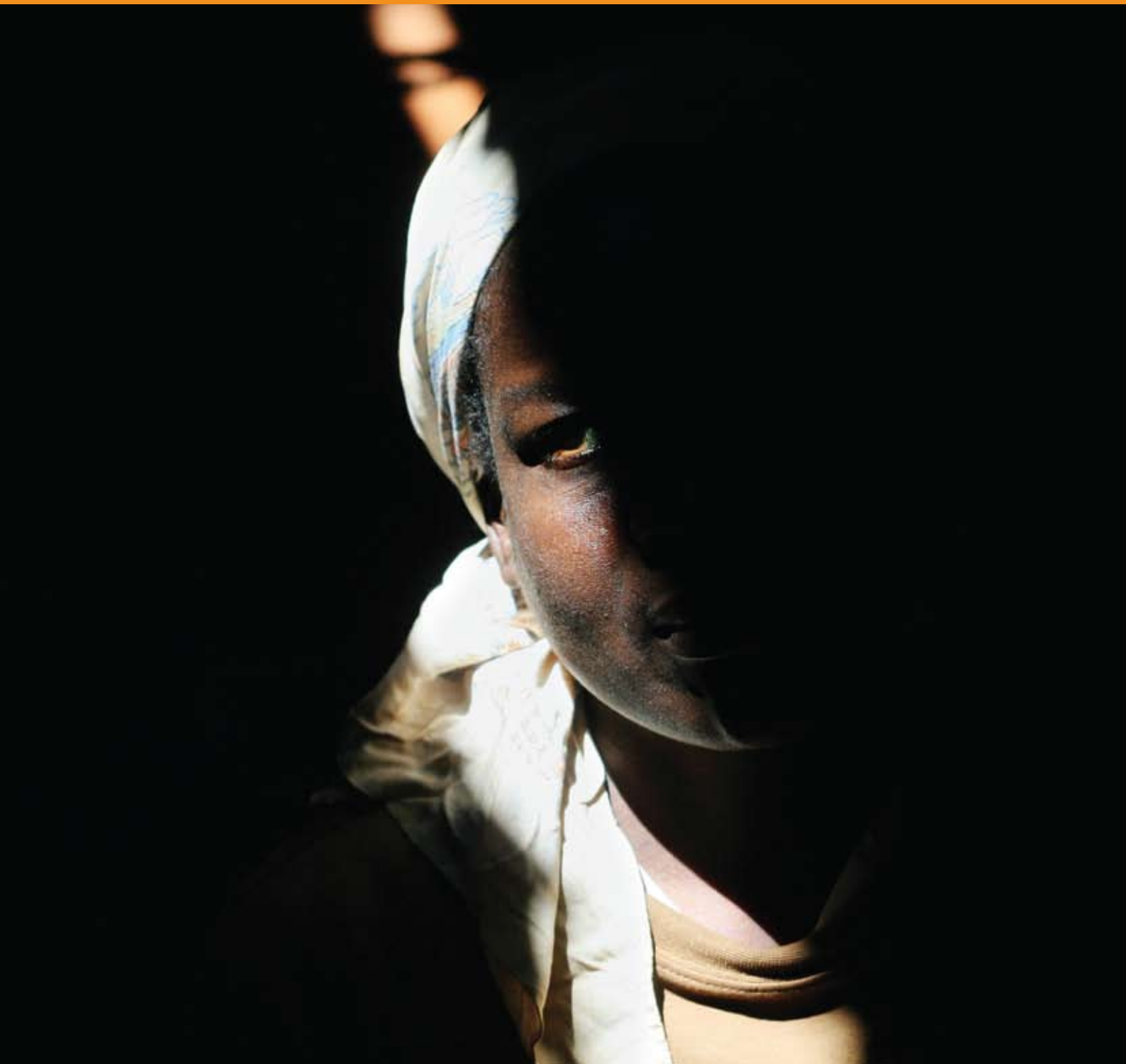


A HUNGER WATCH PUBLICATION

HUNGER AND HIV

FROM FOOD CRISIS TO INTEGRATED CARE



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FROM FOOD CRISIS TO INTEGRATED CARE

Published by:

ACF International Network

Edited by:

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Series Editor:

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ISBN No: 978-0-955773-1-8

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Acknowledgements

This report is the work and commitment of a multitude of people over several years. The ACF International Network has enjoyed valuable working relationships with the Malawi Ministry of Health, UNICEF, The National AIDS Commission, OPC and WFP who have strongly supported our commitment and efforts in HIV and nutrition. We would also like to thank MACRO and the REACH Trust in Malawi for their collaboration in the community and the stigma study project. In particular we would like to acknowledge those who have worked so hard to implement the projects and have contributed greatly to this report; Susan Thurstans, HIV adviser in Madrid and previously HIV/nutrition adviser in Malawi; Pamela Fergusson and Jobiba Chinkumba, lead researchers for the study on severe malnutrition and HIV, and Nynke Nutma, HIV/Nutrition adviser in Malawi. The editor would like to acknowledge Christine Kahmann in the ACF-UK communication department and Samuel Hauenstein Swan coordinator of Hunger Watch for their valuable assistance in creating this report. Above all of course, we would finally like to thank all those families and children who have participated in our studies and enabled us to make the progress we have reached so far. We hope we will continue to improve our service to them and make their lives easier and freer of the hardship of malnutrition.

Claire de Menezes, Editor & Author

ACF International Network

ACF is an international humanitarian network, working in 43 of the world's poorest countries. It comprises of Action Against Hunger-UK (ACF-UK), Action contre la Faim-France (ACF-France), Acción contra el Hambre-Spain (ACF-España), Action Against Hunger-USA (ACF-USA) and Action contre la Faim-Canada (ACF-Canada).

The ACF International Network aims to save lives, especially those of malnourished children, and to work with vulnerable populations to preserve and restore their livelihoods with dignity. Our teams do their utmost to ensure that people are given access to the most basic of human rights – the right to food. International, non-political, non-religious and non-profit making, the ACF International Network helps more than 4.2 million people worldwide.

This report is part of the Hunger Watch series of publications. Hunger Watch is the research and advocacy department of ACF-UK. The Hunger Watch team examines transversal factors such as conflict, market instability and HIV/AIDS, and analyses their linkages to acute hunger.



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Glossary

AFASS	Affordable, feasible, acceptable, sustainable and safe feeding
ART	Antiretroviral therapy
CHAM	Christian Health Organisation of Malawi
CHBC	Community home based care
CINDI	Children in Distress, Zambia
CRS	Catholic Relief Services
CTC	Community therapeutic care
HCT	HIV Counseling and Testing
HCW	Home craft worker
HAS	Health Surveillance Assistants
ICMI	Integrated Management of Childhood Illness
MACRO	Malawi AIDS Care and Resource Organisation
MOH	Ministry of Health
MUAC	Mid-upper arm circumference
NAC	National AIDS Commission
NRU	Nutrition Rehabilitation Units
PLWHA	People living with HIV/AIDS
QUAC	Mid-upper arm circumference for height
REACH	Malawian NGO REACH Trust
RUTF	Ready-to-use therapeutic food
SAM	Severe acute malnutrition
SC	Stabilisation Centres
TB	Tuberculosis
UNC	The University of Carolina
UNICEF	UN Children's Fund
WFP	World Food Programme
WHO	World Health Organisation

Notes on Contributors

Claire de Menezes, is the Nutrition & Health Advisor for ACF-UK. She gained an MSc in Public Health in developing countries from LSHTM and maintains her work as a paediatric nurse in the UK. She specialised in paediatric infectious diseases and HIV/AIDS in London before starting work with the ACF International Network in 2001. She has worked on nutrition and health programmes in Sudan, Malawi and Zimbabwe and has driven the overall HIV/AIDS strategy for the ACF International Network.

Pamela Fergusson is the Research Advisor for ACF-UK. During her four years with Action Against Hunger she has managed a major research project in Malawi looking into HIV and severe malnutrition in children. Pamela is undertaking a PhD at the University of Liverpool, and works as a consultant and as a lecturer in nutrition at the University of Chester.

Nynke Nutma is the HIV and Nutrition Advisor for the ACF International Network in Malawi. Nynke trained as Medical Doctor in the Netherlands, holds a diploma in Tropical Health (Netherlands Society for Tropical Medicine), and is undertaking a Masters course in Maternal and Child Health (University of Cape Town). She gained experience in clinical care in the Netherlands, Zimbabwe and Malawi, including HIV care and treatment and management of malnutrition. She joined the ACF International Network in 2006.

Susan Thurstans is the HIV, Health and Nutrition Advisor for ACF-España, providing technical support to missions in Africa, the Middle East and Asia. Susan specialised as a nurse working in HIV and sexual health in London and began working with the international network in 2003. She has since worked on HIV and nutrition programmes and research in Malawi and contributed to the overall HIV/AIDS strategy for the ACF International Network.

Foreword

In 2001-2 Southern Africa experienced serious food shortages, the causes of which were complex. In the early months of 2002 the Government of Malawi called a Food Emergency and requested the help of outside agencies. ACF International Network was invited by the lead agencies of the Ministry of Population and Health and UNICEF to coordinate training and care in Malawi's widely scattered Nutrition Rehabilitation Units (NRU).

This report describes some of the work that The ACF International Network and partners have carried out in Malawi over the intervening years. It illustrates how the many teams - both governmental and non governmental - involved in delivering emergency nutrition programmes were able to work in collaboration to develop a better understanding of country-specific causes of malnutrition and to adapt international treatment protocols to meet local circumstance.

Whilst those working in Malawi before the Food Emergency were aware of the impact, both direct and indirect, of the Southern Africa HIV/AIDS pandemic on the health and nutritional status of children and families, the complex interactions between HIV infection, nutrition and food security were initially perplexing to outside agencies as published literature was at that time was limited to a number of small but significant research studies not widely accessed by the wider nutrition world. The newly arrived field workers however were quick to recognise the differences to other emergency feeding programmes, particularly the high mortality rates and slow recovery of children with HIV disease. They recognised the importance of developing linkages between nutrition programmes, HIV treatment and social care programmes. Nutritionists soon became powerful advocates for the easier access for children and parents to HIV counseling and testing and later to ARV treatment programmes.

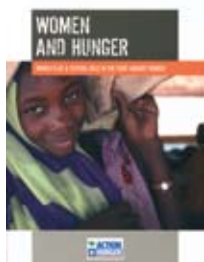
In addition the ACF International Network team undertook major training programmes for health staff at all levels. They were able to introduce the newly revised Malawi National guidelines for the management of severe malnutrition to NRU countrywide and thereafter to stringently monitor outcomes. They helped in the refurbishment of old NRU and helped ensure supply lines of food and drugs to the front line teams. They later moved to preventative work and established and revitalised nutrition gardens.

Malawi has been blessed by two recent good harvests, its HIV treatment programmes are slowly being linked with NRU's in high prevalence HIV areas and it now has a cadre of health workers trained to manage nutrition emergencies. This paper relates some aspects of this work and demonstrates the positive impact of collaborative working by agencies against the background of a strengthened health system.

Anne Nesbitt

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Department of Community Health, College of Medicine, University of Malawi

OTHER PUBLICATIONS



Women and Hunger: Women play a Central Role in the Fight Against Hunger

Written by Samuel Hauenstein Swan
Published 2006, by ACF International Network

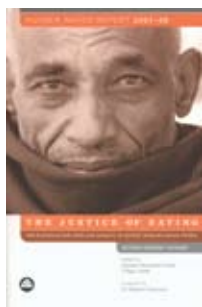
84 pages dual language French and English
This publication examines the different roles women and men play in times of hunger, both of which are exposed to specific vulnerabilities and individual responsibilities. It shows how gender is key to the understanding of and solution to hunger. Women's capacities and knowledge need to take central stage in the programming and strategy of humanitarian aid. Far of being a sole theoretical text, this report provides a practical insight into how aid agencies can mainstream gender into their programmes and activities.



Water and HIV: Working for Positive Solutions

Impacts of the HIV Epidemic on Access to Safe Water, Sanitation and Hygiene in the Copperbelt of Zambia
Written by Jennifer Organ
Foreword Ben Fawcett
Published 2007, by ACF International Network

33 pages, English
This report looks at the close relationships between the HIV pandemic and access to water and sanitation. The focus is on the Copperbelt region of Zambia, where nearly one of every five adults is afflicted with the virus, and where many families struggle to have regular access to clean water and safe sanitation systems. It outlines how, for those living with HIV, the risks are even greater. These risks are related to the generally weakened status of the immune system among HIV-positive people, which means that poor water, sanitation or hygiene can lead more quickly to serious illness and hunger.



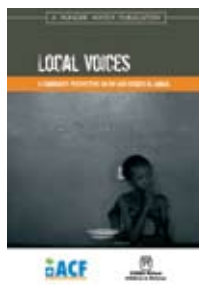
Hunger Watch Report 2007-08, The Justice of Eating: The Struggle for Food and Dignity in Recent Humanitarian Crisis

Edited by Samuel Hauenstein Swan & Bapu Vaitla
Foreword by Dr Stephen Devereux
Published 2007, by Pluto Press

108 pages, English
Copies are also available also in French and Spanish (published by Icaria Editorial)
ISBN: 978-0-7453-2746-4

The first annual Hunger Watch report presents an accessible, jargon-free account of the causes and consequences of acute malnutrition worldwide. Through case studies, the report examines the impact of various forces on malnutrition, focusing on conflict and the destruction of livelihoods in the case of the Darfur region of Sudan, unstable markets in Niger, the HIV/AIDS pandemic in Malawi and Zambia and the daily struggle of families fighting for food and dignity in the coffee lands of Ethiopia. The report observes that malnutrition is largely an invisible violation of human dignity and social justices. The authors urge for a shift in traditional emergency thinking based on the comprehension of hunger beyond starvation.

The report is the most up to date account of the struggle for food and dignity which will be valuable to journalists, policy makers and anyone working in international development.



Local Voices: A Community Perspective on HIV and Hunger in Zambia

Edited by Natalie Duck and Samuel Hauenstein Swan
Photos by David Gillanders
Foreword by Kevin Ryan
Published 2007, by ACF International Network and CINDI

82 pages, English, French and Spanish
This report documents the first six months of the Local Voices Project, a participatory initiative that aims to add a community perspective to the existing body of technical knowledge on the social and economic impact of HIV/AIDS. Using household testimonies and photographic material, this report provides a detailed and bottom up portrait of HIV/AIDS and livelihoods in Kitwe, Zambia. The report suggests that when tackling HIV/AIDS, family and community coping mechanisms need to be underpinned with nutritional and livelihood interventions alongside access to health services. This report is the start of a joint advocacy strategy to support communities in raising their voices and viewpoints within their communities and with local and national institutions.

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