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## HELP takes a lead in Training of LHWs in Sindh on Adolescent Nutrition

Beyond the first 1000 days' window of opportunity, the adolescent age group is the second best opportunity to break the vicious cycle of malnutrition. Currently, 23% of Pakistan's population consists of the adolescent age group (14-19 years) population. Unfortunately, 11.8% of girls and 21.1% of boys in this age group are underweight; 3.6% and 8.1% severely so. Indicators in Sindh are the worst where 16.6 adolescent girls and 30.6% of adolescent boys suffer from malnutrition. According to National Nutrition Survey (NNS), 2017-18 more than half (56.6%) of adolescent girls are anemic.

The Advisory Committee for Adolescent's Nutrition and Supplementation Guidelines for Pakistan recommends capacity building to community workers (LHWs & CMWs) to facilitate counseling of adolescents and their caretakers around positive nutrition behaviors.

HELP has taken a lead in the training of LHWs on adolescent nutrition. As part of its obligation under the MOU with the Provincial Health Department and trained 256 LHWs and LHS in Taluka Nagarparkar and Chachro, district Tharparkar. Remaining LHWs in district Tharparkar are planned to be trained early 2022.



## 'Shelter for Homeless'

As part of its mission to provide permanent shelter to homeless families, HELP continues to build more houses in Rehri Goth, a coastal community of fishermen in Malir District. HELP has already handed over 34 houses to the beneficiaries and more are under construction.



## DISTRIBUTION OF FOOD BAGS TO THE FLOOD AFFECTED FAMILIES

As part of its activities related to Pakistan Floods Emergency Response 2020, HELP distributed ration bags amongst 410 families in the coastal areas of Karachi. Each bag contained 5 liters cooking oil, 10 kg Flour, 5 kg Lentils). The work was supported by Penny Appeal.





## OUR WORK IN THARPARKAR



Pakistan's health indicators are among the worst in the world particularly those of Sindh and Balochistan. Eighty-four percent of all deaths among children under 5 years in Pakistan take place before a child's first birthday, with 57 percent occurring during the first month of life. The Maternal Mortality Ratio is 276 per 100,000 live births. Thirty-eight percent of children in Pakistan are stunted, 23 percent are underweight and 8 percent are wasted. The situation is worst in hard to reach rural areas. Tharparkar is one of them.

There is a lack of basic health facilities in the district particularly the birthing facilities. Only 67% of the population is covered by LHWs. Moreover, the distances to the facilities and lack of availability of public transport, makes it difficult for people to access health services. This compounded by a limited number of CMWs, leaves them with the only choice to utilize the services of Traditional Birth Attendants (TBAs) and deliver at home. The result is the high MMR, NMR and NMR in the district.

To address these problems, HELP in coordination with the district health department is implementing a project titled 'Health and Nutrition Emergency Response for Disaster Affected Population in District Tharparkar, Sindh.' The project is being supported by Penny Appeal.

Project includes up gradation of four Government health centres to 24/7 MCH centres with birthing facilities. Provision of 5000 clean delivery kits to ensure hygienic and safe deliveries and provision of nutrition supplementation to malnourished pregnant women and adolescent girls. As part of the project activities HELP conducted training on adolescent nutrition of almost 100% LHWs and LHS in Taluka Chachro and Nagarparkar. (cont on page 4)

## 24/7 MCH CENTERS

HELP, under the umbrella of project titled, 'Health and Nutrition Response for Drought Affected Population in District Tharparkar, Sindh' has upgraded four government dispensaries to 24/7 Maternal and Child health (MCH) centers in District Tharparkar. HELP has repaired, renovated, furnished, equipped, solarized and deployed staffs at these centers. More than 400 deliveries have been conducted by trained midwives since their opening in November 2020.

HELP plans to establish six more such centres in the second phase of the project in 2022.



## CAPACITY BUILDING OF 300 TBAS

Pakistan is a country where 34% percent of deliveries are still being conducted at home (PDHS, 2017-18).

In order to ensure the safe deliveries in areas where there are no birthing facilities, a curriculum for Traditional Birth Attendants (TBAs) has been made by HELP. It educates them on antenatal care, maternal nutrition, timely referral, use of safe delivery kits, essential new born care, breast feeding and postnatal care

HELP conducted trainings of 300 TBAs on 'Safe Delivery and Essential Newborn Care'. The participating TBAs were overjoyed to learn the new skills.





## RAMADAN FEED OUR WORLD, 2021

Alhumdulillah, HELP provided food bags weighing 25 kg each with safety and dignity to the 1230 socially and economically disadvantaged families during Ramadan. Additionally, each family was provided a hygiene kit to protect against Dengue fever, Covid 19 and other illnesses.





## SUSTAINABLE INCOME GENERATION SUPPORT

Considering the detrimental effects of COVID-19 on the livelihood of people and keeping in view our mission to “help those who want to help themselves”, support was provided to more than 80 families to establish their own income generation activity.





## Donation of PPE to major public hospitals of Karachi

HELP has continued to assist hospitals and communities during the Pandemic creating difficulties and shortages even at large Hospitals. As part of its commitment HELP Provided PPE to 4 major hospitals of Karachi.

Jinnah Post graduate Medical Centre



Dr. Ruth K.M Pfau, Civil Hospital Karachi



Sindh Govt, Lyari General Hospital Karachi





## World Breast Feeding Week Activities







**Health, Education and Literacy Programme  
(HELP)**

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Email: [help\\_ngo@hotmail.com](mailto:help_ngo@hotmail.com)

Website: [www.helpngo.org.pk](http://www.helpngo.org.pk)

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