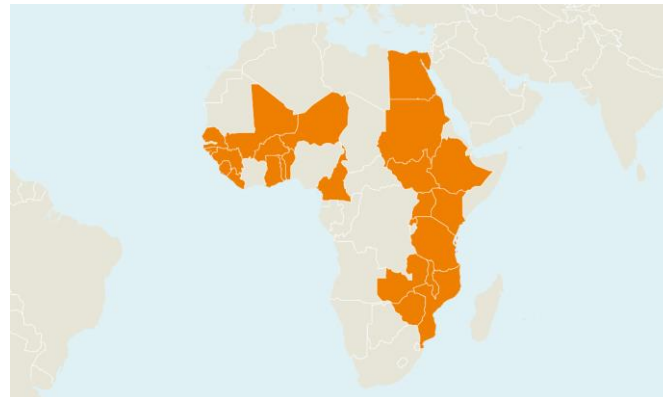


# ANNUAL UPDATE

# SENEGAL

## SAINT LOUIS



**Together with your sponsorship, children and families are making positive changes in Saint Louis. Learn more about the valuable ways we work with children and communities.**

Sunny Saint Louis is a hot, dry region in the north of Senegal. Here, young children under five make up nearly 20% of the population, and are statistically more likely to suffer from malnutrition than in other regions of the country. With your support, we are now conducting regular quarterly height and weight screenings for thousands of children in Saint Louis. 136 families with undernourished children received donations of goats, which will help them generate extra income.



**47,725**

Young children regularly screened for malnutrition



**81**

Young women developed skills in digital marketing



**191,933**

Households have mosquito nets to prevent the spread of malaria

**“AS PART OF PLAN’S NEW YOUTH RECREATION SPACE, WE REPAIRED OUR COMMUNITY’S HEALTH HUT.”**

– Sokhna, 13 years old, Sponsored Child





**NAME: NATHALIA**

**AGE: 16**

**DREAMS TO BE: A  
TEACHER**

**“AS A YOUNG GIRL IN THIS COMMUNITY, I NOW HAVE BETTER HEALTH, BETTER EDUCATION, BETTER PROTECTION AND MORE SELF-ESTEEM. I FEEL RESPECTED.”**

## Meet Nathalia

**Like the child you sponsor, Nathalia is taking steps toward achieving her goals.**

Children in Nathalia's community did not have safe places to play, so she took matters into her own hands.

## Fear Stops Here

For too long, Nathalia and her friends felt they didn't have anywhere to go during their free time. In their seaside community in Dakar, too many children had drowned while playing, and young people were beginning to fear the water.

Nathalia took it upon herself to collaborate with a network of current and former Sponsored Children, as well as Plan International, to support safer recreation for young people in her community. As a result, children, parents, teachers and local leaders held meetings to talk openly about child safety and protection. Community members then formed inter-generational Child Protection Committees, which established plans to report and resolve violations of children's rights.

## We Are Leaders

In addition to these meetings, Nathalia and her friends participated in workshops about adolescent and sexual health, which included empowering activities to foster communication and creativity.

While swimming safety was a key concern for Nathalia and her friends, they achieved so much more: today, Dakar's new Child Protection Committees have been able to intervene in a number of cases of children's rights violations.



*Nathalia is also passionate about dance and she is known for her talent and creativity.*

# OUR PROJECTS IN SAINT LOUIS ARE HELPING CHILDREN THRIVE



“I had tuberculosis,” Maïmouna tells us. “Thanks to Plan, I had free treatment which helped me recover from this illness.”

## TREATING TUBERCULOSIS



**In Senegal, cases of tuberculosis (TB) are on the rise.**

Since 2021, we have been working with community members of Saint Louis to conduct 12,657 home visits, where family members are tested for this life-threatening illness. We have also been working to share information about the disease – from its symptoms to prevention – through awareness-raising campaigns, which have reached 83,917 children and adults.

As tuberculosis remains high in certain populations and treatment is not always easy to access, our project helped detect 216 cases of TB in Saint Louis and connect sick patients with the care they need, free of charge.

## NO LONGER HUNGRY



**Close to 18% of children under five have stunted growth due to malnutrition.** More than 10% of children in the country are suffering from acute malnutrition.

This year, we are conducting monthly weight and height measurements for 6,151 children. Another 47,725 children are now being screened quarterly to ensure that they are not at risk of undernourishment. 2,715 children suffering from malnutrition are being supported by the donation of 8,109 kilograms of fortified flour, and 7,276 mothers learned more about the preparation of nutritious food for children under five years old.

“My sisters were malnourished. Plan provided our family with three goats, which have reproduced. Soon, selling these animals will help us pay for food and school.” - **Ndeye Fatou (15) from Saint Louis**



# YOUR SUPPORT MEANS BETTER FUTURES



The best is yet to come—and together we will continue to work for a brighter future for the children in Saint Louis.

- In this part of Senegal, 36% of girls are married before their 16th birthday. With your support, we will organise intergenerational forums to discuss girls' rights and sexual health.
- Over 15% of young adults in Saint Louis are unemployed. Next year, we aim to provide 200 at-risk young people with vocational skills, prioritising the training of young women.
- Women are particularly vulnerable to unemployment and poverty. In 2024, we will connect women in Saint Louis to 25 new financial literacy and savings groups.

Thank you for your continued support.



“Thank you to all of our sponsors for your support. Next year, we will focus our efforts on girls' education and vocational skills to make them more economically independent.”

**Papa Sidy Diop**  
Programme Area Manager

## THE PLAN EFFECT



Your sponsorship commitment becomes long-term change—providing help for self-help. We involve children at the centre of all projects, bringing effective and sustainable solutions to families and communities. With Plan's Effect, your commitment helps empower communities to transform their lives and futures.

## THE LAST 12 MONTHS



**MARCH**

**9**

Women received funding to start small businesses



**JULY**

**2,238**

Community members treated for tuberculosis



**NOVEMBER**

**48**

Girls drafted business plans for financial independence



**DECEMBER**

**7,726**

Mothers learned more about children's nutrition and health

