

Hiyas



THE ROTARY CLUB OF CEBU GLORIA MARIS LAUNCHES AMOMA SA KAUGMAON

The Rotary Club of Cebu Gloria Maris successfully launched its flagship nutrition program AMOMA SA KAUGMAON in Balamban. The July 15, 2023 launching was just the beginning of a long term commitment to serve the 436 malnourished children from the 28 barangays of this municipality located 64 km northwest of Cebu City, .



A total of 431 children, aged 2-6 years old, residing in 28 different barangays within the Municipality of Balamban, were catered by this program.

The Rotarians of Cebu Gloria Maris will be doing regular visits and follow-ups to ensure that the 6-month program is properly implemented and that the beneficiaries are improving not just in terms of weight and height, but also in making the right food choices and in improving their behavior towards food.





BUNTIS CONGRESS HELD IN BALAMBAN

Amoma sa Kaugmaon was expanded to cover pregnant mothers in Balamban with the Buntis Congress held last July 31, 2023 at the town's Rural Health Unit. The club headed by President Gay Marie Tiu brought in 18 doctors, many of whom are from club partner St. Anthony Mother and Child Hospital in Cebu City, to conduct pap smear, ultrasound, medical check-up, and nutrition talk.



Did you Know?

3,514

Filipinos died of malnutrition from January to October of 2020

40%↑

Increase in percentage of deaths caused by malnutrition from January to October 2021

4,844

Filipinos died of malnutrition from January to October of 2021

**according to the latest data from the Philippine Statistics Authority (PSA)*

Malnutrition is the failure of individuals to have sufficient food. This can be addressed by educating mothers and helping malnourished children meet minimum daily food requirements.

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Children's Balancing Nutrition Program

A Fight Against Malnutrition

Cebu Gloria Maris
Rotary
Club



SAVE LIVES

Adopt a Malnourished Child Today

AMOMA SA KAUGMAON- A FIGHT AGAINST MALNUTRITION AN EXPANDED HEALTH & NUTRITION PROGRAM

WHY THIS PROJECT?

Malnutrition has been one of the leading problems globally due to increasing availability of processed food, especially to poor families.

- Result: 1 out of 3 kids below 5 years old in the Philippines is stunted.
- Dr. Rene Galera, a Unicef nutrition specialist, pointed out that because of undernourishment, children perform poorly in school and getting sick often, which burdens public health system.

- "2019 State of the World's Children Report-Unicef" - Food children consume are low in essential nutrients.
- Poor children are more exposed to unhealthy food and drinks thus, were at greater risk of developing chronic ailments.
- Children who don't get proper nutrition during their first three years may be losing ground in intelligence to their better-nourished peers.

OUR GOALS

- To provide the children with adequate nutrition so that they can "catch up" to a normal weight and minimize health complications.
- The main target of the program is to help the identified undernourished children gain weight through improved nutrition balance through daily dietary micro supplementation in addition to the meals that the parents provide.
- The program also aims to provide additional nutrition to the identified slow learners so as to improve their academic performance and even behavior in class.
- To support breastfeeding mothers and infants
- Additionally, the program aims to educate the parents on proper nutrition, mental health, values, and childcare.
- Recently, we have expanded our program to underweight pregnant women.



Cebu Gloria Maris
Rotary
Club



Amoma sa Kaugmaon is a four-month program in response to help prevent deaths in Filipinos caused by micronutrient and protein-energy malnutrition of moderate and mild-degree; stunted development following protein-energy malnutrition; and unspecified protein-energy malnutrition.

“

*Never worry about numbers.
Help one person at a time. And always start
with the person nearest you.*

- Mother Teresa



How to help



Such amount will provide a daily balanced nutrition with complete servings of fruits and vegetable for one child for at least four months

Where your help will go

- 1 Daily complete Micronutrient supplementation for malnourished children
- 2 Mental Health Sessions for mothers of malnourished children
- 3 Physical activities for moms and kids
- 4 Healthy Recipe creation contests and Cooking Lessons
- 5 Health Remedies at home for mothers
- 6 First Aid Skills Training for mothers
- 7 Dental-care for beneficiaries
- 8 Proper Hygiene and Proper food Preparation
- 9 Backyard or vertical gardening for the family
- 10 Values formation for beneficiaries

**HUNGER ENDS WHEN
CARING BEGINS**



BLOOD DONATION DRIVE



The Rotarians of Cebu Gloria Maris participated in a successful Blood Donation Drive last August 1, 2023 in partnership with teams from the Subnational Blood Center for Visayas and Saint Anthony Mother and Child Hospital.

The Rotary Club of Cebu Gloria Maris is immensely grateful to all the donors, SAMCH employees and volunteers who selflessly gave their time and donated their blood. Their generosity and willingness to make a difference in the lives of others are truly inspiring.

Their participation in the activity does not only ensure that lives are saved but it also reinforces the spirit of compassion and unity within the community. The club's appreciation goes to the SAMCH Blood Transfusion Committee headed by Dr. Kathy Acapulco Gomez and Team for the time and effort they have put in to make the event possible.





ASTURIAS RECEIVES THE LIFESTRAW WATER FILTRATION SYSTEM

Local officials of Asturias, Cebu accompanied by the barangay captain and daycare teacher of Barangay Saksak gladly received a water filtration system from the Rotary Club of Cebu Gloria Maris. It will provide clean and potable water to the daycare students of the barangay. Saksak was chosen as recipient of the equipment since it has been identified as one of the Geographically Isolated and Disadvantaged Areas (GIDA) in the country.

Dr. Keith Michael Jann G. Alasco, Municipal Health Officer of Asturias, mentioned that the children in this barangay often suffer from diarrhea due to lack of access to clean drinking water. It was known during the club's community assessment that they just get drink directly from a spring in the area.

This LifeStraw Water Filtration system protects against viruses, bacteria, parasites, microplastics, dirt, sand, and cloudiness of water. It can produce up to 100,000 liters of potable water. When the purifier reaches the end of its lifetime, the membrane clogs naturally and eliminates the possibility of anyone drinking contaminated water.

LifeStraw Membrane Ultrafilter Removes:
 99.999999% of bacteria (E. coli, Salmonella, etc.)
 99.999% of parasites (Giardia, Cryptosporidium, etc.)
 99.999% of viruses (Rotavirus, etc.)
 99.999% of microplastics
 Pore size: 0.02 micron

