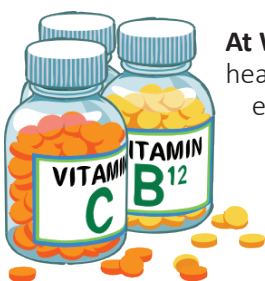


Health & Nutrition

Child mortality in the developing world is a big concern.

Every year, more than 10 million children die before the age of five from causes that are easily prevented in the developed world. Half of the children who die before the age of five are killed by five diseases or illnesses: HIV/AIDS, diarrhea, malaria, measles and pneumonia. These children lack access to the essential services that would help them recover from the preventable diseases and illnesses that are killing children by the millions.



At **WE Charity**, we recognize the link between helping disadvantaged people meet their basic health care needs and building strong communities. Over the years, our health pillar has evolved to become as effective, sustainable and cost-effective as possible. To ensure the success of our programs, we often work closely with the government in many ways. We align our health care practices with the government's national priorities, and in most cases partner with the government to administer health care in communities where we work. Our programs generally focus on health education and preventative care, allowing children to remain healthy and able to go to school.

Meet Alice

Alice Cheborgei says that, thanks to **WE Charity through Free The Children**, the Baraka Health Clinic in the Narok South District of Kenya, healthcare in her community has undergone a vast improvement. For the first time, families like Alice's now have access to immediate and inexpensive medical services. It's a much-appreciated change from the way healthcare used to be. As the 35-year-old housewife and mother of six explains, locals used to have to travel to Longisa hospital to see a doctor and receive medical treatment. It was a journey she made twice, once when she had malaria and again when her eldest child did. But for most of her neighbours, the trip was prohibitively long. As Alice explains, the sick would usually just "stay home" because of the distance.

This situation took quite a toll on the community. And not just on its health: "Without good health I am not able to do anything in my farm and even my business," says Alice, adding that, without available medical services in the community, "the economy will go down because when people are sick they cannot produce."

With its fast and easily available treatment and an ambulance to cut down on travel time, the Baraka Health Clinic is keeping people healthy and allowing them to focus on their work. It's even helped to decrease the number of cases of illness in the area through preventative health training for local mamas. Through the clinic, Alice and the other women in her community group have learned to stave off disease with simple household measures such as boiling water before drinking it. For Alice, the Baraka Health Clinic's presence in the community has been an empowering one, not only ensuring the well-being of community members, but also giving women the knowledge and confidence to keep their families healthy. As Alice says, describing her gratitude for the clinic and its founders, "**WE Charity** to me, means development and positive change."



"Health & Nutrition" Activity

Ask your children to think about and respond to the following questions:
Make a list of the responses as you go.



What do you do when you get sick?



(Tell parents, check temperature, take medicine, etc.)

What can your parents do to help you?



(Tuck you into bed, make you soup, give you medicine, take you to the doctor, etc.)

What can the doctor do to help you?



(Check for infections, medicine, send you to the hospital or a specialist, etc.)

What would happen if you couldn't go to a doctor or didn't have a hospital nearby?



Discussion Opportunity!

Talk with your children about the fact that more than 10 million children, under the age of five, in the developing world do not have access to a lot of the things that are available in more developed countries—like doctors, medicines, healthy meals, clean water, etc.



Your participation in the Dance-A-Thon will help distribute bed nets to children and families, provide health care and fund an epilepsy management program in the village of Rongena in Kenya, Africa.

