



How is IHD used?

- In project design for both single sector as well as multi-sector projects.
- In strategic planning to conduct analysis of issues.
- In preparation of Multi-Year Activity Plans (MYAPs) for USAID Food for Peace.
- In participatory livelihoods assessments for the development of strategic program plans and MYAPs.

Photo: Sean Sprague

The IHD concept

Integral human development (IHD), rooted in Catholic social teaching, promotes the good of every person and the whole person; it is cultural, economic, political, social and spiritual. As a goal for CRS, IHD suggests a state of personal well-being in the context of just and peaceful relationships and a thriving environment.

The IHD framework

The IHD conceptual framework helps CRS to design programs and strategies that are holistic and focus on the whole person and his or her place in a community. By using this framework, CRS projects help communities develop livelihoods strategies that:

- Build on their strengths by recognizing community and individual assets
- Empower them to engage structures and systems through advocacy to influence decisions that affect their lives.
- Help communities to identify sources of risk and vulnerability
- Help make households and communities more resilient to threats to their livelihoods.

Using this framework, short-term relief interventions can contribute to longer-term development, increased resilience, and needed changes to structures and systems.

The IHD framework builds on Sustainable Livelihoods and Household Livelihood Security approaches used by agencies like DfID, Oxfam and CARE. IHD adds further emphasis to the importance of changing unjust structures and systems through the use of political assets and advocacy strategies. It also includes spiritual assets as an important foundation that helps households and communities to manage in hard times.

