

# NEWSLETTER



**N**utrition is a vital factor for the healthy development of a child, since a weakened body is more prone to infections and responds less to medicine or treatment than a well fed healthy one.

As per recent UNICEF data, emerging economies have significantly improved their malnutrition rates over the last two decades. China has reduced under nutrition from 25% to 8% between 1999 and 2002. Brazil from 18% to 7% between 1975 and 1989. India has reduced under nutrition from 48% in 2005-2006 to 38% in 2015-16, according to the recent National Family Health Survey.

The Government has invested vast sums on schemes such as providing take home rations for families, appointing Anganwadi workers and front line health workers and establishing malnutrition treatment centres in rural areas to tackle under nutrition in children in our country.

In spite of these efforts, many of our children continue to be underweight and under nourished. Almost, 38% are stunted and 21% are wasted in the country. Our children form an integral part of our nation's economy and it is our responsibility to provide them a healthy and happy future, so that they grow up to their potential and contribute to nation building.

Fight Hunger Foundation has an integrated approach to tackle malnutrition and put the brakes on under-nutrition.

We focus on Nutrition Security, Early Childhood Development & Care, Water Sanitation & Hygiene, Reproductive Maternal Child Health and Life Skill Education. We work with local Governments and like-minded partners in all our projects in Maharashtra, Madhya Pradesh and Rajasthan, where we serve the community in 480 villages.

I am pleased to inform you that our program in Palghar has completed one year bringing a change in the lives of almost 85,000 people. We have established four Outpatient Therapeutic Centers and are truly indebted to our partner Credit Suisse who believed in our work and made this happen.

Thanks to our newest partner NAOS, Fight Hunger Foundation is expanding its geographical reach and will be commencing a program in Amravati district in Maharashtra in the next few months. This will be our first program that targets Food Security, Livelihoods, Water, Sanitation and Hygiene (WASH) together with a common goal to address the issue of under-nutrition. This is another leap we have taken towards achieving our vision of a Hunger Free India.

This issue of our Newsletter covers several events we organized in order to raise awareness about nutrition and health. None of this would have been possible without your constant support and encouragement, and we want to thank you for that.

Should you like to make a contribution or 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*

## Nutrition consultation workshop



Shri. Naveen Jain speaking to the audience through video conferencing

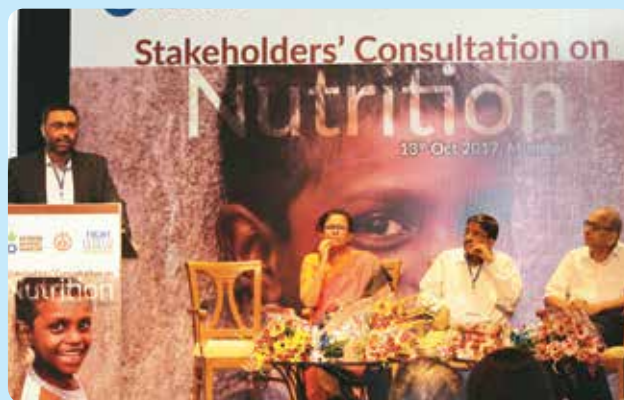
We organized a Nutrition Consultation Workshop on 13<sup>th</sup> October 2017 in Mumbai with a view to include all relevant stakeholders who could spearhead the nutrition agenda in the country. The objectives of the workshop were:

- Knowledge dissemination on different aspects of nutrition
- Discuss nutrition security policies & programmes in India
- Share the learnings and model of CMAM pilot initiative

(POSHAN) launched by the NHM

- Sharing of experiences from other Indian states (i.e. Maharashtra; Madhya Pradesh; Odisha, Chhattisgarh) towards addressing malnutrition respectively

The participants included members from the State government of Maharashtra and Rajasthan, eminent and influential experts on nutrition from national and international NGOs and CBO(s), various government



Speakers at the panel discussion

departments, representatives from the media, individual consultants and donors. The speakers included Shri. Naveen Jain, Secretary (Health) and Mission Director-NHM, Government of Rajasthan, Ms. Vinita Ved Singhal, Principal Secretary, WCD and Director General, Rajmata Jijau Child Health and Nutrition Mission Maharashtra among others. Overall, there were more than 60 external stakeholders who participated in the event.

## Standing united against malnutrition

The national breastfeeding week in August saw active participation from families across our programme in Maharashtra, Madhya Pradesh and Rajasthan. While over 1400 pregnant/lactating women and new mothers came together to discuss the importance of breastfeeding in Dhar and Burhanpur (Madhya Pradesh), women in Baran, Rajasthan weren't to be left behind as close to 1000 of them came



Learning the 5 steps of hand-washing at Burhanpur, Madhya Pradesh



A discussion with mothers on child nutrition at Baran, Rajasthan

together and raised awareness in their communities on nutrition for infants and adolescent girls. World food Day and Global Handwashing day too were celebrated with families in the 480 villages where we work in India with information sessions on food choices and optimal sanitation practices. Children under 6 practiced the 5 steps of hand washing as mothers exchanged notes on water filtration and storage.

## National Nutrition Week celebrations across India

Palghar and Govandi in Maharashtra were buzzing with excitement as the Junk food Monster paid them a visit during the National Nutrition Week in September. The monster put up quite a show on the ill effects of junk food and egged families to inculcate healthy eating habits. Young children in Govandi dressed up as their favourite fruits and vegetables and learned about their nutritional importance. This was followed by a street play witnessed by close to 300 local community members on the importance of a good diet in the early years of a child. More than 1200 mothers and adolescent girls in Burhanpur and Dhar (Madhya Pradesh) enthusiastically participated in group discussions on food choices, cooking demonstrations and video lessons.



The junk food monster in Palghar & a street play in Govandi, Maharashtra



## News from the States

**Rajasthan:** We signed an MOU with India Potash Limited in August 2017 to treat and save lives of 300 SAM (Severe Acute Malnutrition) children under the POSHAN programme in Baran, Rajasthan.

The focus of the project is to promote continuum of care to malnourished children to avoid relapses, ensuring access to appropriate quality care.

With the support of India Potash Limited, we were able to screen 5887 children and treat about 700 malnourished children in the 98 villages of Kishanganj and Shahabad, where we are present.



The programme promotes the process of behavior change, empowering people and communities to sustain and actively maintain change by means of workshops and extensive awareness raising sessions aimed at mothers of malnourished children, grandmothers and involving men of the community.

We immensely thank India Potash for believing in Fight Hunger Foundation's credibility to tackle acute malnutrition in our country. We appreciate their strategic partnership with us and are convinced that together we can bring a change in the lives of community we serve.

**Maharashtra:** Fight Hunger Foundation inaugurated its fourth Outpatient Therapeutic Center in Palghar in Maharashtra, marking the completion of one year of our malnutrition program in the district. We are now able to screen children across our four centres in Mokhada, Moranda, Washala and Ashe.

We immensely thank our donors, well-wishers and our dedicated field teams, with whose support we now reach out to a population of 86,000 that includes 15,000 children covering 59 villages.

**Madhya Pradesh:** How do you ensure that communities become self-dependent and

take complete ownership of the nutritional status of their children and adolescents?

As a core component of making our programme self-sustainable in the long run, our team in Dhar, Madhya Pradesh conducted a refresher training course for over 500 healthcare workers. With the objective of strengthening the Government healthcare structure, the workers were trained on identifying signs of acute malnutrition in children under 5, nutrition practices for infants and mothers and various aspects of sanitation. The healthcare workers, known as Anganwadi and Asha workers, are usually the first point of contact for children and mothers on health and nutrition.



Training front-line healthcare care workers in Dhar, Madhya Pradesh



We completed a year in Palghar, Maharashtra

## SMART survey in Delhi

The capital of India is a melting pot of various cultures and a truly vibrant city. Unfortunately, Delhi is also home to communities with under nourished children.

Kapuri Thakur and Indira camp are a couple of such communities situated in the south district of Delhi. The slums are inhabited by approximately 8000 people stretching 5 kms along the railway track, most of them being daily wagers and hawkers. We recently conducted a SMART survey to assess the nutritional status of children between 6-59 months that indicated a high prevalence of acute malnutrition.

We will soon start our nutrition program in Delhi to tackle this issue and serve the community.

## Run Against Hunger

As the whistle blew and we screamed "Run!!!", little Shruti from grade 3 decided she would take only 5 laps of the track and then stop. She was among 700 children at The Green Acres Academy, Chembur, Mumbai, who recently participated in the Run Against Hunger to raise vital funds for the treatment of children suffering from acute malnutrition in India.

Fight Hunger Foundation conducts the sporty fundraising event, Run Against Hunger, in schools in Mumbai, where every lap a child runs is pledged for by their family and friends.

The event at the TGAA started off with a sensitization session with the children on the importance of nutrition, sanitation and avoiding junk food. It was quite a sight when a "Junk Food Monster" made an appearance but couldn't scare the young children of Green Acres Academy since they had already promised to eat healthy!



The nutrition sensitization session

Post the interactive session, the run at the football turf was flagged off by the Principal Ms. Manju Mehta and thus began a day of fun and enjoyment, but for a cause. As children from classes 1 to 6 streamed in, they could barely contain the excitement of running in tow with their classmates. We had a difficult time getting the children to stop, a lot of those energetic children couldn't have enough of it. Little Shruti who thought she will take only 5 laps, finally finished at 12, as she said "I want to save more lives and want to run more- against hunger!"

We salute the School The Green Acres Academy for their support!



Children ready to begin the run

## Our Impact in 2017



**5,42,511**

Total population impacted

**60,674**

Total direct outreach



**14,203**

Malnourished children



**8** Nutrition Rehabilitation Centres,  
**6** Outpatient Therapeutic Centres and  
**9** Anganwadi Centres have been strengthened by us.



**29%** of the villages within our intervention areas have become malnourishment free

**42%** of the villages have demonstrated decline in incidence of undernourishment

## Fourth Hospitality, UK, visit Govandi, Mumbai

Sakina happily quipped how it is a task to get hold of her 4 year old son Wasim in a game of hide and seek. While speaking to senior executives from Fourth, who were on a visit to see our program in Govandi, she shared the food preparation techniques she learned from the Fight Hunger Foundation programme she attends regularly. Sakina is one of the many mothers who receives regular education on sanitation and hygiene practices from our doctors and nurses.

The visiting team from UK interacted with children and mothers and spent the day visiting homes and our Outpatient Treatment Centres.



The visiting team from UK interacting with children in Govandi

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



**FIGHT  
HUNGER  
FOUNDATION**

**ACTION  
AGAINST  
HUNGER**



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