

Kindermissionwerk Health

The first five years of life is very critical for any child from the point of view of physical and mental growth which might be affected by various disorders due to malnourishment in the early childhood. Hence, this project is aimed at sustaining the health and nutrition of malnourished women, and children below 5 years living in 20 slum localities of Indore City. Nutrition is an important element to maintain good health. The target community being economically backward and living in unhealthy condition abysmally lacks food and nutrition in daily diet. A balanced diet is a must for getting sufficient nutrition to the body. Micronutrients are necessary elements to maintain the growth and quality of life. Ignorance and illiteracy makes the life of the poor more vulnerable to health issues.

It is reported that in India every 10 second one child dies due to diarrhoea and malnourishment

To tackle this problem in the target slums we are proposing two approaches: namely, **PREVENTIVE** and **CURATIVE**. **The preventive approach** will be: to bring behavior changes in the community and women in particular with the support of positive examples (cases) from the locality where better health status is found. Change is possible through exposure to other group of people living in similar situation. Preventive approach will include sensitization on the causes and effects of malnutrition, preparation and consumption of micronutrient rich food, breast feeding of new born infants, better sanitation and hygiene practices, use of safe drinking water, intake of balanced diet by pregnant women, on time and regular immunization of babies, 3 ANC check-ups of pregnant women, prevention of communicable diseases by maintaining personal cleanliness and environmental sanitation is unavoidable.

The curative intervention will aim at intensive effort to make improvement in the nutritional status of pregnant women and under 5 children in the slums. Constant effort will be made to improve their dietary habit with promotion of food security with the help of ICDS programmes. Enhance the participation of slum women in the Aanganwadi programmes to supplement vitamins and supply of nutritious food. The malnourished children will be linked with the ICDS programmes in the Anganwadi centers conducted by the government to get dietary supplement.

Common Objectives of the Project:

To raise the nutritional and health status of poor slum children below 5 years and pregnant women so that long lasting health effects can be enjoyed throughout the lifespan.

Specific Objectives

- Assist 2500 children below 5 years to get necessary support to improve health/nutrition status to strengthen their motor, sensory, cognitive, social and emotional development.
- Promote good hygiene practices and ante natal care among 398 pregnant women to avoid greater risk of diseases and maternal mortality.
- Behavioural and attitudinal changes among the women beneficiaries regarding improved dietary and IYCF practices
- Liaisoning with local Aanganwadi centers (ICDS) and PHCs/ANMs for provision of health check-up facilities, micronutrient supplement, immunization, monitoring of child growth to streamline the nutritional & health level of the beneficiaries.