

**A COMMUNITY-BASED UNDER THREE CLINIC IN  
AN EGYPTIAN VILLAGE  
(Kalama)**

*By*

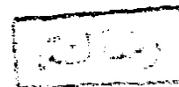
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**THESIS**

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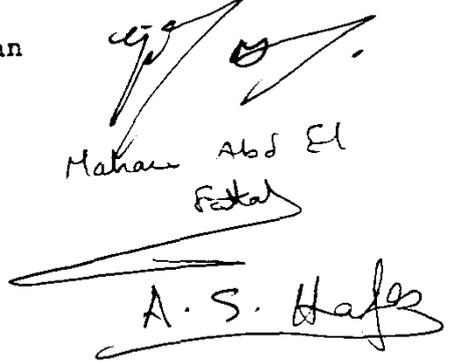
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## LIST OF ABBREVIATIONS

- ACC/SCN : Administrative Committee on Coordination/Subcommittee on Nutrition.
- CAPMAS : Central Agency for Public Mobilization & Statistics
- CWW : Community Health Worker.
- CRSP : The Collaborative Research Support Program in Nutrition.
- EDHS : Egypt demographic Health Survey.
- EMCHS : Egypt Maternal Child Health Survey.
- FAO : Food and Agriculture Organization.
- FFF : Feeding the preschool child, Family planning, and Female literacy.
- GOBI : Growth monitoring, Oral rehydration, Breast Feeding and Immunization.
- ICN : International Conference on Nutrition.
- INACG : International Nutritional Anaemia Consultative Group.
- MCH : Maternal and Child Health .
- NDP : Net Dietary Protein .
- NPU : Net Protein Utilization .
- NEDA : National Economic Development Authority (Philippines).
- PAG : Protein Advisory Group.
- PEM : Protein Energy Malnutrition .
- PHC : Primary Health Care .
- RDA : Recommended Dietary Allowance per day .
- UNICEF : United Nations International Children's Emergency Fund.
- U.T.C. : Under-Three - Clinic.
- WHO : World Health Organization.

# INTRODUCTION

## INTRODUCTION

Malnutrition is a major health problem in many developing countries of the world including Egypt. Malnutrition was defined as a state in which the physical function of an individual is impaired to the point where she or he can no longer maintain an adequate level of performance at such things as physical work, resisting or recovering from the effects of disease, maintaining an adequate level of growth, or the process of pregnancy or lactation (Payne, 1988).

The study will create an awareness among parents that health care begins at home and not at the clinic or the hospital. Through health nutrition teaching at the Under-Three-Clinic the mother will know how to feed her child cheap but adequate diet and how to protect him against infection. She will know that she has to check her child regularly and not wait till he is sick.

Vaccination given at the clinic will also protect the preschoolers from certain infections. So, the result of these efforts will be lowering of malnutrition and infections. Also, through continuous medical care, prompt treatment of disease and rehabilitation of malnourished cases, there will be lowering in mortality and morbidity rates of preschoolers.

So, this package of integrated health and nutrition activities: preventive, curative, surveillance, nutrition rehabilitation, delivery of primary health care services may ultimately decrease mortality, morbidity, disability; improve growth and break the vicious cycle of population explosion and poverty in the village.

# AIM OF THE WORK

**Aim of the Work :**

Malnutrition being a problem of public health importance particularly among the Under-Three-Clinic (U.T.C.) it was though a community based action should be taken. The aim of the work is to provide a system of continuous action, oriented assessment of the nutritional health status of under three years age group.

The targets are not only malnourished children but all children under 3 years. So, this work will provide a system of health and nutritional surveillance of this vulnerable group which will be capable of delivery of preventive as well as curative measures for malnutrition and infection.

This work will depend mainly on up-grading of the Health Center, evaluate training its staff as well as community participation and its impact on child's health.