



# CAMBODIA

## YOUR ANNUAL UPDATE FROM CAMBODIA

## OUR IMPACT

Most people in Cambodia live in traditional houses built on stilts with walls made of wooden planks or bamboo sheets. Poverty is widespread, many children lack of opportunities we often take for granted. Malnutrition is currently one of the biggest health problems and the underlying cause of 45% of children's deaths and 20% of maternal deaths. It is caused by a lack of healthy, fresh and nutritious food, as well as the families not having the understanding of what good nutrition is for children. There are very few health centres and the communities do not have enough qualified health workers.

Early marriage is also a problem. Although the legal age of marriage is 18, 19% of the girls get married before they reach the legal age. Therefore, many girls are not able to go to school on a regular basis.

### We wanted to share some exciting progress made possible in Cambodia

This past year, with the help of your sponsorship, school enrolment has increased to over 97% across Siem Reap, Tboung Khmum, Ratanakiri and Stung Treng. With the support and development of pre-school facilities and new child friendly teaching and learning aids, less children are dropping-out of school.

Together with the communities, we have improved several local water and sanitation systems, and also spread awareness of good hygiene practices.

These are just some of our achievements in Cambodia. Please keep reading for more information about what we achieved last year, and thank you for being a valued child sponsor and making a difference in the lives of all the children and families in Siem Reap.

**1,971** PEOPLE IN SIEM REAP  
NOW HAVE ACCESS TO  
CLEAN AND HEALTHY  
WATER SUPPLIES

**621** STUDENTS AND  
TEACHERS HAVE BEEN  
TRAINED ON FIRST AID AND  
DISASTER RESPONSE IN  
STUNG TRENG

**700** MOTHERS AND  
CAREGIVERS IN  
RATANAKIRI CAN NOW  
APPLY KNOWLEDGE AND  
SKILLS OF  
AGE APPROPRIATE CHILD  
CARE

**WE ESTABLISHED 12  
CHILDREN'S RIGHTS CLUBS  
IN RATANAKIRI**

**97% OF PREGNANT WOMEN  
IN TBOUNG KHMUM HAVE  
ACCESS TO CHECK-UPS AT  
HEALTH CENTRES**

**WE TRAINED 540 YOUNG  
PEOPLE IN TBOUNG  
KHMUM ON SEXUAL  
HEALTH**



# A HEALTHY START

Many parents in Siem Reap do not understand the importance of a balanced and nutritious diet for the long-term development of their children. As a result, high rates of malnutrition are prevalent in the community. Together with local health partners, we are educating mothers and pregnant women on nutritious and affordable ingredients for their children.

We have also supported the formation of mother groups in each area to provide information and training to mothers on

**52,445**  
**PRIMARY**  
**SCHOOL**  
**STUDENTS ARE**  
**RECEIVING**  
**DAILY**  
**BREAKFAST AT**  
**THEIR SCHOOLS**



issues such as nutrition, hygiene and sanitation, importance of breast feeding and supplementary feeding. The mothers groups have also given the mothers access to other women in the same situation as themselves – a support network close by to lean on in difficult times.

Additionally, we have had around 1,500 children screened to determine if they are suffering from malnutrition. This helped us provide them with the sufficient immediate health care they needed.

*“Children are regularly weighed to monitor their health condition. Parents understand how to take care of their children. For example, they know how to cook nutritious porridge for their babies at home and grow their own vegetables”.*

**Chab, 31, a father of two daughters from Siem Reap**

## THE POWER OF CLEAN WATER

Most of the families use unsafe water from springs, streams, ponds or unprotected rainwater tanks. Many schools cannot provide safe water for their students, and most families in our working areas do not have latrines. Therefore, many people defecate in the open which is a normal and accepted practice. Poor hygiene and sanitation further worsens the health status of many children.

Low awareness of good hygiene practices and poor sanitation facilities leads to diseases, low school attendance and prevents children in Ratanakiri from reaching their potential.

In order to adapt good hygiene practices, we have conducted trainings in 115 villages, reaching 40,000 people. They are now aware of the importance of handwashing and the consequences of defecating in the open.

In 10 schools, we have set up a program to teach girls how to manage their menstruation. Focus groups were established to provide the girls with educational materials, and to give them an overview on disposal options of female sanitary products.



**WE BUILT**

**698**

**LATRINES**

# RAISING THEM WITH CARE

Half of Cambodian girls and boys under 18 years have experienced physical abuse. Children and youth have limited possibilities to participate in the society and their voices are not being heard. Major protection issues still exist in terms of sexual abuse, trafficking or domestic violence. Most of the victims of domestic violence are female. However, very often mothers are the perpetrators of first violence in a child's life. Mothers and fathers do not yet have a profound knowledge of positive parenting techniques.



Parents support groups were created to discuss topics such as violence against children or gender-based violence. Mothers and fathers have learned about positive methods of parenting and now support their children to go to school.

We have set up numerous children's rights clubs so that girls and boys become aware of their rights and make their voices heard. They have created plays and songs on this topic to raise more awareness within the community.

*"I am very happy to be a social worker because I am able to support children and women in my community who suffered from child abuse and domestic violence in families. I can provide the families with proper solutions and better mental health counselling."*

**Sokly, 24, a volunteer social worker from Tboung Khmum**

## SUPPORTING THE HEALTH OF MOTHER AND CHILD

The importance of ensuring good pre- and postnatal care for pregnant women and their children is not recognised in Stung Treng. Moreover, many parents in Stung Treng, lack basic knowledge about the importance of a balanced and nutritious diet for the long-term development of their children. As a result, high rates of malnutrition are prevalent in the community. Additionally, the isolated location of the region with poor infrastructure and health services

causes many problems for the health of the children and their families.

We have provided 35 courses to parents and local health staff on child feeding, growth monitoring, nutrition, supplementation during pregnancy and lactating period, and cooking demonstrations. We have also worked with health promotion activities with groups of pregnant and lactating women, as well as women in the reproductive age (15 to 49 years old).

*"After receiving the full treatment within three weeks my son's weight increasing from 8.5kg to 9.7 kg. I am happy to see my son get much better. I don't want him to get sick again, so I will keep trying to give him nutritious food regularly to help prevent him from suffering malnutrition again".*

**Dany, 24, a mother of a young child from Stung Treng**



# YOUR SUPPORT IS CHANGING LIVES

With your ongoing support, Plan International will continue to work with the children, families and partners in Cambodia to ensure that children's rights are respected and they are able to thrive.

In the coming year, we will continue to work towards ensuring that the children of Cambodia are able to learn at safe schools, with qualified teachers and a meaningful curriculum.

We have made progress towards improving the nutrition for the children in Cambodia, and we will continue to spread awareness about nutrition and good hygiene practices, with a particular focus on improving nutrition of children under 5 years old in the rural communities.

We will work to ensure that the children are protected from all forms of violence and harmful practices, e.g. child marriage, through inclusive and effective community-based child protection mechanisms linked to established national child protection systems.

We wouldn't be able to do this without supporters like you!



**1,074 PREGNANT WOMEN RECEIVED TRAINING ON NUTRITION, HYGIENE AND SANITATION IN SIEM REAP**

**483 PREGNANT WOMEN IN RATANAKIRI RECEIVED TRAINING ON HEALTHY UPBRINGING**

**WE ESTABLISHED 31 PARENTING GROUPS IN STUNG TRENG TO SUPPORT CHILDREN'S EARLY EDUCATION**

## MESSAGE FROM **BONA HANG**

Programme Area Manager, Siem Reap

"On behalf of Plan staff in Siem Reap, I would like to thank all sponsors for the support, which contributed to significant changes in the life of girls and boys, families and their communities."

## MESSAGE FROM **SOPHEAP LANG**

Sponsorship Manager, Tboung Khmum

"Thank you for your continuous support. We have improved the lives of many children in Tboung Khmum. With your donation the sponsored children and their families have benefitted and we are very thankful."

## MESSAGE FROM **MUNINT MAK**

Programme Unit Manager, Ratanakiri

"On behalf of Plan International in Ratanakiri, I would like to say thank you to all sponsors. Through your continuing support we can bring significant change to the lives of girls and boys, their families and communities."

## MESSAGE FROM **BUNTHOEUN PHEN**

Programme Area Manager, Stung Treng

"Thanks for your contribution to support our vulnerable children in the remote northern province of Cambodia. With all this assistance, we are able to implement the needed programmes, and what is most benefited to your sponsored child, families and their communities".