



The Mother-MUAC PROJECT- SYNOPSIS

Overview: Healthmates Nutrition is excited to support local efforts in the fight against hunger and malnutrition by introducing the **Mother-MUAC Initiative for Malnutrition Reduction** in Ghana, a comprehensive initiative designed to empower mothers and caregivers to actively monitor and improve the nutritional status and growth of their children. Mid-Upper Arm Circumference (MUAC) measurement, a simple and effective tool for assessing nutritional status in children, will be utilized as a cornerstone for this project. By equipping mothers with the knowledge and tools they need, this project aims to reduce child malnutrition, promote early intervention, and enhance community-based healthcare in Ghana.

Objectives:

1. **Empowerment through Education:** Provide training to mothers and caregivers across communities in Ghana, ensuring they are proficient in using MUAC tapes to measure their children's nutritional status accurately.
2. **Early Detection and Intervention:** Enable mothers to recognize signs of malnutrition or growth faltering promptly, facilitating timely access to healthcare services and interventions.
3. **Community-Based Approach:** Foster a sense of ownership and responsibility within communities by implementing the project at the grassroots level, making it accessible to remote and underserved areas.
4. **Health Education:** Go beyond MUAC measurements, offering essential health education and nutrition knowledge to mothers and caregivers, thereby promoting a holistic approach to child well-being.

Key Activities:

- Training sessions for mothers and caregivers in MUAC measurement and interpretation.
- Distribution of MUAC tapes and educational resources to mothers.
- Workshops and awareness campaigns on child nutrition.



- Regular monitoring and follow-up to track progress and address concerns.

Expected Outcomes:

1. Increased community awareness and knowledge regarding child nutrition and growth.
2. Empowered mothers capable of independently assessing their children's nutritional status.
3. Timely identification and intervention in cases of malnutrition or growth faltering.
4. Improved child health and well-being in target communities.

Impact: The Mother-MUAC Project in Ghana aims to have a profound and lasting impact on child nutrition and health. By equipping mothers with the tools and knowledge they need, we believe we can reduce child malnutrition rates, enhance community-based healthcare, and contribute to a healthier, stronger, and better-nourished generation in Ghana.

Get Involved: Healthmates Nutrition welcomes partners, stakeholders, and volunteers to join hands in implementing this critical project. Together, we can empower mothers, strengthen communities, and make a positive difference in the lives of Ghanaian children.

For more information, visit www.healthmatesnutrition.org

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