



TV

UNITED NATIONS NATIONS UNIES

UN In Action

Release Date: June 2016

Programme: 1519

Length: 3:50

Languages: Arabic, Chinese, English, French, Spanish, Russian

MOZAMBIQUE: HEALTHY LIVING

VIDEO

AUDIO

FISHERMEN

CATCH

ALIMA ARTUR IN VILLAGE

MUSIC

NARRATION

This fishing community on Mozambique's northern coast has been hit hard. People here are suffering from high rates of malnutrition. But that's not all. (9)

The greatest concern is the high rates of HIV infection and AIDS, the main cause of death in adults and young people across Mozambique. Poor nutrition makes it more difficult for people to fight the disease. (12)

Twenty-one year old Alima Artur is the daughter of one of these fishermen. A few years ago, she suddenly started suffering from an unknown illness. (8)

ALIMA ARTUR ON-CAM
HIV/AIDS PATIENT

ALIMA ARTUR: (In Portuguese) F

“I was very sad and desperate. My life was only about crying and thinking I am going to die.” (7)

ALIMA WITH ARLETE

NARRATION

All this changed the day Alima met Arlete Ana Abel from a project called Chapani. With support from IFAD - the International Fund for Agricultural Development and the Belgian Fund for Food Security, staff from Chapani work with villagers to combat the dual threats of HIV and malnutrition. (20)

When Alima tested positive for HIV and AIDS, Arlete encouraged her to form a support group. Alima chose her father and aunt who helped her to stay optimistic and healthy. In fact teaching people to eat well is an important part of Arlete’s work. (18)

ARLETE ANA ABEL ON-CAM
FIELD OFFICER, CHAPANI

ARLETE ANA ABEL: (In Portuguese) F

“I taught them how to enrich the food so as to lower her hemoglobin levels. Now they are eating other things like vegetables and not just fish.” (13)

WOMEN ATTEND COOKING SESSION

NARRATION

As part of the Chapani project, cooking demonstrations are held for everyone in the community. // The session today features the highly nutritious Moringa plant – a fast

MARIA

growing drought resistant tree unknown to many locally. Now it has become a popular item in the local cuisine. (20)

MARIA MACHAMBE ON-CAM
Housewife

MARIA MACHAMBE: (In Portuguese) F
“Now we see much less disease and the kids are not so sick.” (7)

ATTENDING TO GARDENS

NARRATION

Maria Machambe, who is not HIV positive, is learning to create her own garden with more than 6,000 other families in the area. (9)

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The idea is spreading quickly throughout the community with locally trained volunteers now leading the process. (6)

ROBSON MUTANDI ON-CAM
Country Director, IFAD

ROBSON MUTANDI: (In English) M
“They share the ideas with their neighbours and everyone gets excited and, for us, that is key. Once the community owns the process, they don’t need external people to tell them how to cook food, how to prepare it. They do it within themselves.” (13)

FISH

NARRATION

The success of the project has motivated IFAD to expand nutrition education across the nation over the next three years. (8)

WOMEN SINGING

Meanwhile Alima is playing a key role in spreading the word about healthy living. Through songs, she informs people about

safeguarding against HIV and AIDS, adopting healthy eating habits, and learning to cope with the disease. (14)

ALIMA ON-CAM

ALIMA ARTUR: (In Portuguese) F
“Someone could look to me and never imagine that I have this kind of problem. I am fine, did you hear me? I am really fine.” (9)

WOMEN SINGING

NARRATION
And with more than 10 per cent of Mozambique’s adult population infected with HIV, this message has never been more pertinent. (9)

UN LOGO

This report was produced by Jonathan Elliott for the United Nations. (4.5)