE page 8

3 Ethiopia, Ghana, Kenya, Tanzania, Uganda, Zambia

4 Papua New Guinea and the Philippines

the African context.

The Project systematically built a cohort of experienced PHE implementers. It then tapped some of these local BALANCED trainees and PHE implementers from Uganda and Tanzania to serve as co-facilitators of the BALANCED regional PHE Course in East Africa. Further, BALANCED field activities in Tanzania and Ethiopia became learning sites for organizations from other parts of Africa interested in developing PHE activities in their country.

BALANCED has worked in partnership with other PHE practitioners and champions globally to document and share evidence of added-value and better practices of PHE using 21st century knowledge management (KM) and learning tools. Toward this end and the broader Project goal of promoting the value of PHE approaches to new and existing audiences around the world, the Project engaged in multiple KM activities. While these activities and products are discussed in more detail in the Cumulative Results section of this report, selected highlights from each of these KM activities follow. It should be noted that a BALANCED Project Advisory Committee meeting held early in the life-of-Project gave the Project team valuable access to some wise advice and recommendations from committee members, all of whom are knowledgeable and experienced in PHE. These recommendations helped shape some of the strategies and activities, including the KM strategy and activities, under each of the Project's focus areas.

The Project team produced new PHE tools as well as updated existing tools—creating an expanded cache of resources to help inform on the “how to” of a range of aspects of PHE implementation including, but not limited to, how to train community-based distributors (CBD), how to develop an information, education and communication (IEC) strategy, or how to design for behavior change. Having available more “How to” resources was a response to input from results of a survey the BALANCED Project conducted early on with a small group of individuals from the PHE community of practice with a focus on practitioners from developing countries. BALANCED certainly made a contribution to this expressed need with its production of new “how to” resources and its updating and revisions to the best of existing such tools.

We also conducted field research. One study—carried out in a time series—focused on the value-added of the PHE approach. Another study looked at the changes over time in individuals' behavior and thinking about the linkages between population, health, and environment as a result of the Project's interventions. Results of this research was written up and disseminated and contributes to what is being learned about what works effectively and what works less so in PHE implementation and the factors that can either contribute to or detract from achieving effectiveness.

As well, BALANCED produced technical reports, newsletters, champion and other success stories. The best of these and other PHE resources were promoted, disseminated and made readily accessible through various venues including listservs, videos, and the PHE Toolkit. Newsletter articles and stories linked to “big picture” issues such as ties to the Millennium Development goals as well as to the very personal level in the form of showcasing the everyday efforts of PHE champions working on-the-ground day after day promoting the PHE approach.

Development of the PHE Toolkit—a one-stop-shopping mechanism to access the best of PHE information, tools and other resources—helped make the PHE library more readily available to any and all interested in or with a need for PHE resources. With its RSS feed to the PHE Ethiopia website, it also ensures resources and materials produced by this South partner link directly to the Toolkit, making their voice more readily “heard.” With a monthly visits ranging from between 400-1000, it is clear the Toolkit is being used. An important factor in how well and long it continues to get used may lie in how well it is maintained after the BALANCED Project. For this reason, the Project wrote a detailed guide on everything from how to categorize under which tab(s) a resource should be posted/cross-posted, to writing the abstract, to running data usage reports. This should inform the next project/individual/group that assumes responsibility for populating the site with new materials and other routine maintenance tasks.

In sum, the BALANCED Project leaves behind a legacy of valuable tools and resources that highlight the benefits of PHE as an effective development approach and that provide PHE project designers and implementers with useful resources to effectively design, implement and evaluate their PHE efforts and strengthen the impact of their work.

Building on lessons learned from a previous generation of PHE projects, Core funds were used to pilot new PHE approaches among developing country PHE practitioners and organizations in six BALANCED focus countries. Toward that end, community-based family planning (CBFP) was integrated into CRC’s existing conservation and health project in Tanzania. The basic PHE approach used—adopted from the Philippines—was the incorporation of a community-based distribution and peer education system into CRC’s on-going conservation project. CBDs were trained to provide FP supplies (usually oral contraceptive pills) to current FP users and to refer new users to the local health center. Adult PEs and youth PEs (YPE) were trained to educate the community and their peers about PHE linkages and pro-conservation and pro-health behaviors, referring current FP users to trained CBDs and potential new FP users to the local health center. YPEs also educated their peers on the importance of being stewards of their environment and their body. The Tanzania site and its model of PHE became a study site visited by several organizations in Africa. The site, the model, and its individual PHE champions were the basis of a video filmed by the Woodrow Wilson Center for International Scholars. In July 2013, a US congressional study tour also visited the site.

In order to increase the number of health and environment organizations adopting and implementing PHE approaches, the BALANCED Project also provided limited seed grant funds and technical support to five NGOs new to PHE and interested in integrating CBFP into their conservation, livelihood or rural development projects. The objectives of the seed grants were to: 1) test different PHE models in various contexts; 2) build the capacity of organizations to implement integrated PHE approaches and institutionalize PHE into their operations; and 3) develop in-country demonstration sites that could be used to show donors and other stakeholders the benefits of PHE approaches. Seed grants were \$15,000 to \$20,000 per year for a two-year period. Building on momentum for PHE in countries with existing PHE efforts, a seed grant was given to the Ethio-Wetlands and Natural Resource Association (EWNRA) in Ethiopia and to Bwindi Mgahinga Conservation Trust (BMCT) and Volunteer Efforts for Development Concerns (VEDCO) in Uganda. Seizing the opportunity to expand the Wildlife Conservation Society’s (WCS) interest in country-level PHE interventions and to incorporate PHE into an innovative

livelihood/conservation project, BALANCED provided a seed grant to WCS Zambia. Because of USAID interest in replicating PHE in a Coral Triangle Initiative (CTI) country, a final seed grant was given to Woodland Park Zoo (WPZ) in Papua New Guinea. The PHE community-based distribution and peer education model tested and adapted in Tanzania was a key feature of these seed grants with varying results. Two key lessons learned from the seed grant experience are that small pilot initiatives need more funding than was made available to them through BALANCED and they also need at least three years in order to begin to demonstrate results.

The USAID/Philippines Office of Health (OH) and their Office of Energy, Environment and Climate Change (OEECC) provided field support funds to scale-up PHE in two important bioregions—the Verde Island Passage (VIP) and Danajon Bank (DB). This was the first time both USAID health and USAID environment funds were used to support a PHE intervention. The goal was to build the leadership and implementation capacities of national and local governments and stakeholders to respond in an integrated manner to interrelated issues of population, health, and the environment. Implemented in eight municipalities in the VIP where ongoing coastal/fisheries management activities had yet to be integrated with reproductive health/family planning (**new** sites) and 20 municipalities in the VIP and DB to improve and maintain PHE initiatives that were implemented under previous PHE projects (**maintenance** sites), the Project sought to achieve four key results:

- Improved access to FP/RH health services in the DB and VIP bioregions
- Increased community awareness and support of family planning and conservation as a means to improve health, food security and natural resources
- Strengthened marine protected areas (MPAs) in the VIP and DB marine ecosystems
- Increased incentives for coastal and marine conservation among coastal fisher households
- Increased policy makers' commitment to FP/RH services, coastal resource management (CRM) and integrated policies

Over the life-of-the-Project, the cohort of CBDs and PEs in the Project sites counseled over 95,000 individuals in family planning/reproductive health and together with other communications efforts (mass media and IEC materials), the Project reached over 224,000 individuals. This represents about 22 percent of the total population in the target sites. The presence of CBDs and PEs in almost every project barangay coupled with the wide coverage of the IEC activities led to an average of sixteen percent of current FP users patronizing CBD outlets. Looking across all 28 sites and across all the methods used by married women, there was an increase in the overall average contraceptive prevalence rate by the end of the BALANCED-Philippines Project, although other non-Project factors will also have contributed to this.

The Project also made significant strides by addressing critical MPA needs. It strengthened 44 MPAs, two MPA networks, 17 Bantay Dagat/BD (guards) groups, and two BD networks, trained over 400 individuals in PHE and coastal and fisheries management, and improved the management of over 140,000 hectares of marine areas. A repeat assessment conducted in 10 MPAs supported by the Project in Bohol showed that after less than a year, nine out of 10 MPAs were either improved or maintained their original Level 1 score on the MEAT (management effectiveness assessment tool). Furthermore, six out of 10 MPAs improved their overall MEAT

score between the first and second assessment. This is encouraging, but also emphasizes that more time and resources are required to move the policy reform process towards achieving the ultimate levels and thresholds.

The BALANCED-Philippines Project employed conservation-based livelihoods and enterprise development strategies and activities to increase incentives for coastal and marine conservation initiatives among coastal fisher households. A survey of all livelihoods beneficiaries revealed that of 155 out of the 264 trained beneficiaries were still active and reported generating revenues from their livelihoods. Those surveyed perceived that the livelihoods support had also helped promote best practices related to coastal and marine resources management. At the municipal level, the conservation agreements helped sustain local government unit (LGU) support for the community organizations involved in MPA management, and it helped support CRM activities identified in municipal CRM plans.

Finally, substantial advocacy efforts with decision and policy makers to adopt the PHE approach resulted in 15 LGUs (municipal governments) allocating funds for FP supplies for CBDs; PHE being adopted into six CRM plans; and a PHE ordinance passed in two municipalities in DB and two municipalities in VIP, thereby establishing a PHE council in each site and sustained support for PHE in the future.

Also, with Buy-in funds from the USAID Asia Bureau, BALANCED addressed selected recommendations in an earlier report commissioned by USAID, *Changing Glaciers and Hydrology in Asia: Addressing Vulnerabilities to Glacier Melt Impacts*. As part of this process the Project worked with USAID and its Asia Bureau to draft a glacier melt vulnerability tool, which was then vetted at a workshop in the region attended by representatives from USAID and other US government agencies as well by experts on water hydrology, glacier melt, and PHE. The final product, entitled *Adapting to Water Stress and Changing Hydrology in Glacier-Dependent Countries in Asia: A Tool for Program Planners and Designers* will help program planners/designers in this area with a practical tool to guide the design of “no regrets” approaches to adaptation that address both existing vulnerabilities and those superimposed by current glacial changes in a manner that will yield net social benefits to multiple sectors under all future scenarios of glacial melt and climate change.

As outlined in the PMP table presented in Annex 1 the BALANCED Project met or exceeded the adjusted Life of Project targets for all of its indicators. Some of the Life of Project targets were revised after the mid-term evaluation to reflect mid-way adjustments and changes project focus from IR 2 to IR 1 and 3.

Specific results of Project results per IR and key lessons learned described in the subsequent section that follows.

II. Cumulative Results Achieved

This section details the accomplishments of the BALANCED Project under each of the IRs.

IR1 Capacity built for integrated PHE implementation

One key strategy employed by the BALANCED Project for expanding the number of organizations and practitioners using the PHE approach, tools and methodologies in our key focus countries was capacity building. Building on lessons learned from PHE capacity building interventions over the past 15 years, the BALANCED Project used a *continuum-style* approach to effectively build local expertise in PHE, i.e. strengthening capacity throughout all stages of the adult learning process. This approach addressed three learning periods:

- The *pre-learning period* – this involves assessing the capacity and resources of organizations and networks implementing or interested in implementing PHE interventions
- The *intra-learning period* – or the initial “teaching” period that includes competency-based workshops, field visits, study tours, etc.
- The *post-learning period* – this begins when the “teaching” ends and concludes when professional involvement comes to a close. Studies show that most adults retain new information/skills between 8 to 16 hours after learning it, especially if the skill is a new or and/or is not practiced right away. Therefore, constant repetition through mentoring, job aids, supportive supervision, refresher training, etc. is needed to maximize learning and retention.

Achievements

The first step was to assess the capacity of organizations implementing or interested in implementing PHE interventions to determine their learning needs. During this *pre-learning* period BALANCED staff developed criteria for selecting workshop participants. Interested candidates were asked to complete an application which included information about the organization’s interest in PHE, institutional capabilities to integrate PHE into existing activities, job functions, training needs and the authority/will/resources to use what was learned in the training. Workshop applicants were then selected based on the criteria developed for each workshop. In many cases, BALANCED staff were also able to assess organizational capacity while in-country, which also helped in participant selection.

After BALANCED identified the learning needs, key skill areas and resources needed by existing or budding PHE practitioners, the *intra-learning* activities began. This included conducting an SSE/study tour, train-the-trainer (TOT) workshops community-based distribution and peer education (CBD/PE) systems as well as workshops on PHE Program Design, behavior change communication (BCC), designing for behavior change and a final Africa Regional workshop on PHE Implementation. In addition, we provided substantial one-off training and mentoring on these topics to selected organizations and coalitions and PHE networks that were not able or ready to attend our workshops.

Since the collective goal of the BALANCED Project is to promote PHE approaches worldwide as an effective development strategy, we sponsored a South-to-South learning opportunity in February 2010 for government and non-governmental officials to see up close how local stakeholders in the Philippines implement integrated PHE approaches there. The Project places

great value on the importance of “seeing is believing,” and the SSE was one way to demonstrate how effective PHE interventions are implemented. Selected for their ability to foster and implement PHE approaches and strategies in their country, participants from Ethiopia, Ghana, Indonesia, Kenya, Tanzania, and the Philippines spent eight days visiting three PHE learning sites in Bohol province, an eco-region located in central Philippines. BALANCED partner, PFPI, has been working for the past 15 years in this area and has a wealth of lessons learned and best practices to share with people implementing and/or who are new to PHE. SSE participants learned from the experiences and insights of a wide range of stakeholders supporting and implementing PHE activities in Bohol. *Post training mentoring support* was provided to participants from Ethiopia, Ghana Kenya and Tanzania throughout the life of the BALANCED Project.

In order to build the capacity of organizations and government agencies implementing conservation and livelihood program to address PHE linkages and integrate CBF into their conservation and livelihood operations quickly, BALANCED conducted eight train-the-trainer (TOT) workshops on PHE CBD/PE systems for over 25 conservation, development and health organizations and government agencies from eight countries (six in Africa and two in Asia). In addition to following adult learning principles, all TOT workshop facilitators used a *dual capacity building* (DCB) methodology whereby participants simultaneously acquired skills in PHE training delivery while learning the information and skills needed to design, implement and monitor effective CBD and PE systems. By using DCB, participants become active learners – “learning by teaching.” As a result, 35 percent of the 132 participants attending PHE CBD/PE TOTs in turn trained a total 175 of CBDs, and 675 adult PEs⁵ in Ethiopia, Ghana, Tanzania, Uganda, Zambia, PNG and the Philippines. The use of the DCB training strategy proved to be a **best practice** for building local NGO and government capacity quickly and efficiently. Continuous virtual and hands-on *post training support and mentoring* were provided to 17 NGOs and government agencies incorporating PHE CBD and PE systems into their conservation, community development and/or livelihood activities.

Program planners cannot change conservation and health behaviors without addressing the youth bulge. In Africa, 20 percent of the population is comprised of youth between the ages of 15 to 24, and the percentage is higher in rural areas. Most RH and FP programs are not targeted at hard-to-reach youth living in rural, and often remote, areas surrounding national parks and conservation sites. Yet these youth can be excellent pro-health and pro-conservation ambassadors as has been demonstrated in several PHE projects in the Philippines and Ethiopia. With the objective of developing a cadre of PHE youth ambassadors who will influence future generations on PHE linkages and good health and conservation practices, BALANCED conducted PHE youth peer education TOTs with over 40 NGOs and government agencies in six countries (five in Africa and the Philippines). Of the 136 people trained as master trainers on PHE youth peer education, 36 percent of them trained 385 YPEs who actively promoted pro-health and pro-conservation behaviors in these six countries. Continuous virtual and hands-on *post training support and mentoring* were provided to 13 NGOs and government agencies incorporating youth peer education into their PHE interventions, which proved instrumental in helping organizations to fine-tune their youth activities and develop solutions to problems encountered.

5 Some APEs in Zambia were able to distribute pills

Funded by USAID, a PHE Program Design workshop was conducted in Ethiopia in 2008—just prior to the start of the BALANCED Project. Rather than repeat another PHE Program Design workshop so soon after the Ethiopia workshop, BALANCED staff provided individualized training/mentoring on PHE program design to 15 organizations implementing or planning to implement PHE interventions as part of their conservation and/or livelihood projects in 8 countries in Africa and Asia (Ethiopia, Ghana, Kenya, Tanzania, Uganda and Zambia, the Philippines and Papua New Guinea/PNG)—several of whom had attended the 2008 workshop. Directly following the 2011 Family Planning Conference in Senegal, BALANCED conducted a PHE Program Design workshop with 17 participants from nine organizations from Gambia, Kenya, Tanzania, and Uganda initiating PHE interventions in their countries. Participants came from a new generation of organizations and government agencies that had recently acquired funding for PHE activities and needed assistance with initiating or fine-tuning their program design. After this workshop, BALANCED provided continued *post-mentoring* support to the workshop participants on all aspects of PHE project design and implementation until the end of the Project.

Specialized workshops and hands-on mentoring on PHE, BCC and Designing for Behavior Change (DBC) were conducted with selected organizations from Tanzania, Uganda, Kenya and Zambia. *Post-training support and mentoring* were provided to workshop participants conducting BCC activities and DBC surveys throughout the life of their projects.

Substantial virtual and hands on *post-training mentoring* and “*twinning-up*” (pairing seasoned PHE practitioners with new or less experienced PHE practitioners) were provided to 17 NGOs and government agencies that attended the CBD/PE TOTs and implemented PHE activities in six countries (Ghana, Ethiopia, Tanzania, Uganda, Zambia, PNG). This *post-training* support and mentoring helped to refresh staff capacity on what was learned during workshops and provided additional “on-the-job” training and problem solving to successfully integrate CBFP into on-going conservation and livelihood activities that resulted in reducing the distance women had to travel to get family planning methods from an average of 20 kilometers to one to two kilometers and increasing the use of family planning among women of reproductive age. This *post-training mentoring* and “*twinning up*” proved to be an effective strategy for building the capacity needed by conservation groups new to PHE to effectively integrate health interventions into their ongoing activities and has become another **best practice** for the BALANCED Project.

Select BALANCED trainees were tapped as facilitators for BALANCED’s final 2013 workshop, “Building Community Resilience: Integrating Population, Health and Environment (PHE),” which was held with 14 participants from Ethiopia, the Gambia, Kenya, Senegal, Tanzania and Uganda and two USAID PHE fellows working in Ethiopia and Mozambique. The course promoted advanced thinking, the sharing of lessons learned from practical experience and the exploration of creative ideas from across Africa. It provided a rare opportunity for reflection, learning, networking and access to leading practitioners in natural resources management, population and health and the nexus of all three. Lucy Shillingi, Pathfinder Country representative/Uganda and Juma Dyegula, CRC’s PHE Coordinator, co-facilitated the workshop with two US facilitators. Workshop participants—many with PHE implementation experience—served as resources for each other and shared lessons learned from implementing PHE activities.

Participants left with not only increased or improved skills in integrated PHE program design and implementation, but also with a collection of lessons learned and stories from each other's PHE experience.

Lessons Learned:

- **Participant selection:** As with most training workshops, inviting exactly the right participants to the right workshop is often a challenge—one that BALANCED also faced. Over time, the Project developed tighter criteria for participant selection. This yielded better buy-in and fast-tracked PHE integration. This included selecting key staff from organizations with existing strengths in conservation, livelihoods, training and project implementation—individuals who also had the authority to implement what was learned in a workshop; had the funding to support their on-going conservation activities into which they could integrate health and family planning; and had a strong high-level commitment to the PHE approach. In addition, it is important to include in the training influential stakeholders such as government ministries and local decision makers. While these individuals will not likely be the ones to do the PHE implementation, their support is essential for PHE to happen.
- **Timing:** The PHE approach is more likely to be integrated when appropriate trainings/workshops are conducted at the right time. PHE design workshops are helpful to guide organizations, individuals or consortiums when they are conducted at the start/planning stage of the project—the point at which implementers learn to identify, validate and refine their specific interventions and the corresponding capacity building needs. Having the right participants and organizations in training/workshops facilitates the success of PHE integration and post-training mentoring ensures that the knowledge and skills learned are operationalized and sustained. Also, BALANCED found that investing in PHE capacity building requires approximately different levels of effort at the various phases of capacity building—i.e., 40 percent of the level of effort should go to assessing capacities (on-the-ground and through the application process) and identifying the right participants (pre-learning); 20 percent of the effort should go into conducting workshops and refresher training (intra-learning); and approximately 40 percent of the effort should go to providing continuous post-learning support through hands-on mentoring, virtual support (Skype and email) and twinning a PHE expert with learners.
- **Time:** Purveyors of technical assistance on PHE should remember that institutionalizing health and FP knowledge and capacity into conservation and livelihood organizations takes time. Unfamiliar with the clinical aspects of health and FP interventions, continuous post-training support and mentoring, patience and time are needed to ingrain this knowledge and skill into organizational operations. Further, in order to be effective PHE facilitators and to serve as a solid PHE resource to their organizations and regions, NGO staff not only needed to learn the content, but they also needed to have implemented a PHE activity in order to serve well in these roles.
- **Skills Mix:** BALANCED focused on building organizational capacity on PHE program design, reproductive health and community-based family planning and BCC. These basic

skills are needed to implement a PHE intervention that is conceptually linked and operationally integrated. However, many small conservation groups who are ideal for implementing PHE approaches are weak in monitoring and evaluation (M&E), data collection and reporting (including financial reports). It is highly recommended that such organizations also receive program management, M&E and program administration training to build their capacity to effectively demonstrate and showcase results of their interventions, paving the way for potential new funding from donors.

- **Partnering:** Building the capacity of new and emerging PHE practitioners and organizations and linking them to existing, more experienced PHE practitioners helps to strengthen commitment to sustaining PHE initiatives beyond the life of projects and helps to strengthen PHE advocacy efforts with local stakeholders.
- **KM:** BALANCED built on existing capacity building tools/manuals and adapted and pretested them for appropriateness in project areas. This was more effective and efficient than developing new training manuals from scratch.

IR2 PHE knowledge and tools developed, synthesized, and shared

The BALANCED Project's overall five-year KM focus was on producing, consolidating and promoting PHE information and tools from across the PHE community. This supported the broader Project goal of promoting the value of PHE approaches to new and existing audiences around the world. This five-year investment has produced significant results including an increased:

- number of PHE resources and information available on one centrally located KM site, the Knowledge for Health (K4Health) PHE Toolkit;
- number of tools and manuals for use/reference in PHE implementation and capacity building;
- awareness of PHE approaches by a broader spectrum of international development audiences through exposure to PHE champion stories, videos and other success stories

PHE Toolkit

The BALANCED Project was charged with making PHE information accessible and timely for health, development and conservation practitioners globally. The Environmental Health Project (EHP) made an important start on building a collection of PHE resources. When that project ended, the reins were turned over to the BALANCED Project to build upon and advance the KM work begun by EHP. To start, BALANCED conducted several social science research exercises to inform the design and implementation of what would become a new, comprehensive, easily accessible and easily navigable one-stop KM site of PHE resources. Partnering with the USAID-supported K4Health Project implemented by Johns Hopkins University (JHU), BALANCED staff conducted key word searches, indexed the existing EHP website documents and constructed a framework for PHE information. This framework focused on capacity building resources, emerging issues such as climate change and food security, and advocacy.

In order to make the PHE Toolkit more of a “living library” for the PHE community—i.e., a resource base to which the larger PHE community could actively contribute—the Project convened a “Content Management Team” comprised of key PHE collaborators. The group met and agreed to review potential submissions to the PHE Toolkit. While interest in participating was high, there was also the suggestion that such participation should be included as a specific activity in the work plans of the various USAID-funded PHE projects in acknowledgement of the real time commitment involved in participating.

During Year 3, the BALANCED team conducted an informal survey of key PHE contacts to learn what they found most useful about the PHE Toolkit, to identify barriers to using the site and to highlight what could be improved. Most respondents offered positive comments on the Toolkit design, content, and ease of finding resources on the site. This included the Gender Toolkit design team, which modeled their site on the PHE Toolkit for reasons including its scheme for categorizing and cross-referencing resources and the ease of accessing the resources. A review of usage data shows that since its launch in 2009, the Toolkit has received a monthly average of 427 visits with a low of 72 visits to a high of 1,065 visits in any one month.

PHE Tools and Manuals

The KM component of the BALANCED Project linked the capacity building efforts with the field-based implementation of PHE approaches. The Project updated and revised earlier PFPI training materials on community-based distribution and peer education—those for adult PEs as well as those for YPEs. These revised training tools use the DCB methodology whereby participants simultaneously acquire skills in PHE training delivery while at the same time are learning the information and skills needed to design, implement and monitor effective CBD and PE systems. Through this DCB methodology, participants become active learners—i.e., they “learned by teaching.”

Based on five years of BALANCED work in the field, the Project also produced a curriculum on how to develop BCC interventions for PHE programs and a PHE Implementation Guide. With field support funds from the Asia Bureau, the Project also developed a tool for USAID and other stakeholders in the Asia Near East region working on issues of glacier melt. It looks at the physical and social drivers of and impacts from accelerated melt and offers recommendations for how to develop integrated, cross-sectoral approaches to address the problem.

Technical Reports

BALANCED contributions to the cache of PHE technical and research resources span a wide range of topics from reports on behavior monitoring surveys in Tanzania, to assessments of the benefits of PHE initiatives in the Philippines, to mapping the global network of PHE practitioners, to a report on the issue of glacier melt and its drivers in the Asia Near East.

Other Resources to Promote PHE

The Project also used a multi-prong outreach strategy to increase awareness of the benefits of PHE approaches to the global PHE community. The power of PHE—as told through videos, champion stories, a newsletter and technical articles—highlights the importance of integrated

health, development and conservation efforts to people trying to meet their basic needs for health services, food, and livelihoods.

- Videos. BALANCED produced several three-minute videos describing the PHE approach in the Philippines, based on the 2010 SSE for PHE implementers conducted by PFPI in Bohol. It also partnered with the Woodrow Wilson Center’s Environmental Change and Security Program to produce a video on community engagement in PHE project activities in the URI-CRC *Pwani* project in Tanzania. BALANCED used the videos in full or part in trainings and presentations that have reached global audiences.
- Champion stories. BALANCED produced stories about 20 PHE “champions” (see box below)—individuals who are implementing PHE and making a difference in the lives of those in their communities. The USAID PRH Office proudly shared these stories across the Agency.
- Newsletter. With this issue, BALANCED has produced five newsletters on technical topics of emerging interest and importance to PHE implementation—topics such as climate change, livelihoods and ways in which the PHE approach and PHE projects contribute to Millennium Development Goals, as well as this final issue on lessons learned from the BALANCED Project. NGOs implementing PHE projects in Ethiopia, Kenya, Philippines and Nepal often wrote and/or contributed to the articles.

In sum, the BALANCED Project leaves behind a legacy of valuable tools and resources that highlight the benefits of PHE as an effective development approach and that provide PHE project designers and implementers with useful resources to effectively design, implement and evaluate their PHE efforts and strengthen the impact of their work.

Advisory Committee

The initial Advisory Committee included external members Dr. David Carr, University of California, Santa Barbara; Dr. Geoff Dabelko, Woodrow Wilson International Center for Scholars; Dr. Mark Freudenberger, ARD, Inc; Dr. Lynne Gaffkin, Evaluation and Research Technologies for Health (EARTH) Inc.; Nancy Harris, John Snow Inc.; Dr. Lori Hunter, University of Colorado at Boulder, Institute of Behavioral Science; and Judy Oglethorpe, World Wildlife Fund. Subsequently Judy Oglethorpe had to leave the committee due to other commitments. Meanwhile, Jason Bremner of Population Reference Bureau graciously agreed to join. The Advisory Committee, as a group and sometimes as individuals, provided sage guidance and recommendations, especially during the first two Project years—input that helped shape some of the BALANCED Project decisions on strategies and focus. As the life-of-Project progressed and these strategies were already firmed up and a clear path of activities and focus already laid out, there was less opportunity for BALANCED to ask for or committee members to offer additional guidance. As well, it should be noted that serving on this committee added yet another task to these busy professionals’ already-heavy suite of obligations and as such, the BALANCED team chose to limit its request for input. That said, several committee members also often attended the same meetings, conferences, etc. as did some BALANCED team

members and these provided other opportunities to discuss BALANCED directions and more informally solicit input.

Best Practices

Cast the net wide: The Project made every effort to share through its KM resources not only the experience of PHE projects funded by USAID, but those funded by other donors as well. It also proactively sought out the voice of the global PHE community of practice, but more importantly the voice of PHE practitioners in the field in developing countries. This includes using an RSS field on the K4Health PHE Toolkit site to pull PHE-relevant resources directly from the PHE Ethiopia site; to ensuring the PHE “champions” highlighted in stories and videos were those living in communities in developing countries where they serve as models of PHE practice in everyday life; to having these same types of champions and other field-based PHE resource persons front and center presenting at international fora. Putting the faces and voices of the true PHE champions at the forefront is essential as they are the ones that will decide if PHE is sustained in their communities.

Update and adapt vs. recreate the wheel: Today, information and technology in the fields of population, health and environment is changing rapidly. Therefore, to maximize the utility of PHE tools—especially training tools—it is important to ensure that the latest information and best practices are put forward. However, this does not necessarily require creating a completely new tool or manual. If the core/basis of an earlier resource is still sound, it may be more efficient and may produce an equally good or better product, by simply updating and adapting the “old” tool/manual to include the “new/updated” information. While BALANCED produced some tools/manuals anew, it also built upon some that already existed but needed some updates and revisions.

Challenge what we think we know: With PHE having been practiced for over 15 years now, a fair amount has been written about the approach and its successes and challenges, and what works and what does not. However, as with any field or discipline, it is important to challenge assumptions periodically and retest the waters. Over the years, the contexts, issues, stakeholder attitudes or awareness and donor attitudes or awareness may have changed—all of which may point to the need for changes in the practice. Hence, periodically revisiting the PHE approach and how, when, where and why it works best can only stand to inform and benefit the global community of practice. This is regardless of whether what is “found” in the revisiting confirms past findings and thinking or whether it advances new theories or best practices. BALANCED conducted this type of social science research as noted earlier through its Behavior Monitoring Survey (BMS) efforts in the Philippines and in Tanzania.

Challenges and Lessons Learned

Shared responsibility needs shared budget: The strategy that some subset of the PHE Policy and Practice group would comprise the content management team for the PHE Toolkit did not work. The reason was simple. That task/responsibility was not written into the work plans and budgets of any PHE Project other than BALANCED. To others, it was perceived as an unfunded task that might have been “nice to do” but not “necessary to do.” The lesson learned is this—if updating and maintaining the PHE Toolkit is to be the responsibility of a shared group, this task

needs to be written into the approved work plans and budgets of multiple of the USAID-funded projects that include PHE elements and activities.

Sharing challenges can be seen as a threatening occurrence vs. as a learning opportunity:

When funding for any type of development work is scarce, those funded to do that work may feel threatened in the short term if research findings point to ways in which the approach or its implementation could be improved. This is true even if those findings in the longer run stand to inform how the practice might achieve even greater success with greater attention to certain factors in project design or implementation. The lesson is to share findings in a way that reinforces the fact that monitoring and evaluation of what works, what does not and why is valuable in helping improve what it is we do and how we do it. BALANCED research studies, as mentioned earlier, provided some of this useful insight.

IR3 Results-oriented PHE field activities implemented in areas of high biodiversity

In order to further promote PHE approaches among developing country PHE practitioners and organizations, the BALANCED Project worked in six select countries to apply PHE knowledge and promising practices in remote biodiversity rich in Africa and Asia. Further, with field support funds, BALANCED scaled-up PHE practices in the Philippines.

Tanzania

The BALANCED Project supported the integration of rights-based, voluntary family planning into CRC's on-going *Pwani* Project. *Pwani* integrates activities oriented toward improving the health of both humans and the environment in villages surrounding the Saadani National Park area. The average number of children per women in Tanzania is 5.6. Combined with a large number of youth entering reproductive ages, early sexual initiation, early forced marriages and in-migration, this growing population is putting increasing pressure on the environment. In SANAPA, households are dependent on fish, mangroves, farm land and other natural resources for their food and livelihoods and when the population becomes too large, there is simply not enough water, forests, land and other basic resources to sustain the population over time. Improving access to family planning and making the PHE linkages clearer for people made sense. Hence, the BALANCED project partnered with the *Pwani* Project, which was supported by Mission PEPFAR (*President's Emergency Plan for AIDS Relief*) and biodiversity conservation earmark funds. BALANCED provided modest funding to support the integration of community-based family planning into URI's integrated activities in Pangani District and co-funded activities with *Pwani* for the PHE activities in Bagamoyo. By partnering with a conservation initiative working in remote areas, CRC was able to reach underserved populations not served by larger NGO FP initiatives.

In order to improve access to RH/FP information and services for communities living around Saadani National Park, we developed a network of volunteer CBDs, adult PEs and YPEs to counsel villagers members about the linkages between population, health, and environment, conservation, the benefits of RH/FP, HIV prevention and environmentally-friendly activities such as fuel-efficient stoves. Toward this end, Tanzania Coastal Management Partnership (TCMP), the implementing organization for *Pwani*, trained 116 adult PEs in five project villages and 30 YPEs in two villages. The adult PEs, YPEs and other volunteers counseled 12,000 fellow

village members about PHE, the benefits of healthy timing and spacing of children, HIV prevention and pro-conservation behaviors, and referred over 3,000 potential FP clients to CBDs and health centers for FP methods. A series of BCC activities, including posters, community drama and radio spots supported the PEs messages and also contributed to raising awareness in Pangani and other districts.

Achievements

Improving access to voluntary FP services was also a key objective of the Project. Thirty new Ministry of Health (MOH) CBDs were trained in Mkwaja and Mkalamo villages, while 20 existing MOH CBDs in Mwera, Mikinguni and Kipumbwi villages who had already been trained on PHE linkages were provided refresher updates on RH/FP. The CBDs received their FP and other health supplies from the local health centers and were supervised and monitored by local MOH staff that were also trained on PHE and its importance to social and community development. The CBDs were well liked and respected in the community and became known as “community doctors.” Over the life of the Project, they distributed nearly 17,000 packs of oral contraceptive pills to the approximately 1,000 new and current pill users living in the Project sites. By reducing the distance to FP services from an average distance of 7.8 kilometers to the health dispensary/center to less than one kilometer, the CBDs became popular among pill users. In addition to providing health and FP methods and providing pills to current pill users, CBDs also referred those clients interested in longer-term methods to the local health dispensary/center for screening.

Assessing Project impact by comparing data from 2009 and 2012 behavior monitoring surveys, we found a number of positive trends:

- **There is an increased awareness of the benefits of planning your family.** The perception changes among the community members indicate that the BALANCED Project has succeeded in conveying PHE messages about planning family size. Fewer men and women believe that large families are better off and that if you have children, you will find the resources to raise them.
- **Trained CBDs provide commodities to 31 percent of all pill users and 21 percent of all condom users⁶.** By making pills available in each village and reducing the distance to access pills, the CBDs have filled an unmet need. With a total number of pill users of approximately 1,000 individuals in the area, the 50 CBDs had a steady clientele of over 300 individuals.
- **Men have become more positive towards and involved in family planning.** An important finding from focus group interviews is that counseling couples together as well as separately has contributed to changing men’s attitudes towards family planning. Even though some men still disapprove of family planning and some women still use contraceptives in secret, it is encouraging that men have become more involved in family planning.

⁶ 6 Condoms were distributed by the CBDs for dual protection (protection against pregnancy and STIs).

- **The respondents have become more aware of the linkages between population and environment.** The integrated messages provided by the BALANCED Project’s trained CBDs and PEs have likely contributed to increasing people’s understanding of the linkages between population and the environment. People involved in livelihood and environmental conservation activities scored better than non-project participants on the PHE linkage questions.
- **People have become more empowered to participate in conservation activities.** The results indicate men have become more aware of natural resource management (NRM) activities and that both men and women feel more empowered to participate in conservation activities. Future programs can build on these trends by expanding the ongoing work with village leadership coalitions and gender strengthening to include natural resources management objectives.

The BMS survey further revealed that the number of women who do not use any modern contraceptives had decreased from 47 percent in 2009 to 44.8 percent in 2012. The survey also found that between 2009 and 2012 there has been a slight increase among women (from 66.5 to 68.2 percent) with children who want more children, whereas the percentage has decreased markedly among men (from almost 76 to 62 percent). Although not statistically significant, there is a positive trend towards accepting that youth should have access to information about sexuality and should be allowed to access FP services.

These positive outcomes are largely due to the hard working community volunteers who were not paid a stipend for their jobs. In order to keep them motivated, it was decided to “cross-train” many of the *Pwani* community participants and BALANCED volunteers so that each volunteer/participant had more than one task to perform and was involved in truly integrated cross-sectoral approaches to addressing community problems. We trained members of the savings and credit cooperative society (SACCOS) to serve as PEs and in turn involved CBDs and PEs in SACCOS and conservation activities, fuel-efficient stove technology, beekeeping and other alternative livelihoods. This helped build a more integrated whole-system approach within the community, and there were more people giving the same integrated messages. A side benefit of this integrated community-based approach was the low dropout rate of the volunteers. Ninety-two percent of the volunteer CBDs remained active throughout the life of the project, as did 88% of the adult PEs. This proved to be a **best practice** of the Tanzania activity and was replicated in other BALANCED PHE pilot activities in Africa.

Another **best practice** of the Tanzania PHE activity was the strong partnership with the District MOH, which supported and greatly facilitated the CBD and youth PE activities. Active engagement of the District’s Integrated Coastal Management Officer also led to development of interventions not initially considered by the Project, such as the training of adult and youth PEs.

The PHE intervention in Pangani was so successful that it became a study site for other African groups interested in implementing PHE activities. However, important lessons were learned from this experience. One key **lesson learned** was that a PHE model from one country or region is not necessarily replicable in another country/region. Attempting to replicate the Philippines PHE model did not work in Tanzania where CBDs are strongly affiliated with the MOH and where FP methods are only available from MOH staff/CBDs and accredited drug dispensary outlets

(ADDOs). In the Philippines, small kiosk owners can sell contraceptive pills to current users. This is not the case in Tanzania. Another **lesson learned** is the importance of conducting a thorough assessment of the landscape and engaging in strong stakeholder advocacy before designing and implementing a PHE intervention.

In terms of sustainability of this PHE intervention, the supervision of PHE volunteers has been handed over to the Pangani District government. As MOH staff, the CBDs will continue to function in their areas. Also, the *Pwani* Project will continue to monitor and mentor the existing MOH CBDs together with MOH staff until the project end.

Seed Grants

The BALANCED Project provided limited seed grant funds and technical support to five NGOs new to PHE and interested in integrating community-based reproductive health and family planning into their conservation, livelihood or rural development projects. The objectives of the seed grants were to: 1) test different PHE models; 2) build the capacity of organizations to implement integrated PHE approaches and institutionalize PHE into their operations; and 3) develop in-country demonstration sites that could be used to show donors and other stakeholders the benefits of PHE approaches. Seed grants were limited to \$15,000 to \$20,000/year for up to two years.

In Year 1 of the Project, BALANCED developed criteria for selecting seed grant recipients that include but are not limited to conservation NGOs that:

- operate in biodiversity-rich areas of a country with funding from donors other than USAID,
- work in a USAID/GH/PRH First Tier (including Intensive) Country that also receives USAID biodiversity conservation funding,
- are new to and interested in the PHE approach,
- work in areas with socio-economic and cultural factors, high unmet needs for family planning, high biodiversity values and other enabling conditions,
- are willing to work with government counterparts, and
- are strategically poised to serve as a pilot/demonstration model for other organizations and donors interested in the PHE approach.

In Year 2, the BALANCED Project selected two seed grants recipients—EWNRA in Ethiopia and WCS in Zambia. Based on our experience with the first two seed grants, BALANCED fine-tuned its selection criteria, and the Project solicited proposals for two additional seed grants in Africa. The revised criteria required that interested NGOs:

- Be a duly registered private organization e.g., international or local NGO, community-based organization (CBO), Peoples Organization (PO), Community Managed Organization (CMO) and other nongovernmental entities with social development mission.
- Be in good financial standing and willing to share recent annual reports, financial statements, and proof of registration.

- Have an ongoing funded project located in a biodiversity-rich area of the country e.g. a project focused on conservation, NRM, integrated rural development, eco-agriculture or climate change adaptation. Funding for the ongoing project should extend at **least 24-months** beyond the date of request for assistance from BALANCED otherwise there will not be sufficient time to integrate FP/RH activities into that project.
- Be interested in implementing the PHE approach and willing to serve as a pilot/demonstration model for other groups interested in PHE.
- Have an established working relationship in the community and, preferably, have implemented community-based initiatives.
- Be willing to implement a community-based distribution and peer education approach.
- Have no reservations about contraceptives; be willing to promote modern methods of family planning and to distribute FP/RH products, if needed, to expand access to contraceptives.
- Have a good relationship with the government and be willing to work with local government counterparts and the private sector.
- Can demonstrate ability to mobilize resources (cash and/or in-kind contributions) from other sources (community, government, other donors) to support PHE implementation and to document the estimated value of such contributions.
- Experience with data collection and report writing.

Of the 19 seed grant applications received, two seed grant recipients from Uganda were selected due to the strength of their application and ability to sustain PHE after the seed grant ended. They would also contribute to the growing PHE community in Uganda and become a member of the PHE network there. Because of USAID's interest in replicating PHE in a CTI country, a final seed grant was given to the Woodland Park Zoo (WPZ) in Papua New Guinea. The following five seed grant recipients implemented different PHE models.

EWNRA/Ethiopia – PHE in a Landscape Context

EWNRA integrated family planning into its “*Integrated Wetland and Watershed Management: A Landscape Approach towards Improved Food Security, Poverty Reduction and Livelihood Enhancement*” project. Activities took place in the Agelo Shenkora watershed in Metu Woreda (district), located in Ilu Aba Bora Zone, Oromia region (South West Ethiopia). This area contains some of the last remaining intact wetlands and forest ecosystems in the country. EWNRA's PHE project covered 10 kebeles (small cluster of villages) in two watersheds with a total population of 13,000.

Lack of a continuous supply of contraceptives and the long distance from village to the nearest health post (up to 10 kilometers) are some reasons for poor service delivery in the target area. While the Ethiopian MOH provides a health post in each kebele with two health extension workers (HEW) assigned to each post, the HEWs rarely provide services beyond 3 kilometers from their health post. Moreover, the HEWs are responsible for a variety of health interventions and are not always available to deliver FP services when the community needs those services.

Community members also report that youth are increasingly vulnerable to unintended pregnancies before marriage.

Comprised of selected community volunteers and micro-watershed committee members, a system of 72 adult PEs and 36 YPEs was developed. PE spoke to their neighbors about PHE linkages, family planning, and watershed management during traditional meetings and other gatherings. For community members interested in using family planning, the PEs referred them to the HEWs for counseling and to receive the method of their choice. In areas where it was difficult to access HEWS, EWNRA trained small store owners to provide FP information and condoms and contraceptive pills to current pill users.

Working very closely with the Illu Aba Bora zonal health office and the Metu woreda health office, EWNRA received approval to provide FP services to the community in its PHE intervention areas. By continually working closely with the zonal and woreda health offices, EWNRA gained their trust and permission to allow the 36 trained small store owners to sell FP supplies (in tandem with its environmental and development activities) and thus reducing the distance women had to travel to secure FP supplies from eight kilometers to approximately two to three kilometers. EWNRA also helped to set up a cost-recovery system with DKT, a private sector supplier for FP and health commodities.

EWNRA reported that it learned a great deal about how to develop an integrated PHE intervention. They retained the PHE coordinator who continued to monitor the PEs after the seed grant ended. EWNRA's PHE sites in Metu have served as a learning site for other NGOs with almost 200 visitors to date. EWNRA also replicated its PHE activities in the Amhara region with modest funding from the Barr Foundation.

WCS Zambia – PHE in a Livelihood Context

WCS Zambia has a 25-year history in the region through the work of Dr. Dale Lewis in wildlife research and advising the government and communities on the complex relationship between development and conservation objectives. However, when Dr. Lewis learned that it was starvation that was driving the people into poaching, he decided their first priority was to help the people find a steady supply of food. His paradigm was to turn poachers into productive farmers. The WCS Zambia-Community Markets for Conservation (COMACO) program now provides sustainable sources of alternative incomes and other incentives for conservation to families living around Zambia's national parks in the Luangwa Valley.

With modest seed grant funding and technical support from the BALANCED Project between 2010 and 2013, FP/RH and adolescent RH activities were integrated into COMACO's livelihood activities and implemented through extension officers, lead farmers and producer groups during farmer trainings, meetings, field days, farmer visitation, etc. in 22 chiefdoms (eight in Mfuwe, 10 in Lundazi and four in Chama), serving an estimated total population of 25,200.

Three hundred fifty adult PEs, selected from among COMACO's lead farmers and extension agents, and 220 youth PEs were trained and delivered integrated RH, food security and conservation messages to their peers. They sought to increase peoples' understanding of how FP/RH—when implemented together with livelihoods and conservation interventions—can lead

to poverty alleviation. Using interpersonal communication channels, these PEs increased peoples' awareness of the links between population, health and the environment and the importance of planning their families for improving the quality of life and addressing food insecurity. They also expanded access to FP information and products among couples and sexually active youth (15-19 years) by referring them to the local health clinics and providing FP supplies at the grassroots level. Working closely with the MOH, WCS gained approval for some of its trained PEs to carry free contraceptives from the MOH health centers to implement a CBD system among COMACO's producer groups. While there were sufficient supplies of contraceptives available at the health centers, accessibility was the problem—e.g., because of the distance community members need to travel to reach the health posts, often up to 12 kilometers away.

This modestly funded PHE initiative resulted in 6,267 individuals being counseled and accessing condoms and pills. Nearly 200 clients were referred to the clinics for screening and other FP methods. This effort expanded access to family planning by reducing the distance that a couple needed to travel to obtain an FP method from five kilometers to as little as 500 meters.

WCS Zambia has incorporated PHE into its operations and since the end of the seed grant has incorporated the topics of family planning and reproductive health into its new Farm Talk radio talk show and into its on-going livelihood activities.

VEDCO/Uganda – PHE in a Sustainable Development Context

VEDCO is an indigenous NGO established in 1989 as a self-help organization working with other relief organizations to support communities to access basic needs, particularly safe water, adequate food and health care. VEDCO is currently implementing a five-year strategic plan (2010-2014) with the goal of “equitable wealth creation among farmers in Uganda.” BALANCED provided VEDCO with seed grant funding and technical support to implement the *Improving Livelihoods through Increased Access to Reproductive Health Services among Farmers* project. The goal of the 18-month seed grant support was to improve access to and the use of family planning in the agriculture-dependent districts of Nakaseke, Moyo and Yumbe—with the potential of reaching a total population of 529,221.

The PHE framework and PHE approach developed was aimed at improving health, increasing food security and maintaining biodiversity for the small and medium holder farmers. PHE was mainstreamed in VEDCO's current agriculture-based livelihood programs. Building the capacity of existing staff and community leaders, VEDCO established a PHE peer education and community-based distribution system. Despite the remoteness and poverty of the project area, the cadre of 65 trained adult PEs and 60 YPEs conducted house-to-house outreach education, group discussions and awareness campaigns to raise the community's awareness of the links between population, health, and the environment; help them understand the importance of conserving the land and how healthy timing and spacing of children can improve family health; help ensure food security; and to increase the likelihood that resources would be available for future generations. They also referred FP clients (or potential clients) to trained CBDs and/or health clinics for screening and FP methods.

Sixty existing clinic/drug shop owners and some Village Health Teams (VHTs) were trained on PHE and as CBDs. As representatives of the formal health care system, VHTs were able to receive from the health stations FP supplies that they could then distribute in their communities. Non-VHT CBDs were unable to engage in the local social marketing groups, so arrangements were made with the District Health Offices for these particular “CBDs” to obtain FP products from the local health clinic. The network of PEs and CBDs has reached over 3,000 households. They have expanded awareness of PHE and the role that family planning can play in individual and families’ lives. They have also increased access to FP commodities by reducing the distance needed to travel to obtain pills and condoms—i.e., now clients must travel less than 1.5 km whereas the average distance from the village to the health post was 7-8 km. Nearly 2,000 FP clients have been able to access FP methods through the CBDs and referrals to local health centers. After the end of the seed grant, VEDCO continued incorporating community-based family planning into its operations, and garnered support from the MOH to provide FP methods to the trained CBDs.

BMCT/Uganda – PHE in an Ecosystem Conservation Context

BMCT was established in March 1994 with a capital endowment fund from the Global Environmental Facility to provide long-term reliable support for research or conservation of biological diversity and sustainable use of natural resources in the Mgahinga Gorilla National Park (MGNP) and the Bwindi Impenetrable National Park (BINP). It was also tasked with promoting the welfare of neighboring communities. BALANCED provided seed grant funding and technical support to BMCT to implement the integrated project *Integrated Community Conservation and Development for a Healthy Population around Bwindi Conservation Area*. BMCT had been delivering community conservation, infrastructure development and general water and sanitation interventions and the PHE approach expanded its services to family planning, sexual and reproductive health to address population dynamics as it impacts on conservation and development. The PHE model in the Kanungu District worked with and through communities to become aware of and involved in community health, population and conservation for a better quality of life and to conserve BINP. They collaborated closely with stakeholders, local authorities, schools, village leaders, community groups and individual families to bring the PHE approach to the household level.

A cadre of 29 trained adult PEs and 20 YPEs delivered integrated health, FP and conservation messages to their peers. BMCT also engaged Village Saving and Loan Association (VSLA) groups who met once a week to share information about PHE, family planning, improvement of hygiene standards in the home and to initiate income generating activities. The PEs reached more than 16,000 people through community campaigns in the targeted villages.

BMCT had an existing, strong partnership with the District Health office and community hospital that supported them in training, provision of FP commodities, access to data and in monitoring volunteers. Twenty CBDs who were trained by the health district received their FP commodities from the health stations. Some of the adult PEs were also VHTs who conducted outreach education and provided FP methods for free.

Prior to the BALANCED Project, the closest health center was Bwindi Community Hospital, which was a distance of 6 to 32 kilometers away from the various villages. While villages have

health posts and VHTs, only health (not family planning) information and services were available. The cadre of trained PEs and CBDs expanded access to family planning and reduced the distance needed to travel in order to access FP services by having volunteer PEs go house-to-house conducting PHE education and RH/FP counseling. This resulted in over 7,000 clients being linked to FP services either through PEs/CBDs or referrals to health centers. After the project they also integrated PHE into VSLA internal rules and regulations and replicated the PHE approach in new VSLA sites.

WPZ/Papua New Guinea – PHE in a Conservation Context

In Papua New Guinea, YUS (Yopno, Uruwa and Som Rivers) Conservation Area is a mixed landscape, encompassing forests, villages, grasslands and agricultural areas. The area is remote, with no roads, and access is either by small plane or foot travel. There are still large blocks of unlogged forests, some of which can be classified as pristine. It is also home to the endangered Matschie's tree kangaroo, a species listed as Endangered by the International Union for Conservation of Nature (IUCN). Established by the WPZ, the Tree Kangaroo Conservation Project (TKCP) has a long time collaboration and partnership with the local communities building local capacity for conservation, improving socio-economic services towards increased access to education and improved community health within the villages.

The estimated population of this area is approximately 12,000 to 14,000 people. Meanwhile, population is growing faster in some wards, putting increased pressure on the natural resources. Due to the remoteness of the area, there is poor access to health care. This has resulted in high rates of maternal death, low rates of immunization, high incidences of malaria, etc. There are seven HEWs in four key health posts. In discussions, community members identified family planning and reproductive health as two priorities they wanted to see addressed. With BALANCED seed grant funding and technical assistance, a PHE approach was initiated to increase awareness among YUS families of family planning and its role in health, food, and environmental conservation and to improve their access to and use of FP methods and services—in conjunction with the existing conservation, education, livelihood and health initiatives.

A network of PHE 43 PEs/CBDs and 19 YPEs from 23 villages was developed to raise awareness in the community about the linkages between natural resources, family health and size and livelihoods and to provide access to FP methods. Since the villages did not have shops (to buy pills and condoms) the adult PEs were also CBDs. These PEs/CBDs brought pills, condoms, and IEC materials with them to community meetings. They also referred individuals who had other concerns to the HEWs. While the health posts had stocks of FP commodities (pills, condoms, DMPA), the project was able to secure additional stocks of pills, condoms and IEC materials from Marie Stopes International (MSI). In addition, many PEs referred interested clients to the MSI mobile clinic for long term and permanent methods of contraception.

Because of the remoteness of the area and lack of government health services, it can take up to 12 hours by foot to access care. With the project volunteer system, however, individuals seeking services needed to walk just a few minutes to up to three hours—a significant reduction from the up to 12 hours it had previously taken. The health service outlets also increased by about 150 percent with the presence of the trained and active adult PE/CBDs. Prior to the project, there was

one HEW per 1,284 people. With the additional 45 PEs/CBDS, the ratio reduced to 1 PE/CBD per 199 people.

Lessons Learned from Implementing Seed grants

General

- PHE fits into a variety of contexts: The seed grants allowed the BALANCED Project to showcase various PHE models, demonstrating that the PHE approach complements the work of organizations implementing a range of conservation, livelihood, rural development and agriculture programs working in bio-diverse settings.
- Additional funding is needed: The BALANCED seed grant sites were very rural and remote, requiring more transportation costs than anticipated. Further, additional funding was needed for minimal IEC activities, printing of manuals and/or job aids and refresher training. These expenses were under-budgeted or more expensive than anticipated at the time of project design.
- Additional time is needed: It takes two and a half to three years to see results from these small activities. The reasons are several. Reproductive health and family planning is a new topic for conservation groups. As such, staff and volunteers may need extra training and mentoring until they are competent in the clinical and social requirements of family planning. It also takes time to bring community stakeholders and decision-makers on board. Further, weather can prohibit access to sites and elections can delay activities. Projects also need to be mindful that PEs and CBDs are volunteers and may be called away during the planting and harvesting season. All of these factors should be taken into consideration when designing pilot PHE interventions.
- Technical assistance is needed. As mentioned above, family planning and health are new topics for conservation groups. Further, learning to operationally integrate health and family planning into conservation and livelihood projects requires training and mentoring support. BALANCED was able to provide technical support to seed grant recipients twice a year, however, more frequent technical assistance may be needed during the first 18 months of the project, when staff are on the steepest learning curve.

Selection

- Organizations should embrace PHE institutionally. It is important that seed grantees are PHE champions so that the seed grant is not just another “one-off” project that ends with the funding.
- Strengthening of the implementing organization is important: In order to effectively implement PHE interventions, seed grant recipients need to have an on-going, funded health, conservation, or livelihood project into which it can incorporate integrated community-based family planning. PHE should not be an organization’s sole activity; rather, PHE needs to be integrated into a larger, funded context of activities.
- Organizations should have the right human resources already in place: Seed grant recipients should have trainers and staff already on hand who can conduct the PHE training and activities alongside their on-going activities. Dedicated program and

finance/admin staff are very important. This will help to ensure focused deliverables that are timely and accurate. They should also have available a cadre of community volunteers with whom they already work. These volunteers should have duties other than only PHE peer education to sustain them – i.e., they should be part of other project activities.

- Organizations should have program implementation systems in place: Seed grant recipients should have good M & E and reporting systems. They should be experienced in collecting data and writing reports to donors.
- Where appropriate, funders should work closely with USAID mission to identify bi-lateral country programs and key focus areas to identify potential seed grantees. Linking seed grantees to USAID-funded programs and priorities may help to foster USAID mission buy-in and support. This also builds good will and collaboration with USAID missions
- Funders should help seed grantees to assess the availability of and build collaborative relationships with stakeholders and potential partners before training begins.
- Conduct a thorough assessment of organizational capability and potential stakeholders and partners prior to selecting a seed grant.
- Consider several seed grants in one country to create impact programmatically. Cross learning between and among seed grants within country is also helpful and helps to build country-level momentum for PHE.
- Encourage seed grantees to join local networks.

During Seed Grant Implementation

- Hold pre and post seed grant workshops: Hold PHE Program Design workshop for all seed grantees at the start of the seed grant to refine proposal. Similarly at the end of the seed grant a post-seed grant workshop will help grantees articulate collective lessons learned and share sustainability plans.
- Skills Mix: Seed grantees are usually trained on PHE program design, reproductive health and community-based family planning and BCC. These basic skills are needed to implement a PHE intervention that is conceptually linked and operationally integrated. However, many small conservation groups who are ideal for implementing PHE approaches are weak in M&E, data collection and reporting (including financial reports). It is highly recommended that such organizations also receive program management, M&E and program administration training to build their capacity to effectively demonstrate and showcase results of their interventions, paving the way for potential new funding from donors.
- Accountability and funding: Yearly funding should be made contingent on the receipt of reports and progress toward goals and objectives.

Integrated Program Approaches to Glacier Melt Impacts in Asia – Field Support

With Buy-in funds from the USAID Asia Bureau, BALANCED addressed selected recommendations in an earlier report commissioned by USAID, *Changing Glaciers and Hydrology in Asia: Addressing Vulnerabilities to Glacier Melt Impacts*. As part of this process the Project worked closely with USAID and its Asia Bureau to draft a glacier melt vulnerability tool, which was then vetted at a workshop in the region attended by representatives from USAID and other US government agencies as well by experts on water hydrology, glacier melt, and PHE.

BALANCED led the team that designed the workshop, arranged all the logistics, and provided a high level facilitator for the workshop held in Almaty, Kazakhstan. The output from the workshop was a refined concept for reducing vulnerabilities to the impacts of glacial melt and other hydrological changes to this region and a refined draft of a tool that could help USAID program designers to incorporate address these issues through a holistic and integrated approach/program design.

A BALANCED team member later returned to the region to further vet and “field test” the draft, PHE-like glacier melt vulnerability resiliency tool. This tool was finalized and disseminated in April 2013. Unfortunately the timing of the tool’s completion makes it more or less useful for different potential users. USAID Tajikistan, for example, is already mid-way through implementing their multi-year programming strategies. For others such as the Department of Defense in Tajikistan, the tool’s date of release was less time-sensitive—assuming the agency’s future cycle of civil activities continues to include disaster preparedness and flood response systems development. Likewise, USAID Kyrgyzstan has several projects ongoing through 2014 and in 2013 will be developing new bilateral activities for the future, and the tool could prove useful in terms of helping them think through integration of glacier melt perspectives and strategies into those activities, which would also contribute to sectoral program objectives.

Scaling-up PHE in the Philippines – Field Support

BALANCED received \$1.6 million dollars in field support funds from USAID/Philippines OH and OEECC to implement PHE field activities in two of the country’s key marine biodiversity areas – VIP and DB. The goal was to build the leadership and implementation capacities of national and local governments and stakeholders to respond in an integrated manner to interrelated issues of population, health, and the environment. Implemented in eight municipalities in the VIP where ongoing coastal/fisheries management activities had yet to be integrated with reproductive health/family planning (**new** sites) and 20 municipalities in the VIP and DB to improve and maintain PHE initiatives that were implemented under previous PHE projects (**maintenance** sites), the project sought to achieve four key results:

- Improved access to FP/RH health services in the DB and VIP bioregions
- Increased community awareness and support of family planning and conservation as a means to improve health, food security and natural resources
- Increased policy makers' commitment to FP/RH services, CRM and integrated policies
- Strengthened MPAs in the VIP and DB marine ecosystems

- Increased incentives for coastal and marine conservation among coastal fisher households

Achievements

Improved access to FP/RH Services

In partnership with the LGUs, the communities and other stakeholders, BALANCED-Philippines collaborated, supported and promoted an integrated PHE intervention that was conceptually linked and operationally coordinated at the field level.

From 2011 to 2013, PHE CBD/PE systems were established in 28 targeted municipalities in the VIP and DB sites. A total of 798 CBDs consisting of non-clinical/non-pharmaceutical outlet owners, sari-sari store owners, PO members, deputized wardens, barangay health workers, barangay nutrition scholars and other community members were trained⁷ as extension workers to the Rural Health Units (RHUs), making FP services more accessible to those living in the rural and hard-to-reach communities where the project was implemented.

A network of 9048 adult PEs and 110 youth PEs covering all project sites were trained to educate peers and community members on FP/RH, conservation and PHE links and encourage community members to be involved in PHE-related activities. They helped to drive demand for informed and voluntary FP information and services in the community. The PEs referred current FP users to the CBDs and new FP clients to the RHUs for screening and monitoring. A team of at least one adult PE and/or YPE and one CBD was established in every barangay in the targeted municipalities.

Over the life-of-the-Project, the CBDs and PEs counseled over 95,000 individuals in family planning/reproductive health and together with other communications efforts (mass media and IEC materials), the Project reached over 224,000 individuals. This represents approximately 22 percent of the total population in the target sites. The presence of CBDs and PEs in every project barangay coupled with the wide coverage of the IEC activities led to an average of 16 percent of current FP users patronizing CBD outlets. Looking across all 28 sites and across all the methods used by married women, there was an increase in the overall average contraceptive prevalence rate by the end of the BALANCED-Philippines Project.

Increased policy makers' commitment to FP/RH and CRM integrated policies

One of the BALANCED-Philippines Project's key interventions was building buy-in and policy support for the integration of PHE as part of a holistic development approach. Toward this end, we built the capacity of local leaders at the local government units (executive, legislative and key line agencies), identified local PHE champions and improved implementation capacity among national and local governments and stakeholders to better respond to interrelated population, health, and marine environmental issues. This was achieved through various advocacy activities as follows:

⁷ 762 were active by the end of the project

⁸ 808 were active by the end of the project

- Project orientation meetings with local policy makers and stakeholders to inform them about PHE and the BALANCED-Philippines intervention and a PHE orientation session held during the 2012 League of Municipalities of the Philippines National Congress.
- Study tours to expose policymakers from the **new** sites to the PHE approach—e.g., LCEs and other decision-makers participated in a study tour to selected PHE learning sites in Bohol, a **maintenance** site.
- Regional meetings on the PHE CBD/PE system—one in the VIP and one in DB—with LCEs, provincial health officers, RHU personnel, provincial and regional representatives from the environment line agencies, POs and selected champion CBDs and PEs.

The BALANCED team held meetings with LCEs, legislators and other influential decision makers to identify mechanisms to integrate PHE into local government plans and agendas. Through persistent one-on-one and collective advocacy initiatives, these advocacy efforts paid off. The municipal governments signed memoranda of agreement/understanding in support of the BALANCED-Philippines PHE activities and by the end of the Project, 15 LGUs allocated funds for FP supplies for CBDs; PHE was adopted into six CRM plans; and PHE ordinances were passed in two municipalities in DB and two municipalities in VIP, thereby establishing a PHE council in each site and helping ensure sustained support for PHE in the future.

Strengthened MPAs

The BALANCED-Philippines Project used existing tools and mechanisms to sustain and replicate good PHE practices in MPA management. The Project and collaborating LGUs adopted the MEAT as a means of monitoring the performance of MPAs and as a basis for MPA strengthening and incentives. The Project also developed and piloted a PHE addendum to the MEAT. The addendum is designed to assess the level of integration, implementation and sustainability of PHE in coastal communities.

Based on the MEAT results, the Project designed a number of interventions related to MPAs and strengthening of their BD sea patrols. Activities included updating MPA management plans, providing trainings in biophysical and socio-economic monitoring, mentoring and strengthening of BD networks, celebrating MPA awards, and strengthening fisheries management. Over the course of implementation, the Project made significant strides by addressing critical MPA needs. It strengthened 44 MPAs, two MPA networks, 17 BD groups, and two BD networks; trained over 400 individuals in PHE and coastal and fisheries management; and improved the management of over 140,000 hectares of marine areas. A repeat MEAT assessment conducted in 10 MPAs in Bohol showed that after less than a year, nine out of 10 MPAs were either improved or maintained their original Level 1 score against the MEAT scoring criteria. Furthermore, six out of 10 MPAs improved their overall MEAT score between the first and second assessment. This is encouraging, but also emphasizes the fact that more time and resources are required to move the policy reform process towards achieving the ultimate levels and thresholds.

Putting a PHE lens on MPA planning also emphasized the importance of addressing the threats to both natural resources and to the population directly dependent on those resources/the marine ecosystem. The integrated PHE approach reinforced that resource management programs should

be based on social, health and ecological research and interventions that contribute to secure households, a healthy environment, and healthy communities.

Incentives for coastal and marine conservation among coastal fisher households

The BALANCED-Philippines Project employed conservation-based livelihoods and enterprise development strategies and activities to increase incentives for coastal and marine conservation initiatives among coastal fisher households. The purpose of the livelihoods component was to support biodiversity conservation in the VIP and DB areas by rewarding well-performing MPAs, improving the socio-economic status of participating community members, and encouraging continued conservation. The component also provided an opportunity to address livelihood-related biodiversity threats, including the lack of financial and institutional mechanisms for diversifying livelihoods, and an inadequate capacity and lack of incentives for coastal and marine conservation. A basic requisite for this component was that any livelihood diversification supported by the Project needed to directly or indirectly support marine biodiversity conservation. Using a process-oriented and participatory approach, the Project supported the development of livelihoods including seaweed farming and processing, rag and dress making, fruit and fish processing, goat raising, and mud-crab fattening. The entrepreneurs were provided technical and entrepreneurship training in business planning, seed grants, and accessing credit—among other topics. Concurrent with the capacity building and mentoring activities, the livelihood beneficiaries implemented conservation actions outlined in conservation agreements.

Towards the end of the Project, the BALANCED-Philippines team surveyed all of the livelihoods beneficiaries to assess what benefits, if any, they had obtained as a result of participating in these activities. The results were positive, especially in communities where the beneficiaries had been supported for a year or longer. At the time of the survey, 155 out of the 264 trained beneficiaries were still active and reported generating revenues from their livelihoods. Those surveyed perceived that the livelihoods support had also helped promote best practices related to coastal and marine resources management. At the municipal level, the conservation agreements helped sustain LGU support for the community organizations involved in MPA management, and it helped support CRM activities identified in municipal CRM plans.

Lessons Learned/Best Practices

- **Align Project vision with LGU vision:** LGU visions are usually linked to food security, poverty alleviation and the impacts of climate change. Linking PHE to achievement of LGU visions helped to convince LCEs to adopt integrated PHE programs.
- **PHE PE-CBD Systems increase access to FP:** Establishing a PHE PE-CBD system with cost recovery lead to increased access to FP information and commodities, especially in hard-to reach, remote areas/geographically isolated and disadvantaged areas.
- **Introducing the PHE approach in MPA management strengthened the human security links with marine biodiversity conservation effort:** The use of the PHE approach in MPA/CRM planning emphasized not only the threats to the natural resources but the impact of degraded natural resources on the very population that is directly dependent upon them; and that human well-being is linked to the health/state of the natural resources, especially the marine ecosystem.

- **Networks and partnerships are extremely important:** Networks and partnerships with other agencies are important in integrating and complementing efforts in order to maximize benefits achieved with limited resources. Having a strong partnership with the LGUs, both at the local and provincial levels, helped in the Project’s efforts to strengthen CRM and in its advocacy for PHE beyond the Project sites.
- **Investment in livelihood activities works:** The livelihood activities introduced new ways to use and manage natural resources. It gave the beneficiaries skills to produce new products and/or move up the value chain. This empowered them to be more creative and productive.
- **Reciprocal agreements can be a win-win:** when communities sign a commitment to undertake conservation actions in return for support for their livelihoods initiatives, both the people and the environment stand to benefit.

The Final BALANCED-Philippines report submitted to USAID/Philippines is in Annex 3

III. Research Findings

Value-added research

As outlined in BALANCED’s program statement, learning from practitioner experience was a core objective of the Project. Learning goals were to assess the value added of the PHE approach, showcase “gold standard” PHE field projects, and demonstrate the impacts of integrated field activities. To this end, the team developed a research agenda for documenting the benefits of the PHE approach. It included developing a design and methodology for carrying out the research using baseline independent quantitative and qualitative variables. The BALANCED team identified the Philippines as the country to implement the research. It was selected because PHE had been implemented in the country for many years, but the benefits of the PHE approach had not been adequately researched.

Collaborating with local partners, the BALANCED team conducted field research in 52 integrated PHE and non-integrated sites in the Philippines to investigate what factors contributed most to obtaining benefits from the integrated PE approach. The field data was analyzed and the preliminary data was vetted by the PHE Policy and Practice Group. The final analysis found that the level of participation was a key determinant of benefits. Other factors found significant in determining the degree of benefits included type of nongovernmental organization activities, context factors inherent to a community (e.g., population size and density) and individual characteristics of those who participated in the project.

Behavior Monitoring in Tanzania and the Philippines

The Project used its Philippine and Tanzania field sites as “living laboratories” for learning. As such, URI-CRC collaborated with the in-country teams to conduct behavior monitoring baselines and end-of project surveys. The surveys were designed based on previous behavioral monitoring methods and instruments developed by PFPI. The baseline and end-of project surveys considered a cross-sectional design using quantitative methods and face-to-face interviews of sample respondents. In Tanzania, surveys were conducted in eight villages—six villages in the Pangani District: Sange, Mikochehi, Mkwaja, and Bujuni in the Mkwaja Ward and Mkalamo and

Mbulizaga in the Mkalamo ward; and two villages in the Bagamoyo District: Saadani and Matipwili. In the Philippines, data was derived from 21 (baseline survey) and 20 (end of project survey) randomly selected maintenance and new communities in the Danajon Bank and Verde Island Passage.

Survey data was triangulated with data from previous surveys conducted in the Philippines and Tanzania and with qualitative information from other sources (focus group discussions and key informant interviews with, for example, local government leaders). The survey instrument (questionnaire) was translated into Tagalog and Swahili and pre-tested in the field by individuals with survey implementation experience. The instruments were finalized, based on pre-test findings, and contained socio-demographic, health, coastal conservation, and integrated population-health-environment questions.

Baseline survey

The underlying research question for the baseline surveys was “what are the structural and dynamic parameters that influence biodiversity, health, and the socio-economic conditions among people living in the study areas?” The aim was to establish a baseline that together with data collected in subsequent surveys could describe changes in dynamics over time and guide adaptive management processes. Also included were questions on situational dynamics, perceptions, and behaviors related to reproductive health, poverty, food security, climate change awareness, and coastal resources management—and to assess the integration across these factors.

The baselines were analyzed and written up in research reports and peer reviewed journal articles. The BALANCED Project prepared a comparison between the Philippine and Tanzania contexts. One interesting finding is that population density is a bigger issue in the Philippines than in Tanzania. In the former, many live on small crowded islands with no space left for more people or dwellings. In Tanzania, most respondents did not feel overpopulation is a short term threat to the environment—partly because there is plenty of grassland remaining that could be turned into agriculture (although this is not truly accurate as the land is not fertile). This implies that the argument of population pressure alone is not a good basis for promoting FP practice in Tanzania, whereas in the Philippines, people are likely to see that families with fewer children benefit the overall community. In Tanzania, the stronger argument is messages explaining how family planning can reduce vulnerability to poverty, food insecurity and climate change impacts at the household level. The project tailored its IEC interventions in the Philippines and Tanzania to these findings.

End of Project Surveys and Analyses

After conducting the end of project survey in the Philippines, the BALANCED team prepared a report that compared the surveys conducted in 2011 and 2013 to assess the results and impacts of the Project activities. The analysis indicated that there had been positive changes in knowledge and behaviors over the approximately 18 months from the beginning of the Project until the monitoring exercise was conducted. There were increases in all the indicators that measured the impacts of increasing access to and awareness and use of FP/RH services and in all contextual indicators, except for condition of the resources. This finding shows that PHE is a working strategy in the Philippines and that expansion and scale up would be worthwhile.

The positive changes in perceptions and knowledge and FP/RH practice were greater for the new sites than the maintenance sites. This indicates that the greatest changes may occur in the beginning of an initiative and that it is worthwhile to expand the PHE approach to work in new sites. However, the findings also indicate that the Project is having a consistent effect of slowly increasing the scores on the Project goal indicators examined. Hence, increased efforts in both maintenance and new sites will probably increase the speed and degree of these positive impacts.

Another (narrower) finding was that more attention needs to be given to informing and convincing elders of the positive benefits of FP in dealing with current problems concerning population and the environment. The respect with which they are held in traditional Philippine society could be used to more effectively deliver the PHE message. If they do not understand or disagree with the approach, they could have a negative impact on its implementation. Near the end of the Tanzania field activities in 2012, the project undertook a follow-up survey to assess the changes in behaviors and attitudes that have come about as a result of the BALANCED Project interventions. Like the 2009 survey, the end-line survey assessed the status of population, socio-economic, health, and environmental conditions in six project villages versus two control villages. Further analyses were conducted to examine whether significant differences existed between project and non-project participants. Comparing the results from the 2009 and 2012 surveys shows that the population, socio-economic, health and environmental conditions of those living around SANAPA have remained relatively stable between 2009 and 2012. Some positive trends (described in more detail in the Tanzania section of this report) were:

- There has been an increased awareness of the benefits of planning your family within the SANAPA community.
- Trained CBDs provide commodities to 31 percent of all pill users and 21 percent of all condom users.
- Men have become more positive towards and involved in family planning.
- People living around SANAPA have become more aware of the linkages between population and environment.
- People have become more empowered to participate in conservation activities.

Based on the overall survey results, the BALANCED Project concludes that the PHE behavior change communications activities have been effective in inspiring positive perception changes related to FP, biodiversity conservation, HIV/AIDS and gender. Improving access to FP through community-based distribution has also been helpful, because it brings services closer for current and prospective new users.

IV. Challenges and Lessons Learned/Recommendations

- **The physical structure of the team**, with the Project Director required to maintain a full time office in Washington DC while the rest of the CRC team members were in another state, left the Director quite isolated and made communications difficult at times. The fact that the key implementing partner was in the Philippines only further complicated the situation. In the end, this structure did not negatively impact the Project deliverables. It only impacted the team dynamics. However, it did facilitate face-to-face meetings and

interaction with USAID and with the larger DC community of PHE practice. **Lesson learned:** anticipate at the very start of the project the benefits and drawbacks to various team structures and put in place ways to minimize the impacts of the drawbacks. If it must be a “virtual” team, tackle the realities of this head-on, find other ways to “team-build” from the first day of the project and build in ample face time for brainstorming, team building and collaboration.

- **Advisory committees** can contribute additional creative energy, ideas, and recommendations to the Project strategy. As time progresses, however, and the Project is well into implementing its strategy and has zeroed in on its focus areas and activities, the opportunities for committee input are fewer. In the case of BALANCED, early in the Project contributions from a full-committee two-day meeting helped shape some of the thinking on such topics as “in which countries should BALANCED put its focus?” Thereafter, the Project did not budget for an annual full-committee meeting, but rather solicited the input and advice from individual committee members on an as-needed basis, calling upon those individuals best suited to give advice on the particular topic/question at hand. **Lesson learned:** Advisory committee roles may need to evolve over time as the Project becomes more mature and there is less opportunity/flexibility to make changes to the Project direction or implementation. Roles of advisory committee members should reflect this evolution and be made clear to the Advisory members and USAID.
- **Funding sources from two or more different USAID Offices** for one project has benefits and challenges. Funding from different sectors/funding sources within one donor agency or from multiple donor agencies moves a project closer to the “integrated” approach that PHE espouses and can help expand the circle of advocates for PHE. The flip side of this is it requires meeting the needs of multiple players including collecting data and tracking on multiple sets of indicators that do not overlap. It can even mean having to meet different reporting needs/styles and can increase the number of communications that need to occur in order to keep multiple parties updated on their specific areas of interest. **Lesson learned:** Plan for staffing levels to account for a high level of project management that will inevitably come with having multiple donors/donor sources of funds.
- **Technical assistance needs and wants** of PHE implementers in the field—especially those new or less experienced in PHE—tend to be higher than that which a project the size, funding, and scope of BALANCED can provide. USAID holds that it has already made a significant capacity building investment in PHE players in the field in the form of training in PHE program design and implementation. While this is true, we have found that training alone is not sufficient for any range of reasons. One reason may be that there is a large gap between the time someone is trained in PHE and the time they actually have the opportunity to implement such a program. Another reason might be the simple reality that learning something in theory/by-the-book is quite different than having to implement it in real time. Hence, we believe the training does need to be supported by significant amounts of technical assistance at the time of PHE implementation. **Lesson learned:** Ensure global PHE projects such as BALANCED have a large portion of their

budget targeted at providing ample technical assistance. It will only serve to protect previous investments in training.

- **PHE Fellows can add important value** to PHE projects if timed “right.” For example at the start of BALANCED, the first PHE Fellow in Ethiopia, Annie Wallace, was helpful in building connections with the PHE Ethiopia Network and mobilizing network members for BALANCED training in country. It had been envisioned that she would help to follow up with some of the BALANCED trainees, but due to family circumstances was not able to travel and conduct the follow up as planned. The second PHE Fellow, Kristen Stelltjes, was instrumental in helping BALANCED discern the capacity needs of the PHE Ethiopia Network and was very helpful in following-up with EWNRA on seed grant and reporting activities. The PHE Fellow in Mozambique, Corina Clemente, could have benefited from more technical support from BALANCED, but, there were no BALANCED activities in Mozambique. However, we successfully brought this fellow together with our East Africa Consultant during two training events in Zambia. The PHE Fellow in Uganda, Mey Cooper, was posted close to the end of the BALANCED Project and was very helpful in identifying areas where the BALANCED Project could provide technical support to the HOPE-LVB Project. While it was not the explicit role of the PHE Fellow in Uganda to follow up with BALANCED seed grants, it would have very beneficial to the two seed grantees if she could have visited them and shared lessons learned from the HOPE-LVB and vice a versa, similar to the role of Kristen Stelltjes in Ethiopia. **Recommendation:** To the extent possible, the next Core PHE Project should work in the same countries as PHE Fellows in order to ensure a cohesive team that is mutually supportive, with the Project providing technical guidance to the Fellow (as needed) and the Fellow able to work with the project on in-country activities, as appropriate.
- **Buy-ins add value only** when they truly fit the mandate of the core award. This was the case with the Buy-in from the Philippines Mission, which greatly enhanced what the Project was able to accomplish through the core award/funds alone and perfectly meshed with the BALANCED core mission and objectives. **Lesson Learned:** Look beyond just the extra funding that will come with a Buy-in. Ensure its program goals align with those of the core program and will, in fact, enhance the core program overall and contribute to its achievements.
- **Buy-ins are difficult to secure without strong advocacy** from either the USAID AOR or one or more of the core program’s team members with strong ties to a USAID Mission(s). Missions have a five-year strategy and plan. With that strategy/plan in place, there may be limited room to align a Buy-in to another program—one that was not conceived with the Mission’s strategy/plan in mind. This is somewhat of a case of knowing how to “market” the Buy-in as an opportunity to advance the very agenda/strategy the Mission has developed for itself. This, of course, requires someone experienced in PHE, with strong marketing skills, and with an excellent relationship with the Mission decision makers. **Lesson learned:** if Buy-ins are required, work as a team—from the project AOR to each team member—to develop at the very start of the program a strategy for reaching out to Missions and a clear statement of which individual will

contact which Mission(s) and a statement to the Mission as to how a Buy-in would benefit their agenda.

- **Small infusions of funding, through seed grants or direct funding** (as in Tanzania) allow institutions to add community-based family planning and integrated PHE into ongoing projects. The training manuals and methodologies published by the BALANCED Project enabled the team to implement the CBD/PE systems in multiple countries. However, the varying country contexts and different focuses of the seed grant sites/projects, the CBD/PE systems had to be adapted to each place—for example, in some instances they became embedded in livelihoods projects (creating integrated health, livelihoods, population, and environment—HELP initiatives) and in others they were embedded in projects focusing on watershed management and agriculture. **Lesson learned:** Although there are standardized tools and methods for community based family planning and integrated behavior change communications, there is not a single PHE package that can be scaled-up anywhere. PHE tools and methods must be adapted to the contexts and projects that they are implemented in.
- **Speak truth to power** in cases where the project is mandated to research and assess a hypothesis. For BALANCED, such was the case with the value-added research. While the first study substantiated the benefit of an integrated approach in general, it could not definitely substantiate a quantifiable “value-added” of the PHE approach. Some PHE practitioner reaction to this finding was negative and raised concern among the community of practice that publishing these results might negatively impact future funding for PHE. This in spite of the reality that USAID and other donors repeatedly recognize the need from learning both from what works and what does not, or in understanding the factors that can promote or inhibit even greater success/achievement. Interestingly, the follow-up study showed improved results. **Lesson learned:** do not be afraid to speak the truth; it will help in making greater progress in the longer run.
- **Local champions—both institutions and individuals inspire others to adopt an integrated PHE approach.** In the Philippines, local mayors who promoted PHE at conferences, meetings, and when visited during study tours, inspired new municipalities to adopt PHE. In Papua New Guinea a, CI inspired their partner NGO (e.g. TKCP) to engage in PHE. Champions, such as Rukia in Tanzania, inspire their local peers and help explain to the international community how PHE is implemented in the field. The risk with promoting individual champion is that if that person drops out (for example by leaving the country to pursue further studies), you can lose your momentum. **Lesson Learned:** Build both individual and institutional PHE champions. Build a cadre of champions within the community and institutions rather than focusing on a few individuals.

Annex 1: Performance Monitoring Table

INDICATOR	Year 5			Year 5 Target	LOP Results	Original LOP Target	Revised LOP Target
	Year 5 Total	July-Dec	Jan-June				
SO-1: Number of target organizations incorporating PHE tools, protocols, etc. into their work (PRH 1.1)	At least 14 organizations continue to incorporate PHE	0 new organizations At least 14 organizations continue incorporating PHE and using new PHE tools and protocols	0 new organizations. At least 14 organizations continue incorporating PHE and using new PHE tools and protocols.	5	21	24	22
SO-2: Dollar value of funds leveraged from USAID Missions and non-USG sources to support PHE implementation and scale-ups (million dollars) (PRH 1.2)	6500	6499.88	0	0	2,863,188	2,500,000	No change
1.1 Number of individuals trained by BALANCED in PHE know-how and SOTA using 21st century learning tools	320	218	102	52	2653	200	1600
1.2 Number of participants who received BALANCED training and/or mentoring that are now providing training or TA to others on PHE implementation	16	14	2	22	111	45	54
1.3 Number of new and/or strengthened partnerships established and actively involved in advancing and supporting wider use of PHE approaches as a result of BALANCED capacity-building intervention (PRH 1.3)	0	0	0	0	12	16	11
1.4a. Number of technical support interventions provided by BALANCED to Missions and to organizations to implement PHE within their programs (PRH 3.2)	24	14	10	14	103	30	70

1.4b. Number of new organizations receiving TA by BALANCED	0	0	0	0	30	No target	No change
2.1 Tools, protocols, procedures, systems, methodologies, guides, curricula, or indices with demonstrated programmatic value developed or adapted for country and/or thematic contexts (PRH IR 2.1)	6	2	4	4	20	25	20
2.2a Number of success stories, peer review articles, conference papers, research studies documenting key actionable findings about the PHE approaches, their lessons extracted, and value-added (PRH IR 2.2)	14	3	11	9	71	12	57
2.2b. Number of peer reviewed articles and research studies	0	0	0	0	3	No target	No change
3.1 Number of PHE tools, methodologies, and actionable findings replicated in new countries and geographic areas (PRH 3.1)	9	7	2	3	32	9	24
3.2a Number PHE programs scaled up (PRH 3.4)	0	0	0	0	2	2	No change
3.2b Number of geographical areas replicating PHE (PRH 3.4)	0	0	0	0	7	6	7
3.3 Number of BALANCED field site activities that produce results that can feed into KM activities (development of tools and success stories)	1	1	0	3	11	8	11

Annex 2: Summary of BALANCED activities from January 1 - September 16, 2013

IR1 Capacity built for integrated PHE implementation

During this reporting period, we turned capacity building over to many of our PHE practitioners, while completed our post-mentoring support to partners in the field. This support was designed to ensure that ownership of the PHE process is transferred to our partner organizations. Details of capacity building support provided during this reporting period are described below.

1.1 Build capacity of champion NGOs in Africa on PHE

BALANCED Project conducted a two-week course entitled, “Building Community Resilience: Integrating Population, Health and Environment (PHE)”, in Bagamoyo, Tanzania from February 18-28, 2013. Sixteen participants from Ethiopia, the Gambia, Kenya, Mozambique, Senegal, Tanzania and Uganda completed the training in PHE concepts relating to family planning, health, climate change, coastal resources management, resilience, behavior change communication, systems thinking, advocacy, scaling up and monitoring and evaluation (M&E).

The purpose of the two-week intensive course was to increase capacity and skills among these 16 PHE program implementers in Sub-Saharan Africa. The course promoted advanced thinking, the sharing of lessons learned from practical experience and the exploration of creative ideas from across Africa. It provided a rare opportunity for reflection, learning, networking and access to leading thinkers and practitioners in natural resources management, population and health and the nexus of all three. The course built technical and management skills and knowledge while also providing professional skills development. Participants also recognized their fellow trainees as resources for PHE information and tools.

By the end of the training, participants refined their knowledge in PHE concepts and gathered learned lessons on integrated PHE approaches through site visits to villages surrounding Saadani National Park in rural Tanzania. Participants also prepared action plans to continue to advance and strengthen their personal and project PHE objectives beyond the course.

Results from Activity 1.1:

- 16 participants trained on PHE implementation
- 2 BALANCED trainees training peers on PHE implementation

1.2 Provide on-going support to BALANCED trainees and PHE practitioners

- **The Integrated Coastal and Fisheries Governance Project (ICFG) or the *Hen Mpoano (Our Coast) Initiative in Ghana*** – Linda Bruce followed up with Peace Corp Volunteer, Leslie Mwinnyaa, who trained student nurses from Esiam Community Health Nursing Training School (ECHNTS) as a means to promote PHE linkages in *Hen Mpoano* project sites. Impressed with the results, Linda linked her to the Woodrow Wilson Center, who invited Ms. Mwinnyaa to give a presentation on *Hen Mpoano's* PHE youth activities in

Ellembelle. PFPI followed up with Hen Mpoano (CRC and Friends of the Nation) for PHE updates and offered technical assistance as needed.

Results from Activity 1.2:

- Two post-training assistance interventions to FON and Peace Corp volunteer from one BALANCED focus country (Indicator 1.4a)

Provide technical support to the HOPE-LVB Project

The BALANCED Project partnered with Partners in Expanding Health Quality and Access (hereafter Partners), on behalf of ExpandNet, to expand USAID's global leadership in integrated PHE activities by building the capacity of Pathfinder International and its partners on PHE scale-up as part of the Health of People and Environment in the Lake Victoria Basin (HOPE-LVB) Project funded by the John D. and Catherine T. MacArthur/David and Lucile Packard Foundations and USAID. In addition to the subcontract with ExpandNet, BALANCED staff also provides technical assistance to the HOPE-LVB project. During this reporting period the following technical support was provided:

ExpandNet

Partners/ExpandNet is helping Pathfinder, Ecological Christian Organizations (ECO), Conservation Through Public Health (CTPH), and OSIENALA to develop and test two models of integrated interventions in Uganda and Kenya that have the potential for sustainability and can be scaled-up to other districts in the regions, with the possibility of expanded relevance and replication for the other countries in the LVB region. During this reporting period, the ExpandNet team members provided the following virtual technical support to HOPE-LVB:

- Participated in the two-day "Meeting of the Minds II" with donors, members of the technical support teams, including ExpandNet team members, and HOPE-LVB implementing partners to assess project progress and undertake strategic planning/mapping of future directions
- Both in country and virtually undertook analysis of baseline data report and supported PHE Fellow's preparations to facilitate team discussions on the implications of the data for current implementation and future scale up and to identify any possible mid-course corrective measures, as appropriate.
- Conducted two field-visits to Uganda and Kenya project sites together with HOPE colleagues to enable providing input into project implementation from a scaling-up perspective. Meetings took place with local stakeholders, health and environmental service providers, community groups/organizations leaders/authorities/decision makers and others about the challenges and opportunities encountered during project implementation. This activity is expected to stimulate interest and buy-in from key stakeholders for expanding the adaptation and implementation of HOPE-LVB's intervention package.
- Supported Lucy Shillingi in the preparation of the scaling-up focused aspects for the BALANCED Africa PHE course in Tanzania.

- Supported the participation of Antony Omimo's in the Africa PHE Course to promote learning and information dissemination about the Project's experiences and to enhance the potential for scalability of successfully-tested interventions within the region.
- Developed a draft tool for documentation of project activities not currently captured in other areas of the project monitoring plan, which has been adopted by the Project team to help gather a more complete picture of the process of implementation and what will be required to ensure future success with scaling up.
- Conducted brief preliminary interviews with a few team members to assess reflections on what is being learned from applying the guidance contained in the ExpandNet/World Health organization (WHO) document "beginning with the end in mind" which will be analyzed as part of an exercise to write up preliminary lessons during the coming year
- Helped facilitate the decision to found a project steering committee in both countries and helped develop the agenda and presentations and participated in the first meeting of the committee in Uganda
- Provided long distance technical support in the identification

BALANCED TA

- Linda Bruce attended the January 21 to 22, 2013 Meeting of the Mind meeting in Uganda and provided input on BALANCED TA to the HOPE-LVB Project
- Trained HOPE-LVB on what are job aids, and provided hands-on mentoring and continued virtual support to develop a job aid for HOPE-LVB behavior change agents
- Assisted Pathfinder Uganda to develop a module for use in orienting the behavior change agents and the community on PHE. The module incorporated key messages from the job aid.
- Assisted Pathfinder Uganda to develop a counseling tool that could be used by HOPE-LVB behavior change agents as the counsel the community about PHE
- Provided input HOPE-LVB newsletter
- PFPI/PTAL participated in a HOPE LVB team meeting and provided inputs related to the project steering committee.
- PFPI/PTAL provided technical support to HOPE-LVB/ExpandNet in preparation for their one-day PHE Advocacy event as part of the August 2013 Eastern, Central, Southern African Community (ECSA) Best Practices Forum

Results from Activity 1.3

- 4 HOPE-LVB partners continue to incorporate ExpandNet scale-up methodology into their project activities (Pathfinder Uganda, Pathfinder Kenya, Osienala, ECO, (SO-1)
- 6 (3M, 3F) HOPE-LVB project staff taught how to develop a performance-oriented job aid for community behavior change agents. (Indicator 1.1)
- 7 TA interventions to HOPE-LVB Project (Indicator 1.4a)

- 2 hands on ExpandNet TA interventions on M& E and project strategic directions
- 5 TA interventions by BALANCED: 1 hands-on TA visit (job aid development and MOTM meeting) and 5 virtual TAs (2 for orientation module, 2 for counseling tool and 1 for newsletter)

IR2 PHE knowledge and tools developed, synthesized, and shared

The knowledge management (KM) element of the BALANCED Project serves as the nexus of IR1, *Capacity built for integrated PHE implementation* and IR3, *Results-oriented PHE field activities implemented in areas of high biodiversity*. The BALANCED mid-term evaluation recommended, however, that the Project team reduce its KM-specific activities, while continuing to maintain and build only modestly on those activities and outputs already invested in during the Projects' first years. BALANCED KM activities continue to focus on three key areas:

- Identify, document and synthesize knowledge on PHE (*Activity 2.1*)
- Organize existing and new knowledge for the PHE website (*Activity 2.2*)
- Share knowledge within the PHE community and beyond (*Activity 2.3*)

2.1. Identify, document, and synthesize knowledge

The BALANCED team completed the following activities and products during this reporting period:

- Produced and disseminated the “Conducting PHE Behavior Monitoring Surveys: A Practical How-To Tool” in June 2013.
- Completed and disseminated the “Tool for Program Planners and Designers: Adapting to Water Stress and Changing Hydrology in Glacier-Dependent Countries in Asia” in July 2013.
- Drafted the Focus article on PHE initiatives in Papua New Guinea with TKCP and sent for review to Lisa Dabek in July 2013. This document was sent to the Wilson Center ECSP who will complete the document after the BALANCED Project ends.
- Published and disseminated the “Developing Behavior Change Communication Interventions for Population, Health and Environment Projects: Facilitator’s Guide” on August 9, 2013.
- Finalized the comparative BMS report on Tanzania PHE factors entitled, “Analyzing Changes in Population, Health and Environmental Perceptions and Behaviors in the Saadani National Park Area, Tanzania” and disseminated it on August 20, 2013.
- Finalized the BALANCED-Philippines Project report comparing the BMS survey results from 2010 and 2013 which showed positive impact after 18 months. Distributed the report widely on August 28, 2013.
- In collaboration with the BALANCED-Philippines staff, crafted stories that highlighted successful PHE champions from the field. Finalized and disseminated the BALANCED-Philippines PHE champion stories on August 30, 2013.

- Drafted the “PHE Field Implementation: A Simple PHE Practitioner Guide” during the first three months of this reporting period. In March and April 2013, the Project shared a draft and solicited technical feedback from 20 PHE collaborating NGOs. The majority of the comments and suggestions were incorporated into the final document. USAID technical staff reviewed the document in July and a final version was disseminated on September 9, 2013.
- Produced the final BALANCED project newsletter which highlighted accomplishments, best practices and lessons learned over the past five years. Disseminated the newsletter on September 13, 2013.
- Prepared a draft of the lessons learned document on PHE scale-up, drawing on the experiences of the BALANCED Project and collaborating PHE implementers, and including experiences from BALANCED-Philippines, ExpandNet, World Wildlife Fund (WWF), Jane Goodall Institute and other PHE organizations in June and July 2013. The final document will be produced after the BALANCED Project ends.

Results from Activity 2.1:

- Four tools developed and published online (IR 2.1)
- Five publications documenting key actionable findings about PHE approaches and lessons learned (IR 2.2)

2.2. Organize existing and new knowledge for PHE

Key “new” resources were uploaded as they become readily available and “known” to the team. Also, the team drafted a handover strategy for the PHE Toolkit for USAID. Meanwhile, the team continued to “promote” the PHE Toolkit as a rich and easily accessible repository of the ‘best of’ PHE resources as described below:

- In coordination with USAID PHE Technical Advisor, BALANCED staff developed the strategy document for handover of management of the PHE Toolkit in March 2013. The strategy included a brief summary of the methodology used for keeping the toolkit up-to-date, a list of any “time bound” materials or content that will/should be removed, a list of “lessons learned,” as appropriate, and an explanation of any “quirky” aspects of the site for the next activity manager to continue the toolkit. The document was submitted to the USAID PHE Technical Advisor in May 2013.
- The data log files show the life-of-Project show an average of over 400 visits per month since the date of the launch, with a low monthly hit count of 71 and a high monthly hit count of 1,065.9
- Between January 1 and September 13, 2013 we uploaded¹⁰ 15 different publications and cross-linked them into multiple sub-tabs on the PHE Toolkit. This number of uploads is

9 Previous reports to USAID cited data usage figures that were incorrect. This was the result of a programming flaw on the K4Health Toolkit. It affected just two Toolkits and unfortunately, the PHE Toolkit was one. The K4H team only recently alerted us to this technology flaw, but confirms that the figures cited in this report are accurate.

considerably lower than in previous reporting periods due to the refocusing of overall Project KM efforts and the fact that the K4Health portal was offline for technical enhancement and revisions for a large part of October/November 2012.

- BALANCED continues to monitor the RSS feed that it helped build and that links the PHE Ethiopia network's library of PHE-relevant publications to the PHE Toolkit home page of the K4Health site [PHE Toolkit](#).
- BALANCED staff updated the BALANCED Project website monthly with technical content, news items and other information.

Results for Activity 2.2 include:

- PHE Toolkit uploaded with 15 new resources
- PHE toolkit handover strategy submitted to USAID

2.3 Share knowledge within the PHE and broader community

This activity continued to raise awareness of and support for PHE. In the current reporting period, and in line with the BALANCED Communications Strategy, this included sending “news” announcements about PHE initiatives, champion/success stories, (both BALANCED-specific and from the larger PHE/development community) to the global PHE community of practice; presenting at key international conferences relevant to PHE; and reaching new development and conservation audiences through USAID newsletters and the International Poverty and Conservation network. Specifically, we achieved the following:

- Disseminated 12 news items to two primary target listservs—the PHE listserv, and the Africa Biodiversity Collaborative Group (ABCG) listserv¹¹. Several of these were re-transmitted through other channels including the Woodrow Wilson Center's (WWC) New Security Beat. This helped to further broaden our reach. On average, we reached 1,400 people with each news item (see Dissemination List at the end of this report).
- On April 30, 2013, the BALANCED PTAL made a presentation at the Woodrow Wilson Center entitled, “Empowering the Youth as Change Agents for Responsible Sexuality, HIV/AIDS/STI Prevention and Environmental Conservation “. The presentation highlighted the BALANCED and PFPI's EMPOWER Projects' PHE initiatives with the youth
- On April 30, Leslie Mwinnyaa, Peace Corp volunteer working on CRC's Hen Mpoano Project made a presentation at the Woodrow Wilson Center on PHE youth activities in Western Ghana. BALANCED Project staff helped Leslie prepare the presentation.
- The PTAL/PFPI presented at the Women Deliver Conference from May 28-30, 2013 in Kuala Lumpur, Malaysia on a panel entitled, “Increasing Access to Contraception

¹⁰ As a result of the September 2011 strategic planning meetings, BALANCED discontinued the Content Management Team but continued to solicit materials from PHE partners and the PHE community in general on a regular basis.

¹¹ The Family Planning listserv ended in February 2013.

through Integration with other Health Components and Non-Health Strategies.” The presentation focused on the PHE approach highlighting the design implementation, challenges, benefits and lessons learned of integrated approaches. At the panel, the PTAL also shared information about the collaboration between health and non-health sector in the BALANCED project.

- Lisa Dabek presented at the Wilson Center on May 30, 2013 on the BALANCED seed grant the Woodland Park Zoo received for its TKCP Program in Papua New Guinea (PNG). Lisa also presented at the July 22, 2013 Society for Conservation Biology (SCB) conference as part of a PHE panel. BALANCED Project staff collaborated with TKCP on the presentations for both sessions, as well as the FOCUS article on TKCP’s experiences integrating family planning information and services into conservation efforts.
- In July 2013 the PFPI/PTAL presented on PHE youth initiatives in a panel entitled “Empowering Youth for Community Engagement and Development” during the official launching of the UNESCO Chair program at Penn State in the USA. The PHE approach used by PFPI’s Asmore-funded EMPOWER Project and USAID’s BALANCED Project to reach and empower youth was shared in the plenary.
- Engaged new and existing PHE partners in dialogue to increase access to and promote PHE tools, knowledge, etc., including WASH Advocates, Water for People, Georgetown University graduate students and Sierra Club youth advocates.

Results for Activity 2.3 include:

- BALANCED Project website maintained, and content updated
- Five conference/meeting representations showcasing key actionable findings about PHE approaches and lessons learned (IR 2.2)

Project Close Out

Throughout this reporting period, BALANCED Project staff planned the end-of-project presentation in coordination with ECSP staff. After several discussions about the format and technical content of the presentation, the team decided to highlight four to five stories on lessons learned and best practices from the Project’s key activities in Tanzania and the Philippines, and with seed grants and knowledge management. After the BALANCED project lessons, the presentation included a broader discussion with the audience about recommendations for future PHE programming. The presentation occurred on September 10, 2013 at the Wilson Center in Washington, DC, from 2:30 to 5 pm. More than 50 health, development and conservation professionals attended the session.

Results for Activity 2.4 include:

- One conference/meeting representation

IR3 Results-oriented PHE field activities implemented in areas of high biodiversity

The BALANCED Project supported PHE scale-up, replication and start-up activities in countries through a small amount of USAID central funds and additional financing from a mix of USAID Mission and Bureau Buy-ins, leveraged funds from non-US Government donors, and cost share from BALANCED Project partners. The PHE interventions focus mainly on delivery of FP services to communities in BALANCED focus countries that include USAID priority biodiversity conservation areas and USAID First Tier Intensive Focus countries. Building on the activities and achievements from the first half of Year 5 the BALANCED Project worked to turn over project activities to country partners in Tanzania, Zambia, Uganda, PNG and the Philippines.

3.1 Wrap up PHE activities in Tanzania

During this reporting period, BALANCED phased out its PHE support in Tanzania and began handing over supervision of current PHE volunteers to the Pangani District government. During this reporting period, the following was accomplished: As part of lesson sharing, the BALANCED Tanzania team hosted the 10-day intensive PHE Africa Regional course for professionals working in population, health and/or environment in Africa (see *Activity 1.1*).

- Monitored and mentored all PHE volunteers in Pangani in collaboration with staff from the district government (the district ICM) and the Pangani District hospital (e.g. the district FP/RH coordinator). The goal of the monitoring visits was to collect data as well as monitor and strengthen effectiveness and impact of the PHE community-based distribution and peer education outreach system. During the visits, the BALANCED team met with the community volunteers, discussed issues that might arise when the volunteers provide integrated PHE messages in the community, and reinforced with the volunteers their role in referring clients and distributing modern contraceptives. During the monitoring visits, we learned that nine PHE providers—one CBD, six APEs and seven YPEs—had dropped out. With this reduction there still remain 49 CBDs, 27 YPEs, and over 200 APEs.
- Discussed with the Pangani District ICM facilitator about the phasing out of PHE activities. It was agreed that since CBDs are formally part of the Tanzania MOH system, the BALANCED-trained CBDs will continue to be supported by the Pangani MOH.
- Discussed with the District Executive Director (DED) about the sustainability of the APEs and environmental activities and incorporating PHE activities into the village development plans.
- Developed and printed bags with the theme ‘Planned Family, Healthy Environment for a Better Future’. The bags were distributed to all active CBDs and PE’s.
- Produced PHE radio spots on family planning, SACCOs and fuel efficient stoves. The radio spots were aired by the Pangani FM radio station.
- Attended the National Family Planning Technical Working Group meetings, which are held approximately every other month.

- Matthew Erdman, USAID PHE Technical Advisor, visited the BALANCED Tanzania project sites in Pangani where he met and had group discussions with the community volunteers and our partners.
- The project purchased uniforms and balls for 6 youth soccer teams from the Mkalamo ward in Pangani. This was done to motivate youth to formulate youth clubs through football competitions.
- Pathfinder International in collaboration with Population Action International coordinated a study tour for four staff members of US senators. The study tour aimed to learn about maternal newborn and child health, reproductive health, HIV/AIDS programs and other programs integrating FP/RH activities in Tanzania. The BALANCED Tanzania activities were showcased during the study tour.
- The analysis of the 2009 and 2012 behavior monitoring surveys written up in a report, which was published online.

Results from activity 3.1

- BMS survey report (Indicator 2.1)
- The Pangani District Medical Office (DMO) continues to integrate PHE tools and methods into its work (SO-1)

Field based results

- 158 new users for family planning
- 613 cycles of pills distributed by CBDs
- 249 counseling visits for family planning/reproductive health provided by adult peer educators
- 1230 PHE counseling sessions provided by youth peer educators in their target communities
- 26,812 condoms distributed by CBDs and PHE providers. 16,122 condoms were distributed by youth
- 7,206 individuals reached through community outreach that promotes HIV/AIDS prevention through other behavior change beyond abstinence and/or being faithful
- 104 antenatal care visits by skilled providers from USG-assisted programs

3.2 Scale-up PHE activities in the Philippines (Mission Buy-in)

USAID/Philippines provided a US\$1,600,000 Buy-in to the USAID Washington-funded BALANCED Project to support results-oriented PHE field activities in biodiversity-rich bioregions of the Philippines over the period from December 2010 – August 2013. Funding originated from two sources within USAID/Philippines: The Office of Health (OH - \$800,000) for FP and outreach components (Intermediate Results/IRs 1, 2 and 3), and the Office of Energy, Environment and Climate Change (OEECC - \$800,000) for outreach, fisheries management and livelihood components (IRs 4 & 5 and some contributions to IR3).

The BALANCED-Philippines activities were implemented in five provinces in two important marine eco-regions—the Verde Island Passage (VIP) and the Danajon Bank (DB) bio-regions. The following were the key accomplishments from January to July 2013. The Final report and KM products, which were submitted to USAID/Philippines, provide detailed descriptions of activities undertaken and results.

- Conducted the VIP convergence meeting with CI/Philippines, Population Commission and the Province of Oriental Mindoro as key collaborators. Ninety eight participants from 13 BALANCED Philippines target municipalities and regional and provincial level agencies from the VIP attended the event.
- Conducted the Danajon Bank convergence meeting with 78 participants from BALANCED Philippines municipalities and regional and provincial level agencies. USAID/Philippines Office of Health Chief, Ann Hirschey, delivered the introductory comments.
- Conducted a seaweed processing training for seaweed farmers in Bohol.
- Integrated PHE into the CRM plan of Inabanga, Bohol
- Conducted the 3rd Supportive Supervision Mentoring and Monitoring Meetings in 17 municipalities
- Assessed the MPAs of the Lubang Island Group using the management effectiveness assessment tool.
- Finalized the Bantay Dagat Task Force Operational Manual
- Held a Coastal Law Enforcement training workshop for Bantay Dagats from the Pres. Carlos P. Garcia and Clarin municipalities, Bohol.
- Helped facilitate the passing of a PHE ordinance in one municipality in Danajon Bank, making a total of four PHE ordinances passed in project sites.

3.3 Provide technical support to WCS Zambia seed grant activities

In October 2010, WCS Zambia received in seed grant funding to integrate family planning into its conservation and livelihood activities in the Luangwa valley. WCS implements the Community Markets for Conservation (COMACO) Program to provide sustainable sources of alternative incomes and other incentives for conservation to families living around Zambia's national parks in the Luangwa Valley. The following was accomplished during this reporting period:

- Printed additional copies of the Better life book and distributed a total of 768 copies to more producer groups. This brought a total of 3,536 copies distributed.
- Selected key pages from the BALANCED PHE CBD/PE Reference Manual were translated into the local language and distributed to the Lead framers and peer educators.
- Analyzed the behavior change survey conducted in the previous reporting period. Key results indicate the need to increase education for the youth (15-24 y/o) on the use of condoms every time they have sex and increase perception that all sexually-active youth should use

protection against pregnancy every time they have sex .The survey also looked into the composting behaviors of farmers .

Results from Activity 3.3

- None

Field based results

INDICATOR	Jan to June 30, 2013	Cumulative Results Years 1 to 4
General		
Number of individuals trained (disaggregated by population (P), health (H), and environment (E) topic-specific training, integrated trainings, and gender)	0	570 (350 adult peer educators and 220 youth peer educators of which 353 M:217F)
Family Planning and Reproductive Health		
Number of USG-assisted service delivery points providing FP counseling or services		350 adult peer educators
Average household distance/time to access family planning commodities	500 meters to 5 km	Distance reduced. The PEs are available within 500 m

3.4 Provide seed grant and technical support to TKCP Program in PNG

BALANCED provided seed grant funding and technical assistance to the WPZ TKCP program in PNG to implement the “Healthy Village, Healthy Forest: Integrating Healthy Family Planning and Conservation in Papua New Guinea” project. It builds TKCP’s capacity to integrate and implement a CBFP initiative into their conservation efforts. During this reporting period, the trained volunteers continued to deliver integrated messages and refer potential FP clients to the health center for counseling and method.

Results from Activity 3.4

- None

Field based results

INDICATOR	Jan to June 30, 2013	Cumulative Results Years 1 to 4
General		
Number of individuals trained (disaggregated by population (P), health (H), and environment (E) topic-specific training, integrated trainings, and gender)	0	43 adult PEs (37M:6 F) 18 youth PEs (9M:9F)
Family Planning and Reproductive Health		
Number of USG-assisted service delivery points providing FP counseling or services		43 adult PEs (37M:6 F)
Average household distance/time to access family planning commodities	Few minutes to 12 hrs to health post	Few minutes to less than 12 hours from a PE/CBD

3.5 Provide seed grant and technical support to VEDCO in Uganda

Since November 2011, BALANCED has been providing Volunteer Efforts for Development Concerns (VEDCO) with seed grant funding and TA support to implement the *Improving livelihoods through increased access to Reproductive Health services among farmers* project. The goal of the 18-month seed grant support is to improve access to and use of family planning in the agriculture-dependent districts of Nakaseke, Moyo and Yumbe. To date, VEDCO established its Peer education and CBD system with a cadre 65 adult peer educators, 60 youth peer educators and 60 CBDs trained in three districts. The CBDs were either clinic/drug shop owners and/or the MOH-trained Village Health Teams (VHTs). Those currently linked to the health stations (i.e. VHT) get FP supplies form the health stations.

VEDCO continues to seek ways to deliver FP commodities to its project sites. The VHTs are the MOH's "community-based distribution" agents who provide FP information and services for free at the community level. However, the MOH health centers very often have shortages of stock and lack enough FP commodities for themselves or to distribute to the VHTs. Therefore, VEDCO had planned to train private CBDs that would obtain their supplies from social marketing suppliers, such as the Uganda Health Marketing Group (UHMG). However, UHMG does not service VEDCO project sites. UHMG partners with the Good Life clinic. If VEDCO

would like to link with Good life to obtain FP methods, they will need funds procure the FP commodities for the CBDs

One challenge will remain—i.e., the CBDs may not have the initial capital to purchase their first consignment of supplies. We will address this issue in the quarter.

During this reporting period, VEDCO accomplished the following:

- A total number of 60 (50 F;10M) were trained as CBDs
- Joan Castro visited VEDCO to assess project activities and help them to develop a sustainability plan. During that visit, VEDCO received assurance from the District Health Office in Yumbe that they can give FP products to the project trained CBDs.
- PHE Adult Peer educators reached a total of 1908 females aged (15-49) through education events.
- 280 interpersonal communication and counseling sessions were conducted by APEs and YPEs
- 895 family planning users have been counseled and 990 females are currently using pills and injectables

Results from Activity 3.7

- 60 CBDs were trained (Indicator 1.1)
- Technical assistance provided by Joan Castro to VEDCO (Indicator 1.4)
- VEDCO incorporating CBD system into their operations (SO-1 and 3.1)

Field based results

INDICATOR	Jan to June 30 2013	Cumulative Results Years 1 to 4
General		
Number of individuals trained (disaggregated by population (P), health (H), and environment (E) topic-specific training, integrated trainings, and gender)	60 (50 F;10M)	65 (36 M;29F) adult PEs; 60 (35 M;25F) YPEs
Family Planning and Reproductive Health		
Number of USG-assisted service delivery points providing FP counseling or services	-	60 CBDs (50 F;10M)
Average household distance/time to access family planning commodities	Average distance from village to the health post is 2.5 k	Average distance from HH to PE is 1.5 km

3.6 Provide seed grant and technical support to BMCT in Uganda

BALANCED provided seed grant funding and technical support to BMCT to implement the integrated project, *Integrated Community Conservation and Development for a Healthy Population around Bwindi Conservation Area*. The project enabled BMCT to integrate community-based family planning into its conservation activities. During this reporting period, the highlights of BMCT seed grant were as follows:

- During the previous reporting period, a study conducted with 384 individuals to establish baseline data on access and provision of FP services in the project area. Findings were analyzed during this reporting period and include the following highlights:
 - The majority of the population in the four parishes has basic education (semi-literate) which has negatively affected their access to information on family planning and empowerment to discuss reproductive health with their partners. This is further accentuated by the cultural sentiments where parents do not talk about sexuality with their children and in the public.
 - Across all the parishes, there is universal knowledge about family planning. In all the parishes, all respondents have ever heard of family planning (100%) through radio
 - 75% of the populations in the four parishes are peasant farmers depend on subsistence crop farming except for tea planting which is grown solely for sale.
 - That injectables and pills are the commonly known methods across all the four parishes.
 - There is no food and nutrition security in the selected parishes. What is harvested is only consumed except for tea, which is grown for sale.
 - That malaria was the commonest disease affecting the health of the population in the four parishes (72%).
 - Majority of the population in the four parishes are dependent on firewood as their main source of energy. The population also uses traditional three stone cooking stoves which waste much of the firewood.
- A total of 7,211 clients were referred by PEs (youth and adults) CBDs and other community change agents to Kyeshero and Karangara Health Centers. Of these, 1,769 home visits were made (talking to 914 females, 432 males and 321 couples).
- As a result of PE referrals, there were 3,719 new FP users and 3,492 continuing users who obtained an FP method. Hormonal injectables (DMPA) and contraceptive pills were the widely used FP commodities. A few cases of vasectomy, tubal ligation, Intra uterine device and Implants were reported done at Bwindi Community Hospital.
- 20 CBDs (3 males, 17 females) were trained. The training was conducted in partnership with Kanungu District Medical Office
- Previously trained project staff formed Youth drama groups with the YPEs and some APEs and CBDs. They prepared and delivered music, dance and drama (MDD) to reach more people including their fellow youth about PHE and family planning. The group delivered the drama during social gatherings in the community.

- The 20 YPEs reached a total of 2,279 youth with PHE education.
- The community volunteers also raised awareness about PHE awareness through drama shows in 8 communities reaching an audience of 3759. The lively shows brought elements of interpersonal communication that helped personalize FP/RH, PHE issues for viewers at personal and household level.

Results from Activity 3.6

- 20 participants (3M;17 F) participated in the PHE CBD training (Indicator 1.1)
- TA provided to BMCT by Joan Castro (Indicator 1.4)
- BMCT incorporating CBDs into their operations (SO-1 and 3.1)

Uganda (BMCT) PMP Field Data Summary

INDICATOR	Jan to June 30, 2013	Cumulative Results Years 1 to 4
General		
Number of individuals trained (disaggregated by population (P), health (H), and environment (E) topic-specific training, integrated trainings, and gender)		PHE Adult Peer Educators (29-16F:13M) and PHE Youth Peer Educators (20-9F; 11M).
Family Planning and Reproductive Health		
Number of USG-assisted service delivery points providing FP counseling or services	20 CBD (3 M;17 F)	CBD: 20 (3 M;17 F)
Average household distance/time to access family planning commodities	Fewer km up to 8 km from village to health center	Closer reach by community to PEs who did house to house IPCs markedly reducing distance to FP/RH/PHE information and services

3.7 Implement recommendations from the Glacier Melt Study (Asia Bureau Buy-in) -

BALANCED received Buy-in funds from the USAID Asia Bureau to address selected recommendations in the report on *Changing Glaciers and Hydrology in Asia: Addressing Vulnerabilities to Glacier Melt Impacts*. In this reporting period, the BALANCED advisor/consultant Leona D'Agnes made final revisions to the Glacial Melt (GM) Tool based on the feedback from USAID Central Asia Region (CAR) and from Dr. Liz Malone who was

involved in an earlier GM task for USAID. Revisions included re-writing the steps to creating a virtual multi-sectoral GM vulnerability reduction activity to address the issues highlighted by the technical reviewer from USAID/CAR. PFPI also reviewed documents and websites on the Feed the Future Initiative in Nepal and incorporated information from that model into the GM Tool to illustrate the linkage opportunities. A revised version of the GM Tool was submitted to CRC/URI for internal review for finalization and was then disseminated to a targeted audience.

Results from Activity 3.7

- Tool for program planners working on issues of glacier melt that includes consideration of health, family planning, and other demographics factors in program designs (Indicator

III. Key Management Tasks

Accomplishments

PHE East Africa Course: As a result of BALANCED having supported the attendance of several individuals to the June CRC-CI hosted PHE course, we have an excellent design and delivery team that has been working to adapt that course for a shortened version to be offered in February 2013 in East Africa. The “research and development” costs of an initial PHE course design were borne by CRC-CI, and both organizations are willing and pleased to be able to share freely all the curriculum that was designed for the June course. This saves BALANCED the cost of having to design a course from scratch. The two BALANCED-supported participants in the June course will be co-facilitators for the East Africa Course.

The course will be offered as a revenue-based course, with some participants able to fully “pay their way” (tuition, fees, lodging, travel), others paying partial costs, and some attending on a full scholarship. As of the end of December the applicant pool was good and prospects for holding the course were excellent.

Challenges

None

BALANCED Communications/Dissemination Activities from January 1 to September 13, 2013

I. Presentation on PNG Project on integrated conservation and development – January 30, 2013

Audience	Date Sent	Person Responsible	Number of People Reached
PHE P&P list serve	January 30, 2013	Janet Edmond	50
Total			50

II. BALANCED Project East Africa PHE Course Completed in February 2013 – March 13, 2013

Audience	Date Sent	Person Responsible	Number of People Reached
PHE list serve	March 13, 2013	Janet Edmond	1,300
CI staff	March 7, 2013	Janet Edmond	82
East Africa PHE network	March 30, 2013	Jason Bremner	200
Total			1,582

III. Film on BALANCED Tanzania PHE Project at Environmental Film Festival – March 13, 2013

Audience	Date Sent	Person Responsible	Number of People Reached
PHE P&P	March 13, 2013	Linda Bruce	50
PHE list serve	March 13, 2013	ECSP	1300
PHE list serve	April 3, 2013	Sean Peoples	1300
Estimated total			1350

IV. Facing the Future: Empowering Youth to Protect their Health and the Environment – April 26, 2013

Audience	Date Sent	Person Responsible	Number of People Reached
PHE list serve	April 26, 2013	Linda Bruce	1300
ABCG list serve	April 24, 2013	ABCG	2000
Total			3300

V. New Tool Available on the PHE Toolkit – Conducting PHE Behavioral Monitoring Surveys – June 17, 2013

Audience	Date Sent	Person Responsible	Number of People Reached
PHE listserv	June 17, 2013	Janet Edmond	1,300
Total			1,300

VI. New Tool for Program Planners and Designers: Adapting to Water Stress and Changing Hydrology in Glacier-Dependent Countries in Asia" – July 8, 2013

Audience	Date Sent	Person Responsible	Number of People Reached
PHE listserv	July 8, 2013	Janet Edmond	1,382
CI climate change email list	July 10, 2013	Janet Edmond	34
Total			1,716

VII. New BALANCED Project Guide on Developing Behavior Change Communications – August 9, 2013

Audience	Date Sent	Person Responsible	Number of People Reached
PHE listserv	August 9, 2013	Janet Edmond	1,413
Total			1,413

VIII. New Report Compares PHE Behaviors in the Communities Surrounding Saandani National Park, Tanzania

Audience	Date Sent	Person Responsible	Number of People Reached
PHE list serve	August 20, 2013	Janet Edmond	1406
Estimated total			1,406

IX. BALANCED-Philippines Project Report Demonstrates Positive Impact after 18 Months – August 28, 2013

Audience	Date Sent	Person Responsible	Number of People Reached
PHE list serve	August 28, 2013	Janet Edmond	1,404
Estimated total			1,404

X. PHE Philippines Champions – August 30, 2013

Audience	Date Sent	Person Responsible	Number of People Reached
PHE list serve	August 30, 2013	Janet Edmond	1,404
Estimated total			1,404

XI. PHE Implementers Guide – September 9, 2013

Audience	Date Sent	Person Responsible	Number of People Reached
PHE list serve	September 9	Janet Edmond	1,402
ABCG list serve	September 9	Janet Edmond	2,000
Estimated total			3,402

XII. BALANCED newsletter – September 13, 2013

Audience	Date Sent	Person Responsible	Number of People Reached
PHE list serve	September 13	Janet Edmond	1,404
ABCG list serve	September 13	Janet Edmond	2,000
Estimated total			3,404

Annex 3: BALANCED-Philippines Final Report

**Building Actors and Leaders for Advancing Community Excellence in Development:
The BALANCED - Philippines Project**

**Final Project Report
For the Period January 1 2010 to August 31, 2013**

Submitted_ September 3, 2013

**USAID Cooperative Agreement No. GPO-A-00-08-00002-00
Population Health Environment Technical Leadership Cooperative Agreement**

Implemented by:

**PATH Foundation Philippines, Inc.
Conservation International
Coastal Resources Center at the University of Rhode Island**

This document was produced for review by the United States Agency for International Development under the terms of Cooperative Agreement No. GPO-A-00-08-00002-00. The Project is managed by the Coastal Resources Center at the University of Rhode Island in collaboration with Path Foundation Philippines, Inc. and Conservation International.

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ACRONYMS

AIP	Annual Investment Plan
APE	Adult Peer Educator
BALANCED	Building Actors and Leaders for Advancing Community Excellence in Development
BCC	Behavior Change Communication
BD	Bantay Dagat
BDP	Barangay Development Plan
BEMO	Bohol Environmental Management Office
BFAR	Bureau of Fisheries and Aquatic Resources
BHW	Barangay Health Worker
BMS	Behavior Monitoring Survey
BNB	Botika ng Barangay
BNS	Barangay Nutrition Scholar
BRAVO	Batangas Recognition Awards for Verde Island Passage's Outstanding Marine Protected Area
BSPO	Barangay Supply Point Officer
CBD	Community Based Distributor
CBFP	Community-based Family Planning
CBO	Community-based Organization
CI/P	Conservation International Philippines
CRC	Coastal Resources Center
CRM	Coastal Resource Management
CPR	Contraceptive Prevalence Rate
DB	Danajon Bank
DCW	Day care worker
DENR	Department of Environment and Natural Resources
DOH	Department of Health
FP/RH	Family Planning/Reproductive Health
GIDA	Geographically isolated and disadvantaged areas
ICV	Informed Consent and Volunteerism
IEC	Information, education, and communication
IMAP	Integrated Midwives Association of the Philippines
IPC/C	Interpersonal Communication and Counseling
IPOPCORM	Integrated Population and Coastal Resource Management
IR	Intermediate Results
LAPM	Long Acting Permanent Method
LCE	Local Chief Executives

LGU	Local Government Unit
LIG	Lubang Island Group
LMP	League of Municipalities of the Philippines
M&E	Monitoring and Evaluation
MAO	Municipal Agriculture Officer
MEAT	MPA Management Effectiveness Assessment tool
MENRO	Municipal Environment and Natural Resources Officer
MHO	Municipal Health Officer
MOU/A	Memorandum of Understanding/Agreement
MPA	Marine Protected Area
MPDC	Municipal Planning Development Council
MSWD	Municipal Social Worker Department
MWRA	Marred Women of Reproductive Age
NGO	Non-governmental Organization
NRM	Natural Resource Management
OEECC	Office of Energy, Environment and Climate Change
OH	Office of Health
PAgO	Provincial Agriculture Office
PCPG	President Carlos P Garcia
PCRA	Participatory Coastal Resources Assessment
PE	Peer Educator
PFPI	PATH Foundation Philippines, Inc.
PGENRO	Provincial Government Environmental Resource Office
PHE	Population, Health, and Environment
PHE RT	Population, Health, and Environment Resource Team
PHO	Provincial Health Officer
PO	People's Organization
POPCOM	Commission on Population
PPE	Poverty, Population and Environment
RH	Reproductive Health
RHU	Rural Health Unit
SB	Sangguniang Bayan
SSMM	Supportive Supervision Monitoring and Mentoring
STI	Sexually- transmitted Infection
TOT	Training of Trainers
TURF	Tools for Understanding Resilience of Fisheries
TWG	Technical Working Group
URI	University of Rhode Island

USAID	United States Agency for International Development
VIP	Verde Island Passage
WRA	Women of Reproductive Age
YPE	Youth Peer Educator

1. Introduction

In 2010, the United States Agency for International Development (USAID)/Philippines/Office of Health (OH) and the Energy, Environment and Climate Change (OEECC) provided support through a buy in mechanism to the USAID global “*Building Actors and Leaders for Advancing Community Excellence in Development*” (BALANCED) Project to implement population, health and environment (PHE) field activities in key marine biodiversity areas in the Philippines. The Coastal Resources Center at the University of Rhode Island (CRC-URI), Path Foundation Philippines Inc. (PFPI), and Conservation International (CI) are the lead implementing agents for the BALANCED-Philippines Project. The project was implemented in three phases.

- The initial phase with only OH funding—December 2010 to September 2011 (nine months)
- The second phase with overlapping OH and OEECC funding—October 2011 to December 2012 (14 months)
- Final phase with new OH add-on funds to support OH-funded activities that overlap with the OEECC activities—December 2012 to August 2013 (8 months).

The goal of the BALANCED-Philippines Project is to **build the leadership and implementation capacities of national and local governments and stakeholders to respond in an integrated manner to interrelated population, health, and marine environmental issues**. This goal is supported through activities implemented in the following intermediate results (IRs):

- IR1 - Improved access to family planning/reproductive health services in key bioregions
- IR2 - Increased community awareness and support of family planning and conservation as a means to improve health, food security and natural resources
- IR3 - Increased policy makers' commitment to family planning/ reproductive health services, coastal resource management and integrated policies
- IR4 - Improved governance capacities of provincial and municipal local government unit in the Verde Island Passage and Danajon Bank marine ecosystems
- IR5 - Increased incentives for coastal and marine conservation among coastal fisher households

In order to achieve the BALANCED-Philippines Project goal and intermediate results, the lead implementers in partnership with the local governments and the communities and other stakeholders’ collaborated, supported and promoted PHE interventions that are conceptually linked and operationally coordinated at the field level.

This final report summarizes the activities completed by BALANCED-Philippines from January 2011 to July 31, 2013 as per terms and conditions as approved in the Year 1 to 3 work plans and Cooperative Agreement No. GPO-A-00-08-00002-00. The results are presented in a series of essays which may be used as informational hits for non-USAID audiences after the Project has ended. The PMP tables with total Project cumulative results, Case Studies and the last quarterly narrative progress report describing progress between April 1 to July 31, 2013 can be found in

Annexes 1, 2, 6 and 7 respectively.

The PHE Approach and the Purpose of PHE Integration in the Philippines

PHE is a community development approach that addresses the inter-relationships between population, health and environment dynamics. The goal is to improve the well-being of people living in critical biodiversity areas, and at the same time improve the health of the ecosystem upon which these people depend for food, income, livelihood and other goods and services.

PHE approaches are well suited to countries such as the Philippines—a country with relatively high rates of population growth and density that are contributing to the loss of biodiversity and ecosystem productivity. The combination of population growth/density and biodiversity loss is very much present in the BALANCED-Philippines Project areas—Danajon Bank (DB) and Verde Island Passage (VIP). Danajon Bank is described as one of only three double-barriers reefs in the Indo-Pacific region while VIP is considered the “center of the center” of the world’s shore fish diversity¹². Coastal populations have larger than average rates of population momentum (“youth bulge”), which guarantees continued rapid population growth for decades to come—particularly if the teens of today continue the same reproductive behaviors as their parents. The rapid growth in coastal areas will lead to intensified levels of resource use, and an increasing degree of overexploitation and degradation of ecosystem function and services upon which millions of Filipinos depend for their livelihood. It almost guarantees that coastal resources-dependent households will remain in poverty unless transformational changes occur in the way coastal resources are managed and how coastal households obtain family planning services to achieve desired family sizes.

The VIP encompasses 1.14 million¹³ hectares of critical habitats between the Provinces of Batangas, Oriental Mindoro, Occidental Mindoro, Marinduque and Romblon. A total of thirty three municipalities have jurisdiction over VIP with approximately 1.8 million inhabitants¹⁴. The population is projected to increase rapidly in the next 10 years. VIP possesses some of the country’s richest fishing waters and tourist destinations, but human activities pose significant threats to marine species and resources. These activities include over-fishing and the use of illegal fishing methods, mangrove harvesting for fish farming, agricultural runoff from pesticides and fertilizers, unsustainable tourism and regular and volume of ships navigating the area. These problems are exacerbated by climate change, which is affecting VIP coastal communities and their ability to adapt and manage their fragile resource and economic base.

The Danajon Double Barrier Reef is located off northern Bohol islands and surrounded by the provinces of Cebu, Leyte and Southern Leyte. There are sixteen municipalities and 2 cities within four provinces and two administrative regions¹⁵ which have direct jurisdiction over the DB. The overall area of the DB is 272 km² with an aggregate coastline of 699 km including 40 islands (CRMP 2000). Fish abundance is very low in the area, especially within the inshore

12 Carpenter, K.E. and V.G. Springer. 2005. The center of the center of marine fish bio-diversity: the Philippine Islands. *Env. Biol. Fish.* 72:467-480.

13 <http://www.conservation.org/global/philippines/where/sulu-sulawesi/vip/pages/default.aspx>

14 National Statistics Office 2010

15 In Region 7 (Central Visayas), ten (10) municipalities in Bohol and two in Cebu; In Region 8 (Eastern Visayas), six municipalities in Leyte Province and one in Southern Leyte

waters. The main threats to the reef systems are considered to be from illegal and destructive fishing and sedimentation whereas the mangroves have been degraded due to conversion to fish ponds, cutting for fuel wood and construction materials. Sedimentation has steadily increased in recent years as land use has intensified. This is caused by the high-density settlement that exists in almost all the outlying municipalities in the DB. The high population density means that most lands and mangrove forest have been converted to other purposes. The loss of mangroves reduces critical nursery habitat and shoreline resilience to erosion and storms. All this has contributed to the increase of pollution load in the DB. Other indirect threats, such as high fertility, migration, dependence on natural resources for livelihood, etc. are also related to the high population densities and high levels of poverty in Bohol and surrounding provinces¹⁶.

During the first year of the project, BALANCED-Philippines used USAID/OH funds to bring community-based family planning (CBFP) to eight municipalities in the VIP where ongoing coastal/fisheries management activities had yet to be integrated with reproductive health and family planning/RH/FP (called **new** sites) and 20 municipalities in the VIP and DB to improve and maintain PHE initiatives that were implemented under previous PHE projects (called **maintenance** sites).

The eight “**new**” sites were located in the VIP bioregion and contained 206 coastal barangays with 33,641 women of reproductive age (WRA) with unmet FP need reside. In these “**new**” sites, BALANCED- Philippines provided the full packet of FP/RH services including PHE advocacy; community-based distribution and peer education system; contraceptive supply chain; information, education and communication (IEC) that integrated FP and environmental messages; and monitoring. This approach replicated the public-private PHE model (LGU community based distribution and social marketing of FP methods and PHE concepts) that was developed and refined under PFPI’s previous Poverty, Population and Environment (PPE) project¹⁷.

BALANCED-Philippines also invested moderate resources in activities to strengthen the functionality and sustainability of existing community-based distributor (CBD) agents/operations/systems established previously by PFPI’s Integrated Population and Coastal Resources Management (IPOPCORM) Project in 20 coastal municipalities in both the South Sea and Visayan bioregions, referred to as “**maintenance**” sites. Those CBD systems were designed to serve 510 coastal barangays where 54,996 WRA are estimated to have unmet FP needs. Some of the CBD agents, however, have discontinued their operations; hence, CBD needs assessment in these municipalities were conducted, and based on the findings tailored technical assistance and routine monitoring and mentoring support were extended.

The OEECC- funded CRM activities made available in year two of the project were focused in a subset of these **new** and **maintenance** site municipalities where all FP/RH activities were occurring. In the Danajon Bank region activities were limited to Bohol Province, and the livelihood component was concentrated in six Marine Protected Areas (MPAs) under the

16 Armada, et al. 2009. Managing Fisheries Resources in Danajon Bank, Bohol, Philippines: An Ecosystem-Based Approach *Coastal Management*, 37:308–330.

17 During Apr 2008 - March 2010 PFPI worked with 22 LGUs to develop /refine this public-private sector PHE model

jurisdiction of 4 municipalities. In the VIP region, activities were concentrated in Batangas, Occidental Mindoro and Oriental Mindoro Provinces. There were four components to the coastal resource management (CRM) activities: 1) strengthening MPAs and MPA networks, 2) strengthening enforcement and Bantay Dagat networks, 3) initiating fisheries management measures that will contribute to strengthening MPAs, and 4) promoting diversified livelihoods for fishing families in communities engaged in good marine conservation practices. Fisheries management was focused in the Lubang Island Group (LIG) and livelihood components in LIG and Oriental Mindoro given the short time frame and limited budget for these activities.

The BALANCED-Philippines Conceptual Framework

The BALANCED-Philippines Project has built on the Philippines long experience in implementing PHE programs including the IPOPCORM Projects’ pioneering, successful and considered “gold standard¹⁸” model of PHE integration and the evidence based results showing value added and impacts generated by integrated approaches to population and coastal resource management.

The Project design considered past experiences and lessons learned as well as information related to environmental, socio-economic, political, demographic and cultural context. This information was collected through primary and secondary data collection, site assessments, and stakeholder consultations. Once the background data was collected, the Project created a PHE conceptual framework (Fig 1) below. The PHE framework conveys the complex situation and shows the relationships between issues and threats—and how by turning some of the threats to opportunities it may be possible to reach integrated PHE goals.

18 USAID Evaluation

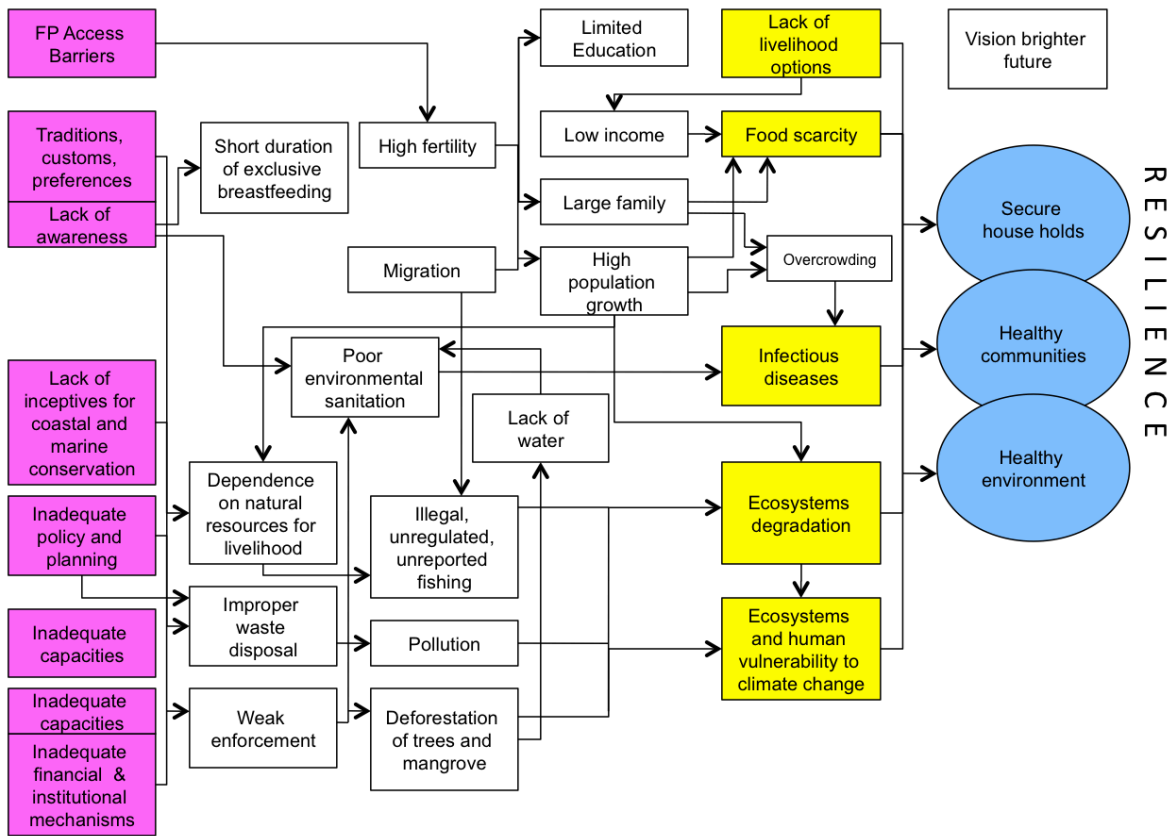


Figure 1: Conceptual Framework for BALANCED-Philippines

The far-right column of the Conceptual Framework depicts the Vision for a “Brighter Future” which hinges on three prerequisites or outcomes that are symbolized by three interlocked circles implying co-dependency among the outcomes “Secure Household, Healthy Communities and Healthy Environment.”

To the immediate left of the circles, the direct threats to the Vision are identified via yellow boxes. The indirect factors that contribute to the threats are spelled out in the chain of boxes whose pathways link back to the root causes (far-left). The lines and arrows represent assumptions about the interrelationships among the factors.

BALANCED-Philippines Components

The framework guided the Project’s identification of key strategies and activities that had the potential to be operationally linked and/or had the potential to build synergies across interventions towards achieving the goals and vision of the project. While not all of the activities identified needed to be linked, where and possible, the Project considered the linkages between the underlying assumptions and analysis of the threats and target outputs. Using its conceptual framework, the BALANCED-Philippines team identified, adapted, and implemented the following PHE integrated components:

- **PHE community based distribution and peer education system (IR 1 & 2).** This system follows the concept, principles and techniques of commercial marketing to advance a social issue, idea or behavior (social marketing), such as wider distribution and use of health products. It is a community strategy that often forges public-private sector partnerships. Employed in all **new** and **maintenance** BALANCED-Philippines sites this system was composed of a cadre of project trained peer educators/PEs (adults and youth) and CBDs established in every barangay in targeted municipalities. The PEs were recruited among barangay health workers (BHW), barangay nutrition scholars (BNS), Day Care Workers (DCW), Bantay Dagat (fish wardens), barangay councilors and secretaries, barangay supply point officers (BSPO) and members of people’s organizations (PO). These volunteers were trained to educate their peers on FP/RH, conservation and PHE links and to encourage community members to be involved in PHE-related activities. Subsequently, they helped to drive the demand for informed and voluntary FP information and services in the community.

The CBDs were BHW, sari sari store owners, botica ng barangay (BNB), cooperatives, and members of fisher folk organizations. They were trained and deputized as extension outlets (demand arm) for FP commodities—pills (to current users) and condoms—which they got from the Reproductive Health Unit (RHU) or from a private sector supplier. They also provided integrated PHE information to their clients/customers and referred first time pill users and clients in other methods to the RHU for FP methods and RH needs.

The volunteers (PEs and CBDs) had inherent leadership potential and were selected from the health sector (BHWs, BNS, etc.) and the environment sector (Bantay dagat, MPA management committee member, etc.). The RHU staff provided technical and supportive oversight and monitoring to these volunteers.

- **Behavior change Communication (BCC) and Advocacy.** Behavior change communication aims to increase awareness of and support for FP/RH, conservation and PHE linkages. BCC messages and activities promote positive behaviors while peer educators and other behavior change agents help to sustain pro-health and pro-environment behaviors. Policy advocacy aims to increase policy makers' commitment to FP/RH services, coastal resource management (CRM) and create/support integrated policies to strengthen governance and institutional support for FP/RH and PHE in the project sites. The outcomes of BCC and advocacy activities provides an enabling environment and structure that contributes to pro-family planning, pro-health and pro-environment change at the individual, household and community level. The enactment of policies helps to mobilize support for the allocation of resources by policymakers to sustain and replicate/scale up the PHE effort.
- **Building Community Buy-in and Policy Support.** Building buy-in and policy support for PHE was instrumental in the success of the BALANCED-Philippines Project. Advocacy activities were designed to: a) build the awareness of PHE and the capacity of national and local governments and stakeholders, to better respond to interrelated population, health, and marine environmental issues, 2) create an enabling structure and environment for the successful implementation of Project activities, and 3) institutionalize policies that would help to sustain activities the Project ended.

- **Strengthening MPAs through an integrated approach and partnerships.** BALANCED-Philippines identified and implemented various strategies, activities and tools to strengthen CRM in the Danajon Bank and VIP project sites. The strategies were modified and adapted as needed based on the existing structures, local capacity and support, and the results of the site assessment. The key interventions implemented were: 1) strengthening of marine protected area (MPAs) and MPA networks based on an assessment using the MPA Management Effectiveness Assessment Tool (MEAT), which is considered the national standard for assessment of municipal MPAs; 2) strengthening Bantay Dagat Networks to improve coordination related to enforcement and build capacity to effectively enforce local and national fisheries laws and ordinances. This is necessary because Bantay Dagat groups play a role in enforcing the rules governing MPAs. This includes fishing bans in core zones and other restrictions that are set up for buffer zones; 3) harmonizing fisheries management measures that will contribute to strengthening systems of MPAs, particularly MPAs that are jointly managed by more than one municipality; and 4) developing and testing a PHE addendum, which adds a population, gender, and health dimension to the MEAT.
- **Conservation enterprise development.** BALANCED-Philippines livelihood activities were designed to reward MPAs in select project sites that were functioning and performing well. In the Danajon Bank and VIP, all enterprise beneficiaries belonged to POs that had been selected because they fulfilled the criteria for livelihoods support, obtained high marks on the MEAT, and had the potential to contribute to or yield PHE outcomes such as improved nutrition and health. A basic requisite for this component was that any livelihood diversification supported by the project needed to directly or indirectly support marine biodiversity conservation. Using a process oriented and participatory approach, the project supported enterprise development through technical and entrepreneurship trainings, feasibility studies for proposed livelihood activities, business planning, seed grants, improving access to credit, and other technical support. In the VIP, the conservation based enterprise initiatives were connected to conservation agreements for improved coastal resources and fisheries management.

2. The BALANCED-Philippines PHE CBD and PE System

To expand access to family planning information and services to poor marginalized women and men living in the Project's target sites, a community-based distribution system and peer education system was developed. This system involved identifying and training CBDs and adult and youth PEs to educate their peers on FP/RH, conservation and PHE links and expand access to informed and voluntary FP information services in the community. The RHUs served as referral points for the CBDs and PEs and points of service for methods not available from CBD outlets. RHU staff also became responsible for supervising the CBDs and PEs. A description and analysis of this component of the Project follows.

Steps taken to establish the PHE CBD and PE systems in Danajon and VIP

1. **Conducted PHE orientation with LGUs and other project stakeholders:** The first step in establishing the PHE CBD system was organizing and conducting orientation meetings about PHE for relevant stakeholders (LGUs, private sector, POs, and local communities) in all project sites. The aim was to introduce and prepare the communities for the PHE CBD/PE system, galvanize support, and establish a partnership for mutual collaboration.
2. **Conducted Training of Trainers (TOT) on PHE CBD and adult PE systems:** Sixty-two master trainers were identified and selected with assistance from the LGU and local leaders. These TOT participants came from the LGU health and environment line agencies, nongovernmental organizations (NGOs) and other organized groups. The training aimed to strengthen their ability to train local PHE CBDs and PHE PEs.¹⁹ The Master Trainers formed the PHE Resource Team (PHE RT) and became responsible for developing a training plan and conducting local workshops that built the capacity of LGUs/RHUs, NGOs (health and conservation), community-based organizations (CBOs) and/or POs (such as fish wardens, women's groups) and small entrepreneurs (non-clinical, non-pharmaceutical) in their communities to deliver FP information and services—including the importance of informed choice and volunteerism (ICV). They were also in charge of regular supervision, mentoring and monitoring of the CBD and PE activities.
3. **Recruited and trained CBDs:** In consultation with local community leaders, RHU staff and other stakeholders, potential CBDs were identified and recruited. They were chosen from among target groups such as non-clinical/pharmaceutical outlet owners, cooperatives, PO members and other community members who are willing to stock, sell, and monitor FP commodities. Those identified and interested in becoming CBDs were trained on social marketing of FP products (pills and condoms).²⁰ As part of the training they also received information about PHE linkages, FP, and fisheries and conservation issues

19 The curriculum used for training the 62 trainers was, "Population, Health and Environment (PHE) Community-Based Distribution and Peer Education System: Train-the-Trainer Guide for Training PHE Community-Based Distributors and PHE Adult Peer Educators, BALANCED Project, 2011"

20 The curriculum used for training the CBDs was "Population, Health and Environment (PHE) Community-Based Distribution and Peer Education System: A Guide for Training PHE Community-Based Distributors, BALANCED Project, 2011"

4. **Developed and/or strengthened the system of supplying FP commodities for the CBD outlets:** The PHE CBD system required a cost-recovery mechanism that makes FP supplies readily available and helps ensure that their distribution is sustained. Franchising and other arrangements with private sector FP suppliers were established or strengthened to ensure that an uninterrupted supply of affordable, quality contraceptive products flows to the RHU and trained CBDs over the long term and beyond the life of the project.
5. **Recruited, trained and deployed PHE PEs:** The PHE RT developed a training plan and subsequently met with local officials, indigenous leaders, and communities to identify potential PEs. Community members from both environment and health sectors were identified and recruited using a selection criteria/guideline developed by the Project. Those selected who agreed to be PEs were trained on PHE linkages, FP/RH, referral systems, fisheries conservation, interpersonal communication and counseling (IPC/C) and on educating their peers on the benefits of FP and protecting their coastal and fisheries resources.²¹
6. **Strengthen LGU and RHU knowledge and skills on FP/RH, PHE linkages, and managing CBD systems:** CBDs and PEs referred community members to RHUs for FP methods and RH services not available in the CBD outlets. Most up-to-date FP/RH information and methods, reporting systems to link CBD-generated data to the RHU, referral systems, and PHE linkages were included in the training for RHU staff.

Results of BALANCED-Philippines PHE CBD/PE System

Commodity-based distribution

A total of 798 CBDs trained, 95 percent (762) of the CBDs remained active (selling FP methods) – providing at least one CBD in each of the 205 barangays in the 8 **new** site municipalities and 507 barangays in the 20 **maintenance** site municipalities, including some geographically isolated and disadvantaged areas (GIDA). By the end of the Project, ninety-nine percent of all the targeted barangays still had a CBD outlet to complement existing government-run health stations. The type of CBD agent varied per project site and province (bioregion) depending on the resources, local leadership, acceptance of the project, etc. In the **new** sites, 19 percent of the CBDs were store owners/store keepers while 81 percent of them were BHWs or other non-commercial volunteers. In the **maintenance** sites, 27% of the CBDs were storeowners/shopkeepers (with 88% of them in Bohol) and almost three quarters (73%) of them were BHWs or other non-commercial volunteers.²²

The ultimate goal of the Project was for LGUs to manage, and sustain a network of barangay/village-based CBDs, which are extension outlets of their RHUs, and to supervise and support both PEs and CBDs and regularly supply FP methods. However, the level of LGU support and/or resources varied per site and supplies to the CBDs got off to a slow start, for a variety of reasons. In cases where CBDs were trained but did not have upfront money for pills

²¹ The curriculum used for training the adult Peer Educators was “Population, Health and Environment (PHE) Community-Based Distribution and Peer Education System: A Guide for Training PHE Adult Peer Educators, BALANCED Project, 2011

²² As of July 2013

and condoms to distribute/sell, CBD kits²³ were distributed by PFPI to jump start the CBD distribution system. In the sites where CBDs with CBD kits were located, LGUs forged an agreement with a private-sector supplier to supply FP commodities to their CBDs and an agreement with their RHUs to provide oversight for the whole PE-CBD system. Partnerships between private sector suppliers and the CBDs were more prevalent in **new** project sites located in Batangas and Occidental Mindoro provinces, where it was difficult for the RHUs/LGUs to supply the CBDs with FP commodities. All CBDs provided with CBD kits by PFPI successfully resupplied their FP commodities afterwards.

Fourteen **maintenance** sites and one **new** site²⁴, including 4 barangays in Ubay and 2 barangays in Pres. Carlos P. Garcia, Bohol²⁵ were able to allocate LGU funds to ensure a steady supply of contraceptives to CBD outlets (aside from the budget allocated by their Municipalities). See Table Annex 3 to see current CBD ranking per municipality.

This different FP supply mechanism led to the emergence of two basic CBD models during the operationalization of the BALANCED-Philippines CBD system. Table 1 below lists the characteristics of these two models. Annex 4 shows type of CBD model per Project site.

Table 1: Characteristics of BALANCED-Philippines CBD Models

If RHU:	And RHU is:	Then	Model
Has FP supplies (from LGU funding, Provincial Health Office (PHO), donors, etc.)	<ul style="list-style-type: none"> • Willing and able to supply CBDs with FP supplies; • Willing to supervise CBDs and PEs ; and • Willing to service referrals from PEs and CBDs 	<ul style="list-style-type: none"> • Operate the CBDs through the RHU system • RHU, PHE Resource team (PHE RT) advocate with LGU to provide funds for FP supplies 	A
Does not have supplies to distribute to CBDs (because of lack of LGU funding)	<ul style="list-style-type: none"> • Willing to supervise CBDs and PEs • Willing to service referrals from PEs and CBDs 	<ul style="list-style-type: none"> • Link CBDs with a private sector source of FP supplies, i.e. local pharmacies, social marketing groups, etc. • RHU, PHE Resource team (PHE RT) advocate with LGU to provide funds for FP supplies to complement CBD operation • RHU to integrate PEs and CBDs into their system 	B

²³ Composed of 10 cycles of pills, 5 packs of condoms (3 per pack), a ledger for reporting, IEC materials (3 Tips), a ballpen, reporting forms, and a plastic container that can carry all of the said materials

²⁴ Mabini and Batangas City in Batangas; Abra de Ilog, Occidental Mindoro; Baco, Oriental Mindoro; Bato and Matalom in Leyte and Tubigon, Clarin, Inabanga, Getafe, Buenavista, Pres. Carlos P. Garcia, Bien Unido, Talibon and Ubay in Bohol

²⁵ Barangays Poblacion, Benliw, Sinandigan and Juagdan in Ubay and Barangays Tugas and Tilmobo in Pres. Carlos P. Garcia

Model A: In this model, CBDs obtain (purchase) their FP commodities from the RHUs. They have access to products allocated to the RHU by the Department of Health (DOH), Provincial Health Offices (PHO), and/or LGU procurement. The model also requires that the Municipal Health Office (MHO) oversee the CBD supply system and that the RHU staff members supervise the CBDs/PEs and service referrals from these volunteers. For this model, the RHU has to continuously advocate with the LGUs to provide funds for FP supplies to complement any CBD cost recovery system in place and to meet the demand from increasing acceptors resulting from the CBD system.

Model B: This is when there are no FP supplies at the RHU or the RHU can only provide FP supplies for free distribution. But, the RHU is willing to supervise CBDs and PEs. In this model, a private supplier (pharmacy, pharmaceutical or social marketing company) can be tapped as a direct source of FP commodities for the CBD outlets. The RHUs service referrals from the CBDs/PEs and advocate with the LGUs for funding to purchase FP supplies to complement the CBD cost recovery system and meet the demand from increasing acceptors. The Project encourages the RHUs to integrate the trained adult peer educators and CBDs into their system in order to institutionalize the outreach education and demand creation component of the scheme.

In cases where an RHU has no FP supplies and/or is unwilling to supply CBDs—and is not willing to supervise – more advocacy efforts are needed to gain buy in from the LGU before training CBDs and PEs. The volunteers should not be trained until the RHU meets the criteria for either model A or B

Peer Educators (adults and youth)

A total of 904 adult peer educators (APEs) were trained under the project, providing anywhere from one to four adult PEs per barangay. Eighty-nine (89) percent (808) of the trained APEs remained active throughout the life of the project. In 2013, the Project also trained 110 youth peer educators (YPEs) from Occidental Mindoro and Leyte. The PEs communicated with and informed and educated community members about PHE linkages in their community, RH/FP and CRM issues. If interested in family planning, the PEs also referred eligible men and women to the RHUs and CBDs for FP commodities and services.

The PEs also served as models for good health seeking behaviors and conservation practices in their communities. They delivered interpersonal communication (IPC) messages and provided behavior change communications (BCC) materials to promote health-seeking and pro-environment behaviors and increase demand for FP. These volunteers used integrated PHE BCC messages to emphasize the inter-relationships between people and the environment and inspire changes in individual behaviors around FP and environment conservation. The volunteers encouraged their peers to plan their desired family size and adopt an FP method to help them space births according to their plan. They also promoted other health practices (e.g. breastfeeding, good nutrition). Pro-environment behaviors included supporting existing community conservation programs, including fish warden activities, mangrove planting, coastal clean-ups, etc.

Rural Health Unit

RHUs were an integral part of the CBD/PE system, and as such, RHU staffs were trained on PHE and served as referral point for new clients, first time users of contraceptives and clients interested in longer term methods not available from CBDs. First time users of contraceptives were referred by PEs and CBDs to RHUs for thorough screening. For longer-term FP methods and RH services not available at the established CBD outlets, the RHU functioned as a health service provider for male and female clients. These services included IUD insertion, surgical methods of contraception/long-acting permanent methods (LAPM), treatment for sexually transmitted infections (STIs) and other health-related concerns. In cases where the RHUs were unable to provide certain services, the RHU referred clients to other institutions, including other government and private hospitals and clinics. RHU staff also supervised and monitored the CBDs and PEs in their barangays.

Supportive Supervision Mentoring and Monitoring (SSMM) Meetings

To improve the quality of services and performance of the CBDs and PEs, especially in Project sites that directly supported the Project and where the LGUs had signed a memoranda of understanding/agreement (MOU/A) that outlined the roles and responsibilities of the Project versus the LGU, BALANCED-Philippines conducted three SSMM in 17 priority sites (approximately one per municipality/quarter) with *active* CBDs and PEs in each municipality to: a) introduce and /or strengthen collaboration between the active CBDs (those with FP supplies) and the PEs in order for their complementary roles to be better clarified; b) inform the PEs where the active CBDs are located; c) discuss the referral system mechanism for other FP methods and RH issues; d) discuss and resolve field issues; and e) test for knowledge through interactive exercises and strengthen/refresh skills as needed. These one –day meetings were also an opportunity to update/review the PEs/CBDs on reporting forms, effectiveness of the referral system, BCC messages and activities, gender issues, etc. as necessary. The SSMM meetings were organized and conducted by the PHE RT in coordination with the RHU to reinforce/instill RHU stewardship of the CBD system. Because of the increased participation and commitment of the PHE volunteers and RHU staff after SSMM meetings in the priority municipalities, the Project also held SSMMs in 10 additional sites because PEs and CBDs are key to the implementation and sustainability of the PHE initiatives provided for in the municipal PHE sustainability plan.

Mobile Referral System

One of the components of the CBD system is a functional referral system that ensures that clients have access to services and information—especially at the RHU level. A challenge with the referral system in many sites was that clients did not find supplies/services available at the health center or other service delivery points that they were referred to by the CBD/APE. Other times, clients who received referrals chose not to go to the referral center because the distance was too far or because the cost of traveling to the center was a deterrent. In addition, while referral forms were provided to the health centers to document the referrals from PEs/CBDs, they are not consistently filled in—making it difficult to estimate the success or failure rate of the referral system.

To improve the referral systems and encourage those counseled by PEs and CBDs to go to the RHU for FP counseling, BALANCED-Philippines designed and implemented a mobile tracking and follow-up system—coined the “PHE Text Patrol”. The PHE Text Patrol also worked to strengthen the documentation of referrals between the adult PEs and CBDs and between the APEs and RHUs as well as improve the follow-up and tracking of referrals for first-time users of pills and other FP methods that cannot be provided in CBD outlets.

The first phase of the intervention was implemented in five pilot sites in Baco between January 1 and February 28, 2013²⁶. After two months, the Project team assessed the progress of the initiative in terms of the efficiency and effectiveness of PE/CBD referral system. The number of **new** IPCs increased in three of the five pilot sites (San Andres, Putican Cabulo and Pulantubig) during the intervention, compared to the period before the PHE Text Patrol activity.

During the implementation of the PHE Text Patrol, 112 clients who received IPCs were referred to the RHU either for screening (potential first time FP users) or for other health reasons or to the CBDs for pills and condoms. Results showed that the total number of new FP acceptors from all five sites increased from a baseline of 12 for 4 months²⁷ month prior to the intervention to a total of 25 new FP acceptors during the first two months²⁸ of the intervention.

Those who were also reached by PEs through IPCs and referred to the CBD for their FP supply PLUS the clients who were screened by the RHU, found eligible for pills (and condoms) and referred to the CBDs for FP supply increased as well from 52 clients prior to the intervention²⁹ to 72 clients during the first two³⁰ months of the intervention.

Because of the encouraging results of the PHE Text Patrol in just two months, the strategy was to: 1) continue in the five pilot sites; 2) expand to eight more barangays in Baco, Oriental Mindoro; and 3) replicate the intervention in six remote barangays in Inabanga, Bohol. The new sites were selected based on the same criteria as the original barangays. The Project also added a new feature of the PHE Text Patrol system - using the PHE Text Patrol to report illegal fishing practices. This meant including the Seaborne patrol/Philippine national Police as team members in the PHE Text Patrol system.

Over the total six-month implementation period in the five original pilot sites, the number of IPCs increased from 67 to 308 – over 300 percent since the beginning of the PHE Text Patrol intervention. The number of referrals to the RHU and/or CBDs increased from 19 to 109 - over 400 percent increase. Likewise, the number of new acceptors increased from 12 to 88, representing over 600 percent increase in the number of women and men adopting family planning. Finally, the women obtaining their pills from CBDs increased 52 to 145 – more than doubling the number of CBD clients.

After three months of implementation in the eight new expansion sites in Baco municipality and six replication sites in Inabanga, results were also positive. For the Baco expansion sites, the

26 San Andres, Putican Cabulo, Pulantubig, Water, and Malapad

27 September to December 2012

28 January and February 2013

29 September to December 2012

30 January and February 2013

majority of the eight expansion sites showed an increase in all the baseline variables gathered: number of IPCs provided to community members and the number of referrals. One of the most significant results noted was the 24% increase in new FP acceptors (from 27% to 51%) from among those clients who were referred by PEs to the RHU for screening, further counseling and other services during the implementation of the PHE Text Patrol. The trend is also true in the six replication sites in Inabanga, Bohol – there was an increase of 9 percent in new acceptors from among those referred by PEs to the RHU for screening (from 42% to 51%). Based on the cumulative results, in both expansion and replication sites, there was an 11 percent increase in new acceptors from those who were referred by PEs after IPCs (from 40% to 51%) during the PHE Text Patrol.

These results clearly demonstrate improved efficiency and effectiveness of the PHE CBD/PE counseling and referral system. For as little as 1800 pesos (\$110 US) per month per barangay, a single added activity (texting) was able to successfully bridge the gap between the client and the PEs, RHU and CBDs, and subsequently improve access to FP information and access. The client-centered PHE CBD system PLUS³¹ brought services closer to the client and increased utilization of services. A stand-alone document describing the PHE Text Patrol intervention will be submitted to USAID Philippines along with this report.

Improved Family Planning Results

The aforementioned counseling and communications interventions coupled with the presence of CBDs in almost every project barangay resulted in sixteen (16) percent of current FP users (modern) patronizing CBD outlets. Referrals to RHUs and other health stations also increased significantly. By the end of the Project, the overall average contraceptive prevalence rate (CPR) for all methods across all twenty-eight sites among married women of reproductive age (MWRA) increased from 31 percent in 2010 to 45 percent in 2012, and a total of 18, 496 couple years protection was provided. In the *new* sites, the average CPR increased from 30 percent in 2010 to 42 percent by the end of 2012. Likewise, an increase in the CPR was also noted in the *maintenance* sites, from 27 percent in 2010 to 40 in 2012 (see Annex 5. Total FP Acceptors and CPR in 2010 and 2012).³²

Best Practices, Challenges and Lessons Learned in Establishing the PHE CBD System

Promising Practices

- A CBD/PE system has proven to increase access to family planning: Implementing a CBD/PE system in poor, hard-to-reach coastal regions, especially GIDAs and bioregions with high population growth, momentum and density at risk of over exploitation of resources as well as on-going CRM activities can increase access to family planning. The CBD/PE system is a holistic approach for addressing eco-systems challenges. Moreover, engaging PO members (fisher folk, deputized wardens, youth, etc.) either as PEs and/or

³¹ With text patrol

³² Please note that PFPI collects the CPR data provided to them by RHUs and is not responsible for the accuracy of the data provided.

CBDs ensures that the system has local buy-in because it engages people who are recognized in the community. Further, because of the multi-sectoral composition of volunteers PHE integration is more evident in the communities as more males and youth are now involved in population and health programs/activities and more women are involved in environmental programs/activities

- Provisional CBD kits: In the absence of FP commodities from LGUs and/or private sector, or if some trained CBDs lack the initial funds to purchase their first supply of FP commodities, it may be necessary to provisionally supply CBD kits to the CBDs to jump start the CBD system. Once they have sold their first set of supplies, the CBDs have the funds to purchase a subsequent supply from the RHU or private sector supplier
- PHE Resource Team: The creation of a PHE RT from among LGU staff representing different sectors (environment, agriculture, development, health, etc.) helped to ensure that PHE was included in LGU activities. Having PHE RT members from a variety of sectors ensures locally relevant technical content in the formulation of integrated PHE municipal action plans, and facilitates support for and integration of PHE plans and activities into existing programs during the Project
- Supportive supervision mentoring and monitoring (SSMM) meetings: The SSMM or similar meetings where CBDs, PEs and RHU gathered every quarter (or specified time period) to share educational updates, respond to volunteers' issues, brainstorm solutions to challenges encountered, etc. were critical to the success of PHE CBD/PE systems. These meetings helped to keep the community volunteers up-to-date and motivated to deliver quality information and services to peers and clients. However, program planners should be aware that many CBDs are store owners and may not be able to so easily leave their business to attend meetings. This should be considered by LGUs when designing supervision meetings in the future.
- Mobile phone tracking and referral system: The PHE Text Patrol or similar mobile phone tracking and referral system can increase number of FP acceptors and improve quality of service provision, especially in hard to reach, remote areas.
- Field coordinators: The presence of the paid BALANCED-Philippines field coordinators, who were community-based and trusted by the LGU, was instrumental in building local support and buy-in, identifying PHE champions, setting up the PHE CBD/PE system and building the capacity of the RHU and other government staff to train, monitor and supervise PHE volunteers in the project sites. The trained RHU and LGU staff is now in a position to take over these responsibilities
- Regular feedback between stakeholders: Seeking and obtaining feedback from stakeholders helps to resolve related issues or to celebrate success contributes to building local capacity on PHE implementation.

Challenges

Galvanizing LGU Support

The main challenge in setting up a system of CBDs was obtaining LGUs' to support for FP/RH services, conservation and integrated PHE approaches. The LGUs had to first acknowledge or

recognize the benefits of the PHE approach in their municipality. Thus, they had to be enlightened through a series of dialogues backed-up with substantial evidence from previous projects and testimonies from LGUs, who had prior experience implementing PHE and other health and environment project implementers.

Local LGU champions, including individuals from the MHO, Department of Environment and Natural Resources (DENR), Municipal Planning Development Council (MPDC) and Municipal Social Worker Department (MSWD) helped this process because they assumed the role of PHE champions and helped facilitate local support by providing a local contextual lens. This helped to increase awareness and support for FP/RH and conservation among their decision makers and policymakers. Organized groups such as fish wardens, farmers and health workers' federations were also tapped to rally support for PHE.

Further, the religious stand on family planning proved to be a continuing challenge. The actions and decisions of local chief executives (LCE) are usually based on their stand on family planning and reproductive health issues relative to the ongoing debate on the reproductive health law.

Controversy around family planning

In the BALANCED - Philippines Project, some MHOs, Municipal Agriculturists/MENRO and MPDCs served as PHE champions; by working with their LCEs and legislative office members, they were able to institutionalize the PHE approach in their municipalities. However, some key LGU officials who held negative attitudes towards family planning played a hand in opposing the establishment of the CBD system. A controversial issue opposed by many was the promotion, accessibility and availability of contraceptives. For both religious and personal reasons, LGUs officials understandably weighed their decisions of whether or not to support the CBD system. Even among community volunteers, religious beliefs played a part in determining who decided to participate in the project.

Despite the controversy around family planning in general and contraceptives in particular, the BALANCED-Philippines team was able to establish PHE CBD systems in the majority of the targeted sites. Only one municipality (Tingloy, Batangas) totally rejected the project implementation. Other LGU officials who have openly supported their church's anti -FP/RH stand still allowed the project to be implemented. At the community level, there were a handful of individuals who decided not to become PEs and CBDs based on their religious convictions. However, it's worth noting that a majority of the volunteers embraced their roles and responsibilities despite their religious beliefs. Anecdotal reports revealed that they perceive nothing to be wrong with family planning. Most often they quote "God doesn't want suffering families and children."

LGU Budget priorities

Another major challenge for the PHE CBD system is the LGUs' budget priorities. In the ideal CBD model, LGUs would purchase FP commodities for their two distribution points—the RHU and CBD outlets. This will institutionalize and sustain the CBD supply mechanism. However, most of the project sites were fourth and fifth class municipalities, which have very limited resources and hence, have a difficulties allocating funds for FP commodities procurement. In

municipalities where the RHUs were unable to procure FP commodities, the project introduced private-public partnerships. The BALANCED-Philippines' field staff looked for alternative FP sources (e.g. private pharmacies, private clinics, and big stores in remote areas) to ensure that the CBD systems were functional. However, the remote location of project sites sometimes made it difficult to forge partnerships with the private sector too. This is because private corporations or pharmaceutical companies often have only one medical representative per province or cluster municipalities/cities, and they usually cover hospitals or pharmacies in the urban areas where the demand for supply is greatest. Remote areas such as our project sites (even in Batangas Province, which is relatively close to Manila) are not their focus/priority.

FP supply issues

A significant number of trained CBDs did not have funds to upfront FP commodities. This was addressed by providing CBD starter kits to provide immediate access to pills and condoms in the barangays. Each kit contained 10 cycles of pills, 5 packs of condoms (3 per pack), a ledger for reporting, IEC materials (3 Tips Brochure), a ballpen, reporting forms, and a plastic container that can carry all of the said materials. Of the 762 active CBDs, 205 of them (26%) who were otherwise unable to be an active CBD in their barangay were provided with CBD kits. All of the CBDs provided CBD kits generated the funds to continue to resupply their FP commodities.

Although the CBDs were utilized by many local community members, some FP users opted to buy commodities from other outlets. The reasons might be old habits or that they prefer brands not offered by the CBD outlets. The influx of free FP commodities from the DOH, which were supposedly for the beneficiaries of the Pantawid Pamilya Pilipinong Program (conditional cash transfer), also affected the CBD system. Even non-indigent individuals were able to access free supplies and that decreased the demand for purchasing commodities from CBDs.

Lessons Learned

- Continued advocacy with LGUs is crucial for success: Working with LGUs prior to and throughout the implementation of a PHE project, even when there is initial resistance to FP activities, is critical for galvanizing their support and funding for CBD and PE systems and CRM activities as part of an integrated PHE approach to community development
- PHE is an effective entry point to address family planning issues: Providing an array of programs and services that address the interconnected issues of population, health and environment reduces resistance from hardliners and conservative religious groups (PHE is a friendlier approach).
- The PHE concept is easily understood by the community: In areas where people rely on natural resources for their daily livelihood, they see the effects of large families and dwindling resources and, subsequently, the benefits of an integrated, whole-systems approach to community issues.
- Adherence to CBD/PE selection criteria is important: The criteria for selecting CBDs and PEs described in the BALANCED CBD/PE Training Manuals has been tested in many countries, including the Philippines, over several years. Adhering to these criteria is

critical for ensuring that the volunteers selected are willing and able to take on their prescribed role and, thus, are less likely to drop out due to other conflicting roles in the community. Deviating from the selection criteria, such as when local officials recommend people who for training who –for whatever reason – do not meet these criteria, should be the exception and not the norm.

Sustaining and Institutionalizing the PHE CBD System

While the enactment of a PHE ordinance or inclusion of PHE activities in municipal development plans is vital, it is not a guarantee that a CBD system will be sustained. The CBD system needs to be monitored to assure that the mechanism is working and that its purpose is met. The supply, demand, and referral systems must be in sync. Further, focal persons or leaders are needed for direction; this is where the PHE RT or PHE Council becomes essential. As advocates, they must be able to use their influence to make sure that funding and other support is made available to sustain the PHE CBD system.

The PHE RT is expected to direct the operations of the CBD system through a municipal action plan. This plan will serve as a guide so that the activities will be sustained, replicated or even scaled-up. Therefore, it is important that the members of the PHE RT are committed, motivated and highly supportive of the integrated PHE approach. They must also have acquired sufficient knowledge and skills to be able to train the PEs and CBDs, prioritize PHE activities, and advocate at the LGU level.

Overall, 24 (of the 28) of the BALANCED-Philippines Project sites have formed a PHE RT and 4 LGUs with PHE Ordinances have organized a PHE Council³³. The majority of the PHE RTs have conducted SSMM meetings and created specific PHE municipal action plans. The PHE RT teams are generally composed of the MHO, MENRO or MAO, MPDO, Sangguniang Bayan (SB) on health and environment—providing a strong basis of expertise and influence. However, the RHU plays a central role in managing, mentoring and monitoring the CBD outlets and the PEs. The established referral system must be continued to assure the safety of FP clients. Since midwives cover all barangays, they are in the best position to monitor and mentor both the CBD outlets and APE to make sure that their functions are performed.

The communication between the municipal PHE RT and the PHE technical advisors (PFPI) or NGO project leaders (PFPI, CIP) must be sustained even after the project life to ensure that the RT's get access to new information, technology, and ideas on PHE that will emerge.

A stand-alone document describing the PHE CBD and PE model with RHU CBD/PE supervision guidelines will be submitted to USAID Philippines along with this report.

³³ Mandated by the PHE ordinance for PHE policy direction

3. Behavior Change Communication and Advocacy

One of the key components of the BALANCED-Philippines project was BCC and advocacy. Using key findings from the 2009 Behavior Monitoring Survey (BMS), 2011 baseline survey, select government reports, the Project's Conceptual Framework and the communications plan using the Spitfire Strategies Smart Chart,³⁴ the BALANCED-Philippines team examined the priorities, channels, processes and options in critical areas of PHE communications development and formulated its Integrated Communications Plan.

Drawing from the above-mentioned documents, the Integrated Communication Plan focused on two key audiences: 1) men and women of reproductive age (15 to 49 years of age) and 2) policy makers. The strategies and activities were implemented in tandem with other components of the Project to achieve an enabling environment and structure that encouraged pro-family planning, pro-health and pro-environment change at the individual, household and community level supported by the enactment of policies and the allocation of resources by policymakers to institutionalize, sustain and replicate/scale up the PHE effort. Results of these communication efforts for each target audience follow:

Men and Women of Reproductive Age

The project developed new information, education and communication (IEC) and advocacy messages and/or used existing ones designed to move the target audience towards behavior or policy change. The Project followed the Smart Chart communication strategies as follows:

- Stage 1: Sharing knowledge by helping the audience develop a personal connection to the issue so they care – i.e. secure family, healthy communities and healthy environment. Make the issue relevant by appealing to their values and lifestyle, or by connecting the issue to their family, friends or community. And with the messages and project interventions, empowering solutions are shared so people feel they can help make a difference for themselves and their communities.
- Stage 2: Building will. Building the will to act means overcoming the barriers your audience may have. The task is to ease the audience's perceived risk and to overcome the barriers by respecting the audience's comfort zone and asking them to take a manageable action that fits their lifestyle. This is reflective of how the community perceives the PHE approach as a "way of life". This stage also encompasses the role of the PHE champions – whereby they become "leaders" taking action first, or position the action as the social norm. This way it offers hope for positive change, and show that the benefits of taking action outweigh the risks. Position your audience as the hero – not the villain – who can take action to make a difference.
- Stage 3: Reinforcing action. Once people have taken action – even a small one – on behalf of your issue, reward them for doing the right thing. Remind them that they've done a good thing, and they'll be much more likely to act on your behalf again next time you ask. In this stage, the task is to celebrate. This was taken into consideration in the various activities from the start to end of the project during the turnover where all

³⁴ www.spitfirestrategies.com.

volunteers and stakeholders who played key role in the project to affirm their positive change whether behavior or policy change.

The new IEC messages were pretested with the intended audiences and focused on the interconnectedness of population, health and environment, and the benefits of FP/RH, health, and CRM integration to improve the health of the community and the environment and improve food security. The general message for this audience was: “For secure family, healthy communities and healthy environment: plan your ideal family size, practice healthy lifestyle habits; protect your environment- your livelihood”. Examples of specific messages were:

- Proper birth spacing results in healthier children and more productive family members.
- Too many people put pressure on the resources. This helps conserve natural resources.
- Planned families need fewer resources. This helps conserve natural resources.
- Too many people and declining resources lead to food insecurity and poverty.

The messages were communicated through various activities and channels, including IPC/C by PEs and CBDs and IEC materials for both health workers and clients, such as posters, brochures, fact sheets, text brigade. The main messengers were adult and youth PEs (composed of Bantay Dagats, PO members, community leaders), project field coordinators, CBD and RHU staff.

During the Project, 11 new IEC materials were developed, pretested and distributed and two IEC materials developed in previous PHE Projects were reprinted (see Table 2). These IEC materials were used during IPP/C sessions held by the PEs, project field coordinators, CBDs, and RHU staff.

Table 2. PHE IEC Materials

IEC Material	Number of Copies Distributed	Description	Intended Audience
Adult PE Diary (new)	2,300	Includes PHE information and space to record number of IPC/C sessions conducted by APE.	Adult PEs
YPE Diary (new)	750	Includes PHE information and space to record number of IPC/C sessions conducted by YPE.	YPEs
CBD Guide (new)	1,500	Includes PHE and RH/FP information for use by the CBD.	CBDs
CBD Signage (new)	716	Tarpaulin with PHE message and is an indicator that a store is	General Population

IEC Material	Number of Copies Distributed	Description	Intended Audience
		a CBD outlet.	
PHE Poster (new)	2,000	Placed in strategic areas where people converge. It promotes healthy practices for the family and supporting MPA initiatives of the community.	General Population
PHE Billboard (new)	12	Placed in locations near the MPA	General Population
3 Tips Brochure (new)	11,500	Distributed during IPC/C and IEC campaigns sessions, it contains information on planning family size, practicing health habits, and protecting environment and source of livelihood for fisherfolks.	Men and women of reproductive age
PHE Brochure (re-printed)	5,000		
YPE Postcards (re-printed)	10,000	Distributed during IPC/C sessions and IEC campaigns by the YPEs. It promotes responsible sexuality and care for the environment.	Youth
T-shirts (new)	2,275	For the APEs, YPEs, RHU staff. Carries the integrated PHE message.	General Population
Eco-Bags (new)	2,000		General Population
Calendars (new)	2,000	Carries PHE messages.	General Population
PHE Tarpaulin (new)	1	Placed inside the Talibon Interpretive Centre	General Population
Total	55,054		

The IEC materials were distributed by the YPEs, APEs and RHU staff during implementation in community -level traditional and non-traditional IEC activities. Traditional and non-traditional IEC activities included:

- Discussion of PHE messages by PEs during three environment conservation –related activities (e.g. World Ocean’s Day, Earth Day and International Coastal Clean-up)

- Discussion of PHE messages by PEs, Field Coordinators and RHU staff during 99 RHU-led activities (e.g. mother's classes, pre-marriage orientation, and immunization programs)
- Discussion of PHE messages by PEs and Field Coordinators during 135 community assemblies, family development sessions, peoples' organization meetings, special events (local festivities), private sector promotional activities
- 2 Theatre performances by YPEs in Baco, Oriental Mindoro and Lubang-Looc, Occidental Mindoro enabled the YPEs to showcase the cultural values and the current beauty and challenges of their biodiversity through a play
- 2 Radio spots in Bohol and Occidental Mindoro which aired PHE messages
- 5 TV guestings with Dr. Madonna Andaya, Marion Daclan and Dr. Joan Castro who discussed the linkages, significance and benefits of PHE; the importance of marine protected areas and its link with PHE; the roles of the youth as stewards of their own sexuality and of the environment were each aired three times a day for one month
- 8,880 SMS (text blast) were done twice a month for three months

Over the life of the Project, the CBDs and PEs counseled over 95,000 individuals in FP/RH and together with other communications effort (mass media and BCC materials) the Project reached over 224,000 individuals. This represents about 22 percent of the total population in the target sites. Three factors contributed to the wide reach and effectiveness of the BCC activities:

- The composition of the PEs from various sectors (environment, health, education, livelihood, etc.) and whose networks are broad in the community by virtue of their community involvement as BHW, BNS, PO members, local officials, etc. facilitated a wider reach of the target clients.
- An Integrated Communications Plan at the start of the project provided a clear road map for implementing, monitoring and evaluating the communication interventions. The monitoring activities gathered relevant information that helped to identify innovative ways to reach/engage the target. The PHE "Text Blast" (SMS through phone) was able to reach a total of 8,800 individuals with BCC messages within a short period of time (2 months).
- PHE integrated messages were easier to communicate than FP /RH only, it becomes more acceptable to the community.

Policymakers

Reaching the policymakers through person-to-person or community advocacy or both was intended to increase decision/policy makers' commitment to promote/support PHE, FP, CRM and integrated policies. The desired behavior was to demonstrate support for PHE through policy reforms, budget allocation and inclusion of PHE in plans and agenda. The Integrated Communication plan targeted the following LGU decision makers with the goal of galvanizing their political support for PHE and RH/FP to make funds available to support BALANCED-Philippines PHE activities, including the purchase of FP commodities for CBDs in their municipalities and support to coastal and marine conservation activities:

- LGU/barangay officials with functions related to health and environment (administrative, MPDC, MHO, SB, Municipal Agriculture Officer (MAO), MENRO, etc.)
- Members of the municipal and barangay development councils in the coastal municipalities along Danajon Bank and the VIP.

The general message developed for this group was “It is the responsibility of leaders to help constituents to achieve a secure family, healthy communities and healthy environment.” The following specific messages were included in activities geared toward building LGU/policy maker buy-in and support.

- A good leader builds healthy and wealthy communities and resources.
- The right path is putting family planning, the health of the family and the environment a priority.
- Addressing poverty requires addressing the problem of livelihood, the state of natural resources, the resource base, and health of families.

The project recognized the fact that reaching the policymakers requires effective messengers, appropriate venues, and timing. Therefore, the project team identified a variety of messengers that can influence the decisions of the policymakers from among their peers, experts and community as follows:

- Champions (other local officials/ LCEs who implement integrated PHE plans and programs in their own communities) and advocates (NGOs, networks, etc.)
- Researchers/scientists
- POs, Municipal/Barangay Fisheries and Aquatic Resources Management Councils (MFARMCs/BFARMCs), MPA management committee
- Peers (decision/policy makers)
- Field Coordinators

The Project team educated, mentored and gained the policy makers support through the bottoms up and top down approach or in the local parlance - the “bibingka approach” (cooking the rice cake with fire both up and down simultaneously). Various activities were carried out for policy makers, including PHE orientations, one-on-one meetings, study tours and national/regional meetings/fora. Policy briefs were prepared in support of advocacy. These IEC activities coupled other advocacy activities led many of the LGUs to support PHE interventions in their municipalities, including the adoption of a PHE ordinances. Details of the advocacy and buy-in activities, results and lessons learned can be found in the Building Community Buy-in and Policy Support section that follows.

4. Building Community Buy-In and Policy Support

One of the BALANCED-Philippines Project's key interventions was building buy-in and policy support for the integration of PHE as part of a holistic development approach. Toward this end, we built the capacity of local actors and leaders and improved implementation capacity among national and local governments and stakeholders, to better respond to interrelated population, health, and marine environmental issues. This led to many LGU decision/policy makers from the city/municipal and barangay/village levels, members of the municipal and barangay development councils and the community to support the PHE approach and FP/RH, allocate budgets for PHE activities including FP supplies for CBDs, and formulate and pass PHE policy reforms. Policy reforms – ordinances, executive orders, resolutions, plans and budgets are the desired the key result areas of this component because it provides an enabling structure and environment that will sustain and, maybe, even scale up and replicate the PHE approach once the Project has ended.

The Project also engaged DENR's national and regional offices, Department of Agriculture's Bureau of Fisheries and Aquatic Resources (BFAR) and the provincial and regional DOH offices, including the Philippines Population Commission (PopCom), in various advocacy and program activities as necessary. This helped to increase awareness and support to PHE approaches, identify emerging PHE champions and for these multi-sectoral offices – to recognize their role in conservation and in improving the quality of life of the people in the DB and VIP bioregions.

To date, four PHE ordinances in two municipalities³⁵ in DB and two municipalities³⁶ in VIP were passed during the life of the project institutionalizing the PHE approach in these four municipalities that will sustain the PHE initiative beyond the Project life. Our advocacy efforts also resulted in the mobilization of existing local resources and establishment of public-private partnership as well as the building of community support and participation which was essential in getting community buy-in. This was achieved by involving everyone—men, women, youth, POs, local officials—in all project activities. We also worked with LGUs to deputize community leaders to become PHE peer educators (adults and youth) and CBDs.

The advocacy activities did not go without challenges. The Project implementation coincided with the proposed passage of a national RH Bill that created political controversy and divided the nation. Because of the May 2013 elections, many local politicians chose to stay clear of the issue. As a result, some local government officials initially refused to sign memoranda of understanding/ agreements (MOU/As) with the Project, and they were not willing to support family planning related activities. This delayed the approval of plans (development, fisheries, CRM), ordinances, and other local policy documents supporting PHE. However, in spite of the initial absence of signed MOU/As, the project was still able to implement activities in collaboration with local agencies in almost all sites.

Another challenge encountered was the limited capacity of the LGUs to implement PHE activities. While LGUs in most project sites had FP and CRM programs in place, they were not

35 Hindang , Leyte and Buenavista in Bohol

36 Lubang and Looc, Oriental Mindoro

linked. The Project built on existing local efforts in marine and CRM programs to integrate the PHE approach and built local capacity to implement and manage the components of PHE. Key advocacy activities implemented and outcomes follow:

Key Activities and Outcomes

PHE Orientation

At the beginning of the Project, LGUs, NGOs, POs and other Project stakeholders were oriented on PHE and the intrinsic linkages between population, health and environment in vulnerable coastal areas in the Philippines. Whenever possible, PFPI and CI conducted joint meetings in **new** and **maintenance** sites. The orientation meetings included courtesy calls, project orientations to the LCEs, PHE orientations/updates for LGUs, and project briefing and updates with local policy-makers and other local stakeholders. The goal of these meetings was to gain support and commitment for integrated PHE policy reforms and to advocate for the allocation of local budgets for family planning and biodiversity conservation. Our general message was PHE approach that it is their responsibility to work towards secure families, healthy communities, and a healthy environment. A total of 911 participants from the 29 municipalities attended PHE orientation workshops where PHE action plans were developed. As part of the advocacy efforts, the Project approached the Integrated Midwives Association of the Philippines (IMAP) Bohol chapter, local cooperatives, and other new stakeholder groups that could supply FP commodities to the CBDs. These new stakeholders were trained in PHE and mentored to become PHE champions.

Local PHE Champions

PHE champions were identified from among policymakers, decision makers, and local communities. These champions, who were trained/mentored and educated on PHE, embraced PHE and became driving forces in the Project. They were encouraged to share their experiences, successes, and lessons learned about PHE in various activities such as meetings, with their peers, study tours, etc. The PHE champions explained to policy makers the advantages of integrated approaches. When PHE champions were policymakers themselves, they advocated to fellow decision and policy-makers about the benefits of PHE. Similarly PHE volunteer leaders served as motivators for the new cadre of community volunteers. They also helped disseminate PHE documents and encouraged interested NGOs, LGUs, POs and community volunteers to be involved in PHE. Their hands on experience in being PEs, CBDs, authors of policies, etc. make local champions the best advocates for PHE.

The Project prepared success stories highlighting six PHE champions and their work, which will be distributed to USAID, stakeholders in the Philippines, placed on the PHE toolkit and distributed to the global PHE community.

MOU/As

Recognizing the authority of the LGUs as provided in the Local Government Code of 1991, the Project facilitated MOU/As with the LGU from all 28 Project sites. The purpose of the MOU/As was to initiate partnerships, instill LGU ownership of the Project, and obtain sustainability after

the Project ends. The MOU/As were executed with the LCEs to ensure resources were committed to operationalize, provide oversight to the CBD systems and institutionalize the PHE approach so that it continues after the Project ends. Provisions negotiated include: 1) providing counterpart funding to Project activities, 2) managing/supervising/sustaining trained PHE CBDs, 3) ensuring FP supplies for CBDs, 4) providing referral/technical/logistical support to BALANCED-Philippines activities, 5) training PEs/CBDs, and 6) ensuring the integration of PHE in local policies/reforms. The MOU/As and their provisions were reviewed and approved by the legislative arm of the local government in order for the LCE to sign the MOU/A. Once signed, the Project monitored how well the LGUs complied with the MOU/As. To date, all the LGUs complied with the provisions of the MOU/As in varying degrees. BALANCED-Philippines staff also communicated with LGU agencies to ensure that budget allocations were used to support PHE activities. By the end of the project, 15 municipal LGUs were procuring FP supplies for their CBDs. Within two of these municipalities, six barangays allocated additional funds for FP supplies for the CBDs through their barangay development funds, i.e. four barangays in Ubay, Bohol and 2 barangays in Pres. Carlos P. Garcia, Bohol

National Stakeholders Meetings

The Project built on ongoing collaborations and partnerships with PHE leaders and champions and explored opportunities to integrate PHE at the national level. Toward this end, PFPI and CI/P executed an MOU with the League of Municipalities of the Philippines (LMP) to jointly implement activities that: a) reach a significant number of LCEs in order to galvanize their support and commitment for the PHE approach, and b) expand advocacy activities to local government officials and local administrators.

BALANCED-Philippines also collaborated with the LMP and the PopCom to conduct a national level PHE orientation during the annual LMP National Congress in December 2012. The purpose of this activity was to raise awareness and obtain support for PHE among policymakers and key decision makers at the national and sub-national levels. More than 200 LCEs participated in a satellite PHE orientation meeting. Secretary J.R. Nereus Acosta, Presidential Adviser on Environment Protection, and a known PHE advocate, was invited as the keynote speaker. Before and after the PHE satellite meetings the team conducted a pre- and post-test to assess the mayors' understanding of the PHE issues and find out what they plan to do to address food security and climate change challenges. The results of the post-test highlighted the following:

- The orientation opened the eyes of many mayors about the interconnectedness of the climate change, population, health, environment, and food security issues; thus, the need to address them in an integrated manner.
- Food security appears to be the top priority of LGUs, with climate change as second top priority
- The PHE/climate change orientation made a number of mayors realize that they are not helpless when it comes to addressing climate change
- There was a marked increase in the number of mayors who—after listening to the presentations—understood that FP does not simply mean limiting the number of children and that FP could contribute to attaining healthy family/environment and achieving sustainable development.

- There was a substantial increase in the number of mayors who believed that investing in PHE is to the best interest of the LGUs/constituents.
- From identifying limited courses of action during the pre-test to address poverty, food security and climate change challenges, the mayors –after attending the presentation— indicated that they had to do more to effectively address such issues.

The Project also worked closely with the PopCom to launch the State of the Philippine Population Report (SPPR) 5: Seeking a Healthy Balance-PHE Integration and organize the November 2012 National Population Congress: PHE and Local Governance. Over 250 representatives from the Regional, Provincial and Municipal PopCom offices, press, NGOs, LGUs, and donor agencies attended the launch, which highlighted the significance of a truly integrated approach for population and development. BALANCED-Philippines LGU partner and PHE Champion, Mayor Eutiquio Bernales of Ubay, Bohol presented his experience in implementing PHE at the community level. PHE Champion Mayor Sanchez of Lubang, Occidental Mindoro, was also one of the speakers at the National Population Congress. These two speakers generated a lot of interest about PHE among the participants. For example, POPCOM Regions 4 and 8 and DENR expressed interest in implementing and scaling up the best practices shared by the two PHE champions. Consequently, PopCom and DENR partnered with BALANCED-Philippines to organize and facilitate a Convergence Meeting in the VIP.

Study Tour

In order to expose policymakers from the **new** sites³⁷ to the PHE approach, the Project invited LCEs and other decision makers to participate in a study tour at selected PHE learning sites in Bohol. The purpose of the study tour was to gain the LCEs' commitment and support for PHE approaches. In March 2012, 22³⁸ participants visited successful **maintenance** PHE sites in Bohol. The study tour included personal testimonials from members of the community about the tangible benefits of PHE—including changed behaviours related to FP/RH and environmental conservation. This activity also enabled policymakers to talk to their peer policymakers and be convinced of the benefits of adapting the PHE approach. As a result of the study tour, 10 out of the 12 provincial and municipal participants became active PHE advocates. Also, the activity led to the execution of an MOU in one of the **new** municipalities (Calatagan, Batangas) which was signed during the study tour by the Local Chief Executive.

Multisectoral Convergence Meetings

Recognizing that galvanizing support from various multisectoral stakeholders, policymakers and decision makers for the PHE approach including CBD systems was critical to the Project

37 Sites that have ongoing fisheries/CRM projects, but that have yet to integrate FP/RH

38 3 LCEs from Lubang and Looc, Occidental Mindoro and Calatagan, Batangas; 1 Sangguniang Bayan (Councilor) for Environment of San Juan, Batangas; 2 Municipal Administrators from San Juan, Batangas and Paluan Occidental Mindoro; 1 Municipal Planning and Development Officer from Lubang; 2 Municipal Health Officers from Looc and Abra de Ilog, Occidental Mindoro; 1 Municipal Social Worker Officer from Abra de Ilog, Occidental Mindoro; 1 Municipal Engineer from Paluan, Occidental Mindoro; 1 Batangas Provincial Environment and Natural Resources Officer; 2 from Papua New Guinea; Deputy Project Manager of BALANCED Core; 5 CI staff and 2 USAID Philippines Staff

success, the team organized two PHE convergence meetings. These meetings involved key local executive and legislative governments, provincial health officers, POs, provincial and regional representatives from BFAR, DENR, RHU personnel, DOH representatives, private-sector suppliers and selected champion CBDs and PEs. During the meeting speakers shared an explanation of PHE, the PHE PE/CBD models, discussed ways to enhance/improve the PHE PE/CBD systems in their operations, identified other potential stakeholders at various levels, discussed possible roles of new stakeholders in support of PHE integration and the PE-CBD system, and generated actions to sustain PHE PE-CBD initiatives and scale up/replicate lessons learned, province- or eco-system-wide. The convergence meetings also explored the feasibility of integrating the PHE PE-CBD system into the DOH community health team model. Both meetings ended with a site visit for a select group of participants. For more information about the convergence meetings, please refer to meeting proceedings, which have been shared with USAID/Philippines, Project stakeholders and collaborators.

Local Government Plans and Agendas

The Project worked with the local legislative and sector-based agencies (environment, health, development, agriculture, etc.) to identify mechanisms to integrate PHE into local government plans and agendas. After learning more about local governance, policy reform processes and political influences/affluence, BALANCED - Philippines staff helped facilitate and/or participated in local municipalities/barangays development planning and budgeting processes to ensure that FP/RH was integrated into local development/CRM plans. Once incorporated into local plans, LGUs are then mandated to provide strategic and financial support to implement FP/RH, CRM and PHE activities in their communities. These advocacy efforts resulted in many LGUs integrating PHE into their CRM and development plans as well as annual investment plans (AIP) and budgets. During MPA Management Planning workshops, the BALANCED-Philippines team was also able to integrate PHE into MPA plans. Without such advocacy, many municipalities would not have begun providing FP/RH services to remote underserved areas where Project activities were located.

To date, BALANCED-Philippines facilitated the integration and/or creation of 67 local policy reforms/plans (CRM, Barangay Development Plan (BDP), AIP, MPA), which integrate population, health and environment. Of those, the PHE was officially integrated/adopted in the following:

- Four PHE Ordinances – one each in Hindang,(Leyte), Lubang and Looc (Occidental Mindoro) and Buenavista (Bohol);
- Six CRM plans by the Provincial/Municipal LGUs from: Inopacan (Leyte), Talibon, Bien Unido, Clarin and Inabanga (Bohol), and the Province of Oriental Mindoro;
- A Climate Change Adaptation Plan for Calatagan, Batangas;
- A Barangay Development Plan for Sinandigan, Ubay (Bohol);
- Five Annual Investment Plans - for San Juan and Batangas City (Batangas), Puerto Galera (Oriental Mindoro), and Looc and Lubang (Occidental Mindoro)
- Four Bantay Dagat Plans – for Lubang and Looc (Occidental Mindoro);Province of Oriental Mindoro; Province of Batangas

- Two MPA plans - from Clarin and Inabanga (Bohol).

PHE was also included in 44 additional MPA plans – 10 in Bohol and 34 in VIP – however, because of the May 2012 elections, these plans have yet to be formally adopted.

As a result of the advocacies and community buy –in, the Project leveraged funds - in cash or in kind - from the local governments. A total of US \$259,557 was leveraged to support training venues, meals, participants' time, FP commodities, PHE activities, transportation, and other training and logistical costs as part of the BALANCED-Philippines activities. The Project also worked to identify and secure support to sustain activities initiated by the project and/or scale-up PHE activities within the targeted municipalities, other municipalities, at the provincial level and even with new projects and government agencies.

Promising practices/Lessons Learned

The following are best practices/lessons learned related to building buy-in and policy support for PHE:

Promising Practices:

- Study tours, when planned well and attended by appropriate participants, are good entry points and effective for advocacy. For the **new** sites, the tour organized by BALANCED-Philippines led to increased awareness on the benefits of the PHE approach and increased commitment among LCEs who may have had initial reservations about the effectiveness of PHE as a development approach
- Aligning the Project’s vision with the LGUs’ visions, which are usually linked to food security, poverty alleviation and the impacts of climate change, helped to convince LCEs to adopt integrated PHE programs. Positioning integrated approaches, such as PHE, as a response to these concerns also worked to get the LCEs and other policymakers’ attention and support.
- While family planning remains a controversial issue (despite the recent passage of the RH Bill) once LCEs understood the benefits of planning one’s family, saw the benefits of the PHE approach, and grasped the contributions of family planning to sustainable development, they became supportive of local family planning programs.

Lesson Learned

- The process of galvanizing LGU support and obtaining Project buy-in takes time. Initially, most of the well performing municipalities were maintenance sites that had implemented PHE for a while and had experienced positive outcomes. Implementing their own activities and being exposed to the experience of maintenance sites, LGUs from new sites became more committed, adapted the PHE approach and delivered/implemented policies and components of the PHE approach.

5. Strengthening MPAs through Integrated Approach and Partnerships

Background

The BALANCED-Philippines Project works in areas of high biodiversity—the Danajon Bank and the Verde Island Passage. To protect marine biodiversity, both areas have invested significant resources in developing MPAs and other management measures to control fisheries and marine resources. In 2006, a national policy³⁹ on biological diversity was enacted prescribing implementation in the *Sulu Sulawesi Marine Eco-region, particularly in the Verde Island Passage*. The national policy facilitated the development of the VIP Framework Plan to implement management activities within the region, including the establishment of an ecologically functional network of MPAs. This opportunity also provided the enabling condition for the cooperation of VIP LGU, national agencies and nongovernment institutions to sustain biodiversity conservation and socio-economic development.

The approval of the VIP Framework Plan paved the way for an ad hoc committee to set up the partnership and exchange of information between and among the LGUs within the VIP region on MPA management. The network serves as a social network for MPA managers. Currently, the VIP MPA Network is composed of 52 locally managed MPAs in Batangas and Oriental Mindoro and the LIG MPA system that is jointly managed by the municipalities of Lubang and Looc, Occidental Mindoro.

The DB is an area of rich biodiversity, supporting the coastal and island communities around it. In Bohol approximately 80 locally managed MPAs work to maintain the reefs' natural resources. The growing human population threatens the region's biodiversity. Despite the existing MPAs and other initiatives to manage marine biodiversity, illegal and destructive fisheries are still rampant. Other human activities, such as mangrove harvesting, aquaculture, agriculture using pesticides and fertilizers, unsustainable tourism and marine navigation also threaten marine biodiversity in DB as well as the VIP.

The BALANCED Interventions to Strengthen MPAs

BALANCED-Philippines Project implemented a number of activities to help strengthen existing coastal and marine resources management initiatives and to reduce the anthropogenic stresses on the environment. The MPA and fisheries management activities included:

1. Assessed the status of DB and VIP MPAs using the MPA MEAT
2. Implemented activities to strengthen selected MPAs that scored low on the MEAT
3. Conducted a follow up MEAT assessment in the DB to measure the impact of strengthening activities
4. Strengthened the Bantay Dagat Networks in VIP sites
5. Harmonized and strengthen fisheries management in the VIP (LIG)

³⁹ Executive Order No. 578, *Establishing the national policy on biological diversity prescribing its implementation throughout the country, particularly in the Sulu Sulawesi Marine-Ecoregion and the Verde Island Passage*.

6. Developed and tested a PHE addendum, which added population, gender and health dimensions to the existing MEAT

All activities were implemented in close cooperation with local government units and communities. The activities were part of the broader package of integrated PHE interventions described in other sections of this report.

Assessing MPA Management Effectiveness Using the MEAT

The MEAT was developed to assess the effectiveness of MPA management. The tool was put together by the Coral Triangle Initiative, which drew from a number of existing tools. The purpose of the tool is to gauge and to highlight important threshold indicators. The tool can help promote and achieve MPA management effectiveness outputs and outcome by identifying gaps and areas that need strengthening. The tool classifies MPAs into five levels:

- Level 0: MPAs that are not properly established
- Level 1: Established
- Level 2: Strengthened
- Level 3: Sustained
- Level 4: Institutionalized

There are three ways to interpret the MPA MEAT results: through the overall score; through the management effectiveness level; and by categorizing responses into management focus areas. An MPA can obtain a high overall score but still fail to reach a management level because it has yet to meet the required thresholds. Figure 2 provides a graphical representation of the MPA management levels and the threshold criteria that have to be met for an MPA to reach each level.

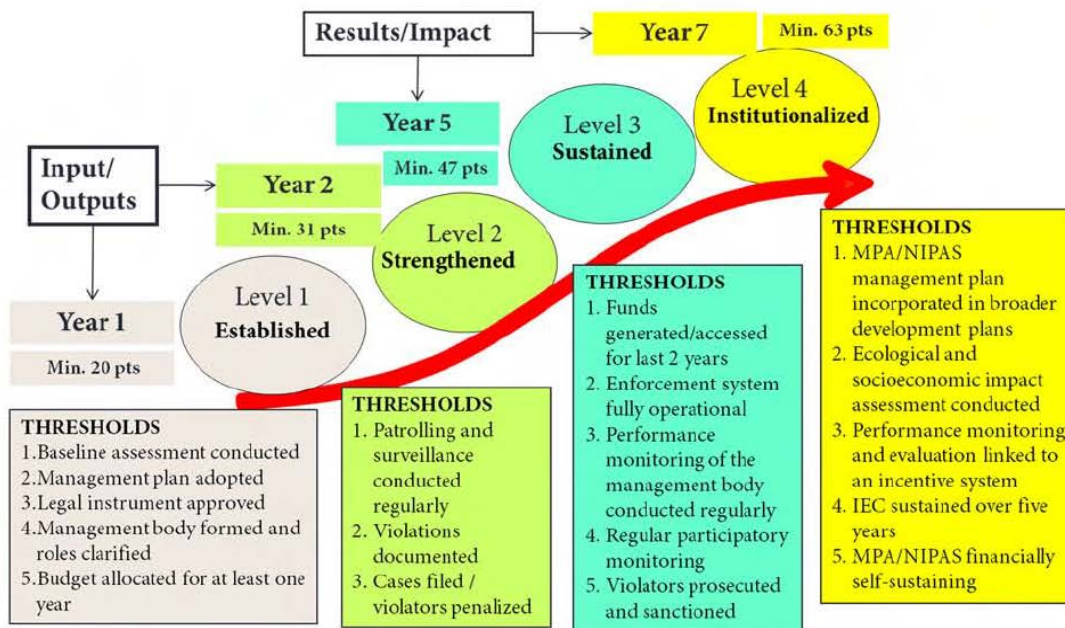


Figure 2. MEAT Levels and Thresholds

In the VIP, the MPA Network provided a platform for the Project to mainstream PHE approaches by building on existing LGU CRM efforts, including the facilitating of the MPA MEAT and strengthening the capacity for the effective and integrated management of the MPAs and Bantay Dagat networks. Through the support of the network secretariats, the Batangas Provincial Government Environment and Natural Resource Office (PGENRO) and the Oriental Mindoro Provincial Agricultural Government Office (PAgO), the networks cooperated to advocate for PHE and MPA governance and enforcement.

The Project assessed 52 MPAs in the VIP. According to the results, presented in Figure 3, most of the MPAs (24) were still in the process of being established, while seven MPAs were classified as Level 1 (established); six were Level 2 (strengthened), 12 were Level 3 (sustained) and three were Level 4 (institutionalized). Most of the Level 0 MPAs were created more than three years ago, but they did not meet threshold indicators needed to complete Level 1. Threshold indicators that proved difficult to meet included adopting management plans and functioning management bodies. For example, in San Juan, Batangas, MPAs were formed in 2009, but because their management plans have not been adopted by the LGU, they are not formally established.

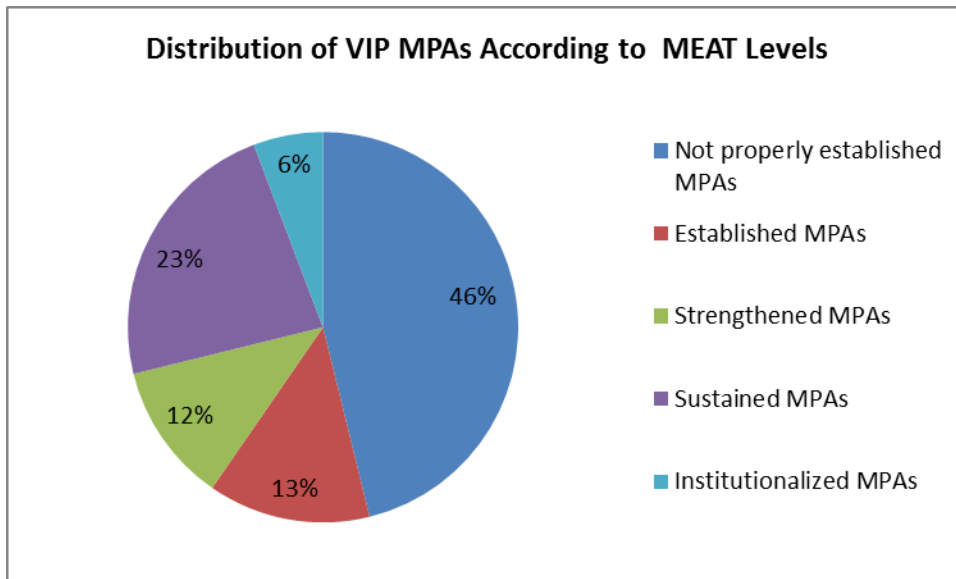


Figure 3. Summary of MEAT Results in the VIP

MEAT goes beyond looking at the MPA levels. The tool also looks into MPA management parameters and provides diagnosis for areas of improvement of management effectiveness. From the individual MPA results, we identified common weaknesses of Level 0-2 MPAs and strengths of Level 3 and 4 MPAs that can provide the lessons and motivations to the weaker organizations. Results revealed that most MPAs within the VIP need strengthening support in updating management plans, sustaining IEC and enforcement and conducting monitoring and evaluation (M&E). Although the capacity building support focused on the MPA network, individual MPAs of Puerto Galera, San Teodoro, Oriental Mindoro; and Lubang and Looc, Occidental Mindoro, were assisted in the reorganization and strengthening of the MPA management boards and establishing baselines for M&E.

In collaboration with the Bohol Environmental Management Office (BEMO) and the respective LGUs, BALANCED-Philippines Team conducted MPA MEAT surveys in 65 MPAs located in nine municipalities (Tubigon, Clarin, Inabanga, Buenavista, Getafe, Talibon, Bien Unido, Ubay and Pres. Carlos P. Garcia) in Bohol. As shown in Figure 4, the baseline MEAT revealed that out of the 65 MPAs, 28 were established (Level 1), 23 were strengthened (Level 2), six were sustained (Level 3), and eight were institutionalized (Level 4). The weak MPAs (e.g. Level 1) were noted in the municipalities of Tubigon, Inabanga, Clarin, Getafe and Bien Unido.

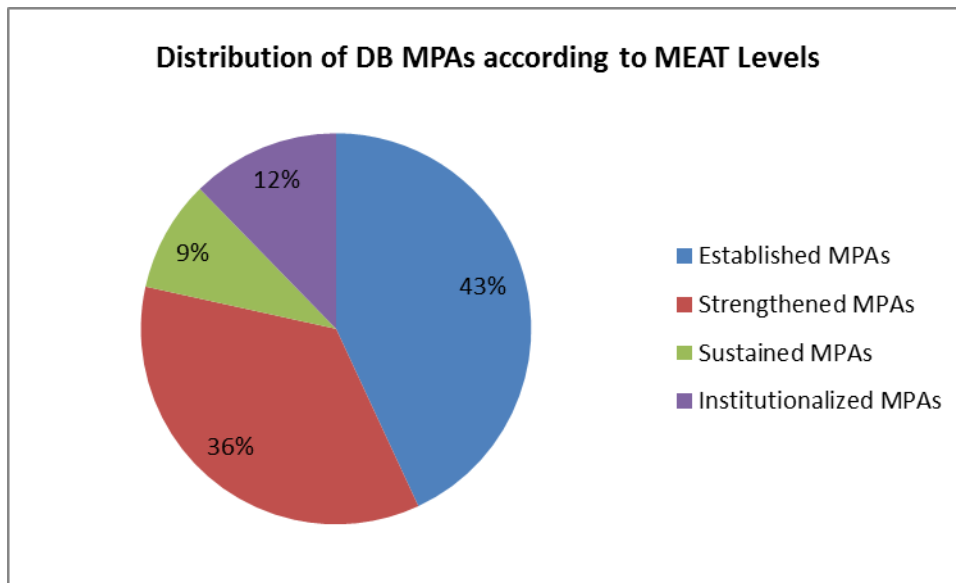


Figure 4. Summary of MEAT Results in DB

Additional highlights gleaned from the MEAT assessments in Bohol were:

- 90% of the MPAs had management plans, but 68% had to be updated
- 84% had been able to implement their plans with assistance from the LGU, the provincial government and NGOs
- All but one MPA had formed a management body, but 42 were not functional
- Ordinances had been passed to legitimize all of the MPAs
- All of the communities were consulted in the establishment of the MPAs
- In terms of financing, only 20 MPAs had sustainable financing strategies in place; 32 MPAs relied solely on the LGU as their source of funds, while the rest had or have had opportunities provided by foreign-assisted projects and/or NGOs
- Law enforcement was fully operational in 10 MPAs, where regular patrolling was being conducted and cases filed and documented. In the other MPAs, patrolling was not regular and, a lot of times, cases were not filed and documented
- 88% of the MPAs did not conduct regular biophysical or socio-economic monitoring

- 63% of the MPAs had set up demarcation lines around boundaries of the MPAs. Only 15 had expansion strategies

Based on the results and established criteria, the CI and PFPI teams shortlisted low-scoring MPAs that needed capacity building and other support to improve governance. In Bohol, the teams also identified well performing MPAs that should be rewarded by receiving livelihoods support. Those were located in the municipalities of Inabanga, Buenavista, Clarin and Pres. Carlos P. Garcia. In VIP, the project used the MEAT results to shortlist MPAs for the provincial MPA awards.

The BALANCED-Philippines Team used the MEAT results to assess what strengthening activities the Level 1 and 2 MPAs needed the most. One of the key activities implemented for both was strengthening the MPA management bodies, which are directly responsible for the implementation of the management plan. For an MPA management body to function, the members must know their roles and responsibilities, and they must perform their tasks as MPA managers. Unfortunately, most of management bodies in the VIP and DB follow the structure prescribed by law, with minimal or no consideration of community dynamics and stewardship roles. Current management structures are complex and political in nature; hence if there is lack of interest or support from the appointed MPA chair, then the MPA is left to concerned individuals to manage. The absence of a functioning MPA management body can make the MPAs more vulnerable to political favors and ambiguous decision-making processes. At present, MPA activities are usually initiated by CRM coordinators who are also expected to perform other tasks because they are LGU staff.

The following activities were implemented in VIP and DB towards strengthening the MPA

Strengthening MPAs in the VIP

The results of the MEAT represented the current levels of management performance of the VIP MPAs. Results also showed governance parameters that should be worked on by MPA managers to improve MPA management performance. BALANCED-Philippines Project technical support concentrated on these areas in order to give the MPAs a boost on their MEAT levels by helping them accomplish the requirements.

Batangas MPA Management Plan Updating

BALANCED-Philippines Project conducted an MPA management plan workshop, which brought together 36 MPA managers from the six BALANCED-Philippines sites and other members of the Batangas MPA network. The workshop aimed to: 1) enable the MPA Management Committees to update their management plans to address PHE links; and 2) help MPA managers and coordinators clarify their roles and execute their responsibilities effectively. With the help of local experts and practitioners, the workshop provided direction and guidance to MPA Management Committees in the development and updating of their plans. Lectures and sharing on sustainable financing and different M&E tools were also provided.

Oriental Mindoro MPA Capacity Building: Review of MPA management plans and structures

One of the major inputs needed by the Oriental Mindoro MPAs was the review of the MPA management organizations structure. BALANCED-Philippines organized a review of MPA management plans and structures participated in by 43 MPA managers from the municipalities of Pola, Pinamalayan, Gloria, Naujan, Bansud, Mansalay, San Teodoro, Roxas, Bulalacao, Puerto Galera and Calapan City. The objectives for this activity were to review the current MPA management structure of the different MPAs in Oriental Mindoro, the roles and functions of the persons and/or management bodies/committees in order to evaluate if the system is working. At the end of the discussions, one of the difficulties recognized in convening the management boards is that they were high-level, hence usually politicized. A nonfunctioning management board makes MPAs highly dependent on the LGUs' CRM coordinators. After the activity, the participants agreed to review their structures, reconvene and reorganize their MPA management boards.

The reorganizations were followed by a leadership and project management skills training for the newly appointed MPA managers. Forty-one MPA management board representatives from Puerto Galera (San Antonio), San Teodoro and Baco and other members of the MPA network participated in the training. The training provided a review of the PHE concepts and lectures and exercises on leadership and project management. Proposal development and basic accounting procedures were included in the project management topic. These sessions aimed to build practical leadership and management skills among the MPA managers.

Bio-physical and socio-economic assessment and monitoring

Bio-physical and socio-economic baselines and assessments are one of the MEAT Level 1 thresholds that many MPAs fail to meet. By monitoring the ecological and socio-economic conditions, coastal managers and the government will be able to improve management practices within these critical marine ecosystem areas. Reef check was one of the monitoring tools adapted by the network. The project, together with other agencies, supported the bio-physical monitoring plan of the Provincial Government of Oriental Mindoro, including conduct of reef check in the MPAs of Puerto Galera and San Teodoro.

After the reef check activities, a participatory coastal resource assessment (PCRA) workshop was conducted by the BALANCED-Philippines Team in Barangay San Antonio MPA core-zone, Puerto Galera. PCRA uses scientifically based methods in gathering data on resources such as corals, fish, sea grass and mangrove as well as information on the fisheries and socio-economic status of an area. The training drew 17 participants from Barangay San Antonio MPA management board and selected representatives from San Teodoro and Baco. Actual PCRA exercises were conducted during the training. Other participants are expected to do a PCRA in their respective areas to generate profiles of the coastal habitats and fisheries to inform decision-making processes in their respective sites.

Strengthening of the VIP MPA and Bantay Dagat Network

Networks are rich not only in marine resources but in lessons, experiences and relationships that would boost social and ecological connections. BALANCED-Philippines supported the provincial network meetings not only to provide venues for learning exchange but also to initiate organizational development discussions within the network.

Oriental Mindoro MPA and Bantay Dagat Network

BALANCED - Philippines facilitated planning and assessment sessions for the Oriental Mindoro MPA and Bantay Dagat Network. During the planning, the Oriental Mindoro Network incorporated PHE and ecosystem-based approaches on climate change adaptation into their vision-mission and goals, including in the cluster operational plans. After the planning sessions, the network operational plan was revisited and assessed to determine status of implementation. Assessment discussions helped in identifying and prioritizing activities that the network needs to undertake to achieve its goals. Priority activities identified were MPA monitoring and Bantay Dagat strengthening.

Batangas MPA and Bantay Dagat network

With support from BALANCED-Philippines, the Batangas MPA and Bantay Dagat Network revisited their vision-mission and goals and structure. As a result of the review, the network elected officers for the vacant positions and committees and developed an action plan for 2013-2015, focusing on advocacy and IEC, capacity building, research and project development, management implementation, enforcement, M&E and policy advocacy. Because of the strong collaboration among the network members, the provincial network has been recognized for its exemplary performance by a national MPA award-giving body.

MPA Awards

One of the most effective ways of promoting good MPA governance is through MPA awards. MPA recognition ceremonies were conducted in the provinces in Oriental Mindoro and Batangas. The recognition was a boost to the winners, who were given cash awards provided by Malampaya Foundation and the Provincial Government. It also inspired weaker MPAs, by highlighting best MPA practices. It showed local government units that it is possible to surmount challenges through its own means. Other municipalities have declared to do their best to be recognized and to achieve what others have. It has also become a challenge to awardees to sustain the good work that they have started and to show that they can do better.

Mentorship of the Bantay Dagat Networks in the VIP

An important parameter for MPA management is enforcement, where Bantay Dagat Groups play a critical role. Although Bantay Dagat mandate applies to all municipal waters, the strength of the Bantay Dagat group is also determined by their involvement in MPA governance. A unique project component implemented in the VIP was strengthening its Bantay Dagat Network. VIP Bantay Dagat groups face weak organizational mechanisms, lack of integration of MPA and enforcement interventions and technical capacity gaps among Bantay Dagat and LGUs. These challenges have caused a major decline in Bantay Dagat membership and operational difficulties in marine law enforcement within the network.

The BALANCED-Philippines Project worked on institutional and individual capacity assessments⁴⁰ of the network to recognize the particular duties and functions and the limitations of Bantay Dagat groups, including operational planning to put structure and protocols into the

⁴⁰ The BD Capacity Assessment Tool was annexed to the BALANCED-Philippines Quarterly Report 7

enforcement activities. In the capacity assessment of the different Bantay Dagat groups, CIP and partners identified areas for improvement, including strengthening the Bantay Dagat reporting system, evidence gathering and handling, clarifying mandate, establishing roles and functions (mode of conduct of Bantay Dagat), operation protocols and networking and organizational systems. In support of Bantay Dagat strengthening, the project provided technical support in Bantay Dagat meetings and planning sessions. The Bantay Dagat database was also introduced to consolidate the Bantay Dagat reports.

A unique component of the capacity building activities (legal clinics and trainings) initiated by the project is the mentoring role given to selected Bantay Dagat leaders from the Municipalities of Mabini, Calatagan and Tingloy. These mentors played an important role in the activities as resource persons for both Batangas and Oriental Mindoro Bantay Dagat groups. These Bantay Dagat mentors delivered comments and suggestions on improving Bantay Dagat operations and procedures based on their own experiences that no legal resource person could provide. These Bantay Dagat mentors have also been officially recognized by the Batangas MPA and Bantay Dagat network and are expected to act as the network's in-house resource persons on marine and environmental law enforcement. Bantay Dagat mentors also earned pride and respect from their colleagues.

Fisheries management through policy planning and conservation management

The goals of MPAs are two-fold: marine biodiversity conservation and improvement of the fisheries stock for food and livelihood security. Fish remains the major source of protein for the majority of Filipinos. With the declining fish stocks, most MPAs were established for habitat protection and recovery of fish populations. The demonstrated benefits of MPAs have made them a favorite fishery management tool for communities.

Another unique project component of the VIP is the strengthening of fisheries management in the LIG. The LIG MPA became an entry point for introducing new concepts in strengthening coastal resource management. PHE approaches and ecosystem-based approaches to climate change adaptation heightened the awareness of key stakeholders on the importance of the MPA, not only for marine biodiversity but also for the well-being of families and communities. BALANCED-Philippines, in collaboration with other projects and institutions, assisted the municipalities of Lubang and Looc in identifying fisheries management options, including policy recommendations that would affect their current fishing practices. The two municipalities agreed on a fishing permitting scheme in which legal residents can obtain a permit to fish in the area. The registered boats will be painted red and white, with their registration number and municipality written in red. The two municipalities will share their lists of registered and banned fishing boats to ensure transparency and effective enforcement. Both LGUs commit to sustain and intensity BD patrolling to make sure non-registered boats do not fish in the area.

These project inputs were also reflected in the results of the MEAT for the LIG climate resilient MPA, which achieved its Level 1 thresholds even though it was just recently established

MPA Strengthening Activities in Danajon Bank

Based on criteria developed by the Project41, 10 low scoring MPAs from the municipalities of Clarin (Lajog, Bonbon, Tangaran and Nahawan), Inabanga (Lawis and Ondol sea grass) and Pres. Carlos P. Garcia (Bonbonon, Bantiguian, Lipata and Tugas) were identified for strengthening support. Before starting the strengthening activities, Project staff discussed the selected MPAs with the respective LGUs who agreed with the selection, welcomed the initiative, and committed support.

MPA management planning

The Project facilitated several MPA planning activities to identify issues and concerns and to find ways to address or manage them. A total of 80 persons (42 M: 38F) participated in three separate trainings conducted in three targeted municipalities. The outputs of the activity were 10 three-year MPA Management Action Plans that identified strategies and actions related to enforcement, management body, financing, information and education campaign, monitoring and evaluation, infrastructure site development and related PHE activities. These planning workshops were conducted in a participatory manner, with multi-sectoral representation that included fisher folk, women and youth. For those who had MPA plans, the activity served as an opportunity for the MPA Management Committees to update their plans to address PHE links. The action plans were in the process of being adapted into the municipal CRM plan. To date, only the five MPA plans in Inabanga were integrated into the Municipal CRM plan.

MPA Participatory Biophysical Monitoring and Evaluation Training

BALANCED-Philippines facilitated an MPA Participatory Biophysical Monitoring and Evaluation training for 24 individuals (6F: 18M), from MPA managers, LGUs, fisherfolk, women and youth. The workshop facilitators used the manual: “Coral Reef Monitoring for Management” by Uychiaoco, et al, 2001, and included sessions on: 1) the links of PHE; 2) the three major marine ecosystems and interconnectivity of each of the ecosystem; 3) the importance and presence of MPAs for food security and protection from possible calamities; 4) the importance of M&E in their respective MPAs; 5) methods in a community level for M&E; and 6) a field practicum and actual field survey using the Fish Visual Census (FVC) and Point-Intercept methods for the benthos. The participants were also provided some tools, including masks and snorkels, slates, pens, etc., for use in their monitoring.

41 LGU supportive of PHE, a budget allocation for CRM activities and livelihoods, a CRM officer designate; municipal Comprehensive Law Enforcement Teams are functional; presence of active community leaders and PHE advocate; local community supportive of the MPA; MPA is accessible for monitoring; MPA is part of an MPA network or has the potential for scale up/replication ; no other NGOs in the area are currently supporting activities related to strengthening the MPA

Information Education and Communication (IEC)

As part of the project, MPAs developed and installed billboards near the MPAs and where people gather. The billboards were intended to increase the community's awareness on MPAs and PHE and to provide information and education about MPA policies. Each billboard contained the MPA map in the area, information about the benefits of MPAs, reportable illegal fishing activities, ways to contribute in the protection of the MPA, integrated messages on PHE and a call to action where the community can report illegal fishing activities, among others.

As outlined in their management plans, the communities conducted regular coastal cleanup. Special cleanups of the wharf areas were done during the Month of the Ocean (May 2013). IEC campaigns were conducted after the coastal cleanup activities to discuss why and how to take care of coastal areas and the communities' role in managing the MPAs. The 3 Tips brochure that contained information on population, health and conservation was also distributed to the members of the MPA committee and POs in both the traditional and nontraditional ongoing community activities.

Coastal Law Enforcement

The BALANCED-Philippines Team collaborated with BFAR Region 7 to conduct training on Coastal Law Enforcement and to deputize the participants as wardens of the sea. The training attracted 18 participants (2F, 16M) and was held in Talibon, Bohol, where one of the best enforcement teams is located. The activity strengthened the capacity of the management body to protect and conserve their MPAs. The training enabled the deputized wardens to conduct patrolling and surveillance activities.

The topics of the training included: 1) basic coastal resource management; 2) fisheries laws and provisions under the Republic Act 8,550 and Fishery Administrative Orders; 3) Introduction on fishing gears used in the Philippines; 4) basic navigation and map plotting; 5) determination of fish caught by using explosives and the proper preparation and handling of fish samples to be examined; 6) determination of fish caught by using poisonous substances and the proper preparation and handling of the specimen to be examined; 7) mechanics of apprehension; 8) aspects of filing cases; 9) briefing and orientation in pre-boarding and boarding procedures; and 10) ways to address common violations.

Repeat MEAT

The MEAT assessments were repeated in the 10 MPAs supported by the Project in DB. The purpose of the repeat assessment was to gauge if the MPAs had improved as a result of the Project-supported strengthening exercises. The repeat MEAT assessments showed that none of the MPAs had moved up one level. They all remained in Level 1. However, there were improvements within Level 1 and in the total scores. Figure 5 summarizes the changes in Level 1 and total MEAT scores for the 10 MPAs. It shows that nine out of 10 MPAs either improved or maintained their original Level 1 score. Furthermore, six out of 10 MPAs improved their overall MEAT score between the first and second assessment.

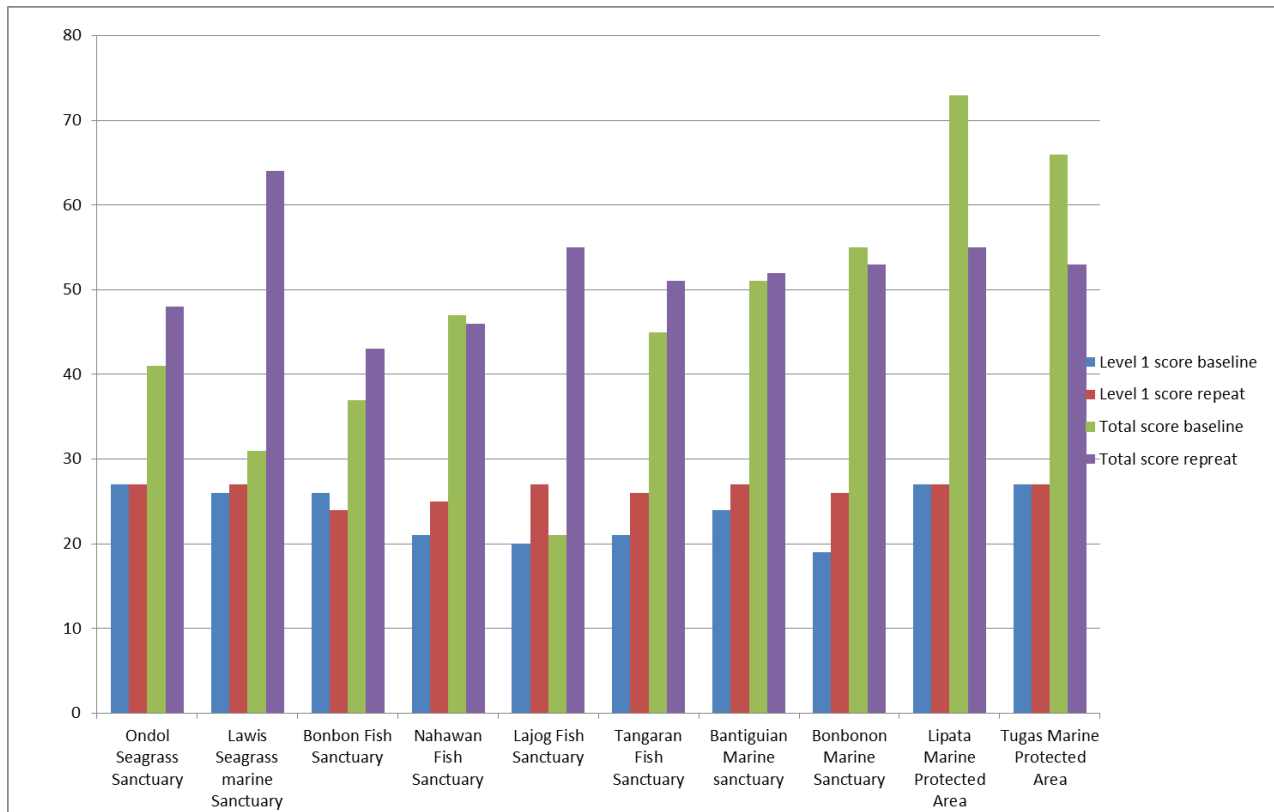


Figure 5. MEAT scores for baseline and repeat assessments in Bohol

The repeat MEAT revealed that the 10 MPAs involved in strengthening exercises all received improved scores under the Management Plan and Body thresholds because they had all had updated their management plans and had formed committees or bodies to manage their sanctuaries. The MPA billboards had also contributed to increasing awareness about the MPAs, thus improving ratings within the IEC management focus.

Not all MPAs improved their ratings in M&E because, despite receiving training in biophysical and socio-economic monitoring, this threshold requires that monitoring be done regularly over three years. Because the management committee members, community and stakeholders have been trained just a year ago, they had a low rating. Other low-scoring areas were enforcement and financing.

PHE Addendum to the MEAT

The BALANCED-Philippines Team developed and pretested a PHE Addendum to the MEAT. It is a parallel tool to the MEAT and is designed to assess integration (Level 1), implementation (Level 2), sustainability (Level 3) and institutionalization (Level 4)⁴² of PHE initiatives in the management of MPAs and local communities. It is patterned after the MPA MEAT, and follows the same levels and management focus areas: Management Plan, Management Body,

⁴² MPA MEAT assesses if MPAs are established (L1), Strengthened (L2), sustained (L3) and institutionalized (L4)

Community Participation, Financing, IEC and Monitoring. In addition, it includes assessments of Population, Health Services and Livelihoods. The PHE Addendum has a cumulative total score of 64 in which Level 1 has a total score of 14, Level 2 has 17, Level 3 has 19 and Level 4 has 14 points. Each level also has minimum thresholds which should be met in order to attain the corresponding level. Table 3 is the list of the thresholds and the minimum score required to achieve a particular level.

Table 3. PHE MEAT Addendum Parameters

Level 1 Integration	Level 2 Implementation/ Strengthening	Level 3 Sustainability	Level 4 Institutionalization
Minimum of 8 points out of 14 points <u>AND</u>	Minimum of 9 points out of 17 points <u>AND</u>	Minimum of 10 out of 19 <u>AND</u>	Minimum of 8 out of 14 <u>AND</u>
Thresholds <ul style="list-style-type: none"> • management plan indicates conceptually that high rates of population growth and density in the coastal zone pose threats to food security • management body includes representation from marginalized groups • monitoring includes population variables • access to water and toilets more than 50% • environment-friendly livelihood options identified 	Thresholds <ul style="list-style-type: none"> • management plan includes FP activities • budget allocated for PHE • selected population variables used for both the baseline and impact assessments and any monitoring surveys conducted in between or thereafter • strategies to increase access to water and toilets • linkages with existing sources of technical and financial assistance 	Thresholds <ul style="list-style-type: none"> • management plan incorporated in development plan • executives provide directions for management of MPAs through PHE • monitoring activities coordinated by management body • mechanisms whereby community members can save money 	Thresholds <ul style="list-style-type: none"> • PHE Ordinance • PHE integration sustained by management body for 7 years • Integrated management plan financially self-sustaining in the last 7 years • PHE IEC sustained over 7 years • trend data on local population dynamics used to develop projections of future human pressure on marine resources and to advocate with LGUs to step up their efforts to implement measures that can slow population-consumption trends • strategies to increase access to water and toilets institutionalized in LGU plans/programs • savings mechanisms institutionalized

The PHE MEAT Addendum was pretested in 10 MPAs strengthening sites in the DB and 26 MPAs in the VIP. In DB, among the 10 MPAs located in **maintenance** sites that are being supported by the Project for strengthening, the highest score was obtained by Bonbonon MPA with 28 out of 64 points, and Bonbon obtained the lowest score of 14 (Table 4). While the MPAs have varied in MPA MEAT levels, with the PHE Addendum, all the MPAs assessed achieved Level 1, because none of them managed to clear the Level 2 thresholds.

Table 4. Level 1 PHE addendum scores for DB MPA sites

Province of Bohol	Municipality	MPA Name	Score
	Clarin	Lajog	12
		Bonbon	7
		Tangaran	13
		Nahawan	12
	Inabanga	MPA Name	Score
		Ondol	12
		Lawis	12
	Pres. Carlos P. Garcia	MPA Name	Score
		Bonbonon	12
		Bantiguian	11
		Lipata	11
		Tugas	10

When pretesting the PHE Addendum in DB, the Project team tried two ways of assessing the MPA: 1) conducting the PHE Addendum after finishing the entire MPA MEAT and 2) doing both the MPA MEAT and the PHE Addendum together per level. In both occasions, the time it took to finish both questionnaires (MEAT and PHE Addendum) ranged from 1 hour and a half to two hours per MPA. This sometimes made the respondents uneasy and bored. It also took time for the interviewer to translate the questions to the dialect. However, the respondents recognize the interconnectedness of PHE through the questionnaire and understand the importance of why they should manage their MPAs and adapt the PHE approach in their communities.

In the VIP, 26 MPAs were assessed using the PHE addendum (Table 5). In the VIP, the sites were assessed only by the Level 1 criteria/questions, because observation revealed that key informants had no answers to questions at other levels. Most of the VIP sites evaluated are classified as **new** BALANCED-Philippines sites. In Oriental Mindoro, Puerto Galera is the only BALANCED-Philippines **maintenance** site included in the evaluation. Results showed that none of the MPAs assessed satisfied the minimum thresholds to be considered Level 1. All sites had yet to integrate PHE into their management plans as of the time the assessment was done. Only the MPAs in Malabrigo, Lobo and Laiya Aplaya and San Juan satisfied four of the five criteria for Level 1. The Malabrigo MPA was the recipient of the Batangas Recognition Award for VVIP Outstanding MPA (BRAVO) for Healthy Ecosystems, Healthy Communities.

Table 5. Level 1 PHE addendum scores in VIP MPA sites

Province of Oriental Mindoro	Municipality	MPA Name	Score
	Gloria	Agsalin FS	10.5
	Pola	Brgy Bacawan FS	10.0
	Calapan	Harka Piloto Fringing Reef FS	9.5
	Puerto Galera	Puerto Galera MPA	9.0
	Pola	St John the Baptist FS	8.5
	Pola	St Peter the Rock FS	8.5
	Pinamalayan	Ranzo FS	8.5
	Naujan	Tujod FS	7.5
	Province of Batangas	Municipality	MPA Name
San Juan		Laiya Ibabaw	13.0
Lobo		Malabrigo	12.5
San Juan		Hugom	12.0
San Juan		Laiya Aplaya	12.0
San Juan		Calubcub first	10.0
San Juan		Abung	9.5
Lobo		Biga	9.0
San Juan		Puting Buhangin MPA	7.5
Calatagan		Calatagan AR	7.5
Mabini		Arthur's Rock	7.5
Mabini		Cathedral	7.5
San Juan		Catmon	7.0
San Juan		Ticalan	7.0
San Juan		Baruate, Bataan, Nagsaulay, Subukin Mangrove Forest	5.0
San Juan		Imelda MPA	5.0
Calatagan		Tanagan	5.0
Calatagan		Sta. Ana	5.0
Calatagan		Caretunan-Quilitisan	5.0

Summary of Key Achievements

The BALANCED-Philippines Project used existing tools and mechanisms to sustain and replicate good PHE practices in MPA management. The Project and collaborating LGUs adopted the MPA MEAT as a means of monitoring the performance of MPAs and as a basis for MPA strengthening and incentives. The Project contributed to enhancing the Danajon Bank and VIP by improving the management of MPAs and strengthening capacities. As a result of BALANCED-Philippines activities, the following was achieved:

- 1743 Bantay Dagat groups and two44 Bantay Dagat Networks in the VIP improved their performance
- 44 MPA sites and two MPA Networks (Batangas and Oriental Mindoro) developed strategies to improve MPA management implemented in the VIP and Bohol. These include the reorganization of Management Bodies, MPA action plans updated using the MPA management evaluation results, the formulation of MPA and Enforcement Network plans and IEC
- Initiated and supported the MPA awards in Oriental Mindoro Province and BRAVO Awards in Batangas Province as incentive and rewards programs for best managed network-member MPAs. The MPA recognition awards received strong support from the private sector and the local governments (municipal and provincial), and have become an inspiration for other municipalities to improve their MPA management practices
- 433 (299Males and 134Females) people trained in PHE, CRM/Fisheries Management/enforcement/fish sanctuary management and FP/RH in VIP and Bohol
- The two municipalities of Looc and/or Lubang adopted innovative fisheries management approaches that include the following attributes: an ecosystem based approach, managed access regimes and eco-labeling and codes of responsible conduct
- Hectares of biologically significant marine areas under effective mgt in VIP and Bohol:
 - 14,500 hectares of municipal waters for comprehensive fishery management plan area
 - 126,560 hectares of municipal waters covered by Bantay Dagat groups targeted for strengthening
 - 1,926.7 hectares (VIP: 1,806 and DB: 120.7 hectares) of municipal MPAs under improved management

Lessons Learned

- Introducing the PHE approach in MPA management strengthened the human security links with the marine biodiversity conservation effort. The use of PHE in MPA/CRM planning put importance not only on the threats to the natural resource but also on the general state of the population that is directly dependent on the natural resources, especially on the marine ecosystem. The integrated PHE approach used by the Project reinforced that resource management programs should be based on social, health and ecological researches and interventions that contribute to secure households, healthy environment and healthy communities
- The MEAT assessments showed that many community-based MPAs in VIP and DB are struggling to reach Level 1 (in VIP) or Level 2 (in the DB). Over its short timeframe, the BALANCED-Philippines Project was able to implement only selective interventions to strengthen Level 1 MPAs in the DB. While the Project made significant strides by addressing critical MPA needs, more time and resources are required to move the policy reform process towards achieving the ultimate levels and thresholds. It is clear that it takes a lot of time and resources to institutionalize MPAs, and it is difficult for LGUs without outside capacity building and financial support to reach the advanced levels

43 4 Bantay Dagat Groups in Oriental Mindoro, 11 Bantay Dagat Groups in Batangas and 2 Bantay Dagat Groups in LIG

44 Bantay Dagat Network of Batangas and Oriental Mindoro

- The MPA MEAT is a reliable tool that can be used in assessing improvements in the scope of management effectiveness of the MPAs. It also gives ownership to the LGUs because they can use it as a basis or guide in sustaining marine conservation, especially in managing their respective MPAs
- Networks and partnerships with other agencies are important in integration and complementation of efforts to maximize benefits with limited resources. Having a strong partnership with the LGUs, both at the local and provincial levels, helped in the implementation of the project's CRM strengthening efforts, including advocacy for PHE beyond the project sites
- The role of champions and mentors is critical in sustaining advocacies, such as good CRM governance and PHE. The Project invested in building the capacities of the CRM coordinators and the network secretariat on PHE integration for CRM, including MPA, enforcement and fisheries management. Their ability to resonate their own experiences and new skills to their community and neighboring municipalities determines the possible impact of a project in a coastal community. The competency and dedication of the CRM coordinators and strong BD leaders to accomplish the targets and commitments are key factors in sustaining CRM and PHE programs.
- Involving the other marginal sectors and building actors and champions in marine conservation is a big step in enhancing awareness and community partnerships and participation in doing marine conservation and sustaining the PHE dimension
- The PHE Addendum is a good tool that can be used along with the MPA MEAT because it identifies the level of integration, implementation and sustainability of PHE in the community, especially to those who have MPAs. It is reliable in helping assess the overall picture of the MPA as well as the community and the surrounding environment. The questions in the PHE Addendum are sensitive enough to assess the basic population and health concerns in a coastal or island community, but they need to be further simplified and translated to the local dialect so that the questions can be easily understood by the respondents. This can also save time in conducting the survey
- The PHE Addendum should be advocated for inclusion because it added the gender and PHE dimensions into the existing tool. During the assessment, the community and MPA stakeholders recognized the PHE dynamics and the relevance of an integrated approach in sustaining their initiatives

6. Conservation Enterprise Development

Overview

The BALANCED-Philippines Project employed conservation-based livelihood and enterprise development strategies and activities to increase incentives for coastal and marine conservation initiatives among coastal fisher households. The purpose of the livelihoods component was to support biodiversity conservation in the VIP and DB areas by rewarding well-performing MPAs, increasing the socio-economic status of participating community members and encouraging continued conservation. The component also provided an opportunity to address livelihood-related biodiversity threats, including lack of financial and institutional mechanisms for diversifying livelihoods, inadequate capacity and lack of incentives for coastal and marine conservation. Implementing partners were CI/P in the VIP and PFPI in the DB area.

The BALANCED-Philippines Livelihood Development Process

The BALANCED-Philippines Project team (PFPI and CI/P) developed an implementation process (Figure 6) for the livelihoods component. Drawing from the BALANCED-Philippines Project framework, the process was developed during a conservation enterprise workshop held early in the project. The process began by identifying appropriate livelihood strategies and associated activities grounded in the local context. All strategies and activities had to contribute to the project’s fifth intermediate result: “increased incentives for coastal and marine conservation” and towards the project’s overarching goal and vision.

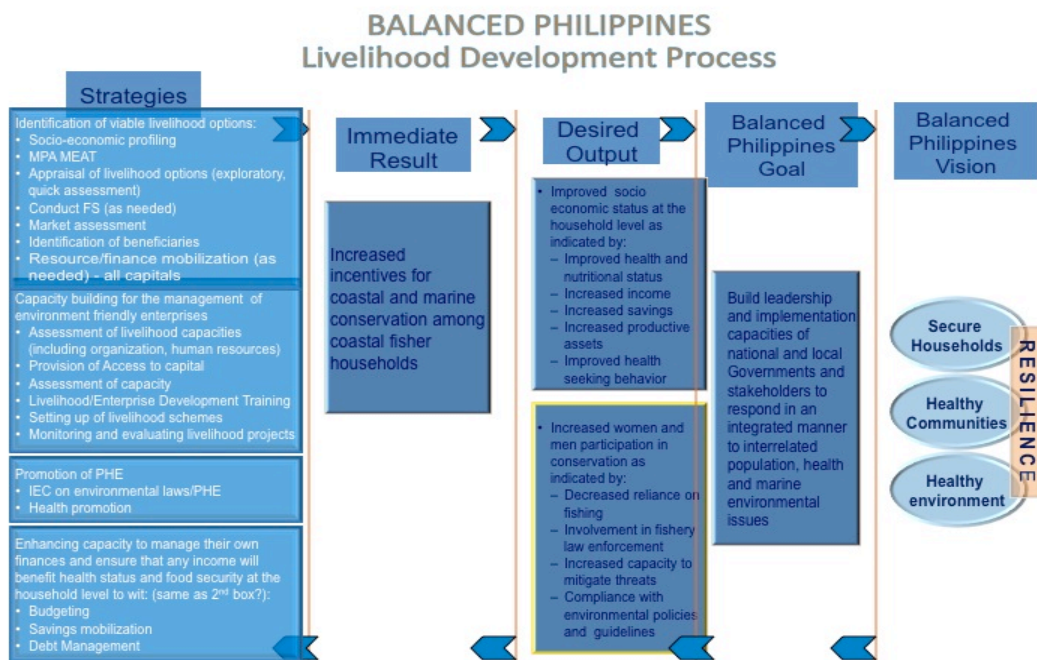


Figure 6. BALANCED-Philippines Livelihood Development Process

Identifying the Conservation Enterprise Development Context

The DB and VIP used different processes to understand the enterprise development context. In the VIP area, the incentives program was linked to existing conservation agreements that identified sustainable livelihood projects related to natural capital or resources available and accessible to the targeted communities. In the DB, the team used results from the MEAT to identify sites and implement the conservation enterprise framework.

Table 6 shows the livelihood enterprises and number of beneficiaries supported by the project in the VIP and DB. In DB, a first round of technical support was provided to 109 beneficiaries in three communities located in the municipalities of Inabanga and Buenavista. These communities had MPAs that were rated as “sustained” (level 3) or “institutionalized” (level 4) according to the MEAT assessment. The project supported rag/dressmaking, seaweed farming and seaweed processing. An additional 30 beneficiaries were supported in three communities in the municipalities of Clarin and Pres Carlos P Garcia (PCPG). They were trained in seaweed processing. From the outset, the livelihood recipients were made aware that the support was designed to complement and enhance their conservation efforts and that the livelihoods activities should not detract from their management of the MPAs, but rather improve the way they use coastal and marine resources.

The Project conducted an assessment of the impacts of the livelihood activities. At that point the first communities had been supported for 18 months. The communities in Clarin and PCPG had been supported for only four months. Table 6 below summarizes how many of the beneficiaries were actively implementing their livelihoods and earning an income at the time of the assessment.

Table 6. Livelihood enterprises supported by BALANCED-Philippines in DB and VIP

Livelihood Initiatives in the Danajon Bank					
Muni- cipality	Name of MPA	MEAT Level	Livelihood Activity	# of Trained Beneficiaries	# of Beneficiaries with Increased Income
Inabanga	Cuaming	3	Rag/Dress Making	20	19
			Seaweed Farming	15	15
			Seaweed Processing	5	0
	Hambungan	4	Seaweed Farming	15	15
			Seaweed Processing	5	0
Buenavista	Asinan	4	Seaweed Farming	29	29
			Seaweed Processing	20	10
Clarin	Majigpit	3	Seaweed Processing	19	12
Pres. Carlos P. Garcia	Baud	4	Seaweed Processing	6	6
	Aguining	4	Seaweed Processing	5	0
Sub Total				139	106
Livelihood Initiatives in the Verde Island Passage					

Municipality	Livelihood Sites Identified from Socio- Economic Monitoring for CRM tool	Livelihood Activity	# of Trained Beneficiaries	# of Beneficiaries with Increased Income based on qualitative monitoring
Baco, Oriental Mindoro	Barangay Pulantubig	Mud- Crab Fattening	14	0
		Nito Weaving	9	5
	Barangay San Andres	Goat Raising and Nipa Fruit Processing	16	16
Lubang	8 Barangays	Post-Harvest Fish and Fruit Processing	43	17
Looc	4 barangays	Post-Harvest Fish and Fruit Processing	34	11
Subtotal			116	49
TOTAL			255	155

VIP Experience: Incentivizing Marine Conservation Activities through Conservation-based Livelihood Development

Conservation agreements are suitable in communities where conservation work is yet to take hold. The agreements are built on the premise that local communities are willing to conserve their natural resources if they are provided with a pre-determined set of benefits. Through the agreements, local communities perform measurable conservation actions in exchange for concrete and regularly scheduled payments or benefits.

Before implementing the livelihood actions in the VIP, the BALANCED-Philippines Project—in consultation with local communities—analyzed available socioeconomic baseline data and project appraisals to determine possible livelihoods. The project also considered “low-hanging fruits,” which were livelihoods that had been implemented previously by local governments or other projects. In Baco, for example, the project supplemented a goat-raising project supported by the provincial government in Barangay San Andres and a mangrove reforestation project in Barangay Pulangtubig.

Initial discussions also included identifying beneficiaries who would be willing to or are already involved in protecting their marine resources. As a result, the majority of the beneficiaries were bantay dagat (BD) households or fishing households with no records of fishing violations. After identifying the livelihoods and beneficiaries, the Project implemented capacity building sessions and mentored the livelihood groups as they implemented their livelihood plans. The BALANCED-Philippines Project supported skills-building activities including weaving and post-harvest processing of local fish, fruits and vegetables. Other capacity building sessions included business planning, organizational development, financial management and

bookkeeping, product development and marketing. Mentoring activities stressed the importance of transparency, cooperation and stewardship.

Concurrent with the capacity building and mentoring activities, the community members implemented the conservation actions outlined in their conservation agreements. The activities included:

- Dissemination of PHE information to family, friends, neighbors
- Promotion of environment-friendly fishing; discouraging illegal and destructive fishing methods
- Participation in monthly coastal cleanup events
- Participation in monthly river cleanup events
- Participation in mangrove/tree planting activities (with LGU and other sectors)
- Solid waste management at the household level
- Promotion of environment friendly enterprise
- Support the enforcement of MPA regulations
- Establishment of MPAs (i.e.in Baco, Oriental Mindoro, and other barangays in the LIG)
- Support BD patrolling (e.g. participation in foot-patrols along the coastlines or reporting of fishing violations witnessed in the area).
- Establishment/adoption of barangay/municipal ordinance to enforce marine ecosystems conservation and protection
- Strict implementation of national and local environmental and fisheries laws.
- Support for local advocacy and management (as local mobilizers, documenters, and facilitators)
- Reduce unregulated fishing practices (dynamite fishing, use of compressor and cyanide in fishing, active gear fishing)
- Prevention of cutting of mangrove and trees within the beach and the natural forest.

Incentives and benefits provided by the project included:

- Participation in training activities
- Access to supplementary livelihood activities: post-harvest fish processing; fruit and vegetable processing; and solid-waste management based livelihood activities such as vermi-compost and recycling-based handicrafts.
- Access to equipment/tools/utensils and other materials needed for the livelihood activities.
- Assistance in relationship building with funding institutions

The participating LGUs and communities embraced the BALANCED-Philippines Project's enterprise development objective. The Project acted as a facilitator—always emphasizing the overall conservation goal. The LGUs spearheaded the project appraisal meetings, ensured the active participation of BD and fishing households, monitored the implementation of the livelihood action plans, and assessed the availability of livelihood equipment or materials. National agencies, such as BFAR and the Bureau of Plant Industry under the Department of Agriculture, provided technical assistance to the skills and product development. External technical trainers provided expertise and equipment that were used at no cost during the training.

The VIP project team monitored the project progress and assessed gaps and needs that required support and assistance. The monitoring results helped identify challenges and guide implementation. Timing was identified as an essential factor for fruit and vegetable based livelihoods that are dependent on seasons. Island municipalities such as Lubang and Looc faced challenges related to physical capital, such as electricity, transportation and communication. The project would have flourished more if the design and resources allowed larger financial and technical support for livelihoods mobilization and monitoring. It also showed that LGUs played a critical role in supporting livelihood projects by providing technical advice, access to capital, and additional skills building sessions. Through the conservation agreements, the LGUs and CI have committed to monitor and sustain the livelihood and conservation activities beyond BALANCED-Philippines Project.

Danajon Bank Experience: Management Planning Using Conservation Based Enterprises

In partnership with the BEMO, the BALANCED-Philippines Project identified livelihood enterprises that were community-based, gender-sensitive and compatible with natural resource management efforts. The livelihood initiatives identified were rag and dressmaking, seaweed farming and seaweed processing in well-performing MPAs. Initial meetings with the targeted people's organizations and communities determined training needs, identified local leaders and assessed available resources. Through the meetings, the project also became acquainted with the local communities and their culture. The project team identified possible government agency collaborators and leveraged technical assistance and support not provided by the BALANCED-Philippines Project. BALANCED-Philippines entered into partnership with the Technical Education Skills and Development Authority, BFAR, and the Office of the Provincial Agriculturist.

The project team worked with LGUs and other non-government and government organizations, which provided capital resources and helped strengthen the people's organization's capacity to implement and sustain the livelihood initiatives. This included assisting the groups to become registered and duly accredited—which enables them to access support and assistance. The project implemented PHE awareness-raising activities—discussing the links between conservation, livelihoods, FP, and other PHE related topics. Furthermore, the entrepreneurs were provided training in business planning, organizational development, financial management systems, product development and marketing.

While the identified livelihoods were linked to MPA management, it was initially difficult to convince the fisher folks to reduce their fishing efforts. They strongly expressed that they prefer fishing because it is what they know and love to do. Therefore, they said that they were more

interested in getting new fishing nets and gear rather than venturing into a new sort of livelihood. They were also concerned that they did not have the capacity and education to shift to a more advanced livelihood. However, talking through issues of overfishing, changing weather patterns, the limited access to other livelihoods and the large families, the fishermen agreed that supplemental livelihoods were a good idea. The beneficiaries also participated in other aspects of the BALANCED-Philippines Project, including acting as sea wardens and peer educators and community based distributors. Others interacted with PHE volunteers.

To emphasize the conservation-livelihood link, the project crafted and executed conservation agreements with the municipalities of Clarin, Inabanga, Buenavista and PCPG. The agreements stipulated that the livelihood beneficiaries implement the following actions in return for the livelihoods support: (a) allocate a certain percentage of their income to the operational fund of the MPA; (b) participate and adhere to coastal cleanups by gathering plastic items trapped in the seaweed farms; (c) participate in environmental law enforcement and report any cases of infraction of MPA ordinances; (d) comply with fisheries laws, including regulations related to licensing and fishing gears; and (e) secure permits for seaweed farming.

Over the life of the project, the livelihood support became a positive tool for promoting best practices among fisher folks and it helped them be credible managers of their MPAs. At the municipal level, the conservation agreement became a mechanism to sustain LGU support for the community organizations involved in MPA management, and it helped support CRM activities identified in their municipal CRM plans. The fishermen who established seaweed farms reported that they are spending significant time on their farms and have reduced their fishing activities. They explained that fishing is no longer a steady income source, but that seaweed farming is more reliable. Even when the seaweed farms are attacked by “ice-ice” or other diseases, they can still provide stocks that can be sold dried or fresh or processed into pickles and other food products.

The project established almost 30 seaweed farms, and by the end of the project many had expanded their planting areas. An impact assessment found that the livelihood initiative had motivated the participating fishermen to sustain their MPA. They also expressed the MPA warden patrolling they do serves a dual purpose as they monitor both the MPA and their farms. They were all involved in regular coastal cleanups and were aware that maintaining water quality is important for the growth of their seaweed. While seaweed farming is labor-intensive, they valued the fact that it is a household activity in which all members have a role in the production chain. The farmers also said that when they work actively on their seaweed farms, they discourage illegal fishers and poachers, who are reluctant to enter the MPAs when people are around.

The seaweed processing provided income to the participating beneficiaries, but it was also perceived to improve the family’s nutrition, especially women and children. Consuming seaweed products also has the potential to prevent goiter. The intent of initiating seaweed processing was to create a fallback market for seaweeds. Processing seaweed into a variety of snacks increased the family income and made the farmers less vulnerable to price fixing by the local cartel.

The rag and dressmaking entrepreneurs were happy because their enterprises help prevent ocean disposal of used clothes and rags. It also gave women something to do and allowed them to contribute to the household income.

Benefits from the Livelihood Enterprises

The project surveyed all of the livelihood beneficiaries to assess what benefits, if any, they had obtained as a result of participating in the IR 5 activities. The results were positive, especially in communities where the beneficiaries had been supported for 18 months. As shown in Table 6, 155 out of the 255 trained beneficiaries were still active and reported generating revenues from their livelihoods at the time of the survey. Details of the survey results are found in the BALANCED-Philippines Project report: Support to Conservation Based Livelihoods: Qualitative Survey Results of Benefits and Initial Impacts.

Lessons Learned

- Organizing entrepreneurs to take collective action is effective, especially when providing training and capacity building support for livelihood diversification. Working through groups also ensures that necessary volumes and standard qualities are agreed upon and adhered to. However, this is true only in actions that demand group effort, such as collective marketing and bulk processing. The production and revenue generation remain in the hands of the individual entrepreneurs
- When selecting livelihood interventions, what may seem like “low-hanging fruit” may end up being difficult to implement. Conflicting interests, political dynamics and capacity gaps sometimes make it difficult for local entrepreneurs to follow business plans and other technical recommendations
- While it is important to identify livelihood options in collaboration with local communities, it is critical that livelihoods selected are based on a thorough feasibility assessments
- It is not possible to turn fishing households into farming or entrepreneur households in a year or less. However, the BALANCED-Philippines laid the foundation for establishing non-fisheries based livelihoods (e.g. seaweed farming, goat raising, fruit processing, and rag/dress making) in both DB and VIP. Together with good governance implemented through the conservation agreements and fisheries and MPA management—and technical support from other projects, the communities may be able to reverse the trend of marine degradation and decline in fish catch
- Livelihood opportunities in island communities are very limited. NGOs/Projects can provide skills and knowledge to implement new or enhanced livelihoods, but those trained are often at a loss when it comes to obtaining capital to start and grow their enterprises. Future livelihood projects must go beyond technical assistance to work with groups and households to access capital and provide long term mentoring to help them manage their livelihoods after the donor intervention ends
- The livelihood activities provided new ways of utilizing available natural resources and gave the beneficiaries skills to produce new products and/or move up the value chain.

This empowered them to be more creative and productive. Research has shown that when successful, (i.e. contributing to improving the incomes of participating beneficiaries) livelihoods contribute to community pride and increased commitment to marine protection. The qualitative survey conducted in the study sites, indicated that this is true also in the BALANCED-Philippines Project sites

- The BALANCED-Philippines Project experience shows that social resilience of fishing communities can be achieved through shared responsibilities and benefits. The conservation agreements ensured that the livelihoods were connected to biodiversity conservation actions and objectives
- Through conservation based livelihoods, wives of fishermen and other women were inspired to work together through organized enterprise groups. Through the enterprises, they contributed to the families' incomes, which raised their self-confidence and status within the family. Many also participated as PHE peer educators and community based distributors and engaged in community based activities, including coastal cleanup events and other PHE communications campaigns. This also made them feel better about themselves and made them more integrated into community affairs.

Annex 1. Performance Monitoring and Results to Date PMP Table

Intermediate Results	Indicator	Target Life of Project	Y1 OH Results 9.30.11	Y2 Results Oct 2011 to Sept 2012	Target Y3 Oct 2012 to Aug 2013	Yr 3 Results Oct to Dec 2012	Yr 3 Results Jan to Mar 2013	Yr 3 Results April to July 2013	Life of Project Results
IR1: Improved access to RH/FP services in key bioregions	1. Number of people counseled in RH/FP as a result of USAID assistance (USAID/OH/custom indicator 2)	76,625	1,526	46,299	28,800	13,147	13,630	21,342	95,944
	2. Contraceptive prevalence rate (USAID/OH standard indicator 3) ⁴⁵	increasing	Baseline conducted	Increasing	Increasing	N/A	Increasing	Increasing	Increased
	3. Number of couple years protection (USAID/OH standard indicator 3)	17,160	N/A	18,453	17,160	1,744	17,971	18,496	18,496
	4. Number of people trained in FP/RH with USG Funds (USAID/OH standard indicator 3)	2,028 ⁴⁶	1,508	420 ⁴⁷	100	93	104	0	2,125
	5. Number of participants who received BALANCED training and/or mentoring that are now providing training or TA to others on PHE (BALANCED core indicator)	60	36	40	60	41	41	62	62

45 CPR was not an indicator for Year 1

46 Including 100 YPEs

47 Includes catch up from Year 1 (OH) as described in this workplan (233 CBDs, 50 RHUs, and 129 PEs)

Intermediate Results	Indicator	Target Life of Project	Y1 OH Results 9.30.11	Y2 Results Oct 2011 to Sept 2012	Target Y3 Oct 2012 to Aug 2013	Yr 3 Results Oct to Dec 2012	Yr 3 Results Jan to Mar 2013	Yr 3 Results April to July 2013	Life of Project Results
	6. Percent of FP users of modern methods obtaining supplies and services from private sector sources (CBDs, etc.) (<i>Surrogate BALANCED field indicator</i>)	15%	0	36%	15%	11%	11% (from CBDs only)	16%	16%
	7. Number of USG-assisted service delivery points providing FP services (<i>BALANCED field indicator</i>)	582 ⁴⁸	450 ⁴⁹	555	27	608	748	762	762
	8. Number of target organizations incorporating PHE tools, protocols, etc. into their work (<i>BALANCED core indicator</i>)	43	23	20	N/A	1	8	0	52
IR2: Increased community awareness of family planning and conservation as a means to improved health, food security and natural resources	9. Number of people who have seen or heard a specific RH/FP message (<i>USAID/OH standard indicator 2</i>)	224,859	2,379	168,666	53,814	1,517	45,561	6,828	224,951

48Active CBDs, equivalent to 94% LOP target out of the 617 barangay

49 This number is not included in LOP target as it only represents the number CBDs and RHUs trained. The definition for this indicator has changed to include only CBDs that have FP methods.

Intermediate Results	Indicator	Target Life of Project	Y1 OH Results 9.30.11	Y2 Results Oct 2011 to Sept 2012	Target Y3 Oct 2012 to Aug 2013	Yr 3 Results Oct to Dec 2012	Yr 3 Results Jan to Mar 2013	Yr 3 Results April to July 2013	Life of Project Results
IR 3: Increased LGU Policymakers commitment to RH/FP services and integrated PHE policies	10. Amount of in-country public and private financial resources leveraged by USG programs for RH/FP(<i>USAID/OH standard indicator 1</i>)	\$232,041	\$112,760	U\$79,281	U\$ 40,000	\$ 25,888	\$ 41,627	\$11,338	\$270,894
	11. Number of local policy reforms/plans with integrated PHE initiated (<i>BALANCED field indicator</i>)	21	4	11	6	6	6	1 ⁵⁰	28
	12. Number of National/regional Forums where PHE approach highlighted	2	0	1	1	3	2	1 ⁵¹	7
IR 4: Improved governance capacities of provincial and municipal LGUs in the VIP and Danajon Bank marine ecosystems	13. Number of people trained on NRM (disaggregated by gender and those involved in FP) (<i>Standard USAID bio-diversity indicator</i>)	200	N/A	141 Males-103, Females-38	59	168 (male-116, Female-52)	176 (111males and 65 females)	81 (12 females; 69 males)	566 (399 males'167 females)
	14. Number of hectares of biologically significant marine areas under improved management disaggregated by area	Municipal Waters: 64,500 ha MPA:	N/A	Municipal waters: 126,560ha MPA:	Municipal waters: 14,500 ha MPA:	Municipal Waters: 126,560 ha (sustained)	Municipal waters: 126,560 ha MPA: 656	Municipal waters: 126,560 ha	14,500 hectares of municipal waters for comprehensiv

50 PHE Ordinance of Buenavista Bohol

51 DOH Meeting with 4 local PHE Champions

Intermediate Results	Indicator	Target Life of Project	Y1 OH Results 9.30.11	Y2 Results Oct 2011 to Sept 2012	Target Y3 Oct 2012 to Aug 2013	Yr 3 Results Oct to Dec 2012	Yr 3 Results Jan to Mar 2013	Yr 3 Results April to July 2013	Life of Project Results
	of MPAs versus area of municipal waters ¹ (Standard USAID biodiversity indicator)	800 ha		1,150ha	400ha	MPA: 1,270.7 ha (VIP-1,150 ha-sustained; DB- 120.7 ha)	ha	MPA: 806.7 ha (VIP: 656 ha; DB: 120.7 ha)	e fishery management plan area 126,560 hectares of municipal waters covered by strengthened Bantay Dagat 1,926.7 hectares (VIP: 1,806 and DB: 120.7 hectares) of municipal MPAs under improved management
	15. Number of local institutions strengthened on NRM (Standard USAID biodiversity indicator)	36	N/A	22	MPAs:10 BD: 4	MPAs:8	MPAs: 27 BD:1	MPA:12 (DB only) BD: 5 (VIP-2, DB-3)	MPAs: 44 MPA Networks 2 BD groups- 17 BD networks - 2

Intermediate Results	Indicator	Target Life of Project	Y1 OH Results 9.30.11	Y2 Results Oct 2011 to Sept 2012	Target Y3 Oct 2012 to Aug 2013	Yr 3 Results Oct to Dec 2012	Yr 3 Results Jan to Mar 2013	Yr 3 Results April to July 2013	Life of Project Results
IR5: Increase incentives for coastal and marine conservation among coastal households	16. Number of people trained on conservation-based enterprises	263	N/A	113	150	259 (Male- 122; Female- 137)	202 (74 males and 128 females)	120 (32 males; 88 females)	255 ⁵²
	17. Number of people with increased economic benefits derived from sustainable fisheries management	To target but tracked	N/A	N/A	N/A	N/A	N/A	155	155
	18. Number of people benefiting from conservation incentive-based enterprises	105 VIP -45, DB-60	N/A	N/A	105 VIP -45, DB-60	DB- 34	DB:43	255 (VIP 116; DB 139)	255 (VIP 116; DB 139)

52 255 unique individuals were trained; some individuals were trained multiple times, which is why this number looks as if it should be 694, when in fact the numbers of trainees were double counted.

Annex 2. Integrated Indicators

Intermediate Results	Indicators	Life of Project Accomplishment	April to July 2013 Accomplishment
IR1: Improved access to RH/FP services in key bioregions	Number of BD/ MPA Networks who serves as local CBD Suppliers	2	1
	Number of BD,MPA Managers, DCWs, BSPO, Barangay Secretaries, Barangay Secretaries who are CBDs	297 ⁵³	297 ⁵⁴
	Average Household distance/time to the nearest health center	20 kms/ 37.5 minutes	20 kms/ 37.5 minutes
	Percent of women of reproductive age who were clients of CBDs in the last year	16.18%	16.18%
	Number of Master trainers in the MAO/ MENRO/RHU who mentors/ supervises adult PEs and CBDs	62	62
	Instances of organizations facilitating access to services outside of their traditional sectors	2	1
IR2: Increased community awareness of family planning and conservation as a means to improved health, food security and natural resources	Number of linked messages/ materials created (i.e.3 Tips brochure, posters, Eco-bags, text blasts, PE diaries, CBD guide, etc.)	8,880 text blast; 20,000 copies of 3 Tips brochure; 750 PE diaries, 1,500 CBD Guide;38,000 posters; 2,000 eco-bags;1 tarpaulin for Talibon Interpretive Center; 2,000 calendars;12 MPA	8,880 text blasts

53 Barangay Captain -7, Barangay Councillor-80, Barangay Secretary- 14, Barangay Treasurer-1, Day Care Worker (DCW)- 5, Bantay Dagat-1, BSPO- 44, BNS- 71, PO- 59, Housewife/other volunteers (without any group/position in the Barangay)- 15

54 Barangay Captain -7, Barangay Councillor-80, Barangay Secretary- 14, Barangay Treasurer-1, Day Care Worker (DCW)- 5, Bantay Dagat-1, BSPO- 44, BNS- 71, PO- 59, Housewife/other volunteers (without any group/position in the Barangay)- 15

Intermediate Results	Indicators	Life of Project Accomplishment	April to July 2013 Accomplishment
		billboards	
	Number of placements linked PHE messages in print and electronic media by independent sources (i.e. radio and TV coverage about PHE integration funded by LGUs, GOs, other NGOs, etc.)	2 radio coverage, 4 TV coverage	1 TV coverage
	Number and Frequency of PHE educational sessions provided in the target community (i.e., PHE Learning Sessions, presentations to local officials on PHE during Sessions/ Meetings, community theatre presentation , mother’s class, EPI day, general assemblies, FDS, women’s month	204 ⁵⁵	87 ⁵⁶
	Number of PHE IEC conducted involving non- traditional audiences (BD/ MPA managers, BSPO, DCWs as APEs who counsels on FP/RH ;BHW/BNS APEs counsels BD/ MPA Networks on FP/RH and is involved in coastal and marine conservation)	18 ⁵⁷	7 ⁵⁸
	Percent of HH aware of a specific PHE issue		

55 6 PHE Learning Sessions, 40 Presentations to local Officials during Sessions/Meetings, 20 mother’s class, 30 EPI Day, 5 General Assembly, 57 Family Development Sessions, 2 Women’s Month, 2 Community theatre in Baco, Oriental Mindoro and LIG; 24 Nutrition Classes, 18 Bantay Dagat/MPA Network Meetings

56 12 Presentations to local Officials during Sessions/Meetings, 3 mother’s class, 10 EPI Day, 40 Family Development Sessions, 1 Community theatre in LIG; 12 Nutrition Classes, 9 Bantay Dagat/MPA Network Meetings

57 10 in Baco, 2 in Lubang, 2 in Looc, 1 in Abra de Ilog, 1 in Calatagan and 2 in Inabanga

58 1 in Baco, 1 in Lubang and 1 in Looc

Intermediate Results	Indicators	Life of Project Accomplishment	April to July 2013 Accomplishment
IR 3: Increased LGU Policymakers commitment to RH/FP services and integrated PHE policies	Number of policy- makers knowledgeable about or aware of a specific PHE issue (i.e., LCEs that are PHE champions, LCEs, Vice Mayors and Councillors who participated in study tours, etc.)	219 ⁵⁹	13 ⁶⁰
	Number of local policies / ordinances supporting PHE (i.e. CRM plans with integrated PHE , PHE Ordinance, Annual Investment Plans with PHE activities)	67 ⁶¹	1 ⁶²
	Number of new PHE partnerships created that links organizations or institutions from different sectors (i.e., PHE Council, APEs and CBDs Organized group/Association for the Welfare of Women, LMP, Private companies - DKT, Alphamed, etc.)	38 ⁶³	9 ⁶⁴
	Amount leveraged for PHE activities	U\$ 259, 557	U\$ 11,337.67
IR 4: Improved governance capacities of provincial and	Number of BD Networks with PHE activities in their strategic plans and budgets	3 ⁶⁵	3 ⁶⁶

59 14 LCEs, 2 Vice Mayor, 1 Councillor, 200 LCEs during the LMP National Congress, 1 Governor and 1 LCE during National POPCOM Congress

60 1 Governor, 4 LCE and 8 Councilor during the Danajon and VIP Convergence Meetings

61 6 CRM Plans (Bien Unido, Talibon, Inopacan, Clarin, Inabanga, Oriental Mindoro), 1 Barangay Development Plan of Sinandigan Ubay, Bohol; 5 Annual Investment Plan(Batangas City, San Juan, Puerto Galera,Looc, Lubang), 4 PHE Ordinance (Hindang, Looc, Lubang, Buenavista), 46 MPA Plans; Calatagan Climate Change Adaptation plan; and 4 Bantay Dagat plans

62 PHE Ordinance of Buenavista, Bohol

63 4 PHE Council in Looc, Lubang and Hindang, Association of Women's Welfare, LMP, DKT, Alphamed, Trinidad Multi-purpose Cooperative, IMAP, 28 PHE Resource Teams

64 8 PHE RT in Mabini, Nasugbu, San Juan, Getafe, Pres. Carlos P. Garcia, Hilongos, Matalom and Inopacan and PHE Council of Buenavista

65 Bantay Dagat Network of Lubang, Looc, Puerto Galera

66 Bantay Dagat Network of Lubang, Looc, Puerto Galera

Intermediate Results	Indicators	Life of Project Accomplishment	April to July 2013 Accomplishment
municipal LGUs in the VIP and Danajon Bank marine ecosystems	Number of MPA Management plan with integrated PHE perspectives/ activities	46 ⁶⁷	None
	Number of MPA Management plan with multi-sectoral representation in the formulation esp. involvement of health sector and FP related NGOs, etc.	46 ⁶⁸	None
	Number of MPA Management bodies with representative from women, youth, fisher folk, indigenous persons and other marginalized groups	46 ⁶⁹	None
IR5: Increase incentives for coastal and marine conservation among coastal households	Number of households with improved income (from new or alternative income generating activities)	155	155
	Number of trainings provided to introduce members of the community to new livelihood options	10 ⁷⁰	3 ⁷¹

67 MPA Plans of Nahawan, Tangaran, Bonbon, Ondol and Cuaming

68 MPA Plans of Oriental Mindoro(Puerto Galera, San Teodoro, Naujan, Gloria, Pola, Bulalacao, Bansud) , Nahawan, Tangaran, Bonbon, Ondol and Cuaming

69 MPA Plans of Oriental Mindoro(Puerto Galera, San Teodoro, Gloria, Pola, Bansud, Bulalacao, Mansalay) , Nahawan, Tangaran, Bonbon, Ondol and Cuaming

70 Rag/Dress Making in Cuaming; Seaweed Farming in Asinan, Hambangan and Cuaming; Seaweed processing in Asinan, Cuaming, Pres. Carlos P. Garcia and Clarin; Solid Waste Management (vermiculture and crocheting) in Looc; Hotdog and Fishball Making in Looc and Lubang; Fruit and Vegetable processing in Lubang and Looc; Goat Raising in Baco, Nito Weaving in Baco; Nito Fruit Processing in Baco

71 Vegetable and Fruit Processing and crocheting in Lubang and Looc and Nito Fruit Processing in Baco

Annex 3. CBD Ranking Status (July 2012 to 2013)

Municipality/Province	July 20, 2012	July 30, 2013 (end of Project)
BATANGAS		
Batangas City /Isla Verde 5876 (population) 6 barangays	<ul style="list-style-type: none"> • FP commodities at City health office and Barangay health station • MOA signed on November 25, 2011. • 12 CBDs trained/existing updated (August 18, 25, 2011 and September 1, 2011) and all 12 distributing commodities • City purchased FP supply from their chosen suppliers (based on government bidding policy) for distribution to barangay health station for free • PHE IEC materials in Annual Investment Plan by July 2012 and City Health Office will reprint the three tips brochure in 2013. 	<ul style="list-style-type: none"> • 12 CBDs with FP supplies • 100% Brgys with active CBD • CBD Model B- every sari-sari store gets its FP supplies from different pharmacies (linked by the Project) • LGU allocated budget to ensure steady supply of contraceptives for indigents only not CBD • Midwives supervised the PEs/CBDs • PHE integrated in their MPA plan • Distributed reprinted PHE IEC materials in their respective communities
San Juan (Class 1) 87,276 (population) 42 brgys	<ul style="list-style-type: none"> • No FP @ RHU • 46 trained CBDs (35 on October 26, 2011 and 11 on July 5, 2012); PFPI dispatched 10 CBDs kits initially to CBDs to jumpstart the CBDs operations (>50% of barangays with CBDs distributing FP commodities). Proceeds of sales will be used as a revolving fund with private sector supplier (Alidio clinic, etc.) • MOA signed 7/2/2012 	<ul style="list-style-type: none"> • 42 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model B – CBDs purchase FP supplies from Alidio Clinic (linked by the Project) • RHU supervising PEs/CBDs • PHE integrated into MPA and Bantay Dagat plans • RHU established an FP Clinic (completing last step of PhilHealth accreditation to use PhilHealth’s Maintenance and Other Operating Expenses (MOOE) funds to franchise

	<ul style="list-style-type: none"> Proposed private supplier (Alidio's Private clinic) waiting for delivery of FP from Alphamed - but no delivery to date. Alphamed ran out of FP commodities. Explore with DKT as alternative source of commodities within week PHE training and counselling for youth and adults included in the 2013 annual investment plan but no FP commodities purchase allocation for CBDs 	<p>popshop/procure FP supplies to shift local CBD supplier from private to RHU)</p>
<p>Calatagan (Class 2) 51,544 (population) 25 brgys</p>	<ul style="list-style-type: none"> No FP at RHU by LGU funds Private sector (midwives selling FP on their own from Alphamed initially but pulled out because of low sales; pharmacies selling) MOA signed 3/2012 30 CBDs trained (20 on October 7, 2011 and 10 on July 5, 2012). PFPI dispatched 10 CBDs kits initially to CBDs to jumpstart the CBDs operations (<50% of brgys covered). Proceeds of sales will be used as a revolving fund FP commodity distribution was by midwives on a private capacity in partnership with the Public Health Nurse but pulled out because of slow turn-over of FP commodities Discussions with Irene's Pharmacy as local private supplier of all CBDs ongoing. Details of reflow system, referral system and monitoring forms being discussed IMAP president refused to be 	<ul style="list-style-type: none"> 25 CBDs with supplies 100% Brgys with active CBD CBD Model B- CBDs obtain FP supplies from Irene pharmacy (linked by the Project) RHU supervising PEs/CBDs PHE integrated in their MPA and Bantay Dagat Plans

	<p>the supplier for our CBDs as of this year due to limited space of their lying-in for proper storage of FP commodities</p>	
<p>Mabini (Class 1) 40,629 (population) 34 brgys</p>	<ul style="list-style-type: none"> • No FP at RHU • 45 CBDs trained (35 on September 30, 2011 and 10 on July 5, 2012). PFPI dispatched 10 CBDs kits initially to CBDs to jumpstart the CBDs operations (<50% covered brgys distributing FP commodities) • MOA signed 2/2012 • RHU had no funds to purchase FP until May 31 2012. Supplemental budget of P50,000 was made available in July 2012 to purchase injectables for RHU use only • For next year MHO requested P500,000 for health. Allocation for family planning is not clear • Identified GENERIKA pharmacy as the local private supplier and established reflow system. 	<ul style="list-style-type: none"> • 34 CBDs with FP supplies • 100% of Brgys have active CBD • CBD Model B – CBDs purchase FP supplies from Jhen’s pharmacy (linked by the Project) • LGU allocated budget to ensure steady supply of contraceptives to CBD outlets (status as of July 2013 - procurement process was delayed due to elections) • RHU supervising PEs/CBDs • PHE integrated in their MPA/Bantay Dagat Plans
<p>Nasugbu (Class 1) 113,926 (population) 42 brgys</p>	<ul style="list-style-type: none"> • No FP at RHU • FP in pharmacies and in cooperative (KAMAHARI⁷²) • 41 CBDs trained (33 on October 5, 2011 and 8 on July 5, 2012). PFPI dispatched 10 CBDs kits initially to CBDs to jumpstart the CBDs operations (<50% of total barangays covered). Proceeds of sales will be used as a revolving fund • Mayor is anti-RH/FP. MHO is 	<ul style="list-style-type: none"> • 41 CBDs with FP supplies • 98% Brgys with active CBD • CBD Model – CBDs purchase FP supplies from Generika pharmacy (linked by the Project) • RHU supervising PEs/CBDs • PHE integrated in their MPA/Bantay Dagat plans • MOA signed February 2013

⁷² Local women’s organization KAMAHARI cooperative acquired a franchise from DKT and is selling the commodities through Nasugbu Women’s Rural Association. They required CBDs to pay for commodities upfront but CBDs cannot pay

	<p>Pro-RH/FP. Will provide oversight to the CBDs, but cannot get FP commodity allocation from LGU</p> <ul style="list-style-type: none"> • LGU has not allocated budget for FP commodities • No MOA signed. 	
<p>Lobo (Class 3) 37,798 (population) 26 brgys</p>	<ul style="list-style-type: none"> • No FP @RHU • No budget for FP • 27 CBDs trained (September 6, 2011). PFPI dispatched 10 CBDs kits initially to CBDs to jumpstart the CBDs operations. Proceeds of sales will be used as a revolving fund. • Signed MOA Feb 2012 • MHO can provide oversight but will not budget funds to buy FP commodities. But if FP commodities are available for distribution from other sources (such as consignment from DKT or Alphamed or CBD starter kits from PFPI), they will be distributed by project CBDs and made available only to current and RHU screened users 	<ul style="list-style-type: none"> • 26 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model B – CBDs purchase their FP supplies from Botika San Miguel (linked by the Project) • RHU supervising PEs/CBDs • PHE integrated in their MPA and Bantay Dagat plans • Barangay Malabrigo MPA-won the Citation Award of Healthy Environment, Healthy People in the Community during the Batangas Recognition Awards for Verde Island Passage’s Outstanding (BRAVO) Marine Protected Areas
OCCIDENTAL MINDORO		
<p>Abra de Ilog (Class 2) 25,127 (population) 9 barangays</p>	<ul style="list-style-type: none"> • No FP at RHU • 9 CBDs trained (March 12, 2012) - None are distributing FP commodities yet. • MOA Signed 9/2011 • RHU bidded out FP commodity procurement. Alphamed won but had 4 months of delay in delivering the commodities to the LGU • PFPI dispatched 9 CBDs kits initially to CBDs to jumpstart the CBDs operations 	<ul style="list-style-type: none"> • 9 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model B – CBDs purchase FP supplies from Generic Pharmacy (linked by the Project) • RHU regularly allocates budget from their PhilHealth Capitation Fund to ensure steady supply of free contraceptives in the municipality to cover all new first time acceptors and more indigenous peoples (IPs) in

		<p>their municipality which is 30% of their total population</p> <ul style="list-style-type: none"> • RHU supervises PEs/CBDs • RHU and LGU adopted YPE plans and gives funding support and other logistics to all YPEs' activities
<p>Paluan (Class 3) 13,718 (population) 12 barangays</p>	<ul style="list-style-type: none"> • FP commodities at RHU from Provincial Health Office for free • MOA signed Feb 2012 • 12 CBDs trained (March 2012). None are distributing FP commodities yet. • Mayor and administrator are anti-RH/FP. Do not want to buy FP commodities. • Mayor is okay with CBDs as long as no LGU funds used for FP procurement but he agreed for RHU oversight (refer to 2nd paragraph on page 5 of this document) • PFPI dispatched 10 CBDs kits initially to CBDs to jumpstart the CBDs operations 	<ul style="list-style-type: none"> • 12 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model B – CBDs purchase FP supplies from D Veas Store (linked by the Project) • RHU supervises PEs/CBDs
<p>Lubang (Class 4) 28,267 (population) 16 barangays</p>	<ul style="list-style-type: none"> • FP commodities at RHU from PHO for free • MOA signed 6/2011 • 22 CBDs trained (13 on July 8, 2011 and 9 on July 10, 2012). PFPI dispatched 10 CBDs kits initially to CBDs to jumpstart the CBDs operations (>50% target barangays covered) • LGU does not have funds for FP commodities but negotiated from Alphamed to provide FP commodities on a consignment basis. But to date Alphamed has not delivered yet. 	<ul style="list-style-type: none"> • 16 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model A – CBDs purchase FP supplies from RHU (linked by the Project) • PHE Ordinance passed • RHU supervises PEs/CBDs • PHE integrated in their MPA, Bantay Dagat and Fisheries Management plans
<p>Looc (Class 5) 11,310 (population)</p>	<ul style="list-style-type: none"> • FP supply at RHU from PHO to be distributed for free. 	<ul style="list-style-type: none"> • 10 CBDs with FP supplies • 100% of Brgys with active

9 barangays	<p>Peer educators were tapped to distribute free commodities as part of their education activities with LGU oversight to those who cannot afford to buy FP commodities</p> <ul style="list-style-type: none"> • MOA Signed 7/2011 • 10 CBDs trained (9 on August 2, 2011 and 1 in July 2012) all CBD selling FP commodities from CBD starter kits (100% barangays covered). • Distributed IECs to PEs and CBDs 	<p>CBD</p> <ul style="list-style-type: none"> • CBD Model B- CBDs purchase FP supplies from Michelle's store (linked by the Project) • PHE Ordinance passed • RHU allocated budget for procurement of injectables (DMPA) in order to increase access to a wider variety of FP methods • RHU supervises PEs/CBDs • PHE integrated in their MPA, Bantay Dagat and Fisheries Management plans
ORIENTAL MINDORO		
<p>Baco (Class 3) 34,127 (population) 27 barangays</p>	<ul style="list-style-type: none"> • FP supply at RHU • Tripartite (PFPI, CI and LGU) MOA in process • 26 CBDs trained (25 on August 3, 2011 and 1 in July 2012). PFPI dispatched 10 CBDs kits initially to CBDs to jumpstart the CBDs operations (<50% of targeted barangays covered). Proceeds of sales will be used as a revolving fund to buy replenishment from LGU POPSHOP • Presence of POPSHOP at LGU, but RHUs POPSHOP management does not allow consignment • Annual Investment Plan with PHE activities and budget for 2013 initiated by Municipal Agriculture Office 	<ul style="list-style-type: none"> • 27 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model A – CBDs purchase FP supplies from RHU via POPSHOP (linked by the Project) • LGU allocated budget to ensure steady supply of contraceptives to CBD outlets • Tripartite MOA signed September 2012 • PHE Text Patrol was done in its 13 barangay (see Mobile Phone Tracking and Referral System write-up for results)
<p>San Teodoro (Class 4) 15,039 (population) 8 barangays</p>	<ul style="list-style-type: none"> • FP supply at RHU from PHO given for free • Tripartite (PFPI, CI and LGU) MOA in process • 10 CBDs trained (8 on August 5, 2011 and 2 in July 2012). PFPI dispatched 8 	<ul style="list-style-type: none"> • 8 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model B- CBDs purchase FP supplies from RHU midwives who grouped as a private entity to be the

	<p>CBDs kits initially to CBDs to jumpstart the CBDs (100% of barangays covered with CBD starter kits and distributing FP commodities. Proceeds of sales will be used to purchase reflow</p> <ul style="list-style-type: none"> • RHU has ordered FP from Alphamed, but no delivery yet. May not push anymore with them because of free commodities from PHO • Annual Investment Plan with PHE activities and budget for 2013 	<p>local supplier (linked by the Project)</p> <ul style="list-style-type: none"> • RHU supervises PEs/CBDs • PHE integrated to MPA and Bantay Dagat Plans • Tripartite MOA signed on February 2013
<p>Puerto Galera (Class 1) 28,025 (population) 14 barangays</p>	<ul style="list-style-type: none"> • FP supply at RHU • Resolution for the Mayor to sign the Tripartite (PFPI, CI and LGU) MOU passed by Sanggunian Bayan(SB) • 19 CBDs trained (10 on August 24, 2011 and 9 in July 2012). PFPI dispatched 10 CBDs kits initially to CBDs to jumpstart the CBDs operations (>50% of target barangays). Proceeds of sales will be used as a revolving fund to buy replenishment from the Bantay Dagat network • Annual Investment Plan with PHE activities and budget for 2013 • CBD starter kits were provided to bantay dagat network on a consignment basis for distribution to CBD's. 	<ul style="list-style-type: none"> • 13 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model B- CBDs purchase FP supplies from MPA/BD Network (linked by the Project) • RHU supervises PEs/CBDs • PHE integrated in their MPA and Bantay Dagat Plans
<p>BOHOL</p>		
<p>Tubigon (Class 1) 44,434 (population) 34 barangays</p>	<ul style="list-style-type: none"> • FP at RHU • MOA signed March 2011. Allotted 50K for FP commodities to CBDs and 50K for PHE activities 	<ul style="list-style-type: none"> • 34 CBDs with FP supplies • 100% of of Brgys with active CBD • CBD Model A – CBDs purchase FP supplies from

	<ul style="list-style-type: none"> • 28 CBDs trained (August 9, 2011) (82% of targeted barangays) and distributing FP commodities • RHU manages a POPSHOP and supplies FP commodities to trained CBDs • Distributed IECs to CBDs and PEs 	<p>RHU through POPSHOP (linked by the Project)</p> <ul style="list-style-type: none"> • LGU allocated budget to ensure steady supply of contraceptives to CBD outlets • RHU supervises PEs/CBDs • MHO underwent NSV training so that RHU can offer a broad range of FP methods to the municipality • RHU will train additional PEs/CBDs in August 2013 to cover big barangays with more than 3 subvillages
<p>Bien Unido (Class 4) 23,412 (population) 15 barangays</p>	<ul style="list-style-type: none"> • FP supplies at RHU • MOA signed July 2011 • 14 CBDs trained (May 23, 2011) and distributing FP commodities (93% of covered barangays) • RHU has DKT POPSHOP and CBDs are getting supplies from the POPSHOP 	<ul style="list-style-type: none"> • 22 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model A – CBDs purchase FP supplies from RHU’s POPSHOP (linked by the Project) • LGU allocated budget to ensure steady supply of contraceptives to CBD outlets • RHU supervises PEs/CBDs
<p>Getafe (Class 3) 27,852 (population) 24 barangays</p>	<ul style="list-style-type: none"> • FP supplies at RHU • MOA signed April 2012 • 24 CBDs trained (June 13, 2011) and distributing FP commodities (100 % of all barangays covered) • Aphamed won RHU bid for FP supplies to CBDs 	<ul style="list-style-type: none"> • 24 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model A - CBDs purchase FP supplies from RHU through Alphamed (linked by the Project) • LGU allocated budget to ensure steady supply of contraceptives to CBD outlets • RHU supervises PEs/CBDs
<p>Ubay (Class 1) 66,900 (population) 44 barangays</p>	<ul style="list-style-type: none"> • FP supplies at RHU • FP supplies in private pharmacies • MOA signed June 2011 • 43 CBDs trained (August 15, 2011) and 34 are distributing FP commodities (77% of barangays covered) • Alphamed won RHU bid for 	<ul style="list-style-type: none"> • 67 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model A – CBDs purchase FP supplies from RHU through Alphamed (linked by the Project) • LGU allocated budget to ensure steady supply of

	<p>FP supplies to CBDs</p> <ul style="list-style-type: none"> • Distributed IEC to CBDs and PEs • PFPI dispatched 9 CBDs kits initially to CBDs to jumpstart the CBDs operations 	<p>contraceptives to CBD outlets</p> <ul style="list-style-type: none"> • RHU supervises PEs/CBDs • 4 of its barangays procures FP supplies for their CBDs in addition to municipal LGU procurement
<p>Inabanga (Class 4) 43,331 (population) 50 barangays</p>	<ul style="list-style-type: none"> • FP supplies at RHU • MOA signed May 2011 • 51 CBDs trained (August 10, 2011; February 3, 2012) and 28 CBDs distributing FP commodities within the Poblacion and nearby villages (56% of targeted barangays covered) • POPSHOP and Alphamed FP products available to CBDs • Distributed IEC to CBDs and PEs 	<ul style="list-style-type: none"> • 50 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model A – CBDs purchase FP supplies from RHU’s POPSHOP and Alphamed (linked by the Project) • LGU allocated budget to ensure steady supply of contraceptives to CBD outlets • RHU supervises PEs/CBDs • PHE Text Patrol was done in 6 of its barangays (see Mobile Phone Tracking and Referral System Write-up for results) • PHE integrated in their CRM and MPA plans
<p>Buenavista (Class 4) 26,443 (population) 35 barangays</p>	<ul style="list-style-type: none"> • FP supplies at RHU • MOA signed Mar 2012 • 30 CBDs trained (August 31, 2011) – 5 CBDs are distributing FP commodities(14% of targeted brgys) • RHU purchased FP commodities from Alphamed and is ready for distribution to remaining CBDs which will be done on July 25, 2012. • Distributed IEC to CBDs and PEs 	<ul style="list-style-type: none"> • 35 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model A – CBDs purchase FP supplies from RHU through Alphamed (linked by the Project) • LGU allocated budget to ensure steady supply of contraceptives to CBD outlets • PHE Ordinance passed • RHU supervises PEs/CBDs
<p>Talibon (Class 1) 59,274 (population) 25 barangays</p>	<ul style="list-style-type: none"> • FP supplies at RHU • MOA signed Jan 2012 • RHU has DKT Popshop and now has enough FP products to be distributed to CBDs. • 31 CBDs trained (March 23, 2012). All are distributing FP 	<ul style="list-style-type: none"> • 31 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model A – CBDs purchase FP supplies from RHU’s POPSHOP (linked by the Project)

	<p>commodities (over 100% of targeted barangays covered)</p> <ul style="list-style-type: none"> • Distributed IEC to CBDs and PEs • PFPI dispatched 25 CBDs kits initially to CBDs to jumpstart the CBDs operations 	<ul style="list-style-type: none"> • LGU allocated budget to ensure steady supply of contraceptives to CBD outlets • RHU supervises PEs/CBDs
<p>Clarin (Class 5) 18,871 (population) 24 barangays</p>	<ul style="list-style-type: none"> • FP supplies at RHU • Resolution authorizing the Mayor to sign MOA passed • 21 CBDs trained (July 12, 2011) and are distributing FP commodities (87% of targeted barangays covered) • RHU purchased FP commodities and distributed to trained CBDs • Distributed IECs to CBDs and PEs • PFPI dispatched 24 CBDs kits initially to CBDs to jumpstart the CBDs operations 	<ul style="list-style-type: none"> • 24 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model A – CBDs purchase FP supplies from RHU (linked by the Project) • LGU allocated budget to ensure steady supply of contraceptives to CBD outlets • RHU supervises PEs/CBDs • PHE integrated in their CRM and MPA plans • Wednesdays were set as PHE Days in Clarin (PHE counselling done regularly in the RHU by the nurse)
<p>Trinidad (Class 3) 27,580 (population) 20 barangays</p>	<ul style="list-style-type: none"> • FP supplies at RHU • No MOA signed yet. MOA currently for deliberation regarding the funding of FP commodities at the SB level. • 19 CBDs trained (December 13, 2011) and 10 are distributing FP commodities (50% of targeted barangays covered) • Trinidad Multipurpose Coop is identified as the main supplier for the 10 active CBDs • MOA with Committee on environment. For SB discussion at second reading • Distributed IECs to CBDs and PEs • PFPI dispatched 10 CBDs kits initially to CBDs to 	<ul style="list-style-type: none"> • 20 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model B – CBDs purchase FP supplies from Trinidad Multi-purpose Cooperative (linked by the Project) • RHU supervises PEs/CBDs • MOA signed on February 2013

	jumpstart the CBDs operations	
CP Garcia (Class 4) 25,118 (population) 23 barangays	<ul style="list-style-type: none"> • No FP supplies at RHU • FP supplies in local pharmacies • SB Resolution for mayor to sign MOA passed but Mayor is <u>not</u> willing to sign • 19 CBDs trained (August 8, 2011) –Three CBDs are distributing FP commodities. The 16 others cannot pay FP commodities upfront. CBD starter kits were distributed to 20 trained CBDs now total of 13 CBDs distributing pills and condoms (56% of targeted barangays covered). • Proceeds of sales will be used as a revolving fund. 	<ul style="list-style-type: none"> • 23 CBDs with FP supplies • 100% Brgys with an active CBD • CBD Model B- CBDs purchase FP supplies from IMAP Guindulman/Ubay Popshop (linked by the Project) • LGU allocated budget to ensure steady supply of contraceptives to CBD outlets • RHU supervises PEs/CBDs • Two of its barangays procures FP commodities for their CBDs. This complements the FP supplies from the municipal LGU
LEYTE		
Bato (no reported class) 33,930 (population) 32 barangays	<ul style="list-style-type: none"> • MOA signed Mar 2011 • RHU has MOU with DKT for POPSHOP • RHU midwives distributed FP supplies to CBDs from POPSHOP supplies • 27 CBDS trained (May 31, 2011) and all are distributing FP commodities(84% coverage of targeted barangays) • PHE integrated to ICRM Plan drafted during planning on May 30-June 1, 2012 	<ul style="list-style-type: none"> • 32 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model A – CBDs purchase FP supplies from the RHU’s POPSHOP (linked by the Project) • LGU allocated budget to ensure steady supply of contraceptives to CBD outlets • RHU supervises PEs/CBDs • PHE integrated to Integrated Coastal Resource Management plan
Hindang (Class 5) 19,927 (population) 20 barangays	<ul style="list-style-type: none"> • MOA signed April 2011 • PHE ordinance signed • 27 CBDs trained (May 26, 2011) and all CBDS are distributing FP commodities (more than 100% coverage of targeted barangays and some brgys have two CBDs) • RHU gets supplies from Health Worker Association 	<ul style="list-style-type: none"> • 27 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model B – CBDs purchase FP supplies from Association of Women’s Welfare (linked by the Project) • PHE Ordinance passed • RHU supervises PEs/CBDs • RHU scheduled plans training

	<p>who consigns from Alphamed and distributes to CBDs</p> <ul style="list-style-type: none"> • PHE integrated to ICRM Plan drafted during planning on May 28-29, 2012 	<p>PEs and CBDs from September to October 2013 for them to be accredited as BHWs. This institutionalizes their role in the community, and they can receive honorarium from Barangay and Municipality</p>
<p>Matalom (Class 3) 31,055 (population) 30 barangays</p>	<ul style="list-style-type: none"> • FP supplies at RHU • RHU manages a Popshop • RHU supplies/distributes FP commodities to CBDS from POPSHOP supplies • MOA signed Apr 2011 • 30 CBDs trained (May 24, 2011) and all 30 CBDs are distributing FP commodities(100% coverage of targeted barangays) • PHE integrated to ICRM Plan drafted during planning on May 30-June 1, 2012 • Draft PHE ordinance is with SB for review. 	<ul style="list-style-type: none"> • 30 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model A- CBDs purchase FP supplies from RHU's POPSHOP (linked by the Project) • LGU allocated budget to ensure steady supply of contraceptives to CBD outlets • RHU supervises PEs/CBDs
<p>Inopacan (Class 4) 19,276 (population) 20 barangays</p>	<ul style="list-style-type: none"> • FP supplies at RHU. • RHU sources FP commodities for CBD distribution from Alphamed on a consignment basis and awaiting for Alphamed's delivery • MOA signed • 17 CBDs trained (July 6, 2011); none have FP supplies yet • PHE integrated to ICRM Plan drafted during planning on May 28-29, 2012 • Draft PHE ordinance is with SB for review 	<ul style="list-style-type: none"> • 20 CBDs with FP supplies • 100% of Brgys with active CBD • CBD Model A- CBDs purchase FP supplies from RHU(linked by the Project) • RHU supervises PEs/CBDs
<p>Hilongos (Class 2) 53,911 (population) 51 barangays</p>	<ul style="list-style-type: none"> • No FP at RHU • FP supply in private pharmacies • MOA signed June 2011 • No CBDs trained • LGU is anti RH/FP and will 	<ul style="list-style-type: none"> • 48 CBDs trained in November 2012 and are active and supplying the community with pills and condoms. 94% coverage of targeted barangays (51)

	<p>not buy FP products</p> <ul style="list-style-type: none"> • MHO willing to provide CBD oversight • Met with Erwin of Alphamed to identify local private sector source of FP commodities and establish a consignment arrangement that PFPI can guarantee (10K worth of FP products and commodities) for CBDs, if the private sector cannot upfront the FP products (Alphamed does not work on consignment basis) • Lihok Filipina and MDC Pharmacy were identified as possible local private sources of FP commodities for the CBDs • PHE integrated to ICRM Plan drafted during planning on May 28-29, 2012 	<ul style="list-style-type: none"> • In January 2013 PFPI dispatched 48 CBDs kits initially to CBDs to jumpstart the CBDs operations • CBD Model B – CBDs purchase FP supplies from Association of Women’s Welfare of Hindang to replenish initial stocks in the CBD kits (linked by the Project) • RHU supervises PEs/CBDs
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Annex 4. CBD Model per Project site

Municipality	Source of FP Supply	Model
VIP		
Batangas city/Isla Verde (M)	Every sari-sari store has a different pharmacy from which they buy from FP commodities	B
Calatagan (New)	Irene's Pharmacy	B
Lobo (New)	Botika San Miguel	B
Mabini (New)	Jhen's Pharmacy	B
Nasugbu (New)	Generika Pharmacy	B
San Juan (New)	Alidio's Clinic	B
Oriental Mindoro		
Puerto Galera	MPA/BD Network	B
San Teodoro	RHU Midwives	B
Baco	RHU – Popshop	A
Occidental Mindoro		
Abra de Ilog	Generic's Pharmacy	B
Paluan (New)	De Vea's Store	B
Looc (New)	Michelle's Store	B
Lubang (New)	RHU through Alphamed	A
Bohol		
Bien Unido	RHU through POPSHOP	A
Buenavista	RHU through Alphamed	A
Clarin	RHU	A
Getafe	RHU through Alphamed	A
Inabanga	RHU through POPSHOP and Alphamed	A
CP Garcia	IMAP Guindulman/Ubay Popshop	B
Trinidad	Trinidad Multi-purpose Cooperative	B
Talibon	RHU through POPSHOP	A
Tubigon	RHU through POPSHOP	A
Ubay	RHU through Alphamed	A
Leyte		
Bato	RHU through POPSHOP	A
Hilongos	Association of Women's Welfare	B
Hindang	Association of Women's Welfare	B
Matalom	RHU through POPSHOP	A
Inopacan	RHU through Alphamed	A

Annex 5. Total Family Planning Acceptors and Contraceptive Prevalence Rates in 2010 and 2012

PROVINCE	MUNICIPALITY	Total # of FP Acceptors 2010	CPR 2010	Total # of FP Acceptors 2012	CPR 2012	Data Source
Batangas	Batangas city (CBD Model B)	144	28.09%	331	26.12%	RHU
	Calatagan (CBD Model B)	2266	29.94%	3249	81%	RHU
	Lobo (CBD Model B)	791	14.60%	875	71%	RHU
	Mabini (CBD Model B)	1155	18.86%	697	11%	RHU
	Nasugbu (CBD Model B)	5489	33.20%	5869	33.82%	RHU
	San Juan (CBD Model B)	4740	39.14%	4618	37.5%	RHU
AVERAGE CPR		14585	27.30%	15639	43.4%	
Oriental Mindoro	Puerto Galera (CBD Model B)	2084	85%	4251	106.91%	RHU
	San Teodoro (CBD Model B)	236	17.98%	797	33.59%	RHU
	Baco (CBD Model A)	1194	40%	2624	51.14%	RHU
AVERAGE CPR		3514	48%	7672	63.88%	
Occidental Mindoro	Adra de Ilog (CBD Model B)	1210	55%	1703	46.24%	RHU
	Paluan (CBD Model B)	552	46%	930	48.33%	RHU
	Looc (CBD Model B)	642	32.60%	510	34%	RHU
	Lubang (CBD Model A)	322	26%	626	20.46%	RHU
Average CPR		2726	40%	3769	37.26%	
Bohol	Bien Unido (CBD Model A)	469	22.91%	866	25%	RHU
	Buenavista (CBD Model A)	296	12.80%	893	24.7%	RHU
	Clarín (CBD Model A)	346	21%	614	21%	RHU
	Getafe (CBD Model A)	508	20.86%	1088	26%	RHU
	Inabanga (CBD Model A)	945	24.93%	2192	36%	RHU
	CP Garcia (CBD Model B)	241	11%	304	10%	RHU
	Trinidad (CBD Model B)	18	0.75%	1868	45%	RHU

	Talibon (CBD Model A)	1321	57%	7293	83%	RHU
	Tubigon (CBD Model A)	2956	34%	2187	35%	RHU
	Ubay (CBD Model A)	1406	24.40%	3556	40%	RHU
AVERAGE CPR		8506	22.97%	20776	34.57%	
Leyte	Bato (CBD Model A)	323	10.90%	1207	48%	RHU
	Hilongos (CBD Model B)	1155	24.50%	1303	25%	RHU
	Hindang (CBD Model B)	296	17%	838	33%	RHU
	Matalom (CBD Model A)	326	12%	2152	32%	RHU
	Inopacan (CBD Model A)	320	19%	250	54%	RHU
Average CPR		2420	16.68%	5750	38.4%	
TOTAL		31,751	31%	53,606	45%	

Annex 6. Case Studies

Case 1: PHE CBD model in Hindang, Leyte

Hindang is a fifth-class municipality in the province of Leyte, Philippines. It has a total land area of 12,740 hectares. The municipality's 20 barangays are inhabited with 20,552 people as of the national statistics office 2010 census.

The municipality is situated along the Danajon Bank, a double-barrier reef located in the Philippines. Classified as very rare, it is one of only six double-barrier reefs in the world. As the breeding ground for fish and other species, it makes an ideal fishing ground for fishers from the adjacent provinces of Bohol, Cebu, Leyte and Southern Leyte. For centuries, the people of Hindang have relied on the Bank as a source of food and livelihood.



Figure 1. Location Map of Hindang,

Hindang boasts of rich natural resources and reefs that help safeguard it from destruction. It has two fish sanctuaries, two mangrove protected areas, and one sea grass protected area, all of which are managed by the municipal and barangay Fisheries and Aquatic Resources Management Council (FARMC). However multiple factors threaten Hindang's natural resources and the well-being of its communities. This includes high population density (403.26 per sq. km



An Adult Peer Educator (APE) during an Interpersonal Counseling with a Client

vs. 308 per sq.km.at the national level), accelerating population growth, a high fertility rate⁷³ and unmet need for family planning, and the lack of sustainable livelihood opportunities.

On February 2011, BALANCED - Philippines Project staff conducted a Project Orientation and Planning Workshop. Key local government unit (LGU) officials who attended prepared a municipal-specific population, health and environment (PHE) action plan for integration into Hindang's coastal resources management (CRM)/development plans and activities. Shortly thereafter, the municipality and

PATH Foundation Philippines, Inc. (PFPI) signed a memoranda of understanding (MOU)

⁷³ 3.7 NSO 2010

committing both parties to work together to achieve the goals and objectives of the BALANCED - Philippines Project as well as the vision of the Hindang municipality.

The BALANCED -Philippines Project implemented various strategies and activities as part of this MOU. This included building the capacity of six rural health unit (RHU) personnel in the PHE system of community-based distributors (CBDs) and adult peer educators (PEs). After the training, these six RHU staff together with the BALANCED-Philippines Field Coordinator coordinated with barangay officials and with community leaders to identify potential PEs (adults and youth) using selection criteria established by BALANCED-Philippines Project. They also interviewed the potential PEs and explained their roles and responsibilities. This helped ensure selected individuals were truly interested in serving as a PE, and allowed for clarifying questions the new PEs might have and clarifying what was expected of the PE. They were able to train 29 adult PEs and eight youth PEs to serve as agents for change in the 20 Hindang barangays. The PEs promote pro-health and pro-environment behaviors and deliver information on family planning, conservation and the benefits of PHE integration. It should be noted that with LGU support, the RHU master trainers trained more than one adult PE for those barangays with higher populations.

To respond to the increased awareness of family planning (FP) methods and increase access to FP commodities at the barangay level, the now-trained RHU staff in turn trained another 27 individuals—Barangay Health Workers (BHWs), Botika ng Barangay (BNB) operators, barangay officials, local leaders, and store owners—as CBD outlets. The RHU staff, in partnership with local leaders, also identified other potential CBDs in the community. Because of the critical role that CBDs play in the larger CBD system, trainers were careful to explain in great detail to potential CBD candidates the role and responsibility of a CBD. This helped those who chose to become CBDs to better understand the CBD role and allowed them to more actively support and participate in the BALANCED-Philippines Project.



A client buying condom from a Community Based Distributor

The RHU had not only helped in training these new PEs and CBDs but also provided a technical and supervisory structure for the volunteer PEs and CBDs and served as the referral system for services over and above those that could be provided by the PEs and CBDs.

CBD systems may vary in terms of the source of FP commodities. At the time of the Project, the RHU in Hindang lacked the capacity to provide the 22 CBDs with FP products for sale in the barangays. What is unique in Hindang is the presence of the Association of Workers for the Welfare of Women (AWWW). The RHU had tapped this private organization to purchase FP commodities (i.e. pills and condom) and consign them to the CBDs - as such serving as a local supplier to the CBDs. The Project also linked RHU and AWWW to family planning and reproductive health (FP/RH) social marketing companies and pharmaceutical companies, such as

Alphamed, who agreed to provide continuous flow of supply to two service delivery points – the RHU and the CBDs through the AWWW.

Subsequently, a structure was established to ensure these various channels through which FP supplies could flow to clients. For example, AWWW purchased pills and condoms from Alphamed and provided them to the CBDs on a consignment basis—a business-friendly agreement for those without the cash for an outright purchase. The RHU closely monitored this arrangement.

Over the two-year period of the Project, the PEs reached a significant percentage of the community with information, education and communication (IEC) messages through various venues. They conducted peer outreach in homes and conducted interpersonal communications (IPC) with individuals providing more in depth discussion on their FP/RH, CRM and PHE issues. They also participated in PHE IEC campaigns jointly organized by the RHU and the Project. They have referred over 400 clients to the RHU for initial assessment as potential new FP users and for other FP and other health concerns. Records from the Municipal Health Office shows that the total number of acceptors (new and current) of FP services increased from 447 in 2010 to 950 in 2012 with 10 percent choosing pills commodities available at the CBD outlets. More significantly, the Contraceptive Prevalence Rate (CPR) increased from 17 percent in 2010 to 37 percent in 2012. The community, PEs and CBDs also participated in conservation activities such as coastal clean-up activities, mangrove planting/ mangrove rehabilitation activities and community campaigns on the protection, conservation and maintenance of Marine Protected Areas (MPAs) in the municipality. Combined, all of these activities heightened the community’s awareness on the benefits of PHE integration, FP/RH and conservation and how this integrated approach contributed to more secure households, a healthier community and a healthy environment for a “Brighter Future.”



Coastal Clean-up Activity involving the Youth Peer Educators (YPEs)

To ensure sustainability of the initiative, the Project established a monitoring system to help the RHU track new and current pill users and to ensure that both CBDs and the RHU are sources of PHE information for community members through interpersonal communication and collaterals (banners, posters, leaflets) displayed at their point of sales.

The AWWW committed itself to the Project’s goal and serving as the source of FP supplies for the CBD outlets—a commitment that contributed to success of the overall PHE CBD system. This commitment is affirmed by the responsible conduct of the CBDs in their roles in the community and by their responsible conduct of business agreements, such as timely remittance of sales. All these factors and more have given the AWWW, the adult PEs and the RHU a sense of trust in this PHE CBD system. The PHE CBD and PE system established in Hindang contributed towards achieving the intended results of improving access to FP/RH; increasing

community awareness on FP and conservation as a means to improve health, food security, and natural resources; and increasing policy makers' commitment to support PHE integrated approaches.

And true to the BALANCED acronym- Building Actors and Leaders for Advancing Community Excellence in Development, Hindang Municipality has community leaders who are now actors, leaders and role models leading their communities in integrated PHE activities in partnership and collaboration with the LGU.

A landmark for the BALANCED-Philippines Project is the February 2012 enactment of the PHE Ordinance No. 01s. This PHE ordinance provides for "Creating the Municipal Multi-sectoral Population-Health-Environment (PHE) Council that will integrate the PHE approach into the Municipality's Annual Short, Medium, and Long Term Development Plans and Programs and appropriating funds thereof." This ensures that gains made through BALANCED-Philippines Project will be sustained. The ordinance was made possible by the leadership of Municipal Mayor Elpidio Cabral Jr. along with PHE champions at the legislative council. The mayor serves as the chairperson of the PHE council. He has been very supportive of the BALANCED-Philippines Project and the PHE approach as it contributes to the vision of the Hindang, which is "A self-reliant sharing community, whose efforts and initiatives are shared and nurtured for the common good, trusting in the Divine providence and committed to keep and sustain harmony and peace—the bounty's future generation deserves."

With the BALANCED-Philippines Project ending, the RHU will oversee implementation of the full PHE CBD system with support from other members of the PHE council (representatives from key offices in the LGU) who will help with the mentoring and monitoring of the players and process that comprise the system.

Case 2: Lubang: a “PHE Plus” Municipality

Situation

Lubang, Oriental Mindoro is a 4th class island municipality. It has a total land area of 11,310 hectares comprising 15 coastal mainland barangays and one island barangay. Its municipal waters cover 151,161 hectares with a coastline of 58,735 kilometers. In 2010, the population of the municipality reached 23,068 and was growing at a rate of 2.4 percent – higher than the national average of 1.87.

Lubang is part of the Verde Island Passage (VIP), a marine biodiversity corridor recognized by experts as the “center of the center” of marine shorefish biodiversity in the world.

Agriculture is the main livelihood of the residents of the Lubang Island. Approximately 20% of the population is full-time fishers. The fishermen live primarily in the barangays of Tagbak, Binakas and Maliig. The municipality has 542 registered fishermen, 56 fish

vendors, 207 registered motorized boats and 152 registered non-motorized boats. In the fishing barangays, the average family size is six to eight members. In order to feed their large families, fishers have resorted to indiscriminate fishing, putting constant pressure on the marine resources. Destructive fishing practices, including fine-meshed nets, dynamite and cyanide, have depleted resources, resulting in decreasing fish catch, reduced income, and degraded habitats. Encroachment of fishers from other municipalities exacerbates the fishing pressure in Lubang.

The people of Lubang face other challenges as well. Poor or limited access to quality health services and information is evident from the negative indices and health indicators such as crude birth (73.17 per 1,000 population in 2011) and death rates (35.26-100,000 population in 2011), maternal mortality ratio (4.5/100,000 live births in 2011), 74 infant mortality rate (4.5/1,000 live births in 2011), etc. The municipality has one district hospital with a 25 bed capacity, one rural health unit, four health centers and six barangay health stations with basic emergency obstetric and newborn care facilities.

Opportunities are limited on the island and many Lubang citizens migrate to urban areas. A related challenge is that it is difficult to retain qualified professionals, many of whom prefer to work in urban areas. The numbers tell the story. Today there is just one doctor, seven nurses, one dentist, one medical technologist, 10 midwives, two sanitary inspectors, 154 barangay health



74 Lubang RHU report to DOH in 2011

workers (BHWs) and 19 barangay nutrition scholars (BNSs) in Lubang. This means that the health professionals who stay in Lubang have to service a larger number of patients, making it more difficult for them to provide a quality level of care.

The BALANCED-Philippines Project in Lubang

The components of the Lubang population, health and environment (PHE) model addressed the various interrelated PHE challenges experienced by the communities towards attaining secure households, healthy communities and healthy environment for a brighter future. Activities and strategies were targeted to redress the population pressures on the natural resources. Through complementary funding, the PHE model also embraced other sectors: eco-tourism, education and provision of renewable source of energy in conserving biodiversity, attaining sustainable development and addressing climate change.

Addressing access to FP/RH and PHE services

As soon as the Project started in early 2011, the BALANCED-Philippines Project was introduced to Mayor Juan M. Sanchez, Lubang's Local Chief Executive (LCE) along with other local officials. Sanchez realized the integrated PHE Project was in line with his and other local officials' vision to create a strong convergence among Lubang's various development programs that spanned ecotourism, environmental conservation, health, population and livelihoods. A Memorandum of Agreement (MOA) was drawn identifying the roles of the Project implementer and the LGU and executed in July 2011. Thereafter, the Project team identified and trained adult peer educators (APEs) and community-based distributors (CBDs).

However, despite the support of the LCE for the trained CBDs and PEs, the CBDs could not initially function due to the following: (a) lack of LGU Budget for CBD FP supplies (b) the trained CBDs did not have upfront money to buy FP commodities; (c) geographical location of Lubang Island makes it difficult for medical representatives from pharmaceutical firms to reach the area with FP supplies; and (d) Municipal Health Officer (MHO) was not willing to supervise the trained CBDs as FP distribution points because they are not allowed legally. The APEs however started to educate the community of FP/RH, conservation and PHE links.

In order for the key local government unit (LGU) officials to better understand the PHE approach and become PHE champions and advocates in their own localities, BALANCED-Philippines invited the LCE and the Municipal Planning and Development Officer to join the March 2012 study tour organized by the Project to Bien Unido and Ubay in Bohol, Philippines—sites already implementing the PHE approach. As a result of their participation in this tour, they gained a greater appreciation of the value of PHE. Meanwhile, the BALANCED-Philippines Project also offered additional incentives for communities to embrace PHE. This included supporting peoples' organizations (POs) efforts to strengthen the marine protected area (MPA) management and providing conservation-based livelihoods.

As a result, the situation in Lubang began to change. Upon returning from the study tour the LGU began to comply with the MOA, except for the provision of FP commodities to the trained

CBDs for the reasons mentioned above. Therefore, in July 2012 PFPI distributed one CBD kit⁷⁵ each to 10 trained CBDs in Lubang to jumpstart the CBD system. With continued advocacy, the RHU became convinced of the benefits of a functional CBD system and agreed to become the local CBD supplier and to monitor/supervise all the PHE volunteers.

To ensure continuous supply of FP commodities at the RHU level, the BALANCED-Philippines team linked the RHU with Alphamed, a social marketing company of FP commodities. The proceeds from the sale of the FP products in the CBD kits by the CBDs in the communities were used as revolving funds by the CBDs to replenish their FP products from the RHU (RHU from Alphamed). With the FP supply mechanism in place, the supply arm of the CBDs system became functional – providing access to FP commodities driven by the increased demand created by the APes’ interpersonal communication (IPC) efforts and information, education and communication (IEC) activities. The functioning CBD supply system encouraged the RHU to consign FP products to the remaining six trained CBDs so that they could be FP outlets in their own barangays. To date, Lubang now has “one functioning PHE CBD team (active CBD, adult/youth PE)” in all of its 16 barangays.

Recognizing the contributions of PHE for a brighter future in Lubang, in November 2012, Lubang passed the PHE Ordinance to sustain the gains of the BALANCED-Philippines Project and continue to support the systems in place.

Improving FP/RH and PHE knowledge and demand

The BALANCED-Philippines Project utilized existing community resources to distribute, deliver and promote FP information, products, and services; and share information on environmental protection/conservation and integrated PHE messages. In collaboration with the RHU and the Office of Municipal Agriculture, the Project identified and trained community volunteers from each of the 16 barangays to serve as adult PEs, youth PEs (YPEs) and CBDs. These volunteers included individuals from the Bantay Dagay (BD)—a PO involved in fisheries and MPA management—and other active leaders in the community. The PEs served as models of good health-seeking behaviors and conservation practices in their communities, distributed IEC materials and IPC with community members to increase demand for family planning and to promote pro-environment behaviors. The CBDs on the other hand provided readily available and accessible FP commodities (pills, injectables, and condoms) and oral rehydration salts for sale to the people in their own villages. These volunteers promoted integrated PHE IEC messages to emphasize the inter-relationships between people and the environment to change individual behaviors around family planning and environment conservation. The RHU was responsible for overseeing the CBD system and provided FP commodities (pills, injectables and condoms) and oral rehydrating salt to the CBDs for sale, while it provides free FP commodities to their indigent clients.

⁷⁵ composed of 10 cycles of pills, 5 packs of condoms (3 per pack), a ledger for reporting, IEC materials (3 Tips), a ball pen, reporting forms, and a plastic container that can carry all of the said materials. Funds was donated by private individuals who watched PBS hour

Strengthening MPAs

The MPA strengthening activities in Lubang Island Group included strengthening the MPA management body and capacity building and mentoring of the Bantay Dagat (BD) team. Today the management body includes women and youth. Women support enforcement activities by reporting sighted illegal activities and participating in BD IEC activities. Strengthening the Bantay Dagat included developing and monitoring a BD operational plan with integrated PHE activities, capacity building activities, and drafting a joint Lubang-Looc BD manual of operations. Female BDs, who were also Barangay Health Workers (BHW) and trained APEs, were prepared to be deputized in August 2013 in coordination with the Bureau of Fisheries and Aquatic Resources (BFAR).

Furthermore, the Project contributed in strengthening the governance and management of the Lubang Island Group (LIG) Climate-SMART MPA, which was established by CI in 2010. It is the only climate smart MPA in the Philippines, and it is the first MPA which is contiguously and jointly managed by two LGUs (Lubang and Looc). Climate-SMART means that the MPAs are:

SM -Sustainably Managed - Maintaining ecological function, economic benefits, and socio-cultural identity for the wellbeing for the most number of people and for the next generation

A - Adaptive – Setting active responses systems to climate change impacts while addressing the most pressing issues relating to fisheries and marine conservation

R – Resilient – The area should have the inherent capacity to recover after a disturbance and remain ecologically functional in face of changing climate

T – Targeted – Site selection was targeted in order to achieve the primary objectives of MPA establishment

The BALANCED-Philippines Project, with support from the Ecosystem-based Approach for Climate Change Adaptation (IKI) and Coral Triangle Support Partnership (CTSP) Projects, also facilitated the crafting of a draft LIG fisheries management plan to improve fisheries management in the area. The fisheries management plan was based on the results of an earlier climate change vulnerable study conducted by CTSP, which include the use of the Tool for Understanding Resiliency of Fisheries (TURF) Framework to determine levels of sensitivity, exposure, potential impact and adaptive capacity of fisheries, habitat and socio-economic attributes. TURF considers the population density and number of fishers or number of dependents on marine resources, and climate change adaptive capacities of an area. This information provided a basis for identifying adaptive strategies and priorities, including management options and action points for the LIG.

Because of the various efforts exerted on MPA establishment and management, the LIG's accumulated score in the MPA management effectiveness assessment tool (MEAT) falls under "excellent" rating despite being only established in 2010.

Providing Incentives for Conservation

Following a socio-economic baseline, BALANCED-Philippines Project identified a number of livelihood options in the area—adding an extra E (economics) to PHE. The major goal with the

livelihood initiative was to provide incentives for conservation, while also contributing to additional income and empowering women. Conservation agreements were negotiated between the Project and local stakeholders. The final agreements outlined the conservation and PHE activities that the community members agreed to implement in return of receiving livelihoods support.

To support livelihood development, the project trained 43 wives of fishers and BD households in post-harvest fish processing, fruit and vegetable processing, and solid waste management-based livelihood skills. This included vermiculture and using plastic wastes to create bags and wallets. These trainings were organized with the technical support from BFAR, Bureau of Plant Industries and the Earth Day Network Philippines, Inc. As part of the livelihood development, the community formed a local women's group called 4Ks – Kababaihang Kaagapay sa Kabuhayan Tungo sa Kaunlaran (Women working together towards livelihood development).

Initial Successes of the BALANCED-Philippines Project

While the demographics changes cannot be attributed to the BALANCED-Philippines Project, the LCE, Hon. Mayor Juan Sanches, perceives that the Project has contributed to the changes especially with the decrease of family size from 6-8 family members to 4-5 family members.

As a PHE champion Hon Mayor Juan Sanchez advocates for the PHE approach to his colleagues. During a regional presentation, the Mayor exclaimed “Right now, our people are enjoying health care for all, low susceptibility to diseases, well-preserved natural resources, clean surroundings, no flooding, no pollution, zero crime rate, zero insurgency, 14% poverty rate, 100% electricity (all households), 100% households with sanitary toilets, education for all children and a promising eco-tourism industry. Some people call our place a paradise. We would like to continue enjoying these blessings, not only for ourselves but also for our children. In Lubang, we are able to strike a balance between meeting the needs of the people and the needs of the environment; we are able to do it through the integrated PHE approach.

With the Mayor's support Lubang passed a local PHE ordinance in November 2012 with a budget allocation of PhP 150,000 earmarked for PHE activities. The law mandates the creation of a PHE Multisectoral Council that will coordinate and act as a policy-making body to ensure PHE integration and management of a PHE CBD system. Lubang also integrated PHE into its BD and MPA plans. A PhP 50,000 budget appropriation for PHE was passed and approved as part of the 2013 Annual Investment Plan's Coastal Resources Management (CRM) activities. PHE has clearly has made a mark on Lubang and offers some important lessons learned for other communities or regions considering adopting this integrated approach.

Lessons learned

- Having a Local Chief Executive as a PHE champion is key to program success. Further, having several sectors with the will to collaborate and move forward together on a common vision played a positive role in Project outcomes

- Having a PHE ordinance in place ensures that PHE is sustained over time. A law and associated budget, mandating that PHE be integrated into a municipality's plans and activities sustains PHE efforts even when municipal leadership changes.
- A functional two-way community-based referral system that is private, reliable and confidential prevents drop outs and can be effective in tracking clients.
- Sustaining a PHE PE and CBD system and maintaining the quality of such a system is dependent upon having a strong RHU that can provide good and consistent oversight of the roles, functions, responsibilities, mechanisms and systems of all components of the system.
- The LIG Climate SMART MPA became an entry point for introducing new concepts in strengthening CRM in the LIG. PHE and ecosystem-based approaches in climate change adaptation heightened the awareness among key stakeholders on the importance of the MPAs, not only for marine biodiversity but also for the well-being of families and communities
- The process of establishing a SMART MPA, which included forecasting and scenario building, helped convince fishers and other stakeholders that it is necessary to reduce current fishing effort
- Continuously monitoring and supporting livelihood beneficiaries to address gaps and needs play a vital role in sustaining new livelihood initiatives

Case 3: Fisheries Management through Policy Planning and Conservation Management: The VIP Experience

The goals of MPAs are two-fold: marine biodiversity conservation and improvement of the fisheries stock for food and livelihood security. Fish remain the major source of protein for majority of Filipinos. With the declining fish stocks, most MPAs were established for habitat protection and recovery of fish populations. The demonstrated benefits of MPAs have made them a favorite fishery management tool for communities.

In 2010, the municipalities of Lubang and Looc, in Occidental Mindoro, jointly established the Lubang Island Group (LIG) climate resilient MPA with a total area of 13,335 hectares of fishery management areas and 1,150 hectares of no-take zone (NTZ). This is the largest NTZ in the Verde Island Passage corridor. The MPA was designed with explicit consideration of climate change impacts.

The LIG MPA became an entry point for introducing new concepts in strengthening coastal resource management in LIG. PHE approaches and ecosystem-based approaches to climate change adaptation heightened the awareness of key stakeholders on the importance of the MPA, not only for marine biodiversity but also for the well-being of families and communities. To strengthen the management of the coastal resources in the area, CI/P¹ conducted a vulnerability assessment of LIG coastal resources, including its fisheries. The fisheries vulnerability assessment used the tool for understanding resiliency of fisheries (TURF), which considers fisheries, habitat and socio-economic conditions to assess vulnerability to climate change. The TURF results demonstrated that socio-economic conditions affect the vulnerability of the LIG fisheries. Because of the study, CI/P and partners convinced fishers and other stakeholders to identify management options for their fisheries management plan, even if that means they may change their current fishing practices.

Along with the vulnerability assessment, CI/P and partners conducted a socio-economic monitoring for CRM baseline study that includes climate change impacts and awareness. The results of the study guided the identification of priority livelihood activities for the fishing households into marine conservation activities. Wives of fishers and Bantay Dagat (MPA protection groups) members participated in trainings on fish and fruit processing and solid waste management-based livelihood skills. With the help of the Project, the women were organized and are now working together towards the improvement of their livelihood project with additional support from the LGUs.

Meanwhile, both municipalities of Lubang and Looc enacted PHE ordinances that would create a PHE technical working group (TWG) and allocate funds for the integration of PHE into their development plans. Both municipalities also have 24 active CBDs and adult PE which ensure access to FP/RH services for the coastal barangays and advocate for PHE, reaching out to more than 200 people. PHE is also incorporated into the CRM planning process of LIG. As a result of these inputs from various agencies, the LIG climate resilient MPA achieved its Level 1 thresholds even though it was just recently established.

One of the realities recognized in fisheries management is that people harvest fish based on how much they need and not based on the limitations of the resource. PHE, alongside with climate change adaptation approaches, provides the tools on how communities will be able to sustain their relationship with the natural resources. Effective management of natural resources cannot happen if local population dynamics and economic state are not considered. In LIG, the BALANCED-Philippines Project improved coastal resource management through effective management and livelihood development.

Case 4: Partnership with Local Government Units (LGUs) in Puerto Galera, Philippines

Puerto Galera has achieved impressive results in CRM as a result of technical support facilitated by BALANCED-Philippines Project. This achievement is due to nurtured partnerships with the Oriental Mindoro MPA and Enforcement Network, convened by the Provincial Agriculture Office, Provincial Government of Oriental Mindoro (PGOM), and the Puerto Galera LGU.

Puerto Galera is one of the three BALANCED-Philippines sites in Oriental Mindoro, an island in the VIP. The municipality covers an estimated area of 25, 247 ha, which is divided into 12 coastal barangays and one upland barangay. (Puerto Galera Municipal Profile, MPDO). As part of the VIP, it serves as a channel through which marine floral and faunal populations are propagated. The diversity of hard and soft corals, along with hundreds of species of tropical fish life, has made Puerto Galera a popular dive site. The 5 km foreshore of world-class dive sites is a protected area and marine sanctuary.

However, Puerto Galera lacks a legitimate MPA management plan. The MPA plan has been pending and ignored at the Sangguniang Bayan (SB) level since January 2011. There was no functional MPA management body until March 2013. To advance MPA management effectiveness, Ms. Grace Pelino brought her advocacy to the barangay level with the thinking that local allies could pressure the SB to eventually adopt the MPA Management Plan. She engaged women and youth to help her in pushing for MPA and PHE activities in the area. She mobilized representatives of the barangay LGU, Bantay Dagat, fisher folk association, youth, enforcement agencies, BHWs, women, boat/tourism operators, local schools and NGOs, resulting in adoption of the MPA management plan at the barangay level on March 1, 2013. Longing for a higher level of policy adoption, Ms. Grace Pelino, with the help of the local LGU, has drafted a resolution to be endorsed to the Sangguniang Bayan as soon as the new local chief executive takes their seats in July 2013. The ultimate goal is to get recognition and adoption of the MPA Management Plan by the SB.

Ms. Grace Peliño is also one of the trained CBDs in Barangay, San Antonio. She advocates for responsible parenthood and the importance of family planning. As a next step, she plans to train BHWs and Bantay Dagats to become PEs to conduct PHE awareness,

thus engaging more stakeholders to be involved in MPA management. Recently, a private resort owner supported the installation of four marker buoys in their MPA after witnessing the group' dedication in the management of the MPA core zone. Another Php10,000 was accessed for the construction of the signage in the San Antonio MPA. Aside from MPA reorganization, the BD team will also recruit new members and develop incentives to sustain MPA and enforcement activities through Puerto Galera.

While political challenges remain in Puerto Galera, the MPA strengthening inputs provided creative avenues of improving MPA management effectiveness. Sustained information and education campaigns and capacity

building efforts to raise awareness of PHE and MPAs is necessary to transform stakeholders into stewards of nature and to find the right catalysts within our midst.

Case 5: Strengthening MPA through integrated PHE: The Danajon Experience

Lawis sea grass sanctuary is one of the six documented MPAs located in the municipality of Inabanga, Bohol, a fifth-class municipality bordering Danajon Bank. The sanctuary is located near the mouth of the Inabanga River, which is the outlet from the hills of another town—Danao. Lawis sea grass sanctuary covers around 9.9 hectares, which is a home of juvenile marine organisms such as crabs, shellfish and fishes. The sanctuary also provides an important role as sea grasses block sediment from the Inabanga River to the islands and reefs near to it, such as Hambongan and Cuaming.

The community of Lawis, with a population of almost 2,000, depends mostly on the river and the sea for fishing, its main livelihood. In efforts to conserve and protect its source of life, the community established the sanctuary.

Over time, the Barangay captain of Lawis observed increasing population in the barangay. The people in Lawis and the neighboring coastal villages engaged in illegal fishing such as “sudsud” or push nets. An unregulated establishment of fish corrals blocked the way of small fish, and many more illegal and destructive fishing practices were observed. The lack of alternative livelihood for the community also triggered conflicts on the sea, and the desperation to find food and money led to more illegal fishing activities.

With support from a project many years ago, the Lawis Inabangnon Livelihood and Fishermen Association (LILFA), a people’s organization was formed to manage the protected areas. It was initially a strong group that was later abandoned due to financial and program mismanagement, and it finally disintegrated.

In 2010, the BALANCED-Philippines Project with BEMO and the respective LGUs assessed 65 MPAs in the Danajon Bank using the MPA MEAT tool. The MPA MEAT aimed to look into governance capacities of the MPAs. It also determined the levels of management and provided a set of criteria and activities that needed to be addressed to improve MPA management. Among

the 65 MPAs surveyed, 10 weak MPAs were selected by BALANCED- Philippines Project for support. Lawis sea grass sanctuary was one of them.

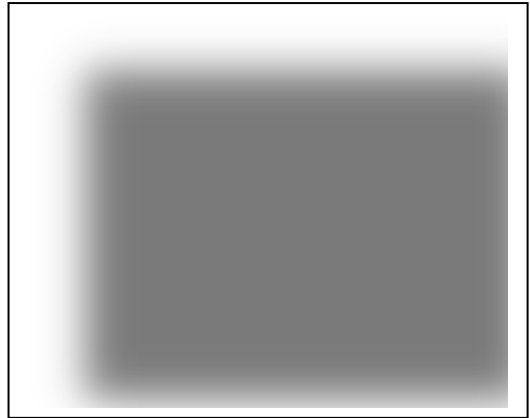
The Project staff worked closely with the Lawis community and the LGU who committed to support strengthening of the Lawis sea grass sanctuary. Together, various activities, such as management planning, monitoring, IEC and coastal cleanup were done during the life of the project. The 2013 repeat MEAT assessment results showed significant improvements in all areas: a management plan was incorporated in the municipal CRM plan, the management body was reconstituted, IEC activities were ongoing and the community and the management committee now have the capacity to monitor and evaluate their MPA. They also improved their ratings in the area of enforcement and site development. To date they are working to improve their financial sustainability, which they hope to achieve in time.

In addition, the Project established a CBD system in which the community has access to family planning information and services through trained peer educators and a village CBD. With the BALANCED-Philippines Project support, the Barangay captain of Lawis, who was also a former BHW in the village, realized the importance of integrating PHE and encouraged the people in Lawis to plan their families, and to protect and conserve their environment for a brighter and healthier future.

Case 6: Livelihoods: Family Bonding inspired by Eucheuma

Every Saturday, Arthur Damgo, his wife and his four children go to Pandao Islet in the town of Buenavista, Bohol, to attend to their seaweed farm. While attending to their livelihood, Arthur also values these times spent with his family. These are times that strengthen their bond as a family.

Arthur's family excursions were eventually joined by other seaweed farmer families who adopted the practice of family work at the seaweed farms. While appreciating the benefits of family bonding, it was later assessed that the increased number of people present in the MPA areas has also become a deterrent of poachers and illegal fishers, who normally avoid being identified as such.



Aware of the linkage of good water quality and quality seaweed production Arthur and his seaweed farmer group conducted regular coastal cleanup even without the instigation and scheduling of the municipal LGU.

While these are seen as good and desirable practices, it must be noted that these behaviors were a result of felt needs, an interest to protect and sustain what has become more and more sustainable and reliable family enterprise.

Comparing the present with the near past:

The near past conveyed a picture of despair and helplessness. Like other coastal families in the Danajon Bank area, Arthur's family suffers from the dwindling supplies of fish despite the well-managed MPA. The impacts of overfishing, dynamite and cyanide fishing are very much evident. The catch of the day can hardly meet the basic needs of his family. He is sick with hypertension, and his medication means additional expense for his family, yet he remains active in defending the seas while looking for additional means to meet the needs, especially for the education of his children.

Arthur understands the relationship between a healthy environment and that of his source of livelihood. This understanding was further strengthened by the various capacity building interventions under the BALANCED-Philippines Project. Because of this, he is driven with the desire to protect the environment and improve his economic condition.

Arthur joined the training on seaweed production technology undiscouraged by the failure of previous interventions, which have caused many of the fisher folks in his community to request fishing nets and gear for traditional fishing as livelihood assistance. But with the dwindling fishing resources and increasing number of families dependent on fishing, seaweed production again became an attractive, albeit supplemental, income.

Armed with the awareness on the links of PHE factors in developing conservation-based enterprise, and the determination to try yet again seaweed farming, Arthur, with 28 other fishers, re-established their demonstration farms immediately after September 2012 training. The conservation-based enterprise development journey was not easy. Many risks were encountered: diseases afflicting seaweeds due to climate change, poor water condition from pollution during rainy periods, manipulation of buying prices and the struggles of community organizations. Yet, they were successful in the venture.

Other families, seeing the benefits of producing seaweeds, started to establish their own seaweed farms, increasing the seaweed production. Seaweed prices went down as a result.

However, the above-described complexities and challenges became opportunities for the fishermen's wives to rise to the occasion.

Arthur's wife, Celia, began to sell pickled seaweeds. She learned this in a BALANCED-Philippines Project training on seaweed processing. Wives of the seaweed farmers were trained to prepare 10 recipes using fresh or dried seaweed. While not all who were trained ventured into this business, Celia and nine other wives were determined to embark on seaweed processing as a means to increase their family income. This got the attention of the municipal LGU, which supported the venture with marketing and linkage to financial assistance. The LGU also shared the cost of sending the women to training to improve their knowledge on marketing, pricing, packaging and fair market practices outside their community.

Embarking on seaweed farming and seaweed processing with their family has further strengthened Arthur and Celia's bonding with each other and with their children.

Annex 7: Quarterly Progress Report for activities from April 1 to July 31, 2013

**Building Actors and Leaders for Advancing Community Excellence in Development:
The BALANCED - Philippines Project**

**Quarterly Progress Report # 10
For the Period April 1 to July 31, 2013**

**USAID Cooperative Agreement No. GPO-
A-00-08-00002-00
Population Health Environment
Technical Leadership Cooperative
Agreement**

Implemented by:

PATH Foundation Philippines, Inc.
Conservation International
Coastal Resources Center at the
University of Rhode Island

This document was produced for review by the United States Agency for International Development under the terms of Cooperative Agreement No. GPO-A-00-08-00002-00. The Project is managed by the Coastal Resources Center at the University of Rhode Island in collaboration with PATH Foundation Philippines, Inc. and Conservation International.

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ACRONYMS

AGFFA	Asinan Guso Farmers and Fishermen Association
AIP	Annual Development Plan
APE	Adult Peer Educator
BALANCED	Building Actors and Leaders for Advancing Community Excellence in Development
BD	Bantay Dagat
BEMO	Bohol Environmental Management Office
BFAR	Bureau of Fisheries and Aquatic Resources
BHS	Barangay Health Station
BHW	Barangay Health Worker
BNS	Barangay Nutrition Scholar
BRAVO	Batangas Recognition Awards for Verde Island Passage's Outstanding Marine Protected Area
BTL	Bilateral Tubal Ligation
CBD	Community Based Distributor
CI/P	Conservation International Philippines
CRC	Coastal Resources Center
CRM	Coastal Resource Management
CTSP	Coral Triangle Partnership Support Project
DB	Danajon Bank
DCW	Day Care Worker
DENR	Department of Environment and Natural Resources
DOH	Department of Health
DOST	Department of Science and Technology
ECOFISH	Ecosystems Improved for Sustainable Fisheries
EDNPI	Earth Day Network Philippines Incorporated
FAD	Fish Aggregating Device
FMS	Financial Management System
FP/RH	Family Planning/Reproductive Health
ICV	Informed Consent and Volunteerism
IEC	Information, education, and communication
IPC	Interpersonal Communication
IR	Intermediate Results
IRR	Implementing Rules and Regulations
LAM	Lactational Amenorrhea Method
LAPM	Long acting and Permanent Method

LCE	Local Chief Executives
LGU	Local Government Unit
LIG	Lubang Island Group
MAO	Municipal Agriculture Officer
MEAT	MPA Management Effectiveness Assessment tool
MENRO	Municipal Environment and Natural Resources Officer
MHO	Municipal Health Officer
MOU/A	Memorandum of Understanding/Agreement
MPA	Marine Protected Area
MRF	Material Recovery Facility
NGO	Non-governmental Organization
OEECC	Office of Energy, Environment and Climate Change
OH	Office of Health
PAgO	Provincial Agriculture Office
PCRA	Participatory Coastal Resources Assessment
PE	Peer Educator
PFPI	PATH Foundation Philippines, Inc.
PGENRO	Provincial Government Environmental Resource Office
PHE	Population, Health, and Environment
PHE RT	Population, Health, and Environment Resource Team
PHO	Provincial Health Officer
PO	People's Organization
RH	Reproductive Health
RHM	Rural Health Midwife
RHU	Rural Health Unit
SICAD	Strategic Intervention and Community-focused Action towards Development
SSMM	Supportive Supervisory Mentoring and Monitoring
TESDA	Technical Education Skills and Development Authority
URI	University of Rhode Island
USAID	United States Agency for International Development
VIP	Verde Island Passage
YPE	Youth Peer Educator

I. INTRODUCTION

The United States Agency for International Development/Philippines (USAID/Philippines) has provided a US\$1,600,000 Buy-in to the USAID Washington-funded *Building Actors and Leaders for Advancing Excellence in Community Development* (BALANCED) Project to support results-oriented population, health, and environment (PHE) field activities in biodiversity-rich bioregions of the Philippines over the period from December 2012—August 2013. The funding originates from two sources within USAID/Philippines: The Office of Health (OH) provided \$500,000 for family planning (FP) and outreach components (Intermediate Results/IRs 1, 2 and 3) from October 11 to December 2012 and an additional \$300,000 to support on-going FP activities and to build sustainability of the Population, Health, Environment (PHE) approach for scale-up to other Provinces through August 13, 2013. The Office of Energy, Environment and Climate Change (OEECC) has provided \$800,000 for outreach, fisheries management and livelihood components (IRs 4 & 5 and some contributions to IR3). With OH and OEECC funding support as the basis, the BALANCED-Philippines Project has three phases:

- The initial phase with only OH funding—December 2010 to September 2011 (nine months)
- The second phase with overlapping OH and OEECC funding—October 2011 to December 2012 (14 months)
- Final phase with new OH add-on funds to support OH-funded activities that overlap with the OEECC activities—December 2012 to August 2013 (8 months).

The Coastal Resources Center (CRC) at the University of Rhode Island (URI), with PATH Foundation Philippines, Inc. (PFPI) and Conservation International/Philippines (CI/P) are the implementing agents for BALANCED-Philippines Project. The goal of the BALANCED-Philippines Project is to build the leadership and implementation capacities of national and local governments and stakeholders to respond in an integrated manner to interrelated population, health, and marine environmental issues. This goal is achieved through the following intermediate results (IRs):

- IR1 - Improved access to family planning/reproductive health services in key bioregions (OH)
- IR2 - Increased community awareness and support of family planning and conservation as a means to improve health, food security and natural resources (OH)
- IR3 - Increased policy makers' commitment to FP/RH services, CRM and integrated policies (OH & OEECC)
- IR4 - Improved governance capacities of provincial and municipal LGUs in the VIP and Danajon Bank marine ecosystems (OEECC)
- IR5. - Increased incentives for coastal and marine conservation among coastal fisher households (OEECC)

The BALANCED-Philippines Project goal and intermediate results contribute to USAID/Philippines priority goal of “Investing in People to Reduce Poverty” and also to the USAID/OH Strategic Objective of sustainably achieving improved family health and the Family

Planning/Reproductive Health (FP/RH) Objective of achieving desired family size. The Project is also in line with the current U.S. Country Assistance Strategy with respect to assistance directed at reducing threats to biodiversity. The BALANCED-Philippines Project will also contribute to achieving Intermediate Result 1, “Natural Resources and Environmental Services Improved” under Objective 1, “Broad Based and Inclusive Growth Sustained” of the proposed results framework for the planned USAID/Philippines Mission’s Country Development Cooperation Strategy.

With support from USAID/OH, family planning activities are being implemented in Verde Island Passage (VIP) sites where ongoing coastal/fisheries management activities have yet to be integrated with FP/RH (herein called “**new**” sites), and Danajon Bank (DB) bioregions to improve and maintain PHE initiatives that were implemented by PFPI under previous PHE projects (herein referred to as “**maintenance**” sites). Through additional support from USAID/OEECC, the Project incorporated coastal resources management (CRM) activities in select BALANCED-Philippines sites.

This report summarizes the activities completed by BALANCED-Philippines during the reporting period April 1 to July 31, 2013 as per terms and conditions as approved in the Year 3 work plan and Cooperative Agreement No. GPO-A-00-08-00002-00. The Performance Monitoring table can be found in Annex 4.

II. PROJECT RESULTS

In this final quarterly reporting period, the BALANCED-Philippines Project focused on consolidating its efforts towards the achievement of the goal and objectives of the Project through the various program components delivered during the life of the project.

To improve to FP/RH services in key bioregions, the Project engaged all of the BALANCED - Philippines master trainers in the supportive supervision and skills building of peer educators (PEs) and community based distributors (CBDs). They helped to organize and manage the project volunteers –PEs and CBDs – that were providing FP services at the barangays level. A total of 712 out of 716 barangays have CBDs established in the 28 municipalities in the VIP and DB bioregions. Except for two municipalities, which do not have an active CBD in all of their barangays, the FP supplies of all the CBDs are either provided by the LGU or the private sector. As the project is ending, the Project team has handed over the management and supervision of all aspects of the of the PHE CBD system to the RHU, which will continue receiving support from the PHE RT and relevant agencies.

To increase community awareness and support for FP/RH and conservation as a means to improve health, food security and natural resources, the Project has 808 active adult PEs (89 per cent of total PEs trained). The adult PEs (APE) are conducting interpersonal communication (IPCs), reporting their outputs to Rural Health Units (RHU) and participating in other project related activities. The 110 trained youth PEs (YPE) are reaching their peers as well. The joint Supportive Supervision Monitoring and Mentoring (SSMM) meetings for PEs and CBDs, the PHE text patrol, the community information, education and communication (IEC) campaigns, and conservation activities have reduced the dropout rates of PEs, increased number of IPCs and

led to new FP acceptors. This reporting period also marked the final assessment of the PHE text Patrol pilot activity implemented in the past 6 months. The PHE Text Patrol- that was designed and tested in selected barangays improved efficiency and effectiveness of the referral systems in selected barangays, pilot and scale/replication areas even in a short period of time.

Overall, results of advocacy to secure policy makers' commitment to promote/support FP/RH services, coastal resource management (CRM) and PHE approach have resulted in 15 LGUs and 6 barangays allocating funds to procure FP commodities and distributing to Project CBDs. As a result of the municipal specific project turnover meetings, a PHE Ordinance was passed in Buenavista, Bohol—bringing the life of project total to four. The plans for sustaining the PHE activities after the BALANCED-Philippines Project ends were prepared by the PHE resource teams, PEs, CBDs and RHU staffs and presented for approval and funding to the executive and legislative arm of the LGU in each of the Project sites .The BALANCED - Philippines team leveraged cash or in - kind support amounting to about US \$ 11,337.67 (Php 476,182.32) from LGUs and Provincial Government for PHE- related activities.

On improving governance capacities of provincial and municipal local government units (LGUs) in the VIP and Danajon Bank marine ecosystems, the BALANCED-Philippines team in both bioregions consolidated its efforts as it turned over plans to sustain the momentum initiated by the Project. In DB, the Project team completed the repeat Marine Protected Area (MPA) Management Effectiveness Assessment Tool (MEAT) and PHE Addendum to the MEAT in the MPAs supported for strengthening. In addition, continuing technical assistance was extended on coastal law enforcement and MPA Participatory Biophysical Monitoring and Evaluation. In the VIP, project support was focused on Participatory Coastal Resource Assessment (PCRA) training and MPA Feed Backing Sessions with the stakeholders of the Project.

The Project team also continued working in VIP and DB with the project groups and communities involved in marine and coastal biodiversity conservation efforts **towards increased** incentives for coastal and marine conservation among coastal fisher households. During this period, the Project team also engaged in activities to measure any economic benefits of the livelihood enterprise inputs to the beneficiaries and the community. The Project team also completed its support by helping the partners and stakeholders plan towards sustaining the initiatives started.

Finally, with the BALANCED-Philippines Project ending in August 2013 the Team organized and conducted Project turn over meetings in all of the 28 municipalities from July 1-16, 2013. The activity was a formal hand over of the supervision and management of the PHE CBD systems. During these close out meetings, the team asked LGUs to affirm implementation of the municipal action plans prepared to sustain the gains of the Project, to expand and institutionalize PHE, and scale up the PHE approach to other ecosystems if possible. The meeting was also an opportunity to orient the newly elected officials on PHE approach and the BALANCED - Philippines Project.

The turn over meetings were led by the local chief executives (LCEs) with other government officials from the executive and legislative branches. The BALANCED-Philippines trained community volunteers (PEs and CBDs), People's Organizations (POs), and other provincial and

regional representatives from both the health and environment sectors were at the turn over meetings. During the meeting, we highlighted and recognized the roles and contributions of the PEs, POs, LGUs, CBDs, etc. in the successful implementation of the BALANCED-Philippines Project activities. We also provided copies of the training manuals and IEC materials that were produced by the Project, including tools required for MPA monitoring and evaluation and law enforcement to the PO/LGU MPA Managers of the MPAs supported by the Project as necessary both at the municipal and provincial level.

Key officials such as the Municipal Health Officers (MHO) or Municipal Agriculture Officer (MAO) presented the plans and next steps after the BALANCED Project turn over. A Declaration of Commitment was signed by everyone –the LGU, PHE Resource Team (PHE RT), POs and trained community volunteers as a ceremonial culmination activity of the close out meeting. Even after the turn over meeting, the Project team followed up with the LGU/PHE RT/RHU if they were able to implement some activities that they planned to do in July and August 2013. One key result of the turnover was the passing of a PHE ordinance in Buenavista.

A description of the activities and accomplishments achieved during this reporting period are summarized below by IR.

IR 1: Improved access to family planning/reproductive health services in key bioregions

1.1 Engage the master trainers in training and supportive supervision activities

All of the 62 (100 %) trained master trainers in the *new* sites⁷⁶ in the VIP were engaged in various BALANCED-Philippines activities during this reporting period. As master trainers and members of the PHE RT, they helped to craft site specific-PHE municipal sustainability plan and assisted the RHU in planning, organizing and conducting the SSMMs. The PHE RT team also helped facilitate SSMMs in 27 municipalities (for more detail, see section 1.2).

The master trainers were also involved in the various PHE activities, including mangrove planting, coastal clean-ups and community-based IEC campaigns during the Month of the Ocean in May and the World Environment Day in June. Together with the adult PEs and RHU staff, the PHE RT of Abra de Ilog in Occidental Mindoro participated in the basic hygiene activity for the indigenous communities of Mangyans spearheaded by the Youth Peer Educators (YPEs).

Results from Activity 1.1

- 62 BALANCED- Philippines master trainers involved in supportive supervision and skills building of PEs/CBDs (Indicator 1.5)

⁷⁶ Calatagan, Lobo, Mabini, Nasugbu and San Juan in Batangas and Paluan, Abra de Ilog, Looc and Lubang in Occidental Mindoro)

1.2. Strengthen non-clinical/non-pharmaceutical outlet owners, PO members, deputized wardens, barangay health workers, and other community members' capacity to serve as CBD outlets and promote family planning and PHE linkages

At the end of this reporting period, there were 762 (95% of total trained) functional CBDs (selling FP supplies) working in 712 barangays (99 percent of all barangays) in the 28 municipalities in the VIP and DB bioregions. These CBDs were actively providing FP supplies and information in these communities (See *Annex 1: CBD and FP Supply Status as of June 30, 2013.*) Over the life of the Project, 36 trained CBDs dropped out- all from three VIP provinces due to other competing work/obligations or migration for employment. The breakdown of the active CBDs is shown below:

In the **new** sites, 206 CBDs (89 percent of all trained) were active, covering 99 percent of the barangays, specifically in:

- Batangas **new** sites: 89 percent of the CBDs were active, covering 99 percent of the targeted barangays
- Occidental Mindoro **new** sites: 88 percent of the CBDs were active, covering 100 percent of barangays.

In the **maintenance** sites, 556 CBDs (98 percent of all trained) were active, covering 99 percent of the barangays. Specifically in:

- Bohol: 100 percent of the trained CBDs were active, covering 100 percent of the barangays
- Leyte: In four municipalities, 100 percent of the trained CBDs were active; 94 percent of CBDs were active in Hilongos.
- Oriental Mindoro: 83 percent of the trained CBDs were active, covering 100 percent of the barangays
- Isla Verde, Batangas City: 100 percent of the trained CBDs were active, covering 100 percent of the barangays
- Abra de Ilog, Occidental Mindoro: 100 percent of the trained CBDs were active, covering 100 percent of the barangays

During this reporting period the Project continued to build the capacity of the CBDs to serve as outlets for pills and condoms and to promote FP and PHE linkages. The RHU and the members of the PHE RT team engaged the active CBDs (and PEs) to participate in the joint SSMM meeting for active PEs and CBDs.

The second round of quarterly SSMM meetings was conducted in 10 municipalities with 411 *active* CBDs, APEs and YPEs. The third round of SSMM meetings was conducted in all 17 priority municipalities with 750 *active* CBDs, APEs and YPEs. A total of 366 active APEs, 23 active YPEs and 361 active CBDs attended the third round of SSMM meetings from the priority municipalities (see Annex 2).

Sixty four members of the PHE RT and 398 RHU staff facilitated and helped out during the SSMM meetings. The general objectives of the meetings were for the participants to: a) be able to differentiate between sex and gender; b) articulate actions to respond to gender issues and c) understand and learn from the results of gender focus group discussions conducted in the Project sites.⁷⁷ Additional topics were included based on the results of the needs assessment conducted by the PHE RT. As such, the SSMM agenda differed in every LGU. During some SSMMs in Bohol, Leyte and Occidental Mindoro, the PHE RT and the participants refined their sustainability/action plans and presented them to the LGU or to the department heads and municipal councillors to advocate for support of the PHE sustainability plan and to allocate funds during the regular municipal Annual Investment Plans (AIP)/Annual Operation Plans on July 2013 and budget hearing scheduled on October 2013.

In Baco, Oriental Mindoro and Inabanga, Bohol, the results and scaling up of the mobile tracking and referral system to other barangays was discussed in the SSMM. Various PHE IEC activities that involved the volunteers and PHE RTs such as the Ocean Month Celebration, World Environment Day, Nutrition Month and municipal town fiesta celebrations including their logistics were also tackled.

The Project also conducted a round of SSMMs for ten municipalities that were not among the 17 priority municipalities originally targeted for SSMMs. Because of the increased participation and commitment of the PHE volunteers and RHU staff after SSMM meetings in the priority municipalities, the Project decided to hold SSMMs in 10 additional sites, especially given that PEs and CBDs are key to the implementation and sustainability of the PHE initiatives provided for in the municipal PHE sustainability plan. As the Project prepared its handover strategy for LGUs, these volunteers needed to be part of the plan. Therefore, 202 active adult PEs, 22 active YPEs and 187 active CBDs from the ten municipalities participated in this round of SSMM meetings. Twenty-six PHE RT members facilitated the SSMM meetings in the additional sites. A total of 177 RHU staff (midwives, nurses, etc.) also helped out during the meeting, facilitating discussions and assisting with logistics, such as registering participants, validating PE/CBD reports, etc. The objectives of these one-day SSMM meetings were to : a) review of PHE links and the three tips brochure; b) review of roles and responsibilities of PEs, CBDs and RHU; c) understand the importance of informed choice and voluntarism (ICV) and how to apply this to the clients during counselling; d) clarify field implementation; e) validate the strategic actions for sustaining and scaling up PHE activities based on the action plans developed during the convergence meeting and f) develop detailed site actions plans that considers the role of the volunteers, the PHE RT, and others. Due to bad weather, Isla Verde in Batangas did not have any SSMM meeting.

In all eight *new* sites and 22 *maintenance* sites, the RHUs actively supervised the active CBDs on either a monthly or quarterly basis. The Rural Health Midwives (RHU) visited the CBDs in their sari-sari stores, homes and/or places of work to collect reports, re-supply FP commodities/IEC materials and involve them in community - based IEC activities. For the CBDs who are also Barangay Health Workers (BHW), Barangay Nutrition Scholars (BNS) or Day Care

⁷⁷ For a discussion about the results of the gender focus groups, see page 14 of Quarterly Report 8.

Workers (DCWs), they submit their monthly reports directly to the respective midwives at the barangay health station (BHS).

Results from Activity 1.2:

- 762 USG-assisted service delivery points (CBDs) providing FP services (covering 99 percent of the 716 barangays) providing FP information and supplies to the communities in the Project sites (Indicator 1.7)
- Three supportive supervision meetings completed in each of the 17 priority municipalities.
- SSMMs conducted in 10 non-priority municipalities

1.3 Strengthen the system for supplying FP methods to CBD outlets

During this reporting period, 26 of the 28 municipalities have cost-recovery systems⁷⁸ for community-based distribution of FP supplies established and functioning (seven in the **new** sites and 19 **maintenance** sites). Some barangays with larger populations, MPAs or with sub-barangays on multiple islands have more than one active CBD (see Annex 3. for CBD and FP Supply Status).

During the implementation of the BALANCED-Philippines Project two basic CBD models emerged based on the FP supply system to CBDs at the time. Table 1 below lists the characteristics of these two models.

Table 1: Characteristics of BALANCED-Philippines CBD Models

If RHU:	And RHU is:	Then	Model
Has FP supplies (from LGU funding, Provincial Health Office (PHO), donors, etc.)	<ul style="list-style-type: none"> • Willing and able to supply CBDs with FP supplies; • Willing to supervise CBDs and PEs ; and • Willing to service referrals from PEs and CBDs 	<ul style="list-style-type: none"> • Operate the CBDs through the RHU system • RHU and/or PHE Resource team (PHE RT) advocates with LGU to provide funds for FP supplies 	A
Does not have supplies to distribute to CBDs (because of lack of LGU funding)	<ul style="list-style-type: none"> • Willing to supervise CBDs and PEs • Willing to service referrals from PEs and CBDs 	<ul style="list-style-type: none"> • Link CBDs with a private sector source of FP supplies, i.e. local pharmacies, social marketing groups, etc. • RHU and/or PHE Resource team (PHE RT) advocates with LGU to provide funds for FP 	B

⁷⁸ When all of its barangays have at least one active CBD, the barangay has a functional CBD supplier that is known to replenish FP supplies and the RHU provides oversight to the entire CBD/APE system.

		supplies to complement CBD operation <ul style="list-style-type: none"> • RHU to integrate PEs and CBDs into their system 	
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Model A: In this model, CBDs obtain (purchase) their FP commodities from the RHUs. They have access to products allocated to the RHU by the Department of Health (DOH), Provincial Health Offices (PHO), and/or LGU procurement. The model also requires that the MHO oversee the CBD supply system and that the RHU staff members supervise the CBDs/PEs and service referrals from these volunteers. For this model, the RHU has to continuously advocate with the LGUs to provide funds for FP supplies to complement any CBD cost recovery system in place and to meet the demand from increasing acceptors resulting from the CBD system.

Model B: This is when there are no FP supplies at the RHU or the RHU can only provide FP supplies for free distribution. But, the RHU is willing to supervise CBDs and PEs. In this model, a private supplier (pharmacy, pharmaceutical or social marketing company) can be tapped as a direct source of FP commodities for the CBD outlets. The RHUs serve as referral points for the CBDs/PEs. They also advocate with LGUs for funding to purchase FP commodities to complement the CBD cost recovery system and meet the demand from increasing acceptors. RHUs are encouraged to integrate the trained adult PEs and CBDs into their system in order to institutionalize the outreach education and demand creation component of the scheme.

As part of the final project report, BALANCED is developing a document that explains this CBD and PE system, the CBD models and guidelines for RHU supervision as a stand-alone document.

Table 2 below shows the type of CBD model and status of the FP supply system per municipality/province. It should be noted that the Project tried all possible ways to link the CBDs to a reliable FP supply mechanism throughout project implementation. In some municipalities, the RHU were the initial suppliers but at some point the municipality adopted a mixed strategy, using both private sector and RHU suppliers.

Table 2: Status of FP supply system per municipality, province, model, status

Municipality	Type	Model	Status
VIP			
Batangas city/Isla Verde	M	B	C
Calatagan	N	B	C
Lobo	N	B	C
Mabini	N	B	C
Nasugbu	N	B	NC 41(of 42)
San Juan	N	B	C
Oriental Mindoro			
Puerto Galera	M	B	C
San Teodoro	M	B	C

Municipality	Type	Model	Status
Baco	M	A	C
Occidental Mindoro			
Abra de Ilog	M	B	C
Paluan (New)	N	B	C
Looc (New)	N	B	C
Lubang (New)	N	A	
Bohol			
Bien Unido	M	A	C
Buenavista	M	A	C
Clarin	M	A	C
Getafe	M	A	C
Inabanga	M	A	C
CP Garcia	M	B	C
Trinidad	M	B	C
Talibon	M	A	C
Tubigon	M	A	C
Ubay	M	A	C
Leyte			
Bato	M	A	
Hilongos	M	B	NC (48 of 51 brgys)
Hindang	M	B	C
Matalom	M	A	C
Inopacan	M	A	C
M = Maintenance Sites; N = New Sites; Models A = RHU Supported; Model B = Private Sector; C- CBDs in all barangays; NC=CBDs not in all of the barangays			

Results from Activity 1.3

- 26 municipalities⁷⁹ covering 712 barangays (99 % of all Project barangays) have cost-recovery systems⁸⁰ for community-based distribution of FP supplies established and functioning.
- Two CBD models documented

1.4 Galvanize LGU and RHU support for PHE and managing CBD systems

⁷⁹ 7 municipalities in the **new** sites and 19 municipalities in the **maintenance** sites

⁸⁰ LGU is counted as having a cost-recovery system when all of its barangays have at least one active CBD, the barangay has a functional CBD supplier that is known to replenish FP supplies and the RHU provides oversight to the entire CBD/APE system.

Since the beginning of the Project we have been building the commitment and capacity of the LGU/RHU to support PHE and CBD systems. Toward this end, the BALANCED-Philippines Project implemented the following activities during this reporting period. :

- a) Strengthening and sustaining the management of the CBD system in Abra de Ilog and San Juan in VIP and Danajon Bank

In Abra de Ilog (Occidental Mindoro), a *maintenance* site, the LGU partnership with Generic's pharmacy as the local CBD supplier is working well and making pills and condoms available to the segment of the community "who can buy FP supplies". This has enabled the RHU to focus on distributing FP supplies to their indigent clients and to procure other important medicines/supplies for the community.

The RHU in San Juan (Batangas), a *new* site, is currently establishing a PhilHealth accredited FP clinic. If accredited, this clinic will help to expand access to FP/RH services, which will be covered by the national medical health care program. As of June 2013, the RHU has almost complied with all the requirements for accreditation. They are now sourcing funds for the remaining training requirements as a final pre-requisite of the accreditation. In addition, the MHO has plans for the RHU to directly supply the CBDs instead of the current private supplier. This will help to simplify CBD supervision, especially as it relates to sales/reports and supply and re-supply of FP commodities.

- b) Strengthening and sustaining the management of the CBD system

In order to improve the documentation of sales and CBDs' FP supplies (stocks and re-supply), the Project conducted a Financial Management System (FMS) workshop for RHU personnel who were assigned as CBD focal personnel in 10 municipalities in Bohol during last quarter. During this reporting period another FMS workshop was held with 54 CBDs in the municipalities of Clarin and Ubay (Bohol) by the CBD focal persons⁸¹. The objectives of the workshop were to: a) explain the attributes of sound FMS internal control guidelines; b) evaluate and analyze their current financial position and results of their CBD operation; c) develop appropriate books of accounts; and d) explain basic stock inventory requirements. In the municipality of Pres. Carlos P. Garcia, four CBDs were mentored by the CBD focal person on FMS, particularly on checking current financial position, making book of accounts and basic stock inventory.

- c) Executive Order for the Creation of PHE RT and Approval of PHE Action Plan in DB

In the municipality of Buenavista (Bohol), Dr. Marivic Chua, MHO and a PHE champion, advocated for the creation of their PHE RT. As a result, Mayor Lowel Tirol signed an Executive Order for the creation of the PHE RT in the municipality and approved the Municipal PHE action plan. Shortly thereafter, the PHE RT presented their approved PHE action plan and a draft PHE Ordinance to the Legislative body of the LGU. The PHE RT also incorporated a plan to hold an orientation session for all the BHWs on PHE in August 2013.

⁸¹ CBD focal persons were trained on financial management systems by the PFPI Finance team to be able to manage their CBDs supply system

d) Offering a broad range of FP services to eligible clients in DB

Dr. Bob Batausa, the MHO of Tubigon and a long time PHE champion, participated in a training on non-scalpel vasectomy (NSV). During the opening remarks at the third SSMM meeting, Dr Batausa exclaimed, “This is to affirm my support for providing clients with a broad range of FP methods in the municipality as what was advocated during the informed choice and voluntarism orientation.” He plans to advocate for NSV during the Family Development Session of the Pantawid Pilipinong Pamilya Program (conditional cash transfer beneficiaries), during pre-marriage counseling, and at bench conferences during immunization day, etc. The municipality has planned to implement its PHE action plan and has scheduled CBD and adult PE training for August 2013. The trainings are an effort to build the number of CBDs in the larger barangays with more than 5 sub-villages (sitios) and in far flung subvillages and to help replace CBD drop-outs.

Meanwhile, Dr. Mayzadel Mante, MHO in Inabanga (Bohol), scheduled a series of bilateral tubal ligations (BTL) for clients to have access to long acting and permanent methods (LAPM) which are usually done in Tagbilaran City. These will commence in August 2013 after the Nutrition month activities in coordination with the district hospital located within the municipality.

e) Wednesday - PHE Day in Clarin in DB

In Clarin (Bohol), the municipal mayor, Hon. Allen Ray Piezas, recognized that for the LGU to address malnutrition, infant and maternal mortality and related issues, they need to sustain the PHE approach beyond the Project. Given that the Project was ending, the LCE directed the RHU, Nutrition, Agriculture and Social welfare agencies as well as the district hospital to learn about the PHE approach and educate the community, including post-partum patients, on PHE linkages. This led to the nurse supervisor of the Clarin District Hospital to attend the third SSMM so that she could be oriented on the PHE CBD system.

As part of the LGU’s commitment, when the RHU was burned along with the FP commodities, they procured Php 50,000.00 worth of FP commodities to prevent FP supply shortage. The LGU also designated every Wednesday as a day for PHE linkages orientation in the municipality led by the municipality’s FP coordinator.

Reports gathered in twenty-five municipalities showed a total of 6,399 new FP acceptors and 38,706 current FP users from both the RHUs and CBDs. Three municipalities in Bohol (Buenavista, Getafe and Inabanga) were not able to finalize their FP reports due to other competing activities that they have in their municipalities. Of the new FP acceptors, 50 percent are using Lactational Amenorrhea Method (LAM) while 25 percent are using pills and 21 percent use condoms. With current users, 50 percent are using LAM, 25 percent are using pills, eight percent are using injectables, five per cent use condom, five per cent use an IUDs and two percent have undergone BTL.

Of the women counseled and referred to RHUs for family planning 1,521 became new pill acceptors. A total of 3,987 (16.18 percent) FP acceptors/users obtained FP supplies from the CBDs.

During this reporting period, copies of the VIP and DB Convergence Meeting proceedings were shared to USAID and other key project stakeholders and collaborators as well as participants.

Results from Activity 1.4:

- VIP Convergence meeting proceedings distributed to USAID, local stakeholders and collaborators
- 16 percent of FP acceptors obtaining supplies from CBDs
- 18,496 couple years protection (Indicator 1.3)
- 28 RHUs in targeted municipalities (100% of all Project municipalities) engaged in monitoring CBDs, in terms of collecting reports, tracking inventory, providing resupply of FP methods, etc.

Status of PMP Results for IR 1

INDICATOR	April to June Accomplishment
1.2 Contraceptive Prevalence Rate (<i>USAID/OH standard indicator 3</i>) ⁸²	No available report from RHU during this quarter
1.3 Number of couple years protection (<i>USAID/OH standard indicator 3</i>)	18,496
1.5 Number of participants who received BALANCED training and/or mentoring that are now providing training or TA to others on PHE (<i>BALANCED core indicator</i>)	62
1.6 Percent of FP users of modern methods obtaining supplies and services from private sectors sources (CBDs, etc.) (<i>Surrogate BALANCED field indicator</i>)	16%
1.7 Number of USG-assisted service delivery points providing FP services (<i>BALANCED field indicator</i>)	762 CBDs
3.3 Number of national/regional forums where PHE approach is highlighted	1

IR 2: Increased community awareness and support of family planning and conservation as a means to improve health, food security and natural resources (OH)

⁸² CPR was not an indicator for Year 1

2.1 Strengthen the PHE Peer Educator system

To date, 808 adult PEs (89 percent of all trained) are active and reporting their IPCs on a monthly basis (See Annex 3 for APE Overview). In addition, all of the trained 110 YPEs remained active during this quarter. The number of *active* APEs increased in Batangas and Leyte by 26 percent and 24% respectively since last quarter – the number (and percent) of active APEs remained the same in the other provinces. This can be attributed to the willingness of the volunteers to attend the SSMM meetings and their active involvement in the community IEC campaigns and coastal clean-up programs during the Month of the Ocean (May) and the World Environment Day (June), where drop outs decreased and active PEs increased with a renewed commitment.

Reports showed that the adult and youth PEs and RHU staff conducted a total of 21,342 (4,893 males and 16,449 females) IPCs and provided PHE information on FP/RH and conservation. Of the individuals reached 14,654 (3,828 males and 10,826 females) IPCs were conducted by APEs, 711 (242 males and 469 females) by YPEs and 5,977 (823 males and 5,154 females) by RHU staff – approximately the same number of IPCs as the previous quarter. Of those reached, 7,257 were new contacts (2,034 adult males; 4,929 adult females; 88 male youth; 206 female youth), and 8,108 individuals were repeat contacts (1,794 adult males; 5,897 adult females; 154 male youth; 263 female youth). These individuals were either referred by the PEs and CBDs, reached through the community IEC campaigns, or went to the RHU on their own for other FP/RH and health services.

Mobile Phone Tracking and Referral System

The PHE Text Patrol intervention continued in the five pilot sites and was scaled up in additional eight barangays in Baco, Oriental Mindoro and replicated in six remote barangays in Inabanga, Bohol. The 14 new sites were selected based on the same criteria as the original pilot barangays. As mentioned in the previous Quarterly Progress Report, the Project also added a new feature of the PHE Text Patrol Team—using the PHE Text Patrol to report illegal fishing practices. This meant including the Seaborne patrol/Philippine national Police as team members in the PHE Text Patrol system.

A final assessment of the five initial pilot barangays⁸³ as well as the eight expansion⁸⁴ sites in Baco, Oriental Mindoro and the six replication⁸⁵ sites in Inabanga, Bohol was conducted during this reporting period. Data gathered from the six⁸⁶ month-long PHE Text Patrol intervention in the five initial pilot sites showed improved efficiency and effectiveness of the referral systems in some of the pilot barangays. Over the total six-month implementation period, the number of IPCs increased from 67 to 308 – over 300 percent since the beginning of the PHE Text Patrol intervention. The number of referrals to the RHU and/or CBDs increased from 19 to 109 - over 400 percent increase. Likewise, the number of new acceptors increased from 12 to 88, representing over 600 percent increase in the number of women and men adopting family

83 Barangays San Andres, Putican Cabulo, Water, Pulantubig and Malapad

84 Barangays Mayabig, Baras, Sat. Rosa 2, Dulangan 1, Pambisan, Mangangan, Tabon-Tabon and Bayanan

85 Tungod, Cuaming, Hambungan, Lawis, Cagawasan and Sto. Rosario

86 January-June 2013

planning. Finally, the women obtaining their pills from CBDs increased 52 to 145 – more than doubling the number of CBD clients.

After three months of implementation in the eight new expansion sites in Baco municipality and six replication sites in Inabanga, results were also positive. For the Baco expansion sites, the majority of the eight expansion sites showed an increase in all the baseline variables gathered: number of IPCs provided to community members and the number of referrals. One of the most significant results noted was the 24% increase in new FP acceptors (from 27% to 51%) from among those clients who were referred by PEs to the RHU for screening, further counseling and other services during the implementation of the PHE Text Patrol. The trend is also true in the six replication sites in Inabanga, Bohol – there was an increase of 9 percent in new acceptors from among those referred by PEs to the RHU for screening (from 42% to 51%). Based on the cumulative results, in both expansion and replication sites, there was an 11 percent increase in new acceptors from those who were referred by PEs after IPCs (from 40% to 51%) during the PHE Text Patrol.

These cumulative results showed that the initial service by the PE - IPC and follow up for the client to the health center for screening, etc. is a key communication step addressed through texting. By adding this simple (texting) to the PHE CBD system, it helped clients to overcome the barriers to seek further FP/RH/PHE information and counseling services from PEs, RHU and CBDs. BALANCED will submit a full report on the PHE Text Patrol intervention along with the Final BALANCED-Philippines report.

Results from Activity 2.1

- 21,342 individuals (4,893 males and 16,449 females) counseled on FP/RH and PHE (new and repeat) (Indicator 1.3)

2.2. Develop and implement PHE BCC strategy

The project volunteers (PEs and CBDs) continued to conduct IPCs this reporting period. They were also involved in two municipal-specific celebrations: Month of the Ocean in May in all of the 28 BALANCED-Philippines Project sites and the World Environment Day in June in Clarin, Bohol. They joined the MPA leaders who also participated in coastal clean-ups and mangrove planting during these celebrations. These activities were usually followed by community-based IEC activities such as distribution and discussion of the contents of the 3-Tips brochure to educate the populace on the PHE links, the benefits and importance of MPA protection and conservation and planning their families for a brighter future.

In addition, forty six (17 females and 29 males) participated in a 3-day Youth Peer Educators' Arts Workshop conducted by CI-P in Lubang. The purpose of the workshop was to enhance the YPEs' communication skills in advocating PHE messages through arts-based skills (visual and theatre) and develop an outreach plan for their community-based PHE activities. The workshop had three modules namely: leadership skills and communications development; theatre skills development; and visual arts development. Specifically, the theatre arts workshop enabled the YPEs to showcase the cultural values and the current beauty and challenges of Lubang Island

Group's (LIG) biodiversity through a play. The visual arts group on the other hand complemented the theater group with art works, puppetry and shadow plays.

As a result of all the IEC activities implemented during this reporting period a total of 6, 828 individuals have seen or heard a specific RH/FP message.

Results from Activity 2.2

- 6,828 individuals have seen or heard a specific RH/FP message
- 46 YPEs (27 males and 17 females) participated in theater arts workshop

Status of PMP Results for IR 2

INDICATOR	April to June
1.1 Number of people counseled in RH/FP as a result of USAID assistance (<i>USAID/OH custom indicator 2</i>)	21,342 (male- 4,893; female- 16,449)
2.1 Number of people who have seen or heard a specific FP/RH message (USAID/OH standard indicator 2)	6,828 (male- 2,048; female- 4,780)

YPE INDICATOR	April to June Accomplishment
1.Number of small group or individual PHE counseling sessions provided by youth peer educators in their target communities	711 (male- 242 Female- 469)
2. Proportion of trained PHE youth peer educators (15-24 years) that are currently active in PHE work e.g., regularly engage young people in PHE dialogue and/or actions in their respective communities (ratio of male to female PEs).	100%
3.Number of sexually active adolescent and youth completing referrals for FP	82 (male- 25, female- 57)

IR 3: Increased policy makers' commitment to promote/support FP/RH services, CRM and integrated policies

3.1 Follow-up with LGU, RHU, NGOs, POs and other Project stakeholder commitments for PHE

Fifteen LGUs and 4 barangays continued to support PHE activities in both DB and VIP during this period. During this reporting period, two barangays⁸⁷ in Pres. Carlos P. Garcia (Bohol) allocated funds from their barangay development funds to procure FP supplies for their CBDs complementing the municipal support.

Results from Activity 3.1

- 2 barangays procuring FP commodities and distributing to Project CBDs

3.2 Advocate and provide support for local development, environment, CRM and fisheries plans and/or agendas and leverage resources for incorporating PHE into local policies, plans and agendas

During this period, a new PHE Ordinance was passed in the municipality of Buenavista, Bohol. This was a gesture by the LGU after the turn-over meetings to show their commitment to continue supporting the sustainability plan developed to support the gains of the Project.

The BALANCED - Philippines team leveraged cash or in - kind support amounting to about US \$ 11,337.67 (PhP 476, 182.36) from LGUs and Provincial Government for PHE related activities such as IEC activities, supportive supervisions, trainings (Coastal Law Enforcement trainings, repeat MEAT, etc.). The support covered the venue, meals, staff time of members of the PHE RT and RHU staff during the supportive supervisions, FP commodities, and other related costs.

Results from Activity 3.2

- One (1) PHE ordinance in Buenavista, Bohol
- US \$ 11,337.67 (PhP 476, 182.36) leveraged for PHE activities from local sources

3.3 Conduct a national level PHE orientation

Selected BALANCED-Philippines PHE advocates⁸⁸ and practitioners met with representatives of the DOH and USAID representative at the DOH Bureau of International Health Cooperation (BIHC) Conference Room on May 15, 2013. The purpose of the meeting was to share the PHE approach, the PHE CBD system component and the benefits of the PHE approach to the health and welfare of the communities in the project sites and explore how best the PHE approach be adapted or disseminated to a larger health community.

The DOH representatives acknowledged that the strategies of the BALANCED-Philippines project were outstanding and directly benefitted the community. The DOH recommended that we document all the strategies and activities for submission to the Bureau of Local Health

⁸⁷ Barngay Tugas and Barangay Tilmobo

⁸⁸ Dr. Corazon Bernabe MHO of Abra de Ilog, Occidental Mindoro; Dr. Joshua Vergara, MHO of Baco, Oriental Mindoro, Dr. Estarmio Zafico of Hindang, Leyte and Dr. Edgardo Daya of Provincial Health Officer of Leyte

Development and National Economic Development Authority for a good practice award. They also suggested that we present at the Luzon, Visayas and Mindanao DOH clusters for them to be able to adapt and replicate the Project’s good practices that are applicable in their regions in August – September 2013.

Results from Activity 3.3

- PHE presented at the Department of Health

3.4 Build local champions that can share real-time stories and testimonials on the advantages of the integrated PHE approach their community

Two BALANCED-Philippines local PHE champions from VIP and DB (Dr Zafico of Hindang Leyte and Dr. Bernabe of Abra de Ilog) were mentored and tapped as advocates during this reporting period. They helped to promote the PHE approach and its benefits relative to their own communities to the DOH key personnel during the national meeting held on May 15, 2013 at the DOH BIHC Conference Room. They described how the PHE approach have increased key health indicators in their municipalities particularly CPR and how the community got more involved and empowered to act on conserving their resources and planning their families and be able to reach difficult to reach communities such as the indigenous communities (Mangyans) in Occidental Mindoro.

Results from Activity 3.4

- 2 local champions identified, mentored and are actively advocating for PHE approach

Summary of PMP Results for IR3

INDICATOR	April to June Accomplishment
Number of national/regional forums where the PHE approach is highlighted	1
3.1 Amount of in-country public and private financial resources leveraged by USG programs for FP/RH (USAID/OH standard indicator 1)	US \$11,337.67 (PhP 476, 182.36)
3.2 Number of local policy reforms/plans with integrated PHE (BALANCED field indicator)	1 PHE Ordinance in Buenavista, Bohol

IR 4: Improved governance capacities of provincial and municipal LGUs in the VIP and Danaojon Bank marine ecosystems

The following were the accomplishments of BALANCED-Philippines in DB and VIP during this quarter

4.1. Strengthen MPAs in select VIP and Danaojon Bank sites

MPA Strengthening in Danajon Bank

BALANCED-Philippines worked to address the management weaknesses identified in the baseline MEAT assessment. During this reporting period, the following strengthening activities were conducted in selected MPA in the Danajon Bank.

a) MPA Participatory Biophysical Monitoring and Evaluation

Two MPA Participatory Biophysical Monitoring and Evaluation/PCRA were conducted with 24 (6 females; 18 males) management committee members from the selected MPAs in Inabanga and Pres. Carlos P. Garcia. The training also built the capacity of the community to monitor, record and analyze data gathered and observe changes of their marine resources from time to time and identify possible causes of the changes if any.

b) Coastal Law Enforcement Training (Bantay Dagat Training)

During this reporting period, a coastal law enforcement training was conducted with 18 participants (2 females and 16 males) in collaboration with the Bureau of Fisheries and Aquatic Resources (BFAR) Region 7. The training also deputized the trainees as guardian of the seas- or bantay dagat.

c) Repeat MEAT and PHE addendum

Repeat MEAT surveys were conducted in the ten MPAs supported by the Project in DB to assess improvements after the Project provided inputs to strengthen the MPAs that were identified as “weak” initially by the project. The MEAT was used and results were compared with the baselines conducted in 2011. Overall, the results of the repeat MPA MEAT conducted were positive. Six of ten MPAs increased their overall MEAT scores between the first and second assessments and although no MPA moved up a level (e.g. from level one to level two) six of the MPAs made significant progress and are on the verge of moving up. Hence, even if it may be too early to gauge the impact of the MPA strengthening interventions we are confident that most of the MPAs are moving in the right direction. The MPAs that performed the best consists of active groups of PO who have women and youth in their management bodies and those supported by LGUs. It should be noted that MEAT scores of MPAs in Inabanga and Clarin increased more than those in Pres. Carlos P. Garcia (PCPG). This may be because the strengthening activities for MPAs in PCPG were later in the Project and hence, they have had less time to document improvements.

Similar to the repeat MEAT survey, the parallel PHE Addendum was also conducted in the 10 MPAs that benefitted from the MPA strengthening activities. These were low scoring MPAs and none of them had reached higher than level two on the regular MEAT assessment. Results showed that among the 10 MPAs the highest score was obtained by Bonbonon MPA with 28 out of 64 points, and Bonbon obtained the lowest score of 14. With the PHE Addendum, all the MPAs assessed achieved only Level 1.

d) Other Activities

The BALANCED-Philippines team facilitated installation of marker buoys in the ten MPA strengthening sites in Clarin, Inabanga and Pres. Carlos P. Garcia. The team also organized barangay presentations of the new CRM plan in Inabanga and MPA plans in Pres. Carlos P. Garcia.

MPA Strengthening in the VIP

In the VIP, CIP continued to work with the MPA network as follows:

a) PCRA training

PCRA training was conducted with 17 participants (4 females and 13 males) involved in the management of MPAs in the three project sites of the BALANCED-Philippines Project in the province of Oriental Mindoro. The objectives of the training were for the participants to know the importance and purpose of participatory coastal development planning and the coastal resources management planning process; be familiarized with some participatory methods; facilitate participatory information gathering and analyses which are be useful in the formulation of the coastal development plan; and analyze results to identify issues and identify management guidelines.

b) MPA Feed Backing Sessions

BALANCED-Philippines Project team in VIP conducted MPA feedback sessions with the stakeholders of the Project supported MPAs in Oriental Mindoro, namely, San Teodoro and Puerto Galera. Further, in collaboration with the Provincial Government-Environment and Natural Resources Office (PGENRO), LGUs and the Batangas MPA and BD Network, CIP facilitated the MPA feedback sessions with the four⁸⁹ LGUs that were finalists for the Batangas Recognition Awards for Verde Island Passage' Outstanding MPA (BRAVO)

Results from activity 4.1

- 41 (10 females and 31 males) participants trained in PCRA in Inabanga and Pres. Carlos P. Garcia in Bohol and Baco, San Teodoro and Puerto Galera in Oriental Mindoro
- 18 participants (2 females and 16 males) trained on Coastal Law Enforcement in Danajon

4.2. Strengthening of Bantay Dagat (BD) Networks

For this reporting period, the BALANCED-Philippines team facilitated the BD database roll-out for Oriental Mindoro and Batangas. The team also continued to provide technical support for BD operations through the network meetings and did BD monitoring in the three BALANCED sites in Oriental Mindoro, particularly Baco, and the Lubang Island Group.

The BD enforcement database was developed to help BD representatives and LGU/MPA coordinators in managing their reports and other enforcement information, as well as sharing of

⁸⁹ San Juan, Lobo, Mabini and Calatagan

news and reports among other municipalities. The database design is still being tested. As of June 30, 2013, most municipalities have not yet completed their reports due to connectivity issues. Off-line templates were then provided to members with connection issues so they may be able to encode their reports and the super-administrators will upload for them. During the VIP MPA and BD network meeting held last August 7, 2013, both provincial governments agreed to sustain and support the BD Database with the commitment of the network members to regularly submit the reports.

a) Bantay Dagat Strengthening for Baco

The Project monitored the mangroves planted in Baco in collaboration with the Ecosystem-based Adaptation (EbA) Project. Sixteen participants representing women, youth, bantay dagat and barangay LGUs participated in the mangrove monitoring activity. Survival and growth rates of each plant within the quadrant were measured. Saplings inside the quadrant were counted and recorded. The team accounted a total of 118 *Rhizophora* sp. of mangrove saplings. Propagules that did not withstand high tides were replaced and planted in a different location not prone to flooding.

Also, as part of their commitment to the conservation agreement, the Baco LGU with Provincial Agriculture Office (PAgO) staff conducted public hearing and community consultations with relevant community members on the establishment of proposed Mangrove MPA.

On enforcement, Baco BD did foot patrolling in the area. It was noted that seaborne patrol could not be done regularly due to insufficient resources for logistics (gasoline and boat). No illegal fishers were observed during the foot patrols.

b) Strengthening MPA and BD through the VIP Network

During the life of the Project, BALANCED-Philippines supported and participated in the Batangas and Oriental Mindoro MPA and BD Network Meetings providing assistance as needed. With key developments- the Project ending and the recent election- actual training support will not be extended during the Basic Fisheries and Law Enforcement Training hence, the team provided them a copy of the BD Capacity Assessment Guidelines used by the Batangas BD Network as reference for their BD assessment.

In Batangas, the final MPA and BD network meeting under the BALANCED-Philippines Project was held on May 31, 2013. The activity was attended by 47 participants representing 14 municipalities. After going over the minutes of the previous MPA network meeting, LGU representatives provided their MPA and BD updates. 4 new BD Mentors were formally recognized. The meeting ended with official turnover of BRAVO prizes, including Barangay Malabrigo of Lobo for their Healthy Ecosystem, Healthy Communities citation. All BD teams received accident insurance from First Gen.

In the recent national MPA awards, the Batangas MPA and BD network was recognized as one of the top performing MPA networks in the Philippines. Other projects within the VIP have committed to sustain the strengthening support for the MPA and BD network.

Results from Activity 4.2

- BD Database was rolled out to 28 municipalities in VIP

4.3. Strengthen fisheries management in Lubang Island Group (LIG)

a) Joint Lubang-Looc Commercial Fisheries Dialogue

With support from Coral Triangle Support Partnership (CTSP), the first joint Lubang-Looc commercial fishers forum was organized to discuss issues and concerns with regards to the fish aggregating devices (FAD) deployed in the area. As a result of this forum, a joint planning meeting with commercial fishers of Lubang and Looc was organized to identify areas of cooperation and integration; and identify policy recommendations on permits and deployment. The meeting aimed to identify current areas for FADs in both municipalities, discuss issues affecting Lubang and Looc fisheries and provide policy recommendations to address the fisheries issues.

Municipal specific and joint issues were discussed during the workshop. Recommended actions were identified such as the need to address concerns on fishing regulations and policies, and law enforcement, fees, definition of legitimate fisher of Lubang and Looc, and illegal fishing activities of LIG locals.

b) Strengthening of the LIG MPA

As a final support for the LIG MPA strengthening and in time for the start of the new administration of the newly elected officials, BALANCED-Philippines team hosted the Joint LIG MPA Board and Council Meeting this reporting period. The LGUs provided updates on their MPA and BD plans and programs as determined by the new set of officials, which includes monitoring surveys, strengthening of enforcement and deployment of new marker bouys.

The Project team in VIP provided a re-cap of the activities implemented in the LIG through the BALANCED - Project. Results of the joint fisheries dialogue were also presented. After going through the issues raised by the fishers, the joint management board and council members endorsed appropriate decisions for joint resolutions.

The chairmanship of the board of the LIG MPA network was also formally transferred to Looc and the local councils agreed to convene a joint Lubang-Looc Council meeting in July 2013 to review and approve the MPA management plan and the joint implementing rules and regulations (IRR).

c) Strengthening of Lubang and Looc Bantay Dagat

With support from the BALANCED-Philippines Project, Looc is now a registered PO with a membership of 23. Meanwhile, Lubang registration is in progress. During this reporting period, 22 participants composed of Lubang and Looc BD members, and barangay and municipal LGU

representatives attended the Joint Manual of Operations Training Workshop. The fisheries and environmental laws were discussed and other related topics to familiarize the participants on the Philippines laws and hierarchy and governance systems and processes.

Also, despite challenges in law enforcement, the Looc BD team reported a total distance of 4,854 km of sea-borne patrol and 4,962.9 km for Lubang BD from the period of July 2012 to June 2013.

Results from Activity 4.3

- 22 male BD team members trained on Environmental Law Enforcement Level 2

Status of PMP results for IR4

INDICATOR	April – June Accomplishment
4.1 Number of people trained on NRM (disaggregated by gender) (<i>Standard USAID bio-diversity indicator</i>)	81 (Females – 12 Males –69)
4.2 Number of hectares of biologically significant marine areas under improved management disaggregated by area of MPAs versus area of municipal waters ¹ (<i>Standard USAID bio-diversity indicator</i>)	806.7 hectares of improved management (MPA) 126,560 hectares (Municipal Waters) This represents sustained BD strengthening in 5 municipalities (LIG, Baco, ST and PG).
4.3 Number of local institutions strengthened on NRM ² (<i>Standard USAID bio-diversity indicator</i>)	5 BD teams, 1 MPA Management Board

IR 5: Increased incentives for coastal and marine conservation among coastal fisher households

The BALANCED - Philippines Project staff continued to work in VIP and DB with the project groups and communities involved in marine and coastal biodiversity conservation efforts in their own areas. Specifically with the DB project team, livelihood support was extended to these groups and communities as an incentive for good MPA management having a Level 3 or 4 MEAT result at the start of the project. The VIP team on the other hand extended livelihood support to the MPA network members with conservation agreements. In addition, these beneficiaries were involved in the other Project components such as PEs and/or as members of the MPA committees and related conservation activities. During this reporting period, the Project team engaged in activities to measure any economic benefits to the beneficiaries and the community. The team also completed its support to the partners and stakeholders towards sustaining the initiatives started.

5.1 Provide livelihood support with conservation action among coastal fishing households in Danajon Bank

Strengthening for Sustainable MPA Management

Thirty seaweeds farmers established their own farms. They were either members of the NAMASIN (Nagkahiusang Mananagat sa Asinan) - the people's organization who was instrumental to the establishment of the marine protected area, and/or members of the newly evolved group of seaweed farmers called AGFFA (Asinan Guso Farmers Association). With the project closeout, the BALANCED-Philippines team facilitated an organizational development and leadership strengthening seminar to further strengthen the groups' capacity to manage their

organizations and have a longer vision and a plan to sustain their MPA and livelihood activities. The output of the workshop was the formulation of an action plan – their road map to implementing the identified strategic direction to maintain their current MEAT rating and/or move to the next level. The action plan also included a documentation of their collective action during the project life, their goals, analysis of their work environment and prioritized development agenda into a conservation agreement.

Monitoring and Tracking of Benefits through the Livelihood Survey

Since January 2012, BALANCED-Philippines Project supported livelihood initiatives such as rag and dressmaking, seaweeds farming and seaweeds processing in six well- performing MPAs in Bohol as incentives for conservation efforts of the people’s organization/MPA managers, namely: Asinan in Buenavista; Cuaming and Hambungan in Inabanga; Majigpit in Clarin; and Baud and Aguning in Pres. Carlos P. Garcia. In collaboration with the Technical Education Skills and Development Authority (TESDA), BFAR and the Office of the Provincial Agriculturist, technical assistance was provided to the cooperating people’s organization involved in MPA management. Access to capital resources particularly from the LGUs, other non-government and government organizations as well as facilitation of their organization’s registration or accreditation were also supported by the BALANCED-Philippines team.

During this reporting period, a livelihood survey was conducted in all of the 6 sites to track increased economic benefits if any among the project beneficiaries of the conservation incentives and from those who have derived from sustainable fisheries management initiatives in the areas. Table 3 shows the results of the survey.

Table 3. Livelihood Survey Summary Report

Type of Livelihood	Community	No. of trained persons that benefitted from conservation incentive-based enterprises	No. of persons with increased economic benefits from conservation incentive-based enterprises	Remarks
Rag and Dress Making	Cuaming, Inabanga	20	19	<ul style="list-style-type: none"> • 19 were TESDA accredited • 4 were hired in Mac tan Export Processing Zone; • 10 formed a group and made curtains and pillow cases for sale; • 5 individuals are into sole entrepreneurship from dressmaking/ repair works.
Seaweed Farming	Asinan, Buenavista	29	29	Had 2 cycles of harvest since October 2012
	Cuaming, Inabanga	15	15	Had 1 cycle of harvest since January 2013
	Hambungan, Inabanga	15	15	Had 1 cycle of harvest since February 2013

Seaweeds Food Processing	Asinan, Buenavista	20	10	10 had income from town fiesta and Taboo sa Kapitolyo
	Cuaming, Inabanga	5	0	No reported income yet. They are working for registration of their group with Department of Labor and Employment and prepared business proposal to access capital for seaweed processing
	Hambungan, Inabanga	5	0	
	Clarín	19	12	<ul style="list-style-type: none"> • 12 confirmed additional income from seaweed-based cooked foods, i.e. gulaman, puto, salvarro, etc. • organized the group as CHIPS” or Clarín Homebased Industry Processing of Seaweeds. Products will be featured in their ecotourism sites.
	Pres. Carlos P. Garcia	11	6	6 beneficiaries in Barangay Baud grouped themselves in the production of rice cakes and other seaweeds products
Total		139	106	

Other Activities

Two women from NAMASIN trained in seaweed processing were supported by the Project to participate in the *Great Women Project Bohol’s* training focused on quality production, variant/innovations, pricing and costing skills to women micro-entrepreneurs. These women also re-echoed their learning to the members of NAMASIN. Further support to the group was extended for them to participate in a market exposure. These Project support facilitated the seaweed processors of NAMASIN one of the 22 active people’s organizations and cooperatives federated under the BOHOL MADE program with the mission to enhance the products micro and local producers.

Results of Activity 5.1

- 30 males participated in Organizational and Leadership training in Asinan, Buenavista
- 139 individuals benefitted from conservation incentive-based enterprise
- 106 individuals have increased economic benefits from sustainable fisheries management

5.2 Provide livelihood support with conservation action among coastal fishing households in the Verde Island Passage

Conservation action support to Baco, Oriental Mindoro

In Barangay Pulantubig, BFAR initiated the mud-crab project, in line with their national program, by providing capital and technical supervision. BALANCED-Philippines offered

technical support and assistance on the community business plan for the BD members. BFAR and the BD members initially enabled the roll out of a community business plan in January 2013 for its mud crab culture/fattening project. For this reporting period, the Project team conducted an assessment to determine the status of BFAR's crab culture/fattening project with the BD team, and identify how the Project could assist moving forward. It was also emphasized that the mangrove conservation agreement was distinct from the mud crab project.

The assessment showed some challenges and issues resulting from the absence of coordination between BFAR and LGU that affected not only project implementation but also the relationship of the BFAR, LGU and BD members. Implementation of the business plan on capital; volume and source of crablets; and members' roles and responsibilities were not followed. Although recommendations of the project were relayed to the LGU and the provincial government, due to the past personal issues and problems in project design, and organization issues, the BD and LGU decided not to pursue the BFAR mud-crab project anymore. A BD re-organization was facilitated, and it was decided that the BD shall be focusing on the mangrove reforestation project under the conservation agreement.

Meanwhile, CI, together with the LGU, will continue to work with the BD team to discuss other livelihood schemes for the BD and continue with the implementation of the conservation agreement, as part of another CI project.

The *nito* weaving project by the women weavers' group- SABAK or Samahang Babangon sa Kahirapan in Brgy Pulantubig continued. An assessment noted that the native materials have to be linked to the political economy that spans a larger area from production to marketing, thus needs to be explored with the provincial government. The concept of linking the social heritage of Mangyans is beyond the Pulantubig women weavers' scope but which they can be connected to in the future. Adjustments through additional livelihood activity was another direction in this quarter supported by start-up earnings from selling woven crafts as well as from local mobilization of capital from a private donor for a buying-selling scheme for rice and snacks. The Project technical assistance resulted in positive actions where currently, the women's organization's current fund capitals are: Php 600 for woven crafts and Php 6,000 for rice and snacks.

Since *nito* is also sourced from other municipalities, the Project team linked SABAK with other indigenous groups as supplier of *nito* and *nito* products in contiguous municipalities. The Project team explored the possibility of connecting the Iraya Mangyan settlements in Baco, San Teodoro and Puerto Galera to scale investment using the area's natural capital and from a ridge-to-reef approach with the relevant office of Provincial Government of Oriental Mindoro and other agencies for potential support after the BALANCED-Philippines Project.

In Barangay San Andres, the capital investment for the goat raising project and the oversight role was from provided by the provincial government. The BALANCED-Philippines team provided additional technical advice and facilitation of the livelihood development processes. The Project team facilitated the collective management of the goat-raising venture as capacity building to achieve improvements in the goat raising venture and provided a resource person for the goat raisers to help identify areas of improvement in the current practices. This period, the Project

team trained the community with nipa fruit products processing as an additional livelihood activity for the members of the goat raising project.

Nipa fruit processing facilitated by CI/P as one of the capacity building activity in Barangay San Andres. Community members prepared for the training as led by the women and the barangay LGU. CI/P team reiterated that the initial training was to introduce the community on the different methods and recipes for the utilizing the nipa fruit, with hands-on guidelines being shared. Costs and pricing estimates were also developed with the residents when they plan for production during local feasts and celebration. The nipa fruit and vinegar prospects will be followed through by PAgO and Strategic Intervention and Community-focused Action towards Development (SICAD) by tapping Department of Science and Technology (DOST) and Malampaya for study support.

Conservation action support to the Lubang Island group (Lubang and Looc)

As part of the community-based solid waste management activities, in particular, a sustainable operation of the Material Recovery Facilities (MRFs), a livelihood training using recyclable materials was conducted to selected representatives of the communities of LIG. The training facilitated by Earth Day Network Philippines, Inc. (EDNPI) stressed that solid waste management is not just only waste segregation but also for the protection and respect for life and the sources of life. The participants were able to produce bags and wallets that were easily sold however; the collection of the residual wastes was still a challenge since operationalization of the barangay solid waste management action plans was delayed due to the local elections. The women plan to coordinate with the schools and community stores for the collection of the residual wastes that they can use for their bag and wallet production.

During this period, the Kababaihang Kaagapay sa Kabuhayan Tungo sa Kaunlaran (4Ks) and Angat Kababaihan Tungo sa Kaunlaran ng Kabuhayan (Angat Kababaihan) of Lubang and Looc, respectively were formally recognized as legitimate Workers Association in the Philippines with all the rights and privileges appurtenant thereto for the purpose of enhancing and defending their interest and for their mutual aid and protection. This was a result of the organization development activities of the BALANCED-Philippines team in addition to the livelihood support extended on post-harvest fish processing. Same groups were assessed and monitored to assess benefits of the livelihood project during the life of the project.

The Project also extended various phases (3-5) of technical support to these groups as a building up of capacity building processes provided over the life of the Project. The brief description of the Project support per phase is stated in the following paragraphs.

Phase three (3) is focused on additional food and vegetable processing training and related skills on proposal or concept development, and sustaining product improvement and marketing. To take advantage of the seasonal agricultural products (mangoes, cashew, peanuts, turnips, papaya, onion and garlic), the Project team in partnership with the Bureau of Plant Industry of the Department of Agriculture conducted a training of trainers for selected members of Angat Kababaihan and 4Ks on handling and basic packaging principles, and preparation and cooking techniques for the fruits and vegetables. Eleven women from Looc and 18 women from Lubang

participated in the training that was also tasked to teach or lead in practice cooking with other members of their organizations. The Project also provided technical guidance in improving the quality as the market supply and demand sets, as well as in pricing, promotion, marketing, financial management. After one month, the women organizations were already selling or market-testing their products beyond LIG and the project team assessed that initial results of marketing indicated very positive prospect if production is sustained and improved.

The Phase 4 supported the development of concept project proposal, product costing and bookkeeping was conducted this period. Six representatives from Angat Kababaihan in Lubang and four women from 4Ks in Looc, together with two representatives of Likha Kami (We Create) from Barangay San Andres, Baco attended the project concept proposal development, product costing, and bookkeeping training led by the Project team.

Phase 5 was focused towards finalizing/ consolidation of the conservation agreement sections and consultation with locals for validation. This process was introduced since the start of the BALANCED Program in 2012. During this quarter, the full draft of the Conservation Agreement was consolidated and presented by the representatives of 4Ks and Angat Kababaihan, the LGUs of Lubang and Looc, and CI/P, for the diversification of livelihood sources exchanged with the protection of the coastal and marine resources in LIG. The Conservation Agreement aims to sustain the learning process for the women-led, multi-stakeholder enterprises. In addition, technical advices were ongoing during this period on product improvement relative to market competition and pricing and submission of requirements for the registration of Angat Kababaihan and 4Ks were set activities for final phase. In Looc, the project team helped in the labelling to test for Looc fish and fruit products. As part of the turn-over ceremonies, fish and fruit/vegetable products were presented and shared with the LGU representatives, donors, and national agencies as part of product improvement, marketing and promotion.

Other projects such as EbA and Ecosystems Improved for Sustainable Fisheries (ECOFISH) shall explore ways to sustain initiatives within the LIG.

Highlights of the livelihood monitoring

A livelihood monitoring tool was devised early on with the following questions: what kind of product are being processed, what skills/production for food source and for additional income, how much the total expenses from production to marketing versus the net profit, how many members have participated, what are the problems and issues encountered and what are the suggestion or comment to help improve the products/project. The tool was used by the Project team to monitor livelihood activities supported by the Project and assess the performance or progress over time including the gaps and needs to be addressed.

Three cluster-based monitoring of both Angat Kababaihan and 4Ks were done from February-June 2013. The results of the initial monitoring (February 2013) suggested some progress – reported profit and gaps - lack of communication and distance resulted in challenges. In the second monitoring visit, profit was sustained in some groups. In the May 2013 monitoring, results showed that low season catch of the parrot fish has affected the post-harvest fish processing activities of the women, hence Angat Kababaihan and 4Ks concentrated on the fruit

and vegetables processing. The results of the monitoring this period demonstrated the various challenges of livelihood diversification projects. The limited time to guide the organizations into full maturity wherein members learn not only income generating skills but also the value of transparency, cooperation and stewardship contributes to the results of the Project activities. For Island communities, challenges include physical and structural-power supply, transportation and communication facilities that need to be addressed and factored in the plan. The design, resources and the support of the LGU are noted to be essential to ensure success of these community led initiatives.

Gains and losses

The project invested in human, technical and financial resources during the life of the Project for the communities towards improving the quality of life in these coastal communities who are involved in marine and coastal biodiversity conservation. To date, the VIP Project team identified, trained and mentored a total of 125 community members in the VIP (Table 4)

Table 4: Total number of individuals trained on livelihood by municipality

	Male	Female	TOTAL trained	Active by July 2013
Baco	21	18	39	21
Lubang	5	38	43	17
Looc	0	34	34	11
Total	26	90	116	49

By the end of the project, remaining active trained individuals for the livelihood diversification projects are: 11 trained individuals in Looc, and 17 in Lubang. In Baco, only five out of the nine weavers in Brgy Pulantubig sustained their participation, while 16 trained individuals remained in the goat raising project of Brgy. San Andres. Meanwhile, the fourteen BD members of Baco have decided not to pursue the mud crab fattening project due to organization issues; however they continue to participate in the mangrove reforestation project where they receive additional income as incentive.

Results of Activity 5.2

- 25 (23 females and 2 males) gained additional skills in crochet and weaving as part of the solid-waste management program in LIG
- 27 women in Lubang and Looc, Occidental Mindoro trained in fruit and vegetable processing
- 26 women from Barangay San Andres trained in nipa-fruit processing.
- 12 women from Baco, Oriental Mindoro and Lubang and Looc, Occidental Mindoro trained in financial management and proposal development
- 116 individuals benefitted from conservation incentive-based enterprise

- 49 households in Baco and LIG sustained participation in livelihood diversification projects with collective and individual earnings.

Status of PMP results for IR5

INDICATOR	April to June Accomplishment
5.1 Number of people trained (gender disaggregated) on conservation-based enterprises	120 (Females –88 Males –32)
5.2 Number of people with increased economic benefits derived from sustainable fisheries management	155
5.3 Number of people benefiting from conservation incentive-based enterprises	255

Annex 1. CBD and FP Supply Status as of June 30, 2013

Municipality	# of Brgy	# of CBDs trained	# CBDs with FP Supplies	% of Brgys with active CBDs	# of CBDs given CBD kits who re-supplied	% resupply in CBDs given kits	Source of FP Supply	# trained CBDs w/o supplies	Reason for no supplies	RHU supervised Y/N
VERDE ISLAND PASSAGE										
BATANGAS PROVINCE										
Batangas city/Isla Verde	6	12	12	100	N/A	N/A	Private Pharmacies	0	N/A	Y
Calatagan	25	30	25	100	10	100	Private Pharmacy	5	5 have dropped out	Y
Lobo	26	27	26	100	10	100	Private Pharmacy	1	1 passed away	Y
Mabini	34	45	34	100	10	100	Private Pharmacy	11	11 have dropped out	Y
Nasugbu	42	41	41	98	10	100	Private Pharmacy	0	N/A	Y
San Juan	42	46	42	100	10	100	Private Clinic	4	4 have dropped out	Y
Subtotal	175	201	180	99	50	100		21		
ORIENTAL MINDORO PROVINCE										
Puerto Galera	13	20	13	100	10	100	MPA/BD Network	7	7 have dropped out	Y
San Teodoro	8	12	8	100	8	100	RHU Midwives	4	4 have dropped out	Y
Baco	27	26	27	100	10	100	RHU	0	N/A	Y
Subtotal	48	58	48	100	28	100		11		

Municipality	# of Brgy	# of CBDs trained	# CBDs with FP Supplies	% of Brgys with active CBDs	# of CBDs given CBD kits who re-supplied	% resupply in CBDs given kits	Source of FP Supply	#trained CBDs w/o supplies	Reason for no supplies	RHU supervised Y/N
OCCIDENTAL MINDORO PROVINCE										
Abra de Ilog	9	9	9	100	9	100	Private Pharmacy	0	N/A	Y
Paluan	12	12	12	100	10	100	Store	0	N/A	Y
Looc	9	10	10	100	10	100	Store	0	N/A	Y
Lubang	16	21	16	100	10	100	RHU	5	5 have dropped out	Y
Subtotal	46	52	47	100	39	100		5		
DANAJON BANK										
BOHOL PROVINCE										
Bien Unido	15	22	22	100	N/A	N/A	RHU	0	N/A	Y
Buenavista	35	35	35	100	N/A	N/A	RHU	0	N/A	Y
Clarin	24	24	24	100	24	100	RHU	0	N/A	Y
Getafe	24	24	24	100	N/A	N/A	RHU	0	N/A	Y
Inabanga	50	50	50	100	N/A	N/A	RHU	0	N/A	Y
CP Garcia	23	23	23	100	20	100	RHU/IMA P Guindulman/ Ubay Popshop	0	N/A	Y
Trinidad	20	20	20	100	10	100	Trinidad Multi-purpose Cooperativ	0	N/A	Y

Municipality	# of Brgy	# of CBDs trained	# CBDs with FP Supplies	% of Brgys with active CBDs	# of CBDs given CBD kits who re-supplied	% resupply in CBDs given kits	Source of FP Supply	#trained CBDs w/o supplies	Reason for no supplies	RHU supervised Y/N
							e			
Talibon	25	31	31	100	25	100	RHU	0	N/A	Y
Tubigon	34	34	34	100	N/A	N/A	RHU	0	N/A	Y
Ubay	44	67	67	100	9	100	RHU	0	N/A	Y
Subtotal	294	330	330	100	88	100		0		
LEYTE PROVINCE										
Bato	32	32	32	100	N/A	N/A	RHU	0	N/A	Y
Hilongos	51	48	48	94	48	100	Association of Women's Welfare	0	N/A	Y
Hindang	20	27	27	100	N/A	N/A	Association of Women's Welfare	0	N/A	Y
Matalom	30	30	30	100	N/A	N/A	RHU	0	N/A	Y
Inopacan	20	20	20	100	N/A	N/A	RHU	0	N/A	Y
Subtotal	153	157	157	96	48	100		0		
GRAND TOTAL	716	798	762	99	253	100		37	36 dropped out, 1 passed away	

Annex 2: SSMM Meeting Table

Municipality	SSMM Meetings Held		
	Oct to Dec 2012	January to March 2013	April to June 2013
VIP			
Batangas city/Isla Verde (M)			
Calatagan (New)	1 ST		2 nd and 3 rd
Lobo (New)	1 ST		2 nd and 3 rd
Mabini (New)			1 st
Nasugbu (New)			1 st
San Juan (New)			1 st
Oriental Mindoro			
Puerto Galera	1 ST		2 nd and 3 rd
San Teodoro			1 st
Baco	1 ST	2 nd	3 rd
Occidental Mindoro			
Abra de Ilog	1 st		2 nd and 3 rd
Paluan (New)			1 st
Looc (New)	1 st	2 nd	3 rd
Lubang (New)	1 st	2 nd	3 rd
Bohol			
Bien Unido	1 st		2 nd and 3 rd
Buenavista	1 st		2 nd and 3 rd
Clarin	1 st	2 nd	3 rd
Getafe			1 st
Inabanga	1 st		2 nd and 3 rd
CP Garcia			1 st
Trinidad	1 st		2 nd and 3 rd
Talibon	1 st		2 nd and 3 rd
Tubigon	1 st	2 nd	3 rd
Ubay	1 st		2 nd and 3 rd
Leyte			
Bato	1 st	2 nd	3 rd
Hilongos			1 st
Hindang	1 st	2 nd	3 rd
Matalom			1 st
Inopacan			1 st

Annex 3. APE Overview as of June 30, 2013

Municipality	# of Brgy	# APEs Trained	# of APEs that are BHWs	# of Active PE	% of Active PE	# APEs in CH T	RHU as Supervisor (Y/N)	# of IPCs	# people referred to CBDs	# people referred to RHU
BATANGAS PROVINCE/VIP										
Batangas city/Isla Verde	6	54	19	39	72	19	Y	292	55	32
Calatagan	25	46	28	40	87	15	Y	685	189	150
Lobo	26	27	27	27	100	14	Y	532	90	43
Mabini	34	40	14	34	85	8	Y	447	68	73
Nasugbu	42	31	29	30	97	6	Y	547	79	98
San Juan	42	44	16	37	84	8	Y	524	97	154
Subtotal	175	242	133	207	86	70		3,027	578	550
ORIENTAL MINDORO PROVINCE/VIP										
Puerto Galera	13	9	9	6	67	6	Y	179	233	15
San Teodoro	8	8	8	3	38	6	Y	126	59	5
Baco	27	27	25	24	89	18	Y	365	425	43
Subtotal	48	44	42	33	75	30		670	717	63
OCCIDENTAL MINDORO PROVINCE/VIP										
Abra de Ilog	9	19	17	19	100	5	Y	165	52	131
Paluan	12	12	10	12	100	12	Y	304	57	171
Looc	9	9	9	9	100	9	Y	205	17	87
Lubang	16	16	13	16	100	15	Y	233	33	3
Subtotal	46	56	49	56	100	41		1534	159	392
BOHOL PROVINCE/DB										
Bien	15	34	9	34	100	8	Y	556	115	20

Unido										
Buenavista	35	32	7	28	88	0	Y	668	53	40
Clarín	24	27	16	27	100	9	Y	1147	185	58
Getafe	24	49	28	49	100	0	Y	698	74	37
Inabanga	50	64	3	64	100	8	Y	1272	352	334
CP Garcia	23	21	11	21	100	0	Y	724	113	49
Trinidad	20	28	15	20	71	0	Y	726	113	60
Talibon	25	44	18	44	100	23	Y	673	254	102
Tubigón	34	48	9	48	100	11	Y	1440	289	78
Ubay	44	67	13	50	75	31	Y	1559	565	123
Subtotal	294	414	129	385	93	90		9463	2113	901
LEYTE PROVINCE/DB										
Bato	32	31	12	27	87	20	Y	98	92	38
Hilongos	51	38	1	30	79	0	Y	38	52	52
Hindang	20	29	11	25	86	17	Y	249	102	67
Matalóm	30	28	3	25	89	14	Y	171	99	77
Inopacán	20	22	2	20	90	11	Y	115	75	31
Subtotal	153	148	29	127	86	62		671	420	265
GRAND TOTAL	716	904	382	808	89	293		15,365	3,987	2,171

Annex 4. Performance Monitoring Table

Intermediate Results	Indicator	Life of Project Target	Target Y3 (Oct 2012 to July 2013)	April-July 2013 Results	Total Year 3 Results (July 31 2013)	Remarks
IR1: Improved access to RH/FP services in key bioregions	19. Number of people counseled in RH/FP as a result of USAID assistance (<i>USAID/OH/custom indicator 2</i>)	76,625	28,800	21,342	48,119	Over target
	20. Contraceptive prevalence rate (<i>USAID/OH standard indicator 3</i>) ⁹⁰	Increasing	Increasing	N/A	Increased	No available data from RHUs for this quarter
	21. Number of couple years protection (<i>USAID/OH standard indicator 3</i>)	17,160	17,160	18,496	18,496	On Target
	22. Number of people trained in FP/RH with USG Funds (<i>USAID/OH standard indicator 3</i>)	2,028 ⁹¹	100	None	197	Over-target
	23. Number of participants who received BALANCED training and/or mentoring that are now providing training or TA to others on PHE (<i>BALANCED core indicator</i>)	60	60	62	62	On Target
	24. Percent of FP users	15%	15%	16%	16%	On Target

90 CPR was not an indicator for Year 1

91 Including 100 YPEs

Intermediate Results	Indicator	Life of Project Target	Target Y3 (Oct 2012 to July 2013)	April-July 2013 Results	Total Year 3 Results (July 31 2013)	Remarks
	of modern methods obtaining supplies and services from private sector sources (CBDs, etc) (<i>Surrogate BALANCED field indicator</i>)					
	25. Number of USG-assisted service delivery points providing FP services (<i>BALANCED field indicator</i>)	582 ⁹²	27	762	762	Over Target
	26. Number of target organizations incorporating PHE tools, protocols, etc. into their work (<i>BALANCED core indicator</i>)	43	N/A	0	9 ⁹³	
IR2: Increased community awareness of family planning and conservation as a means to improved health, food security and natural resources	27. Number of people who have seen or heard a specific RH/FP message (<i>USAID/OH standard indicator 2</i>)	224,859	53,814	6,828	53,906	On Target

92 Active CBDs, equivalent to 94% LOP target out of the 716 barangay

93 Municipal Youth Council of Looc, Lubang, and Abra de Ilog in Occidental Mindoro and Paluan, Hindang, Hilongos, Matalom, Inopacan and Bato in Leyte

Intermediate Results	Indicator	Life of Project Target	Target Y3 (Oct 2012 to July 2013)	April-July 2013 Results	Total Year 3 Results (July 31 2013)	Remarks
IR 3: Increased LGU Policymakers commitment to RH/FP services and integrated PHE policies	28. Amount of in-country public and private financial resources leveraged by USG programs for RH/FP(<i>USAID/OH standard indicator 1</i>)	US\$ 232,041	US \$40,000	US\$11, 338	US \$78, 854	Over Target
	29. Number of local policy reforms/plans with integrated PHE initiated (<i>BALANCED field indicator</i>)	21	6	1 ⁹⁴	7 ⁹⁵	On Target
	30. Number of National/regional Forums where PHE approach highlighted	2	1	1 ⁹⁶	6 ⁹⁷	Over Target
IR 4: Improved governance capacities of provincial and municipal LGUs in the VIP and Danajon Bank marine ecosystems	31. Number of people trained on NRM (disaggregated by gender and those involved in FP) (<i>Standard USAID bio-diversity indicator</i>)	200	59	81	425(296 males; 129 females)	Over Target
	32. Number of hectares of biologically significant marine	Municipal Waters:	Municipal waters:	Municipal waters	Municipal waters:	Over-Target

94 PHE Ordinance of Buenavista Bohol

95 PHE Ordinance of Buenavista, Bohol; CRM Plan of Inabanga, Bohol; MPA Plans of Tugas, Lipata, Bonbonon, Saguise and Butan

96 DOH Meeting with 4 local PHE Champions

97 DOH Meeting with 4 local PHE Champions; Launching of the State of the Philippine Population Report 5, National Population Commission Congress and League of the Municipalities of the Philippines National Congress, Danajon Bank Convergence Meeting, Verde Island Passage Convergence Meeting

Intermediate Results	Indicator	Life of Project Target	Target Y3 (Oct 2012 to July 2013)	April-July 2013 Results	Total Year 3 Results (July 31 2013)	Remarks
	areas under improved management disaggregated by area of MPAs versus area of municipal waters ¹ (<i>Standard USAID bio-diversity indicator</i>)	64,500 ha MPA:800 ha	14,500 ha MPA:400 ha	: 126,560 ha MPA: 806.7 ha (VIP: 656 ha; DB: 120.7 ha)	126,560 ha MPA: 806.7 ha (VIP: 656 ha; DB: 120.7 ha)	
	33. Number of local institutions strengthened on NRM (<i>Standard USAID bio-diversity indicator</i>)	36	MPAs:10 BD: 4	MPA: 12 (DB only) BD: 5 (VIP-2, DB-3)	MPA:35 (VIP-23, DB-12) BD:10 (VIP-7, DB-3)	Over Target
IR5: Increase incentives for coastal and marine conservation among coastal households	34. Number of people trained on conservation-based enterprises	263	150	120	255	Over target
	35. Number of people with increased economic benefits derived from sustainable fisheries management	No target but tracked	N/A	155	155	

Intermediate Results	Indicator	Life of Project Target	Target Y3 (Oct 2012 to July 2013)	April-July 2013 Results	Total Year 3 Results (July 31 2013)	Remarks
	36. Number of people benefiting from conservation incentive-based enterprises	105 VIP - 45, DB-60	105 VIP -45, DB-60	255 (VIP 116; DB13 9	255 VIP-116, DB-139	Over Target