

NUTRITION PROGRAM

(10th years of working experiences sharing)



- Nutrition basic trainings (campaigns, IEC, cooking demonstrations, ToT) supporting volunteers working on nutrition programmes.
- Organizing Mother to Mother Support Groups (MtMSG), construction of Breast Feeding Spaces (BFS).
- Provision of nutritional foods to 3,825 elderly people.
- Distribution of 1,048 Infant Feeding in Emergency Kits (IFE), Clean Delivery Kits and Emergency Kits.
- Acute Malnutrition screening of 6,215 children, using MUAC (Mid Upper Arm Circumference) tape, and supporting with referral to clinics and hospitals for severe acute malnutrition cases.
- Antenatal and Postnatal (ANC/PNC) Health Education trainings.

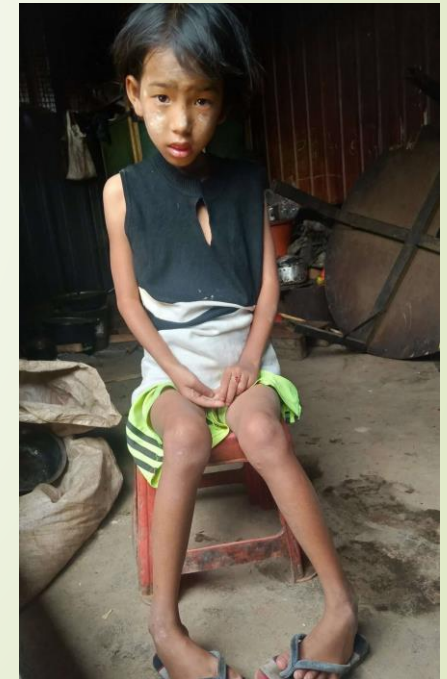
- MAI JA YANG
- 5 CAMPS & 10 Host villages of KIO CONTROLLED AREA
- MANSI MOEMAUK TOWNSHIP, KACHIN STATE
- Donor/partner: Save the Children, Metta Development Foundation, Whh
- Harp-F (2018 - 2020)

Conditions Before Nutrition Program begins in IDP Camps

- According to Rapid Assessments
- Did not have the knowledge about the importance of the first 1000 days for the children's growth
- 6 children - SAM severe acute malnutrition
- 47 children - MAM moderate acute malnutrition
- Pregnant Women from Villages and IDP Camps do not regularly take ANC, Vaccination, Deworming, Folic Acid and other multivitamins for Pregnancy. They are also not aware of these practices.
- In each camp, not only that the pregnant women and breastfeeding mothers of under 2-year olds are worried for the family's basic needs but also they lack the technical knowledge of nourishing correctly to the children
- They do not know, and are not interested to learn about the 3 main groups of Food and they are feeding the children with the knowledge they have

Current conditions of the IDP Camps in the Covid-19 and Post-Coup Period

- ▶ Pregnant and Breastfeeding Mothers are facing the family problems, basic needs, financial challenges, and physical, psychological impacts
- ▶ Although the mothers know about feeding the children according to 4-star care, they cannot practice because of the family hardships
- ▶ They are struggling to prioritize to get any basic food rather than having the balanced diet. The IDP camps are lacking the basic food for 3 months now.
- ▶ During the first 6 months of 2021, 11 cases of SAM severe acute malnutrition and MAM moderate acute malnutrition are found.
- ▶ Folic Acid deficiency Child (Neural Tube Defects, defects in Spinal Cord and Brain), Osteomalacia of Leg bones), Vitamin – A deficiency (night blindness, is seen in this year)
- ▶ Stunting is seen in children under 12 in all the camps
- ▶ in 2019, although it was 65% at the time of KAP Survey, it is around 50% now who are breastfeeding their babies until the age of two now.
- ▶ Correct/Right Complement Feeding Practices are significantly getting lower.
- ▶ It is difficult to get the food supplies for the children's growth and survival. Humanitarian Aids are decreasing.
- ▶ Currently, there are more than 10 Covid-19 cases in the nearest camps to Mai Ja Yang. Getting the basic needs are becoming difficult due to movement restrictions and lockdowns.



Recommendation for the Acute Nutritional Need/Requirement

- Psychological Support Programs are needed for the pregnant and breastfeeding mothers in order to solve the family issue/hardship
- Livelihood or income generating techniques and cash support are needed for the pregnant and breastfeeding mothers in order to stay at home and solve the family issue/hardship as well as to organize microfinance services to improve their income.
- It is continuously required to support the baby swaddle/napkins, soaps to the pregnant and breastfeeding mothers in the HARP- F supported projects.
- It is urgently needed to provide food supplements, preventive and care materials and multivitamins for the breastfeeding mothers and children due to the current increase in Covid-19 cases.
- As the shortage of the basic food has been for 3 months, all the families are struggling and prioritizing to buy rice. The food supplements for the children and elderly populations are urgently needed.

Requests to Humanitarian Actors, Partners, UN Agencies and Donors

- ▶ With the Current contexts of Political and Covid Crises in Myanmar, especially for the hard to reach areas, areas prone to have civil wars, Chinese border and nearby IDP camps and under-developed villages, to provide the nutritional supplements for the vulnerable groups like Pregnant Women, Breastfeeding mothers, not only Children under 5 but also elderly people.
- ▶ Rather than Educating about the nutritional groups, the current context requires practical programs for the children's growth, support in order for the breastfeeding mothers to raise income /produce the food to fulfill the actual nutritional requirements of the mothers and children
- ▶ With the current context of Covid-19, preventive measures like Hand-gel, Masks, Emergency Life-saving medicines, PPE; as the IDP camps are overcrowded, the infection can spread very fast and Oxygen cylinders, emergency support services need to be considered and supported.
- ▶ The local frontline actors who are actively supporting in the current context, should be provided with direct technical knowledge in a timely manner.
- ▶ In providing the humanitarian support, especially for the crisis situations that no one has considered before, some policies that are not practical should be removed/reduced and efforts should be made to consider the needs of under-developed areas in all aspects. For that, Prioritization is important rather than supporting only if in-lined with the own policies and traditional project timeframes.
- ▶ With the resources and methods available, the International Organizations, all UN Agencies need to work to support the organizations that are actually implementing on the ground with technical assistance and helping to form the direct linkages.