

**CONCERN**  
WORLDWIDE  
(US) Inc

# Child Survival

How can we ensure that all children survive the first five years of life?

FOCUS ON RWANDA

# CHILD SURVIVAL ?

*How can we prevent the deaths of 11 million children each year?*

What would happen if you fell ill and there were no doctors or medicine? Adequate healthcare is often unaffordable or unavailable for the one billion children who live in poverty around the world.

All children have a right to live a healthy life. Yet each year, 11 million children in developing countries die before reaching the age of five, mostly from preventable or treatable causes.

The knowledge and technology to reduce child mortality already exist. However, action and resources are needed to ensure that all children have access to these services, such as immunizations, antibiotics, and vitamin supplements.



## DID YOU KNOW?

- Every 30 seconds, a child in Africa dies from malaria.
- 90% of all child deaths occur in 42 countries, most of which are in Africa and Asia.
- 2.2 million children could be saved each year with routine immunizations.
- Each day, 4,000 children die from unclean water and poor sanitation.

## What is Child Survival?

*Concentrated efforts by governments, the United Nations, organizations, and communities to use effective, low-cost solutions to protect children from illness during their first five years of life.*

## What are the Biggest Threats to Children Under Five in Developing Countries?

% of Deaths	Problem	Available Solutions
<b>37%</b>	<b>NEONATAL CAUSES:</b> Nearly 4 million babies die within their first month of life. Babies are extremely vulnerable due to infections and the poor health of their mothers.	<ul style="list-style-type: none"> <li>• Vitamin supplements for mothers</li> <li>• Medically trained person present at birth</li> <li>• Breastfeeding</li> </ul>
<b>19%</b>	<b>PNEUMONIA:</b> A bacterial disease that affects the lungs, pneumonia causes the deaths of over 2 million children each year.	<ul style="list-style-type: none"> <li>• Immunizations</li> <li>• Antibiotics</li> <li>• Clean air and ventilation in the home</li> <li>• Vitamin A supplements</li> </ul>
<b>17%</b>	<b>DIARRHEA:</b> Unhygienic conditions can cause diarrhea. This can result in a life threatening condition of dehydration. An estimated 1.5 million children die from diarrhea each year.	<ul style="list-style-type: none"> <li>• Clean water and food</li> <li>• Washing hands with soap and water</li> <li>• Access to toilets and garbage removal</li> <li>• Oral rehydration solution therapy</li> <li>• Zinc and vitamin A supplements</li> </ul>
<b>8%</b>	<b>MALARIA:</b> Parasites carried by mosquitoes spread malaria to humans. Every year, 1 million children die from malaria.	<ul style="list-style-type: none"> <li>• Mosquito nets for sleeping under</li> <li>• Treatment with anti-malaria medicine</li> <li>• Eliminating mosquito breeding areas, such as stagnant water pools</li> <li>• Spraying inside homes with insecticide</li> </ul>
<b>4%</b>	<b>MEASLES:</b> A highly contagious disease that can be prevented with an immunization. Over 30 million children contract measles every year and over 800,000 children die from the infection.	<ul style="list-style-type: none"> <li>• Immunizing all children at age 9-12 months</li> <li>• Early detection and treatment of measles outbreaks</li> </ul>
<b>3%</b>	<b>HIV/AIDS:</b> A mother infected by HIV can pass it to her baby through pregnancy, delivery, and breast-milk. Every day, 2,000 infants become infected with HIV.	<ul style="list-style-type: none"> <li>• Anti-retroviral treatments for mothers</li> <li>• HIV screening and counseling</li> <li>• Shorter breastfeeding period or breast-milk substitutes</li> </ul>
<b>53%</b>	<b>MALNUTRITION:</b> A condition caused by not eating enough food or not eating a balanced diet. Malnutrition is the cause of death for 6 million children each year.	<ul style="list-style-type: none"> <li>• Production and consumption of nutritious, high-protein, and vitamin-rich food</li> <li>• Breastfeeding</li> <li>• Vitamin supplements</li> </ul>

**Malnutrition is the underlying factor for 53% of all deaths of children under five.**

\*12% of children die from injuries or other causes. Source: LANCET 2003

## CHECK IT OUT

Learn more about child health: [www.who.int/topics/child\\_health/en](http://www.who.int/topics/child_health/en)

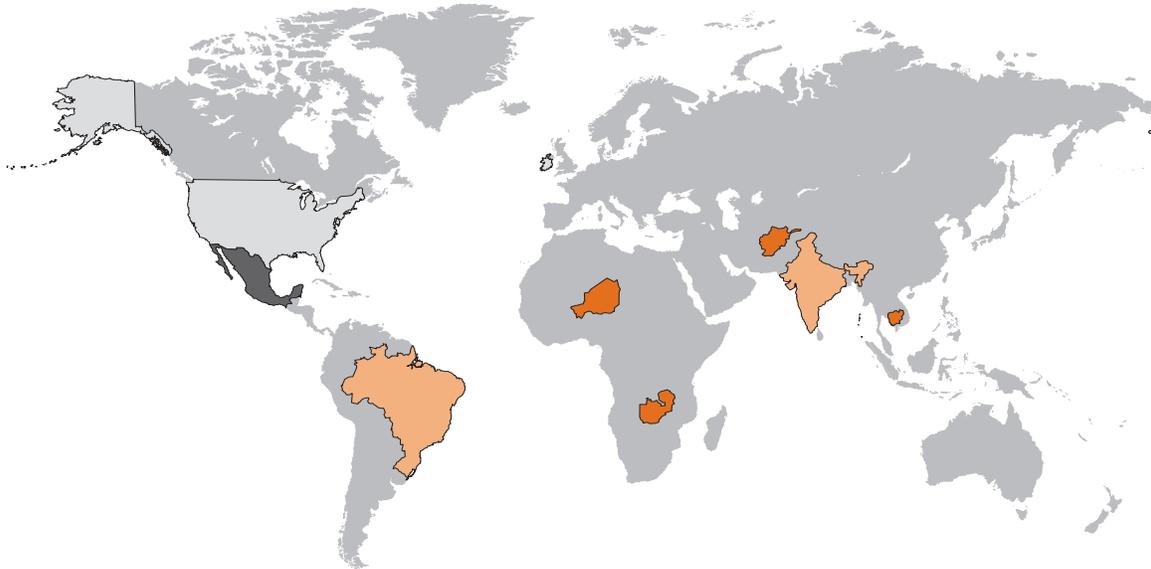
Examine the world's top killer diseases: [www.alertnet.org/topkillerdiseases.htm](http://www.alertnet.org/topkillerdiseases.htm)

# CHILD HEALTH AROUND THE WORLD



*Does every child in your community have access to healthcare?*

In many regions of the world, poverty and a lack of access to health care cause children to get sick or die at alarming rates. By examining these rates, we can compare child health in different countries. The **child mortality rate** is determined by counting the number of children under age five who die out of every 1,000 babies born. Using the map below, can you identify the child mortality rates for the following countries?



- Afghanistan
- Brazil
- Cambodia
- India
- Ireland
- Mexico
- Niger
- United States
- Zambia

**CHILD MORTALITY RATE**  
(per 1000 live births)

- Less than 10
- 11-35
- 36-95
- more than 95

\*Source: WHO, 2003

## INTERNATIONAL RIGHTS

The United Nations Declaration of the Rights of the Child states that all children are *“entitled to grow and develop in health; to this end, special care and protection shall be provided both to him and to his mother, including adequate pre-natal and post-natal care. The child shall have the right to adequate nutrition, housing, recreation, and medical services.”*

## INTERNATIONAL PROMISES

The international community has responded to the crisis in child health with increased efforts to alleviate the suffering of the world's poor. In the year 2000, leaders from 189 nations of the world developed eight **Millennium Development Goals** (MDGs) to reduce poverty around the world by the year 2015. The fourth goal aims to reduce the rate of child mortality in every country around the world by two-thirds. How do you think a country with limited resources can achieve this goal?

## MILLENNIUM DEVELOPMENT GOALS

- |   |  |
|---|--|
| 1 Eradicate extreme poverty and hunger      | 5 Improve maternal health                      |
| 2 Achieve universal primary education       | 6 Combat HIV/AIDS, malaria, and other diseases |
| 3 Promote gender equality and empower women | 7 Ensure environmental stability               |
| 4 Reduce child mortality                    | 8 Develop a global partnership for development |



*We are guilty of many errors and many faults, but our worst crime is abandoning the children, neglecting the fountain of life.*

*Many of the things we need can wait.*

*The child cannot.*

.....

*To him we cannot answer 'Tomorrow.'*

*His name is 'Today.'*

—GABRIELA MISTRAL,  
Chilean poet, educator,

## Child Survival in the United States

**Do all children in your community have equal access to health care?**

Although the U.S. has one of the best health care systems in the world, inequality in healthcare access exists. One in eight children in the U.S. does not have health insurance.\*

What percent of the U.S. government's budget do you think should be spent on health care?

\*Source: Children's Defense Fund

## CHECK IT OUT

Read about the Rx for Child Survival Campaign: [www.pbs.org/wgbh/rxforsurvival/campaign/index.html](http://www.pbs.org/wgbh/rxforsurvival/campaign/index.html)

Learn about the history of efforts to improve child survival: [www.unicef.org/wsc/plan.html](http://www.unicef.org/wsc/plan.html)

# RWANDA

Why does Rwanda have the tenth highest child mortality rate in the world?



## RWANDA COUNTRY INFORMATION

**LOCATION:** Central Africa

**CAPITAL:** Kigali

**POPULATION:** 9 million

**SIZE:** Slightly smaller than Maryland

**LANGUAGES:** Kinyarwanda, English, and French

**CHILD MORTALITY RATE:** 152 deaths/1,000 live births

**LIFE EXPECTANCY:** 44 years

**RELIGIONS:** Roman Catholic 57%, Protestant 26%, Adventist 11%, Muslim 5%

**LITERACY RATE:** 64%

**ACCESS TO CLEAN DRINKING WATER:** 39%

**HIV/AIDS RATE:** 5.1%

**KEY EXPORTS:** Coffee, tea, and tin

**DOCTOR TO PATIENT RATIO:** 1 doctor for every 50,000 people

**POPULATION LIVING ON LESS THAN \$1 A DAY:** 50%

Sources: UNICEF, World Bank, DHS



## HISTORY

Rwanda's population is comprised of three main ethnic groups: the Hutus, the Tutsis, and the Twa/Pygmies. There is evidence of people living in Rwanda as hunters and gatherers dating as far back as 500 B.C. Rwandans began farming over 2000 years ago.

Rwanda became a colony of Germany in 1895 and then of Belgium in 1923. The Belgians began a system of unequal power distribution based on ethnic identity. When Rwanda gained independence from

colonial rule in 1962, strong ethnic tensions remained. Violence and instability continued to escalate over the next 30 years.

In 1994, the President of Rwanda was killed in a plane crash. The Hutu political leaders began a campaign of revenge against all Tutsis. After 100 days of genocide, the Rwandan Patriotic Front captured the capital, which forced the genocidal regime to declare a cease-fire. During the genocide, over 800,000 Tutsis were brutally massacred, leaving 95,000 children orphaned. An additional three million refugees fled to neighboring countries seeking safety.

In the years following the genocide, Rwandans joined together to rebuild their homes, hospitals, schools, and their lives. In 2003, Rwanda held democratic elections.

## RWANDA'S RICHES

- Because of its mountainous and volcanic terrain, it is called "the land of a thousand hills"
- Its rainforests are home to many animals, including half of the 700 remaining mountain gorillas in the world
- Rwandans include song and dance in all ceremonies, such as weddings, births, anniversaries, or welcoming visitors



## CHECK IT OUT

Learn more about Rwanda: [news.bbc.co.uk/1/hi/world/africa/country\\_profiles/1070265.stm](https://www.bbc.com/news/world-africa-country_profiles/1070265)

Read about the Rwanda genocide: [www.pbs.org/wgbh/pages/frontline/shows/ghosts/](https://www.pbs.org/wgbh/pages/frontline/shows/ghosts/)

# CASE STUDIES FROM RWANDA?

## *Is life improving for children in Rwanda?*

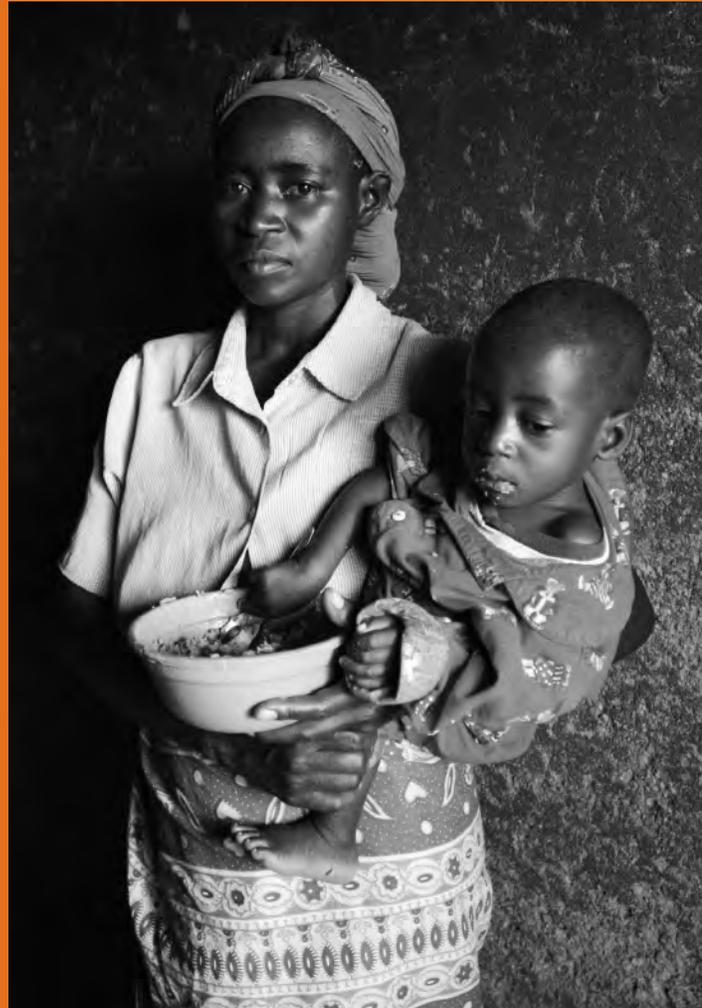
Mothers and children living in extreme poverty die because of a lack of access to health care services. Problems include the high cost of treatment, far distances to health centers, and an insufficient number of doctors and nurses. Yet all of these problems have viable solutions.

When governments, organizations, and communities work in partnership, they can improve the quality and utilization of healthcare services by recognizing local beliefs and practices. By including communities in the decision-making processes, governments and organizations can mobilize people to become proactive in improving the health of the entire community. The following case studies from Concern Worldwide's team in Rwanda provide true-life examples of ways that everyone can work together to improve child survival.



### **DENIS NIYIZURUGERO'S STORY**

Denis lives in Nyarubanda village, which is a two-hour walk from the nearest health center. He is the "go-to man" for families looking for healthcare when their children are sick. Denis is not a doctor: He's a community elected health worker, trained by Concern to treat malaria and other basic health problems. He treats 1,000 children each year. In addition, he takes pride in helping families decide when to take children who are very sick to the hospital. "I'm very happy to be a Community Health Worker," says Denis. "I work for the health of the community and I am trusted by them."



### **Tatiana Mukankaka's Story**

Tatiana was a young mother when her child became sick and did not recover. Having already lost her first child, she became worried when her next child, Jean, began to show signs of malnutrition. Her neighbors told her about a nearby health program and she quickly decided to get involved. "I saw other women bringing in their children for weighing, and I saw it's good to see how the child is doing," she explained. Through the Concern program, she learned how to monitor child health and prevent basic illnesses. Within a few weeks, Jean gained 11 ounces and was doing well.

### **CHECK IT OUT**

Learn more about Concern Worldwide's work: <http://www.concernusa.org>

Find out more about Rwanda's history: <http://www.cia.gov/cia/publications/factbook/geos/rw.html>

# GLOBAL EFFORTS TO REDUCE CHILD MORTALITY?



*Is the international community obligated to improve child health?*



**“We will spare no effort to free our fellow men, women, and children from the abject and dehumanizing conditions of extreme poverty, to which more than one billion of them are currently subjected. We are committed to making the right to development a reality for everyone and to freeing the entire human race from want.”**

— UNITED NATIONS MILLENNIUM DEVELOPMENT DECLARATION, 2000

## CAN NATIONS REDUCE CHILD MORTALITY?

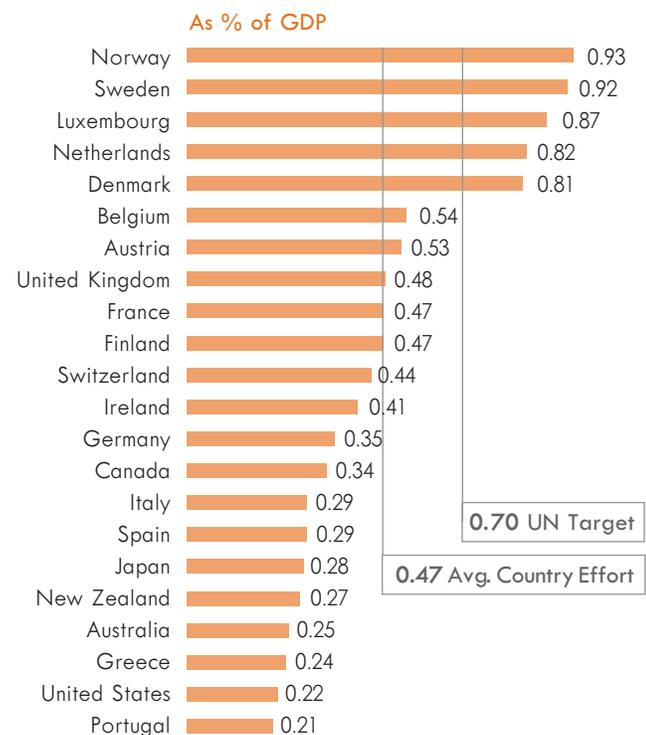
Although child mortality rates have lowered in every region of the world, as of 2005 only 16% of the world's countries were on track to meet the fourth Millennium Development Goal—to reduce the rate of child mortality by two-thirds before the year 2015. At the current rate, Africa will not meet the goal until 2150. If you were the leader of a country, what actions would you take to meet the fourth MDG by 2015?

## HOW MUCH AID DO GOVERNMENTS GIVE?

As part of the MDGs, the governments of the 22 richest countries in the world (also called donor governments) agreed to increase their financial commitment to end global poverty. Each country pledged to commit 0.7% of the total Gross Domestic Product (GDP) to Official Development Assistance (ODA) by the year 2015.

The graph on the right highlights a short list of the percent of GDP allocated to ODA by selected donor governments in 2004. Can you list the top five countries that you believe will live up to their commitment by 2015 and explain why?

**Government Aid to Official Development Assistance, 2005**



## How much would it cost to improve child health?

- Insecticide treated mosquito net:** \$3.00
- Antibiotics:** \$0.30
- Vitamin A:** \$0.04
- Clean baby delivery practices:** \$1.00
- Immunization supply for one year:** \$17.00
- Oral Rehydration Therapy:** \$0.20
- Measles immunization:** \$0.30
- Malaria drug treatment:** \$1.00

Source: GMMB, 2005

## WHAT ABOUT MOTHERS?

Child and maternal health are closely linked. Mothers who do not receive proper health care during pregnancy or who give birth in unclean conditions are at an increased risk of disease or death. Worldwide, more than half a million women die from pregnancy-related complications each year. Ninety-nine percent of these deaths occur in the developing world. Proper health care services combined with health education can dramatically reduce the risk of death among mothers.

# HOW CAN ALL COUNTRIES ENSURE THAT CHILDREN SURVIVE THE FIRST FIVE YEARS OF LIFE?

One of the biggest challenges to child survival is ensuring that basic health care services are available to all children, no matter where they live. In all corners of the globe, families, health workers, and governments are employing many strategies to “deliver the goods.”



Using the lists below, can you identify and explain which strategy is the best match to prevent each threat to child health?

## Threats to Child Health

NEONATAL CAUSES

PNEUMONIA

DIARRHEA

MALARIA

MEASLES

HIV/AIDS

MALNUTRITION

## Effective Strategies

### Home Visits

Recruiting local volunteers from within rural communities is an effective strategy in reaching families who live far away from health centers. Trained volunteers can provide advice on preventing disease while also providing first aid and treating basic illnesses. Volunteers play an important role in reporting outbreaks of diseases to health workers.

### Government Policy

In some countries, governments are increasing the affordability and accessibility of health care by eliminating user-fees for basic services at government health centers. Additionally, governments can improve the quality of care available by establishing training programs for doctors and community health workers.

### Immunization Campaigns

Nationwide immunization campaigns work with governments and local communities to ensure that every single child is immunized. To reach all children, community health workers and trained volunteers can conduct door-to-door immunization programs or set up numerous immunization stations throughout communities.

### Mass Media Campaigns

Governments, private businesses, and organizations have launched mass media campaigns to promote good health practices. Campaigns can include advertising in billboards, television, radio, newspapers, or even employing a ‘town crier’ who walks from village to village with a blow-horn spreading the message. These are particularly useful when communicating ideas that are new or uncommon in a community.

### Health Education

Caring for the child begins in the home. In many cultures, families already possess the knowledge they need to keep their children healthy. Community education initiatives can work with families to reinforce the importance of good health practices, such as breastfeeding, providing balanced meals, hand-washing, drinking clean water, and early diagnosis and treatment when a child is sick.

“When it comes to child survival and public health, we have seen what it takes to make progress. We have seen a growing focus on these issues around the world. Our aim must be to help ensure that children are not just surviving, but thriving...We can see success, just ahead of us. Our task now is to reach out and grasp it, in hand.” — ANN M. VENEMAN, EXECUTIVE DIRECTOR OF UNICEF



## REFERENCES AND RESOURCES

### CHILD SURVIVAL

#### BASICS

<http://www.basics.org>

#### CORE

<http://www.coregroup.org>

Global Health Council

<http://www.globalhealth.org>

Student Campaign for Child Survival

<http://www.supportchildsurvival.org>

The Lancet Medical Journal

<http://www.thelancet.com>

US Coalition for Child Survival

<http://www.child-survival.org>

### RWANDA

#### BBC

<http://news.bbc.co.uk/1/hi/world/africa/1288230.stm>

Government of Rwanda

<http://www.gov.rw>

Human Rights Watch

<http://www.hrw.org/reports/1999/rwanda>

International Criminal Tribunal for Rwanda

<http://196.45.185.38>

Rwanda New Times Online

<http://www.newtimes.co.rw>

Through the Eyes of Children

<http://www.rwandaproject.org>

### MILLENNIUM DEVELOPMENT GOALS

Millennium Campaign

<http://www.millenniumcampaign.org>

Millennium Project

<http://www.unmillenniumproject.org>

World Bank

<http://www.youthink.worldbank.org/issues/mdgs>

### ORGANIZATIONS

Amnesty International

<http://www.amnestyusa.org>

Children's Defense Fund

<http://www.childrensdefense.org>

The One Campaign

<http://www.one.org>

UNDP—Human Development Report

<http://hdr.undp.org>

UNHCR—

Declaration of the Rights of the Child

<http://www.unhchr.ch/html/menu3/b/25.htm>

UNICEF

<http://www.unicef.org>

World Health Organization

<http://www.who.int>

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