

A close-up photograph of two hands, one above the other, holding a small amount of white rice grains. The hands are dark-skinned and the background is blurred, suggesting an indoor setting. The image is split vertically by a dark grey line.

Report  
Nutritional Study

CANTEEN AND SCHOOL HYGIENE

# Context: Burkina Faso

CAT SYA continues to provide support on the ground, with projects such as School Canteen & Hygiene, which improve food and child health.

## Current situation

Burkina Faso is experiencing a serious crisis of insecurity, caused by armed terrorist groups, especially in the north and east of the country. Between 2019 and 2023, many people died in terrorist attacks, making it the country with the most victims from this cause. In addition, since 2023 it has topped the list of the most neglected internal displacement crises (NRC, 2024).

**Agriculture, the country's economic pillar, has suffered serious damage, which has led to an increase in food prices and an increase in poverty.**



CAT  
SYA

2,7 M

people need  
Food aid

43.000

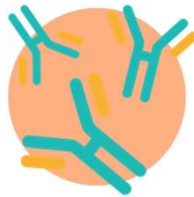
people live with extreme  
malnutrition.

32%

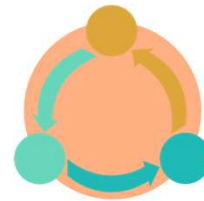
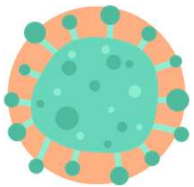
of children with stunted  
growth due to malnutrition

# EFFECTS OF MALNUTRITION

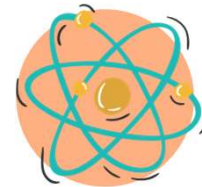
**Weakening of the immune system:** increases vulnerability to serious infections due to lack of essential nutrients.



**More serious and long-lasting infections:** Malnutrition aggravates diseases such as diarrhea, causing more intense and persistent symptoms.



**Disease-malnutrition vicious circle:** Infections hinder nutrition and at the same time malnutrition weakens the immune response, maintaining the risk of new diseases.



**Development impact:** it slows down physical growth and affects cognitive development, conditioning learning and the educational future.

# Canteen and School Hygiene

The project was born in 2017 with the aim of contributing to the integral development of children in Burkina Faso, promoting healthy eating and the incorporation of basic hygiene habits.

Through the school canteen, the project guarantees a daily meal for children and young people, while promoting hygiene education as a key tool to improve the health of students.

In 2020, the need to collect indicators to assess their impact and know the state of health of children and young people was identified. This information is essential to be able to design actions adjusted to the real needs detected.



# Objectives of the project

## General Objective

To analyse the impact of the "Canteen and School Hygiene" project on the health and academic performance of children and young people, through the application of a rigorous scientific protocol.



# Objectives of the project

## Specific objectives



1. To assess the state of health of the students, including nutritional level, eating habits and pathological history.
2. To identify the multiple factors that influence the health and academic performance of students.
3. Collaborate with the Kotedugú health center in the collection of data.
4. Analyse academic level and school absenteeism.
5. Raise awareness about the effect of climate change on food security.



# Interventions carried out (2021–2024)

- 198 children monitored at the Kotedugú "B" school since the 2021-2022 academic year.
- 3 health and food monitoring (2021, 2022, 2023).
- 3 deworming carried out (2022, 2024), reaching more than 400 students.
- Coordination with local entities to improve the school diet and promote hygiene.



# Main results

Period 2021-2023

## Health and food:

- 69.3% suffer from frequent diarrhea, 83.7% headaches, 49.5% muscle weakness.
- Low consumption of animal protein and vegetables.
- 4.9% are malnourished, 93% are healthy weight.

## Deworming:

- 59% have recently suffered from malaria.
- March 2024: 28.4% with intestinal infections. (Entamoeba, Giardia, Trichomona)
- Generalized treatment with Albendazole following the WHO recommendation.

## Education and Performance:

- Girls have slightly better grades.
- The school canteen has improved attendance (about 100%) and reduced absenteeism.
- 9.2% have vision problems, aggravated by lack of light at home.



# Featured Community Interventions (2024)



- Consolidation of the habit of hand washing with handmade soap made by women from the village.
- Stool analysis.
- Mass education and deworming campaign with the consent of families.
- Creation in the communities of educational murals transmitting the importance of hygiene for health.
- Public conference on hygiene, health and food, with institutional participation.

# Conclusions and New lines of action



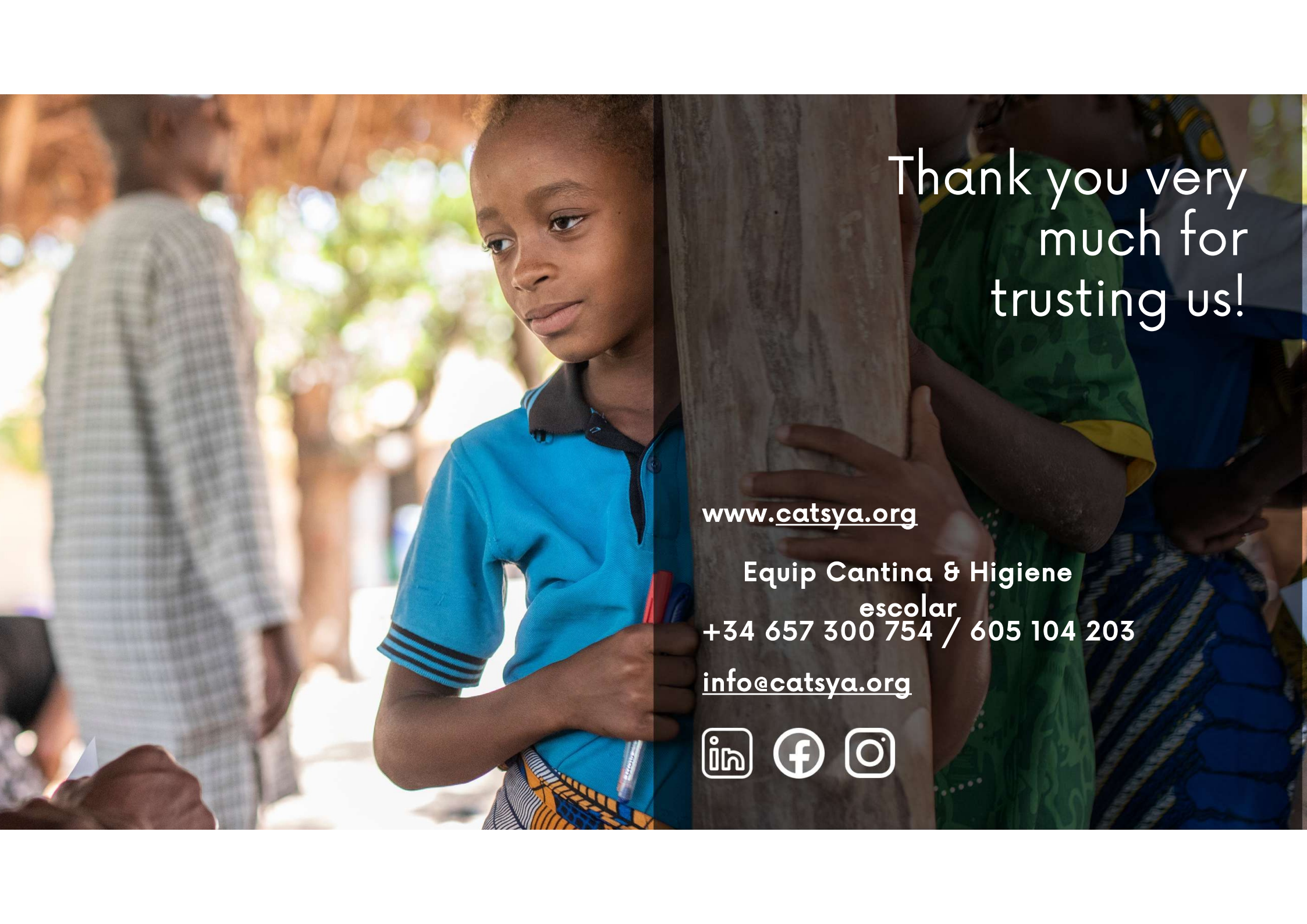
## Conclusions .....

- Improved nutrition and hygiene habits promote health and academic performance.
- The commitment of the community and local authorities is key to the sustainability of the project and the study.

## New lines (2025 - 2026) .....

- Personalized care for children with health problems.
- Periodic deworming following the recommendations of the WHO.
- Continuity of the school canteen with institutional support.
- School hygiene and food education campaigns.
- Ophthalmological study to detect vision problems.
- Impact assessment scheduled for November 2025.
- Extension of the project to new schools.





Thank you very  
much for  
trusting us!

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