

# THE ROAD TO ZERO STUNTING!

*MOPANI COMMUNITY STUNTING IMBIZO*

# PROGRAMME

| Time: | Item:                                                          | Speaker:                                                                                                                                                   |
|-------|----------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 08:30 | Tea & Registration                                             |                                                                                                                                                            |
| 09:30 | Welcome, Introductions & Opening Remarks                       | Ms Monica Machavana ( <i>Deputy Director: Maternal &amp; Child Health Services</i> )                                                                       |
| 09:40 | Presentation of the Mopani Community Stunting Scorecard        | Dr Edzani Mphaphuli ( <i>Grow Great Executive Director</i> )                                                                                               |
| 10:00 | Breakaway Discussions: Community Solutions to Solving Stunting | Ms Monica Machavana ( <i>Deputy Director: Maternal &amp; Child Health Services</i> )<br>Ms Lindie Malumbete ( <i>Deputy Director: Nutrition Services</i> ) |
| 11:00 | Communal Feedback & Agenda for Action                          | Ms Monica Machavana ( <i>Deputy Director: Maternal &amp; Child Health Services</i> )<br>Ms Nicola Eley ( <i>Grow Great Deputy Executive Director</i> )     |
| 11:30 | Closing Remarks & Vote of Thanks                               | Dr Edzani Mphaphuli ( <i>Grow Great Executive Director</i> )<br>Ms Lindie Malumbete ( <i>Deputy Director: Nutrition Services</i> )                         |
| 12:00 | Lunch                                                          |                                                                                                                                                            |



**LIMPOPO**

PROVINCIAL GOVERNMENT  
REPUBLIC OF SOUTH AFRICA

**DEPARTMENT OF HEALTH**

# **WELCOME & OPENING REMARKS**

*Ms Monica Machavana (Deputy Director: Maternal & Child Health Services)*



# **GROW GREAT: INTRODUCTION**

*Dr Edzani Mphaphuli (Grow Great Executive Director)*





**VIDEO**

# GROW GREAT

*Grow Great is a **national campaign** that aims to mobilise South Africa to achieve zero stunting by 2030 through inspiring the public, mobilising stakeholders, supporting parents and empowering practitioners.*

*Grow Great believes in a future where **no child is denied the opportunity to reach their full potential** as a result of stunting and poor early childhood development in the first 1000 days of life.*



# GROW GREAT FOOTPRINT IN MOPANI

**GROW  
GREAT**

*Achievements since 2018:*



**~900 CHWs**

Trained, equipped & supported in partnership with LPDoH

**~101 000 children**

Growth monitored by GGC trained CHWs

**~70 000 pregnant women** Supported in their homes through GGC trained CHW visits

*Achievements since 2022:*



**326**

**pregnant & new mothers**

Attended Flourish antenatal & postnatal classes since 2022

**9**

**Flourish Franchisees**

Operating in Mopani District to support new & pregnant mothers

# WHAT IS STUNTING?

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GREAT



Hidden hunger, not easy to see  
there is a problem

© UNICEF Philippines/2019/Shehzad Noorani

*Children at Bubong Rural Health Unit in Lanao del Sur Province line up to have their heights checked. Despite being the same age, not everyone meets the minimum normal height.*

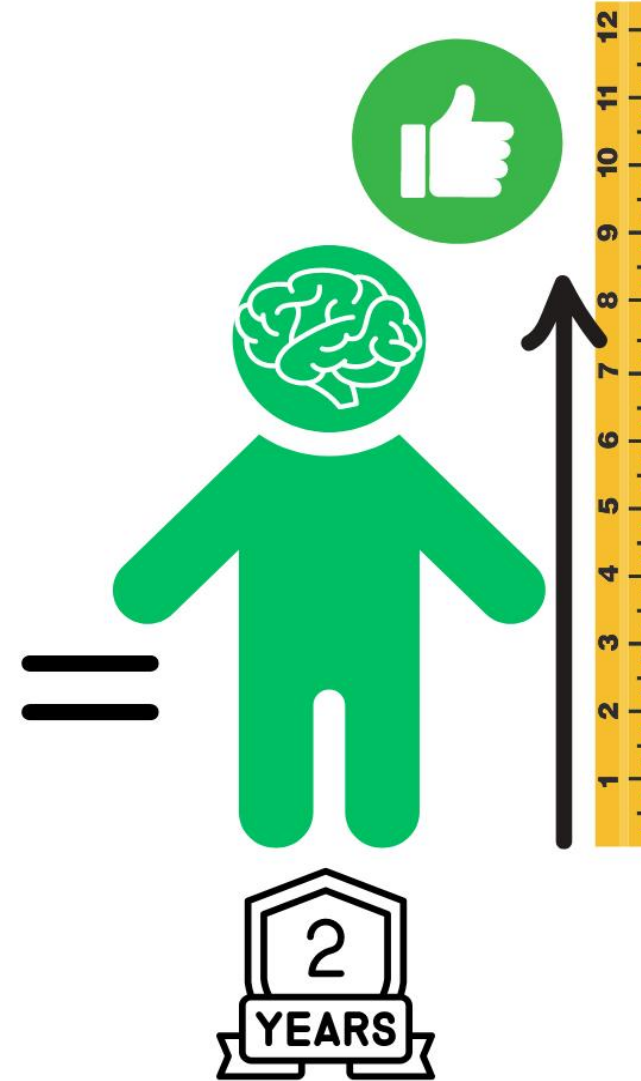
# Check the size of the brain!



Newborn



Normal height for age



# Check the size of the brain!



Newborn



+



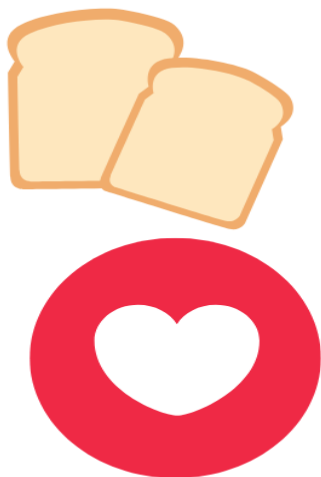
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A bit short for age  
Moderate Stunting

GROW  
GREAT

# Check the size of the brain!



+



=



Very short for age  
Stunting



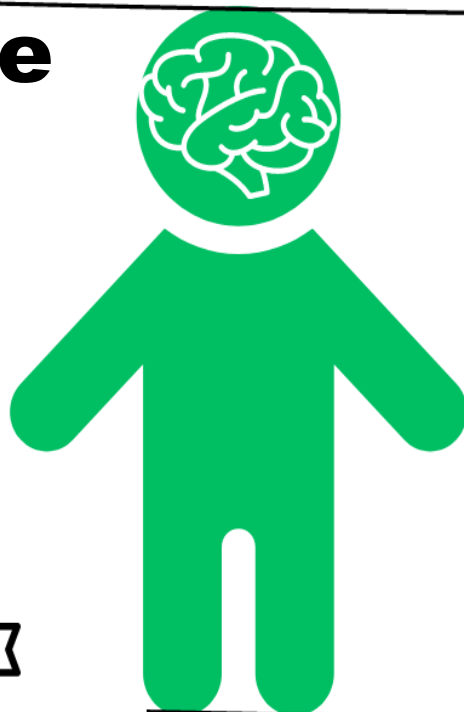
Hidden hunger, not easy to see  
there is a problem but both brain  
and body not growing well

Normal height for age

A bit short for age  
Moderate Stunting

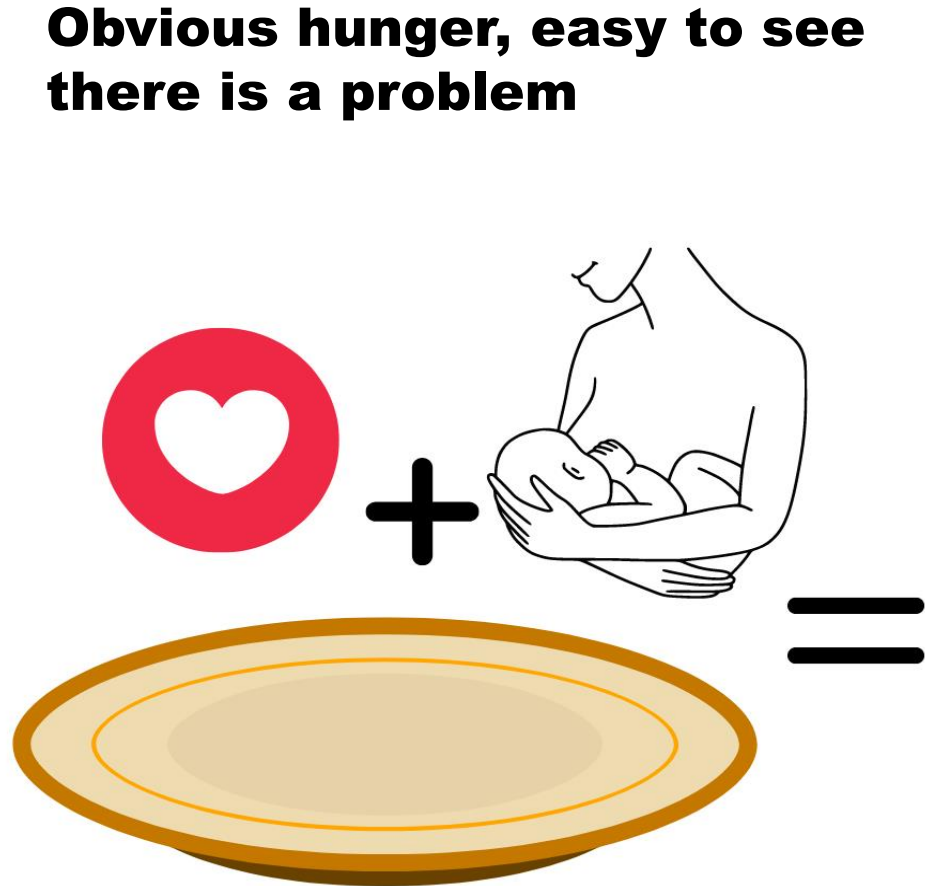
Very short for age  
Stunting

**Check  
the size  
of the  
brain!**



# WASTING

**Very  
little to  
no food**



**GROW  
GREAT**

# MOPANI COMMUNITY STUNTING SURVEY: BACKGROUND



*The Grow Great Community Stunting Surveys aim to empower local communities, civil society and government leaders towards action that is guided by strong evidence that will reduce stunting by 2030.*



 **453**  
children under 5  
years were surveyed  
between February  
and May 2022

# COMMUNITY STUNTING PROFILE

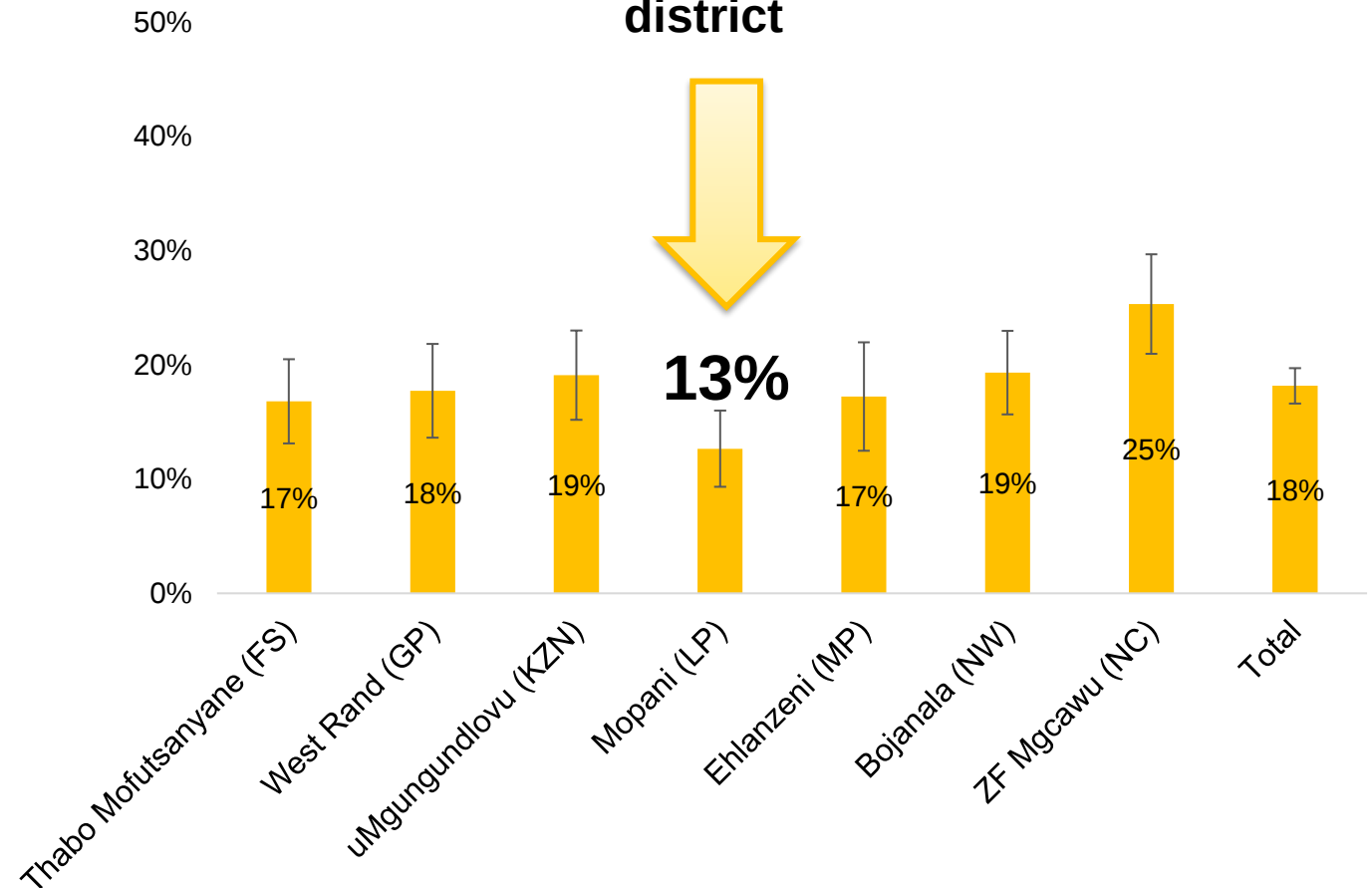
GROW  
GREAT



**1 in 10**  
children under 5 in  
Mopani are stunted

*Stunting rates ranked lowest  
in Mopani compared to  
other study sites*

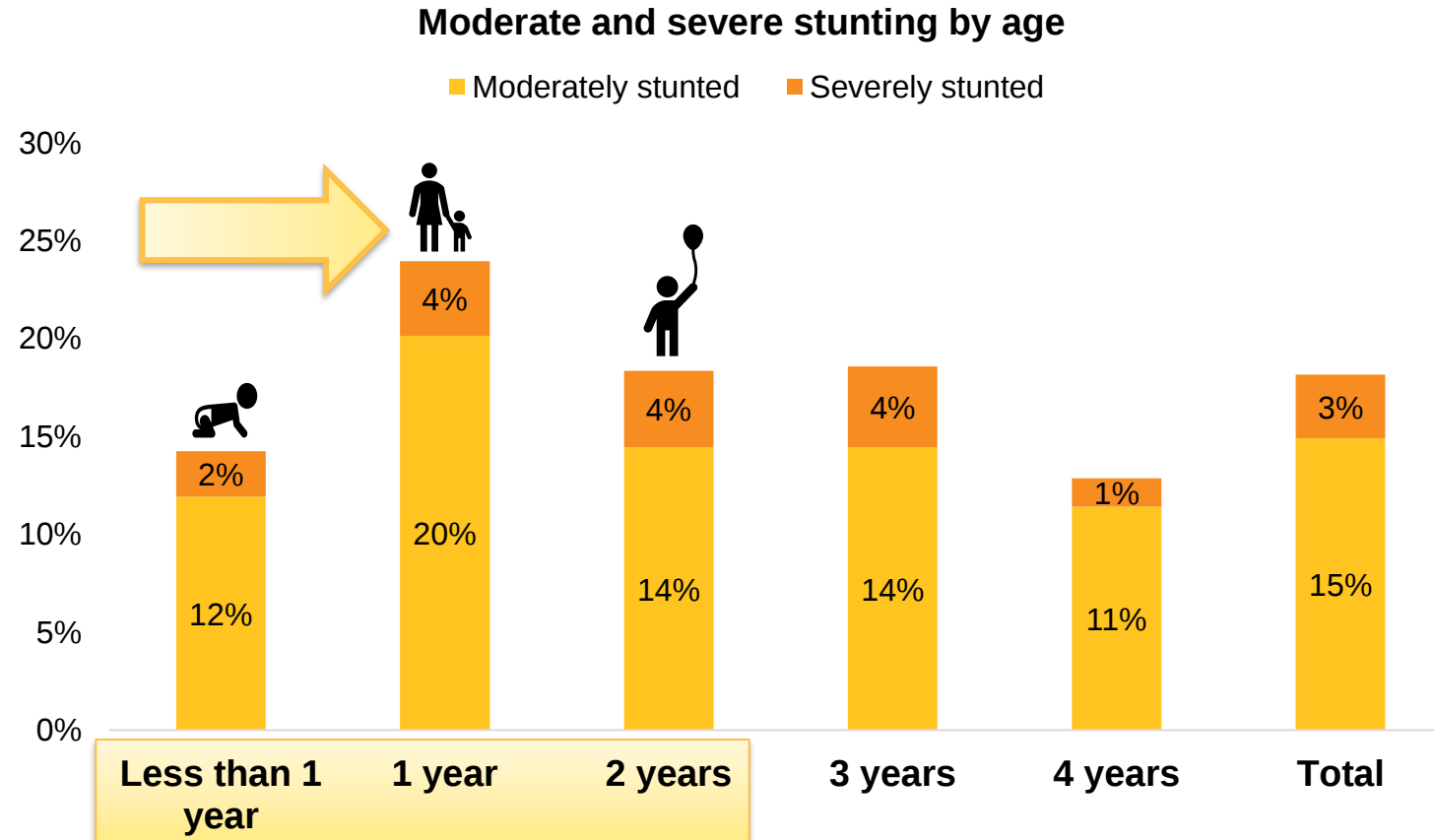
Stunting rates among children under 5 by district



# STUNTING ACROSS AGES

GROW  
GREAT

Children are more vulnerable to stunting in the First 1000 Days of Life

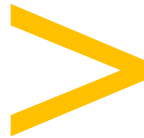
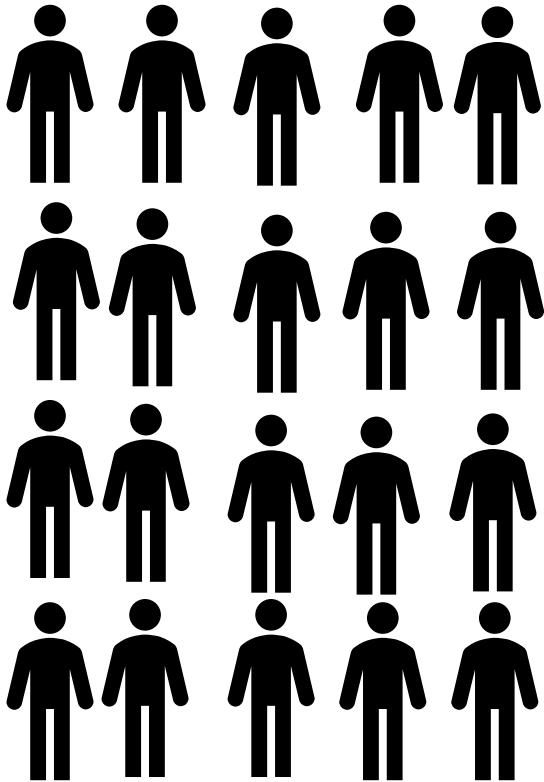


**The First 1000 days** of a child's life is the time from conception to two years of age. It is a time when the child's body, brain and other organs are being built from scratch. Just like when building a house if the foundation is not strong, no matter how beautiful the house is, it will be full of cracks.

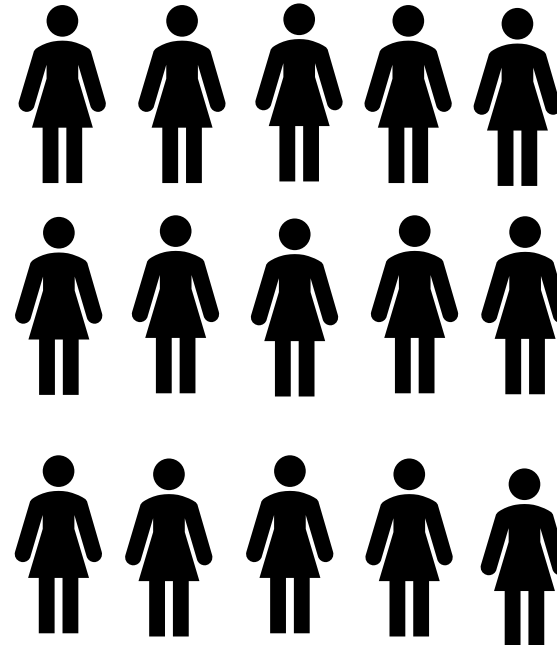
# STUNTING ACROSS GENDER



 **21/100** Stunting is higher among boys



**15/100**

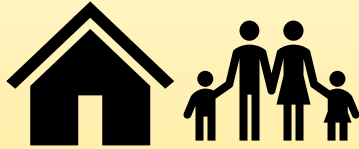


## Boys

appear to be more vulnerable to stunting than girls. The reasons behind these difference are poorly understood, even though findings are similar in other sub-Saharan countries.

# CAUSES OF STUNTING

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## **Home**

**Low Exclusive breastfeeding  
Poor Nutrition**



## **Community**

**No Clean water & sanitation  
No Early access to Child Support Grant  
No Birth certificate  
Low Mother's education level  
No Early learning opportunities**



## **Health System**

**No Deworming  
No Vitamin A dosage**

# EXCLUSIVE BREASTFEEDING



**36/100**

1 in 6 Children are exclusively breastfed  
until 6 months of age in Mopani



?

## **Why is this important:**

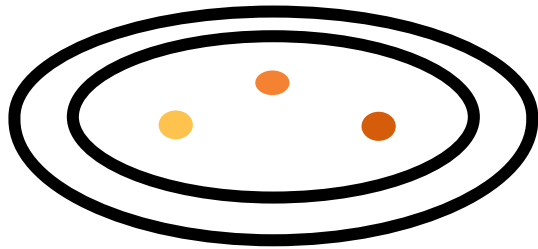
**Giving a baby only breastmilk  
for the first 6 months of life  
boosts the immune system,  
lowers the risk of repeated  
infections, improves nutrition  
& reduces the risk of  
stunting.**

# NUTRITION & DIETARY DIVERSITY

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**9/100**

Children aged 6 – 23 months consumed more than five food groups in the past 24 hours



On average, Mopani children eat from just

**3**

different food groups a day

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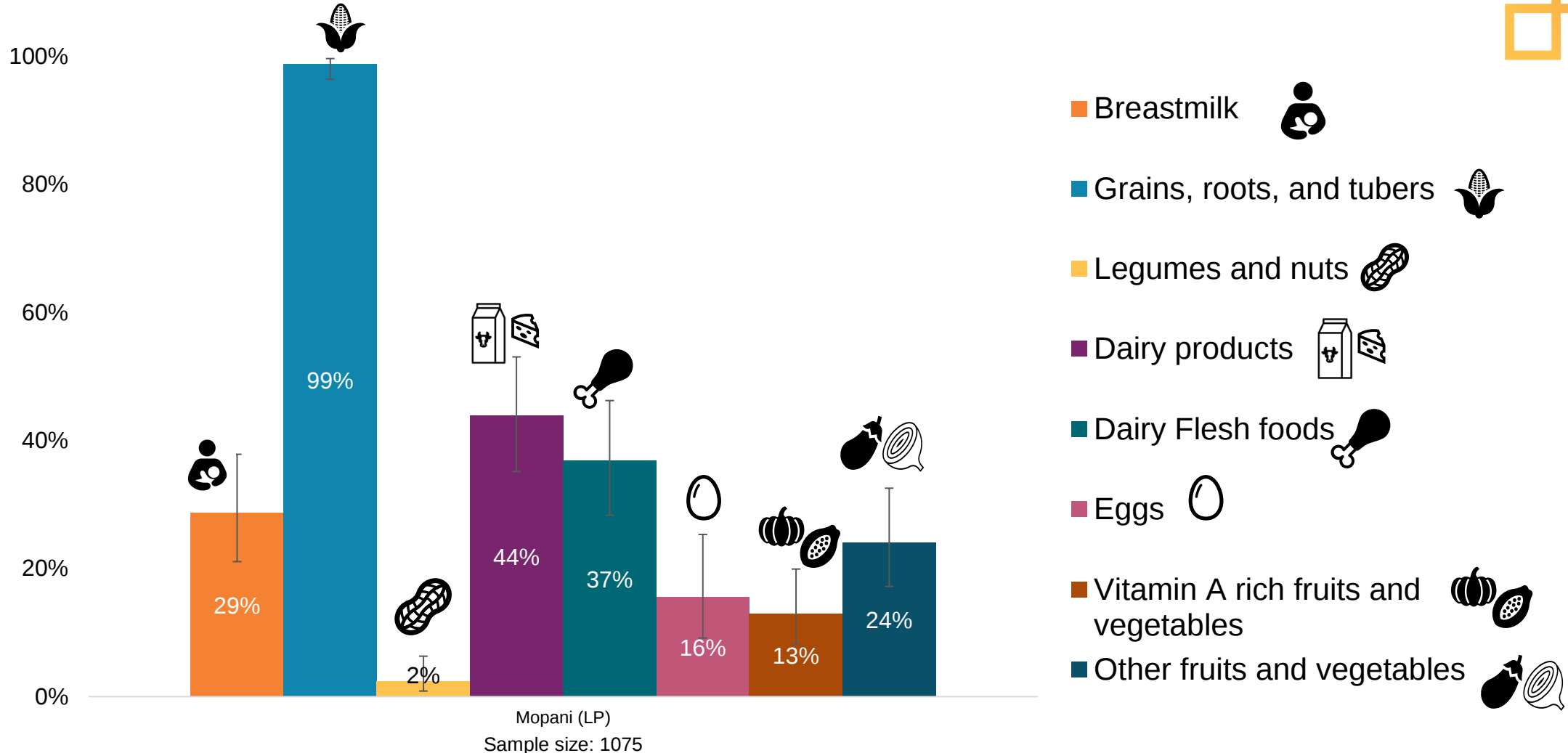
**Why is this important:**

Dietary diversity from the age of 6 months increases the nutrients a child's brain needs to grow and reduces the risk of stunting.



# FOOD GROUPS CONSUMED BY CHILDREN AGED 6-23 MONTHS

**GROW  
GREAT**



# CAUSES OF STUNTING



Exclusive breastfeeding  
Nutrition



Clean water & sanitation  
Early access to Child Support Grant  
Birth certificate  
Mother's education level  
Early learning opportunities

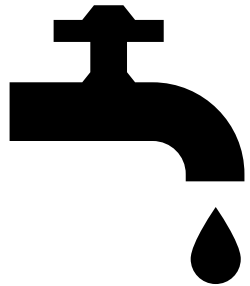


Deworming  
Vitamin A dosage

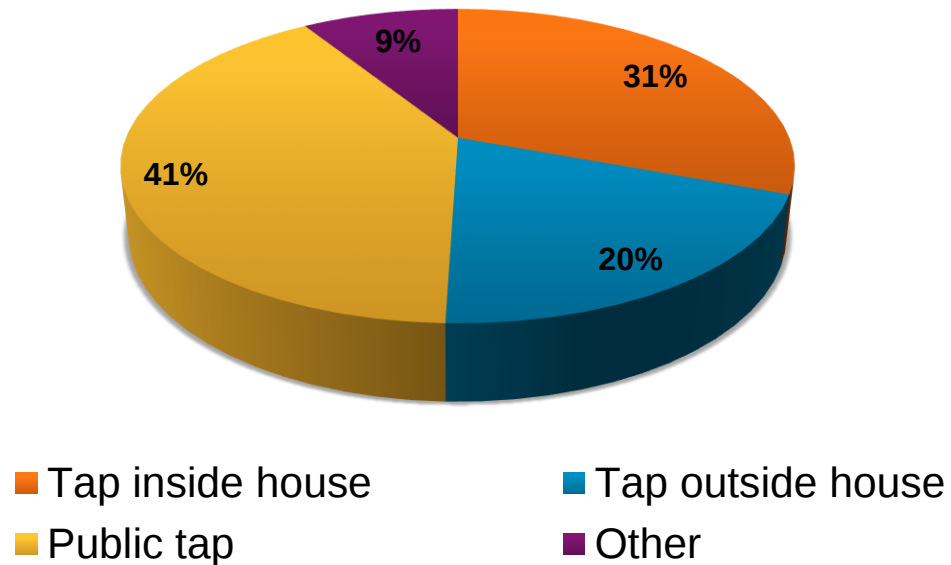
# DRINKING WATER

Most but not all **(91/100)** of children under 5 in Mopani have access to adequate drinking water.

The most common source of drinking water is a **public tap**.



Drinking water source for households with children under 5



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## Why is this important:

Access to clean, safe drinking water reduces children's risk of repeated infections such as diarrhoea and reduces children's risk of stunting.

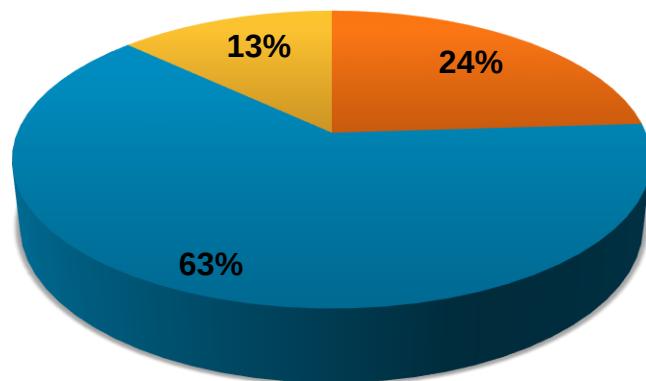
# SANITATION: IS IT ADEQUATE?

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Only **36/100** under 5 in Mopani have access to adequate sanitation

The most common sanitation type in the households is a **pit latrine**.

Sanitation types in households with children under 5



■ Flush Toilet ■ Pit Latrine ■ Ventilated Pit Latrine

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## Why is this important:

Access to good sanitation can reduce exposure to disease & repeated infections such as diarrhoea which reduces children's risk of stunting.

# ACCESS TO EARLY SOCIAL SUPPORT

**GROW  
GREAT**

## CHILD SUPPORT GRANT



**74/100**

Children under  
12 months

**VS.**

**85/100**

Children 12 months  
& over

## BIRTH CERTIFICATE



home affairs

Department:  
Home Affairs  
REPUBLIC OF SOUTH AFRICA

**94/100**

Children under 5 years have access  
to a birth certificate in Mopani

### Why is this important?

*Early access to the Child Support Grant, within the first few months of life, including pregnancy, increases access to food and other essentials which can reduce the risk of stunting.*

# HELP US CALL FOR EXTENSION OF THE CHILD SUPPORT GRANT INTO PREGNANCY



Call for an extension of the Child Support Grant into pregnancy as a Maternity Support Grant

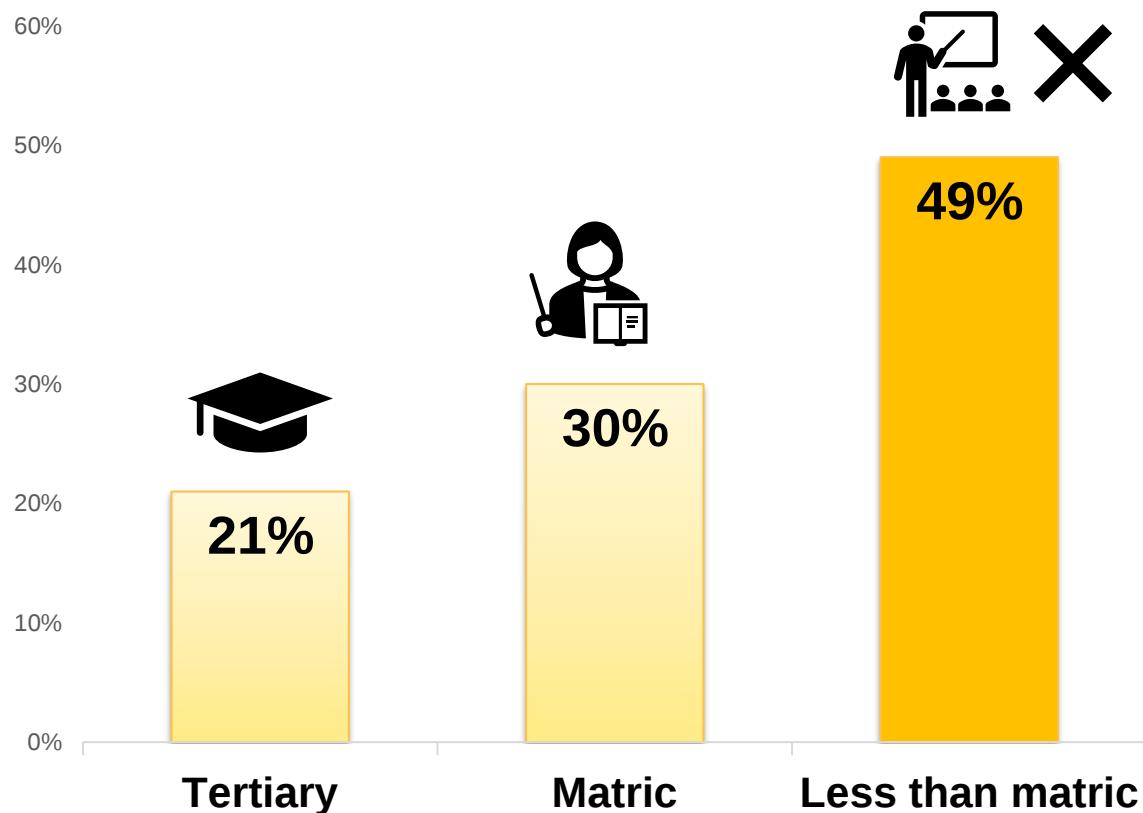
**SIGN THE PETITION NOW @AMANDLA.MOBI**

# CAREGIVERS/MOTHERS' EDUCATION

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GREAT

49/100

Nearly half of caregivers/mothers in Mopani do not have a matric certificate



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**Why is this important:**

Education increases earning potential for young women, reduces the risk of teen pregnancies, improves nutrition and early stimulation for young children, all of which can reduce stunting.

# ACCESS TO EARLY LEARNING

**GROW  
GREAT**



**37/100**

Children under 5 attend  
ECD Centres/preschool/Gr R  
in Mopani

?

**Why is this important:**

Early stimulation & play help  
to develop young brains,  
reduce stunting and prepare  
children to succeed at  
school.

# CAUSES OF STUNTING



Exclusive breastfeeding  
Nutrition



Clean water & sanitation  
Early access to Child Support Grant  
Birth certificate  
Mother's education level  
Early learning opportunities



Deworming  
Vitamin A dosage

# DEWORMING

**50/100**

Just 1 of every 2 children under 5 years in Mopani received the required deworming for their age (50%)



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## **Why is this important:**

**Routine deworming ensures children absorb the nutrients they need from their food and improves stomach or gut health which reduces children's risk of stunting.**

**GROW  
GREAT**

# VITAMIN A

**55/100**

Just over half of children under 5 years in Mopani received complete Vitamin A dosage for their age



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## **Why is this important:**

**Routine Vitamin A dosage improves stomach or gut health and reduces children's risk of stunting.**

**GROW  
GREAT**

# SUMMARY



Areas for improvement across all districts that could reduce risk factors of stunting:

## **Boost dietary diversity**

- More fruit & vegetables, esp. rich in Vitamin A; Eggs; Dairy products; Legumes & nuts



Keep on track with **Vitamin A** doses



Keep on track with **Deworming**



Improve access to **adequate sanitation**



Increase early access to **Child Support Grant**



Increase access to **education** for young children & young mothers



# HIS NAME IS TODAY

*"Many of the things we need can wait.  
Right now is the time his bones are being formed,  
His blood is being made,  
And his senses are being developed.  
To him we cannot answer 'tomorrow'  
His name is Today."*



# **BREAKAWAY DISCUSSION**

*Community-driven solutions to solving stunting*



# **COMMUNITY FEEDBACK & JOINT AGENDA FOR ACTION**



**THANKS & CLOSE**



# SPECIAL THANKS



YELLOWWOODS



ikapadata





*Helping young South  
African children achieve  
their potential.*