

Introduction

Monitoring and Evaluation (M&E) is a fundamental component of the Headstart Kids Programme, as it enables us to systematically track progress, assess performance, and measure the impact of our interventions. Through structured monitoring activities, we ensure that programme implementation remains aligned with its intended objectives of improving child wellbeing and reducing the effects of malnutrition. M&E also strengthens accountability, supports evidence-based decision-making, and provides credible data that informs continuous programme improvement and reporting to stakeholders.

Reversing the Effects of Hidden Hunger

It is of great importance to Headstart Kids to ensure that the programme beneficiaries are responding to the nutritional interventions we provide in the centre. By providing micronutrient powders, deworming and food solutions we intend to improve and maintain the children's health status. Using the WHO health standard we monitor the children's age, gender, height, weight and MUAC, so that we can measure the change and shift in Stunting (Height for Age), Wasting (Weight for Height) and Underweight (Weight for Age) indicators that are trackable to show the margin of change achieved through our initiatives. The ability to address malnourishment in the communities affords us the opportunity to foster the change needed for children to be healthy and thrive.

Periodic Measurements

Periodic measurements are conducted twice or thrice within a programme cycle providing multiple data points with WHO recommendation intervals between assessments. Our Operations Team, together with a professional nurse, conducts these measurements and deworming activities at the centres. Necessary measures are taken to ensure high attendance of children on monitoring days. However, absences do occur due unforeseen circumstances, we therefore closely monitor the number of children assessed to ensure that data sampling requirements are met.



Conclusion

In conclusion, Monitoring and Evaluation activities form the backbone of the Headstart Kids Programme's effectiveness and accountability. Through regular data collection and analysis, we are able to assess progress, identify areas for improvement, and demonstrate the impact of our interventions on child health and nutrition outcomes. These processes not only guide internal decision-making but also ensure transparency and strengthen trust with funders, partners, and the wider community.