

# 2012 Progress Report

With the support of hundreds of committed individuals and forward-thinking institutions, 2012 was a year of **hope coming to fruition** for SPOON and the children we work steadfastly to reach.

In 2012, we partnered with governments and leading NGOs to understand and eradicate under-nutrition for orphaned, fostered and adopted children everywhere, with direct program work in China, Kazakhstan, Haiti and the United States.

This summary of impacts represents something that we feel and know to be true: *we are able to change children's lives because of the investment that so many have made through their gifts to SPOON Foundation.* And we are grateful.

## 2012 Feature Programs

China: A Child's Best Start

Kazakhstan: Orphan Nutrition Project

Haiti and India: Nutrition Screening System

United States: Adoption and Foster Care Nutrition Programs

## China: A Child's Best Start

With the support of Joint Council on International Children's Services and as a part of the "A Child's Best Start" initiative, **SPOON developed a collection of vital resources for caregivers and professionals** and explored opportunities to impact the nutrition of children living in China's Social Welfare Institutes.



- SPOON traveled to China and visited six Child Welfare Institutes to learn about feeding practices and nutrition needs for children living without families in China.
- ⇐ SPOON led a training for visiting Chinese government officials and Child Welfare Institute Directors in Chicago, establishing the importance of nutrition for the children in their care and introducing best feeding practices.

⇒ SPOON created and designed content for the program's newly launched website **OrphanNutrition.org**, filled with information and training materials on best feeding and nutrition practices for children living without families.



## Kazakhstan: Orphan Nutrition Project

In 2012, SPOON saw the culmination of our initial three years of work in Kazakhstan.

- SPOON Foundation's 2009-2012 study, in conjunction with the Kazakhstan Academy of Nutrition (KAN), measured the nutritional and developmental status of a representative sample of children in Kazakhstani baby homes. **Findings were worse than expected**, with more than half of children experiencing delays in mental and motor development and 73% exhibiting one or more macronutrient or micronutrient deficiencies.
- **In response to these findings, the Kazakhstan Ministry of Health adopted improved nutrition norms and a model menu** emphasizing more nutrient-rich foods.

⇒ SPOON and KAN organized a 1.5-day conference in Almaty for Kazakh baby house directors and delegations from Russia, Kyrgyzstan and Tajikistan. This provided a rare opportunity for colleagues with similar interests to gather from across a wide swath of Eurasia.



Search "tiny friends" at [spoonfoundation.org/blog](http://spoonfoundation.org/blog) to read Cindy's posts from the Almaty conference.

- At the conference, members of SPOON's medical advisory board presented the results of the SPOON study and orphan nutrition examples from other countries, including that of providing for the needs of special needs children in institutions. Our team also conducted an interactive training and Q&A on the new menu, and identified further needs, in particular in the area of feeding technique.



⇐ In Kazakhstan, with the nutrition study complete, SPOON is now conducting on-site training in nutrition and feeding techniques, which we have come to suspect may be no less important than the composition of the food itself.

## Haiti and India: Nutrition Screening System

Beginning in early 2012, SPOON joined forces with Holt International Children's Services on a new initiative to design and implement **a wide range of sustainable and affordable nutrition programs.**

Through our work with Holt, we are developing solutions that will optimize and quantify Holt's impact on the health and wellbeing of the children they serve – in childcare, foster care and family strengthening programs – in eleven countries around the world.

⇒ The Nutrition Screening System program will allow Holt's in-country staff to identify children most at

risk for malnutrition and triage them into appropriate care. It will allow Holt to measure the impact of their programs in a standardized manner, and apply results to new and existing programs. The Nutrition Screening System will enhance the capacity of Holt and in-country partners to develop internal experts.

Name: \_\_\_\_\_

Initial  Follow-up  Child Care  Foster Care Screening Date (dd/mmm/yyyy): \_\_\_\_/\_\_\_\_/\_\_\_\_

Date of Birth (dd/mmm/yyyy): \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ yr \_\_\_\_ mo  Male  Female

**Health Screening** [Ages 0-24 months, every 3 months; Ages > 24 months, every 6 months]

Special health care need?  Yes  No If yes, medical diagnosis: \_\_\_\_\_

Hb: \_\_\_\_ . \_\_\_\_ g/dl ( Not tested) Anemia?  No  Mild  Moderate  Severe Date of last Hb (dd/mmm/yyyy): \_\_\_\_/\_\_\_\_/\_\_\_\_

Fever (oral temperature  $\geq 37.5$  °C (99.5 °F)):  0  1-2  3-5  6-8  8-10  >10

Number of episodes since the last screen: Constipation (hard, dry stool or < 3 stool/wk):  0  1-2  3-5  6-8  8-10  >10

Diarrhea (> 3 loose stools/d for 2 days or longer):  0  1-2  3-5  6-8  8-10  >10

Nausea/Vomiting:  0  1-2  3-5  6-8  8-10  >10

**Growth Screening** [Ages 0-24 months, every 1 month; Ages > 24 months, every 3 months]

Record below then plot on appropriate growth chart:

		> -1	Between -1 & -2	Between -2 & -3	< -3
Wt	_____ . ____ kg				
L [if < 2 yrs] or Ht	_____ . ____ cm				
HC [if < 2 yrs]	_____ . ____ cm				
HC: head circumference; Ht: height; L: length; Wt: weight					
	Indicate where z-scores fall on the growth charts:				
Wt/L [if < 2 yrs] or Wt/Ht	Previous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Present	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L/Age [if < 2 yrs] or Ht/Age	Previous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Present	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HC/Age [if < 2 yrs]	Previous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Present	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Dietary Screening** [Ages 0-6 months, every 1 month; Ages 6-24 months, every 3 months; Ages > 24 months, every 6 months]

Child is receiving: [Check all that apply]  Formula  Cow/buffalo/sheep/other milk  Rice cereal  Solid foods

Child is: [Check all that apply]  Fed a bottle  Fed with a cup  Fed with a spoon  Able to self-feed

Feeding/eating problems? [Check all that apply]  None  Aspiration  Reflux/heartburn  Difficulty swallowing  Difficulty chewing/sucking  Coughing/gasping during feeding  Food allergy/intolerance  Difficulty feeding self (>1 yr)  Difficulty drinking from cup (>1 yr)  Others: \_\_\_\_\_



⇐ SPOON conducted an initial assessment in Haiti in 2012 and will conduct a similar assessment in India in 2013. This information will be used to customize the nutrition screening tools. SPOON will launch the pilot phase of the Nutrition Screening System and implement the nutrition screening tools in India and Haiti in May and June of 2013.

Learn more at [spoonfoundation.org](http://spoonfoundation.org) or via [facebook.com/SPOONFoundation](https://www.facebook.com/SPOONFoundation)

## United States: Adoption and Foster Care Nutrition

This year marked the expansion of SPOON's Adoption Nutrition programming. The need for this program area has been greatly reinforced by high demand for our resources from families and professionals alike.

- SPOON's alliance with Joint Council on International Children's Services allowed us to reach tens of thousands of members of the adoption community in 2012.



⇐ In 2012, more than 27,000 parents and professionals visited **AdoptionNutrition.org**, the first-ever website focused on nutrition for adopted and fostered children. Content now includes nutrition information on 14 countries, detailed tips on transitioning children to new diets, and 13 inspiring Nutrition Profiles written by adoptive parents and adoptees themselves.

- SPOON's Adoption Nutrition Starter Guide for Foster and Adoptive Parents continued to be distributed widely, both in print and a PDF version, with over 3,600 copies given out in 2012. The guide is a colorful and engaging educational tool for adoptive and foster families, provided at no cost to adoption service providers, training centers, clinics, and health care practitioners.
- SPOON reached hundreds of families and foster/adoption professionals through presentations at conferences, including the Joint Council Symposium and the Shoulder to Shoulder conference, and via webinars on adoption nutrition topics such as "Adoption Nutrition 101," "Feeding the First Year Home," and "Special Needs Feeding."

SPOON Foundation's primary work is to understand the need and define the actions that will bring about change for children living in institutional and foster care the world around. **While we made significant progress in the past year, we recognize that our work has just begun.** In 2013, we will persist in developing innovative approaches to improve nutrition and feeding for orphaned, fostered and adopted children in countries across the globe.

**Join us in realizing these goals in 2013 and beyond.  
Your gift means so much for so many.**

SUPPORT

### **SPOON's Mission**

...to improve nutrition and feeding for orphaned, fostered and adopted children around the globe.

Contribute at  
[spoonfoundation.org/  
nourish](http://spoonfoundation.org/nourish)