

# NEWSLETTER



**E**arlier this year, the Prime Minister Shri Narendra Modi launched the National Nutrition Mission, India's flagship programme to improve nutrition for children, pregnant women and lactating mothers. The Poshan Abhiyaan

has been set up with a target to reduce stunting, under-nutrition and low birth weight among children and also attend to anemia in women and adolescent girls on a nationwide basis. The multi crore ambitious plan pledges to cover a population of over 100 million and reach out to all the districts in India in a phased manner.

Fight Hunger Foundation welcomes this launch wholeheartedly and we commit to work with the State and Central Governments by aligning all our current programs with the components of Poshan Abhiyaan.

I am also happy to inform you that as a part of our advocacy efforts, we have been mobilizing public opinion by bringing together Government representatives, development partners, media, and the general public to drive positive action for better nutrition. We recently facilitated an exposure visit between the states of Rajasthan and Gujarat, to share experiences and learnings between the health departments, to improve and exchange

best practices while tackling malnutrition in children in the two states.

As per a recent report released by World Bank\*, about 66% of the working population in India earn less because of stunting in childhood i.e. being excessively short for their age. Children with stunted growth endure adverse outcomes later in life, carrying the risk of suffering from impaired brain development, to lower cognitive and emotional skills. A nutrition specific national program that focusses on improvement in health services and behavior change can tackle stunting and to that end, we are committed to implement Poshan Abhiyaan across all the geographies where we are present in India.

You will read more about this in the newsletter. The festive season has now ushered in new hope and commitment in our teams, as we are all set to celebrate special occasions with children, mothers and their families! We thank each one of you for your incredible support to Fight Hunger Foundation, as that keeps us highly motivated in our mission to end child malnutrition in our country.

Should you like to know more about our work, please write to us at [contact@fighthungerfoundation.org](mailto:contact@fighthungerfoundation.org) and we will be glad to assist.

**Ashwini Kakkar**  
Chairman, Fight Hunger Foundation

\*World Bank Report - <https://bit.ly/2D8Of7o>

## BARAN (RAJASTHAN) WINS THE MOST PROMISING PROGRAM AWARD

Our Malnutrition treatment program Navoday, in Baran, Rajasthan was awarded the Most Promising Social Programme at the CauseBecause event on 22nd June at New Delhi.

The event saw 86 nominations under 17 different Sustainable Development Goals.

### About Navoday

Fight Hunger Foundation started its project Navoday in Baran in 2011 in close partnership with the local Government Health and ICDS departments specially tasked to tackle malnutrition in children among the local community. Our work primarily involves active screening of children, treatment and prevention, which involves education and strengthening the local governing systems.

In 2016, we became technical partners for POSHAN (Proactive and Optimum care of children, through Social-



FHF team members accepting the award at the event.

Household Approach for Nutrition), a State Government led program on tackling malnutrition in Rajasthan. This is a joint initiative by National Health Mission, Rajasthan along with UNICEF and GAIN. The first phase of the program covered 41 blocks of 13 high priority districts, 1574 villages and involved training of 2500 government workers and reaching out to over 2,34,404 children. A community-based model of managing acute

malnutrition was integrated into the health system and post the success of Phase 1, the Government has now launched POSHAN Phase 2 covering 20 districts that will save the lives of more than 17000 malnourished children.

In the last 6 years, we have touched the lives of 5670 malnourished children in 283 villages, affecting the lives of almost 220,000 people.

## TAKING TREATMENT TO THE DOORSTEP IN PALGHAR, MAHARASHTRA



With a mother and child at the mobile OTC in Palghar.

The hilly regions of Mokhada, Palghar can be treacherous to traverse especially during the summers and rains. Mothers and children from the 59 villages that our program covers, would often travel long distances to reach the Fight Hunger Foundation Outpatient Therapeutic Centres (OTC). To support their determination and encourage mothers to continue treatment, we decided to take the treatment centres to their doorstep. Our new Mobile OTC's operate from the village Anganwadi centres (AWC's) which are within walking distance from most of the households. These mobile OTC's are fully equipped with growth monitoring tools, medically trained staff, medicines and nutrition supplements to provide life saving treatment to malnourished children and counsel mothers and caretakers on good dietary practises, hygiene and age appropriate child care. The mobile centres are currently being piloted in 8 villages of Mokhada and we soon plan to expand it to all 59 villages.

### New treatment centres in Dharni

With the objective of combating acute malnutrition in Amravati, Fight Hunger Foundation launched its first Outpatient Treatment Centre (OTC) in Dharni on 12th June 2018. The newly launched centre, at Sadrabadi PHC (Primary Health Centre), is one of the 3 OTC's that have been set up under the project.



The new OTC at Dharni in operation.

The OTC's will reach out to over 5000 children and mothers, provide treatment to acutely malnourished children, counselling on nutrition and sanitation to pregnant and lactating mothers and increase overall awareness in the community on the causes, effects and remedial measures related to acute malnutrition.

The project, supported by NAOS is a multi-year program that focuses on an integrated approach to tackle malnutrition in children. Our program covers treatment and prevention, community awareness on nutrition, Water Sanitation and Hygiene (WASH) and Food Security and Livelihoods (FSL).

The children enrolled will receive Energy Dense Nutrition Supplement (EDNS), necessary medical attention and their progress will be tracked on a weekly basis.



A child enrolled in the program with his mother at the OTC

## MADHYA PRADESH LEADING THE WORLD HEALTH DAY CELEBRATIONS



Celebrating World Health Day at Dhar in Madhya Pradesh

**D**rawing from this year's theme of Health for all, communities across Dhar in Madhya Pradesh celebrated World Health Day 2018 on April 07<sup>th</sup>, to create awareness on important health factors such as nutrition, sanitation, maternal and child care and various health services such as check-ups and vaccinations available through local health care centers.

Activities involved local families, adolescent girls and boys and pregnant and lactating women. They enthusiastically participated in group discussions on food choices, cooking demonstrations, learning the 6 steps of hand washing and keeping diseases at bay. The field team also took up a cleanliness drive to stress on the role that a clean environment plays in ensuring well-being of all.



World Health Day at Dharni in Maharashtra

## INNOVATION – MUAC POWER IN MOTHERS' HANDS



A group of mothers learning the MUAC measurement technique

At the core of all our programs, lies the concept of sustainable, community led change. In our mission to defeat undernutrition, we have trained mothers in Baran, Rajasthan on monitoring their own child's growth, helping them detect symptoms of malnutrition. The tool given to them is a MUAC tape, that measures the Middle Upper Arm Circumference (MUAC) of the child. This is a colour-coded tape that helps determine whether a child is:

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A MUAC measurement in action

**Red Zone:** severely malnourished  
**Yellow Zone:** at risk of becoming malnourished  
**Green Zone:** healthy

Children displaying signs of malnutrition (for example, a MUAC in the yellow or red bands, visible wasting and refusal to breastfeed) are referred to malnutrition treatment centres for further assessment and treatment.



The MUAC tape

## CHAMPIONING THE NATIONAL NUTRITION MISSION



Launching the National Nutrition Mission the nutritional status of children and women and progress towards a healthier, happier nation. The program will benefit over 10 crore people and cover all the districts in a phased manner.

**As a technical expert on malnutrition, Fight Hunger Foundation is involved in 4 major components of the National Nutrition Mission.**

**Convergence:** Creating block and district level synergies between ICDS, NHM, Tribal Affairs, Information and Broadcasting, Consumer Affairs, Food and Public Distribution.

On 8<sup>th</sup> March 2018 the Prime Minister of India, Shri Narendra Modi, launched the National Nutrition Mission to arrest under-nutrition in the country, improve

**Behavioural change:** Generating momentum via the media, members of Panchayati Raj Institutions (PRI), and grassroots level influencers towards effective jan andolan and effective community based events to adopt better health and nutrition care practices.

**Innovations:** Engage PRI and grassroots level influencers, develop innovative evidence packages to ensure enhanced knowledge dissemination and cascade.

**Training and capacity building:** Partake in the Incremental Learning Approach (ILA) for guidelines, training modules, trainings and e-ILA to facilitate sector meetings and resource groups at block and district level.



FHF's role in the National Nutrition Mission

## RECOGNIZING NUTRITION CHAMPIONS

Addressing undernutrition at a countrywide level requires a concerted effort from institutions and individuals alike. As Government, private and development institutions drive policy formation and implementation, it is necessary for individuals to stand up for their communities and lead the change in behaviours and attitudes towards nutrition and health. Fight Hunger Foundation, in its journey of creating a hunger free India, has been fortunate to work with such motivated individuals, and recognizes them as Nutrition Champions.



The Nutrition Champions at Jaipur, Rajasthan.

inspire and motivate community members, but also are able to advocate for change and influence local organizations into positive action. At an event conducted by Fight Hunger Foundation on 7<sup>th</sup> June in Jaipur, we felicitated 12 such Nutrition Champions from Rajasthan for their contributions in POSHAN phase 1 and their ongoing efforts to spread awareness on Nutrition and facilitate local, block, district and state level projects related to child malnutrition. Shri Naveen Jain, Secretary-Medical Health and Family Welfare, and Mission Director, NHM, Govt. of Rajasthan graced the event. A huge thank you to our Champions for their support and inspiring work.

Nutrition champions are people who are not only able to

Fight Hunger Foundation would like to profoundly thank again its Founding Members.



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