

# 衷心感謝您

救助嚴重消瘦兒童

THANK YOU

for supporting our fight against child wasting

UNICEF 工作簡報 IMPACT UPDATE ———— 2023 #04

- UNICEF致力杜絕兒童嚴重消瘦  
UNICEF's effort in eliminating child wasting
- 兒童健康由母親做起  
Child health starts with mother's nutrition

2022年，全球五歲以下兒童之中，共4,500萬人罹患嚴重消瘦。營養不良削弱免疫系統，導致發育遲緩、各種疾病甚至死亡。全賴像您這樣的善長慷慨解囊，UNICEF才能及早預防、發現和治療兒童營養不良，期望在2030年達到目標，讓孩子不再受任何形式的營養不良折磨。

In 2022, 45 million of children under five suffered from wasting, meaning they are too thin for their height. Malnutrition compromises their immune systems and makes them vulnerable to developmental delays, diseases, and even death. With generous support from donors like yourself, UNICEF has been able to tackle child wasting by early prevention, detection and treatment, aiming to end all forms of malnutrition by 2030.

## 預防 Prevention

在埃塞俄比亞，Kokobe Ashebir帶著兩個月大的寶寶到診所接受例行檢查。她從懷孕七個月起服用由UNICEF提供的多種微量營養補充劑（MMS），身體狀況不但即時好轉，更誕下健康的孩子。MMS證實能促進孕婦、哺乳期母親及其嬰兒的健康。2022年，UNICEF為全球3.56億五歲以下兒童和婦女，提供預防營養不良的服務，人數較2021年增加6%。

In Ethiopia, Kokobe Ashebir is attending a routine check-up with her two-month-old baby. She has been taking multiple micronutrient supplementation (MMS) supplied by UNICEF since pregnant for seven months. Her health improved right away and gave birth to a healthy baby. MMS is proven to boost the health of pregnant women, breastfeeding mothers and their babies. In 2022, UNICEF reached 356 million children under five and women worldwide with early prevention of wasting, 6% more than the figure from 2021.

## 發現 Detection

在烏干達，醫護人員正為一歲的Akol Nawal測量中上臂圍（MUAC）以診斷他是否過瘦。當地由於長期乾旱導致糧食不足，營養不良病例激增，於是UNICEF聯同合作伙伴合力在當地排查，找出嚴重消瘦個案。2022年，UNICEF為全球 1.82 億五歲以下兒童進行了有關營養不良的篩檢，人數按年增加18%。

In Uganda, 1-year-old Akol Nawal has his middle-upper arm circumference (MUAC) measured. After the rise in malnutrition cases as a result of food insecurity caused by prolonged dry spells, UNICEF and partners are actively screening children for possible cases. In 2022, UNICEF screened 182 million children worldwide under five for early detection of wasting, reaching 18% more children than in 2021.

## 治療 Treatment

在阿富汗，一位母親正給孩子餵食高營養花生醬（RUTF），消瘦兒童通常服食六至八週即可痊癒。UNICEF採購全球約八成的RUTF，2022年，共為全球730萬名五歲以下兒童提供針對嚴重消瘦的救命治療，人數按年增加35%，更打破治療人數紀錄。

In Afghanistan, a mother is feeding her child with ready-to-use therapeutic food (RUTF), a highly effective treatment used for children with wasting, which can usually cure them in six to eight weeks. UNICEF has been procuring about 80% of the world's RUTF. In 2022, UNICEF reached 7.3 million children under five globally with life-saving treatment for severe wasting, representing a 35% increase from 2021, breaking the record in number of children treated.

# 有健康的媽媽， 才有健康的寶寶

## Healthy mother, healthy baby

### UNICEF母嬰保護計劃

### Mother and Child Protection Programme



Sabna和她九個月大的女兒Fatuma住在蘇丹卡薩拉，全賴UNICEF的母嬰保護計劃，她們兩人都非常健康。為了確保沒有兒童因營養不良而死亡，計劃重點關注兒童最容易受營養不良影響成長的階段：從胚胎受孕到孩子兩歲的一千日。我們先為Sabna提供產前營養和護理，讓Fatuma出生時有健康的體重；再確保嬰兒從出生到六個月大都獲得母乳餵哺，強健體魄；並在有需要時，為兩歲以下幼兒提供營養補充劑。

像Sabna這樣的哺乳期母親需要營養均衡及豐富的膳食，以便繼續以母乳餵哺孩子。因此，UNICEF成立母親支援小組，定期探訪孕婦和哺乳期母親，為她們提供營養諮詢之餘，更教育她們以低廉的價格獲得富有營養的食物，例如在屋後空地種植蔬菜。Sabna更獲贈母嬰營養補充劑及疫苗接種服務。全靠您的愛心捐款，UNICEF於2021年啟動母嬰保護計劃，目前已推廣至蘇丹卡薩拉省和紅海省的九個城市，惠及超過30萬名母親和兒童。

Sabna and her nine-month-old daughter Fatuma live in Kassala, Sudan. They are both healthy thanks to UNICEF's Mother and Child Protection Programme. To ensure no child dies from wasting, the Programme focuses on the window when children are most vulnerable to undernutrition: the first 1,000 days of their life, from conception till the age of two. Sabna received antenatal nutrition and care so that Fatuma was born at a healthy weight. UNICEF also ensures infants benefit from breastfeeding from birth until they are 6 months old, and toddlers under two years of age are given nutrition supplements if necessary.

Lactating mothers like Sabna need a balanced and nutritious diet, so that they can continue to breastfeed their children. Thus, a Mother Support Group was established to visit pregnant women and lactating mothers, providing them with nutrition counselling, as well as cost-saving methods to acquire nutrients, such as growing leafy greens behind her house. Nutritional supplements and immunisation for mother and child are also available. All thanks to your generous gift, UNICEF launched the Programme in 2021, currently rolled out in nine municipalities in Kassala and Red Sea states in Sudan, benefitting over 300,000 mothers and children.

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*"We know how to save children from severe malnutrition and death. How can we fail to act? We cannot. And we will not."*

「我們知道如何能讓兒童免受嚴重營養不良的煎熬，甚至因而死亡。我們怎能袖手旁觀呢？我們不能，我們也不會讓這種事情發生。」

-Catherine Russell, UNICEF Executive Director 行政總監

感謝您與我們攜手杜絕兒童營養不良。  
Thank you for helping us combat child malnutrition and wasting.



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