

# Good health for mothers and children

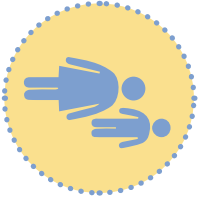


World Vision partners with communities in the areas served by World Vision across the Middle East, Eastern Europe, the Caucasus and Central Asia to ensure that mothers and children are well-nourished, protected from infection and

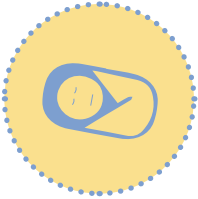
## WHY HEALTH



500,000 children under 5 die each year in the countries where World Vision MEERO operates-- this number amounts to 1 child per minute.



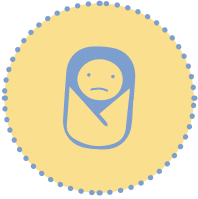
59 per cent of children under 5 in Afghanistan (3.3 million in total) are moderately to severely stunted.<sup>1</sup>



60 per cent of abortions in Albania are attributed to gender. An estimated 15,000 baby girls were aborted between the years 2005-2010.<sup>2</sup>



Only 1 in 3 babies in Armenia are exclusively breastfed until they are 6 months old.<sup>3</sup>



Fewer than 1 in 3 births in Pakistan of children under 5 have been registered, giving children access to health and education services.<sup>4</sup>



21.1 per cent of Roma children under five in Bosnia & Herzegovina are stunted.<sup>5</sup>



In a small local school in Bosnia and Herzegovina, two nurses, part of World Vision's project, Healthy Teeth for Better Child Health, give dental check-ups to more than 1,000 in order to advance children's health by improvement of oral hygiene and teeth health. Photo by Aida Sunje, World Vision.

## WHAT WE DO

World Vision works with communities to improve the health and nutrition of mothers and children.

- We engage and empower families to take control of their own health.
- We support and train community health workers to address and monitor local causes of illness, death and malnutrition.
- We partner with national governments and other stakeholders to strengthen delivery of quality health and nutrition services.

1 UNICEF State of the World Children, 2013, figures for the period 2007-2011  
 2 Likmeta, Besar, Sex-Selective Abortion Trending in Albania, January 29, 2013  
 3 UNICEF The State of World Children, 2013, 2007-11 time period  
 4 UNICEF, 2013 The State of World Children, figures for the 2005-11  
 5 UNICEF Regional Office for Central and Eastern Europe and Commonwealth of Independent States (CEE/CIS)

**World Vision's global health strategy is founded on evidence-based and cost-effective preventive practices – 7 interventions for pregnant women and 11 for children.**

**Core interventions**

**Targets**

**Pregnant Women 0–9 months**

1. Adequate diet
2. Iron/folate supplements
3. Tetanus toxoid immunization
4. Malaria prevention, treatment access and intermittent preventive treatment
5. Birth preparedness and healthy timing and spacing of delivery
6. De-worming
7. Access to maternal health services: Antenatal and post-natal care, skilled birth attendants, prevention of mother-to-child transmission, HIV/STI/TB screening

**Children 0–24 months**

1. Appropriate breast-feeding
2. Essential newborn care
3. Hand washing with soap
4. Appropriate complementary feeding (6–24 months)
5. Adequate iron
6. Vitamin A supplementation
7. Oral rehydration therapy /zinc
8. Prevention and care seeking for malaria
9. Full immunization for age
10. Prevention and care seeking for acute respiratory infection
11. De-worming (+12 months)



Mothers learn about maternal and child health and nutrition in Bethlehem. Photo by World Vision Staff.

**▶ Jerusalem, West Bank, Gaza: Improving child health through education**

Only 27 per cent of babies 0-5 months old are exclusively breast fed by their mothers in JWG. World Vision is working to improve the health and nutrition of pregnant women and children under the age of 2, through maternal and child health and nutrition projects which teach mothers about breastfeeding

**▶ Afghanistan: Helping the generation of tomorrow survive today**

Health remains an everyday struggle for the children of Afghanistan, where the infant mortality rate is the highest in the world and more than 50 per cent of children under 5 are underweight. For those who make it to adulthood, the odds are still against them. Afghanistan has one of the highest maternal mortality rates and shortest average lifespans for both men and women, anywhere in the world.

One of World Vision's key health interventions in Afghanistan is the training of midwives. Since 2004, World Vision has trained more than 300 midwives to care for pregnant women and their unborn children before, during, and after birth. Access to skilled birth attendants is helping to reduce maternal and infant mortality rates in western Afghanistan.

Coupled with this effort, World Vision has also trained hundreds of community health workers to inform and promote other areas that affect health, such as proper nutrition, access to clean water and the importance of latrines among other things, in communities.

JanBibi, 17, (pictured to the left) was one of the women whose baby is alive today thanks to the help of the midwives. Her first baby, also born premature, did not survive.

*"Without [the midwife], my baby would not be alive now and I would not have any hope,"* says JanBibi, 17, mother of premature baby born in Herat hospital.



To help improve maternal and child mortality rates, World Vision has trained hundreds of midwives. Photo by Paul Bettings, World Vision.

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