



Healthy Niños Honduras Celebrates 5 Years of Ministry

From the desk of Dr. Herman Sagastume, Executive Director.

When I took on the role as Executive Director of this organization, the natural and sometimes debilitating fears that come with taking on new challenges were always present in my mind. Not only did I have to learn how to run this new organization, I also had the monumental task of continuing to improve what Dr. Priscilla Benner had already started with MAMA Project. With the support of the HNH Board, **we set goals for the next 5 years. The goals helped us to maintain our focus on the most urgent needs of the organization, and included the following:**

- Reaching more children with malnutrition through the Nutritional Rehabilitation Center, including implementing a mobile center
- Improving the Medical, Dental & Construction brigades
- Providing additional Community Development through more intentional education

It gives me great satisfaction to be able to tell you today that all of these goals were achieved, and some of them in far less than 5 years!

Some of our achievements in getting to those goals include:



Raising funds for and **building a 3,000 square-foot warehouse & office space** that not only allows us to store donations more efficiently, but also aids us enormously with distribution and regular operations in Honduras. We have been blessed to help provide many basic needs such as clothing, school supplies, food, water filtrations systems, medicines, medical supplies, toys and more. We are so grateful for this facility and the change it is allowing us to make in Honduras!

With the warehouse, we also have **new office space**, which allows our staff to have their own space to be more productive.

We implemented an **electronic medical record system** which allows us to run our brigades and community service more smoothly. We will also be able to run reports and provide follow-up care more efficiently.



The creation of the **Mobile Nutrition Center**. Due to the COVID-19 Pandemic, we could not bring families to the Nutrition Center. Thus, the Mobile Nutrition Center was born, which allows us to treat families with malnutrition by bringing the Nutrition Center to the communities, instead of vice versa. It allows us to reach more of the many children with malnutrition we find each year.



Our Food Relief program, which we originally started as a temporary project at the beginning of the pandemic, **has now been running for 3 years**, and we are continuing to provide food to those who need it most.



This coming Fall, HNH will be celebrating our fifth year of ministry in Honduras! As we look back over everything we have accomplished in these past 5 years, we are so grateful for all of the support that has allowed us to get to where we are today.

Deworming Medicines: Why Are They So Important?

Many years ago, in one of my conversations with The Worm Project, I (Dr. Herman Sagastume) shared some of my personal experiences of living and growing up in a low-income family in rural Honduras. Because consuming contaminated water was a daily occurrence, malnutrition and intestinal parasites were evident not only in the people around me, but in myself as well. **This problem of malnutrition that effected my relatives and I throughout my childhood continues to be a public health issue to this day; especially in developing countries with a tropical climate.**

Intestinal parasites are very dangerous to public health due to the considerable social and medical burden they cause both to the individual, and to the population levels. Not to mention the various other issues in poorer countries that compound this problem, such as:

- Food insecurity
- Little to no access to the necessary health resources
- Barriers that prevent obtaining essential medicines
- Difficulties in obtaining a good education

All of these factors are strongly linked to the exposure and morbidity of being infected by intestinal parasites, and when multiple of these conditions are present, **the child population experiences the greatest risk.** In fact, most *A. lumbricoides* and *T. trichiura* infections occur in children that are under 15 years old due to the habits of that age group, which involve more contact with the ground and lack of partial immunity, which is built up with age. **It has also been shown that children attending schools with a lack clean water, latrines, and sanitation facilities are even more at risk of becoming infected.**

Since 2001, World Health Organization (WHO) has recommended the use of deworming medicines in massive campaigns with the idea of reducing the prevalence of intestinal parasites, especially in children. **It has been shown that a dose of one of these medicines, such as Albendazol, if given once every 6 months along with the consumption safe water, better hygiene, and education, has succeeded in reducing the parasite load in many of the suffering areas of poor countries.**

Intestinal parasites continue to be a major problem to this day, and even more so now with the ongoing pandemic. Because of this, it is important to continue supporting organizations like The Worm Project, who continue to provide life-changing and life-saving deworming medicine to people in need. Even a single Albendazole tablet can make a huge difference in the lives of the neediest people!



Matamoros, G., Schultz, J., Fontecha, G. A., Sanchez, A. L. (2017, September 21). Persistent prevalence of infections by soil-transmitted helminths in Honduras: poverty, low efficacy of treatment and potential emergence of parasites resistance. Retrieved from: <https://www.redalyc.org/journal/3729/372953984007/html/#>



Interested in celebrating our 5 Year Anniversary with us? Join us for our Annual Banquet and Silent Auction! See the flier included with this newsletter for more information.

As we look back on the past 5 years, and with Thanksgiving right around the corner, we want to say a few more resounding THANK YOUs to everyone who has been a part of this ministry!

Thank you to our Lord and Heavenly Father, for allowing us to do His work and for always being faithful.

Thank you to the HNH staff, for devoting their time and energy and working so hard to serve those in need.

Thank you to the U.S. and Honduras Board of Directors, for their wisdom and support in overseeing the ministry's work.

Thank you to the service team volunteers, for serving with us in Honduras and helping us to bless more communities each year.



Thank you to our donors, for supporting our work financially, and standing in solidarity with those suffering in Honduras.

Without all of you, and the various ways you support our ministry, we would not be where we are today. Thank you, and to God be the glory!

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