

**UNITED VOICES FOR GLOBAL IMPACT (UVGI)**

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**REPORT ON GROWTH MONITORING FOR THE CHILDREN OF TIYAMIKE CBCC**

**TO** : Dr. Hala Ghoson (UVGI Director) and the UVGI Board of Directors.

**FROM** : UVGI (Malawi) Ambassadors.

**DATE OF REPORTING** : 3<sup>rd</sup> February, 2026

**ACTIVITY DATE** : 28<sup>th</sup> January, 2026

**ACTIVITY VENUE** : Tiyamike CCBC in Ntima Village

**MAIN OBJECTIVE** : To ensure that children receive the necessary care and nutrition to foster healthy growth and development



*Growth Monitoring activities in progress*



*One of the tools in used Growth Monitoring: Scale*

## Preamble

With support from the UVGI (USA), on 28<sup>th</sup> January 2026, the UVGI (Malawi) Ambassadors organized the Growth Monitoring exercise for children at Tiyamike CBCC which is in Ntima village, Traditional Authority (T/A) Nkagula in Zomba district.

## Specific Aims and Objectives of the Exercise

Growth monitoring is carried out with the following specific aims and objectives:

- To identify growth faltering.
- To measure the impact of nutrition/feeding programme.
- To educate the mothers on health and nutrition. They are taught how diet and illness can affect child growth and thereby stimulate individual initiative and improved nutrition and healthcare practices.
- To provide regular contact with primary health services.

## Activities carried out during Growth Monitoring

Growth Monitoring involves three main activities that are conducted subsequently, and these are: MUAC administration, Height measurement, and Weight measurement.

1. **MUAC administration:** MUAC (Mid-Upper Arm Circumference) is a measurement used to assess nutritional status in children. The circumference of the upper arm is measured at the midpoint between the shoulder and the elbow.

**Purpose of this measurement:** *To identify children at risk of malnutrition or wasting.*

### **Interpretation of the MUAC measurements:**

- **Green (12.5cm and above):** This is normal
- **Yellow (11.5 –12.4cm):** It is moderate malnutrition
- **Red (Below 11.5cm):** This is severe acute malnutrition

MUAC is a valuable tool in growth monitoring, especially in resource-limited settings, as it is quick, easy, and does not require a scale.

2. **Height Measurement:** This is a crucial part of growth monitoring especially in children. Here are some points: -

**Purpose of height measurement:** *To track growth patterns, identify growth disorders, and monitor treatment effectiveness in the child.*

### **Measurement techniques:**

- Standing height (for children who can stand): The healthcare professionals use a stadiometer or wall-mounted height board.
- Recumbent length (for infants): They use an infantometer or length board.

### **Age-specific measurements:**

- Infants (0-2years): They recommend the use of recumbent length.
- Children (2-18 years): They recommend the use of Standing height/height board.



Healthcare providers measuring a child's height using a height board

**Interpretation:** There are measurements on the growth charts (WHO or UNICEF charts) that help the healthcare professionals to determine/track growth percentiles.

It should be noted that height measurements help the healthcare professionals to identify potential growth issues early on.

3. **Weight measurement:** This is a key part of growth monitoring, especially in children.

**Purpose of weight measurement:** *It helps healthcare professionals to track growth, detect potential health issues, and monitor treatment effectiveness.*

**Measurement techniques:**

- For infants, they use a baby scale or an infant weighing scale.
- For older children, they use a standard weighing scale, standing on the centre with minimal clothing.

**Interpretation:** The healthcare professionals plot measurements on growth charts (WHO or UNICEF charts) to track growth percentiles.



Time to take weight measurements of the children

Accurate weight measurements help healthcare professionals spot growth issues early.

These three activities were conducted subsequently during the last Growth Monitoring at Tiyamike CBCC as they are normally done during each and every growth monitoring exercise.

It is pleasing to note that more than 45 children at the centre and other children brought by their mothers from within Ntima village had the access to the services.

### **Impact of the Growth Monitoring Exercise**

In general terms, child growth monitoring has a significant impact on a child's health and development. Here are some key benefits: -

- **Early detection:** The exercise helps to identify growth issues, malnutrition, or developmental delays early on.
- **Timely intervention:** It enables healthcare providers to intervene promptly to improve the outcomes.
- **Personalized care:** It helps tailor nutrition, healthcare, and support to a child's specific needs.
- **Improved health:** It reduces morbidity and mortality rates, prompting overall well-being.
- **Empowered parents or guardians:** Growth monitoring also educates parents and guardians on their child's growth, fostering engagement and informed decision-making.

### Outcome of this Exercise

We are very pleased to report that according to the healthcare professionals who conducted the exercise, **all the forty-five (45) children screened on this particular day were found to be in good/normal health status.** The MUAC measurement outcome for all the children showed that there was no case of either moderate malnutrition or severe acute malnutrition. Even the height and weight measurements indicated that there is good progress in the children's growth and development. This means that our Feeding Programme is impacting positively on the children's health status, their growth as well as their development in all areas of their lives. We strongly feel that this is a good development on both the children's well-being and on our Feeding Programme.

### Conclusion

Effective growth monitoring is crucial for ensuring that children thrive and reach their full potential. It is quite exciting that the outcome of recent growth monitoring has shown that all our children who are the beneficiaries of our Feeding and Growth Monitoring Programmes are growing and developing properly and strongly. This is so commendable, especially to the UVGI (USA) for the support towards this intervention.

And looking at the potential impact of this growth monitoring exercise, there is need to ensure that the exercise be implemented regularly because it always provides a diagnostic tool for health and nutrition surveillance of the children individually. Furthermore, growth monitoring instigates effective action in response to growth faltering, where necessary. Hence, regular growth monitoring helps detect early signs of undernutrition and ensure timely support for children to grow, learn and thrive.

## **BRIEF REPORT ON THE PROGRESS OF THE NOURISH-TO-FLOURISH PROGRAM AT MWAYIWATHU AND TIYAMIKE CBCCs**

Beside the *Growth Monitoring report*, we would like to report briefly about the progress of the Feeding Programme (the '*Nourish-to-Flourish Program*') at our two centres.

Children at our two centres have entered this year (of 2026) with great joy and happiness because the provision of their favourite food is intact. What is more pleasing, the months of December, January and February are within the Lean Season in Malawi where most households sleep on empty stomachs. And this is the season/time of the year when we usually lose a lot of lives due to abject hunger.

But with our children at Mwayiwathu and Tiyamike CBCCs, the situation is quite different. The children have been receiving food throughout the hunger-stricken season, and their health status has been and is still progressing well.

And according to chairpersons of the committees of Tiyamike and Mwayiwathu children's centre —Violet Chimatiro and Eunice Chirona, the centres are not just the children's mere play centres, but centres of children's growth and development. This is because the two centres are doing all they can within their means to provide everything concerning the children's wellness and well-being including food for their nourishment.

Therefore, we can confirm here that the *Nourish-to-Flourish Program* is running smoothly and that it is certainly serving its purpose of saving the lives of the vulnerable children of Ntima and Nkalapa villages where Tiyamike and Mwayiwathu CBCCs are located, and ensuring that the children's health status is progressing normally.

This is brief progress report of the Feeding programme at Tiyamike and Mwayiwathu CBCCs.

**END OF REPORT**