Health In Harmony
Regenerating rainforests by listening to communities

Health In Harmony
Program Overview

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Introduction

This document provides an overview of Health In Harmony and the work of our sister organization Alam Sehat Lestari (ASRI).

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Welcome

Welcome to Sukadana! Health In Harmony’s partner, Alam Sehat Lestari (ASRI), is a pioneer in Planetary Health, and an innovative example of sustainability for communities world-wide. Thank you so much for venturing to a remote corner of the globe to see our work in action.

We’re excited for you to experience first-hand how we reverse tropical deforestation by radically listening to logging communities in order to facilitate and invest precisely in locally-designed solutions. In Borneo, the unique and disruptive way Health In Harmony works beside rainforest communities has reversed poverty, halted illegal logging, catalyzed forest regrowth, and protected habitat for 2,500 of the world’s remaining endangered Bornean Orangutans.

As you may know, the next 10 years are crucial for the future of life on our planet. Average global temperatures are rising, taking a serious toll on human health and our living environment. In order to avoid the effects of runaway climate change due to global warming, we must drastically reduce the amount of carbon dioxide in our atmosphere.

And rainforests, it turns out, are one - maybe the - key to ensuring a safe and healthy climate. This is due to the amount of carbon these forests draw out of the atmosphere through simple photosynthesis.

You are about to explore a pathfinding approach to conserving and restoring critical rainforest ecosystems. I know you are about to have an incredible (and fun!) journey and will feel inspired and hopeful for the future. I am excited for you to experience:

- The unparalleled beauty and biodiversity of the Bornean rainforest.
- The possibility for logging families to experience a just transition from extractive livelihoods to restorative livelihoods that work for people and planet.
- Incredible success stories - ASRI is protecting 34 old growth trees per day, and I hope you leave ASRI appreciating the connection between rain forest protection and the lives saved in the clinic, non-cash payment options for health care, seedlings planted, healthy babies delivered, chainsaws decommissioned forever, and children educated.
- The value of replicating our innovative model in rainforests globally - which we’re already doing at our second site in Borneo (Bukit Baka Bukit Raya National Park) - and with rainforest communities in Madagascar and Brazil.
- How you might be inspired to engage in this work for the planet. I look forward to talking to you after your trip about your interest in collaborating with Health In Harmony.

We’re grateful to consider you a partner in this work. Again, I look forward to talking with you when you return to hear your impressions and feedback on our work, the highs and lows of your experience, and ways you’ve been inspired to take part.

Bon voyage!

Jonathan Jennings
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Our story

The vision behind Health In Harmony began in 1993, when a Reed undergraduate biology major, Kinari Webb, traveled to West Kalimantan, Indonesia to pursue her dream of studying orangutans. There, she experienced the splendor of the rainforest. But she also saw that orangutans were losing their habitat at an alarming rate, the sound of chainsaws was always nearby.

To protect the orangutans, she would need to listen to and work with the people who steward their habitat. Kinari met many villagers who lived near the rainforest. In general, they lived in poverty and lacked adequate health care. What care they had was expensive, far away, and low quality. She also learned that these individuals often had no choice but to cut down trees to pay for treatment. Kinari realized that their lack of access to care, not ignorance or apathy, was driving deforestation.

She went back to the United States and earned a medical degree from Yale University, and completed her family medicine residency in California. During her years of training, she decided to move to Indonesia full-time. She was determined to help people in rural Borneo get better health care, and also to conserve habitat and wildlife in the rainforest. After volunteering with many international NGOs after the devastating 2004 Aceh tsunami, Kinari saw that most nonprofits are not able or willing to implement community solutions and were ultimately limited in their impact - she realized she would have to start her own to truly save the rainforest.

After founding Health In Harmony in the United States in 2005, Kinari returned to West Kalimantan in 2007. Kinari searched to find a place with 1) a significant human health need, 2) viable forest under threat, and 3) an engaged local government. After traveling extensively around the region, she chose Sukadana. The city not only met these criteria, it was adjacent to Gunung Palung National Park (GPNP), an important habitat for approximately 2,500 orangutans.
Kinari, Dr. Hotlin Ompusunggu, and Dr. Toni Gorog established Health In Harmony’s pilot program, Alam Sehat Lestari (ASRI), with conservation guidance and leadership from rainforest expert Dr. Cam Webb. Together they facilitated more than 400 hours of radical listening with the communities around GPNP. Limited access to health services, high healthcare costs, and a lack of alternative livelihoods were the reasons people logged in the national park. With high quality, affordable health care and organic farming, the communities said they could put down their chainsaws and live in harmony with their environment.

Based on the results of these discussions, in 2007, ASRI opened a clinic to provide high-quality, affordable health care for all community members. People no longer had to choose between their health and cutting down trees in the forest. Guided by community design, ASRI established medical and conservation programs that work in harmony with each other. Today, Health In Harmony continues to support the program work, data collection, and research of its partner, ASRI.

Meanwhile, our goal is to establish new partnerships around the world. By listening to community needs, we can protect additional high-value ecosystems. We are also gathering evidence to prove the effectiveness of our unique model and understand the critical and scalable elements. As we grow, we are working in new sites and will establish programs that address both human and eco-system health. Health In Harmony has a growing staff based all over the world.

In 2008, Health In Harmony received the Mongabay “Innovation in Conservation Award”. We have been nominated for the Classy Awards twice, in 2014 and 2017. In 2014, Kinari won an Ashoka Social Entrepreneur Fellowship and was selected as Rainer Arnhold Fellow by the Mulago Foundation. Our work has appeared in BBC, PRI The World, NPR, HuffPost Live, Voice Of America, PBS NewsHour, The Lancet, Sierra Magazine, O Magazine, and TEDx, among others.
Radical listening is the most important aspect of HIH’s work. We believe that communities know the root causes and therefore the solutions to their social and environmental problems. We listen to their ideas and implement them. This is our approach and the foundation for ASRI's programs. This method allows us to see the intersection of health, environmental, and economic issues and address them effectively to protect earth’s critical ecosystems.

Radical listening can have a transformative impact on international development programs, conservation initiatives, or Corporate Social Responsibility (CSR) plans. Radical listening is more than communication. It's a unique approach to community engagement that generates win-win solutions.

Radical listening is trusting community members to be the best solvers of their problems. It means facilitating community consensus about root causes and implementing their solutions. Radical Listening is not a one time intervention, but an iterative process that continuously improves programs over time. It offers a simple but holistic and effective approach to problems like poverty and environmental degradation. Through radical listening, communities will own, build, and sustain the solutions they design.

If scaled, these solutions can produce amazing results in human development, conservation, or CSR initiatives. In fact, we've seen great interest in our radical listening methodology around the world - recognized more and more for its application across public and private sectors, and we are teaching clients all over the world how to practice radical listening with communities.

You can learn more about Radical Listening and register for a free webinar at www.radicallistening.org
Expanding our model

Our work in Borneo has protected thousands of acres of critical habitat, kept tons of carbon in the ground, and saved lives. With less than years to halve human carbon emissions, rain forests play a critical role in the planet’s future. Health In Harmony has a model of protecting these crucial ecosystems and carbon sinks in a way that improves the lives of previously marginalized communities. We believe we have an imperative to replicate this success in more tropical rainforests and ultimately scale it around the world.

In September 2018, we initiated work at Bukit Baka Bukit Raya National Park (BBBR), a 181,090 hectare protected area in West and Central Kalimantan that is an important orangutan translocation site. As in Gunung Palung National Park, vulnerable communities that live close to the rainforest participate in logging and hunting to pay for their basic needs, particularly healthcare, because they have limited alternatives to generate income.

We began work at BBBR with the provision of healthcare through monthly mobile clinics and the placement of two midwives in the local villages.

We are now working to emphasize community health and focusing on conservation interventions, including alternative livelihood training, peer-to-peer training support, establishment of alternative payment methods for healthcare (including handicraft, seedlings, and manure), and development of seedling nurseries.

The expansion to BBBR, Manombo Special Reserve in Madagascar, and the Brazilian Amazon are part of an effort to replicate and test our Planetary Health model. We hope to impact millions of people as we scale this approach, which conserves highly biodiverse rain forests that sink global carbon emissions from around the world and provide necessary habitat for endangered species like the orangutan.
Health In Harmony and ASRI work hand-in-hand. Health In Harmony leads the strategic direction, global focus, and growth priorities, while ASRI operates the Community Medical and Training Center, as well as conservation and alternative livelihood programs in Indonesia.

Health In Harmony’s work includes monitoring and evaluation expertise, impact assessment, and communication of ASRI’s successes and outcomes, managing an exchange program that brings medical professionals and students to ASRI, and developing partnerships and fundraising.
In the 2006 Radical Listening meetings, accessible and affordable healthcare was the greatest need communities expressed and the biggest barrier they had to conserving the rain forest. ASRI Clinic was founded in 2007 with official support from the regional health department in order to reach the organization’s vision – a healthy world community, where people are able to conserve forests, ecosystems, and water sources. ASRI is short for Alam Sehat Lestari, which means ‘healthy nature everlasting’ - the acronym, ASRI, itself means ‘beautiful’.

By leveraging healthcare as a valuable resource, ASRI has developed strong relationships with its partner communities. Together, they developed programs that reflect both ASRI’s conservation mission, and the needs of the individual communities.

Gunung Palung National Park was selected as a site because of its incredible rainforest conservation value, the high illegal logging threat, the government support, and the need for healthcare. Transportation by road or boat is possible to all the villages within one days travel (although staying over-night is required for the more remote villages). Access all the way around the park is important as it has meant that we can monitor logging in all the villages and not fear that a reduction in one area means an increase in another area.

The communities surrounding the park are ethnically and religiously diverse. Melayu, Dayaks, Javanese, Chinese, Madurese, Bugis, and Balinese live together, and practice Islam (90 percent), Christianity, Buddhism, and Hinduism. Approximately 103,000 people live in the main district.
In October 2016, the ASRI Clinic moved from a small house to a larger, new building. The new building has space to treat more patients and to provide comprehensive medical services. While ASRI is currently functioning as an expanded clinic with inpatient and outpatient care, including midwifery and dentistry, the future hospital will include an X-ray machine, operating room, Intensive Care Unit (ICU), Newborn ICU, and isolation room.

ASRI provides quality care by treating not only the symptoms, but also their root causes of health challenges. ASRI’s doctors understand their patients’ medical and personal histories, and ensure that patients understand their illness from cause, to diagnosis, to treatment.

Effective communication with patients is a vital part of ASRI’s work because the modern medical process can be confusing for families who receive care from traditional healers.

ASRI and Health In Harmony’s core values include the interdependence of human and environmental health, respect, and capacity building, all of which are on display in the ASRI staff and culture. Conservation, healthcare, and general management staff all start their day together in an egalitarian morning meeting where everyone has the opportunity to share ideas and challenges. We know from practicing Radical Listening that effective solutions come when everyone has a voice, and we reflect this in daily interactions among staff, patients, and community members.

As a growing clinic, the facilities and resources to treat all patients are not always available. Sometimes patients need a treatment that ASRI cannot provide, but they cannot afford the treatment at another facility. ASRI is working to increase the number of services available for patients to meet their needs in a way they can afford without logging.

ASRI’s conservation model is based on healthcare as an incentive. By providing high-quality healthcare and non-cash payment options and discounts, ASRI is able to curb deforestation with collaboration from local communities.
ASRI's non-cash payment option improves access to healthcare for people with limited economic resources.

Patients can pay for healthcare with goods such as woven mats and baskets, organic compost, seedlings, and labor in the organic garden.

These payments then drive the success of other programs; for example, seedlings are planted to reforest sites in the national park, and compost is used by farmers.

ASRI monitors deforestation indicators in the villages around the national park, and healthcare discounts are applied for people from villages with little to no logging. For example, people from logging-free villages receive a 70 percent discount.
Impact

Since the start of ASRI in 2007, over 75,000 patients have been treated. In 2020, ASRI treated 3540 patients and received over 28,000 seedlings of 42 different species in exchange for high-quality healthcare. Other forms of non-cash payment included handicrafts, livestock manure, and rice hulls which are used to amend the soil as organic compost.

This program makes healthcare accessible to all, meaning people no longer need to log illegally to pay for their families' health needs.

Professional Healthcare

Part of the problem communities identified in initial Radical Listening meetings was not just access and affordability of healthcare, but also its quality. Even if you could be seen by a doctor, you might not receive the correct diagnosis or treatment.

When we started the clinic, preventable and treatable diseases like malaria and tuberculosis were common and maternal and infant mortality rates were high. We addressed this by hiring smart, young, eager Indonesian doctors and creating a 6+ week professional exchange program with Western medical professionals - the Indonesian doctors learn diagnostic and treatment skills, while the visitors learn about tropical and low-resource medicine.

Today, infant and childhood mortality rates have improved, malaria and tuberculosis are effectively treated and disappearing, and disease indicators are declining.
ASRI's mobile clinic provides basic health care to remote villages that have limited access to the clinic in Sukadana. The mobile clinic visits one remote village once per month. As road conditions have improved, the travel time to the clinic in Sukadana has decreased, making it possible for more people to access the clinic. The mobile clinic continues scheduled visits to Pangkalan Teluk, where the surrounding smaller villages are served.

Mobile clinics are set up in a neutral and practical space in the village, where community members feel welcome and comfortable, and there is access to a working generator. ASRI's visiting team includes a doctor, pharmacist, two nurses, and a driver.

Medical examinations and non-urgent treatments are available for patients at the mobile clinic, and a dentist is available three times a year. The team brings small amounts of all of ASRI's medications in preparation for a variety of patients. It is not possible to bring heavy or expensive equipment such as an ultrasound or an inhalator, so patients needing further medical treatment are advised to make the trip to the clinic in Sukadana or the public health center.

Non-cash payment options are available for patients, and those who choose to pay in seedlings can have ASRI's reforestation staff pick them up. On average, ASRI conducts more than 800 patient visits per year with the mobile clinic.
Ambulance

The ambulance is an ASRI service that is available 24 hours a day. It serves as a patient shuttle to and from ASRI Clinic for patients who have no vehicle or who live far away. It is also used to transport patients who are referred to another facility. The cost of the ambulance service is relatively low, and patients can use non-cash options for payment.

Laboratory

ASRI Clinic has a laboratory that does basic tests such as routine blood tests, urinalysis, blood sugar checks, gram stains, malaria smears, TB tests, and other diagnostic tests. ASRI laboratory works with other health agencies in Kayong Utara regency.

Eyeglass Distribution

Eyeglasses are distributed to patients on Tuesdays and Fridays every week. Patients are examined by the ASRI team prior to trying on the available glasses, collected and donated by elementary schools, religious communities, and other supporters around the world.

Family Planning

The Indonesian government has a family planning campaign that encourages families to have a maximum of two children, with the idea that smaller families are healthier and more prosperous. To help achieve these national objectives, ASRI Clinic has offered free family planning services since 2009.

Family planning options include: pills, Depo Provera shots, condoms, and IUDs. These are all provided free of charge, by partnering with the health department and the national family planning campaign. Family planning services are offered at the ASRI Clinic, as well as at mobile clinic services.
DOTS

Tuberculosis (TB) is a serious, communicable infection spread between people by coughing. There is effective treatment available, but it requires multiple antibiotics that must be taken over a period of months. If the antibiotics are taken inappropriately, the bacteria can become resistant, spread more uncontrollably, and in many cases, lead to the death of the infected person. It is, therefore, critical to both the health of the patient and the community that patients receive proper treatment.

ASRI’s DOTS (directly observed treatment, short-course) workers travel by motorbike to visit patients regularly in their homes and support them throughout the course of the treatment. Their relationship with the patient is vital, especially in rural villages where the understanding of illness and treatment can be limited. They ensure that the medication is taken correctly and that the treatment is completed, and answer patient questions and concerns.

Before the DOTS program, the dropout rate for TB patients was 50%. For the last several years, ASRI has maintained a drop-out rate of less than 2%. This is remarkable for Indonesia, which has one of the highest rates of TB in the world.

Immunizations

ASRI offers immunizations on the third Friday of each month. Immunizations are free through our partnership with the Kayong Utara Health Department.

ASRI Clinic reports data to the health department, who reports it to the Ministry of Health. Our immunization program aims to reduce the mortality rate of mothers, infants, and children under 5. Some of the diseases that can be prevented by immunizations are TB, diphtheria, pertussis, measles, tetanus, and Hepatitis B.

Health Education

ASRI Clinic emphasizes educational programming as part of its primary care services. Each day, educational lessons are delivered by doctors and nurses. We also do community-based education sessions in sub-villages around the park, where we discuss the connections between health and the environment. In addition ASRI educates every patient about their conditions and their treatment.
COVID-19 Response

Like the rest of the world, the communities around ASRI have been battling the ongoing COVID-19 pandemic. The pandemic not only affects the health of the population but also affects the economic welfare of families. Amongst the communities where ASRI works, the pandemic seems to have the greatest impact on farmers. The agricultural products are ready to be harvested, but there are no buyers; if they are lucky enough to find a wholesaler willing to buy agricultural products, the farmer is offered prices substantially lower than pre-pandemic. This has left farmers wondering: How will I support my family?

To ensure that no one will have to choose between the health of their family and the health of the environment, ASRI created a Conservation Stimulus program in which we bought their agricultural products such as rice, vegetables, and more, at pre-COVID-19 prices. Not only did this help reduce the burden on the farmers, but the purchased produce is then distributed the products to those in the community who need food. Moreover, ASRI also helps ex-loggers who have participated in the Chainsaw Buyback Program by providing cash incentives in exchange for nursing trees. ASRI also offers COVID-19 vaccines to the surrounding communities.

Beyond direct community outreach, ASRI has also provided the local government clinics with protective gear, participated in the government-led COVID-19 task forces, and have created the social media platform "@dirumahjak_ " to mean youth engagement in stopping the spread of the virus and misinformation. In order to promote our online presence and ensure accurate information is spread throughout Indonesia, ASRI has been participating in print and radio interviews. They have also spoken in webinars with about how to prevent the spread of COVID-19, combat COVID-19 related stigma that survivors and healthcare workers are facing, and how pandemics relate to environmental and forest health. ASRI promises to continue supporting the community as the pandemic progresses.
Conservation Programs

Reforestation

ASRI’s Reforestation Program aims to raise communities’ awareness about the importance of the forest. The program also increases buy-in from communities, so they will participate in reforesting the degraded areas in the national park and then protecting them from clearcutting. Reforestation sites include Laman Satong, Sedahan, Begasing and a mini forest behind ASRI’s hospital building. The method we most often use is Accelerated Natural Regeneration (ANR). ANR accelerates rather than replaces the natural process in an area, working with the native species already present. This method requires little labor, is low cost, and uses traditional reforestation methods. Control plots at our reforestation sites are choked by grasses and weeds, whereas the reforested sections are regrowing several species of trees and are now home to birds, primates, and more rainforest biodiversity. Over the last decade, we have seen 20,000 hectares of forest regrowth.

Illegal Logging Monitoring

The Illegal Logging Monitoring Program aims to gather information about activities that cause environmental destruction such as illegal logging activities in GNP, new illegal logging access points, and slash-and-burn agriculture. ASRI employs a monitor to visit every village quarterly and determine their discount status based on these indicators.

The monitor partners with GNP rangers and ASRI’s Forest Guardians. ASRI employs 30 Forest Guardians distributed across 30 sub-villages in 16 villages. The Forest Guardians support monitoring, work individually to transition loggers to more sustainable livelihoods, and act as ambassadors and liaisons for the ASRI clinic and their other conservation programs. In 2020, the Forest Guardians reached over 10,000 people in surrounding communities.
Outreach & Education

There are two divisions within the health and conservation education program: the Community Education Program and the ASRI Kids and ASRI Teens Programs. Community education sessions are usually delivered to patients in the waiting room once a week. Topics include the connection of human health and the environment, ASRI payment options, public health and hygiene (such as smoking cessation and toothbrushing), and general information about ASRI's programs.

ASRI Kids and ASRI Teens are after-school programs that educate young people about health and conservation. ASRI Kids targets 10-11 year olds, and ASRI Teens targets teenagers. This program works in schools in the vicinity of Gunung Palung National Park (GPNP).

ASRI Kids

ASRI Kids is a conservation education program that empowers primary school children to take pride in their rainforest and gain awareness of the threats it faces.

Over time, ASRI Kids has expanded to 39 primary schools with a curriculum covering biodiversity, coral reef and mangrove habitats, threats to the rainforest, organic and nonorganic trash, and nutrition. The kids also go on a field trip to visit ASRI's Organic Garden, and learn how to make recycled paper and organic compost.

ASRI Teens

When the first ASRI Kids session ended in 2012 and plans were made to expand the program, a group of ASRI Kids graduates wanted to stay involved. They helped ASRI prepare teaching materials and supported teaching in new schools.

In 2015, the group started ASRI Teens. In exchange for helping with ASRI Kids and getting involved in other ASRI projects, ASRI helps the teens organize field trips to local conservation and ecological sites.
ASRI’s Alternative Livelihoods Programs are a solution for creating productive, sustainable work opportunities for the communities living near Gunung Palung National Park (GPNP) and stem from the direct request of communities in Radical Listening meetings.

These programs are designed to reduce illegal logging activities in GPNP. They involve ex-loggers and their wives, farmers, housewives, and widows. The aims are to increase participants’ income, manage expenses, and improve household financial management so that people do not need to extract resources from the forest.

Sustainable Agriculture

Organic Farming

Farming is an affordable way to make a living because commercial fertilizers and pesticides are not required. Advances in organic farming technology have improved soil quality and yields.

ASRI’s Organic Farming program began in 2009 with ten groups of 15-30 farmers. Through the program, participants learn about the needs of the plants they are growing, and create their own fertilizers with natural ingredients. This gives value to organic waste, and the manure of community livestock. Together, the groups prepared their collaborative farms, and created ten new organic gardens. In recent years, the program has grown to 17 active groups, with the original 10 acting as senior leaders, and assisting with marketing and guidance for newer groups.
Organic Garden

In January 2017, ASRI opened an organic garden behind the new hospital building. The ASRI garden serves as a learning and training center for farmers, community members, and students who visit. In its first seven months, the garden welcomed over 300 visitors, and seven interns from vocational agriculture schools and a local university. Students from the ASRI Kids and ASRI Teens programs also visit the garden to learn from staff and help with the planting. The harvests from the garden are used by both the community and cooks at the clinic. Local vegetables and rice allow the community to sustain themselves, while reducing their dependency on products from Java and large-scale commercial farms.

Agro Ecosystems

One of ASRI's sustainable agriculture priorities is ensuring that farmers working within the program are conscious of farming's impact on the surrounding environment. ASRI’s partner farmers understand the importance of the organic model as a way to cultivate healthy farming practices that support biodiversity without compromising agricultural yields. For example, farmers learn to make a natural pesticide, which repels, rather than poisons, targeted species. In certain areas, ASRI has partnered with the National Park and communities to transition illegal gardens into agroforestry projects that regrow the forest with native species, while also allowing individuals to maintain income from forest products such as fruit.
In 2017, when the number of loggers was down to approximately 150, ASRI launched a new business development program called Chainsaw Buyback to help those remaining loggers find a livelihood other than illegal timber. These loggers often do not own land, just their chainsaws, so switching to agriculture through the organic farming program is not feasible. This is how the Chainsaw Buyback works: in exchange for their chainsaws, loggers and their families receive seed money, mentoring, and business planning assistance from ASRI staff. They get everything they need to successfully transition to small business entrepreneurship.

In total, ASRI purchased 178 chainsaws from former loggers (2020)—a success for primary forests, as loggers reported cutting an average of 274 old-growth trees per year. This is also a win for the families as logging work is dangerous, difficult, intermittent, and remote. Of these former loggers, 76% have already begun loan repayments. 53% of the small businesses started by former logging households are still running. So far, the program has saved 42,933 old-growth trees.

“[Loggers] are used to turning around a quick profit by cutting down a tree in the morning and selling it in the afternoon. For many loggers, giving up their source of livelihood is daunting, so bringing awareness about the larger effects of logging is essential.” -- Pak Agus, Chainsaw Buyback Program Coordinator
Goats for Widows

In villages around Sukadana, widows often depending on relatives to support themselves and their children. One of ASRI’s oldest conservation programs establishes an alternative source of income for these women by providing them with goats, as well as a training course and ongoing support on caring for and breeding the goats, and delivering newborns.

Traditionally, in rural Borneo, wives whose husbands have died are left with few options for making a living. Our partners at ASRI created the Goats for Widows program to empower these women and give them economic independence.

Each woman receives a female goat and shares with their community a male goat for breeding. The first offspring is returned to ASRI and given to another woman in the program, then additional offspring are kept. Once the woman is established with male and female goats of her own, the goats become a source of food and income - she can then sell the animals and their manure.

Goats of 91 widows were checked monthly to monitor health and husbandry. 57 goats were sold and 21 widows were able to pay for their daily economic needs through the health program. 52% of the widows paid their goat back to ASRI.
Eco-conscious

During a time when consumption and waste are so prevalent, ASRI continuously implements a range of initiatives to actively create a more sustainable and eco-friendly environment. ASRI focuses on eliminating plastic use and making a conscious effort to use eco-friendly transportation. All staff members, visitors and volunteers to ASRI are encouraged to use bicycles as their main transport method, and cars are only used for bigger, long distance trips. Local shops and Warungs (food stalls) are familiar with ASRI’s discouragement towards single use plastic and are happy to see ASRI staff with their own water bottles and shopping bags.

ASRI built a solar panel that supports the energy supply needed in the building. For the average of 4000 watts of energy produced daily, ASRI has reduced approximately 1.5 kg of CO2 emission.

Expeditionary Learning

Through our Education Programs in Indonesian Borneo, participants gain hands-on experience in the emerging field of planetary health. What sets us apart is the opportunities to make genuine connections; we offer community-based experiential learning, where participants can shadow patient visits in the hospital, harvest vegetables alongside farmers, or co-create a business plan with a former logger turned entrepreneur.

Participants share their expertise and learn how human health and the environment are intertwined. We emphasize hope and motivate people to find ways to act on social, environmental, and economic issues, creating planetary health change-makers.

Since 2007, we have had opportunities for professionals and students to volunteer at Health In Harmony’s site at ASRI. From 2007 to this date, we have accepted more than 400 students and professionals from Indonesia and abroad. Program participants have various backgrounds such as physicians, nurses, dentists, photographers, organic farmers, forestry scientists, veterinarians, and more. Many of these individuals have remained engaged with HIH through donations, emails, and our Alumni Network.
Our Strategy Works

In 2020, Stanford University completed an impact analysis of the first ten years of data from our proof of concept program in Borneo. It was published in the Proceedings of the National Academy of Sciences and has been cited in several publications in the short time since it was released.

A $5.2 million dollar investment between 2007-2017 at our proof of concept site yielded:

- **$65 million** in carbon protected and primary forest loss stabilized
- **21,000 hectares** of secondary forest regrown
- **3,000** (100%) critically endangered Bornean Orangutans protected
- **90%** drop in illegal logging households
- **67%** drop in infant mortality

As of 2022, we are working alongside 135,000 Indigenous People and Local Communities, protecting over 8.8 million hectares of high conservation value rainforest, across 4 sites in 3 countries:

**Indonesia**

- **$65.3M** in carbon emissions averted since 2008
- **67%** decrease in infant mortality since 2007
- **47,410** women treated since 2007
- **410** businesses run by women

**Madagascar**

- 9 seedling nurseries built
- 15 hectares of forest planted
- **4,100** women have increased access to pre- and post-natal care
- **6,000** patient visits conducted since 2020
- **2,000** community members trained in agriculture (60% women)

**Brazil**

- 8.5 million hectares of rainforest protected by Riverine communities
- **1,280** routine vaccinations for 17 different diseases
- **534** patients treated through health expeditions
- Increased access to family planning and birth control
Healthy People. Healthy Forests. Healthy Planet.

We have fewer than 10 years remaining to halve human-caused carbon emissions in order to keep our climate safe for human wellbeing. Based on the success at ASRI, Health In Harmony is starting new sites to protect more tropical rainforests, considered the lungs of our planet, improve health and economy for traditionally marginalized communities, and also to understand the key elements of this success so it can quickly be scaled around the world.

In addition to expanding to work with rainforest communities across the world, we are investing in the development of artificial intelligence and a web-based platform that can quantify carbon in real time and connect global citizens to the community solutions that are sequestering carbon through protecting and growing tropical rain forests. We are also excited about the coming release of an app where anyone with a smartphone can directly invest in community-designed solutions to save rainforests and improve the health of communities across the world. The Rainforest Exchange app will put rainforest communities in the drivers seat of implementing the solutions they develop and empower donors to see the impact of their investment.

In order to achieve such ambitious and impactful change, to truly build a Planetary Health Movement, Health In Harmony will be seeking new and diversified revenue. We are expanding our opportunities to earn income, exploring carbon crediting opportunities, considering innovative non-profit funding mechanisms and investment opportunities, and bringing new partners into our supporter network from corporations to community groups to individuals. We know from experience with Radical Listening that everyone has something to contribute to the solution, and by working together we can solve seemingly intractable problems with holistic and win-win solutions.
Funding and Major Donors

Recognition of Health In Harmony’s model and proof of concept has been reflected in the support we have recently garnered from big climate funders, international foundations, higher education institutions, governments, and individual donors who support our work. HIH is in the process of securing long-term corporate and blended finance opportunities to help scale and grow our climate critical work.

Partners in 2021 included:
- Stanford University
- Harvard Medical School
- Harvard School of Public Health
- University of Vermont
- Yale School of Medicine
- Yale Nursing School
- Woodwell Climate Research Center
- International Animal Rescue
- Instituto Socioambiental (ISA)
- Federal University of Pará Medical School, Brazil
- Associacao do Moradores da Reserva Extrativistas do Iriri (AMORERI)
- Centre ValBio, Madagascar
- Zoo New England

Donors in 2021 included:
- Arcus Foundation
- Climate & Land Use Alliance (CLUA)
- David and Lucile Packard Foundation
- US Fish and Wildlife Service
- The Nature Conservancy
- Disney Conservation Fund
- Ford Foundation
- Mulago Foundation
- Phoenix Zoo
- Softmatter
- Seneca Park Zoo
- Sall Family Foundation
- Straubel Foundation
- The Grantham Foundation
- Together We Rise

Recent Press
- NYTimes Climate Hub Global Canopy with Juma | 11.10.21
- Stanford Social Innovation Review Radical Listening, Monica & Kinari | 11.27.21
- Living on Earth Interview with Kinari | 11.5.21
- Grist A new way to protect the Amazon: COVID vaccines | 7.6.21 (re-published by 3 outlets)
- USA Today Brazil Expedition | 6.16.21 (re-published by 8 outlets)
- Sirius XM Radio, Top of Mind with Julie Rose Planetary and Human Health | 3.24.21
- World Economic Forum Pandemic Prevention 07.01.21
- Christian Science Monitor E. Pelligrino commentary on telehealth program in Brazil | 3.15.21 (re-published by Yahoo News & Announce)
- Nature Medicine Local communities protect the rainforest, but lack adequate healthcare | 2.11.22
- BBC2 AstraZeneca, A Vaccine for the World? | 2.9.22

Recent Awards and Recognitions
- 2021 Fast Company World Changing Ideas Honoree
- United Nations Climate Action Award “Momentum for Change: Women for Results”
- Entrepreneurs’ Organization San Francisco’s “Impact Company of the Year”
- Ashoka Changemakers “Act for Biodiversity Challenge Winner”
- Founder, Kinari Webb delivered keynote speech as part of the WHO’s Race to Zero campaign
- 2021 World Economic Forum “Climate Justice Challenge”