



February 2009 Newsletter

Successful Brazil Program Expanding in March



Thanks to a new funding stream, the Healthy Children, Healthy Futures program in Brazil, already serving about 90,000 children in 400 schools, will expand into 12 new economically depressed towns in March, according to INMED Brazil Executive Director Joyce Capelli.

The expansion of the program, she added, becomes all the more significant given the weakening global economy that has cost several thousand people their jobs in Brazil so far. "Next year will be even worse," she said.

The Healthy Children, Healthy Futures program promotes children's growth and development through an integrated program of:

- **Treatment:** Treating children for intestinal parasitic infection and nutritional deficiencies,
- **Education:** Teaching children about good nutrition, preventive health habits, and hygiene and sanitation measures that help prevent disease,
- **Action:** Empowering children through interactive, participatory activities to put the lessons they have learned into action to improve the health and quality of life of their families and communities.

With funding from the Suez Foundation in France, the Instituto Alcoa of Brazil, the CESTE consortium of multinational energy companies operating in-country, and the local governments from each town, the program will reach nearly 26,500 children in 255 schools. The 12 towns are located in the north and northeast of Brazil, one of the more depressed regions of the country.

Capelli stressed the importance of working with local governments not just for the initial start-up of a program but also to maintain its positive results once the program ends. She pointed to the need to, for instance, maintain community gardens with seeds and other supplies with the help of local governments, and she is currently visiting newly elected administrations to secure their support.

Long-time Funding Partner Freddie Mac Foundation Continues Support for MotherNet Loudoun

The Freddie Mac Foundation has once again renewed its ongoing support of the INMED MotherNet/Healthy Families Loudoun program in Loudoun County, Va. with a \$100,000 grant.

The new grant brings Freddie Mac's financial support for INMED and its Loudoun County programs to well more than \$1.75 million, including having provided seed money for MotherNet Loudoun 15 years ago.

Created by Freddie Mac in 1991, the Freddie Mac Foundation is dedicated to making home a place where children and families thrive. As the largest corporate funder in the Washington, D.C. metropolitan area, Freddie Mac and the Freddie Mac Foundation have invested more than \$348 million in organizations serving the community.

"We're privileged to continue investing in MotherNet to make a measurable, significant

difference in the lives of young children and their parents --- at a critical time for these families," said Freddie Mac Foundation Chairman and CEO Ralph F. Boyd, Jr.

The goals of the MotherNet/Healthy Families program include:

- Promoting positive parent-child interaction and positive parenting knowledge and behavior,
- Preventing child abuse and neglect,
- Promoting optimal child development,
- Achieving positive pregnancy outcomes and maternal and child health outcomes.

Outcomes and success rates have remained strong throughout the program, including the 2007-08 year, when among families participating in the program, 100 percent of infants were born at healthy weights, 100 percent of children had health coverage and a medical home, 98 percent of children remained up-to-date on their immunizations, no teen mothers had repeat births, and no families had founded cases of abuse or neglect.

"It is this kind of ongoing support for programs that enables us to achieve sustainable change so that more and more families and their children have the knowledge, skills and resources they need to lead healthy, productive lives on their own," said INMED President and CEO Linda Pfeiffer.

IAMusic Youth Development Program in Peru

Youth at the Centro de Integración de Menores (CIMA), a center for abandoned youth in Lima, Peru, participate in INMED's IAMusic program using music to build self-esteem and to learn from positive role models in places of safety. INMED is a partner with CIMA to reach vulnerable children through the program to promote messages of "I Am Important" or "I Am Creative," using guitars donated by the Gibson Foundation.



Nutrition taking root in Jamaica

INMED Lyrics for Life garden lab teaches children, families healthy lifestyles



Nearly 1,600 children encouraged to adopt healthy lifestyles gained some added incentive last week when volunteers transformed a two-acre barren dust field into a multi-story garden and recreation site at the Iris Gelly Primary School.

The garden and recreation field, said INMED Caribbean Director Robert Wright, are symbolic of the healthy lifestyle transformation that children and their families are seeking by participating in INMED's Lyrics for Life project.

Nearly 35 percent of students at the school are underweight or overweight, he noted. Students at the Trench Town Primary School also participate in the project and built a similar garden earlier this year.

"Students stand to benefit from the access to nutritious foods that will be grown at the school and will learn how to plant a garden and perhaps bring this healthy lifestyle practice home for their parents to emulate," he said.

INMED Caribbean is the regional program initiative for INMED Partnerships for Children, an international children's welfare organization working in more than 100 countries since 1986 to ensure children's health, education and safety from prenatal care and infancy through adolescence and to inspire communities to invest in sustainable positive change for today's generation of children and those to come.

"The Lyrics for Life project is a model for children to share what they learn with their families so that they have the knowledge and tools needed to sustain healthy lifestyles," said Linda Pfeiffer, president and CEO of INMED Partnerships for Children. "If more and more families do plant their own gardens, for instance, then what you begin to see is a cultural change of

empowerment to overcome many of the issues that threaten today's children."

Launched this year with funding from the Pan American Health Foundation, Lyrics for Life incorporates classroom nutrition education, cultivation of school gardens and physical activity through music and lyrics developed by students. Additional supporters include the Gibson Guitar Co., the Bob Marley Foundation, Jamaica 4-H clubs and the Jamaica Tree Growers Association.

"PAHEF is encouraged to see the progress made by the Lyrics for Life project, transforming a dusty lot into a garden and a sports field," said PAHEF Executive Director Edward L. Kadunc. "It will be great when all the students at the Trench Town primary schools are eating healthy, more nutritious foods, and participating in physical activity. Their families and communities will benefit, and they will be off to a healthy start on life."

Ten volunteers including children worked through a single day – from 9:30 a.m. to sunset – to prep the field with vegetable beds for planting a garden that will serve as a learning site for children. More than 100 different types of fruit trees and plants – avocado, orange, otaheiti apple and others – will be planted in the next six months.

"I'm just happy to finally have a real area to teach," said James Jones, an agricultural science teacher for the 4-H Club.

Ornamental and shade trees and plants will also be planted to encourage children and families to visit the garden and become that much more familiar with the site and its educational features, noted project adviser to INMED Jamaica Ava-Gail Gardiner.

"There is a tree for everything and everyone," she said.

INMED Nutrition Program Overcomes Environment, Culture to Improve Children's Health in South Africa

More than 10,000 school children in South Africa's Orange Farm settlement on the outskirts of Johannesburg have something they never had before – fresh produce for lunch from gardens at their own schools.



And the community, from government agencies to individual families, has a new outlook on the importance of maintaining healthy diets.

Overcoming environmental challenges as well as a culture that did not emphasize nutrition because of the lack of healthy foods, 11 schools working with INMED South Africa have established and sustained their gardens over the last year, harvesting vegetables for the lunches as well as incorporating participatory nutrition, health and gardening lessons into their curriculum.

INMED South Africa is the regional program initiative for INMED Partnerships for Children, an international children's welfare organization working in more than 100 countries since 1986 to ensure children's health, education and safety from the prenatal stage and infancy through adolescence and to inspire communities to invest in sustainable positive change for today's generation of children and those to come.

As a result of INMED's Healthy Futures South Africa program, launched in 2006 to improve children's nutritional status by increasing access to produce through school gardens and increasing knowledge and practice of good nutrition and healthy lifestyles, fewer students are missing school because of improved nutrition. At the same time more gardens are being planted in the community in addition to the school gardens, said Ethel Zulu, director of INMED's South Africa Programs.

Absenteeism at the schools is down 15 percent because of improved health and because the enhanced school meals act as an incentive for students to be in school, she added.

"Changes in attitudes and behaviors have been especially rewarding to note," Zulu said. "Orange Farm does not have an agricultural heritage or rich soil, and there are more physical and psychological limitations to establishing gardens and incorporating fresh produce into meals. However, we are happy to report that these limitations are being overcome."

On Wednesday, Jan. 28, INMED, the schools and supporters celebrated the program's success to recognize the schools and to discuss plans for sustaining the program at the schools. The

program is supported by the Monsanto Fund, with additional local support from the Departments of Health, Education and Agriculture and local farmers.

Awards were presented to the schools by Miss Earth South Africa, Matapa Maila. The celebration began at noon at the Orange Farm Multipurpose Center, 15825 ext. 4, Orange Farm, 1841, Gauteng Drive.

“The Monsanto Fund is pleased to support a program that not only helps provide nutritionally enhanced foods to children, but that also shares important lessons in nutrition and food production,” said Deborah Patterson, president, Monsanto Fund. “By helping these children and their families understand how food is produced, they will have a brighter, healthier future.”

INMED organizers are now tracking benchmarks among students to measure the program’s impact on their health while also working with the schools and the community to sustain the gardens on their own in collaboration with the program’s supporters,” said INMED President and CEO Linda Pfeiffer. One plan for sustainability includes selling the produce to raise capital for garden maintenance and enhancements.

“Most moving to me,” Pfeiffer said, “is how so many have embraced this program in such a short time. Of course, watching children eagerly eat all of their vegetables – no one needs to be coerced to clean their plates – clearly has influenced the cultural and generational change we are now witnessing in Orange Farm and elsewhere through programs such as Healthy Futures.”

About INMED Partnerships for Children

Since 1986, INMED Partnerships for Children (www.inmed.org), an international non-profit humanitarian development organization, has worked in more than 100 countries to fulfill a wide range of health, nutrition, education, violence prevention and community development projects that create a continuum of care for children from the prenatal period through adulthood by empowering families and communities to support the development of healthy, educated children for increased opportunities for the future.

For more information or to submit questions and comments, please contact Director of Development Mary-Lynne Lasco at contact@inmed.org.

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20110 Ashbrook Place, Suite 260 Ashburn, Virginia 20147

Phone: 703-729-4951 Fax: 703-858-7253 E-mail: contact@inmed.org