

How Nutritional Empowerment Transformed Grace's Life

Grace (not her real name) grew up in a family that faced food insecurity and other life challenges. Her father struggled with alcoholism, and her mother bore the heavy burden of being the sole breadwinner. She worked long hours as a casual laborer, leaving Grace in the care of her elderly grandmother.

This situation made it hard for Grace to receive the proper nutrition and attention she needed for healthy growth. By the age of one, Grace weighed only 6.6 kg and measured 68 cm tall, presenting alarming signs of moderate acute malnutrition.

The turning point in Grace's life came when a Community Health Promoter (CHP) visited their neighborhood. Recognizing the signs of malnutrition, the CHP referred Grace and her mother to Village HopeCore's clinic, a step that would change their lives.

At the clinic, Grace was enrolled in HopeCore's Mother and Child (MCH) program, where her mother received nutritional counseling. She learned about the importance of a high-protein diet and increased meal frequency to support her daughter's growth. The program also provided ready-to-use therapeutic foods (RUTF) and multivitamin syrup to enhance Grace's appetite and nutritional intake.

As Grace's health began to improve, her mother became increasingly engaged with the clinics, attending regular check-ups. This newfound knowledge not only benefited Grace but also empowered her mother to take charge of her family's health and well-being.

After six months in the program, Grace was discharged at 18 months old, weighing 8.9 kg and measuring 78 cm tall. Her transformation was remarkable, she was more active and met all developmental milestones appropriate for her age. The support from Village HopeCore had not only improved Grace's health but also revitalized her mother's confidence and determination to see her daughter through her condition.

Today, Grace is thriving. She plays joyfully with her siblings, enjoys a variety of foods, and is on a healthy developmental track. Her mother, once overwhelmed by challenges, now advocates for nutritional health in her community, sharing her journey and encouraging other families to seek help.

