



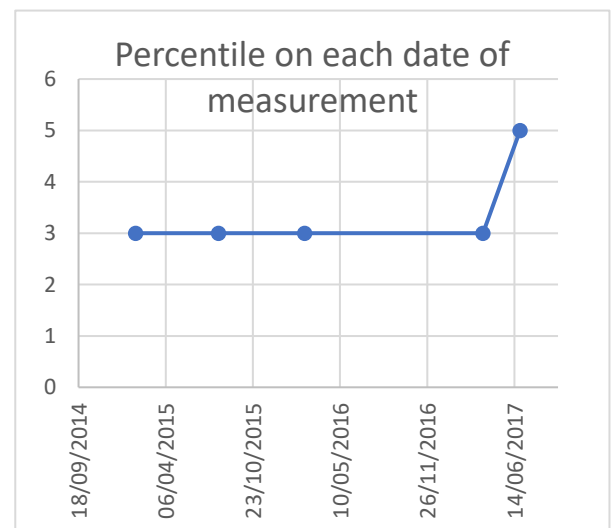
Porridge and Rice  
Feeding for Education

## Patrick

According to the WHO, 45% of deaths among children under 5 years of age are linked to undernutrition. Patrick is a young man who has been a pupil at Lizpal School since Baby Class. Patrick was displaying signs of stunted development (low height-for-age) and was underweight (low weight-for-age). This was due to acute undernutrition during his early years. Undernutrition also includes wasting (low weight-for-height) and micronutrient-related malnutrition (a lack of important vitamins and minerals).

In January 2015 he was 33 months old and weighed just **11 kg** (low weight by WHO age standards). His height was also just **89.8 cm** which placed him on the **3<sup>rd</sup>** percentile of the WHO charts for growth and development.

Date	Centile
27/01/2015	3
05/08/2015	3
19/02/2016	3
03/04/2017	3
27/06/2017	5



Receiving nutritional, health and hygiene interventions over two and a half years produced a huge improvement in his health.

Patrick not only hit a healthier weight for age of **15kg**, but also grew to a healthier height for this weight of **104.7cm**. With the diet rich in protein, carbohydrates and vitamins, he has flourished and no longer sits on the 3<sup>rd</sup> percentile, but has increased to the **5<sup>th</sup> percentile**.

The boost is not just physical, but reflects in his learning capacity and keeps him free of disease. Patrick will continue maintaining a healthy weight and growing well with the good nutrition.