



Seasonal greetings to everyone. We are proud to present our first newsletter for the ViM project. Our newsletter will provide you with recent achievements and other exciting news regarding our efforts to address the ever-increasing needs of women and children in Uganda. Happy holidays from the CenRID team!!
Nii Lantey Bortey



Volunteering with CenRID enabled me to connect to my community, and gave me an opportunity to make a difference in the lives of the people.
Juliet Kukundakwe



We are very grateful for the important work CenRID is doing to help improve the lives of children and women in Uganda.
Sister Edith

Delivering on INFANT AND MATERNAL HEALTH

CENRID PARTNERS WITH THE JINJA REGIONAL HOSPITAL TO EXPAND THE VITAMINS+MINERALS (ViM) PROJECT.

Pursuing innovative and accessible solutions to the most pressing health issues critical to children's and women's health.

The implementation of our ViM project in Eastern Uganda is an effort to support the country's Child Day Plus (CDP) initiative by filling the critical gaps in the coverage of the Vitamin A Supplementation (VAS) program, and more importantly, support expectant mothers for improved neonatal health and survival. Women in rural areas are two times less likely to attend antenatal (ANC) services than their urban counterparts. Although ANC itself only explains slight variations in maternal and neonatal mortalities, it provides an important opportunity to screen expectant mothers for health and socioeconomic conditions that could potentially lead to adverse pregnancy outcomes. For instance, iron deficiency anemia, which is highly

prevalent, at 24 percent (UBOS, 2012), among women of child bearing age in Uganda, can easily be prevented by Iron-Folic Acid (IFA) supplementation through regular ANC visits. Prenatal vitamins supplementation is normally part of ANC but at the Jinja Regional Hospital, these services are normally unavailable because of supply shortages. This partnership as a result of the expansion of our ViM project, would ensure that the provision of prenatal vitamin supplementation is an essential aspect of the hospital's antenatal and postnatal care services. Consequently, all women planning to get pregnant, and breastfeeding and expectant mothers attending these care services will receive these vitamin supplementations for improved maternal and neonatal health outcomes.

CenRID volunteer, Ms. Juliet Kukundakwe, providing prenatal vitamin supplements to expectant mothers attending antenatal care at the Jinja Regional Hospital in Eastern Uganda.



2019 **631** Expectant mothers given prenatal vitamins
2,863 Children given Vitamin A



688 Women educated on maternal malnutrition



Women Empowerment

As part of the provision of the prenatal vitamins supplements, the CenRID staff, with assistance from trained volunteers, holds short education sessions on maternal dietary requirement, benefits of IFA supplementation and regular ANC visits, etc. prior to the provision of the vitamin supplements in order to encourage regular ANC visits.