



HOPELVB MODEL HOUSEHOLDS

Serving as Role Models and Teachers in Their Communities

ILLUSTRATING KEY BEHAVIORS

Model households are a key aspect of the Health of People and Environment in the Lake Victoria Basin (HoPE-LVB), an integrated Population, Health, and Environment (PHE) project with sites in Kenya and Uganda.

Model households are trained in multiple project activities to illustrate behaviors that allow families to thrive without taking a toll on their environment and natural resources.

Model households exhibit positive behaviors, including practicing sustainable agriculture and resource planning, adopting alternative livelihoods, prioritizing reproductive health and family planning, and investing in clean water for drinking, cooking, and washing.

MOTIVATING HOUSEHOLDS

Each model household is assigned a grade (A/B/C or Gold/Silver/Bronze), based on their ability to meet various criteria. All households are encouraged to reach a higher grade. As the number of model households grows, households are grouped into “clusters” and represented by a cluster leader.

Model households record the level of interest among community members in joining the model household project, and these data are shared with HoPE-LVB field officers.

A SOURCE OF PRIDE AND MOMENTUM

Having met a set criteria—including the use of a sanitary latrine, compost pit, energy-saving stove, hand washing, family planning, and more—these model household participants have become some of the project’s greatest PHE champions and change agents. All model households are open to the community as learning sites for integrated health and environmental practices. At any time, neighbors can visit a model household for demonstrations on and knowledge about healthy sustainable practices. Each visit is recorded in a “visitors’ log book,” enabling model household participants to track and follow up with their neighbors.

SCALING UP WHAT WORKS

HoPE-LVB has incorporated a cascade system for recruitment to model household activities in both countries, growing the number of model households and paving the way for

scale-up and expansion of sustainable healthy practices and behaviors.

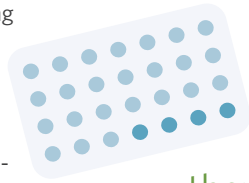
SPOTLIGHT: JUMA MPUNI'S STORY

Juma Mpumi is head of a HoPE-LVB model household in Mubembe village, Jaguzi parish, Uganda. He is also Deputy Local Council III Chairman and a champion for the project. He praises the HoPE-LVB project because it has improved life for him and his family.

“I have benefited from the various trainings conducted by the HoPE project,” Mpumi says. “From family planning to conservation of natural resources and livelihoods. I regret that if I had been exposed to this knowledge earlier I would be a much wealthier person by now.”

Mpumi is enthusiastic about educating members of his community about family planning. “As a model home and local PHE champion, I strongly advise the young people to plan well for their families in terms of the numbers they can manage, spacing of children, and to access and use family planning services. I pass on family planning messages in all kinds of gatherings, and to those who come to visit our home.”

Recognizing the importance of integrating population, health, and environment, Mpumi says, “The message goes beyond this to include land-use planning, conserving nature, and agroforestry practices. These practices—I don’t preach them by using my mouth alone. I have personally demonstrated them in my home, together with my wife and children. Whoever visits my home gets practical knowledge on how much *people* need the *environment* and how both need a balance to coexist.”



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One of his most successful endeavors has been the tree species he has planted using sustainable agricultural practices like application of manures—providing great benefits to his banana plantation. The new trees are conserving water, providing fertility to the soil, and have resisted the wind well. The yield of bananas has increased, allowing the family to build a new home.

“The new house has improved shelter for my family, and we are proud of it.”

The HoPE-LVB model household activity is improving lives and livelihoods for participant families and their communities.

Mpumi says, “We are going to continue to use knowledge provided by the HoPE project, and I am sure Jaguzi will not remain the same.”



To date, HoPE-LVB has established and trained **1,804** model households—learning sites for healthy, sustainable behaviors.



Ali (top left), Max (top right), and Gertrude (bottom) are all proud to be heads of model households

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