



CHILD HEALTH FOUNDATION

....saving the greatest number of children's lives at the lowest possible cost

Issue #2 2016

Emergency Aid

Child Health Foundation sent emergency financial help to an organization, **Friends Orphanage School**, Uganda, that had reached out to us for help after a violent landslide destroyed many homes in their community. The funds (\$2,000) were generously donated by our Board of Directors and used to



supply food, clothing, and medicine to the survivors who are homeless now.

Friends Orphanage School had previously been granted funds to improve the nutrition of the school children and also give them clean water with a rain-water harvest tank.

T.B. Diagnosis and Treatment

Operation ASHA, Cambodia, combined grassroots care and technology to increase tuberculosis detection in children. Working with the heads of schools in Phnom Penn, they selected 33 schools and the surrounding communities. Then conducted awareness training with the teachers and followed that with screening of the students. When a child was diagnosed positive, they provided a full course of treatment and counselling in the homes. This



Innovative Small Grant we awarded them in 2014 provided 6 months of free treatment. Of the 33,000 children screened, 53 tested positive; 2 have completed treatment. They also trained 805 teachers on basic facts of detecting TB, treatment and referral information.

Dem and Touch, pictured here, are the two children who have completed the 6 months of treatment after being enrolled in the national tuberculosis program. Both regained their appetites, gained weight and were more active.

ASHA noted finally that the project would not have been possible without the support of the Child Health Foundation and are very grateful.

The Simple Solution that Saves Lives

In 1968, The Medical Journal *Lancet* wrote that Oral Rehydration Therapy (ORT) was "potentially the most important medical advance of this century."

Child Health Foundation literature frequently mentions ORT because it was one of the major reason we were founded 30 years ago. At that time it had not found popularity even though it was proven to save children's lives from severe diarrhea, usually caused by cholera.

ORT is a solution of water, salt, sugar and potassium and when given in an amount to replace the fluid lost, is remarkable in very quickly restoring hydration. Children



who are severely dehydrated have sunken eyes, pinched skin and dry mouth, as illustrated in the picture at the left.

Given ORT, this child was ready to go home the next day as illustrated in the next two photos.



The research was carried out in Bangladesh and in India in the late 60s. CHF's Director, (Dr. R. Bradley Sack was one of the researchers.) Interestingly, in

1971, an Indian physician very resourcefully decided to use it when IV fluids ran out in a camp of 350 thousand refugees fleeing the war in Pakistan. Whereas cholera usually claims the lives of about a third of it's victims in about 24 hours, only 3.6% died.

In the U.S., ORT can be purchased as Pedialyte or CeraLyte and can be used for any kind of diarrheal disease. Or you can make it at home. A recipe is on our website.

Visit our Website at www.childhealthfoundation.org; also on Facebook

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Children Planting Seeds and Growing

Kossoye Development Project, Ethiopia, began a school-based cooking and gardening program, which was to determine if household gardening is making significant nutritional improvement in children's growth. 900 school children were measured for height and weight, workshops were held and seeds distributed. (It should be noted that the study was interrupted several times by political conflict.) As a result among children in the poorest, rural areas eating increased over time. The children most likely to eat vegetables were in urban schools, due perhaps to access to markets, food culture, or to other factors. While evidence demonstrated that the children's heights and weights increased over time, the analysis of this evidence did not establish that having a vegetable garden and eating vegetables were the reasons for this. Further research may tease out a clearer conclusion, especially if data analysis is controlled for age. The good news is that the program is effective in increasing vegetable eating and household gardening. This finding underscores the importance of the education program.



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Whereas this is the end of the study, the researchers at the University of Gondar have expressed interest in using the biometric equipment provided by the grant to undertake a third round study in December 2016. Also as KDP moves into new school districts, efforts will be made to measure heights and weights of children before the beginning of the education and seed distribution programs. This will give us a better pre- and post-analysis of program effectiveness.

An academic paper, framed as a program evaluation of the KDP's seed distribution and nutrition education program, was submitted to the and will be presented at the University of Gondar's 26th Annual Conference on Research and Community Service in June. This report will also be published in the proceedings of the conference and may also be published elsewhere in revised form. The Child Health Foundation support is acknowledged at the end of the paper.

We Proudly Announce

Seton Hall University and Hackensack University Health Network have named Dr. Bonita Stanton, a nationally recognized expert on pediatric medicine, as the founding Dean of their new school of medicine which is slated to open in fall 2018. She has began her new role in March 2016. Dr. Stanton is a member of Child Health Foundation Board of Directors, and you can see more about her on our website.



Saving Newborns

Women's Empowerment Program, Rwanda, is addressing neonatal mortality by promoting bubble cPap and Kangaroo care. BcPap is a low-cost, locally available ventilation strategy to save newborns, especially premature or very low weight infants. Kangaroo care is a program that encourages mothers to hold their babies close to their own bodies...like a kangaroo mother.



The 25 nurses they recruited to work in various hospitals are teaching this procedure to save newborns lives. As a result, they have been able to make 5,000 low-cost bcPaps, reach 2,000 nurses and 40 practitioners in 80 health centers, and thus far save 7,765 neonates. They also continued the Kangaroo care program which has reduced hospitalization. Community Health Workers have been trained to follow-up the mothers at home. The success of this program has spread and the PI is so pleased with the success that he thanks CHF and hopes they "cover the whole country."

We have given WEP another grant in 2015 to continue this important program.

CHF 2015 Annual Report is ready. You can read it on our website: childhealthfoundation.org