2014 Annual Report
CHILDREN’S NUTRITION PROGRAM OF HAITI
A Word From Mitch

God's call often challenges us to go beyond the limits of what we think is possible. Throughout the decades of CNP's work, I've been reminded of great stories such as that of Moses, who persevered through tremendous adversity. Whether at the crossroad of success or failure, Moses continued to work toward a better future for his people. Although the needs of southern Haiti remain wide and deep, our CNP team continues to strive to meet them. Now, with expanded responsibilities, we need your prayers, donations, and resources to move ahead.

The Children's Nutrition Program was founded with the goal of raising a generation of healthy children, who will then be empowered to lift Haiti out of poverty and illness. Our malnutrition program is the cornerstone of our program, focusing on a nutritious diet from the local environment using Health (TI Fwaye) principles. This program teaches Haitians to care for their families using lessons learned from neighbors who have raised healthy, well-nourished children.

Monitrices are our health workers. These dedicated individuals are trained in the fundamentals of nutrition and maltreatment. Then, they teach and work alongside mothers and children from their own and neighboring villages, using local foods and resources. They also serve as the link to other health care resources, including clean water and education.

As the post-earthquake era ends, many emergency relief resources have gradually left Haiti, inviting CNP to expand its programs to care for a larger population. Our program transforms thousands of children's lives. In addition, volunteers from all over the world are themselves transformed as the Haitian people witness to them. Together, we work toward a future where boundaries to health and well-being are overcome—where challenges become opportunities.

Please consider God's blessings to you as you consider blessing The Children's Nutrition Program with your support.

Dr. Mitchell Mutter, Founder

The faces of Koré Timoun

Our monitrices: Looking at life in Léogâne—with a smile

In 1998, Dr. Mitch Mutter established the Children's Nutrition Program of Haiti (CNP) to eliminate malnutrition in the rural communities of Léogâne, Haiti. CNP is known in local Haitian Creole as Koré Timoun, translated supporting or uplifting children. Our lens has always focused on children's health, but over the years we have learned to see the children of Haiti through the eyes of monitrices, female workers who provide education and support to families in their own communities.

Our monitrices work tirelessly—often overcoming harsh terrain, isolation, and poverty—to give love and support wherever it is needed. No matter their age or life experience, our monitrices greet the world with a smile and words of celebration: “I love teaching others about nutrition,” one monitrice says. “It is the joy of watching all the monitrices transform. They love singing, laughing, learning, working, nursing. They are friends, mothers, teachers, cooks, healers. They are the core of Koré Timoun.”

This year we focus on the faces of our Haitian brothers and sisters by celebrating the monitrices and the lives they have improved over the course of 2014.

The changing faces of CNP

Two years ago our Executive Director Kerry Kelly flew back from Haiti—where she and her family were living in the Koré Timoun/CNP house in Léogâne—to speak at a spring fundraiser. We had entitled the fundraiser Fem Vyan, which is an expression used in Haiti to refer to strong women in the community. Kerry described these Fem Vyan as women who were known as “outspoken, courageous, brave, and independent.”

It had been my privilege the previous spring to perform the marriage of Kerry and Lionel beside a quiet stream at the Nature Center in Chattanooga. That was before she felt she needed to move her family to Haiti in order for our program to have proper oversight and direction. And we were all sorry when she felt she had done all she could with our program. She has taken a role in Vietnam as Country Director for an organization dedicated to protecting and speeding the recovery of victims of human rights abuse. Kerry is truly a Fem Vyan.

God has blessed us though. One of the last acts before Kerry left was to hire a new Country Director for Koré Timoun/CNP, Taryn Silver. You can read about Taryn's background in another article in this annual report. I have had the good fortune of spending quality time with Taryn both in Haiti where she now lives at our residence/office in Léogâne and when she visited our home in Chattanooga this past summer. I am sure you Taryn is a Fem Vyan. Even though she is working without an Executive Director, she has not missed a beat. In addition to taking on all the responsibilities as Country Director, she is actively fundraising in every way possible from Haiti. She is a young, dynamic, savvy, smart woman who speaks fluent Creole. She is organized, calm, and a clear-headed leader. Welcome, Taryn Silver, Fem Vyan! 
Staring down acute malnutrition

Clinics and nutrition programs meet malnutrition—face on

Monitrices are the first line of defense against acute malnutrition. Their sharp eyes spot potential malnutrition; their wise counsel persuades parents to seek help; their dedication to healing transforms the lives of generations of children receiving help from our therapeutic programs.

CNP offers several checkpoints for spotting and addressing malnourished children. Fixed and mobile nutrition clinics address malnourishment with Plumpy’Nut® and Plumpy’Sup®, ready-to-use foods that are high in calories, oils, and nutrients. Mothers of mildly malnourished children have an opportunity to bring their children to Hearth training, where they learn to sustain a child’s health over a lifetime. (The Hearth, or Ti Fraje, program teaches mothers to care for their families using lessons learned from neighbors who have raised healthy, well-nourished children.)

Monitrices refer children who are too ill to be rehabilitated through Hearth to CNP’s Outpatient Therapeutic Care program for evaluation. This program, which became available in even the most remote areas of Léogâne in 2013, identifies severely malnourished children. If they are without other complications, we send them home with packets of Plumpy’Nut® and continue outpatient evaluation and care weekly. Children with complications are often referred to the Terre des Hommes Stabilization Center in Petit Goave, where they can be stabilized, treated for medical complications, and rehabilitated nutritionally.

As children complete the Outpatient Therapeutic Care program or are discharged from the stabilization center, they take part in the Supplementation Food program. Children in this program are seen biweekly, and they remain in treatment until they are nutritionally sound. Either during treatment or at discharge, these children and their mothers are referred to a local Hearth program.

Transforming the lives of Smerelda and her mother

In last year’s report we featured Smerelda, a dehydrated, lethargic girl spotted by a monitrice and brought into our care. At 15 months old she weighed only 7 pounds. Her mother, embarrassed and afraid, resisted sending her child to the stabilization center for treatment, but a group effort to persuade her of the wisdom of treatment eventually won out and she entered treatment. Most children stay in the stabilization center for 5 to 7 days. Smerelda spent 2 months there in intensive care and 3 months at an outpatient clinic for severely malnourished children, and 3 months in the program for malnourished children.

In May 2014 Smerelda was released from clinical care. Now she’s all smiles, thanks to cooperation between her mom, the monitrices, and the clinical staff.

In an anonymous comment on our blog post about Smerelda’s journey, one reader thanked our staff and said: “From sadness to smiles we see the transformation of life in brilliant color.”

Meet Sexi!

Sexi was brought into our program in July 2013. She was diagnosed with severe acute malnutrition and complications (edema), and she was immediately transferred to a clinic for medical treatment. She returned to participate in our Outpatient Therapeutic Care program, where our dedicated and hard-working monitrices monitored her progress once a week and provided Plumpy’Nut® and health advice to her grandmother.

Sexi is now in our preventative care program, and she is doing better than ever!

With your support, our goal is to give every child like Sexi the right to a healthy and full life in Haiti.
Hearth, home, and community

Monitrices celebrate the joy of good nutrition

Ask any monitrice her favorite activity as a CNP representative and chances are she’ll reply with a smile “Ti Fwaye!” The Ti Fwaye, or Hearth, program is often the best way to communicate nutrition facts to mothers and children. Monitrices identify mothers who have kept their children healthy, and together these mothers conduct sessions to teach other mothers what they can do to establish healthy and happy families.

Monitrices identify participants as those whose children have been discharged from therapeutic programs or who are identified as at risk, including pregnant women who need to ensure that their babies are healthy. These mothers come with their children to a nearby site for a 10-day training.

Education comes to these mothers and their children in the form of song, poetry, and practice. The mothers spend time together practicing the preparation of healthy meals. They learn about nutrition, vaccination, breastfeeding, safe water, and family planning. They experience Hearth as a celebration of life, and they return to their communities, supporting each other through women’s groups and community health organizations.

Our monitrices teach mothers and children about good nutrition and proper hygiene and explain the importance of handwashing.

The bottom photo shows women making a healthy meal together, which includes vegetables, protein, and carbohydrates, as they learn about the importance of good nutrition for themselves and for their children.

Community empowerment: Working together for change

Community empowerment is about finding solutions to problems from within the community. The role of any external group or agent is simply to facilitate the community’s acquisition of power and control. — Intern Victoria Holla

This year, CNP partnered with organizations, monitrices, community leaders, and volunteers to develop innovative solutions to difficult problems. One example of our focus on community empowerment is the water project in the remote village of Ka Delouche.

Near the end of 2013 a group from Rivermont Presbyterian Church in Chattanooga visited Ka Delouche, sitting in on community meetings and training sessions conducted by monitrices. At the end of the visit, a group of community leaders approached the Rivermont team to discuss how to make their water supply – a mountain stream filled with dirt and debris – cleaner and more accessible. One Chattanooga volunteer, engineer John Rennich, became interested in the project.

The issue was a knotty one, John points out: “In the U.S. you have pumps and electricity. In Haiti, you’ve got gravity. The challenge is, what can you do with gravity as your working energy?”

John returned to Ka Delouche to help the community develop a plan. “I had a plan in my head,” he says, “but they didn’t buy it.” He developed another plan, again rejected, and finally the group reached agreement on a third plan, which the community implemented during 2014.

John made several trips to support the people of Ka Delouche as they built an epoxy shell to shield water, buried a pipe in riverbed, put in a standpipe, and installed a tank. Rivermont provided the tools and materials. John provided advice, and the people of Ka Delouche refined the plan and successfully performed the work.

The approach I was taking,” says John, “was that I would show them how to do it and train them. My number one objective was to have them do it for themselves.”

The people of the community gradually began to lead the way, showing John how they wanted to do it. The first step was to build an epoxy shell to shelter the water. “At some point,” says John, “They pushed me out of the way and built the shell on their own. The pipe became clogged, and they unlogged it themselves.” John had a plan to return to finish the plumbing, but the community said, “No don’t do that. We are going to extend the pipe for our animals to drink out of.”

Volunteers are now poised to start work on new, water-related projects that combine tree planting and aquaponics. These are difficult projects, ones that require continued upkeep from the community and the kind of sustained effort it took to provide clean, accessible water for the people of Ka Delouche.

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The community works together to complete a water project. Clean water is extremely important in preventing disease and malnutrition.

CNP staff, Rose Elene, Yva, and Meti, learn about a new community groups initiative to create clean cook stoves.

Women’s empowerment translates into community empowerment

CNP monitrices support a complex network of women’s groups. Together, the women in these groups learn skills from basic accounting to family planning. They learn how to make their water safe to drink, the importance of latrines. They swap recipes. They share ideas.

This year CNP’s monitrices revitalized the community health committees. They are working with established committees and starting new committees, encouraging each group to work together to develop solutions to health and nutrition problems. And CNP donors are contributing to the success of these committees.

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New faces in our midst

Taryn joins our team

Taryn Silver’s experience in international public health and her concern for nutrition make her the perfect fit for CNP’s health and nutrition programs. After earning a Bachelor’s degree in Health Sciences, she moved to Israel for 10 months as a volunteer working with children of refugees and foreign workers. This inspired her to return to the US to pursue a Master of Public Health (with an emphasis on international health) at the Boston University School of Public Health. For her practice experience in graduate school Taryn worked in Kenya with a treatment center for malnutrition and evaluated their mother support groups on infant and young child feeding practices. In June 2011 Taryn came to Haiti for the first time as an intern and fell in love with the country, its people and culture. In 2012 Taryn moved to Haiti to volunteer with Partners in Health before landing a job at St. Boniface Haiti Foundation hospital in Fond des Blancs, foreign workers. This inspired her to return to the US to pursue a Master of Public Health (with an emphasis on international health) at the Boston University School of Public Health. For her practice experience in graduate school Taryn worked in Kenya with a treatment center for malnutrition and evaluated their mother support groups on infant and young child feeding practices. In June 2011 Taryn came to Haiti for the first time as an intern and fell in love with the country, its people and culture. In 2012 Taryn moved to Haiti to volunteer with Partners in Health before landing a job at St. Boniface Haiti Foundation hospital in Fond des Blancs, as their community health and nutrition advisor. She also started a 60 girl soccer club in rural Haiti with the goal of empowering young women.

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Taryn herself is a can-do sort of person. She learned about her role at CNP by jumping in and just working with staff to accomplish tasks. She comments that “Haiti is a challenging place to live and work and you need to celebrate incremental steps that lead to a larger goal.”

Like the monitrices, Taryn is enthusiastic about what can be accomplished when you have a passion for health education. You can see that enthusiasm in her smile, hear it in her voice. CNP welcomes this enthusiastic new face to a community working tirelessly to improve health in rural Haiti.

Tania reflects on life as an intern

A native of Haiti, intern Tania Mathurin is a bright reflection of CNP’s aspirations in Léogâne.

I came to Haiti last year after being in Jamaica for a year, anxious yet elated to be back in Haiti. I accepted the position with CNP because I couldn’t suppress my desire to be back in Haiti any longer.

I spent the first ten years in a suburb of Port-au-Prince, with an insular and naïve outlook of the world beyond the walls. I left Haiti with many questions that I knew could only be answered by returning. I knew I was forever tied to the land, and I knew I would be back some day. I first heard about CNP through a professor friend at Notre Dame, my alma mater. It didn’t take long for me after hearing about CNP to be down in Léogâne.

Over my time here, I’ve learned countless lessons about poverty as well as the strength, resilience, and innovation of the Haitian people. It’s tough to see poverty and feel helpless. It has been exceptionally challenging to witness the lack of proper governance and the political instability affecting the lives of even the most isolated people. The Haiti I knew as a child and the Haiti that I experience now as an adult are two different worlds. The Haiti I know now is more gripping, tragic, and authentic Haiti, and I appreciate the lessons I continue to learn.

The Haiti I know now, monitrices are the backbone of CNP’s work. This extensive community of 36 empowered women truly inspires me. Every one of them is different, yet each possesses the qualities I admire in Haitian women. The monitrices work not just in their own communities, but also in surrounding communities. Some monitrices have to walk for two hours at a time in scorching heat to reach some of the surrounding communities. I admire the spirit that makes them well known in their communities; I admire their passion for preventing malnutrition. I’ve spent many hours hiking with them in the mountains and getting to know them personally. Of course the job is difficult, but they always tell me how much they learn from it.

Flordine is one of our younger monitrices, and she disclosed to me that she especially appreciates the job because when she became a mother she was able to ensure that her daughter would grow up to be healthy and strong. She, along with the other monitrices, feels she is truly making a difference in her community. And she has, given that the malnutrition rate has gone down, yet she has a need to work harder to continue the job.

It’s this determination that led me to stay longer than anticipated with CNP. I believe that I can do more to contribute to the overall mission of Koré Timoun. And I’m excited to learn more lessons as I continue to support the CNP mission!
The Moringa tree provides a powerful combination of vitamins, potassium, calcium, and even protein to people and livestock, and it grows particularly well in tropical climates where malnutrition is a serious problem. Armed with 200 Moringa trees provided by the Trees That Feel Foundation, donated fencing, and Haitian people power, student intern Victoria Holla set about to implement a project to educate the community about the amazing Moringa tree. She taught all 36 monitrices and all CNP staff on the benefits of eating Moringa leaves, then headed out to teach the community.

Planting trees in isolated communities showed Victoria what cooperation was all about. The communities, she said, provided “the land, the planting tools, and the human capacity to prepare and plant the garden. A case in point: the people of the Kontan community. The road to the village is inaccessible by vehicle. So, the day the trees arrived at the closest road, 20 community members hiked to the road to pick up trees and fencing materials. “Women and men carried wood, trees, and even barbed wire, on their heads” to get the trees to their village. Then everyone – from young children to community elders – took a job to get the Moringa garden planted.

In 2014, student Lauren Zalla hiked through mud and over mountains to conduct a survey of infant feeding practices in Léogâne. Daily she and one of our 36 monitrices visited the homes of mothers with infants under 9 months old. They weighed and measured infants and mothers, tested mothers for anemia, and interviewed mothers on how they were feeding their babies. The purpose of the study was to help CNP develop programs to support Léogâne’s lactating mothers.

Lauren’s results gave us ideas for programs to encourage exclusive breastfeeding, a practice that has proven to lower mortality rates. Haitian mothers often supplement breastmilk with porridge, exposing children to malnutrition and bacterial infections like cholera and diarrhea.

Lauren noted in her results that CNP has all but eliminated acute malnutrition in the mountains of Léogâne. “I surveyed 119 infants in 42 of the rural abitayon or communities of Léogâne, and only 3% suffered from acute malnutrition.” However, the rate of chronic malnutrition resulting in stunted growth is high at 9%. Lauren comments that “a child who suffers from chronic malnutrition is stunted both physically and mentally. The child may be held back in school or unable to get a job later in life, all because of the irreversible effects of stunting in early childhood.”

Chronic malnutrition cannot be treated, but it can be prevented. And a key to prevention is exclusive breastfeeding. Lauren suggests new programs, carried out by monitrices and matrons (traditional birth attendants), can curtail chronic malnutrition, just as other CNP programs have curtailed acute malnutrition.

In the end, Lauren learned about breastfeeding practices – and about how the monitrices and CNP staff solves problems. She says that “working with Koré Timoun has been an amazing learning experience, and an opportunity to see how a highly functioning public health organization operates.”

It is important to make sure that not only children are well nourished, but also women of reproductive age so that they can have healthy children and be well enough to take care of their children.

Community coordinator Yva and intern Lauren interview a mother about her breastfeeding practices.
Meet monitrice
Fabriné Marie Mirtha

Fabriné Marie Mirtha, 31, is a married mother of two who works in the Ligéine towns of Bate and Kapik. She has been a CNP monitrice since 2010, and she continues to work tirelessly to teach mothers how to keep their families healthy. In an interview with Tayati, Fabriné gives us a glimpse into the life of a monitrice.

Why did you decide to become a monitrice?
In 2006 I started helping the health agent in the community. He was holding vaccination posts for the children and I helped him to fill out the reports and registers. I became very interested in health. When CNP came to the community I did not know exactly what they did, but was excited that it was something to do with health.

What does monitrice mean to you?
Being a monitrice means to train people – to learn to be healthy and have good nutrition. It is education, but it is also practice.

What is a typical day like for you?
I love my women’s group, vaccination post, and the moto (small motorcycle) cannot get to places, so walking in the rain and mud is very difficult. There, so walking in the rain and mud is very difficult.

What would you say about your work?
I have to choose one?! I have so many good stories. Fabriné started a group for teens ages 16-23 years old in her community. She meets with 15 girls and boys monthly and teaches them about STIs, HIV/AIDS, family planning, hygiene, and of course, nutrition.

What is a memorable experience you have while working with CNP?
I have to choose one! I have so many good stories. Fabriné welcomes me. It shows that they really appreciate the work I do and what CNP is doing in our communities.

As her long days, often navigating rough terrain, are not enough, Fabriné regularly volunteers for additional teaching duties. On her own Fabriné gives a lesson to screen children and educate mothers and make food for them and make sure they get what is a typical day like for you?

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Here’s what your money can do in 2015

<table>
<thead>
<tr>
<th>OPPORTUNITY</th>
<th>COST</th>
<th>RESULTS YOUR DONATIONS CAN DELIVER</th>
</tr>
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<tbody>
<tr>
<td>Operating Budget</td>
<td>❤</td>
<td>Donate to our operating budget to pay for Haitian staff, supplies, food, training—all of the support elements that allow our programs to exist. Any amount is appreciated.</td>
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<tr>
<td>Adopt a Village</td>
<td>$5,000</td>
<td>Join our Adopt a Village program and support the monitrices and all of her amazing activities. You will be supporting over 150 children and their families, empowering women and community groups. Receive a detailed description of the village, pictures, and data defining what your donations are accomplishing.</td>
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<td>Support a Monitrice (Community Nutrition Worker)</td>
<td>$2,600</td>
<td>Our monitrices are the Haitian women at the core of what we do. Support a monitrice to allow her to be the catalyst for change in her community.</td>
</tr>
<tr>
<td>Supervise Monitrice Work</td>
<td>$1,000</td>
<td>Help us to supervise and support the work of our monitrices. Every month our staff goes out to supervise the monitrices activities. They travel by car, motorcycle, and foot up and down mountains.</td>
</tr>
<tr>
<td>Provide a Training for Monitrices</td>
<td>$375</td>
<td>Provide the funds for our monthly monitrice meeting. Every month all 36 of our monitrices gather at the CNP office to bring reports, share ideas and problems, and learn new health topics.</td>
</tr>
<tr>
<td>Save a Child</td>
<td>$100</td>
<td>Save the life of a severely malnourished child by sponsoring the full treatment of him or her through CNP’s outpatient therapeutic program for rehabilitation and follow up.</td>
</tr>
<tr>
<td>Support a Ti Fwayne (Hearth)</td>
<td>$75</td>
<td>Train mothers through our Hearth program so they can learn to raise healthy children and learn about the importance of balanced meals, safe water, and proper hygiene.</td>
</tr>
</tbody>
</table>

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