

NEWSLETTER



Evidence proves that good nutrition in the first 1,000 days of a child builds a strong immune system, ensures healthy physical and intellectual development, and supercharges a child's chance of survival.

Sadly, as per the National Family Health Survey (2015-16), there is a rising trend in child wasting¹ in India, wherein the immunity levels of children are low and they carry 12 times the risk of mortality than a healthy child.

We must stop this situation from worsening.

At Fight Hunger Foundation, we realize that children are our national economic asset. We take decisive action against the causes and effects of hunger. We save the lives of malnourished children. We ensure families can access clean water, food, training, and health care. With more than 120 committed staff across three states of Maharashtra, Madhya Pradesh and Rajasthan, our programs have reached out to over 3 lakh people last year.

Over the last year, our work has encompassed the macro, meso and the micro environment as we have participated in and strengthened almost 19 Government schemes in the areas where we work.

I am happy to share with you that we have been selected by the Government of Rajasthan to be their technical partners to implement POSHAN, a flagship malnutrition program covering 13 districts and 11,236 children across the state. You may like to read more about POSHAN and other updates of our work in this issue of the newsletter.

I am also extremely grateful to our partners Societe General and Credit Suisse, who have helped us establish five outpatient treatment centres in Govandi and Palghar, in Maharashtra. With doctors and nurses on board, we are now able to provide integrated services to children and mothers through our community programs.

In conclusion, I am proud to share with you that Fight Hunger Foundation has been awarded a Platinum certification by Guidestar, an independent assessment agency, for transparency and public accountability. This is a milestone in our journey and we could not have done this without your active support and encouragement. Thanks for being by our side and committing to end child hunger in India.

I hope you enjoy going through this issue of our newsletter. Do write to us at contact@fighthungerfoundation.org and we will be happy to speak to you about how we can engage together, to make lasting positive changes in the communities where we work.

Ashwini Kakkar

Chairman, Fight Hunger Foundation

¹ From 19.8% in 2005-06 to 21% in 2015-16

Celebrating World Water and World Health day

Water is not only the essential building block of life, but also vital for supporting economic, social, and human development. Building upon UN's global theme of wastewater reduction, we celebrated World Water Day with school children in Baran, Rajasthan on 22nd March 2017. More than 200 students came forward and participated in a quiz on water, sanitation and hygiene!

At the end of an energetic day, they gained knowledge on the importance of universal access to clean water and pledged to take action towards water preservation and reduction of waste water in their community.

Our teams in Burhanpur, Dhar and Baran were also actively involved in celebrating World Health Day on 7th April 2017. The awareness sessions focussed on the importance of immunization for children under 5 years, and their health and nutrition. We were happy to see over 120 families attend the awareness camps where we had video demonstrations, group discussions and educational sessions.



Participants pledging to reduce waste water



A session on the importance of immunization

International CEOs from GSK visit our Govandi program



An informative game of snakes & ladders

When Afzaa got bitten by a snake - she learnt the importance of handwashing before having a meal. And when her brother Salim climbed a ladder, he learnt the 6 steps of handwashing with soap! This was a fun filled play day with children in Shivaji Nagar in Govandi, who gathered in our Outpatient Treatment Centre on 23rd April 2017 to play a game of Snakes and Ladders with 40 senior executives of GSK who were visiting India!

The team, comprising of executives from various countries, spent a day interacting with children and their parents to understand first-hand the issues faced by the local community and interact with them to help develop a sustainable solution to their problems such as lack of water, lack of hygiene etc. The visiting team met with families in their homes and were quite stunned to see the limited resources available to them due to congested lanes, lack of sunlight and contaminated drinking water. The team gained a holistic view of the program being implemented by FHF and went back reflecting on the role of CSR in supporting communities through locally defined interventions.



Team members during a home visit

Opening of our new Outpatient Treatment Centre in Sathe Nagar, Govandi, Mumbai

Following the success of our first Outpatient Treatment Centre (OTC) in Shivaji Nagar, we realized the need to establish an additional centre to better serve the local community in Govandi. We opened our second OTC in Sathe Nagar in March 2017. This ‘Mother and Child Centre’ serves as a treatment center for children suffering from malnutrition, where our team of doctors, nurses and our staff will screen children and provide a home based treatment for these children.

We will hold discussion meetings with pregnant women and lactating mothers on health and nutrition. We will also help the local frontline workers with tools and techniques to manage malnutrition at a community level, so that no child is born malnourished.

With this newly inaugurated centre, an additional population of 40,000 people will now have access to our community intervention programs.



Inaugurating the centre



Mothers and children for screening

Anganwadi wall painting in 50 villages

“Jeevan ki shruat, maa ke dudh ke saath”, “Jagrut hoga har nar nari, dur hogi kuposhan bimari” were some of the messages we spread across 100 villages in Burhanpur and Dhar as a part of our effort to raise awareness on malnutrition amongst the community.

Reinforcing our belief that tackling malnutrition calls for a gradual and sustained behaviour change at the community level, we undertook a wall painting exercise in high visibility locations such as government buildings, anganwadi centres, school boundary walls, and panchayat bhawans. The messages were painted with easy to remember slogans in Hindi. The objective of the exercise was to disseminate

key messages around health and nutrition to the local communities.



A slogan at an Anganwadi centre



A slogan at a Government health care centre

Baby Rekha



Baby Rekha (name changed) was severely wasted and lifeless when Fight Hunger Foundation staff found her through our regular screening in Baran district of Rajasthan.

While other toddlers her age were healthy, playful and full of life, Rekha was too weak to move her limbs and was non responsive to stimuli. She had lost her appetite and was critically underweight compared to normal children her age. There was nothing that her doting grandmother did not do to help her regain her health and see the glimmer back in her eyes. But sadly Rekha was just not recovering.

We diagnosed baby Rekha as being severely malnourished and immediately put her on a diet of energy dense nutritional supplements to stimulate her dormant digestive system and help her gain weight and vital nutrition. She was closely monitored by our team through weekly home visits for almost sixteen weeks. Her grandmother was counselled on cooking and feeding practises to support her recovery.

Soon after, Rekha was going around on all fours making it difficult for her grandmother to keep up with her. She is extremely thankful to Fight Hunger Foundation for saving Baby Rekha's life.

An integrated approach to tackling malnutrition

Acute malnutrition in children can result from multiple factors, from lack of food, improper feeding practices, mother's health, to contaminated water. Even before being born,

a child can be pre disposed to being malnourished due to lack of vital nutrition in the mother's diet. A malnourished child could grow up to be a malnourished adult and the cycle continues with a malnourished adult giving birth to a malnourished child.

Fight Hunger Foundation works relentlessly to break this cycle of hunger through our interventions focussing on all aspects of a child's life cycle. We focus on mother and child nutritional and mental health, water, sanitation and hygiene, food security and livelihood and education of adolescents. An integrated approach of timely and targeted interventions at the community and family level makes our approach unique when it comes to tackling malnutrition through community interventions.



POSHAN in Rajasthan saved 11,000 lives

POShan (Proactive and Optimum care of children, through Social-Household Approach for Nutrition), is an initiative by the National Health Mission and Department of Health and Family Welfare, Government of Rajasthan for community based management of severe acute malnutrition in children under 5 years of age.

The program launched in Dec 2015 is technically supported by Fight Hunger Foundation - Action Against Hunger, UNICEF and GAIN (Global Alliance for Improved Nutrition). The Community based Management of Acute Malnutrition (CMAM) project was implemented in 10 high priority districts of Rajasthan and involved more than 2,500 government frontline workers. In 1,574 villages of 41 blocks, around 2,34,404 children were scanned for malnutrition through various technical methods and out of them 11,236 children were found to be suffering from malnutrition.



Mr. Govind Parikh, Deputy Director - Health Department, Govt. of Rajasthan, speaking at a workshop

Fight Hunger Foundation - Action Against Hunger along with the partners provided home based treatment and counselling to these children and have maintained records of every child's progress in the program. We are happy to state that the recovery rate was 95% in the POSHAN program.

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



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