

Health and Hope: Jane Mumbi's Triumph Over Malnutrition

It was during a field growth monitoring exercise in April 2024 when HopeCore's public health officers first encountered 10-month-old Jane Mumbi (not her real name). At that time, Jane weighed 6.3 kg and measured 73.6 cm tall, both of which were clear indicators of severe malnutrition. This situation raised immediate concerns for her health and development.

Initially, Jane's mother was hesitant to seek help from HopeCore's clinics, despite a referral from Karaa dispensary. She was in denial about Jane's condition, believing that, like her older daughter, Jane would thrive without any medical intervention. This led her to rely solely on her own knowledge and the advice of some community members, which ultimately proved inadequate.

However, everything changed when HopeCore intervened, encouraging Jane's mother to enroll in the Maternal and Child Health (MCH) program. This decision marked a turning point for both mother and child. After just one month of nutritional counseling and supplementation, Jane gained 700 grams, bringing her weight up to 7.0 kg. Her height also increased to 74.3 cm, reflecting substantial progress.

Jane's mother reported some other remarkable improvements in her daughter's health: Jane's appetite increased, and she could stand with support for the first time. This progress motivated her mother to attend the nutrition clinics regularly, where she gained essential knowledge not only on proper nutrition but also on hygiene and sanitation. This education proved invaluable, as it helped address Jane's long-standing oral thrush condition.

Through consistent clinic attendance and support from HopeCore staff, Jane's growth was closely monitored. Upon discharge, at 1 year and 2 months old, Jane had achieved a target weight of 7.5 kgs and met all developmental milestones. Her mother expressed immense gratitude for the support and knowledge gained through the program, stating that it not only transformed Jane's health but also empowered her as a parent.

Jane's journey stands as a powerful testament to the impact of HopeCore's MCH program and the resilience of mothers who strive for the best for their children. Through health education, support, and community involvement, families like Jane's can overcome challenges and build a healthier future together.