

SHINE-C: Strengthening Health, Improving Nutrition and Empowering Community.

KEY INFORMATION

SECTOR Nutrition and Social Inclusion

LEAD PARTNERS ChildFund Australia

DURATION October 2025 – September 2028

PROJECT LOCATION Timor-Leste (Ermera and Ainaro Municipalities)

TOTAL BUDGET EU EUR 665,000

TOTAL BUDGET EUR 715,000

DATE 07-11-2025

Background

Timor-Leste has made progress since independence, yet it continues to grapple with severe malnutrition, particularly among children, suffering one of the highest rates in the Asia-Pacific region. Key contributors to malnutrition include limited food security, inadequate WASH (Water, Sanitation, and Hygiene) facilities, and poor knowledge of nutrition and maternity healthcare. Alarming, many women miss essential antenatal visits and do not give birth in healthcare facilities, leading to a high percentage of maternal deaths from pregnancy complications.

In Ainaro, malnutrition is prevalent, affecting 60.3% of children under five. Only a fraction of infants receives proper breastfeeding, while food introduction and meal frequency remain below optimal standards. Women of reproductive age also face nutritional challenges, exacerbated by high food prices and climatic shocks. The same issues extend to Ermera, where undernutrition is rampant, influential factors include poor initial breastfeeding practices and low dietary standards.

Although there have been policy improvements regarding disability inclusion, people with disabilities (PWD) encounter substantial barriers in accessing healthcare due to inaccessible infrastructure. The government's strategic plans aim to reduce mortality rates and achieve universal health coverage. Yet, regions like Ainaro and Ermera struggle with food security and clean water access, further strained by economic challenges and climate conditions. Addressing these interlinked issues is crucial for advancing health outcomes and overall well-being in Timor-Leste.



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Project Details

The SHINE-C initiative aims to address significant knowledge gaps in health, nutrition, and livelihoods identified among target groups in Timor-Leste. The Action will employ strategies focused on:

- (i) improving understanding of integrated nutrition, WASH, and sexual reproductive health to foster healthier behaviors at individual and community levels;
- (ii) enhancing access to quality primary healthcare services, particularly for vulnerable populations such as children and women, by boosting the capacity of healthcare workers;
- (iii) improving food security through access to nutrient-rich foods via sustainable farming and clean water.

The initiative aims to improve nutritional and health outcomes by addressing gaps through collaboration with stakeholders, including the Ministry of Health. It builds on previous successful interventions by ChildFund and the Alola Foundation, focusing on the needs of children, adolescents, women, and families in two municipalities.

The project targets undernutrition among vulnerable groups, including women, children, and individuals with disabilities, through interventions at individual, family, and community levels. It promotes sustainable change by equipping farmers with skills for sustainable agriculture, enhancing nutrition and economic stability. Additionally, it provides training in nutrition, WASH, and Sexual and Reproductive Health to healthcare workers and educators, empowering them to make a direct impact on community health.

CONTACT DETAILS

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Expected results

The Action is set to bring significant health and nutritional improvements to approximately 25,040 beneficiaries across two municipalities through targeted interventions. Key groups poised to benefit from this initiative include:

1. **Children Under Five:** With a focus on the critical formative years, 2,000 children will receive support to enhance their nutrition and health, ensuring they start life with a strong foundation, irrespective of gender or abilities.
2. **Pregnant and Lactating Women:** 2,000 women will be engaged in programs to bolster nutritional practices, benefiting their health and that of their families.
3. **Parents and Caregivers:** 2,000 caregivers, particularly those in remote regions, will gain essential insights into health and nutrition to better support their families.
4. **School Students:** Knowledge dissemination efforts will reach 1,600 students across 16 schools, empowering them to tackle health and nutrition issues effectively.
5. **Healthcare Workers:** A group of 30 primary healthcare workers across three community centers will be trained to provide enhanced health services, making a significant impact at the community level.
6. **Community Health Workers:** 180 community health workers, including various support roles, will receive resources to strengthen local health initiatives.
7. **School Teachers:** 48 teachers will acquire improved teaching skills in nutrition, WASH, and SRH, enhancing their capacity to educate students effectively.
8. **Local Farmers:** 2,160 farmers and their households across 12 villages will be supported to adopt sustainable farming practices, improving their nutrition and economic stability.

PROJECT PARTNERS

ChildFund
Timor Leste



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