



NUTRITION

Malnutrition is a significant issue throughout Nepal. It has multiple causes and wide reaching consequences. 40% of children under five living in Nepal suffer chronic malnutrition and 18% of the population are undernourished or food-deprived.

In 2006, INF's Nutrition programme was launched to address the root causes of malnutrition. The programme is run at a community level through awareness-raising in self-help groups, supporting mothers of malnourished children, and training school teachers and traditional healers.

15-month-old Trisana is a good example of how the Nutrition programme has been able to transform lives. Sick and underweight, Trisana's parents first went to traditional healers for treatment, but without success.

A health volunteer at the village came to know about Trisana and was able to convince her family to go the INF Nutrition Rehabilitation Centre in Jumla.

When Trisana arrived at our centre, her condition was deteriorating. She was weak, had loose skin, sunken eyes, dry hair, loss of appetite and diarrhoea. After only 23 days of treatment, Trisana's weight dramatically increased from 6kg to 8.9kg and her health greatly improved.

Her mother was also taught how to care and prepare healthy food for Trisana. Her mother said, "Before our treatment, our whole family was sad and worried about her condition, because she is our first child. After treatment, I am very happy to see that my daughter's health has improved."

In another story of success, Batali Pariyar says of his child after similar treatment, "Anil started to put on weight. We are delighted. Now it's as if he had a whole new life. I feel much happier and hopeful for his future. INF really looked after us and we're so grateful to INF."

As stories like these spread to the wider community, the threat of malnutrition will decrease allowing people to live longer and healthier lives.

INF's Nutrition programme has a focus on mid-western Nepal.

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- 138 – Number of cooking classes held in 2014-14 to train mothers in preparing nutritious food
- 1140 – Number of self-help group members provided with nutrition training

Follow this link for photos and videos:

www.inf.org/infs-work/nutrition/