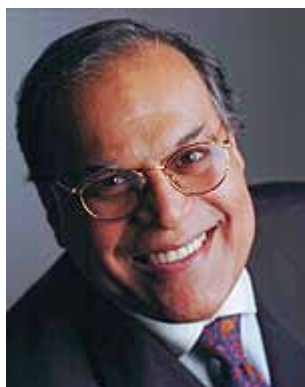




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## EDITORIAL

**India's economic growth over the last two decades has transformed our country and many Indian lives for the better. Literacy has increased, and many more children are receiving a better quality of education.**

**But despite this progress, we must also urgently face up to the shocking reality that today in India, over 8 million of our children under five are suffering from the worst form of hunger: a life-threatening illness called Severe Acute Malnutrition.**

We, at Fight Hunger Foundation, wish to put an end to this reality where so many children lack the food and nutrients they need to survive. Malnutrition kills thousands of our children every day. This is unacceptable. Our aim at Fight Hunger Foundation is to eradicate child hunger from India, for good.

Fight Hunger Foundation focuses specifically on the millions of children suffering from Severe Acute Malnutrition. We research

different therapeutic treatments, we conduct nutritional assessments in different areas, and our team trains doctors, nurses and health workers so that they are employing the best techniques in the diagnosis, treatment and prevention of Severe Acute Malnutrition both in hospitals and in communities.

Since the launch of Fight Hunger Foundation in August 2012, our team has made great progress, and this is thanks to you. Our vital work has only been possible because of the support of our generous sponsors and founding members who share our goal of eradicating hunger in India. On behalf of all of us at the Fight Hunger Foundation, we would like to thank you for your support. I hope you will enjoy reading about what we have achieved together over recent months.

*By Ashwini Kakkar  
Fight Hunger Foundation's Chairman*

## MALNUTRITION: TRAINING IN ANGANWADI CENTRES

*Maharashtra*

**FIGHT HUNGER FOUNDATION HAS  
BEGUN AN AMBITIOUS TRAINING  
PROGRAM TO FIGHT HUNGER IN THE  
MUNICIPALITY OF MUMBAI**

**Malnutrition kills 56,000 children  
annually in urban slums<sup>1</sup>.**

The Integrated Child Development Services (ICDS) an initiative from the Government of India launched in 1975, is playing a key role in breaking the vicious cycle of malnutrition. The services includes monitoring child growth, nutrition and health education for parents and communities, provision of supplementary nutrition, and establishment of referral services. The ICDS reaches out the urban, rural and tribal areas of India through the Anganwadi Centres.



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In Mumbai in January this year, Fight Hunger Foundation conducted its first training session for Anganwadi Centre supervisors (Mukhya Sevika), who are responsible for monitoring and training all Anganwadi workers. Our training, for 50 supervisors, focused on the management of Severe Acute Malnutrition, together with training on Infant and Young Child Feeding. With this training, Fight Hunger Foundation has begun to develop a strong collaboration with the Indian Government which will be an essential success factor in ending child hunger. ▲

*1 - The Times of India dated 10<sup>th</sup> of January 2011.*



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## FIGHT HUNGER FOUNDATION TRAINS MEDICAL STAFF

*in Mumbai hospitals*

In Mumbai's slums, 16.1% of children suffer from global acute malnutrition. However, there is only one Nutrition Rehabilitation Center, which represents less than 1% coverage of all severely malnourished children in the city.

Earlier this year, Fight Hunger Foundation initiated an ambitious training programme

for medical and paramedical staff working in hospitals which treat children suffering from severe acute malnutrition.

An eight-day training programme was organised at the B.J. Wadia pediatric Hospital in Parel, with 35 pediatricians. At the end of the training, the feedback from the participants demonstrated that they had increased their knowledge of issues surrounding malnutrition, including the importance of empowerment and education for families. Fight Hunger Foundation is now planning a similar training programme at the Sion hospital as well as identifying facilities in other areas to scale-up this training. ▲

## A PROMISING MEETING WITH THE HEALTH MINISTER OF MAHARASHTRA

*Mr Suresh Shetty*

On 27<sup>th</sup> August 2014, Fight Hunger Foundation met with the Public Health Minister of Maharashtra, Mr. Suresh Shetty, who was recently invited by the Harvard School of Medicine to do a presentation on the successful "Nutrition Mission" in Maharashtra.

During this meeting, Fight Hunger Foundation shared an ambitious action plan with the Minister to fight malnutrition in Mumbai. There is extremely limited capacity for treating SAM in Mumbai, and Fight Hunger Foundation wishes to play a role in strengthening the available facilities, technical skills and capacities of staff involved in treatment.

### OUR PROPOSAL INCLUDED:

- **Identifying 20 hospitals** across Mumbai for community workers to refer children with Severe Acute Malnutrition
- **Training doctors, nurses, paramedics and dietitians** in these identified 20 hospitals on the management of children with Severe Acute Malnutrition
- **Using therapeutic milks** to treat severely malnourished children ▲

## A HIGH-LEVEL WORKSHOP ON THE TREATMENT OF THE WORST FORMS OF HUNGER

Fight Hunger Foundation, in partnership with the international NGO ACF, organized a two-day workshop in March called ***The Management of Severe Acute Malnutrition in India: Needs and Challenges***. This workshop gathered a total of 72 people, from 31 different organizations and 10 different states of India, and included participants from central and state level ministries, public coalitions, international and local NGOs, medical colleges, hospitals and institutes of research.

### THE WORKSHOP AGREED ON 20 KEY RECOMMENDATIONS

These included:

- **Common agreement** that therapeutic food is the most effective way of treating the worst forms of hunger
- **Prevention** must be systematically integrated into all programmes.
- **A leader** should be appointed within the Government of India specifically for malnutrition. ▲

## AN INNOVATIVE APPROACH TO UNDERSTAND THE CAUSES OF MALNUTRITION

The best way of treating and preventing malnutrition for good, is to understand its underlying causes. A Nutritional Causal Analysis was conducted between April and August to understand the causes of child malnutrition in the Khaknar block, a district of Burhanpur in Madhya Pradesh. Through a literature review, qualitative and quantitative studies, and with the contribution of a wide range of experts, a variety of risks factors have been identified. These include inadequate breastfeeding and complementary feeding practices, low birth weight, heavy caregiver workload, poor psychosocial care of children, inadequate access to water, low agricultural production and a lack of a balanced diet. ▲

## EMERGENCY FIELD RESEARCH: NUTRITION SURVEY

*in Odisha State to estimate the prevalence of acute malnutrition*

Accurate and reliable information is a prerequisite for identifying the most malnourished children and for providing an appropriate response.

On 12<sup>th</sup> October 2013, cyclone Phailin and the ensuing floods had a catastrophic impact on the livelihoods of the people in the coastal area of district Ganjam, in the Odisha State. In June 2014, Fight Hunger Foundation was requested to supervise a nutrition survey in the Ganjam area during the pre-monsoon season.

Fight Hunger Foundation used a scientific method developed along with ACF International called SMART (Standardized Monitoring and Assessment of Relief and Transition).



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The prevalence of Acute Malnutrition was found to be 14.3% and prevalence of its worst form (Severe Acute Malnutrition) at 2.5%: levels considered as serious and requiring specific measures. Based on this data, Fight Hunger Foundation made recommendations with regards to active community screening for children, support for nutrition activities at community level, opening of an inpatient facility for the treatment of children, and prioritisation of prevention activities focussing on food security, livelihood, water and sanitation activities. ▲

## A NEW TREATMENT TO FIGHT HUNGER TESTED

*at Sion Hospital, Mumbai*

For some time, the Department of Pediatrics, at the Lokmanya Tilak Municipal General Hospital in Sion, has been developing its own treatment for severely malnourished children called Medical Nutrition Therapy. This therapy has been found to be one of the most efficient treatments against malnutrition

in both urban and rural areas. This treatment is based on a highly nutritious paste, very similar to peanut butter.

In May 2014, Fight Hunger Foundation conducted an evaluation of the production facility and in September, a partnership was launched to strengthen the manufacturing of this product. Through this project, Fight Hunger Foundation aims to ensure that the production of this treatment against malnutrition at the Sion Hospital is a sound and local model that could be replicated everywhere in the country. ▲



Prahlad,  
18 months,  
severely  
malnourished  
on Sept 9<sup>th</sup>, 2012

© Sanjit Das



Prahlad,  
2 years later

© Sandeep Dewal

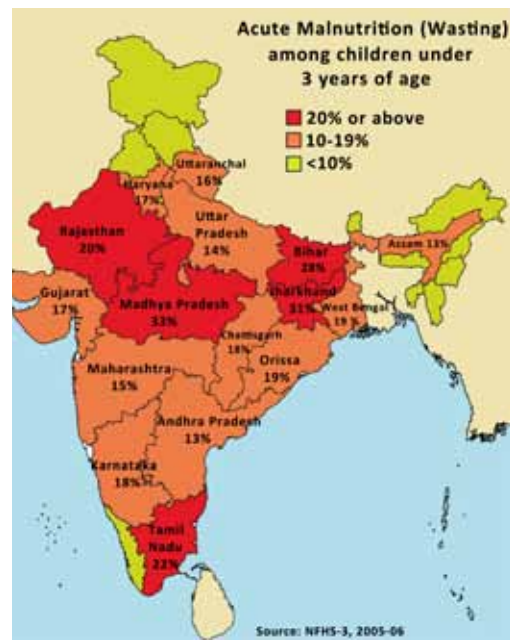
**VISIT AND ASSESSMENT  
BY FIGHT HUNGER  
FOUNDATION**

*in the district of Burhanpur,  
Madhya Pradesh*

Two NGOs, ACF and CECOEDECON have been carrying out an awareness-raising programme on severe acute malnutrition in the Khaknar Block of Burhanpur District. This programme brings technical support for the implementation of

Community based Management of Acute Malnutrition (CMAM) in 146 villages.

In May 2014, Fight Hunger Foundation conducted a visit to the programme in order to carry out a review of the overall implementation of the integrated nutrition programme and to see what could be the added value of a partnership with the other two NGOs. From October 2014, Fight Hunger Foundation will provide technical support with a specific focus on the therapeutic treatment of malnutrition at community level. ▲



Acute malnutrition (reflected by low weight for a given height) can be due to food shortage, a recent illness, inappropriate child care and feeding practices or a combination of these factors.

**Every year,  
1 million children die**  
due to malnutrition related causes in India.



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Mumbai, India

In 2014, Fight Hunger Foundation has received INR 32 Lacs from its founding members, partners and sponsors. Their contribution has allowed to successfully develop preparedness aiming at better understanding the causes of severe acute malnutrition and at providing the most adequate treatment. An additional INR 82 Lacs have been granted from ACF and INR 31 Lacs have been committed from other sponsors.

*Fight Hunger Foundation would like to profoundly thank again our Founding Members.*

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