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CHILD HEALTH FOUNDATION

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

Can Books Help Kids Lose Weight?

A recent Time magazine article covered a study by researchers at Duke University that found that the simple act of reading, can reduce weight in tween-age girls.

The study included 31 obese girls aged 9 to 13. They read a novel called *Lake Rescue*, whose protagonist is an overweight preteen who struggles with low self-esteem, feeling isolated because of her size. As the book progresses, the heroine learns to make healthier lifestyle choices and finds a mentor.

Another group read a different book, *Charlotte in Paris* and a control group read neither book.

Interestingly, at the end of six months, all the girls had lost weight, but the girls who read *Lake Rescue* lost more.

Though the weight loss was not great, the researchers say that on average, an obese girl tends to increase the pounds, not decrease. So any loss is certainly significant to the girl.

"Behind the study," says Dr. Sarah Armstrong, director of the program, "was to find a way to motivate the girls without adopting the restrictive and often authoritative voice of so many other nutrition and diet programs."

Healthy Food

Sixty-two more children in South India received nutritious food as a result of one of our Small Grants in 2007. **Charity Action Relief and Education Trust** carried out this activity on behalf of the needy children in neighboring villages. The children were given eggs, milk powder, calcium tablets, and Bournvita, a chocolate, high calorie beverage.



Want to See What You've Done?

We can say with confidence that the donations you make to Child Health Foundation save and improve children's lives. If you want to see exactly how, go to our website and click on **Projects Around the World** in the left upper corner.



Then in each country you can learn specifically about each program we finance with your dollars—even see pictures. Those dollars buy clean water, bednets, education, oral rehydration therapy, seeds, and even cows. Less than 4% pays for administration costs.

We even offer the opportunity for you to specify just how you want your gift to be used. Let me tell you about it.

If you are able to make a donation in the amount of \$5,000 or more, tell us where and what kind of project you would like to finance and we will give it your name. **See example below.**

But if you can't do that, we love to receive any amount you can send us; it will make you smile and it will make the children of the world smile. Thank you.

New Project in Congo

A donation of \$10,000 from Esther Lazarson of New York has made help possible to women in the Democratic Republic of Congo who have been raped. Because of the political tension in this country and the influx of refugees, women have been terrorized, especially by Congolese troops.

The organization, **Butoke**, will care for the raped victims, but also work to prevent rape by organizing broadcasts and face-to-face discussions on the rights of women.

Then they hope to help the victims reintegrate into society by giving them micro-credit and helping them to help themselves.

The project has just begun. We will report updates as we receive them.

Full reports of all the projects are available upon request.



Clean Water and Latrines

A 2007 Small Grant from Child Health Foundation made possible the construction of 173 latrines in 3 villages, and a clean water project has benefited 991 people.



The Indian organization **Haritika** has facilitated the strengthening of the long term capacity building of all community members to manage their water supply and basic sanitary services so that they can be maintained, operated and replaced. There is no doubt that children's health is being affected by these efforts.

See case study below.

Maida Devi smiles when you ask her about the changes in her community. That is because now she saves time and energy that were once spent trudging for water. And life is safer for her now that she does not have to go out during dark to relieve herself. Her health has improved with clean water, the latrine, and the drainage pits dug around her house that prevent malaria. She has more time with her children and, of course, they too benefit from the facilities that prevent them from getting diarrhea, typhoid, and malaria.



We have a New Brochure

You can read it in color on our website or if you want one, call and we will send you one. It is full of information and pictures, and it is a useful tool to help others know more about our activities, so that they too can support this important work.

Mother Support Groups

Blue Veins in Pakistan has sent us their final report. They say, "The project by any account can be viewed as a success. The increased amount of awareness towards women's right to breastfeeding represents a vast cultural change.

The workplace was the main focus of these meetings in order to give the women rights to breastfeed on the job, since continuing work is so important. Exclusive breastfeeding for six months was encouraged with continuation after other foods are introduced. A majority of women, they learned, were not aware of the issues important to their baby's health.

As we reported before, a comic book was published and distributed giving children a heads-up about the values of breastfeeding.

This was a 2007 Innovative Small grant.



New Director

The Foundation is pleased to announce it has added a new member to its Board of Directors. Dr. Abdullah Baqui is Associate Professor in the Department of International Health at the Johns Hopkins Bloomberg School of Public Health. The objective of his current research is to improve child health and survival by enhancing the understanding of the major causes of childhood morbidity and mortality and by designing and/or testing cost-effective public health interventions against them.



Abdullah is married, the father of three children, and lives in Baltimore County, Maryland. His wife, Nasima, is a volunteer in our office.

Soul Food for Baby

In Los Angeles, California, **Great Beginnings for Black Babies**, with one of our 2007 Small Grants, set out to assess the attitudes, influences and experiences toward breastfeeding by African Americans mothers.

They have so far completed four focus groups with 57 pregnant women and mothers with babies under two years. Their plans are to develop breastfeeding education curriculum.

In the focus groups they discovered that pain is the predominant hindrance to breastfeeding in this population, whether by experience or just word of mouth. Social stigma comes in second. They will report again when analysis of the data is complete

Buy a Card, Save a Life

See our lovely holiday cards on our website (5 styles) and contribute to children's health around the world.

