



EDITORIAL



The United Nations Millennium Declaration, signed in September 2000, committed world leaders to combatting hunger and eradicating extreme poverty via the Millennium Development Goals [MDGs], which aimed to halve the proportion of people suffering from extreme hunger by 2015. The good news is that globally, the number of undernourished people has fallen from one billion to 795 million since 2000 with hunger and malnutrition rates going down particularly in Asia.

However it remains a sad truth that India has missed its millennium development goal: with 40% of Indian children still suffering from malnutrition, we are still well below the target of reducing malnutrition in children under five to 28.6%. India has overtaken China and accounts for the highest number of undernourished people in any single country, with one in every four such people in the world*.

With renewed determination, Fight Hunger Foundation endeavours to deploy every resource towards tackling the hunger situation in India. Our focus is to engage with vulnerable people and spread awareness about the causes of undernutrition, providing counselling on fetal care, good feeding habits, sanitation and hygiene.

Over the last few months, we have seen real progress and we have received support and cooperation from the governments of Maharashtra, Rajasthan and Madhya Pradesh to work in the tribal districts to detect, prevent and treat

severe malnutrition. I am also happy to report that our research on a new Medical Nutrition Therapy which will be used as a treatment for children suffering from severe acute malnutrition is breaking new ground, as we have held meetings with eminent professors from IIMR Jaipur, IIT Mumbai and Washington University, USA on improving and scaling up productions.

All of this exciting work, which will change the lives and futures of Indian children, would not be possible without your support. If you would like to renew your commitment to Fight Hunger Foundation by making a donation today, please contact aiyer@fighthungerfoundation.org who will gladly assist you.

We hope you enjoy going through our articles and updates and we look forward to receiving your feedback and comments.

Ashwini Kakkar
Chairman, Fight Hunger Foundation

NUTRITION SURVEY IN GOVANDI SLUM

Mumbai

Bharti, the 3-year-old daughter of Ramesh, a rickshaw driver, smiled as we held her hand to measure her weight and height, as a part of our survey to detect acute malnutrition. To our dismay, her weight was 40% less than the standard weight for girls her age. Ramesh and his wife, not aware of the threat of malnutrition, thought she would put on weight as she grew older.

This was one of the many cases Fight Hunger Foundation found while conducting a nutrition survey in Govandi in the central suburbs of Mumbai. The survey, to assess both chronic and acute malnutrition in under-fives, was conducted using a scientific methodology,

called SMART: Standardized Monitoring and Assessment of Relief and Transition. The survey also captured information about the prevalence of diseases which can make undernutrition worse: like diarrhea and malaria.

The two-month-long survey, of 304 children, was completed in June 2015 and the results were alarming. At Govandi we recorded a 23.4 % rate of malnutrition, way over the critical emergency rate defined by the World Health Organisation. Similarly, 3.8% of the children surveyed were found to suffer from severe acute malnutrition, which calls for urgent action and intervention in treatment.

Fight Hunger Foundation aims to launch a Community-based Management of Acute Malnutrition (CMAM) this month that covers building awareness and prevention of malnutrition in the area. ▲



RESEARCH:

Dr Mark Manary, Professor of Pediatrics, Washington University visits our research project in SION Hospital, Mumbai



Medical nutrition therapy [MNT] is one of the key tools used for treating children suffering from severe acute malnutrition [SAM], and normally takes the form of a peanut butter paste, packed with nutrients. Fight Hunger Foundation, together with the production unit at the Sion hospital in Mumbai, has been researching the possibility of producing MNT together.



Our objective is to produce locally and at a cheaper cost a therapeutic formula required for our projects in Maharashtra, Rajasthan and Madhya Pradesh. Many technical experts, including Mark Manary of Washington University, have visited the lab and have helped us with technical insights into MNT production. Dr Manary has developed a software tool which lists all the local food in the world and helps producers of MNT formulate different combinations of receipts based on local ingredients available in any state/country. This will help us in designing local versions of MNT moving away from a "one size fits all" approach to the recipe.

The insights provided were highly valuable and Dr. Manary kindly extended his support to Fight Hunger Foundation for further research on this subject. ▲

FIGHT HUNGER FOUNDATION RADIO SHOW

Fight Hunger Foundation was delighted to be invited for an interview on Radio One Mumbai's popular drive time show!

Dr Wasundhara Joshi, one of the Directors on the FHF Board, was interviewed by the well-known RJ, Hrishi K, and did a great job of explaining Fight Hunger Foundation's work on detecting and treating malnutrition and the importance of good nutrition to Radio One's listeners.



The complete transcript of the show is available on our website. ▲

**INNOVATION :
FIGHT HUNGER
FOUNDATION CONDUCTS
UNIQUE TRAINING**

in Burhanpur, Madhya Pradesh

It was our privilege to support the Integrated Child Development Services (ICDS) office in Burhanpur, Madhya Pradesh, to help them launch a 'Train the Trainer' program on 6th and 7th of May 2015. A unique initiative targeted to educate their supervisors on monitoring and assessing child development, this training program was conducted by Shailendra Gujarathi, our Program Manager for Mental Health & Care Practices.

Burhanpur marks the very first district in India to initiate screening and monitoring of early child development through a scientific educational approach. Fight Hunger Foundation was proud to be the technical partner of the Ministry of Women and Child Development in this launch and



was happy to see 45 participants attend the training. They will now go ahead and cascade this training among Anganwadi* workers across the district.

Going forward, Fight Hunger Foundation will assist with the monitoring of the children, providing specific interventions where required, towards improving care for malnourished children at the community level. ▲

**Anganwadi : A government initiative to stimulate the care and development of babies and young children.*

**PARTNERSHIP:
FIGHT HUNGER
FOUNDATION
AND APNALAYA**

to join forces to tackle malnutrition in Mumbai

In Mumbai, Fight Hunger Foundation is working to both treat and prevent acute malnutrition – including tackling its root causes. So that our work is as effective as possible, we like to work with like-minded local organizations.

One of these is Apnalaya, an NGO working for the slum dwellers in the Govandi area of Mumbai. Apnalaya's presence in Mumbai goes back to 1975, and they have carried out great work in education, improving livelihoods and empowering women. We found synergy in our mandate with Apnalaya, and decided to join forces with them to work together and stand strong in the battle against malnutrition and its underlying causes.

Our priority target is to work together in the slum area in the M East Ward of Govandi which is infamous for its soaring rates of malnutrition among children



under the age of five. Fight Hunger Foundation plans to develop an integrated Community-based Management of Acute Malnutrition [CMAM] model and reach out to children under five, pregnant and lactating women, mothers of children under five, community health workers and frontline workers, in our effort to eradicate child deaths due to hunger. ▲

**EXTERNAL SEMINAR
WORKSHOP ON
SMART NUTRITION**

at Tata Institute of Social Sciences (TISS)

Standardized Monitoring and Assessment of Relief and Transition (SMART) is a nutrition survey methodology created by a pool of experts from the Center for Disease Control and Prevention (CDC) in Atlanta, and the NGO Action Against Hunger (ACF International). It is one of the most effective and efficient methodologies in assessing the level of malnutrition in a given area.

Fight Hunger Foundation held a workshop on 27th April 2015 at Tata Institute of Social Sciences (TISS) to teach interested groups working in this domain on how to conduct nutrition surveys to obtain the most accurate and precise figures on acute and chronic malnutrition. The workshop was facilitated by Dr. Narendra Patil, our SMART expert in India, and attended by over 42 participants, including academics, students and teaching faculty from TISS and International Institute of Population Sciences (IIPS). ▲



A TIP FOR STAYING HEALTHY!

THE MAGIC OF EIGHT: eight glasses of water a day and eight hours of sleep a night ensures your mind and body stay healthy! ▲



STAFF SPOTLIGHT: ANURADHA IYER

joins Fight Hunger Foundation as Head of Communications and Fundraising

Fight Hunger Foundation's team grew stronger on June 1st 2015, with Anuradha Iyer joining us to develop our communications and fundraising activities. She comes with a rich experience of over 20 years in corporate communications, business development and events. Having worked with HSBC, JWT, Toyota and Ericsson among other companies, Anuradha looks forward to bringing her expertise in customer relationship management

to Fight Hunger Foundation. Anuradha has a strong passion for the fight against hunger and for the day when no child dies of hunger. Besides being passionate about her work, she also loves travelling, is a music buff and firmly believes that the path to good health is to have a hearty laugh at least once a day! We wish her best of luck at Fight Hunger Foundation! ▲



Anuradha Iyer greeting M.S. Swaminathan, Chairman Emeritus of Fight Hunger Foundation, at the General Body Meeting of the Coalition of Food and Nutrition Security, New Delhi, on June 4th.

FIGHT HUNGER
FOUNDATION

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

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