



CHILD HEALTH FOUNDATION

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

Things All Abuzz in Kenya

With a 2006 Small Grant, **Community Support Initiatives** in Kenya set out in November to improve the health of orphans and other needy children by producing honey and edible oil from sunflowers. They successfully trained caregivers in bee-keeping and sunflower production to create a sustainable program of healthy foods. Thirty beehives have been purchased.

Already, 2,000 litres of edible sunflower oil have been produced benefiting 30 households. Soon they will begin selling the surplus oil to improve household income by 20%.

Another outcome of the endeavor is that the family goats are fed the seed cakes from the sunflowers and then give nutritious milk for the children. Two hundred children have benefited from this.

The organization discovered that, in fact, three villages have reported a reduction in visits to local health facilities. And they say 50 other community members have made inquiries about running these projects.

Cows, Chickens and Bicycles

Umoja Women Group in Kenya, with a 2006 Small Grant, selected 25 caregivers to be trained as educators and 30 children to benefit from their knowledge. Another plan was to improve the nutrition of the children by starting a dairy farm and raising chickens. With this plan in place, they could also sell milk and eggs and buy other needed highly nutritious foods.

Cows: They began by getting agricultural advice from a local livestock expert and then built a barn for the cattle, purchased two cows and planned to buy two more. The livestock handlers needed instruction and experience, and help with marketing and sales, and have managed well. They also learned that they needed to find some land and

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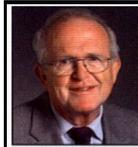
\$5,000 Grant Builds Clinic in India

It seems incredible! In an orphanage in the Sunderbans in northern India, the demand was great for some way to meet the health needs of the children pictured here—some 28 of them. Dr. Bradley Sack, Child Health Foundation President visited the orphanage of **SEED Welfare Society** in June, arriving there from Calcutta by car, boat and wagon, and was much impressed with how much could be done with so little.



The nearest medical resource previously 4 hours drive away, the children now are much more secure with facilities to combat such frequent medical problems as diarrhea, respiratory diseases, typhoid, and snake bites. The clinic has regular visits from qualified medical technicians.

The orphan children are fed well and given a happy environment which is total le opposite the general village situation, wrought with lack of good soil for growing vegetables and polluted water. Honey is the prized source of livelihood, but the men who hunt for it in this forested area are often killed by tigers or crocodiles, leaving their wives widowed and their children "orphans."



Dr. R. Bradley Sack, Board President, received the Samuel P. Asper Award from the Johns Hopkins Medical and Surgical Association for Achievement in Advancing International Medical

Does Giving Make YOU Feel Good?

Scientists studying the human brain at the University of Oregon recently found a basis for altruistic behavior. When we donate, they say, we fire "pleasure neurons." We might all benefit, however, from knowing these other test results, in order to sustain this heightened feeling.

The Wall Street Journal reports on a new study at Indiana University which concluded that "less than one-third of the money individuals gave to non-profits went to help the economically disadvantaged." This is even worse when given a global focus: only 8% of U.S. individual donations support international causes of any kind.

Furthermore, less than 30% is even directed to the poor, much of it given to American university campaigns, churches, or local school projects, for example. These are, of course, worthy causes and a small portion of those funds does go toward scholarships, soup kitchens, and other needy objectives.

It seems also that folks are more prone to giving if it is in some way connected to a familiar face. Knowing this, shouldn't giving to an organization like Child Health Foundation, **where over 95% of every donation goes to save and improve children's lives**, make one feel really good. And we can provide a familiar face too. When you write that check, picture in your mind the photos of needy children we portray regularly in our newsletters and on our website.

Direct Relief International Thanks Child Health Foundation

Child Health Foundation, in turn, thanks Direct Relief for their dedicated work in impoverished and disaster-stricken communities where children are most in need of our help. They respond to emergencies by delivering critical medical materials to indigenously run organizations worldwide.

In 2006, communities in Haiti, Indonesia, and Mississippi received the oral rehydration product CeraLyte, donated through us by Cera Products, Inc., the manufacturers and Cumberland Pharmaceuticals, the distributors. Direct Relief sent CeraLyte with a medical mission troupe of 20 doctors, partnering with New Hope Ministries, to Haiti, where a new clinic was being established. The ORS to Indonesia was in response to the medical needs after a 6.3 magnitude earthquake struck there in May. And in Mississippi, folks, especially those without health insurance were still suffering from the ill-effects of Hurricane Katrina and benefited greatly from the materials supplied by Direct Relief and Child Health Foundation. **ORS saves lives by rehydrating those suffering from severe diarrhea.**

It seems quite clear that many organizations must work together to accomplish the great needs for saving children's lives. and we are grateful to all of them and to our many donors who help us meet these demands.



Bod Squad[®] Surveys Kid's Weight

With the goal to tackle the growing obesity problem in the U.S., researchers at the **University of Rhode Island** in partnership with The Rhode Island Community Food Bank and the Kids Cafe conducted a study using Bod Squad[®], an innovative video developed by the nutrition faculty at the University. A 2005 Small Grant from Child Health Foundation made this possible.

A total of 234 low-income, multi-racial, urban boys and girls 6 to 15 years of age were asked to answer questions on an interactive video. Questions involved demographics, food behavior, physical and sedentary activity levels, and body image perception.

The survey showed that 40% of the sample were overweight or at immediate risk of overweight. Interestingly, heavier children did not perceive their body size and shape accurately.

The team found the activity to work well and it will be used further by the Providence School System and others to craft more appropriate interventions related to promotion of healthy weight in low-income children.

Full reports of all the projects are available upon request

*Pictured here is Mercy Giah with her 20-month old son, Darius. They live deep in Liberia's interior. Darius had been suffering from diarrhea for several days and when he became very weak, his mother carried him to the nearest clinic, over one hour walking distance. At CAM's Barseegiah Community Clinic, Darius received **CeraLyte**, and soon was remarkably rehydrated and back to normal. The doctor there had heard about*



Cows, Chickens and Bicycles, cont'd

plant food for the cows which they were able to do, planting Napier grass on 3 acres. and help with marketing and sales, and this has gone well too.

Bicycles: Although it was at first intended that 5 bicycles would be purchased to provide transport, two necessary wheelbarrows and spades replaced two of the bicycles.

Chickens: Whereas 100 chickens were added to an already existing chicken coop which was enlarged, this project was paid for from the organization's funds.

The excitement of the group has been high, simply because they have incorporated community interest and involvement in both decision making and actions, changing long held habits, behavior, and health, all for the better.



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