

## Executive Summary



As more people in Pohnpei change their diets from local to imported foods, more nutrition-related sicknesses are surfacing. IFCP was created to slowly reverse this trend and hopefully lead people to live healthier lives. IFCP is an agriculture, health and education based organization, which has been vested with such roles and responsibilities to educate the people of Pohnpei about the relationship between diet and health, and to help attain economic benefits and cultural preservation by using local foods.

Over half of the children in Pohnpei have Vitamin A deficiency, causing them to be more vulnerable to infections, blindness, and death. Anemia (weak blood) is common among children and women and causes decreased work capacity and in children is a problem in cognitive development. Dietary and lifestyle changes have led to overweight and obesity problems, and the present epidemic of diabetes, heart disease, and certain cancers. Scientific research suggests that foods rich in nutrients (including provitamin A carotenoids), can help protect against vitamin A deficiency, anemia, diabetes, heart disease, and certain cancers.

**Obesity is a legacy of eating unconsciously, driven on compulsive urges toward the culinary delights of the modern times.**

As Pohnpei has an abundance of vitamin-rich local foods growing all over the island, then why are we having such health problems? The common response is that we are gradually shifting from a subsistence lifestyle to a more cash-based economy and that imported foods are often a preferred food due to their convenience. A lack of awareness of the values of local food may also be related to the neglect of local foods. The change of lifestyles and decreased exercise is also related to the increase in certain diseases. We need increased exercise in order to protect us against chronic diseases, including diabetes and heart disease. Greater involvement in growing and preparing our own foods would provide us that needed exercise.

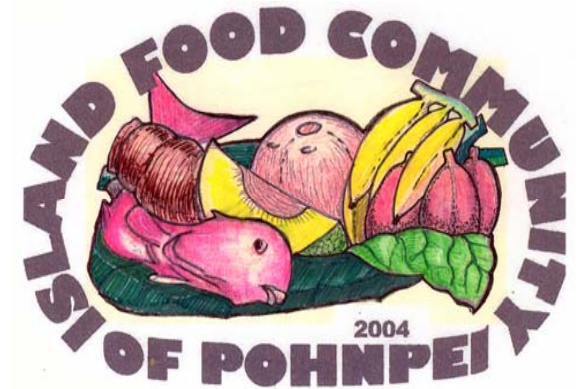
IFCP was established to help raise public awareness of the nutritional value of local foods. IFCP is now working hard to promote production, use, marketing, and preservation of locally grown foods to ultimately prevent and combat the rising number of cases of Vitamin A deficiency, anemia, and relevant chronic diseases while continuing to preserve the cultural practices of Pohnpei.

## TAIWANG BANANA PANCAKES



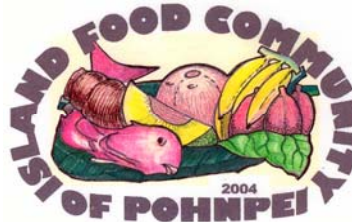
3 cups	flour
1 or 2 cups	ripe <i>Taiwang</i> banana
3 teaspoons	baking powder
3 tablespoons	sugar, if desired
2 cups	water, or as needed
1-3 tablespoons	oil for frying

1. Mix flour, baking powder and sugar together.
2. Add water to the flour mixture and mix well.
3. Mash banana and mix into the flour and water mixture.
4. Coat the frying pan with enough oil for lightly frying.
5. Add a few spoonfuls of batter and fry, one side at a time.
6. Serve. (butter and syrup are optional, but not recommended for people with heart diseases and/or diabetes.)



Revised Brochure Published: 2005 Artist: Wehns Billen

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### Specializes in -

- Research of local foods
- Public awareness on the importance of production and consumption of local foods
- Training on nutrition
- Conservation of rare varieties
- Food preservation and processing

## **The Island Food Community of Pohnpei**

(IFCP) is a non-profit, chartered nongovernmental organization (NGO) in Pohnpei, Federated States of Micronesia, located in the western Pacific Ocean. It first met on October 16, 2003, World Food Day, and was chartered in 2004 with elected officers and adopted by-laws to undertake activities necessary to fulfill the following:

### **Vision**

*To live in a productive environmentally sound island where a diversity of locally grown island food is produced and consumed, providing food security, sustainable development, economic benefits, self-reliance, improved health, cultural preservation, and human dignity, and at the same time protecting the natural resources.*

### **Mission Statement**

*The IFCP promotes the production, consumption, local marketing, and if feasible export of locally grown island foods in order to regain the dignity of relying on home food production, attain a greater degree of food security for the state, rescue cultural values, and improve the health of the people, based on community participation and empowerment.*



*Karat Pako* (left-rough skin) and *Karat Pwehu* (right-soft skin)

## **Who are the board and general members of IFCP?**

- Adelino Lorens - Chairman
- Bill Raynor - Vice-Chairman
- Dr. Lois Englberger - Secr/Treasurer, Research Advisor
- Dr. Rufino Mauricio - *ad hoc officio*

Currently, IFCP has 30 general members from throughout the Pohnpei community. New members are always welcome!!

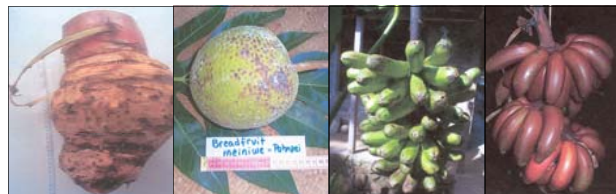
## **Who is funding IFCP projects?**

The IFCP is currently carrying out projects funded by: the Centers for Disease Control and Prevention (CDC), United Nations Children's Fund (UNICEF), Sight and Life, Australian Government, New Zealand Government, Secretariat of the Pacific Community (SPC), Pacific Agriculture Plant Genetic Resources Network (PAPGREN), Pacific German Regional Forestry Program (PGRFP), and the Centre for Indigenous Peoples' Nutrition and Environment (CINE). We warmly thank them for their generosity and support.

## **Why is IFCP needed in Pohnpei?**

- To combat the rising number of cases of diabetes, heart diseases, cancer, Vitamin A deficiency and anemia among children and adults through promotion of locally grown foods
- To research the nutritional values and benefits of local foods and ensure food security
- To increase public awareness of local foods and importance of proper nutrition
- To promote production, use, marketing, and preservation of locally grown foods
- To preserve the cultural practices of Pohnpei

## **IFCP projects include:**



Giant swamp taro

Breadfruit

*Peleu*  
Banana

*Akadahn*  
*Weitahtha* Banana

- World Food Day – Agricultural Fair
- Production of awareness materials
- Documentation of local food crops
- Conservation of rare varieties of local food crops
- Development of small-scale food processing



World Food Day 2004. An IFCP-coordinated event .



Small-scale Food Processing Workshop 2004.  
An IFCP-coordinated event.