

Sack Gardens

Most village homes have little space for a garden, so the organization,



ACE, in Kenya came up with this innovative gardening method that takes little space and little water. They established a community-based mothers' and infants' center which focused on providing nutritional education and counseling for mothers by setting up Nutritional Kitchen Gardens in sacks for women and their children, and producing educational and communication materials; these include T-shirts, brochures, banners and printed baby shawls and blankets with nutrition and health information on them. Here is a sack garden:

The area around the perforated can is filled with soil and stones to the height of the can, then the can is filled with rocks. Water is poured through the rocks. Seedlings are planted in holes made in the sides and top of the sack. Participants are shown how to water, care for, and harvest, as necessary.



Sack gardening has met most of its objectives and gained the support of the community as well as local county and national government health structures. The Ministry of Health and Agriculture was actively involved at both levels. Community Health Workers and Community groups have been central to delivery of the intervention. A total of 100 women were trained concerning the gardening for two days.

They also trained 30 Community Health Workers about breastfeeding, complementary feeding, and feeding sick/malnourished infants and young children.

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From all of us at the

Child Health Foundation



CHILD HEALTH FOUNDATION

*Saving the greatest number of children's lives at the lowest possible cost.
2018 Holiday Card*

Child Health Foundation Wins Top Award by Financial Services Firm

The Child Health Foundation has been awarded \$10,000 by the financial services company TIAA as A Difference Maker 100 Nominee. CHF was specifically praised for its effectiveness with small grants, just \$5,000 each. "A little bit can go a long way," TIAA wrote, "as Dr. David Sack and the Child Health Foundation have learned in distributing 137 small grants to child-focused organizations in 37 countries." They then work to tackle local problems that are unlikely to receive government funding, such as neonatal health, pneumonia and diarrhea.

TIAA cited CHF's hygiene program that stocked 15 schools in India with hand soap and then furthered its mission with a "Washing Your Heart" conflict resolution message for students. Another small grant distributed low-cost machinery in Rwanda for newborns with respiratory problems to eight hospitals and 85 health centers. "I understand, firsthand, issues facing children in poor countries, Improvements will require more effective health systems, Sack said, "but they also need grassroots, local initiatives."

www.TIADifferenceMaker100.org

**We thank all of you also who have given generously through the years and ask again for you to use the envelope enclosed.
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Saving Newborns

When pregnant women give birth, many of them malnourished and have not had good prenatal care, the infant is either born prematurely or even at full term is below average birthweight.

The **Women Empowerment Program**, Rwanda, is working on preventing neonatal mortality with what is called Bubble CPAP.



BCPAP is a low-cost, non-invasive ventilations strategy for newborns with respiratory distress. Using Continuous Positive Airway Pressure, it maintains lung volume. The equipment is available locally.

They start the activities with a one day refresher training of 25 volunteers. During this latest outreach, they reached 39 health posts and 50 health centers; according to statistics they reached 60% of health posts and 52.6% of health centers. Until now, they have made enough bCPAPs to save 3,352 babies for whom without it the chance of surviving was extremely low. They also continued activities with kangaroo mother care introduction to the health facilities, that is, those who had already been reached with bCPAP.

Kangaroo Care is a practice whereby the new mother carries the infant skin-to-skin like a marsupial kangaroo Joey, promoting well-being and ease for breast feeding.



These are projects funded by Child Health Foundation. The full reports are available upon request.

