



CHILD HEALTH FOUNDATION

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

## More Clean Drinking Water

A project begun in 2002 by **The Environmental and Population Research Centre (EPRC)** in Bangladesh to develop appropriate techniques for management of safe drinking water for children in relation to floods in areas which experience these annually continues with great success and efficiency. We owe this to the generous donations from Miss Esther Lazarson of New York City. With her latest gift, a new project area has been added.

During the last phase, activities commenced in four villages. All the previously installed water wells were inspected and found to be in full use and arsenic-safe. Twenty-one more tubewells providing safe water were installed serving a total of 2,322 people, a thousand of them children, bringing the total number served to **16,939**. Arsenic above the safe level was found in 18 of the 39 tubewells bored, leaving only 21 useable.

The community is also asked for a small financial contribution for their water to give them an investment in it. The money received is used to buy books and pay teachers for four nursery and Class I schools, which have a total of 132 children. The teachers were recently given a refresher course by the EPRC supervisor.

Because much time has been saved with the new water availability, it seemed appropriate for the EPRC to use that time to begin a women's empowerment program in 2006. Women's clubs continue successfully at the schools where the mothers were encouraged to get involved in homestead gardening, literacy and health education (HIV/AIDS prevention, family planning, etc.). There are now four clubs with a total of 69 women.

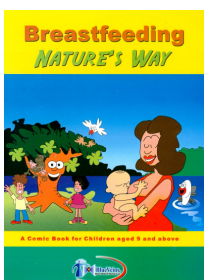
Evaluation of this program was carried out: 100% of the women learned signature and alphabet writing, most could report proper hand-washing, most knew the impact of using a sanitary latrine, 61% ate the vegetables grown by the club, and 21% sold vegetables from their gardens.



*Women and children admire the new pump that gives them greater freedom and helps prevent childhood illnesses.*

### A Quest for Safe Drinking Water by Rural Coastal Women in Bangladesh

*Just off the press, a booklet outlining the project from its beginning. It includes a poem by Miss Lazarson*



## Exclusive Breastfeeding

The aim of the **Blue Veins** project in Pakistan, a 2007 Small Grant recipient, is to bring down child mortality by creating a supportive environment for exclusive breastfeeding, a rate of 16% of infants less than 6 months of age at present, and one of the major reasons for mortality of infants.

Thus far, five mother support groups have been established with 15 meetings organized. Many of these women hold jobs and are now becoming aware that they can continue to breastfeed at their workplaces.

A comic book, pictured here became a great success among aged 9 and above youngsters whom, the group felt, could not only learn the importance, but help to spread the word. So far, 2200 of these booklets have been distributed. We look forward to their final report.

## Keeping Children Healthy

**Ghanian Mothers' Hope, Inc.** in Ghana, a 2007 Small Grant recipient, conducted 3 educational information workshops on health, hygiene, first-aid, nutrition and oral-rehydration (ORS). Children were then monitored for one year and an immunization program was provided for those children whose immunizations were not up to date. This is their interim report.

The program which included, in part, instruction on breastfeeding and weaning, cooking demonstrations, and hand-washing instruction, as well as disease prevention and treatment with ORS was well received by the mothers who demonstrated a great need for such information. The group believes that this education will impact well on the children and with the involvement of the Ghanaian Health officials, programs like this will continue in other villages.

## Mothers' Clubs

One of our 2007 Small Grant Projects, conducted in India by **Crescent Educational Society**, formed mothers' clubs thus far in 4 villages, selecting leaders for each group and giving training about leadership qualities. Ninety percent of the pregnant women in the village were enrolled in the club. Discussions were held and films were shown about mother and child health.

Other activities were held including child immunizations, Vitamin A distribution, kitchen gardening, and personal hygiene education. A healthy baby competition was held and this photo illustrates the winning mother. Gifts were given to encourage the mothers.



*Full reports of all the projects are available upon request*

## Quick Aid to Disaster Victims

Child Health Foundation was able to help survivors of the Myanmar cyclone disaster and individuals in Africa thanks to a donation of 17 pallets of CeraLyte-70 Lemon Ready to drink oral rehydration solution (ORS) and 1 pallet of CeraFlu ORS, through Direct Relief International, which helps directly in disaster areas. Close to 20,000 liters of CeraLyte were donated and enough CeraFlu ORS to treat nearly 10,000 people with influenza. The retail value of the donation was \$105,760 combined.

In May, Child Health Foundation donated \$2,000 to help the victims of the Chinese earthquake, the strongest in 58 years, that hit on May 12th. Our donation went to Global MD and was then channeled through the Chinese Red Cross and the Ministry of Health Disaster Relief Center by our board director, Tim Shi



## Healthier Babies

**Eclipse Development Initiatives** in Nigeria (2006 grant) finalized their *Sweet Mother Program*, empowering parents and families with knowledge, resources, skills and behavior to ensure safe motherhood, healthy children and a good start in life for newborns.

They use counseling sessions and visual and auditory aids to promote breastfeeding, immunizations, and oral rehydration therapy, and treated bednets to prevent malaria.

The program was carried out in 4 health centers and reached 1,954 nursing and pregnant women. In all, about 124 babies were safely delivered, vitamin A, mosquito nets, oral rehydration solution and anti-malarial drugs were distributed, along with the instruction relating to all of these.

Posters, leaflets, handbills were used, three books have been written (undergoing review), and two newspapers carried articles about the program. We expect this good news to spread to other communities.



## Three New Board Directors

**Nand Wadhvani**, born in India, received his computer training in Hong Kong and designed and maintains several websites relating to health and educational projects. He is now taking over some maintenance of our website from his home in Goa, India with Francesca Cossutta. We welcome Nand and wish him well.



**Alex Lilavois** is Executive Vice President of Vyalex Management Solutions, Inc., a prime contractor for the U.S. Department of Defense. There he works to develop business, organizational strategy, controls and processes, and economic profit models for the company. Alex lives in Columbia, Maryland with his wife Gina and two sons. We expect great things from him.



**Tim Z. Shi, MD, PhD** is the founder and Executive Director of GlobalMD.Org Network Corporation, and CEO of EC Tech, LLC. On his website he has a worldwide physician database for both patients and professionals. Tim lives in Columbia, Maryland with his wife and two sons. He is an asset to our organization and we welcome him.



## Music, Dance, Drama

From November 2007 through April 2008, six performances were held in six venues in Uganda by **Rhythm Africa** (2007 Small Grant), educating children about preventing malaria. Question and answer sessions were then held and mosquito nets and swatters were distributed.

The project will continue and we look forward to their final report.



*See our website for more information about these impressive gentlemen who have joined our Board of Directors*

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