

# HEALTH PROMOTION TANZANIA (HDT)



## HOW CHWs SAVED MY CHILD'S LIFE



Stanlaus Yusuph, Bahati Rusohoko, Ruth Justace and Emanuel Jacob are CHWs from Mkaliza and Murugina villages in Mabawe ward who got training in Nutritional Assessment, Counseling and Support (NACS) from Jhpiego. Between January to March 2019 they conducted an exercise of identifying under-five children with underweight whereby they found that 40% of U5 children were underweight.

After identification, they conducted a 12-day nutritional class to the parents of U5 children who were found being underweight and taught them how a balanced diet can result in positive changes to their children. Participatory feeding for children and on issues of additional food for children above 6 months after birth were taught. Thereafter, participants were asked to establish a door-sized garden that contained different types of vegetables for the reduction and elimination of underweight in their households and in their community.

Maria Nicholas is a 31-year-old woman married and lives in Mkaliza village in Ngora district. She is a mother of four children including Benson who is underweight since he was born. Below is what she said;

*“CHWs saved my child's life from underweight since they established a nutrition program in our village my child's weight was totally terrible and I had no way to solve this problem as I had no any knowledge/ regarding to nutritional issues but due to the establishment of this program especially on how to feed children using the available food that surrounding us which are healthy to the children. In fact my child Benson and the whole family have benefitted a lot from this program and the weight of my Benson is increasing day to day”.*

