A GLIMPSE AT SPREEHA’S NOVEMBER

Food and Nutrition Project Continues with Confidence Group
An Initiative for 50,000 People in the Underserved Community

As part of our effort to address the growing malnutrition crisis that is going unchecked in the underserved community against the backdrop of a global pandemic, Spreeha Bangladesh has collaborated with Confidence Group on a food & nutrition project that will actively impact the lives of 50,000 people. Our community officers are going door to door conducting malnutrition screening among ‘under-5’ children, expecting mothers and adolescents.

As part of our continued effort to actively address the malnutrition crisis, we have recently executed a food distribution programme among the people affected by Covid 19 in Rayerbazar. Until now, our endeavour has reached 1500 families with essential food items.
CELEBRATING UNIVERSAL CHILDREN'S DAY

DRAW YOUR DREAMS CAMPAIGN

Children are symbols of a resilient and promising future. As part of celebrating World Children’s Day, Spreeha organized a “Draw your Dreams” contest to engage the exuberant children of Spreeha’s pre-school and after school programs in a drawing competition that encourages them to creatively express their ambitions by using colours. All the students had participated with delightful enthusiasm from home, adhering to the necessary health protocols.
HEALTH CAMP FOR ROHINGYA COMMUNITY

OUR SUPPORT FOR THE ROHINGYA COMMUNITY CONTINUES THROUGH AN INTENSIVE HEALTH SCREENING FOR 533 ROHINGYAS OF KUTUPALONG

More than 860,356 forcefully displaced Myanmar nationals are living with serious health hazards in addition to the uncertainty that encircles their lives. Spreeha is one of the earliest responders to actively address the crisis through an emergency healthcare, education and relief program within the Rohingya camps in Cox’s Bazar.

As part of our Emergency Disaster Response program focusing on the Rohingya community, Spreeha Health Team has recently conducted an intensive health camp exclusively for 533 Rohingya patients of Kutupalong. The camp was conducted on 29th of November where the attendees received professional consultancy, free medication and thorough health screening that exposed the health warnings of the community. As per our findings, the overall health condition of the Rohingya community is not alarming. However, many of them were screened with non-communicable diseases (NCDs). A large number of the patients who have been medically scrutinized had skin conditions owing to the poor hygiene and compromising living conditions.

The initiative was supported by Spreeha USA and Gana Unnayan Kendra (GUK).
MINOR CHANGES, MAJOR RESULTS

SHIRINA SHARES AN INSPIRING STORY OF HOW THE RIGHT KNOWLEDGE REGARDING FOOD AND NUTRITION CAN BRING TRANSFORMATIVE IMPROVEMENTS IN LIFE

Shirina Akhter is a 28-year-old mother of three and now expecting her fourth child. She was 2 months into the pregnancy when she was first screened for malnutrition by Spreeha’s community officers. Her youngest son Yusuf is a 4-year-old who used to be underweight and had a lack of appetite making mealtimes extremely difficult for his mother. Additionally, there was an acute lack of diversity in the family diet due to an over-dependence on rice-based meals.

According to the community officers’ findings, all the health issues faced by Shirina’s family derived from a lack of diet diversity and good hygiene practices. After several visits, a comprehensive diet plan was suggested by the community officers aligning with Yusuf’s age-appropriate nutritional requirements and Shirina’s allocated budget.

“Before, I used to consume a lot of rice thinking this was the only way I could gain more energy – it indeed is a great initiative by Spreeha to combat this misconception because there are many more people in the community who still believe the same.”

“I am glad to be educated on these nutritional facts. Yusuf has gained 2kgs and developed a good appetite—now he eats by himself and doesn’t need to be force-fed at all.”

Through an informed and comprehensive approach led by professionals, we aim to continue to provide essential food and nutrition support to hundreds of women and their families—just like Shirina.