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## Removing Nutrition Barriers to Create Pathways for Resilient Communities

### Key Result

In 2017 USAID supported training for nearly 11,000 health workers on nutrition, including improved malnutrition prevention, detection, counseling and support.

At just ten months old, Jamila Yacumbe was diagnosed by health workers at Angoche Rural Hospital in Mozambique with severe acute malnutrition. She weighed 3.1 kg (6.8 lbs) and had no appetite. Her mother, Mariamo, worried for her daughter's health and survival. Health staff advised that Jamila be admitted to the hospital to receive specialized treatment. But, inpatient costs for her daughter and the strain of being away from caring for the rest of her family was too high a price for Mariamo to consider.

USAID works to address these critical barriers to health access, such as cost, time, and burden to travel to facilities, by training health staff to appropriately counsel and support caregivers. This helps children access and benefit from the Government supported health system and ensures that children continue to thrive well beyond their hospital stay.

Through counseling with USAID-trained health workers at Agoche Rural Hospital, Mariamo was able to find a solution: she would bring Jamila to the hospital one day per week, and the clinic would give Mariamo energy-dense therapeutic food to feed at home. In just four weeks, Jamila had successfully recovered. And through weekly nutrition counseling, Mariamo learned how to feed her children frequent, diverse, and nutritious meals to ensure that her none of them ever become malnourished again. Through these efforts, USAID is enhancing the Government of Mozambique's ability to provide its citizens with critical nutrition services, leading to healthier and stronger families and communities. By strengthening local capacity, USAID builds responsive health systems and supports Mozambique on its journey to self-reliance.

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