In 2018 we celebrate a special anniversary: It has been 20 years since the Children’s Nutrition Program (CNP) was established with the goal of raising a generation of healthy Haitian children.

I began working in Haiti as a cardiologist in 1988. Gastroenterologist Jack Guy Lafontant, MD, was the director of Hospital Ste Croix in Léogâne. Dr. Lafontant and I both saw a need for a malnutrition program, and CNP was founded in 1998. A long history of friendship and trust has developed between the two of us as CNP and the Haitian people have worked together to address the country’s nutrition issues.

Since our founding, acute malnutrition in Léogâne fell from about 33% to 3% by the time of the earthquake in January, 2010. With the influx of non-governmental organizations (NGOs) providing humanitarian aid in Haiti, CNP was able to focus on an expansion in the mountains. The diaspora of Haitian families created new challenges as the community memory of how to feed impoverished children with available local foods decreased.

Then with the departure of earthquake relief NGOs, malnutrition in the plains of Léogâne went up again. In 2017 CNP responded, and we have screened as many as 4,000 children per month and nutritionally stabilized as many as 16 hospitalised children at a time.

Dr. Lafontant, now the Prime Minister of Haiti, continues to be our friend and supporter. Progress has been made through your prayers and support, and we continue to solicit your support as we move beyond our twentieth anniversary to ensure happy, healthy families in Léogâne and all of Haiti.

Dr. Mitchell Mutter, Founder
USN recalibrates to provide care for acute malnutrition

Children suffering severe acute malnutrition can develop dangerous medical conditions that lead to permanent disabilities or death if not treated quickly. The most complex cases require hospitalization and specialized care from doctors and nurses with advanced training. In Haiti, a Nutrition Stabilization Unit (USN) or resuscitation center is the best place for children to receive the specialized, in-patient treatment needed to bounce back from the brink of death.

In 2016, the USN in a nearby town closed due to lack of funding. CNP was forced to send children and their guardians to a remote hospital 2.5 hours away. As a result, many parents were unable to go because the time and distance from home meant loss of livelihoods and lack of family support. In Haiti, parents or guardians are required to accompany children admitted to the hospital. Therefore, it was necessary for CNP to find an option that enabled families to stay with their sick children at the hospital for days or weeks at a time.

Upon discovering that no other possibilities existed, CNP decided to step up and create a solution through partnership with Haitian Ministry of Health (MSPP) and Doctors of the World (MdM Suisse). In January 2017, the Hospital Notre Dame Petit-Goave opened a CNP funded USN resuscitation center to provide life saving care for the most vulnerable children. Fifteen beds in the hospital’s new pediatric unit are reserved specifically for children suffering from malnutrition, and the staff have extensive experience and training.

Treatment at the resuscitation center, known locally as USN Ti Goave, is completely free of charge thanks to your support! In addition to funding 24-hour medical staff, CNP provides parents with a small stipend to purchase meals, diapers, and extra medication—items that are not provided by the hospital. Fortunately, the hospital is located on a main road only 40 minutes from Léogâne so family members can easily visit to provide support. All of these factors make it possible for parents to remain with their children while they make a full recovery under the supervision of a doctor.

In 2017, CNP monitrices and nurses rushed 91 children to USN Ti Goave. For families and communities suffering the greatest burdens of poverty and malnutrition, CNP is a lifeline. USN Ti Goave is one of the many valuable tools CNP is using to turn the tide on malnutrition in Haiti.

"It’s been a great collaboration and an overwhelming success—many lives have been saved,” Moriah says. “We are not sure what the future holds in terms of funding, but we hope this critical resource will remain available to the children of Léogâne and beyond.”

Empowering families: Helping children be children

Moriah says it takes a village to prevent malnutrition in Haiti. “Families alone cannot overcome the burdens of poverty, and that is why communities come together in churches, health committees, women’s groups, and schools to support one another.” Extending service to the plains, expanding women’s groups, and adding our latrine programs are just a few ways Kore Timoun supports the effort to provide programs that help children lead happy, productive lives.

Monitrices extend services to the plains

Our network of monitrices, women chosen from their communities to educate and empower new mothers and their children on health and wellness, are the backbone of Kore Timoun’s fight for sustainable ways of ending malnutrition in Haiti. Monitrices identify the cycle of malnutrition within a family or community and then work in remote communities to break the cycle by teaching families how to use what they have to better care for their children. In the mountains of Léogâne, these women have made heroic efforts to enable happy, healthy families in their own communities.

In 2017, our monitrice program expanded into the nearby plains. Malnutrition in the plains region presents different problems than in the mountains, where Kore Timoun has worked for decades, community program manager Rose Elene Voillard says. “We have been working hard all over the mountains and have brought good results. We have very low rates of malnutrition there. But we still have problems with many children in the plains who are ill. It’s important to get people’s attention and identify their needs.”

Women’s groups develop economic and social strengths

Each month monitrices lead community women’s groups, where women ask questions and learn from one another—questions about local health, breastfeeding, sanitation, nutrition, and family planning. Women also work out solutions to local problems. Kore Timoun assists when needed by connecting the groups with outside resources.

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The need in the plains is great. In 2017 Kore Timoun started this new program with a handful of monitrices, and the hope is that funding will provide more access to healthcare in the plains in coming months.

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Sanitation remains one of the most underdeveloped sectors in Haiti, leaving millions of Haitians vulnerable to disease. Since 2010, Kore Timoun has worked to increase knowledge about and access to water, sanitation, and hygiene (WASH). We are excited to announce the start of our fifth latrine project in Léogâne. Thanks to partnerships with Tennessee organizations including the Rotary Clubs of South Pittsburg, Chattanooga Breakfast, and Chattanooga Hamilton Place, we recently broke ground on 75 household latrines in the rural mountain community of Popo.

Popo is a small, remote community of less than a hundred inhabitants located in the surrounding Léogâne mountains. The Popo Latrine Project is organized through the local community health committee; a team of four Popo residents will lead the building process. In August, beneficiary families gathered to receive building materials, training, and education. Over the course of three days, community masons were trained by Herve Dumont, a previous boss mason from our latrine project in Beloc. Project manager Meti Vilus and monitrice Litha Michelle led education sessions for Popo residents using interactive demonstrations and songs to underline the importance of hygiene and latrine maintenance.

In October, building materials were transferred to Popo to construct houses for the first group of latrines. These small buildings offer privacy and reduce the number of bugs that have access to the latrines, limiting the spread of disease. Villagers are responsible for the construction of latrines, being the primary actors of change in their community. Arthur Stein, our WASH fellow, is assisting Meti in the Popo latrine project. The project is expected to be completed in February 2018.

Meti expressed the significance of this project to the people of Popo: “The work will bring about significant change for Haitian families. It will change behavior and reduce the rate of malnutrition, cholera, and lots of sickness caused by bacteria. With each project, there is much joy from the beneficiaries.”

In Latrine repair after Hurricane Matthew, Hurricane Matthew caused widespread damage to our latrines in Beausejour and Berlok. The latrines in the two villages were damaged by the storm’s intense winds and rain. Kore Timoun is working with villagers to repair damage done by this Category 4 hurricane.

A new sanitation project encourages good health and hygiene now and into the future

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A man unloads a bag of cement mix, which Popo residents used to construct their household latrines.
Kore Timoun's Impact: 2017

**Maternal Health**
- Contraception, breast feeding and education

**Nutrition Programs**
- The heart of what we do

**WASH**
- Water, Sanitation, and Hygiene project

**Kore Timoun 2017 Facts**
- Communities covered by monitrices: 53
- New communities reached in 2017: 125
- Monitrices: 53
- Fellows in 2017: 19
- Estimated population of Léogâne in 2017: 200,000
- Haitian staff: 76
- International staff: 4
- Children screened for malnutrition: 37,497
- Average number of children screened per month: 3,125
- Children treated at the Nutrition Stabilization Unit in 2017: 91
- Children treated for acute malnutrition at PTA Clinics: 544
- Community screening events held: 53
- Doses of deworming treatment given to children: 7,327
- Doses of vitamin A given: 15,314
- Prenatal vitamins provided to pregnant and lactating women: 893
- Plumpy’Nut® saches used to treat malnutrition: 43,650
- Doses of vitamin A given: 3,125
- 76,000 doses of deworming treatment given to children
- 200,000 estimated population of Léogâne in 2017

**WYATT MASSEY**

**RUSSELL ROBARDS**

**Haiti**

**Léogâne**
Breastfeeding benefits both mother and child

Kore Timoun promotes exclusive breastfeeding for children from birth to six months. The benefits of mother’s milk are boundless. Breast milk has all the nutrients a baby needs to grow: fats, proteins, and vitamins. The milk also helps the baby stay healthy by providing antibodies to protect the child during important stages of development. Breastfeeding also lowers a mother’s likelihood of getting breast or ovarian cancer.

“[Breastfeeding] is very important that a program is a nutrition program and to prevent malnutrition,” says program manager Rose Elene Vallard. Good nutrition for the mother is part of the breastfeeding program: “If babies do not have enough food to eat because the people who are breastfeeding are often hungry,” Good nutrition for mothers leads to good nutrition for children.

Prenatal vitamins keep mothers healthy

Maternal malnutrition contributes to a fifth of maternal deaths. Anemia, caused by iron deficiency, increases the chance of pregnancy complications and affects half of pregnant women in developing countries. During pregnancy, women need many vitamins and nutrients, such as vitamin A, iron, calcium, and niacin. Women who work physically demanding jobs may need supplements to remain healthy with the added stress of pregnancy.

During home visits or at community health screenings, Kore Timoun provides women with prenatal vitamins to fill possible deficiencies. At clinics, expecting mothers are screened for malnutrition by measuring the arm circumference.

Breastfeeding for strong, healthy families

Every mother wants to see her child grow up to be healthy, happy, and smart. The practice of birth spacing (waiting at least 18 months between pregnancies) helps a woman’s body rest between births and supports optimum breastfeeding. This plays an important role in reducing pregnancy complications and infant mortality. In addition to health benefits, birth spacing also helps families grow when they decide the time is right for them. As a result, families are better positioned economically and socially to provide young children with attention, resources, and care during their critical development stages from birth to 2 years.

Together with partners such as the Family Health Ministries, Swiss Red Cross, and Profamil, CNP counsels women on birth spacing and family planning to help them and their families thrive. Furthermore, CNP engages men, community leaders, and elders to promote the positive impact of birth spacing and family planning in their communities.

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Maternal health: Encouraging happiness and health from the beginning of life

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Fellow Brooke Aksnes: Making a connection with the people of Léogâne

Where did you go to school?

I studied nutrition at Long Island University and decided to study public health. I moved to Belgium, where I went to school at the Université libre de Bruxelles. That’s where I got into international development as a field. As an intern in Cameroon, I analyzed why a World Health Organization program that was effective in almost every other African country to treat a tropical disease was not effective there. I decided to continue and pursue health in a developing context.

Why do public health and development go hand in hand?

When you invest in things like health and agriculture and education, which are not as grandiose as democracy or peace building, you’re giving people the resources to live more productive lives. When people are healthier, they can be more economically productive; they can just live better lives in general. In turn, they develop their own lives in a way they deem appropriate.

What work do you do here?

Monitoring and evaluation. I see whether we are meeting our program objectives, learn why or why not, and then figure out ways to improve our programs based on what we know.

What from your work are you most proud of?

I evaluated implementation of our past two latrine projects. We looked at how the program was implemented compared to what was on paper, and what the reasons were for positive or negative deviations. We then developed recommendations to improve our current latrine project. Almost all of them have been implemented, and the people in Popo are already more involved.

What most surprised you about Haiti or the work you did?

Coming down here and developing relationships with people who come from totally different backgrounds and realizing I can connect on a human level has really been the most surprising.

What do you like to do in your free time?

I picked up Latin dance while I’ve been here, something I always wanted to do, and it happens to be the main social scene in Léogâne. I had a dance teacher throughout my time here and I’ve made the majority of my Léogâne friends by going out dancing.

Are there any specific memories or places you visited that stand out?

Yes. I went up to Dijon to do some data collection on a latrine evaluation. Because it was so far away, I stayed overnight at Sultanne’s house. I didn’t speak Kreyol, but she put me in the house with her five daughters. They chucked questions at me nonstop for hours and they braided my hair. They thought it was so funny that my dog was spayed, and we called it family planning. They looked through all the pictures on my phone. It was really a nice experience to stay with a monitrice’s family and really make a connection with her daughters, even when there was a language barrier.

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Litha Michel’s hard work helps alleviate suffering

Litha Michel has been a monitrice with Kore Timoun five years—since October 2012—and she is very busy. On a typical day Litha visits with children and pregnant women, counseling people on nutrition and family planning. Much of her time is spent teaching, she says: “I have training sessions for women, for the health committee, and a young people’s group.”

Litha finds meaning in her work when she helps kids “escape from malnutrition,” shows training sessions for women, the health committee, and a young people’s group.

Litha says the rewards for her job are great. Her efforts to respond to their needs are always appreciated, she says, and the people she counsels make a great effort to follow their nutritional advice. “I get respect from people by talking to them and encouraging them about how to live.”

Monitrices put families on the path to good health, happy lives

Thank you to our donors in 2017

These individuals and organizations generously supported the CNP of Haiti this year.
Those being remembered are in bold followed by those who have given in their name in italics.

Those being honored are in bold followed by those who have given in their memory.

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Colleen Wick
Mary Wright
Sam and Johnh Williams III
Benjamin Williams
William and Mary Wog
Wade and Sally Wright

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Those being remembered are in bold followed by those who have given in their memory.

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Maxwell Mitchell
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Dennis Pettigrew

ANNOUNCING THE 2016 SUPPORT FUNDraising RESULTS
DONOR RECOGNITION
ENTREPRENEURS
M. F. Goodbody
Dr.

based on 2016 financial data examined by our auditors, Mauldin & Jenkins, PLLC.

The Children’s Nutrition Program of Haiti, Inc. is a 501(c)(3) non profit organization.

SOURCES OF CNP SUPPORT

In-kind Donations

School/Civic 4%

Corporate 13%

Foundations 17%

Churches 12%

Individuals 43%

Interest and other 9%

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Here’s what your money can do in 2018

**COST** | **OPPORTUNITY**
---|---
$2,500 | **Sponsor a Monitrice.** Our community nutrition workers are the heart of the CNP/Kore Timoun. Sponsorship assists a monitrice in all facets of her job including training, transportation, and materials to ensure every child in her community receives home visits, health education, and malnutrition screening.

$1,000 | **Save a child.** Support for our acute malnutrition treatment programs guarantees children receive quality outpatient care from nurses who travel throughout the mountains of Leogane.

$500 | **Build capacity and resilience.** Education and skills training for community leaders, health committees, and women’s groups empower communities to overcome challenges and raise a generation of healthy children who can in turn raise Haiti from poverty.

$250 | **Reach every child.** Help CNP provide services to children in communities that do not have a monitrice. Community events such as Depistaj make nutrition screenings, vitamins, dewormer, and breastfeeding support accessible to everyone.

$100 | **Provide an emergency lifeline.** Support for inpatient treatment at the hospital enables families, nurses, and doctors to provide critical care for the most vulnerable children.

❤ | **Donate to our operating budget.** Any amount is appreciated to help pay for Haitian staff, materials, and logistical resources that allow our programs to exist.

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