

## GROWTH MONITORING REPORT

TO : DR. HALA GHOSON, UVGI DIRECTOR  
REPORTING DATE: 4<sup>TH</sup> APRIL 2025

**LATEST UPDATE ON THE HEALTH AND NUTRITIONAL STATUS OF CHILDREN  
AT TIYAMIKE COMMUNITY BASED CHILDCARE CENTRE (CBCC) IN MTIMA  
VILLAGE, TRADITIONAL AUTHORITY NKAGULA IN ZOMBA DISTRICT**



*Government staff facilitating the growth monitoring of children at Tiyamike CBCC—2<sup>nd</sup> April, 2025*

## **Preamble**

Tiyamike CBCC has a total of 40 children, of whom. These are the children that we support with financial assistance from you. You may recall that during our last Growth Monitoring Exercise, which we conducted on 4<sup>th</sup> February 2025, we found out that 38 out of the 40 children were in a very good health status. This represented 95%. While 2 children, who represented 5% of the total number of children at the centre, were found to be in poor. The two children were diagnosed to be in a *moderate acute malnutrition (in yellow readings)* and *severe acute malnutrition (in red readings)*, respectively.



*The health officer and other volunteers establishing the height of a child—on 2/04/2025*

Now in this report, we would like to give you an update on the health condition of the two children who were in poor health in early February, and also to generally report to you on the findings of the latest growth monitoring of all the children at Tiyamike CBCC conducted on **2<sup>nd</sup> April, 2025.**

## **Findings of the Latest Growth Monitoring Exercise**

According to the Health and Social Welfare personnel that conducted the exercise, none of our children at the centre was diagnosed with any form of malnutrition, whether severe or moderate



acute malnutrition. The nutritional status of all the children was normal and fine, and that they are all growing progressively well. These include the two children who, in February this year, were found to be severely malnourished. They were referred to a health facility that is within the area for medication of food supplements so that their health status could quickly pick up. Now, according Virginia Sitolo, Disease Control Surveillance Assistant, the two children are fine and have been discharged from the health facility.



**Blessings Bonongwe (L) and Mary Luka, the two who were severely malnourished but have now recovered**

## **Challenges Registered during this Growth Monitoring Exercise**

The challenges registered this time are very similar to the ones we registered last time (in February) during a similar exercise. We can, therefore cite two leading challenges as follows:

- Lack of ingredients (like groundnuts and soya) in the porridge. The porridge that is being prepared for the children is just plain. For this reason, the porridge is lacking nutrients required for child growth.
- Growing hunger crisis in Malawi which is affecting almost 5.7 million people (according to a report by the Malawi Vulnerability Assessment Committee–MVAC). This situation has not spared the homes of our children. And for this very reason, the children's health and nutritional status are in danger.



*The children at Tiyamike CBCC eating porridge—on 02/04/2025*

## **Recommendations**

- ❖ The health and social welfare officers from Government who conducted the Growth Monitoring exercise, have again recommended to us that we ensure that the children's porridge must have a good amount of groundnuts and soya, if it is to make impact on the nutritional status of the children.
- ❖ Conduct a cooking demonstration: The Government extension personnel have strongly recommended that we organize to conduct cooking demonstration at the Feeding Centre. The aim of this activity is to train the parents and guardians of our children on how they can be providing their children and family members all the six food groups from locally available food items. This is highly intended to build capacity in the community members to cook highly nutritious food for the sake of their little children to keep on growing up in good health. So, if support can be available, we can conduct this activity next month.
- ❖ There is also need for introducing hunger response intervention only for the households where the children come from. The aim of this intervention is to maintain the children's good health.

## **Our Sustainability Plans for the Nourish to Flourish Program**

- 1) We need to be vigilant in terms of ensuring that we source/purchase enough bags of maize from the local market between this month and next month. This is harvest period in most parts of Malawi and it's the best time to purchase maize as well as some groundnuts and some soya while the prices are a bit low.
- 2) Another sustainability plan—which is long term, is to start growing maize and the other crops on our own. This will ease/reduce the budget of purchasing expenses of these commodities.





*Health volunteers taking readings of the weight of the children on weighing scale*

### **Vote of thanks**

The Mtima village community (comprising Village Headwoman Mtima, parents and guardians of the children, and all people of this village) are expressing their heartfelt gratitude to you Dr. Hala, for all your love towards the children of this village and for your continued support for TiyaMike Community Based Childcare Centre. The community believes that your support is really saving the lives of their little children. For this reason, they are all very thankful to you.

### **Conclusion**

The Nourish to Flourish Program is certainly yielding results as expressed in the vote of thanks by the community members of Mtima Village. Hence, its importance needs not be overemphasized. And because of this, we have already received calls/requests from two other nearby villages that we extend our support to their CBCCs that are failing to operate because of the hunger situation.

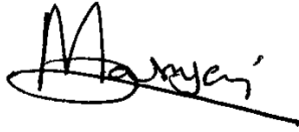
In the case of growth monitoring, the latest one has shown that all our children are in good health. This is so commendable, especially to you Dr. Hala for your support.

There is need for us to continue conducting this exercise of growth monitoring because it will always provide a diagnostic tool for health and nutrition surveillance of the children individually, and will further instigate effective action in response to growth faltering, where necessary.

Poor growth in infancy is associated with high childhood morbidity and mortality. This means that a child growth is an important indicator of health and wellbeing. Growth charts allow health

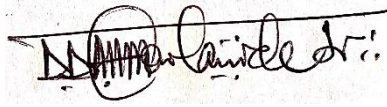
professionals to plot and measure child growth, allowing for comparisons with healthy children of the same gender and age. Child growth monitoring is therefore very important, so undernutrition is detected and children with the condition are treated with supplementary food intake.

**Report compiled by:**

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Brown Masingati  
UVGI African Ambassador

and

A handwritten signature in black ink, appearing to read 'Dafter Molande', with a large, stylized initial 'D'.

Dafter Molande  
UVGI Field Officer

**END OF REPORT**