

# Bringing Muharram Back to Health

How essential nutrition support helped treat a severe acute malnourished child

June 2014

For more information, please contact: Sandra Barrows, Senior Communications Officer

Email: [commoff-isl.pk@acf-international.org](mailto:commoff-isl.pk@acf-international.org) | Mobile: +92 (0) 301 855 0703

ACTION AGAINST HUNGER's PAKISTAN MISSION | ACF International | [www.actionagainsthunger.org](http://www.actionagainsthunger.org)

When the ACF nutrition team visited the village to screen for undernourished cases, they met Husna, a mother of six. She was upset as her six-month old son, Muharram was visibly very weak. He weighed a mere 5 kilograms and was identified as severely malnourished.

Husna was referred to the ACF Community Management of Acute Malnutrition Center in Mithu Babar where Muharram would receive treatment for undernutrition.

Husna shared at the time of admission to the center, "When my son (Muharram) was four months old, he suffered from tonsillitis and fever. His father and I took him to the nearest Basic Health Unit where he was treated but since then Muharram's health continued to deteriorate".

Muharram was enrolled in the Out-Patient Therapeutic Program and was soon stable enough for ready-to-use therapeutic foods, which are specially formulated to treat malnutrition in children under five years of age.

The ACF nutrition staff also counselled Husna on how to introduce semi-solid foods along with breastfeeding at home to support Muharram's growth requirement.

"I received health and nutrition advice during my regular follow-up visits. I learned new things about hygiene and cultural food myths", she continued to say, "I will share with other mothers among my friends and neighbourhood what I learned during my visits to the center".



After a full course of nutrition treatment, Muharram's nutritional status improved greatly. He gained weight from the therapeutic foods, improved hygiene condition, age appropriate feeding and a strengthened immune system.

Husna says, "Since the treatment Muharram has found new energy". Now she can't hide her happiness and is thankful for the assistance and knowledge that she received.

The EU-WINS project aims to sustainably improve the nutritional status of children and pregnant/lactating women in Dadu District, Sindh through a combination of preventative and curative nutrition interventions via established government water and sanitation, and health facilities coupled with food security and hygiene and sanitation programs.

*For the purpose of EYD2015 map, this story is located in:*

*Village -Gul Babar, Union Council Mithu Babar, Taluka Khairpur Nathan Shah, District Dadu, Province Sindh, Pakistan*

To date, the project continues to provide essential nutrition support for thousands of malnourished children, just like Muharram

- ❖ 3,670 children with Severe Acute Malnutrition
- ❖ 768 children with Severe Acute Malnutrition (with complications) at Stabilization Centers
- ❖ 14,116 children under 5 with Moderate Acute Malnutrition
- ❖ 5,825 Pregnant & Lactating Women with Moderate Acute Malnutrition

*Data from January 2013 to September 2014*

Photo on the right features Husna and her son at ACF's Nutrition Center in Mithu Babar, Dadu  
Photo: ACF-Pakistan/Muhammad Furqan

*View or download high resolution photos here: <http://goo.gl/pm1bC9>*