

Our mission “  
is to inspire  
breakthroughs in  
the way the world  
treats children  
and to achieve  
immediate and  
lasting change in  
their lives.”

**Save the Children**

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# HEALTH & NUTRITION IN VIETNAM



Save the Children



Save the Children's Health and Nutrition program in Vietnam aims to **improve the most vulnerable children's health and nutrition**, including adolescent sexual and reproductive health and mental health.

## WHY WE WORK ON HEALTH AND NUTRITION

**Maternal and newborn mortality rates remain high** in Northern mountain and Central Highland regions in Vietnam.

Only

**34%**

of ethnic minority women received the recommended standard Ante-natal care visits, most due to the fact that **Commune Health Centers are under-resourced** with inadequate specialized equipment, poor infrastructure and limited capacity of staff.

The stunting prevalence among ethnic minority children is **alarming** with the stunting rate in mountainous areas accounting for

**38%**

(NIN's survey – 2020)

**26%**

(UNICEF' study – 2021)

**Mental health problems** in children and adolescents are increasing due to stress, anxiety, depression..., with 26% of adolescent students are at moderate- or high-risk of mental health problems.

**6.9%**

Adolescent's knowledge and skills on **sexual reproductive health** (SRH) are still an issue in the country with about 6.9% of women aged 15-19 having sexual intercourse.

up to

**11.5%**

of H'mong women (one ethnic minority in Vietnam) have sexual intercourse before they reach 15 (UNICEF's Survey – 2020-2021).



## OUR TARGET GROUP

Children most impacted by malnutrition, lack of accessing to **healthcare services** (poor or near-poor, disabilities, ethnic minorities, migrants, orphans, LGBT...); **Government related agencies, Civil Society Organizations (CSOs)** and **corporates**.

## OUR INTERVENTIONS

Educate children on basic health related knowledge to enable them to protect themselves;

Improve capacity for medical officers to deliver quality medical services for children;

Empower children and their rights to participate in decision making processes;

Conduct effective program of School Health and Nutrition, Maternal Newborn care, Adolescent Sexual Reproductive Health and Mental Health and abstract lessons learnt to share with relevant stakeholders;

Advocate relevant Government authorities to replicate our best practice widely.



## OUR ACHIEVEMENTS



Since 1995, SC's child nutrition improvement model has contributed significantly to **reducing under-5 child malnutrition rates** in poor mountainous areas and sharing best practices for replication across many provinces. Especially since 2006, our successful maternal and neonatal care model named **"from home to hospital continuous care"** has contributed significantly to

improving the health of mothers and newborns, thereby contributing to reducing mortality for these people in disadvantaged areas. We are proud that **Ministry of Health in Vietnam** have **endorsed this model** and agreed to **develop guidance to guide other locations** to follow this.

Our intervention models have supported to **improve children's knowledge and skills in school health and nutrition** significantly. Besides, our approaches to strengthen Adolescent Sexual Reproductive Healthcare are also highly appreciated by our partners in many locations.

## WHAT SETS US APART

**01**

**Evidence-based** solutions to children and youth related issues.

**02**

**Innovative approach** that embraces global trends such as saving new-born lives, nourishing the youngest, sexual reproductive health rights, contraception by choice.

**03**

**Easy-to-adapt programs** that work in multiple contexts and can achieve results at scale.

**04**

**Long-term partnership** with reputable governmental and civil society organizations.

**05**

**Cost-effective approach** that generates exceptional return on investment (ROI) for positive development outcomes.

**06**

**Skillful and committed team** to deliver high impact programs.