

Activity 1 Information Guide

In Grace's story, war has had a huge impact on him and on his family's ability to flourish. To complicate matters, bad farming practices, war-torn land, lack of access to clean water, not having the right equipment, and natural disasters all play a role, as well. As an example, 40% of all the food African farmers grow is lost due to insects, pests, and mold.

SHORT TERM SOLUTIONS:

1. Plumpy'Nut (RUTF) – Ready to Use Therapeutic Food
 - a. This is an emergency response food that is packed with nutrition, vitamins, and energy to help with weight gain. It's peanut butter with a mission. RUTF is mostly used for young children, toddlers, and babies. It is different from general food assistance, because these children will not survive without RUTF. It's a last chance intervention.
2. Life-saving food assistance
 - a. It is likely that this is what students will jump to. It's often a partnership between World Vision and World Food Programme, or the UN; distributing food to areas that have experienced famine, natural disaster, or conflict.

LONG TERM SOLUTIONS:

1. Improving agricultural productivity

Improving agriculture and managing natural resources includes teaching about land management, how to more efficiently water crops, efficiencies on watering crops, and providing better seeds. Sometimes this is as easy as planting different crops that are more nutritious. World Vision also provides access to markets, which farmers need to be able to sell their surplus crops.
1. Community health workers

World Vision trains volunteers who live in the community to go out into their community to address health needs. For many, it's very challenging to leave their work or families and make the difficult journey to a nurse or doctor many miles away. Instead, World Vision equips individuals to teach basic health, nutrition, and sanitation practices (especially to pregnant mothers) in their communities. This allows healthcare to go where it needs to; not the other way around.
2. Nutrition clubs

This is a way to reach kids. It's a place for young people to gather, usually within a school or child friendly space. First these kids are getting the right nutrition, and then they are also educated about food. Nutrition clubs are equipping young people to know what they need, and then advocating for change.
3. Mobil Health (mHealth)

There are more than 5 billion wireless subscribers globally with more than 70% of them in low- and middle-income countries. Mobile technology is ubiquitous, something that gives organisations like World Vision an unrivalled opportunity to improve people's health, especially in countries where access to healthcare is severely limited.

Rapid advances in mobile technologies and applications, a rise in new opportunities for the integration of mobile health into existing eHealth services, and the continued growth in coverage of mobile cellular networks has proved a powerful combination. Our health, nutrition, water and sanitation, and disaster management experts are all using digital technology to help ensure life in all its fullness for children in the communities with whom we work.