



ALAM SEHAT LESTARI

ANNUAL REPORT 2023

 alamsehatlestari.org

   Alam Sehat Lestari

an affiliate of:

 **Health In
Harmony**

Executive Summary

Dr. Ekoningtyas Margu Wardani, S.E., M.Si.
Executive Director



The 2023 Annual Report of Alam Sehat Lestari (ASRI) demonstrates a year of remarkable achievements and sustained growth in our mission to integrate healthcare delivery with environmental stewardship. In 2023, ASRI's healthcare services expanded quite significantly, including the successful handling of 10,998 clinic visits and extending our reach through mobile clinics to more underserved communities. We planted 69,000 tree seedlings and revived 62 hectares of land through our reforestation project.

In 2023, ASRI's dedication was nationally and internationally recognized. We were honored with the Indonesian Ministry of Environment and Forestry's 2023 Nature Conservation Award, the Smart Practices Award at the Eastern Indonesia Regional Forum Festival, and named a Top Innovator in the "Forest and Health Challenge" by Uplink, the World Economic Forum's innovation platform. These accolades affirm our commitment to creating resilient, sustainable ecosystems and improving community health globally.

Additionally, ASRI's representative was invited to attend the National Geographic Festival 2023 in Washington D.C., and ASRI's story was prominently featured during COP28, highlighting our innovative approach and the inspiring journey of our team members, on their website COP28 Action Projects. This feature not only celebrates our achievements but also ASRI's positions at the forefront of global discussions on climate action and sustainable development, underscoring our role in shaping a healthier and more resilient future.

Considering the achievements outlined above, we approach 2024 with great optimism. We aim to expand our impact, not only contributing to West Kalimantan but also extending our reach to other critical forest areas across Indonesia. Our plans include expansion in Southwest Papua and exploring other opportunities in various regions of Sumatra and Sulawesi for future engagements.

Thank You.

A handwritten signature in black ink, appearing to read "EM Wardani".

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Impact Highlights



"At that time, I didn't consider the negative impact of cutting down trees in the forest. Now, the consequences are evident. The air temperature feels hotter, the dry season is shorter, and obtaining clean water has become challenging. If the mountains here become bare, we will be in trouble. I have since started a new job as a gardener and completely abandoned the practice of cutting down trees in the forest. I don't want my son to repeat my mistakes."

Sunardi

Ex Logger - Chainsaw Buyback Partner

"Employing sustainable agricultural methods not only yields positive agricultural outcomes but also proves to be cost-effective compared to purchasing fertilizers, herbicides, and insecticides from agricultural shops. One of the most noticeable benefits is the maintenance of soil fertility. It can be asserted that soil fertility remains stable when organic fertilizers are utilized. Currently, the enthusiasm for farming has extended to other residents who were not previously involved in agriculture. The positive responses from friends reflect their happiness in having a shared goal of prospering through agriculture. This is a potential that can be harnessed for the benefit of the community."



Imran

Beneficiary from Sustainable Agriculture Program



"I once used this goat for aqiqah (the Islamic tradition of sacrificing an animal on the occasion of a child's birth). Additionally, I have slaughtered and sold some goats. Starting with one goat provided by ASRI, there are now a total of 20. This has proven to be a valuable source of income, supplementing my daily farming activities."

Rosmah

Beneficiary of the Goat for Widows Program

"I have been a subscriber since the beginning and will certainly attend if there is a mobile clinic from ASRI. It's convenient not to have to pay in cash. In such cases, everyone can access treatment. The people are friendly, including the doctor."

Altifah

Beneficiary from ASRI Mobile Clinic



What's New

2023 Nature Conservation Award
from the Indonesian Ministry of
Environment and Forestry



Smart Practices (Praktik Cerdas) 2023
from Eastern Indonesia Regional
Forum Festival (FFKTI)

Contributed to the preparation of
Local Content Environmental
Education Subject Books for
Elementary and Middle Schools in
North Kayong Regency



uplink

The open innovation platform
of the World Economic Forum

Top
Innovator



Top Innovator "Forest and Health
Challenge" from UpLink, the open
innovation platform of the World
Economic Forum

What's New

Inauguration of the Perupuk
Ecosystem Recovery Camp



Team Formation for the National
Replication Project



Implementation of the ASRI
Replication Program in 2 Buffer
Villages of Bukit Baka Bukit Raya
National Park: Rantau Malam Village
and Nanga Jelundung Village



Expansion of the Mobile Clinic to reach
more villages



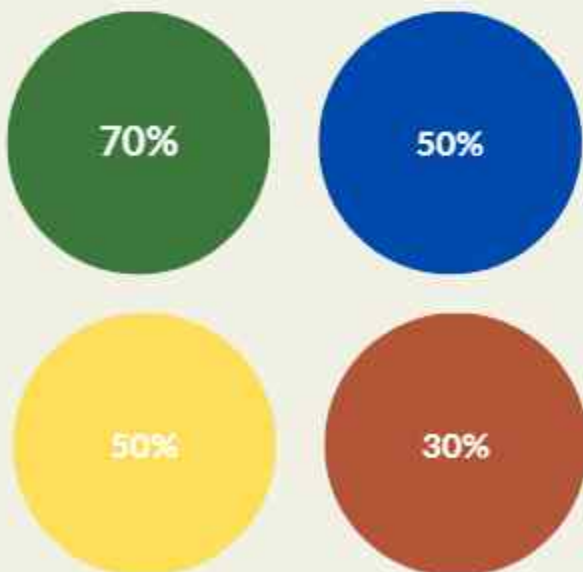
HEALTHCARE SERVICE



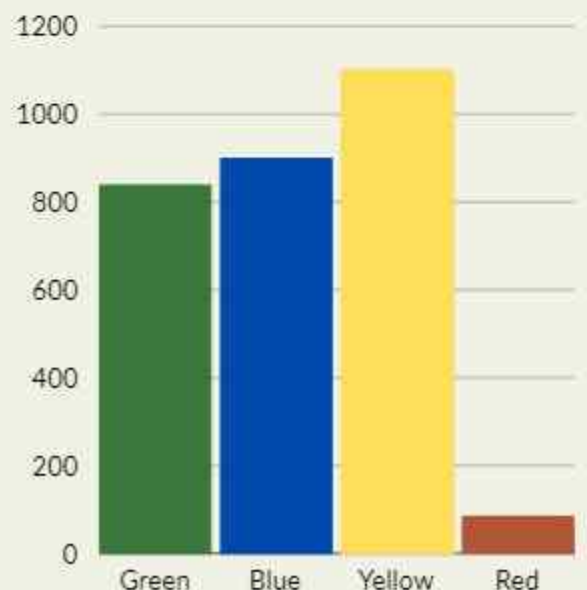
The ASRI clinic had a total of 10,998 visits, serving 7,809 patients. In 2023, visits to the ASRI Clinic will be dominated by individuals of productive age (18 - 59 years), accounting for a total of 54.7%. For the age range of 0 - 17, it was 37.6%, while for those aged 60 and above, it was 7.8%.

ASRI strives to make it easier for communities around forests to access quality health services. One way is by providing incentives in the form of discounts on medical costs for people in hamlets that directly border forest areas and are committed to preserving forests. It is divided into 4 zones with different discount percentages.

Besaran Diskon Berobat

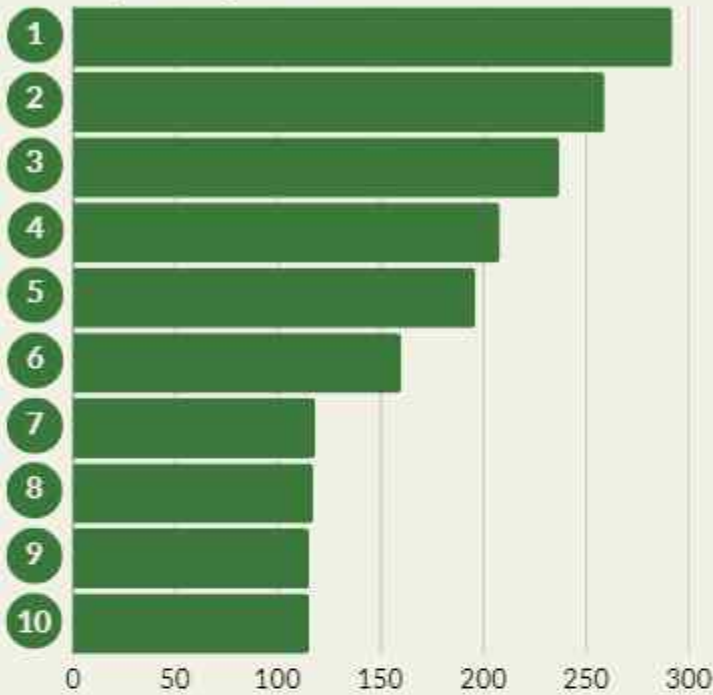


Visit by Ecostatus



HEALTHCARE SERVICE

Top Ten Diagnoses



1. Acute nasopharyngitis
2. Fever
3. Caries of dentine
4. Dyspepsia
5. Necrosis of pulp

6. Acute upper respiratory infections of multiple and unspecified sites
7. Essential (primary) hypertension
8. Acute pharyngitis
9. Dengue fever (classical dengue)
10. Pulpitis



Through the Directly Observed Treatment Short-course (DOTS) scheme, ASRI ensures that every tuberculosis (TB) patient takes their medication at regular intervals. In 2023, 10 DOTS workers and 1 DOTS Coordinator helped 104 TB patients and 4 leprosy patients.

TB Patients Medication



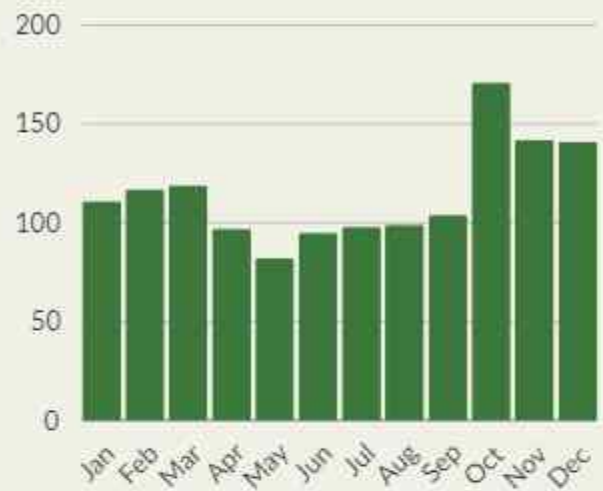
Leprosy Patients Medication



HEALTHCARE SERVICE



Dental Visit by Month



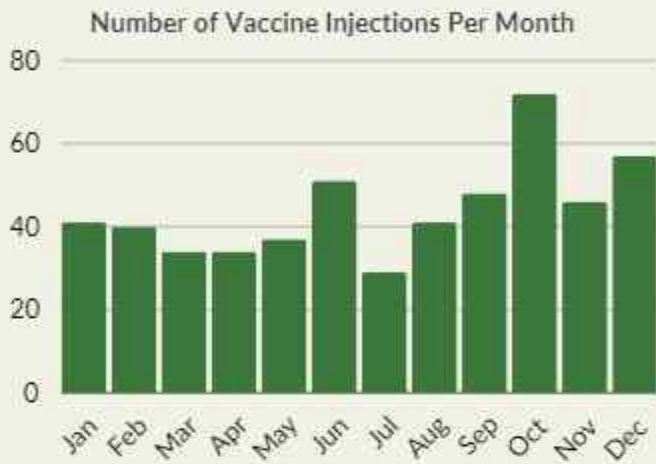
ASRI Dental Poly, with 1 dentist and 2 dental nurses, served a total of 1,376 visits in 2023.

Number of Patients Per Month



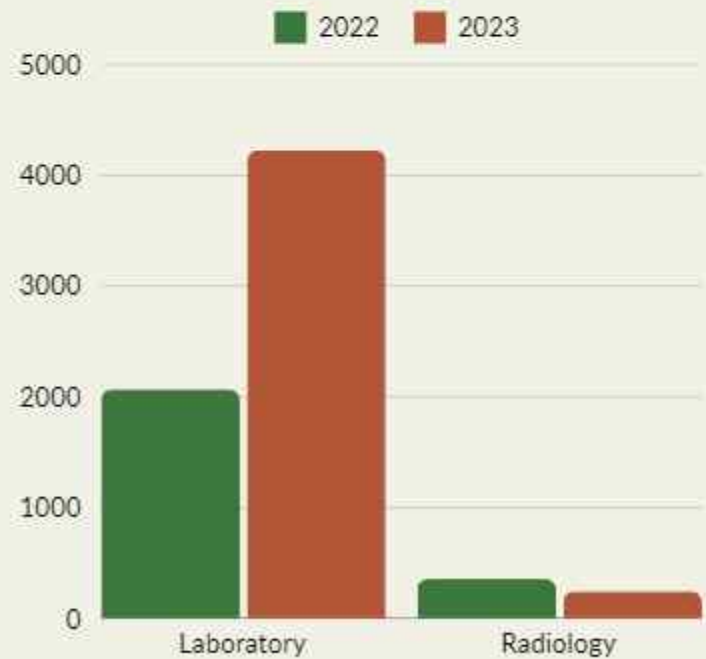
In 2023, three additional subvillages around Gunung Palung National Park were visited by ASRI Mobile Clinics. So, in total, ASRI reached five subvillages: Jihing, Sampurna, Teluk Parak, Matan Jaya, and Cali. ASRI provided Mobile Clinic services to a total of 891 patients in 2023.

HEALTHCARE SERVICE



ASRI provided immunization services for 17 diseases with a total of 530 injections throughout 2023.

- Hepatitis B
- BCL
- Polio 1
- DPT-HIB 1
- Polio 2
- DPT-HIB 2
- Polio 3
- DPT-HIB 3
- Polio 4
- IPV
- Measles
- PCV 1
- PCV 2
- PCV 3
- Advanced Pentabio
- Advanced Measles
- Japanese Encephalitis

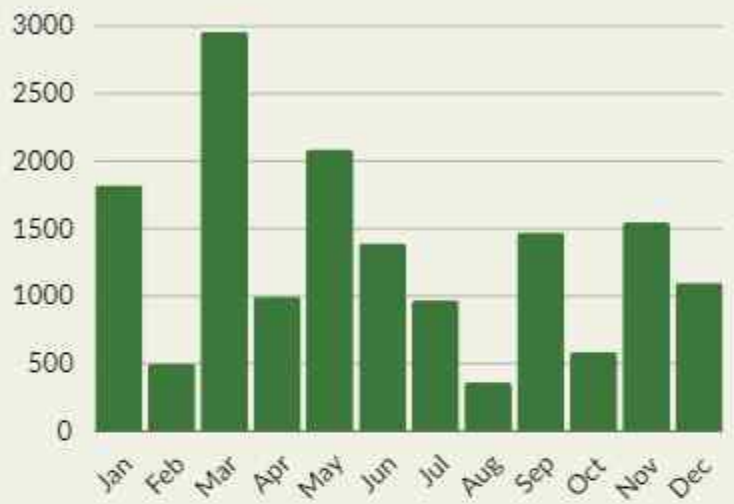


In 2023, the ASRI Clinical Laboratory conducted a total of 4,224 examinations, marking a 104% increase from the previous year. Meanwhile, at ASRI Clinical Radiology, there were a total of 242 examinations, indicating a 31% decrease from 2022.

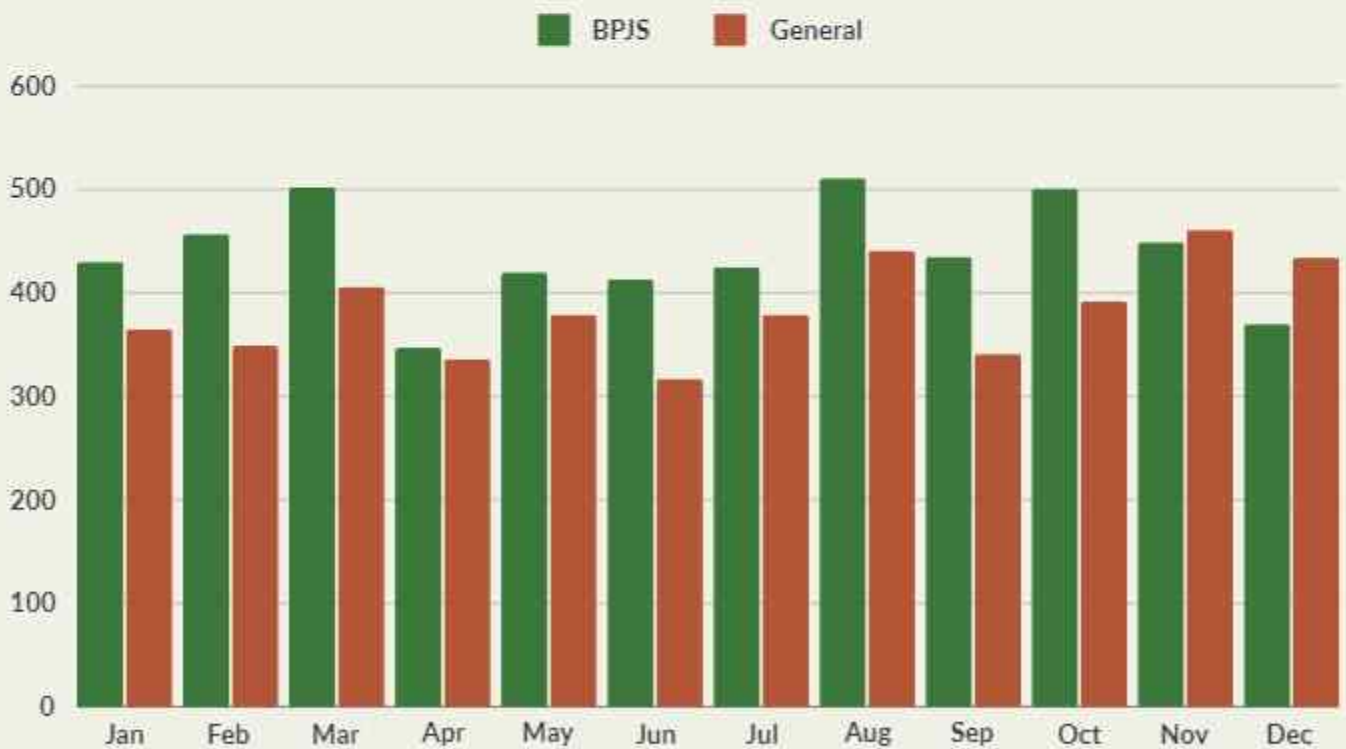
HEALTHCARE SERVICE



Number of Patients who Paid with Seedlings by Month



ASRI receives treatment payments from patients in tree seedlings, which in turn contribute to the reforestation efforts. In 2023, ASRI will receive 15,779 seeds from patients.



BPJS is health insurance managed by the government of the Republic of Indonesia. In 2023, patients seeking treatment using BPJS totaled 5,260 visits, accounting for 53.4%. Meanwhile, general patients amounted to 4,600 visits, making up 46.6%.

HEALTHCARE SERVICE



Throughout 2023, ASRI will carry out 69 health promotions in a variety of accessible formats. This health promotion reached 1,296 people.

Participants by Gender



Forms of Health Promotion

- Extension Activities in the subvillages
- Health Promotion at ASRI
- ASRI Kids/Teens Counseling
- Prolanis
- PMO Field Trip
- Pregnancy Class
- Mobile Clinic Counseling
- Sessions at Schools
- TB Online Talkshow
- Anti-Tobacco Campaign
- Monthly Clinical Team Training
- ASRI Staff Training
- Social Media Competition

CONSERVATION

In 2023, ASRI carried out planting activities in three degraded forest areas around Gunung Palung National Park. Additionally, ASRI engaged in the rehabilitation of gardens around forests to transform them back into forested areas. The total area of forest and degraded land that ASRI has reforested is 62 hectares.



Sedahan Jaya
6 Ha

Laman
Satong
6 Ha

Seedlings
Adoption
2 Ha

Garden to Forest
48 Ha



The Garden to Forest is a reforestation program that collaborates with garden owners around Gunung Palung National Park under Conservation Agreement with the Ministry of the Environment and Forestry, aiming to rehabilitate gardens in national park and transform it into greenery. One hectare is filled with 625 seedlings, comprising 60% fruit trees and 40% hard trees.

The program was implemented in two subvillages in Gunung Sembilan Village, Sukadana District, Kayong Utara Regency, namely Sebadal and Tambak Rawang, covering a total planting area of 48 hectares.

CONSERVATION

Number of Seedlings Planted

Seedlings Adoption
6.000 seedlings

Laman Satong - 15.000 seedlings

Sedahan Jaya - 18.000 seedlings

Garden to Forest - 30.000 seedlings

In 2023, ASRI planted 69,000 tree seedlings in 4 ASRI reforestation areas.



20.328 Ecopolybags

To minimize the use of plastic polybags in reforestation activities, ASRI empowers communities to craft polybags from bamboo, a more environmentally friendly alternative.



Took forest fire prevention measures by carried out fire break maintenance 6 times in the Laman Satong reforestation area and 6 times in the Sedahan Jaya reforestation area.



Cared for seedlings in the reforestation area 14 times in Laman Satong reforestation area (7 times) and Sedahan Jaya (7 times).



Monitored and replanted seeds a total of 11 times in Laman Satong and Sedahan Jaya.



Provided assistance to Garden to Forest program partners to mitigate forest and land fires.

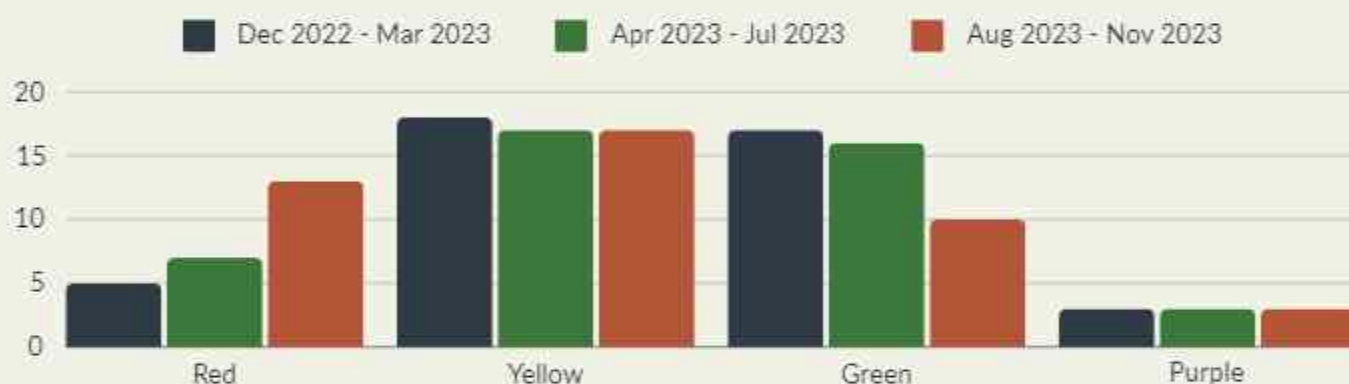


Provided forest plant nursery training for the community twice.

CONSERVATION



In 2023, ASRI carried out a total of 150 monitoring events in 40 subvillages directly bordering the Gunung Palung National Park. The data collected during these monitoring events was then used to determine the ecological status of each subvillage.



Carried out 3 river monitoring activities with camera traps (2 installations and 1 collection)



Carried out 78 monitoring activities in 38 subvillages that do not border the Gunung Palung National Park



Conducted 6 bimonthly Forest Guardian meetings with a total of 12 activities (Gunung Sembilan - Lubuk Baji Area, Gunung Peramas - Laman Satong Area, and Hulu Area). As well as held 2 meetings with all Forest Guardians



Purchased 27,488 seeds from Forest Guardians consisting of 25,996 regular seeds and 1,492 1 meter seeds

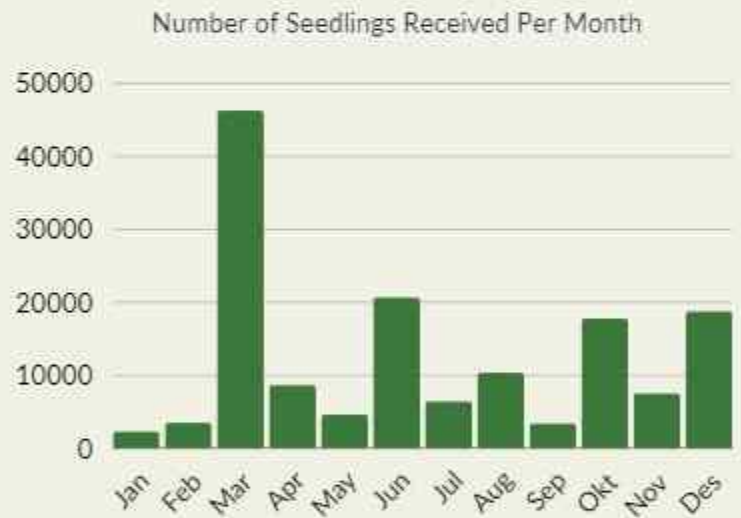
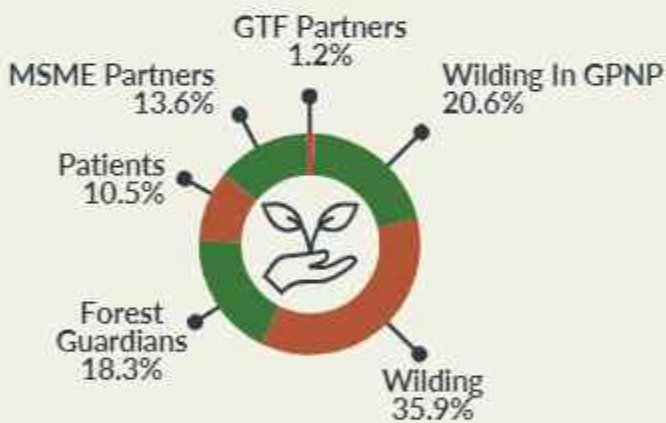


10 Forest Guardian have carried out a Commcare trial to make it easier to report the results of forest disturbance monitoring

CONSERVATION



In 2023, a total of 150,527 seedlings were collected from medical payments, Forest Guardians, Buyback Partners, and the community. These seedlings were nurtured in five nurseries owned by ASRI before being planted in reforestation areas to restore degraded forests.



Survival rate of tree seedlings cared for in the nursery: 97%

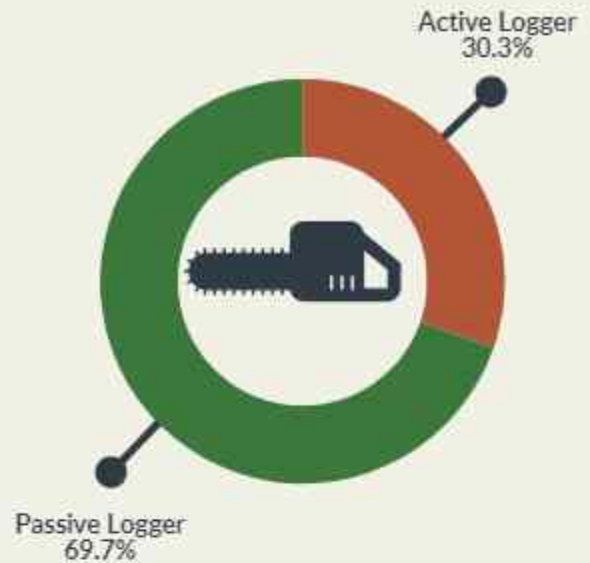


A total of 18 treatments were carried out in 5 nurseries owned by ASRI

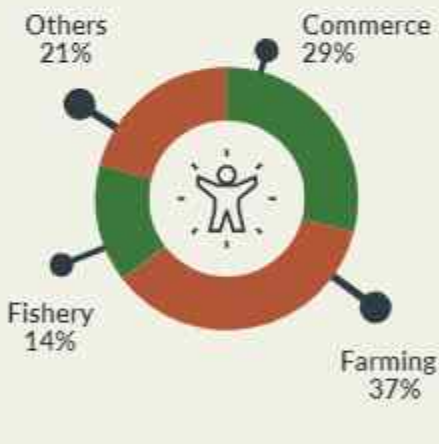


Carried out 2 nursery management training sessions attended by ASRI staff

CONSERVATION



A total of 33 chainsaw handed over to ASRI in 2023. 10 of them are from active loggers and 23 others are from passive loggers. In exchange for the chainsaws, ASRI provided these individuals with capital and business assistance to start new activities as MSMEs in the fields of trade, agriculture and animal husbandry.



Provided assistance 665 times to MSME Partners

A total of 36 MSME Partners have returned business capital loans to ASRI.

Organized gatherings for MSME Partners and conveyed information about access to capital and permits to expand businesses.



CONSERVATION



89
Goats



Born New

1 Time



Hubandry
Assistance

123
Times



Animal Management
and Health Training

To help widows escape economic vulnerability, ASRI presents the Goats for Widows program to support widows to be more independent and empowered by raising goats.

104
Time



Farmer Group
Assistance

6.5
Tons



Compost
Fertilizer Made

150
Peoples



Sustainable Agriculture
Training

ASRI provides sustainable agricultural training for communities around Gunung Palung National Park to be more productive, but still in line with natural processes to protect land and water resources. As well as minimizing the negative impact of agricultural activities on forest sustainability.



CONSERVATION



In collaboration with elementary schools, extracurricular high school/ vocational schools, around Gunung Palung National Park, and ASRI Kids Sungai Mengkuang, ASRI provides material about forests, health and the relationship between the two, as well as how to protect them.

53 X ASRI KIDS CLASS

In Collaboration With:

- SDN 21 Riam Berasap
- SDN 18 Begasing
- SDN 18 Matan
- SDN 02 Sungai Laur
- SDN 20 Simpang Hilir
- ASRI Kids Sungai Mengkuang

20 X ASRI TEENS CLASS

In Collaboration With:

- ASRI Teens Sungai Mengkuang
- Sispala SMKN 1 Sukadana
- Sispala SMAN 1 Simpang Hilir

In 2023, ASRI Kids and ASRI Teens each embarked on a field trip. The purpose of these field trips is to provide direct exposure to the biodiversity in their surroundings and enhance their understanding of the environment.



The ASRI Kids field trip took place in Lubuk Baji, within the Gunung Palung National Park Area, in February 2023.



The ASRI Teens field trip was conducted at the Orangutan Monitoring Camp in Gunung Tarak Protected Forest in July 2023.

CONSERVATION

To support the Movement for Environmental Care and Culture in Schools (GPBLHS), ASRI organized Environmental Education sessions twice in 2023. Teachers received materials covering topics such as climate change, waste management, utilizing used goods, planetary health, and compost making.



The program was attended by 29 teachers from 10 schools, including elementary, middle, and high school levels, around Gunung Palung National Park.



A total of 284 students from 6 universities participated in the Planetary Health Lecture, gaining an understanding of planetary health. They also committed to implementing planetary health actions in their daily lives by documenting their pledges.



Gadjah Mada University



Udayana University



Tanjungpura University



Poltekkes
Kemenkes
Pontianak



Panca Bhakti University



OSO University



CONSERVATION



ASRI visited target subvillages to deliver material about forests, forest and land fires, dengue fever, diabetes mellitus, hypertension, tuberculosis, ASRI, etc. to the community. In this outreach, ASRI programs in the fields of Health and Forestry were also socialized.



There were a total of 1001 participants



This counseling was carried out 45 times



ASRI delivered information on the health and environmental dangers of smoking and conducted a rubbish clean-up at Pulau Datok Beach to mark World Environment Day and World Tobacco Day. The event was attended by 55 participants from various youth communities in North Kayong Regency.



ASRI conducted training sessions for students from representative schools in North Kayong Regency, enabling them to convey environmental conservation messages to their peers. This training was conducted twice and was attended by a total of 86 students.



A total of 22 youth community members participated with ASRI in socializing anticipation of forest and land fires.



Education on water conservation was provided to the community around Gunung Palung National Park, accompanied by the distribution of 7 barrels of water. A total of 248 families benefited from this program.



ASRI conducted a Planetary Health Class for new employees, which was attended by 19 participants. Additionally, a Refreshment Planetary Health Class was held, drawing participation from 71 individuals.

BUKIT BAKA BUKIT RAYA SITE



Since 2018, ASRI has started its replication program in the buffer villages of Bukit Baka Bukit Raya National Park. In 2023, ASRI running its pilot programs in Nanga Jelundung Village and Rantau Malam Village.

ASRI provides health services to the community in 2 buffer villages of Bukit Baka Bukit Raya National Park, namely Nanga Jelundung Village and Rantau Malam Village through Mobile Clinics. Throughout 2023, ASRI has carried out 4 mobile clinics with a total of 1,015 patients.



ASRI also distributed free glasses to the people of Nanga Jelundung Village and Rantau Malam Village. A total of 244 glasses were distributed.



BUKIT BAKA BUKIT RAYA SITE

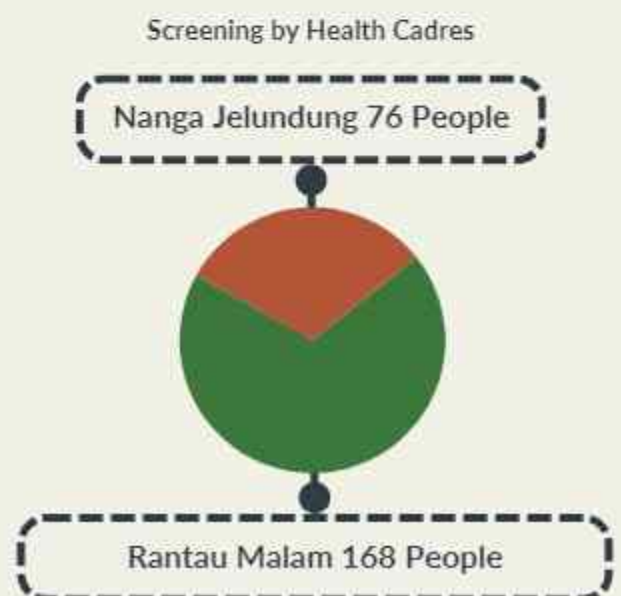
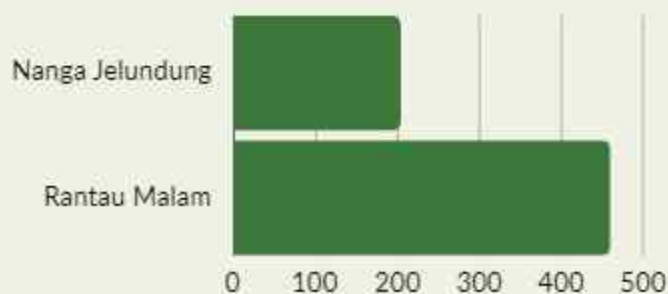


ASRI establishes health cadres equipped with knowledge and skills in providing education, health screening, as well as recording and reporting. The health cadre training follows the 2018 health cadre training module from the Ministry of Health of the Republic of Indonesia. This module covers areas such as Stunting, Tuberculosis, Immunization, Zoonoses, non-communicable diseases (PTM), sensitization of human rights issues, gender equality in health programs, and other supporting materials.



The health cadres successfully provided education and initial screening to all village communities, with the support of health workers, contributing to the efforts to achieve healthier village communities.

Community Educated by Health Cadres



BUKIT BAKA BUKIT RAYA SITE



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ASRI has developed educational materials in the form of the ASRI Kids Pocket Book, ASRI Teens Pocket Book, and Flipchart.

These mediums serve as tools for delivering educational and counseling materials related to conservation and human health.



A total of 17 teachers from elementary and middle schools in the vicinity of Bukit Baka Bukit Raya National Park participated in the Training of Trainers. During this program, they received materials related to planetary health and environmental issues, with a focus on waste management. The training also covered teaching techniques, lesson plan creation, and teaching practices.

BUKIT BAKA BUKIT RAYA SITE



ASRI assists in the development of selected commodities in Nanga Jelundung Village and Rantau Malam Village. This involves activities such as raising livestock and producing animal feed to support the local communities.

ASRI is involved in the development of climbing tourism by organizing comparative studies to Mount Ciremai National Park and Mount Halimun - Salak National Park in collaboration with representatives of the Rantau Malam Village community. Additionally, ASRI contributes to the revitalization of homestays in Rantau Malam Village.



ASRI is involved in developing kelulut honey cultivation in Rantau Malam Village. This includes constructing a kelulut honey production house and facilitating Home Industry Food Certificates (PIRT) to support and enhance the local kelulut honey industry.

ASRI is actively engaged in the development of rattan crafts in Nanga Jelundung Village. This includes sending representatives of craftsmen to conduct comparative studies with rattan craftsmen in Piantus Village (Sambas) to enhance their skills and knowledge in rattan craftsmanship.



BUKIT BAKA BUKIT RAYA SITE



ASRI conducted training on the maintenance and monitoring of post-planting seeds in Sukadana (Gunung Palung National Park). This was followed by monitoring activities covering 12 hectares of seedlings in Nusa Poring Village (the buffer zones of Bukit Baka Bukit Raya National Park).

ASRI actively participated in an ecosystem study on Bukit Baka Bukit Raya, collaborating with the Faculty of Mathematics and Natural Sciences (FMIPA) at Tanjungpura University and the Bukit Baka Bukit Raya National Park Office focusing on ecosystem rehabilitation of degraded forest.



ASRI collaborates with the National Research and Innovation Agency (BRIN) and the Bukit Baka Bukit Raya National Park Office in inventorying medicinal plants and compiling a book on medicinal plants in the Bukit Baka Bukit Raya National Park area.

In an effort to help the people in Nanga Jelundung Village and Rantau Malam Village avoid diseases caused by the practice of consuming untreated water, which can lead to a decline in the quality of life, ASRI distributed drinking water filters. This initiative aimed to provide a more hygienic and germ-free source of drinking water from the river they rely on.



RESEARCH & DATABASE

Animal biomonitoring using camera traps in reforestation areas in Laman Satong and Sedahan Jaya aims to record wild animal species that appear in and around the ASRI reforestation area.

The camera traps captured 15 species of animals, providing evidence that these species are returning to the reforested area. Starting from the least concern such as the Malayan Porcupine (*Hystrix brachyura*) to Critically Endangered such as the Bornean Orangutan (*Pongo pygmaeus*).



Research has begun monitoring planted seedlings in Laman Satong and Sedahan Jaya. In areas where monitoring has been carried out, the survival rate is 89%



Water and soil quality measurements were carried out in Bayas, a reforestation site, to see the condition of the soil and water 1 year after planting



ASRI conducted a study of medicinal plants in Bukit Baka Bukit Raya National Park in collaboration with the badan Riset dan Inovasi Nasional (BRIN) and Bukit Baka Bukit Raya National Park Office. There were 100 plant species which were used as medicines by village communities to treat 37 diseases.



The BBBR ecotourism study was carried out to uncover information and the potential for developing BBBR ecotourism as an alternative livelihood in Nanga Jelundung Village and Rantau Malam Village. The results of the study produced 3 strategies for developing BBBR ecotourism in Rantau Malam, namely increasing promotion, increasing community capacity, and raising awareness about sustainable tourism.



The livelihood study of Bukit Baka Bukit Raya National Park (BBBR) aimed to gather information on livelihood activities with the potential for development as alternative sources of income. Based on the study, there is a need to enhance food security to reduce public expenditure. This can be achieved by optimizing agricultural and livestock systems. The findings provide insights into sustainable livelihood options that can positively impact the local communities around BBBR.



An alternative livelihood study in the eastern region of Gunung Palung National Park was carried out to identify community dependence on oil palm. Further assistance is needed to improve community skills in the agricultural sector other than palm oil.



In December 2023, monitoring and evaluation will be carried out to see the extent to which the program has been implemented according to plan within a period of 6 months at BBBR



Conducting a baseline survey and Radical Listening in Nanga Jelundung Village and Rantau Malam Village to obtain information related to health, livelihoods and awareness of forest sustainability among the community



Holding Monitoring & Evaluation System training which will begin to be implemented in January 2024.

VISIT & EXCHANGE



Alam Sehat Lestari (ASRI) grows and develops rapidly with extraordinary support from many volunteers, interns and visitors from within and outside the country. In 2023, ASRI had a total of 59 visitors.

MARKETING COMMUNICATION



The growth of Instagram followers was 35%, from 13900 to 18760 with an engagement rate of 0.24.



Carrying out the "Gambut Untuk Kita" campaign achieved a donation of Rp. 43,683,285 and successfully collaborated with 7 Key Opinion Leaders (KOL).



A total of 38 new articles were added to the website (www.alamsehatlestari.org)



Total adoption amounted to 649 seeds and The Guardian Tree amounted to 41 seeds

ASRI utilizes various platforms to communicate planetary health actions and their impacts throughout the world. It is intended to bring awareness to people around the world of lasting solutions to environmental problems. So that everyone can work together to create a healthy, prosperous society and sustainable forests.

PARTNERSHIP

ASRI recognizes that expanding the spirit of planetary health requires cooperation and support from various stakeholders. Therefore, ASRI collaborates with partners that align with ASRI programs. This collaborative approach allows for a more comprehensive and impactful implementation of planetary health initiatives, fostering a shared commitment to environmental and human well-being.



MoU signed:

- Ministry of Health, Indonesia
- Tanjungpura University
- OSO University
- Poltekkes Kemenkes Pontianak
- Gadjah Mada University

MoU in process:

- Ministry of Environment and Forestry, Indonesia
- National Research and Innovation Agency BRIN)
- Resilience Development Initiative (RDI)

NEXT YEAR PLAN



Launch ASRI Optical Store in 2024



Optimize the use of ASRI land so that it can generate income as well as serve as an educational medium



Start expansion in Papua in partnership with the government in accordance with the 2021-2022 assessments and updating assessment conducted by ASRI, with the support from HIH.



Carry out initial assessments in Bogani Nani Wartabone National Park and Leuser National Park in collaboration with the relevant partners, such as the MOEF and MOH and NP management in two sites



Increase the intensity of expansion to the eastern part of Gunung Palung National Park and other potential existing ASRI's locations of interventions



Conduct preliminary assessment in Hutan Lindung Gunung Talak for other possible expansions

