

## A Journey of a 14-month-old from malnutrition to health

Rabi Kumar Yadav overcomes malnutrition with proper food, medication and hygiene behaviours

During a mass screening conducted in a small village of Paroha municipality-2 in June 2022, Rabi Kumar Yadav, a 14-month-old child was identified as severely malnourished (SAM). The health worker identified signs of severe wasting in the little boy, leaving Renu Devi Yadav, the mother of a 14-month-old deeply worried about her son's health.

Immediately after confirmation of Rabi's severe malnutrition, Renu was counseled about the critical condition of her child and advised to take him to the nearest Outreach Therapeutic Centre (OTC) for further assessment and medication. The identification of the malnourished was just the beginning of a challenging journey towards reviving the child's health from malnutrition.

### Reviving a malnourished child needs continuous efforts

Nutrition Smart CommUNITY, being implemented by FORWARD Nepal in support of BMZ and Welthungerhilfe (WHH) stepped in to provide the necessary support through regular home visits and necessary follow-ups. The project team ensured that Rabi received adequate and appropriate Ready-to-Use Therapeutic Food (RUTF). Also, the team educated Renu and other family members on proper Water, Sanitation, and Hygiene (WASH) practices and effective feeding methods to improve her child's health.



Rabi K. Yadav with symptoms of wasting with his mother before project intervention; Credit: Chhotelal Patel for FORWARD Nepal

Recognizing the importance of a sustainable approach to nutrition, Renu's family was supported to establish a kitchen garden. The project supported with vegetable seeds such as brinjal, tomato, carrot, mustard greens, and pea, encouraging the family to grow their nutritious food.



Satisfied mother with her child recovering from malnutrition after the project intervention; Credit: Chhotelal Patel for FORWARD Nepal

### Visible change and renewed hope in a mother's heart

The continuous efforts are seen coming off as Rabi's health started to improve noticeably over the next few months. His weight increased by 4.7 kilograms, and he revived back to a nourished state. This change not only brought relief to Renu but also raised hope and confidence in her ability to care for her child's health.

Today, Rabi's family has embraced sustainable gardening practices, growing seasonal vegetables in their kitchen garden. They have also adopted frequent and diversified feeding practices for Rabi, ensuring his continued growth and well-being. Renu Devi Yadav expresses her heartfelt gratitude to the FORWARD Nepal team for their relentless support and guidance.

"I was unaware of my child's nutrition status and services provided at the health facilities before this project informed me. Thanks to the FORWARD Nepal team for guiding me with healthy behaviors and feeding practices", she expresses her gratitude. "

My son is healthy and my family is happier." Renu has not only recovered her child from severe malnutrition but has also adopted sustainable practices that will lead to a healthier future of her family.

**Demographic Details**

**Name of mother:** Renu Devi Yadav

**Name of child:** Rabi Kumar Yadav

**Age of child:** 14 Months (at the time of intervention)

**Location:** Ward No. 2, Paroha

**Linkage in LANN Group:** Sapna Mothers Group

**Support Received:** Seeds for Brinjal, Tomato, Carrot, Mustard Green (Rayo Saag), and Pea (Kerau)

**Current Weight/MUAC:** 9 kg and MUAC 12.5 cm