

FIRST SEMESTER REPORT 2010 HEALTH & NUTRITION

Executive Organization: MAMA PROJECT—HONDURAN MENNONITE CHURCH

Facilitator: Rosa Tróchez

Director: Erlinda de Robelo

Funds donated by: HOMBRO A HOMBRO

Beneficiary Community: San José del Negrito, el Negrito, Yoro

Reporting Period: January - June 2010

Objective:

Provide complementary community health care to the population younger than 7 years and pregnant women in San Jose del Negrito and vicinity.

Goal #1: 210 boys and girls will improve their nutritional status as a result of the daily snack, complemented by health & medical attention at the medical clinic.

ACTIVITIES:

- .1 Six purchases of the ingredients for the daily snack were purchased and sent to San José.
- .2 During this period, we supervised the making of the nutritional cookie three times. Each time they produced 6,000 cookies while following all the hygiene measures required by Public Health.
- .3 In the clinic, the nurse, Carmen, is responsible to track the weights and measurements of each child, including the new entrants to the program who are selected in accordance with the doctor's or nurse's assessment. During this period, the children who participated in the nutrition program (belonging to different communities) were weighed every two months with the following results:
 - 225 children total**
 - 116 children, grade 1 [malnutrition]
 - 6 children, grade 2 [malnutrition]
 - 6 children, normal status
 - 26 not weighed
 - 11 left the program because of their age and/or because they reached their normal weight
 - 60 new children started the nutrition program. Of these, the doctor did not record their weight at the initial consultation, but the nurse took their weight and the name on their card at the second appointment in order to obtain the results. We gave the nurse a new format to improve the tracking of children's weight and height and thus better to capture the information. With the information currently available, we created an alphabetical list for Nurse Carmen so that she can use that to achieve better statistical results.
- 1.4 Carmen and Gladys explained that mothers continue to take the milk, soy cereal, and cookies to help a little in the nutrition of needy children. Gladys commented that the mothers cannot pay the price that Alison had proposed for the cookie.

GOAL #2: Improve the health of 20 pregnant women who are sent by the clinic or a

community midwife with nutrition problems.

ACTIVITIES:

2.1 The clinic reported that only seven pregnant women and six elderly people are benefitting. According to Carmen, these are the only people who need the snack.

GOAL #3: Promote the distribution of folic acid, delivering pills and facilitating five workshops per year with six community midwives on the themes of Holistic Health, Reproductive Health, and Nutritional Health.

ACTIVITIES:

3.1 During this reporting period, women visiting the clinic and attending the community talks are not taking folic acid because there is none in the clinic.

3.2 Midwives and health guardians participated in three workshops on comprehensive health to strengthen their knowledge. Learning about leadership and creativity with materials they can use in their communities, women in the workshops practiced teaching the group. As a result, there is great potential in the women, mainly in the young women; the midwives, because of their age and low education, have their limitations.

Comment: Maryin Marlines Vásquez from the community of Crucitas #1 says, “With the practice teaching my colleagues, I was very afraid at first to stand before the group. But after I got some confidence, that helped me a lot in presenting the group work ‘The Way I Would like My Community to Be.’ I felt good and I realized that by sharing ideas with others the work gets done differently.”

GOAL #4: Develop two annual reports reflecting on successes achieved.

Information received from the Clinic:

- List of children with weight and size. These formats have all the information requested for 165 children. We are lacking data on 60 children who entered new, so this does not give us complete information. We are hoping to improve this part.

OBSERVATIONS.

- Mothers bring their children to the clinic for a checkup and get the orientation from nurse Carmen. She explains to them about hygiene and how feeding their children a nutritious diet will help them to regain their weight.
- Now that we have trained Health Guardians, midwives, and young women, they are a big help getting the women in their communities to participate in the charlas and to talk among themselves about how to improve the care of their children and their own health.

Recipients of the nutrition snack come from the villages of:

- Brisas del Rio
- San José
- Santa Lucia
- San Antonio
- Pescaderos
- Yúguela
- San Agustín
- San Gerónimo
- San Francisco
- Guaguiniquil
- Vista Hermosa
- El Tibre
- Cerró Prieto

List of the participants in Meetings and Workshops:

Midwives:

- Pastora Ramos
- María Magdalena Mateo
- María Idelfonsa Ayala
- Cecilia Mejía
- Julia Ayala

Health Guardians:

- Andrés Vega
- Maryin Marlina Vásquez
- María de Jesús Vásquez
- Gladis Oneyda Ramirez
- Alicia Vega
- Marcela mijango
- Miriam Gómez
- Manyen Vásquez

Nurses from the Centro de Salud (Health Center):

- Alex Lasaro Martinez
- Isabel Trochez

Companions:

- Rita Molina Pérez
- Johana Yoselin Mijango
- Marina Mijango
- Rosa Maribel Vega
- Rosa Mijango
- Cresencia Ardon
- Laura Vargas
- Silvia Ampro Mejía

Participating Communities:

San José el Negrito, Las Crucitas, Cerro Prieto, El Congó, Santa Lucia, Yúguela, Brisas del Rio.

TESTIMONY #1



Kevin Maitel Vasquez

Kevin Maitel Vasquez Gomez, is 5 years old and lives in the community of Las Crucitas #1. He entered the Health and Nutrition Program on 26 February, 2010, weighing 33 pounds, which gave him a grade of severe malnutrition. Currently he weighs 36 pounds which is low-grade malnutrition. Kevin, like the other six children in his family gets the milk and nutrition cookie since they are a family of few economic resources. His mother, Maryuri Vasquez, took him to the clinic with a high fever, vomiting, diarrhea, and an ache from a very inflamed stomach. The child had gotten antiparasite meds from another organization that helps in San José. The doctor at the clinic explained to her that she needed to take better care of him. Maryuri says that from that time, she has dedicated time and attention to improving their nutrition. Kevin likes the milk and cookie a lot. His mother is very happy with

Hombro a Hombro and MAMA Project for the help they give.

TESTIMONY #2



Maylin Rodríguez Sánchez, one year old, was born in the community of Las Crucitas #1. Maryin weighs 15 pounds, 4

ounces. Monthly, her grandmother, Cresencia Rodríguez comes to get the milk and cookies. The little girl's mother is not with her child because of a lack of resources. She left to work as a maid, leaving her mother the responsibility to care for the little girl and her other five children. The grandmother says, "Maryin has not been able to get better for lack of her mother's care. The care I can give her is not the same as her mother could give. Thanks to God, I've been able to keep her alive. I'm very grateful for the help you have given, and it has made a big difference in improving her condition. It would be impossible for me to purchase the milk and cookie each day. It is a sacrifice for me to go such a long distance from one community to the other. San José is a long way from where I live, but I have to do it for my granddaughter."