

# Aleimar

Insieme ai bambini del mondo

## HEALTHY AND HAPPY



## **1. BRIEF DESCRIPTION OF THE PROJECT**

**Title:**

Healthy and Happy

**Organization:**

Aleimar – ODV

**Partner:**

Amka

**Local Project Leader:**

Congregation of Augustinian Sisters – Diocese of Sambwa

Amka Katanga – Health area of Kipushi – Diocese of Kasenga

**Representatives of the project in Italy for Aleimar:**

Francesco Moroni - Aleimar Country Responsible

Ilaria Ventura – Project Office Responsible

**RECIPIENTS:**

Direct recipients:

- 25 children suffering from malnutrition and /or undernourishment and their mothers in the village of Sambwa and in the bordering area;
- 60 children suffering from malnutrition and /or undernourishment and their mothers in 35 villages of the area of Mabaya;
- 50 women that take part in prenatal consultation program;
- about 500 women in the villages involved in the awareness activities in relation to nutrition.

**TOTAL BUDGET:**

23.000€ / 25.777 USD

**PERIOD OF REALIZATION:**

January – June 2022 (6 months)

## **2. CONTEXT AND NEEDS ANALYSIS**

The Democratic Republic of Congo is one of the poorest countries in the world, where high child and maternal mortality rates are registered. Child malnutrition is mainly caused by low agricultural production of families, incorrect food habits, lacking hygienic and health conditions, inadequate food conservation that bring to the spread of many infective diseases. Moreover, low literacy rates of the mothers can affect their health conditions and the health conditions of their children during

pre and postpartum periods and the higher frequency of pregnancies can reduce the resources available for the growth of the children and of the family.

The EDS-RDC II survey (2013-2014) has collected information related to food practices of children younger than 5 years old and of women of the age between 15 and 49 years old. The results are the following:

- 43% of children aged between 0 and 59 months suffer from stunting or of chronic malnutrition caused by long periods of inadequate nutrition. Among them, almost the half (23%) suffers from a serious form of malnutrition;
- 9% of children aged between 0 and 59 months suffer from excessive thinness, a form of recent acute malnutrition, determined by the ratio between weight and height lower than the average, and one third (3%) of them suffers from a serious form of malnutrition;
- 23% presents weight insufficiency and almost one third of them (7%) suffers from a severe form of weight insufficiency;
- Results show that the level of chronic malnutrition of the children is strongly influenced by the literacy level of the mothers: from 51% of the children with not illiterate mothers, the percentage of children affected by chronic malnutrition goes to 47% for those with mothers with a primary education and to 13% for those with mothers with a higher education.

Amka and Aleimar collaborate with Augustinian Sisters and they want to promote the right to food of children at risk or suffering from malnutrition and to make mothers aware of good nutrition practices in the area of Mabaya and Sambwa. With the direct involvement of the mothers many activities aimed to prevent children's premature death, as a consequence of high malnutrition rates, have been implemented. The purpose is granting a focused therapy for mothers and children that can promote a healthy nutrition and a correct growth. Children suffering from malnutrition are followed by a constant control realized by the nutritionist and by the healthcare staff of the Therapeutic Nutritional Unit located in the Health Centre of Kanyaka that, once a week, verifies weight, height, brachial circumference and gives at the end of the visit milk, protein-based local food and supplements of minerals and vitamins when necessary. For the most serious cases, children are hospitalized in the Therapeutic Nutritional Unit of Kanyaka. AMKA works also to support the development of local crops rich in proteins (beans, peanuts, soybeans) and to promote productive activities for the improvement of the conditions of access to food for the families. Education of young girls and mothers in relation to correct nutrition, hygiene and infective diseases is offered in order to reduce the consequences that come from a system of popular superstitions that forbid a healthy growth of children from a nutritional point of view.

### **3. AIM AND OUTCOMES OF THE PROJECT**

The project wants to fight malnutrition in the village of Sambwa and in the area of Mabaya.

Specific outcomes:

- Promoting the health of women and children through the improvement of the quality of the access to services of health and nutritional assistance.

- Increasing the awareness of the community on the topics of correct nutrition, hygiene and child diseases.

#### **4. RECIPIENTS**

Direct:

- 25 children that suffer from malnutrition and / or undernourishment and their mothers in the village of Sambwa and in the bordering area;
- 50 children suffering from malnutrition and their mothers in the village of Mabaya;
- 50 women that take part to the program of prenatal consultation;
- Almost 500 women and men in the villages involved in the awareness raising activities related to the topic of good nutrition practices.

Indirect: the communities, for a total of almost 10.000 people.

#### **5. ACTIONS**

The activities of the project are:

- Three-monthly monitoring in the villages of Sambwa and in the area of Mabaya for the evaluation of the child malnutrition rate and for the identification of the most serious cases that have to be taken in charge.
- Specialized care services in the nutrition field offered by the Therapeutic Nutritional Unit in the Health Centre of Kanyaka in favour of children suffering from severe malnutrition forms: specialized visits, medical assistance, hospitalization, laboratory tests, food support.
- Supply of monthly protein-based food packages (milk and local food enriched by carbohydrates, proteins, fats) and of supplements of vitamins and minerals.
- Pre and postnatal consultation (CPN) for the prevention and treatment of nutritional deficiencies of women and of their consequences on new-borns.
- Constant activity of monitoring and evaluation of hygienic and sanitary levels of the community in order to plan improvement actions.
- Community awareness campaigns in order to increase the awareness of women and men of the importance of nutrition, food security and diversification, of hygienic and sanitary principles and of the prevention through the health system as a protection instrument for the most fragile part of the population.
- Synergy with private and public organizations active in the health and nutritional sector in the areas in which the project is located in order to assure the growth of the cooperation and the detailed coverage of the nutritional assistance.

## 6. BUDGET

COSTS	
<b>Cost items</b>	
Protein-based food for the nutritional support for 6 months for 60 children	9.000 EUR / 10.086,70 USD
Health cares for 35 children suffering from severe forms of malnutrition	7.600 EUR / 8517,66 USD
Medicines and supplements	5.000 EUR / 5603,72 USD
Pre and postnatal consultation program for 50 women	3.000 EUR / 3362,23 USD
Training and community awareness campaign for the prevention of malnutrition	2.000 EUR / 2241,49 USD
Transport	400 EUR / 448,30 USD
<b>TOTAL COST OF THE PROJECT</b>	<b>27.000 EUR / 30260,11 USD</b>

## 7. SUSTAINABILITY

**Institutional and social sustainability:** Through a Community-based Management of Acute Malnutrition approach (CMAM) the community takes charge of the most vulnerable people. The community is trained for the prevention and management of malnutrition cases that benefit from the assistance of health experts that diagnose and nurse the cases in relationship with the Therapeutic Nutritional Unit in Kanyaka. The awareness trainings activities for the mothers will contribute to accelerate the reduction of the risks that come from malnutrition and from the high mortality rate deriving from popular traditions.

**Technical sustainability:** controls and visits are conducted by the medical staff of the Therapeutic Nutritional Unit and the Health Centre of Kanyaka that goes in the villages of the district to take care of the most vulnerable mothers and their children.

**Economic and financial sustainability:** the progression and development of the intervention is guaranteed by its integration in a wider local development program carried out in the last twenty years by ALEIMAR and AMKA in the region of Lubumbashi, in collaboration with local partners and public and private grants.

## 8. MONITORING

Aleimar carries out once a year a monitoring visit on the field where the project is developed thanks to volunteers of the association. The local representatives will send continuous updates on the evolution of the activities and on the recovery process of the recipients. The AMKA's staff present on the field will be able to guarantee a constant monitoring of all the activities in order to plan effective interventions on the basis of real needs.