



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

Issue #1 2011

Seven Small Grants Awarded

Thanks to the generosity of our board members and donors like you, we were able to fund 5 Innovative and 2 Humanitarian grants in 2010. The funds (\$3,000 to \$5,000) went to the following programs:

Innovative Grants

1. Mali Health Organizing Project's Action for Health, based in Vermont, USA is working to decrease the under-5 mortality rate in Mali by increasing access to primary health care services.

2. Spandan, India, is hoping to determine the effectiveness of the delivery of anthelmintic treatment methodology to reduce worm burdens in children.

3. Sundar Serendipity Foundation (SSF), India, wants to give nutrition education on the role of micronutrients in health and do social marketing so that the people will buy and use of micronutrient fortified salt.

4. Organization for Research, Extension and Training Agriculture (ORETA), Uganda, is working to empower the community to reduce malnutrition by encouraging breastfeeding and producing micronutrient-rich foods.

5. Opportunity Solutions International (Madagascar) hopes to develop innovative ways of distributing and ensuring the use of insecticide-treated bed nets in populations vulnerable to malaria.

The two Humanitarian grants:

1. Chapra Social and Economic Welfare (SEWA)

2. Rural Health Org. (RHO)



The setup at base camp

Dr. Daniel Sack, son of Dr. R. Bradley Sack, the Foundation's Director, successfully climbed Mt. Aconcagua in Argentina, a 23,000' climb, in January. He did this, in part, to raise funds for Child Health Foundation and was successful in raising almost \$10,000. If you would like to add to this to honor this achievement, mail us a check or go to our website. And perhaps you would like to climb, race, swim, or jump rope as a fundraiser. We welcome such endeavors.

More Clean Water



From a Bengali EPRC manual

The latest phase of our very successful project in Bangladesh, carried out by the **EPRC** (Environmental and Population Research Center) and financed by Esther Lazarson in New York City, was called "Women and community empowerment for basic environmental health improvement."

Supported since 2002, the project has women as leaders in the installations of tubewells that give more and more people access to clean water. As a result, children are experiencing fewer episodes of illness due to water-born organisms.

By December 2010, more than 5,400 people were supplied with safe water, over 3,000 of them children.. Some of the pumps were installed in cyclone shelters which are used as schools, the education another benefit of this grant. They are also teaching sanitation practices, for example, hand-washing, as well as proper storage of the water. Further activities have included literacy training of women, and home-stead gardening to improve nutrition.



All reports herein are available on our website and more complete reports can be sent to you if you request them.



Letter from the Chair

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2011 Innovative Small Grants

We are pleased to announce that we are now soliciting letters of intent for this year's ISG awards. This year we are reviewing proposals that deal only with the prevention or treatment of enteric diseases. See our guidelines on our website. The campaign is open to organizations worldwide.

Dear Friends,

We are delighted to inform you that Child Health Foundation has been weathering the economic difficulties confronting our country. We continued to fund some outstanding Small Grants, but did decrease the number of them. The funded projects are excellent and you will enjoy reading about some of them in this newsletter. In our Small Grants Program, we received over 50 proposals from countries throughout the world, and funded 7 of them representing 5 different countries. It was an extremely difficult task because many of the projects that we were unable to fund were innovative and deserving of support, reaching children at the greatest need, in line with the mission of the Foundation.

An interesting fundraising event: Dr. Daniel Sack, son of our Director, set out to climb Mt Aconcagua in Argentina and used the adventure as a way to solicit funds for Child Health Foundation. He successfully reached the 23,000 ft summit in January 2011 and raised over \$9,000! We are extremely proud of him and grateful for his innovative contribution.

The Board of Directors, numbering 10, met three times in 2010, either in person or by teleconference. In 2011, we now have 12 members, having invited back two previous Directors, Dr. William Greenough, III and Dr. Rita Colwell. The men and women who serve on the board have many years of experience in child health and make great contributions to the work of the Foundation. One, Dr. Colwell was named the 2010 Stockholm Water Prize Laureate, a very prestigious award, presented to her by the King of Sweden. Her pioneering research on the prevention of waterborne infectious diseases has helped protect the health and lives of millions, including children we support worldwide.

Child Health Foundation continues to provide support to the International Centre for Diarrheal Disease Research (ICDDR,B) in Bangladesh through logistical support, facilitation of funding, and an NIH-funded cholera project. Our project in Bangladesh, funded generously by Miss Esther Lazarson of New York, continues into its 10th year, supplying clean water to thousands of people, many of them, of course, children.

We also continue a relationship with Cera Products, Inc. With a donation of CeraLyte and the competent distribution facilitation of Direct Relief International, we supplied oral rehydration solution for the treatment of diarrheal diseases to the victims of the cholera epidemic in Haiti. We also were able to give emergency financial aid to the devastating floods in Pakistan.

We are pleased that the Child Health Foundation has continued to be responsive to the humanitarian and health needs of children throughout the world, including the USA. We thank you for your generous support in the past. We appreciate your comments and your assistance in enabling us to fulfill our mission of "saving the greatest number of children's lives at the lowest possible cost." We welcome your donations as we look forward to new opportunities to improve children's lives.

Sincerely,
Maureen Black, PhD
Chair, Board of Directors

Visit our website at www.childhealthfoundation.org.

Dirty Water and Cholera

The serious cholera epidemic in Haiti has been big news lately and folks are learning more about this bacterial disease that is almost non-existent in the U.S. But it is an almost everyday word to very many people in the developing world.

In 2009, the **International Centre for Diarrheal Disease Research, Bangladesh (ICDDR,B)** (our partner) chalked up 50 years of research on the subject. As a result, the number of cases and certainly the number of deaths have reduced significantly worldwide. But there are still many cases of cholera every year.

Also last year a project, funded by the Gates Foundation and in collaboration with the government of Bangladesh, set out to decrease disease burden by using a killed cholera vaccine to immunize children and adults in a slum area of Dhaka.

Cholera is a diarrheal disease which causes very severe loss of fluid very quickly and is almost 100% curable with oral rehydration and/or intravenous fluids if administered early. The organism is contacted from contaminated water, sometimes the only water many people have to drink. So, along with the vaccine, behavioral changes are being taught, i.e., water treatment and hand-washing.

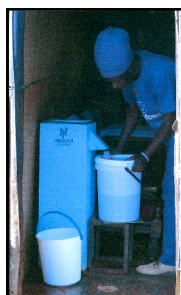
Info from ICDDR,B 2009 Annual Report

Photos from Glimpse, the Centre's newsletter

Filtering the Water

The **Institute of Water and Sanitation Development** in Zimbabwe (2009 Small Grant), has sent their final report. Their aim was to help the poor have direct access to clean drinking water by installing biosand filters. They held a training workshop and installed 15 filters at 12 households and 2 preschools. After testing, they discovered that in fact that water needed to be treated again after filtering. Unfortunately the recipients were too poor to do that. The Institute feels much work must still be done and they plan to publish a paper of their results.

We are, of course, sorry to learn of negative results, but learning that the biosand does not purify the water is certainly a positive finding.



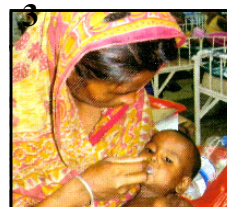
Zinc is Best

Paribartan in India is providing training on the use of zinc therapy to reduce the severity of diarrhea. The project has targeted 944 households (4,883 people) with trained accredited health activists to teach its importance.

This work takes place in the tribal areas of Orissa where the government health programs do not reach. The good news is that the efforts by this organization have interested the government and Paribartan has been given recognition and visibility. And now the government is introducing Zinc in their treatment of diarrhea too. The work continues



For more information about the use of Zinc in the prevention and treatment of diarrhea, go to www.rehydrate.org, the website of our board member, Nand Wadwani. You will see there that many studies have shown that the use of Zinc significantly reduces duration and severity of the illness.



1. Child, dehydrated from cholera, on admission to the Centre's hospital
2. One hr. later after administration of oral rehydration solution.
3. Four hours later, ready to go home

Exclusive Breastfeeding

The **University of Ibadan, Dept. of Nutrition** (2009 Grant) in Nigeria, is educating pregnant mothers on exclusive breastfeeding, immunizations, and micronutrients. Four rural areas were selected for the project and the pregnant and non-pregnant women with young children were interviewed to provide a baseline. A focus group discussion guide was also developed. Data from 339 mother-child pairs were analyzed and it was found that 15% had never heard of exclusive breastfeeding and 20% of those who had heard never practiced it. Other data were also compiled but intervention has not begun.

Demystifying Breastfeeding

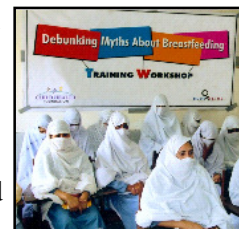
Blue Veins is an organization in Pakistan that received a Small Grant in 2009 and has now sent a final report.

Most of the information that new mothers in this region receive about breastfeeding is often incorrect and based on personal experiences and myths. To change this, Blue Veins targeted 300 women from various backgrounds in urban and rural areas to determine what misunderstanding and myths needed to be addressed. Then they produced a booklet in Urdu addressing these issues.

They held 4 training workshops for Lady Health Workers and then held a follow-up survey, learning that the information they are now able to dispense in the community was very much needed. They are hoping to have a quiz competition, and to air the news on the radio in order to reach the entire nation.

The objective, of course, was to reduce illness and death of infants by encouraging mothers to breastfeed.

The information that they gained from this project has been disseminated to World Alliance for Breastfeeding Action Network and other like organizations.



ORS for Cholera Epidemic, Haiti

Cera Products, Inc. again supplied oral rehydration therapy ---their CeraLyte packets, a donation to Child Health Foundation to be sent by Direct Relief International to help prevent dehydration and death from cholera in Haiti. The value of this donation was over \$70,000.



Making Info Available



Featured in a recent New York Times article, the program **text4baby**, a service that sends free text messages to pregnant women and new mothers, marked its one-year anniversary. To date, about 135,000 women have signed up.

This service is a response to a great need. The U.S. has one of the highest infant mortality rates in the developed world; where each year nearly 500,000 births are also born pre-term and an estimated 28,000 children die before their first birthday, signifying a national public health crisis.

The platform for managing the messages was created by Voxiva, a mobile health company co-founded by one of Child Health Foundation's Board Directors, Dr. Pamela Johnson.

Women need only send a text message to number 511411 with the word **BABY** or **BEBÉ** (Spanish) and they will receive 3 messages /week with advice toward managing a healthy baby.

Info from New York Times Feb 7, 2011

New Bathroom

The **University of Medicine and Dentistry of New Jersey** (2009 humanitarian grant) has a project in the Dominican Republic where they are building bathrooms and a septic system to improve the sanitation for an orphanage housing Haitian refugee children. They have thus far nearly completed a bathroom with two toilet stalls and a shower. The community and local business people have been very helpful with more funds and donated labor to help build the entire dormitory. See the video on our website.

Help for Pakistan Floods

Reported in our last newsletter, the Foundation provided emergency funds to Pakistan in August 2010 to help the victims of the worst flooding in the history of the country. **Blue Veins** received one of these grants and has reported that they provided medicine, clean water, shoes and clothes, and ORS. Another organization, **IRDP**, used the funds to treat cholera, malaria and other infectious diseases.

They both expressed sincere gratitude for the help.

Food Security

Kared-Fod Women's Group in Kenya, a humanitarian grant (2008), has sent their final report, a very successful one. Their project involved supporting fish farming, producing a yellow-fleshed sweet potato, and peanut butter, all high in nutrients, with a promise for better child health.

The group acquired an electric mill to grind the peanuts (pictured here). And they also made juice from the potatoes, which are high in Vitamin A. Peanuts are a good source of protein.



The project has also created employment for the group and a market for their products.

CHF 2010 Annual Report is soon ready for distribution. If you would like a copy, please email or call our office and we will send you one. contact@childhealthfoundation.org 410-992-5512

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