



CHILD HEALTH FOUNDATION

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

Issue #2 2009

George Washington Carver Would be Pleased

Peanuts were used in stew in Africa as early as the 15th Century, but peanut butter got its popular use by Dr. George Washington Carver in the early 20th in the U.S.

In this photo, members of the **Kodera Women Group** in Kenya, one of our 2008 Small Grants, admire their new peanut milling machine. They are growing, roasting, grinding and making peanut butter to improve the health of the children in their community. Peanut butter is high in protein, Vitamin A and carbohydrates.

Thus far, they have trained 76 local farmers in improving production, several women in machine operation, and a 13 member committee in managerial and marketing skills in order to spread the product to other parts of the country.



WaterGuard

Mothers Union Orphan Program (2007 Grant) in Kenya has suffered from the riots following presidential elections. They couldn't venture out for some time to purchase needed supplies. Nevertheless, they have managed now to train the thousands of guardians and community members in the use of WaterGuard, using word of mouth and pamphlets, and a bottle of the product.

WaterGuard is a purification liquid which can be purchased locally for the equivalent of 20 cents per bottle. It purifies 1000 liters of water. Still an expense for the poor, it is much cheaper than the fuel necessary to boil and more effective than other methods of purification.

They have already noticed a decrease in diarrhea and plan to send out the trainees with questionnaires to evaluate the program. We await their results.

Going Ciber

We would like to be able to send you our newsletter by email instead of by post. This would mean saving funds spent on stamps. And you would get a newsletter in color, adding to your enjoyment in reading. But we don't have your address! Please send us your email address to contact@childhealthfoundation.org if you would like to be part of this mailing. Or, if in the unlikely position that you don't want to receive the newsletter any more, please indicate that on our email. We look forward to hearing from you.



Keeping Children Healthy

Ghanaian Mothers' Hope, Inc. in Ghana, a 2007 Small Grant recipient, filed their final report. They conducted 3 educational workshops on health, hygiene, first-aid, nutrition and oral-rehydration (ORS). Children were then monitored for one year and an immunization program was provided.

The program which included, in part, instruction on breastfeeding and weaning, cooking, and hand-washing, as well as disease prevention and treatment with ORS was well received by the mothers who demonstrated a great need for such information.

The results of the monitoring is the subject of this report. **The children whose parents received instruction all gained in height and weight.** Visibly, they showed fewer signs of malnourishment. It is the belief that the Program has made a positive impact on the health of the children, and with the involvement of the Ghanaian Health officials, programs like this will continue in other villages.

See a video of this program on our website. Go to Ghana on the world map: childhealthfoundation.org

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 continues with great success and efficiency. We owe this to the generous donations from Miss Esther Lazarson of New York City.

During the last phase, activities commenced in four villages in an area called Ramgoti. All the previously installed water wells were inspected and found to be in full use and arsenic-safe. Twenty-seven tube-wells providing safe water were installed serving a total of 2,722 people, almost a thousand of them children, bringing the total number served to almost 20,000. Arsenic above the safe level was found in 14 of the 41 tube-wells bored, leaving only 27 useable.

EPRC also began a program supported by Child Health Foundation in another district, Munshigonj, a two-hour drive from the capital, Dhaka. There the objectives were to provide access to clean water, sanitation facilities, and household gardening.

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Full reports of all the projects are available upon request

Quick Aid to Disaster Victims

Child Health Foundation reached out to victims in two disasters. First to an organization that was one of our 2004 Small Grants in India, **Jeevan Rekha Parishad**. Early in 2009, the conditions in the Kondhamal district in Orissa deteriorated due to violent ethnic conflicts between Hindus and Christians. Our donation of \$1,000 bought oral rehydration salts and other medical supplies and services to a refugee camp. The second \$2,000 went in June to **Seed Welfare Society** in Kolkata, India for relief work following a severe cyclone which has affected about 2.3 million people. Our funds were for medical supplies for an orphanage which is one of our projects. More about these projects can be found on our website.

Poultry and Fish Farming

Bukalama Youth Group in Kenya (a 2008 Humanitarian Award recipient) has held a 3-day training program, as planned, to equip 40 administrators of Early Childhood Centers with the knowledge and skills to manage integrated fish and poultry projects. Besides the agricultural skills, it covered such topics as marketing, financial management, and fund-raising.

The majority of attendees agreed that the program was a success, that it met their expectations, but would like to have training on yet further topics.

Violence against Women

Our project in the Congo, supported financially by our generous donor Esther Lazarson and conducted by **Butoke** has made some progress in preventing rape, especially among young girls. Their greatest effort is in trying to change the opinions of these girls who feel honored when approached by an adult male, even elderly men. And superstition says that a sexual relationship with a virgin will cure AIDS, give new vitality, and bring riches.

Butoke held workshops, training sessions, and radio broadcasts which included volunteers, religious communities, and traditional chiefs, the efforts were to dispel the myths and spread the news about women's (and girl's) rights, and the dangers of sexually transmitted diseases. The work continues.

Music, Dance, Drama

In the course of a year, **Rhythm Africa** (2007 Small Grant) presented 12 performances of dance and drama in as many venues in Uganda. They focused on educating children about preventing malaria. Question and answer sessions were then held and mosquito nets and swatters were distributed.

Over three thousand adults and children attended these shows and 180 insecticide treated mosquito nets were distributed, along with 100 swatters.



New Board Director

Jean B. Nachega, M.D., PhD has a home in Cape Town, South Africa where he holds a position as Professor in the Department of Medicine in Stellenbosch University. He also resides in Baltimore where he is an Associate Scientist at the Johns Hopkins Bloomberg School of Public Health. Able to speak several languages fluently, Dr. Nachega was born in the Democratic Republic of Congo and received his advanced degrees in South Africa, England, and the United States. Quite an international young man, he is married and the father of one child. We welcome him to our board. Learn more about Dr. Nachega on our website.



Clean Water *cont'd from p. 1*

Thus far, 500 people have been provided safe drinking water, and they have just begun to give good hygiene, nutrition, and gardening instructions in two pre-schools and two adult female literacy centers. They are in need of more funds to continue this important work.



Security Blankets

We have recently made a donation of funds and an afghan to **Project Linus**, an organization with a chapter in Maryland, whose mission is to provide love, a sense of security, and warmth to children, who are seriously ill or otherwise in need, through the gifts of new, handmade blankets and afghans, lovingly created by volunteers.

The project also provides an opportunity for craft persons to create blankets, afghans and quilts. If you would like to take part in this activity, there are even patterns on their website: www.projectlinus.org



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