



C H I L D H E A L T H F O U N D A T I O N

...saving the greatest number of children's lives at the lowest possible cost. • Issue No. 3, 2010



Health Education

The **Ethiopian Orphan Health Foundation** with its 2009 Innovative Grant is training health workers to provide improvements in children's health and nutrition. The health workers then reach 91 orphans and vulnerable families in the community.

Thus far, four community health workers have been trained and have gone door-to-door to promote the prevention of malaria, diarrhea, sexual diseases, malnutrition, and intestinal parasitosis. A group of community members also gathered for a training session focusing on the same health issues.

Coffee ceremonies are an important part of the Ethiopian culture and so they are held every week with adolescents to discuss sexual health, led by peer facilitators. Both males and females are enjoying the experience because they can share experiences and learn from one another.

Medical exams of 68 orphans have shown that the most common infection is intestinal parasitosis. We look forward to their final report.

Awareness Programs

The Integrated Rural Development Programme

(2008 Small Grant) in Pakistan gave about 900 poor, uneducated mothers of 7 slum areas awareness on nutrition, micro-nutrients and child health, including breastfeeding and use of oral rehydration therapy. The same number of children have been enrolled in a regular regimen of growth monitoring.

A quiz competition with prizes and a baby show with puppets and actors dramatizing child health were held in these same cities and all took part with great enthusiasm.

The organization gained admiration and approval from the community for their efforts, and there is no question that such education is passed to many others as well as to their progeny.



Our Website

You can find almost anything you'd like to know about Child Health Foundation from our beautiful website. It is maintained by one

of our board members, Nand Wadhvani*, who lives in Hong Kong. His profession (and passion) is creating websites that feed the world with information that promotes health and healing.

This is his gift to the Foundation. Your gifts go to promoting health and healing too! Specializing in sustainable projects, our outreach continues beyond the original investment we make with your donations. This can be seen all over the world where the people themselves have been able to provide clean water, promote breastfeeding, teach sanitation, and grow nutritious foods. You'll read more about them in this newsletter. **And on our website.**

We thank you for your generosity and we hope you will continue to contribute. You may use the enclosed envelope, Or you can donate **on our website.**

**Learn more about him at childhealthfoundation.org.*

Dr. Dan Sack, son of Director Dr. Bradley Sack, plans to climb Mt. Aconcagua in January, promoting Child Health Foundation. Read about it on our website.



Rape Devastates Lives

The war, since 1993, has changed many of the sexual attitudes in the Democratic Republic of Congo. Now it is common for men to consider that unmarried women and girls are theirs to be conquered.

Butoke, an organization there, is changing those attitudes. One of the recipients of a 2008 grant, funded by Miss Esther Lazarson of New York City, they are working with the women and girls (some very young), teaching responsible sexuality. Also they are caring for the rape victims, and counseling those who become pregnant.



Full reports of projects available upon request.

A Doula is a Trained Mom Helper



The **American Indian Family Center** in Minnesota is working to increase breastfeeding rates in communities of color. They hope to create classes all over the capital city so that no mother goes without the opportunity to be educated about the health benefits of exclusive

breastfeeding.

The grant paid for three doulas to be trained as lactation counselors. These three then trained others to conduct Mother Circle breast-feeding support groups and assist new mothers in choosing to breastfeed for at least 6 months. So far in 86 births, 77 have chosen to do so.

Growing Taller Children

The organization **Wuqu' Kawoq** has undertaken a study to determine the cause of childhood malnutrition in Guatemala. They enrolled 215 children under the age of 15 and discovered a high rate of stunting, i.e., low height-for-age. They have also demonstrated high rates of anemia in children younger than 5 years, and that these data underscore the need to intervene at a much earlier age. Intervening has significantly improved the children's growth.

All children over the age of 6 mo. were given micronutrients and iron as necessary, as well as treatment for worm infection. A caloric supplementation (Incaparina) was also given to those who needed it, supplying about 20% of daily requirement.

Their initial surveillance data has confirmed their hypothesis that child malnutrition is routinely underestimated by reliance on weight-for-age measurement. Having instituted a program that targets stunting in a cost-effective manner, the program has had great success. They are now qualified to be consultants to other NGOs, plan to find funding to continue, and are preparing to publish in medical journals. We applaud their success.



Malnutrition Program

Nyaya Health in Nepal has developed an innovative program to address the significant morbidity and mortality caused by chronic malnutrition. In this rural study area, they have abandoned their original plan, which was to have a mobile clinic and then follow-up with Community Health Workers (CHWs), because they got help from the Nepali government to renovate a hospital. They earlier had trained four of these workers, to oversee 400 children,

Thus the procedures of the CHWs have changed. Now when Nyaya discharges a patient from the hospital, they are given a "ticket" and a CHW is officially assigned to visit them, giving them the nutritional support they need. They believe now that accountability has been improved, they will be able to move forward to accomplish their goals.

Emergency Relief

We are grateful to all those who responded when we put out a call for help for the victims of the disastrous flooding in Pakistan. We have two trusted projects in the country where we were able to send over \$3,000 to supply food, clothing, clean water, and medicines directly to the people. The need is still great because, according to UNICEF, the lives of 3.5 million children are under threat. They still welcome donations.



Improved Sanitation Practices

The **Women Protection Society** in Uganda, has been creating bio-sand filters to help prevent children from becoming ill from water-borne diseases, such as typhoid and diarrhea.

More than 32 households are now using the filters and have improved other sanitation practices such as covering food, washing hands and using latrines.

Financial constraints have prevented them from being able to test the water to discover the bacterial count, yet they have demonstrated a significant reduction in episodes of water-borne disease, as well as worm infections, jaundice, and eye and skin infections.

Households save 1-2 hours per day not having to fetch water and this gives them time for such things as vegetable gardening and even economic activities. It has also clearly been an empowerment for women. We call it a success.

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.

