



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

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Doula (Mother's Helper)



The **American Indian Family** (2008 grant) in Minnesota, has trained three doulas as lactation counselors to conduct mother-circle breastfeeding support groups and assist new mothers in choosing to breastfeed for 6 months. Their survey in September 2010 found that of

those mothers who had been assigned a lactation counselor during the past year, 55% were still breastfeeding, averaging 5.6 months duration. In another survey in December the figures were 40% with an average of 7 months duration. Since before this breastfeeding was near zero, this was considered a success.

In the words of one of the promoters, "By respecting the intelligence of the participant and providing her with accurate information, we created an atmosphere that promotes independent thinking, thus establishing a healthy rapport."

Overcoming Malnutrition

The **Organization for Research, Extension and Training Agriculture (ORETA)**, Uganda, received a 2010 Small Grant to empower the community to reduce malnutrition by encouraging breastfeeding and producing micronutrient-rich foods.

In their interim report they say that they carried out a survey and found that many pregnant woman and lactating mothers did not know what to feed their children in order to combat malnutrition. Thus they held a training program to teach breastfeeding, and the inclusion of green leafy vegetables, rich in iron and vitamin A, in their children's diets. They are also locally available and inexpensive.

The women were given juice blenders and are now feeding fresh juices of mangoes, oranges, and some vegetables to their children, as well as selling it to have a little extra income.

Poultry farming has also been included in the project. Thirty chicks were given to each of 20 women for them to rear for eggs for themselves and for sale.

The project continues but it has already produced a noticeable improvement in the nutrition of the children as well as less absenteeism from school.



Juice for the kiddies

Full reports of all the projects are available upon request.

A Thousand Days

"If you want to know how stable a country is, don't count the number of advanced weapons, count the number of malnourished children," Hillary Clinton



In September 2010, on the occasion of the United Nations Millennium Development Goals Summit, U.S. Secretary of State Hillary Rodham Clinton and then Irish Foreign Minister Micheál Martin launched the **partnership, [1,000 Days: Change a Life. Change the Future Call to Action](#)**, to draw attention to the 1,000 day critical window of opportunity, from pregnancy to the age of 2, and the priority actions and interventions needed to scale up nutrition.

Improving nutrition, particularly during the 1,000 day window of opportunity, has long-lasting, positive effects and can help break the cycle of poverty. Malnutrition damages a child's growth and development—when it occurs during his or her first 1,000 days (from pregnancy to age 2), the damage is largely irreversible. Ninety percent of the developing world's chronically undernourished children live in Asia and sub-Saharan Africa.

This **partnership** is taking place from September 2010 to June 2013--a thousand days! The website, thousanddays.org was established to provide online tools to help mobilize the partners to take action. You can help by joining the partnership and by contacting your legislators (that is, if you are a US citizen) to support funds for helping this cause. It is especially important now, when so many cuts are being made in the budget, that these budgets not be cut.

Child Health Foundation makes a critical contribution to child nutrition with our many partners both in the U.S. and abroad.

Clean Hands = Better Health

Didi Pre-School and Creche (South Africa) report that their project has been so successful that they have attracted children from other child centers to attend the sessions on brushing teeth, washing hands, eating healthy foods and drinking clean water.

They used children's activities to keep the kid's interested, such as drawing, coloring, and giving out prizes. Hand-washing was a major activity and they

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Health Education for Orphans



A 2009 survey discovered that almost 15 million children living in sub-Saharan Africa had lost one or more of their parents to AIDS. The **Ethiopian Orphan Health Foundation** has reached 91 of these children, living with grandparents, or with someone with a chronic illness, to provide healthcare and health education.

Using traditional coffee ceremonies (a total of 50), popcorn and biscuits, facilitators initiated discussions about HIV/AIDS and reproductive health. The youth felt free in this context to share experiences and learn from one another.

A peer education program incorporated dramas that feature local poems and music about HIV/AIDS, which empowered the youth to discover themselves, their friends, their community and their world.

Four local Community Health Workers were recruited and trained by government leaders to provide health education to children and their families. These CHWs made house to house visits teaching about hygiene, and managing diarrhea, malaria, trachoma, and other health subjects.

This excellent report is on our [website](#) in its entirety for your perusal.

Handwashing *continued from page 1*



created an octopus character named “Handy” whose picture is on posters above the sink to remind the children to wash.

Included in the instruction were visiting the dentist, drinking clean water, and eating healthy foods.

We are pleased with this Humanitarian project and expect it will greatly improve the health of many children.

Two Projects in Mexico

The **Center of Research in Food and Development**, Mexico, has two studies financed with small grants. Thus far, the first, in carrying out a plan to study iron and zinc deficiency in adolescent females, has prepared and administered questionnaires. Besides learning the feeding habits and physical activities of the girls in selected schools, they also obtained height and weight and blood samples. Results showed that all were sedentary, 5.7% had low weight and 21.8% were overweight.

The second study is called, “Strategies on health and hygiene in Hermosillo.” Through collection of fecal samples, the investigators have found that 20%-25% of the children (depending on the schools) were infected with parasites, and treated. The purpose of the study, however is to determine how this infection can be eliminated by instruction about proper sanitation.

These studies are continuing and we look forward to their final reports.

Skill Training

The **Rural Health Organization**, India, with a 2010 Humanitarian grant has submitted their final report. They conducted month-long training program to introduce better healthcare skills to local midwives.



They learned to use the blood pressure and thermometer equipment, the importance of sterilizing instruments, and preparation of oral rehydration salts.

Physical exams of children were also carried out (*see picture*) and parents were given nutritional information, as well as immunization advice. Pregnant women were provided with iron, folic acid, and vitamin A.

On follow-up, it was learned that children’s health was better, pregnant women were following nutrition instructions and there have been no reports of maternal death.



Visit our Website at childhealthfoundation.org