Founder’s Letter

A Word From Mitch

I started working in Haiti at Hopital Saint Creix in 1988 on a medical mission trip. Along the way, I have had the opportunity to work with a number of individuals dedicated to God and service to others.

In 1998 the Children’s Nutrition Program of Haiti became a 501c3 dedicated to the development and nutrition of Haiti’s children. Since then we have had many wonderful volunteers. Deb Watlington epitomized the dedication and character of those who inspired us to help raise a generation of healthy children empowering them to rise out of their poverty.

Deb Watlington, a dental hygienist, and her dentist husband Rob, made many trips to Haiti. In addition Deb supported all of our medical trips to Haiti over the past 15 years, ordering medicines and supplies and organizing materials and teams. Deb went home to be with our Lord on March 5, 2015.

Deb truly exemplified Matthew 25:35. ‘For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’ Deb was guided by this scripture in her call to God’s work. She also displayed the Holy Spirit in her work. Galatians 5:22 states “But the Fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” All of us who knew Deb saw these attributes in her character.

Deborah Watlington’s works were truly part of her spiritual journey. To know Deb was to know her faith and works. Deb would often say, “We all become “best buds” when we have worked together in Haiti. It is difficult to imagine our work without our “best bud.” Deborah Watlington’s works were truly part of her spiritual journey. To know Deb was to know her faith and works.”

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Dr. Mitchell Mutter, Founder
Nutrition programs expand efforts to monitor children and address malnutrition issues

Growth monitoring is a long-standing Kore Timoun project. Our monitrices have growth monitoring down to a science—a science they practice with love and compassion. Monthly, our monitrices (local women who provide education and support to families in their own communities) fan out into Léogâne’s mountainous communities to check all children under five years old to be sure they are well nourished and growing. A monitrice measures each child’s weight, height, and mid-upper arm circumference and compares these measurements to those of average, healthy children. Children showing signs of acute malnutrition are referred to inpatient or outpatient treatment centers; parents of those who are overweight are referred to Positive Deviance Hearth supported by Kore Timoun.

Community Management of Acute Malnutrition is an internationally agreed-upon standard for treating children with acute malnutrition. Working with the Haitian government’s Nutritional Stabilization Unit, Kore Timoun provides both preventive education and treatment for families of actually malnourished children. Severely malnourished children with medical problems are sent to a stabilization center 40 minutes from Kore Timoun headquarters, for five to seven days. Severely malnourished children without medical problems receive outpatient therapy, including weekly consultations at one of 15 CNP-operated outpatient clinics; they receive Plumpy’Nut or medical peanut butter, a ready-to-use therapeutic food proven to treat acute malnutrition. Children under five and pregnant or lactating moms found suffering from moderate acute malnutrition are referred to Kore Timoun’s supplementary feeding program, and they visit our outpatient clinics every other week.

Positive Deviance Hearth—Ti Fwaye in Haitian Creole—continues to be at the heart of Kore Timoun. This is a tried-and-true method of identifying mothers whose children are well nourished and determining what they do to keep their families healthy. These women then volunteer their time to help teach others in their communities how to keep their children nourished. The program encourages neighbors to adopt affordable, effective, and sustainable nutritional practices already acceptable in the community. Ten-day training sessions take place at the “hearth,” or home, of the volunteer mother. The program continues to thrive because it is delivered through participatory adult learning and because it shows people how they can practice with love and compassion.

Stories like little Djego’s new life give us all hope for a future in which the cycle of disease and poverty is broken, and Haitians are empowered to raise their country from poverty.

We are all family: Rose Andrè, Marlyse, Kore Timoun and little Djego work together to beat malnutrition

On December 31, 2014 while most of us were ringing in the New Year, monitrice Rose Andrè embarked on a journey to save a young boy’s life. Later this year, another monitrice, Marlyse, took up the torch to continue nursing the baby to health. This is the story of how Rose Andrè and Marlyse gave new life to a baby named Djego.

Rose Andrè monitors the health and nutrition status of all children under the age of 5 in the area of Bel Jacques, where she lives. While out on one of her routine home visits, Rose Andrè saw Djego, a severely malnourished boy whose condition was becoming worse. At age 21 months he was extremely tiny for his age and visibly wasted. He could neither walk nor stand and had very little energy. Djego was suffering from severe acute malnutrition with complications, and he needed to be transferred to an inpatient facility immediately. Djego’s mother had died a few months back and his father left to go to Port au Prince in search of work. He was left in the care of his elderly grandmother who was not physically able to take him to his weekly appointments at Kore Timoun’s outpatient treatment center, let alone all the way to the inpatient facility in Petit Goave.

Rose Andrè knew that without proper treatment Djego could die, so she decided to take him to the center herself. After hiking through the mountains of Oranger, taking a motorcycle taxi, and then a tap-tap (a brightly decorated bus), Rose Andrè and little Djego arrived at the stabilization center on New Year’s Eve 2014. Djego was admitted and treated. For 17 days Rose Andrè stayed by his side day and night to feed, care for, and love him. Once released, Djego and Rose Andrè returned to Bel Jacques together where she continued to look after him. Although healthier, Djego still required weekly appointments at Kore Timoun’s outpatient malnutrition clinics.

Djego continued to stay with Marlyse, and he is like one of her own children now. At 25 months when he was discharged from the treatment center, he weighed 14 pounds. At 27 months he weighed 19 pounds! We believe Djego is now almost three years old. He walks, but still has trouble communicating, an effect of severe malnutrition. Everyone loves little Djego (we nicknamed him Koretino), and Marlyse and her family work hard to bring him up to speed developmentally—with the help of Kore Timoun.

This time, another monitrice, Marlyse, stepped in. With eight children of her own and two grandchildren, Marlyse didn’t have a lot of time on her hands for a malnourished baby. But she made time. She took little Djego to Petit Goave and stayed with him for 11 days. Then she brought him home and, with the help of a nearby Kore Timoun outpatient treatment center, she nursed him to health in less than two months.

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Members of the Kore Timoun family encounter many vulnerable children like Djego, children who live in extremely difficult situations arising from poverty, disease, and family complications. Their futures appear bleak and their lives predetermined. But we have hope. Stories like little Djego’s now give us all hope for a future in which the cycle of disease and poverty is broken, and Haitians are empowered to raise their country from poverty.
Proper timing and spacing emerge as effective family planning to fight malnutrition

As a pro-family institution, Kore Timoun has identified family planning, or the proper timing and spacing of births, as a positive investment in the future of Haitian families. Our maternal health program, which involves contraceptive education, administration, and counseling promotes responsible family plans. Kore Timoun nurses and monitrices help families make informed decisions on how to plan their family which includes when and how many children to have. The spacing and timing of births is essential for many reasons:

Spacing births by at least two years allows women’s bodies to recuperate and replenish essential nutrients. Strengthening a mother’s body with proper spacing lowers the risk of infant death, ensures healthy infant birth weight, and lowers the mother’s risk of dying during childbirth. Spacing also ensures that mothers have the time, energy, and resources to breastfeed and care for infants and young children.

Timing involves identifying the best time of life for pregnancy. Women can avoid high-risk pregnancies by having babies at the healthiest time of their lives—between 18 and 34 years old. Women in this age group show improved breastfeeding practices, leading to improved child nutrition. Reducing pregnancies among adolescents allows them to stay in school, complete more education, and improve their family’s economic status. And when they do have children as adults, they are better able to manage nutrition and other family issues.

There is a direct link between family planning and improved nutrition. Helping women and couples have the number of children they want at the healthiest times in their lives is critical to eliminating malnutrition and improving quality of life for Haitian families.

The Water, Sanitation, And Hygiene (WASH) project has been central to Kore Timoun’s efforts since its inception in 1998. The foundation of good health begins with equitable and sustainable access to safe water and basic sanitation services that promote improved hygiene. The fact is that poor sanitation can be a root cause of malnutrition and death. Access to clean water and adequate sanitation can stem the tide of illness and death caused by diseases. Healthy communities can work toward a healthy economy.

Currently in Haiti, less than 50 percent of households have access to safe water and only 25 percent have adequate sanitation services. Over the years Kore Timoun has worked with Léogâne communities on several water and sanitation projects. In progress now is the Baret Latrine Project. The project is a collaboration between Kore Timoun, the remote mountain community of Baret, and the Chattanooga Breakfast Rotary Club, Hamilton Mills Rotary Club, and Cleveland Rotary Club. Families are heavily involved in all aspects of the project, from decision making to actual construction of latrines. They transport materials many miles to their remote community. For example, fellow Maggie Latta was impressed with one man who carried heavy cement on his head several miles up a mountainside in order to complete latrine construction. The project is currently in the construction phase, and it employs local builders to construct latrines. The goal is to complete 100 latrines by spring 2016—97 for households, two for the local schools, and one for the local church.
Kore Timoun's Impact: 2015

Nutrition Programs
[The heart of what we do]

- 207 kids healed from severe acute malnutrition
- 311 kids healed from moderate acute malnutrition
- 5663 kids screened by monitrices in mountain regions
- 1940 children screened during 37 screening days in the flat Plains sections of Léogâne
- 134 children met criteria for acute malnutrition at screening days

WASH
[Water, Sanitation, And Hygiene project]

- 575 males assisted
- 1335 females assisted in 2015
- 50 latrines built in 2015
- 6440 children dewormed

Community Empowerment
[Support groups and sustainable livelihood projects]

- 45 women’s groups
- 47 health committee groups

Kore Timoun 2015 Facts

- 37 monitrices
- 61 Haitian staff
- 117 communities covered
- 3 international staff
- 378 kids treated for severe acute malnutrition through our PTA program
- 311 kids treated for moderate acute malnutrition through our PNS program
- 81 kids treated at the inpatient facility for severe acute malnutrition with medical complications through our USN program
- 97,191 packets of PlumpyNut used
- 556 kids treated for moderate acute malnutrition through our PTA program
- 556 kids treated for moderate acute malnutrition through our PNS program
- 200,000 Estimated population of Léogâne in 2015
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Estimated population of Léogâne in 2015

Monitrices lead monthly support groups for women

Access to clean water is essential to good health

Support groups and sustainable livelihood projects

A mobile nutrition center

A child enjoys a mango at CNP’s treatment center while her mother is receiving health education.

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Support groups and sustainable livelihood projects

A mobile nutrition center

A child enjoys a mango at CNP’s treatment center while her mother is receiving health education.
Sustainable livelihood projects empower communities to grow and prosper

Over the years Kore Timoun has implemented community empowerment programs that sustain good health in Léogâne communities. Women’s Groups, facilitated by monitrices, provide monthly support to women. In safe, supportive meetings, monitrices and mothers can discuss health issues like healthy breastfeeding practices and family planning. They discuss progress made on water and sanitation projects. They share recipes for affordable, nutritious meals. Some groups have expanded to act as loan collectives for small enterprises. Monitrices also facilitate health committees that meet monthly in the mountains of Léogâne. These committees discuss issues that impact the health and wellbeing of their community, with Kore Timoun assisting in finding outside organizations to fund and provide the expertise necessary to manage and implement solutions to problems communities identify.

Currently there are 43 active women’s groups and 45 active health committees.

Kore Timoun partners with other organizations to promote sustainable livelihood programs that improve economic health and in turn physical health in Léogâne communities.

Two significant sustainable livelihood projects are underway:

- Since 2014 Kore Timoun has partnered with Global Health Action and the women’s group of Gerard to develop a goat husbandry cooperative. Global Health Action trains group members in animal husbandry, basic veterinary skills, and financial literacy. Two group members receive additional training in veterinary skills so that they can assist the cooperative in caring for the goats, as well as make provide veterinary services to other animals in the community. The cooperative receives an initial investment of livestock, a pregnant doe, an improved breeding boar, and veterinary supplies, and equipment.

- Kore Timoun continues to support the moringa project, which provides communities with a local source of nutrition, the Moringa Oleifera tree. Starting in 2014 two communities each planted and tended a moringa garden consisting of 60 trees each. In 2016 Kore Timoun plans to enter the next phase of this project, during which we will work alongside the communities to investigate the viability of developing moringa products derived from these gardens to create monetary income for the two communities.

Maggie Latta launches into Kore Timoun activities

Maggie Latta may be fresh out of school, but she is not new to making an impact on children’s health. Maggie graduated from UNC Chapel Hill in May with training in anthropology and social and economic justice. She joined our team in Haiti in August, signing on for a year as a fellow. Before coming to Haiti she interned with the Health Development Initiative in Rwanda, concentrating on a kitchen garden project. In Haiti, she works on our WASH, community empowerment and sustainable livelihoods projects, but is currently focused on overseeing the latrine project in the distant community of Baret, with project manager Meti.

Maggie came to Léogâne with pre-existing ties to Haiti, a place she has been familiar with since she was three years old. Her father, a pediatrician, frequently visits Haiti, and many Haitian friends have stayed in her family’s home throughout the years. She has visited Haiti in the past: “I have a lot of Haitian friends. I think there’s a strength and beauty and humor in the Haitian people.”

And she continues to meet new people as she travels to monitor latrine project progress and provide sanitation education in Baret. A visit to the community requires a 40 minute drive, a transfer to a motorcycle for a two-hour drive, and finally a two-hour hike wrapping around mountains. But her travels offer “stunning views” and “cool mountain breezes.” In Baret, she works with “a great community that is invested and motivated to get the job done.”

It is very difficult to get to and from communities like Baret, but “when you are healthy and well, it’s beautiful.”

Maggie also works in the field with the goat husbandry project and the moringa project, brainstorming with communities on ways to expand and improve these projects.

Maggie enjoys several activities with Kore Timoun staff and her Haitian friends. She enjoys playing soccer in a weekly game among staff and neighborhood kids, and she practices Haitian Creole with Haitian staff. Her language skills are improving, and she says she is “learning a whole lot” as she helps Kore Timoun work towards its mission to raise a healthy generation of Haitian children.
The community has a lot of respect for me and themselves and their families.

What does monitrice mean to you?

Training I did not know a lot about health, but good. I felt like I found my calling. Before the day I saw this was an opportunity to do something bright future for the community.

Why did you decide to become a monitrice?

Solene Riveire, 29, is a single woman whose primary focus is educating the communities she serves.

What is a typical day like for you?

There are lots of memorable experiences, but one would be a child that was maybe one month old when I found him. He was severely malnourished. He needed to go to the hospital in Saint Marguerite to get his vaccinations.
Here’s what your money can do in 2016

<table>
<thead>
<tr>
<th>COST</th>
<th>OPPORTUNITY</th>
</tr>
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<tbody>
<tr>
<td>$5,000</td>
<td><strong>Empower a Community.</strong> Your dollars go directly to help the community you assist. You will get an update on how your help is making a difference in that village.</td>
</tr>
<tr>
<td>$2,600</td>
<td><strong>Sponsor a Monitrice.</strong> Our community nutrition workers are the heart of Kore Timoun/CNP. Your help assists CNP to help her in all facets of her job.</td>
</tr>
<tr>
<td>$1,000</td>
<td><strong>Save a Child, Invest in our Plumpy Nut Program.</strong> This nutrition supplement is at the core of our malnutrition rehabilitation program.</td>
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<tr>
<td>$500</td>
<td><strong>Train a Monitrice.</strong> Provide her with training and supplies. To help the children of Léogâne, our monitrices must be equipped with the best skills and proper supplies.</td>
</tr>
<tr>
<td>$250</td>
<td><strong>Monitrice Transportation Fund.</strong> Provide a year of transportation for a monitrice. She travels great distances to help the children and families in her area.</td>
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<tr>
<td>$100</td>
<td><strong>Support a Ti Fwaye.</strong> The Hearth Program (Ti Fwaye) is a crucial part of our fight against malnutrition. This program trains mothers through so they can learn to raise healthy children and learn about the importance of balanced meals, safe water, and proper hygiene.</td>
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**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.

Scan this code with your smart phone to make a secure credit card or PayPal donation to Children’s Nutrition Program. Thank you for your support!