

FMCH QUARTERLY

Tackling malnutrition in innovative ways. Every day.

Against The Odds: Twins Thrive

These twin brothers, Rudra and Sagar, are 14 months old. Born at full term by Caesarean section, they were of low birth weight (2.11 and 2.13 kg) and stunted. Another FMCH beneficiary advised the boys' mother to bring them to us, and she came along with her husband when they were 9 days old. Their mother was struggling to breastfeed, so the FMCH doctor and team members helped her with position and technique for breastfeeding. They also advised the mother on her own diet, providing a daily Nutri-bar supplement. The twins growth rate improved rapidly. FMCH conducted a series of home visits for support and encouragement. The twins were exclusively breastfed until the age of 6 months, when solids were gradually introduced to their diets. Either their



father or grandparents would come to clinics too, so the team suggested ways of helping to stimulate the boys' development. Sagar and Rudra are now of a healthy weight (9.5 kg) and normal height; bright, active and happy. Thanks to our team of doctors, nurses, nutritionists and field officers, and of course to their great family, these boys have a good start in life.

Launch of Training Centre

FMCH is excited to announce the upcoming launch of a new branch of our programming – the FMCH Training Centre. In early 2015, we will be opening the doors to a dedicated Training Centre, which will further our mission to spread nutrition awareness by partnering with other organizations. FMCH will engage partner organizations to deliver educational workshops, training sessions in our nutrition & health curriculum, as well as to launch critical issue working groups. This endeavor will enable FMCH to scale far beyond the reach of our own programmes, and in doing so, create a valuable network of like-minded organizations to achieve our objective of reducing malnutrition in India. You can support FMCH's Training Centre through GiveIndia's iGive donation option

Facts and figures

45% of all child deaths (nearly 3 million annually) are attributable to malnutrition

The Lancet 2013

One in four of the world's children is stunted. In developing countries the proportion can rise to one in three

Public Health Nutrition 2012

India is home to 25% of all undernourished people worldwide

UN World Food Programme

FMCH India figures

Total Registered Patients (all time): 2820

Graduated Patients: 870

300 Clinic Visits in January 2015

www.fmch-india.org

FMCH Appoints CEO Meeghan Zahorsky



As part of FMCH's strategic plan for growth and sustainability, our goal was to devolve much of the responsibility of the Managing Committee to a CEO. The Board is proud to announce the appointment of Meeghan Zahorsky as the new CEO of FMCH. Meeghan has an eclectic background in business, technology and development.

She has specialized in developing monitoring and evaluation systems for nonprofits and social enterprises and supporting social entrepreneurship and grassroots projects globally. At FMCH, she will provide the vision and leadership to define and execute the organization's strategic plan and scaling process, identifying and working with key partners throughout. She will liaise between the Board and COO to achieve these objectives. Meeghan has a BA in International Relations from Brown University and an MA in Conflict Resolution from Georgetown University. For further information you may contact Meeghan at meeghan.z@fmch-india.org.

FMCH is also pleased to announce the appointment of Piya Mukherjee as COO. Piya has been our Executive Director but will now take on a more comprehensive role in overseeing all grass roots programming and projects as well as related staff. She will also be heading our work under development in Thane and serve as our government liaison. FMCH is proud to have such strong and capable women at the helm of the organization!

Street Play Delivers the Message

Each year the FMCH team organizes a large-scale event to engage with the community and to promote good health and nutrition messages. Contrary to the usual single day event that has been organized so far, the team came up with a brilliant idea this year. Nutrition and health messages were presented to the community in the form of a street play. A group of amateur theatre artists collaborated with the FMCH team to develop a script that captured key messages on the First 1000 Days. The script was kept simple, funny and entertaining, while being informative and thought provoking at the same time. The play illustrated how malnutrition can easily be prevented by taking small steps right from pregnancy.

The play was performed across twelve locations in both Dhobi Ghat and Powai over a period of three days, and enabled the FMCH team to reach out to and interact with over 3000 people.



Tech Revolution Streamlines Our Work

Over a year ago, FMCH embarked on a technological journey to transform the way we collect and analyze our beneficiary data. The funds we raised during the 2014 Mumbai Marathon enabled us to hire Vera Solutions (Vera) to create a custom database. You can learn more about our technology journey through this brief video provided by Vera: <https://www.youtube.com/watch?v=7HbmucExwyg>

The new cloud-based system lets us collect patient data in clinics straight onto tablets. All activities, from dispensing vitamins to programme attendance, are captured, providing us with:

Data security – our previous paper files could get lost, or be destroyed by flood or fire. Our new virtual records are stored safely, securely and confidentially, in the cloud.

Efficiency – time previously spent digging through piles of paper files can now be used by staff to treat and interact with more patients. In our headquarters, we can generate reports and monitor our programmes with only a few clicks of a button, aggregating all the latest data from wherever we sit.

Monitoring: Our medical advisors track current patients, to advise the best course of action for each case, even when they are away from the clinic. Critical cases are flagged and closely monitored, so we ensure that the children who most need our support receive it without delay.

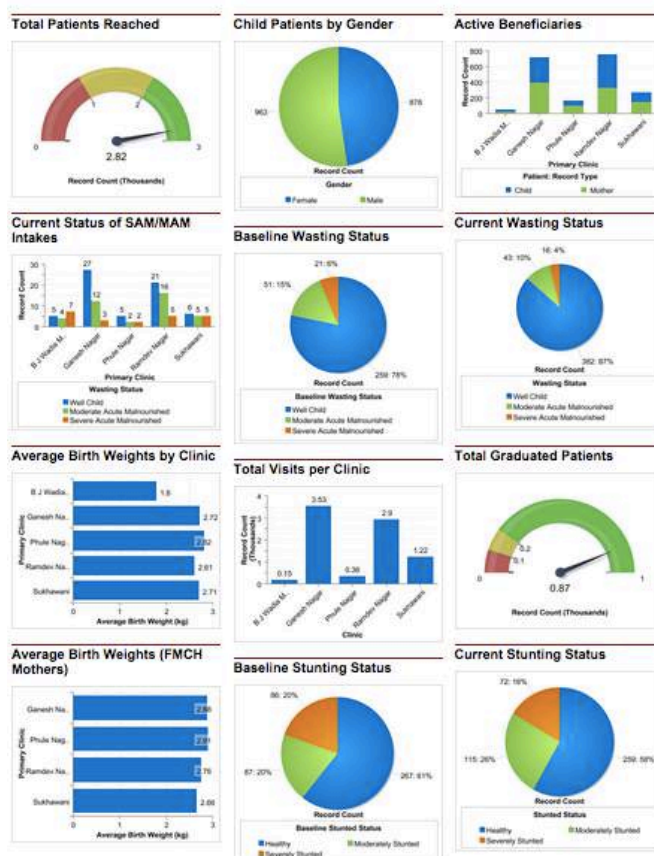
Multi-Stakeholder Reporting: The reports generated allow us to share data more frequently and with a wider audience. Growth charts can be shown to a mother to explain her child's progress. Every staff member can view data to support the delivery of our programmes. The Managing Committee or corporate funders can view our aggregated dashboards, (above) which provide a snapshot of each site and each programme's progress.

Accountability: Reporting is vital for outward accountability, and also enables robust internal monitoring to ensure that FMCH is delivering programmes in the most efficient and effective manner.

Scale: The system allows FMCH to replicate our programmes in other sites. It also provides the data we need to seek out research partners for publication and advocate the adoption of our approach with the Indian government.

Moving forward, FMCH will continue to expand the system to include the upcoming Training Centre and the partners we engage through it. Put simply, "the remote access that our new database gives us helps us monitor our programmes better from anywhere at any time," said our COO Piya Mukherjee.

We appreciate the funding efforts from SCMM 2014, Vera's work (www.verasolutions.org) and the donated licenses from the Salesforce Foundation (www.cloud4good.com) that have made this possible.



Marathon Effort for Training Centre Fund

We would like to thank all those that ran and/or donated money for the SCMM 2015 (Standard Chartered Mumbai Marathon) in support of FMCH. This year we raised more than 7 Lac (US\$8093) that will help kick start our **Training Centre for the Advancement of Nutrition Education** amongst NGOs, government, medical professionals and schools that serve the economically underprivileged.

This year we had runners for the Full and Half Marathon as well as the Dream Run categories and we would like to acknowledge their support and extend warm congratulations for all their efforts!

Tony Fountain, Clint Evans, Catherine Schmidt, Paul Bloemendal, Meeghan Zahorsky, Joshua Wuderlich, Stephanie Zimmerman, Adam Hillier, Percy Billimoria, Priyanka Athavale, Aditya Desai, Paolo Matteo Agostinelli, Michael Rapaport, Ashwin Didwania, Edward Bantry-White, Jon Kavanagh and Camille Gautier

We would also like to extend a special thanks to **Indospace**, our Corporate Running Team. Indospace is the leading industrial real estate developer in India with 11 industrial and logistics parks operational across India. Currently, Indospace has 4 million square feet operational and 8 m square feet under development with 30 m square feet to be completed by 2020. The Indospace team of runners enjoyed the Dream Run as well as many team members running the Full and Half Marathon in record times!



Thanks to all; we look forward to seeing you ALL back in 2016!

Save the dates

AWC / FMCH

Bourbon Street Bash

Saturday 21st March
2015

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to support our work

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volunteer?

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www.fmch-india.org