

ROTARY CLUB OF CHIKHLI RIVER FRONT

WOMEN & CHILDREN DEVELOPMENT JULY 2024
MALNOURISHMENT TO NOURISHMENT PROJECT





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MALNOURISHMENT EXPECTANT AND LACTATING MOTHERS

Women are most vulnerable to nutritional deficiencies during pregnancy. **Malnutrition can pose significant dangers for both the baby and the mother.** Women have specific dietary needs throughout their lives, but this is especially true before, during, and after childbirth when they are most vulnerable to nutritional deficiencies. The survival and well-being of mothers and their children depend on providing women with healthy food, enough resources, and care. **Pregnancy malnutrition is characterised by a maternal nutritional status in which nutrient reserves and macronutrient/micronutrient consumption are below what is required to ensure the best results for the mother, the foetus, and the baby. Additionally, it raises the possibility of several negative outcomes.**

Health risks for mother

Malnutrition poses significant dangers for would-be-moms such as:

- Any condition impairment or disability that is directly related to pregnancy.
- The risk of miscarriage as a result of malnutrition.
- Dental problems such as swollen, painful and bleeding gums.
- Use of certain medications that may interfere with nutrition absorption.
- It may result inadequate weight gain during pregnancy.
- Raises the risk of death.
- Lowers immunity which leads to infection.
- It causes anaemia and weakness along with lower productivity.

Women who are undernourished at the time of conception may also fail to meet the increased nutritional requirements during pregnancy. Also, women who are undernourished at the time of pregnancy may also struggle to fulfil their higher nutrition needs.

The deficiency of micronutrients during pregnancy could lead to major challenge. In the case of expecting moms, deficiency of zinc and magnesium causes preeclampsia. A lack of iron and vitamin B12 can cause anaemia. Inadequate intake of vitamin B12 can also lead to neurological disorders. Vitamin K deficiency can lead to excessive bleeding during childbirth and inadequate iodine intake during pregnancy can lead to miscarriage and stillbirth.

How malnutrition can be prevented?

A balanced diet that contains plenty of fruits, vegetables, water, dietary fibre, proteins, fats, and carbohydrates can help prevent malnutrition. Fatigue, anaemia, low pregnancy weight, light-headedness, high blood pressure, hair loss, dry skin, dental issues, and a weakened immune system are all indications that a woman is undernourished during pregnancy.

Pregnant women should take prenatal vitamins, consume a balanced diet, and exercise frequently to avoid malnutrition. They should continue taking their pregnancy vitamins and eating a healthy diet throughout the pregnancy. This guarantees the well-being of the mother and the infant.

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MALNOURISHED CHILDREN

Malnourished children may be short for their age, thin or bloated, listless and have weakened immune systems. Nutritional disorders can affect any system in the body and the senses of sight, taste and smell. They may also produce anxiety, changes in mood and other psychiatric symptoms.

Who is affected by malnourishment?

As of 2021, approximately 2.3 billion adults in the world are malnourished in some way. That's around 30% of the world's population. Safe to say, it's one of the biggest global issues humanities is facing. The United Nations Sustainable Development Goal (UNSDG) 2: Zero Hunger aims to eradicate hunger from the world by 2030 and eliminate malnutrition. As of right now, they're on track to largely miss their target by the United Nation's own estimation. As per the UN's progress reports, there are around 150 million stunted children in the world, 41 million obese children (under the age of 5), 1 in 3 people lack regular access to adequate food, and about 1 in 10 people suffer from hunger related problems.



Anaemia, also referred to as low haemoglobin; a condition that can make you feel tired and weak as you lack enough healthy red blood cells to carry adequate oxygen to your body's tissues, affects a staggering 67% of children below the age of 5 years, higher than the 59% in the NFHS 4 survey. Anaemia is much more prevalent in women, as a hefty 57% of Indian Women suffer from it, compared to the relatively low 25% of Men in India (Under 50 years). According to the same report, 19% of Women and 16% of Men under 50 are undernourished, while 24% of Women and 23% of Men are victims of obesity. As such, approximately 40% of the humongous population of 1.38 Billion is malnourished.

Malnutrition crisis in India

Malnutrition is a serious condition which occurs when your body gets either too little (Undernourishment), or too many (Over nourishment) of the essential nutrients required for a human being to function. In other words, it's the absence of proper nutrition.

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Malnutrition has adverse effects on the body's growth or form, and leads to stunting, wasting and undernourishment and causes children to be underweight or obese.

As the name suggests, being underweight refers to having a body weight too low to be considered healthy. Maintaining the right amount of weight is essential, as being underweight leads to a weakened immune system and causes you to feel tired and lethargic all the time. In extreme cases, simple actions such as standing up also causes more strain than the weakened body can handle.

Obesity is complementary to being underweight as it is a condition in which an abnormal amount of fat accumulates in the body to the point where it has detrimental effects on the health of the individual.

Underweight and Obesity are both manifestations of chronic malnourishment.

Stunting is a medical condition in which a child has impaired growth and development. As a result, their bodies are unable to attain a decent height leaving them disproportionate to their age and weight. Stunting is a result of acute malnutrition, whereas wasting mainly occurs due to improper nourishment over a longer period of time.

Geographically, Maharashtra followed by Bihar and Gujarat have the worst levels of malnourishment

RC CHIKLI RIVER FRONT - MALNOUSIHMMENT-TO-NOURISHMENT PROJECT

We at Rotary Club of Chikhli River Front have pledged to fight against Malnourishment amongst Expectant and Breast-Feeding lactating Mothers who weighs below 40 kg and have prioritized our concern towards malnourished children and infants in the Chikhli Taluka.

We are continuing our supply of Nourished Food supply to the Women and Child Development Department's identified beneficiaries.

Under the Chairmanship of Rtn Swetal Desai and Co-ordination by Rtn Manoj Shah and team consisting of Rtn Hassan Mayet, Rtn Naresh Patel and Rtn Hitesh Patel, during the RY 2024-25 we shall be trying our best to eradicate Malnourishment in our Chikhli Taluka, if successful we shall be extending our services in Khergam Taluka too.

Previous year we had 137 identified Malnourished Children and 13 expectant mothers who were weighing below 40kg and were given food provisions plus supplements as per the guidance of Navsari District Women and Children Development Department and had provided food and supplement as per the guidance of a qualified Dietician.



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In India, lots of socio-economic factors play a major hand in the malnourishment levels. In general, those who are poor are at risk for under-nutrition, while those who have high socio-economic status are relatively more likely to be over-nourished. Undernutrition is common in rural areas, mainly due to the low social and economic status of the inhabitants. Contrarily, in urban areas, overweight status and obesity are over three times as high as compared to rural areas.



Malnourished children may be short for their age, thin or bloated, listless and have weakened immune systems. ***Nutritional disorders can affect any system in the body and the senses of sight, taste and smell. They may also produce anxiety, changes in mood and other psychiatric symptoms.***

Healthy food makes you feel good.

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A hungry child struggles with concentrating, or even attending classes, in school. Once they grow up, this inadequate education makes it harder for them to get jobs that can provide for themselves and their families. As they struggle financially as adults, their children are also likely to suffer from food insecurity, thus, creating a never-ending loop of hunger and poverty.



What causes a child to go hungry?

- The major contributor to hunger has always been poverty; with millions of families living below the poverty line, they lack the resources to meet their basic needs like food, shelter, and water.
- There is also a lack of knowledge about nutritious food and feeding practices that causes malnutrition. Even if a child is receiving food, it might not be the right type of food they need to develop.
- A malnourished mother inevitably gives birth to an undernourished baby, perpetuating an intergenerational system of hunger and malnutrition. Many women in India are at risk of not receiving the proper nutrition that would allow them and their babies to grow and develop into healthy beings. Receiving appropriate nutrition from the time the mother's pregnancy begins to the child's second birthday is the most critical window for proper nourishment. This phase determines the child's survival, ability to grow, and brain development.



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Our sincere thanks to the DDO and District Women and Child Development Department and a team of Aasha Sisters at various village Anganwadis of Chikhli Taluka we are able to continue our work at each village where the malnourished children are identified.



Rotary Club of Chikhli
River Front Team
distributing Food
Provision for the
Malnourished.
President Rtn Manoj
Shah and Secretary
Ravi Patel are seen
distributing Food
Provision to the
beneficiaries and
Aasha Workers.





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“At Rotary Club of Chikhli River Front, we are committed to eradicate Malnourishment amongst Expectant and lactating Mothers and amongst Infants and Children in Chikhli Taluka, thanks to the Public Private Partnership with District Women and Child Development Dept. under the able supervision of the DDO. -Rtn Swetal Desai Project Chair

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ROTARY CLUB IF CHIKHLI RIVER FRONT
Rtn Manoj Shah
President

Rtn Ravi Patel
Secretary



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WORLD BREAST-FEEDING WEEK AUGUST 1 – 7

World Breastfeeding Week is held in the first week of August every year, supported by WHO, UNICEF and many Ministries of Health and civil society partners. The theme for 2024 is Closing the gap: Breastfeeding support for all.

The campaign will celebrate breastfeeding mums in all their diversity, throughout their breastfeeding journeys, while showcasing the ways families, societies, communities and health workers can have the back of every breastfeeding mum.

We at Rotary Chikhli River Front have contacted local PHC and CHC and aanganwadis to seek their co-operation to propagate this awareness who have agreed.

This support includes:

- 1) Policies and attitudes that value women and breastfeeding
- 2) A women and breastfeeding-friendly health care system
- 3) Respect for women's autonomy and her right to breastfeed anytime, anywhere
- 4) Solidarity and community support

There are actions we can all take that help women to breastfeed as long as they would like. We can all help ensure women feel able to breastfeed anytime, anywhere – and work to improve the position and condition of women at home, at work and in public life.

HEALTHY MOTHER

HEALTHY CHILDREN

HEALTHY FUTURE GENERATION



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People of Action

JOIN ROTARY

**CONTACT RTN. SWETAL DESAI
MO. 98251 78870**

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BREAST FEEDING IS THE BEST FEEDING



REGARDLESS OF THE FEEDING METHOD, IT'S IMPORTANT TO ENSURE THAT THE BABY IS FED REGULARLY AND ON DEMAND. PROPER HYGIENE, SUCH AS WASHING HANDS AND CLEANING FEEDING EQUIPMENT, SHOULD ALSO BE OBSERVED. CONSULT WITH A PEDIATRICIAN FOR ADVICE ON THE BEST FEEDING METHOD FOR YOUR BABY.

BREAST FEEDING WEEK 1ST TO 7TH AUGUST

The benefits of breastfeeding are numerous, including:

1. Optimal nutrition for infants
2. Boosted immune systems
3. Reduced risk of diseases and infections
4. Enhanced mother-child bonding
5. Support for maternal health and well-being

Let's support and promote breastfeeding awareness to avoid malnourishment.

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2024**