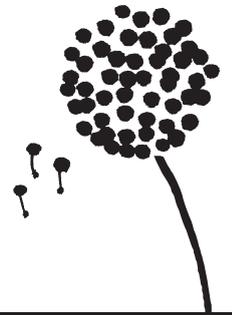


Footsteps

No.63 JUNE 2005

MILLENNIUM DEVELOPMENT GOALS



TEARFUND

Meeting the Millennium Development Goals

by the Most Revd Njongonkulu Ndungane

There are many forms of oppression and suffering – they can be physical, mental, emotional or spiritual. Poverty is often caused by oppression, and usually causes suffering. Poverty undermines families and damages communities.

There are 6.3 billion people in the world today. Over a billion live on less than a dollar a day. Almost 850 million (one in seven people) suffer from hunger.

The eight **Millennium Development Goals** are the most ambitious commitment that world governments have ever made to fighting poverty. The first Millennium Development Goal is to reduce absolute poverty and hunger by half by 2015.

The next six goals all focus on the causes and consequences of poverty. Their

targets include reducing child mortality and improving maternal health, achieving universal primary education, combating HIV and AIDS, malaria and other diseases and bringing sustainable access to clean drinking water.

The final millennium goal is to develop a global partnership for development. The only way we can even begin to achieve the other seven is for everyone to work together. This includes governments, international institutions, the business sector, the private sector and civil society.

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Photo: Jim Loring

Acting together, Christians can play a vital role in helping global partners to meet their commitments. When we work with one another, united as nationalities and races, as rich and poor and as men, women and children, we have an enormously powerful and influential voice. We must speak up loud and clear.

World governments can afford to do all that is necessary to meet the Millennium Development Goals. But the question is whether or not we have the will power. Governments can say the words, but they need all the encouragement and pressure that we can give, to meet their commitments. They need to hear that their citizens truly want them to take the

We can work together to spread hope in a hurting world.

Footsteps

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Footsteps is a quarterly paper, linking health and development workers worldwide. Tearfund, publisher of *Footsteps*, hopes that it will provide the stimulus of new ideas and enthusiasm. It is a way of encouraging Christians of all nations as they work together towards creating wholeness in our communities.

Footsteps is free of charge to individuals working to promote health and development. It is available in English, French, Portuguese and Spanish. Donations are welcomed.

Readers are invited to contribute views, articles, letters and photos.

Editor: Isabel Carter
PO Box 200, Bridgnorth, Shropshire,
WV16 4WQ, UK

Tel: +44 1746 768750
Fax: +44 1746 764594
E-mail: footsteps@tearfund.org
Website: www.tearfund.org/tilz

Sub Editors: Rachel Blackman, Maggie Sandilands

Language Editor: Sheila Melot

Administrators: Judy Mondon, Sarah Carter

Editorial Committee: Ann Ashworth, Simon Batchelor, Mike Carter, Paul Dean, Richard Franceys, Martin Jennings, Ted Lankester, Simon Larkin, Donald Mavunduse, Sandra Michie, Nigel Poole, José Smith, Naomi Sosa, Ian Wallace

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MAILING LIST: Write, giving brief details of your work and stating preferred language, to: **Footsteps Mailing List, PO Box 200, Bridgnorth, Shropshire, WV16 4WQ, UK.**
E-mail: footsteps@tearfund.org

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Tel: +44 20 8977 9144

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difficult steps that are required, so we may live in a world where there is 'some for all', not 'all for just some'.

Micah Challenge

Micah Challenge is a campaign against poverty created by the 270 member organisations of the Micah Network and by the World Evangelical Alliance, which represents three million local churches worldwide. It seeks to mobilise Christians from around the world to work together and campaign for justice for those who are poor, suffering and oppressed. It encourages Christians to put pressure on world leaders to meet the Millennium Development Goals.

This challenge starts with one small verse, in one small book of the Bible: 'What does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.' (Micah 6:8)

To act justly – to live according to need, and not according to greed.

To love mercy – to recognise in every person the image of God, and grant them the same dignity, the same respect, the same opportunities that we enjoy, in this life as well as in the life to come.

To walk humbly with your God – to acknowledge that all of creation is God's gift, and that we are his stewards, called to care for the world's resources and share them with all.

It is a challenge to all of us, to spread hope in this hurting world. As

individuals, we can all help to put pressure on global leaders to play their part in securing a more just and merciful world.

May the Lord bless us as we seek to follow him humbly in the path to which he calls us.

The Most Revd Njongonkulu Ndungane is the Archbishop of Cape Town. This article is adapted with permission from a speech he gave at the launch of Micah Challenge at the United Nations in October 2004.

For further information about the Micah Challenge see p14.

E-mail: regine.nagel@micahchallenge.org
Website: micahchallenge.org



Archbishop Njongonkulu Ndungane visits people affected by the Tsunami in Hafun village, Somalia.

The Millennium Development Goals

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

Goal 1 Eradicate extreme poverty and hunger

A new approach to caring for malnourished children

by Ed Walker

This goal aims to reduce by half the number of people whose income is less than \$1 a day, and those who suffer from hunger.

In southern Sudan, drought and the effects of 20 years of conflict led to a severe food shortage in 2002, with many children very malnourished. Tearfund responded to this emergency with a new approach called *community-based therapeutic care*.

Traditional feeding programmes treat children suffering from severe malnutrition in feeding centres. Children and their carers usually stay in the centre, so only a limited number can be treated at any time. This new community-based approach involves setting up many smaller distribution points, often in remote areas. Local people help build and staff them.

All the malnourished children admitted to the programme are examined. If they have a healthy appetite and no medical complications, they are given supplies of a special food called Plumpynut® and sent home, to be looked after by their mothers. They get regular supplies of Plumpynut from the local distribution point when they go for a weekly check up. This community-based approach reduces the time mothers have to spend away from their other children, and from their household and farming work. This was especially appreciated at the start of

Plumpynut®

Plumpynut® is a balanced food made of peanuts, oil, minerals and vitamins. It does not need to be mixed with water to use, avoiding the risk of infection from water-borne diseases in weak, malnourished children.

If supplies of Plumpynut are unavailable, substitutes can be made. In Malawi a local version was made with groundnuts, dried skimmed milk powder, sugar, oil, vitamins and minerals. Local cereals and pulses can be used instead of groundnuts and milk.

the planting season. Plumpynut also proved very popular with the children.

Severely malnourished children with serious health problems or no appetite are admitted to a stabilisation centre for medical care until they have recovered enough to return home.

This new community-based approach was a success in South Sudan, and very popular with local people. The programme was able to cover a much wider area. Hundreds more children were treated than in previous, centralised programmes. There was a high recovery rate and a very low mortality rate. Nurses who had spent over five years in feeding programmes initially found it strange to let severely malnourished children leave the treatment centre. However, they soon became the strongest advocates for the new approach. Mothers attending the distribution points also received health education and supplies of seeds. Some have now formed women's groups that meet each week to receive further health education.



Photo: Jim Loring

Other ideas to meet Goal 1

- Encourage access to micro-credit.
- Provide free school meals for all school children, using locally produced foods.
- Improve soil fertility through adding manure, making compost and using green manures.
- Plant trees like moringa and leuceana that add nutrients to the soil.
- Encourage the use of door-sized homegardens.

Ed Walker was Deputy Programme Director of Tearfund's South Sudan programme, and is currently Programme Director of the North Sudan programme.

Progress on Goal 1

The number of people living on less than \$1 a day will probably be halved due to progress in India and China. The incidence of malnutrition is falling. However, in sub-Saharan Africa the number of people living on less than \$1 a day is increasing.

The number of people suffering from hunger, though reduced, is unlikely to be halved by 2015.

Goal 2 **Achieve universal primary education**

The goal is to enable all children, boys and girls alike, to complete primary schooling.

Steps towards the right to education

by Lilia Solano

Upper Cazucá is an area in Colombia where Proyecto Justicia y Vida (Justice and Life Project) works. It has a population of over 63,000, made up of mostly migrant workers or displaced persons. They have come from various parts of Colombia in recent years, mostly because of political violence or forced displacement. Many of these people live in extreme poverty. They suffer from high unemployment. They receive little care from the government authorities. Cazucá is a deprived area, built up with no planning. The inhabitants are ignored by the state.

Rural migration to the cities resulting from the present armed conflict in Colombia has led to insecurity, corruption, social discrimination, violation of human rights, abuse of the indigenous peoples and violence. Children are the most vulnerable. They suffer as the living conditions of their families gradually worsen, resulting in low income, little schooling, and lack of housing and land.

The area has low levels of educational provision. There is a lack of school buildings, equipment and teaching programmes. There is also a lack of informal vocational training centres. In 1999, two out of every three children had no schooling at all.

The high costs that parents have to pay for their children's education in Colombia conflicts with the idea of free primary education for all, prompted by the Millennium Development Goals. The Colombian state is not fulfilling its commitment to public schooling.

Other ideas to meet Goal 2

- Abolish all primary school fees.
- Encourage community support to build more classrooms and teachers' houses.

Steps towards political impact

High numbers of children drop out of school. Justicia y Vida carried out research among children and parents to find out why children were not attending the few available primary and secondary schools. Their main reason was a lack of money to pay the various fees.

Justicia y Vida called a meeting to discuss what could be done to ensure children received schooling the following year.

First, they gathered information on the national legal situation regarding children who are victims of forced displacement. Secondly, they requested from the Mayor a copy of the area action plans from the Ministry for Social Development and Education. This information allowed Justicia y Vida to understand better the rights of displaced children and the obligations of the state in terms of education. They discovered that in Colombian law, children who are victims of forced displacement and children of single mothers should get preferential access to education.

Next they began lobbying the Ministry of Education, asking them to pay for the children's education. They met with the lawyers working for the Ministry, making them aware of the large number

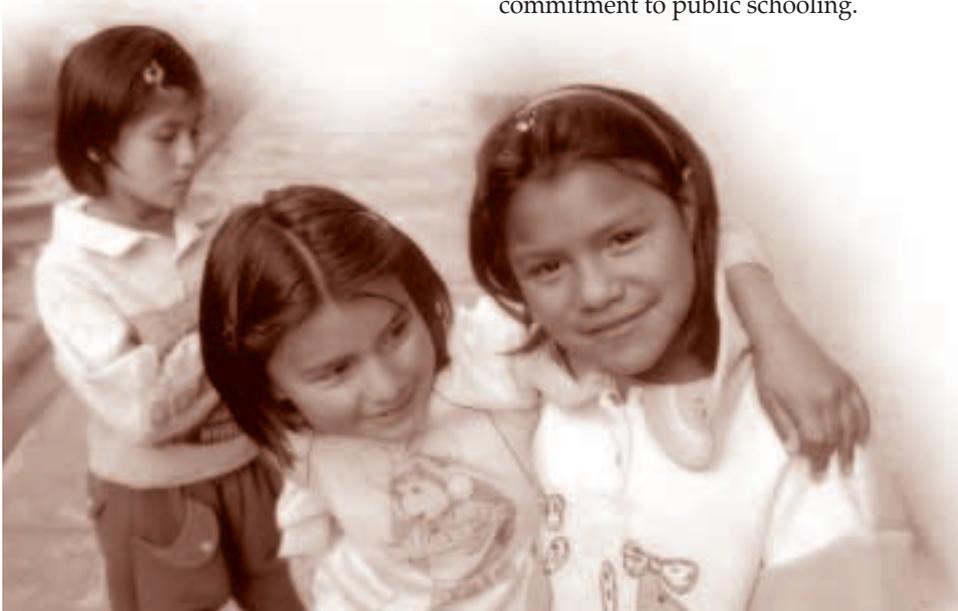


Photo: Jim Loring

All children should have the opportunity to complete primary school.



Photo: Jim Leong

of children who had not been able to study. They also sent a petition to the Ministry of Education, asking them to abolish registration fees at all levels of schooling for children who are victims of displacement.

After a year of lobbying, the Ministry responded to the petition and agreed to pay for all fees in formal educational institutions for displaced children. Now children who are victims of forced

EDITORIAL

This issue has a different structure from previous issues. Instead of looking at one particular topic, we have chosen to focus on the eight Millennium Development Goals. The eight Millennium Development Goals were agreed together by 189 nations in September 2000 with the Millennium Declaration of the United Nations. They were agreed as achievable and were seen as the best way of tackling issues of poverty around the world. They represent an enormously encouraging step for the world.



A huge amount of information about the Millennium Development Goals has been written for governments, donors and NGOs. However, there has been little effort to make these goals relevant to the lives of ordinary people. In 2005, with ten more years remaining to meet the goals, a major review of progress is being made.

This issue looks at the Millennium Development Goals in *Footsteps* style. The goals and their progress to date are explained. Each goal has targets. We share some very practical ideas that we could all use to help progress towards achieving these ambitious targets and goals. Though *Footsteps* rarely emphasises access to funding from donors (as we all know how difficult this is to get), there has probably never been a better time to look for support for your work if it ties in with one or more of the Millennium Development Goals. These goals represent a wonderful opportunity for Christians to work together towards a more equal world where everyone has a hope and a future.

Most countries will have their own MDG report published. Readers can ask for information about what their own government is doing to meet the MDGs. Are there any new activities that readers could begin in their communities to work towards achieving these goals?

Future issues will look at planning for sustainability and adding value to food crops.

Isabel

Isabel Carter, Editor

Debt relief: the benefits for education

An extract from a presentation made to the Jubilee Debt Campaign in 2004 by President Benjamin Mkapa of Tanzania

When I became President of Tanzania in 1995, our country was witnessing a serious deterioration of social services and a debt burden that was exceedingly high and unsustainable.

In the 1970s Tanzania had built an extensive education system. By the middle of the 1990s much of this infrastructure was in a state of disrepair. Enrolment in primary schools had fallen to 77%. One of my first priorities was to increase government support and to ask for debt relief. Jubilee 2000 was a great partner in this. In 2001 Tanzania was granted substantial debt relief, and this was all directed into supporting education and health. Two years later we reviewed progress in education. We could report that:

- 32,000 new classrooms and 7,500 teacher homes had been built
- 1,000 new primary schools had been built
- the primary school population had increased by 50% with equal numbers of girls and boys
- enrolment had increased from 59% to 89%
- in primary schools there were now text books for every three pupils instead of every eight
- the pass rate for the primary school leaving exam had risen from 22% to 40%
- 12,000 school committees had been trained.

All this after just two years of adequate funding! At this rate we believe that Tanzania can achieve MDG 2 in 2006, nine years ahead of the UN target in 2015.

EDITOR: Many *Footsteps* readers supported the advocacy work of Jubilee 2000 and will find this update very encouraging.

displacement and all children of single mothers throughout the area do not have to pay for their education.

Through their efforts, the Justicia y Vida team, together with the facilitators and volunteers, succeeded in reducing the high numbers of children dropping out of school in Cuzucá. By working together, and inspired by the God of hope and life, they were able to build a better future for all.

Lilia Solano is Director of Proyecto Justicia y Vida. Carretera 49 A# 29-89, Barranquilla, Colombia. E-mail: projusvi@yahoo.com

Progress on Goal 2

Primary school enrolment is increasing everywhere except in East Asia and the Pacific. In much of Latin America and the Caribbean enrolment levels are high, but drop out rates are also high.

Without a lot more effort this goal is unlikely to be met.

Goal 3

Promote gender equality and empower women

Providing girls with a future and a hope

One of the targets of this goal is to enable girls to attend all levels of schooling in equal numbers to boys.

by Ines Caballero

Mosoj Yan is an organisation working with young street girls and working girls in Bolivia. There are around 800,000 children working in Bolivia, many of them living on the streets. Most of these young people are illiterate. In rural areas, nine out of ten girls drop out of school.

Mosoj Yan (which means *New Way* in the Quechua language) runs programmes for about 700 girls who live on the streets. The work is based on care, rehabilitation and social and family reintegration. We have a training centre where these girls can receive educational support, legal advice, healthcare, counselling and guidance. Girls who cannot attend the centre can join one of five working groups based in different city markets, close to where they work. These groups provide educational support, leadership training and promote self-development, defending rights and fulfilling obligations. This

work is designed to motivate the teenagers to change their lifestyle and to show them other ways of survival, through recognising their skills and strengthening their vocational skills.

Mosoj Yan encourages schooling as key in preventing these children remaining on the streets. We work with the families and community so they take responsibility for the development and well-being of the young girls. Mosoj Yan has a nursery school, and works to encourage good mother-child relationships and to reduce the risks for babies who live with their mothers on the streets.

Low self-esteem is one of the main reasons why young girls leave home to live on the streets – where they are likely to become involved in commercial sex

work, become pregnant, commit suicide or participate in criminal groups. Mosoj Yan works to restore their self-esteem and self-image, as women with opportunities, skills and goals for the future. We try to empower them and strengthen their leadership skills. We encourage a healthy expression of their feelings, emotions and thoughts.

We believe both men and women can bring about change in our society. We work against cultural stereotypes about gender, which discriminate against women and girls. We can all speak out, both for our own rights and to defend the rights of others. We can all have hope in a better future, in which we can achieve our dreams and discover God's purpose in our lives.

When Mosoj Yan works with one of these young girls, we are not only working with them, but with the children they may have in the future. Getting them back into school provides them with an economic future, but it is also a source of hope, for improving the social situation of the country. Hundreds of girls who have gone through our programme over the last 14 years have been able to finish their studies and many of them have gone on to university.

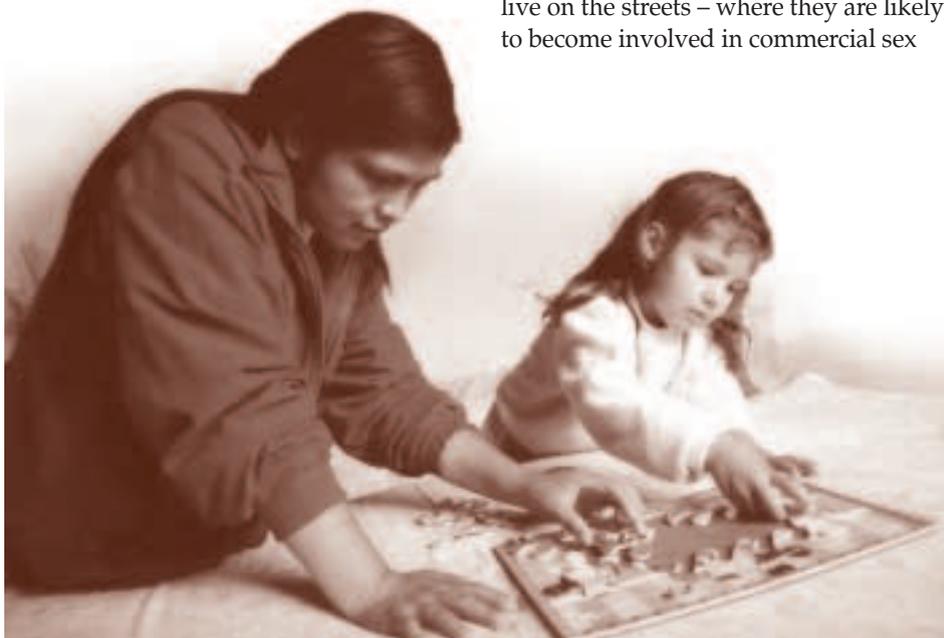


Photo: Jim Loring

Other ideas to meet Goal 3

- Improve water supplies so that girls have more time to attend school.
- Through advocacy, reform and enforce legislation which guarantees women property and inheritance rights.



Photo: Jim Loring

We can all speak out, both for our own rights and to defend the rights of others. We can all have hope in a better future, in which we can achieve our dreams and discover God's purpose in our lives.

Noelia's story

Noelia left her violent and broken home when she was 13 years old. She lived on the streets with her partner. She didn't know how to care for her young daughter properly, and considered her life was useless and without meaning. She didn't trust anybody. She had never known the presence of God in her life, since she believed that nobody would be able to love her as she was.

After the birth of her second child, Mosoj Yan encouraged Noelia to go back to school. First they helped her to recognise her skills and interests and restore her self-confidence. They also helped her learn to control her violence. Above all, they encouraged her to restore her relationship with God.

Noelia went back to night school and finished her studies successfully. She began training in nursery school education and graduated last year. Now she works in a nursery for babies whose mothers live on the streets. Her experience and training are a real blessing for the teenagers who find themselves living in similar situations.

Noelia's relationship with her children has improved incredibly. Her two eldest children are studying at school and she has shown herself to be a responsible and caring mother. The circle of violence has been broken. Now Noelia is a renewed, restored

woman, full of hope for the future that God has prepared for her and for her children.

Giovanna's story

Giovanna is a 24 year old woman who came to the city from the countryside. She used to sell lemons on the streets with her mother and sister. She attended only two years of primary school and so had difficulty with reading and writing. However, she had good numeracy skills and other skills necessary for her daily life. Giovanna lost her father at a very young age, and her mother considered that she did not need schooling since she was a girl. Giovanna

had low self-esteem and struggled with thoughts of suicide and feelings of uselessness.

Mosoj Yan began by looking at her interests and skills, and discovered that she had a real ability for cooking and for making sweets and cakes. At the same time, they worked to improve her self-esteem. She began vocational training. Encouraged by teachers on the project and friends from church, she overcame her fear and returned to night school to continue her training.

Giovanna now works as a head chef and cookery teacher. Her life has been transformed and she now helps other young girls and teenagers, sharing her experience with them. She provides financial support for her family and has helped her younger sister finish school.

Ines Caballero is the Director of Mosoj Yan. Mosoj Yan's address is Casilla 4654, Cochabamba, Bolivia.

E-mail: mosojyan@supernet.com.bo

Progress on Goal 3

In Latin America the overall target for education has almost been reached. However, women – especially indigenous women – are still marginalised.

Elsewhere progress is slow and without huge effort this goal is unlikely to be met.

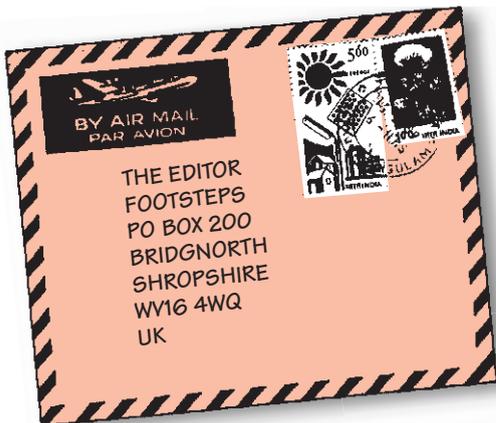
Koinonia

The organisation, Koinonia, works among the Rishi people of Bangladesh, running 32 schools and special education centres to promote basic education. Rishi people belong to the lower caste of Hinduism and are treated as 'dalits'. Most are not literate. Children have to help with work and household chores. Girls are particularly neglected, so Koinonia pays special attention to increasing girls' enrolment in these schools.

As well as basic education, the curriculum includes cultural activities, play time and parents' days. The community is involved in the management of these schools, and parents attend regular meetings where they can share their views on the running of the schooling programme. This programme has raised awareness of the importance of education as the basis of development and the literacy rate in the Rishi community is rising every day.

Dennis Dilip Datta is Executive Director of Koinonia, PO Box 8089, Mirpur-2, Dhaka – 1216, Bangladesh. E-mail: koinonia@bdonline.com





Seed for medicinal plants

Following the *Footsteps* issue on the use of medicinal plants, I started to collect plants from this region, catalogue them with their local names and plant them on our farm.

I would like to receive or exchange seeds of medicinal plants (such as artemisia) or spices, together with information about them, from other parts of the world that can be used in a tropical climate. I can offer seeds of neem, jaca and *Moringa oleifera*.

Hermes de Jesus Domingos
Cx Postal 20 – Ndalatando
Kuanza Norte
Angola

E-mail: mbote@latinmail.com

People power for change

Many Kenyans long for more government action to deal with corruption. However, ordinary people can bring change themselves with determination and coordinated effort.

The police are known to take bribes from overloaded public transport vehicles. One such vehicle was travelling into Nairobi from Machakos. It approached a police roadblock. A culture of bribing the police to prevent high fines for poorly repaired or overloaded vehicles is common. As usual, the driver got out with some money stashed inside his driving licence. However, the policeman was not happy with the amount given and when he asked for more, the driver complained loudly. The passengers looked at each other and were not amused by the policeman asking for a bribe as if it was his right.

What happened next made history. The eighteen passengers got out of the vehicle and asked the policeman what he wanted. On saying he wanted nothing, they asked him for the money he had been given. He refused to hand it over and so they emptied his pockets. His two colleagues did not want to shoot and the people, who were now very angry, asked for the day's collection. They managed to collect some money, which they said they would give to a charity. They drove to a newspaper office to report the incident. A week later in another part of the country, other passengers did the same.

Now public transport vehicles can drive without having to bribe. These events led the government to tighten up the laws on overloading and vehicle safety. This means drivers can no longer overload their vehicles and must keep them roadworthy.

This was a small action that led to a big change in the right direction for the people of Kenya in terms of public transport and fighting corruption.

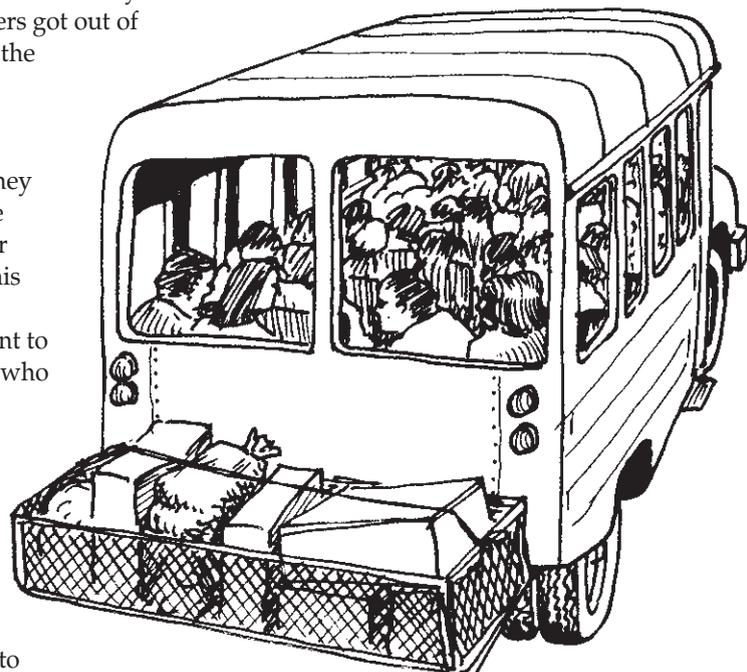
Bernadette Kyanya
PO Box 2722
KWH
Nairobi
Kenya

E-mail: bkyanya@todays.co.ke

Association Misola

Our organisation gives priority to breast-feeding and to preventing malnutrition in babies and young children. The energy value and protein value of food for babies over six months old, based on local flour, can be greatly increased by adding natural enzymes. These break down the food, making it easier for babies to eat, without the need to add a lot of water.

Before cooking, toast the dry flour on a thick pan or grill it briefly. Use one



measure of flour to two measures of water, mix together and cook until the mixture thickens. Add one of the following instead of adding more water:

- a pinch of malted flour (flour made from germinated grains)
- a small amount of mashed, ripe avocado
- a few drops of the mother's breast milk (as long as the mother does not have HIV).

Xavier Laurent
BP 1557
Yaoundé
Cameroon

E-mail: xalaumisola@yahoo.fr

Things grow better with Coca Cola?

Indian farmers have a new way of keeping their crops free of pests. Instead of paying for expensive pesticides they have discovered that by spraying their crops with Coca Cola, pests die. We suggest *Footsteps* readers might like to try out this idea!

A J Richardson
4 Brooke Ave
Killarney Vale
New South Wales 2261
Australia

Goal 4 Reduce child mortality

Learning from each other

The target for this goal is to reduce by two thirds the number of deaths in children under five.

Background

Over 10 million children under five die each year from preventable illnesses. These include diarrhoea, pneumonia, malaria and HIV and AIDS.



Photo: Jim Leung

The Community Health Department of St Stephen's Hospital, Delhi, India provides health, education and development services to 60,000 people in Sunder Nagari, an urban slum in East Delhi and to 18,000 people in ten rural villages of Gurgaon district in Haryana.

In Gurgaon district, nurses and midwives regularly visit every family in the area, providing health education and

a constant link to the services available. One simple idea that they have found very effective is to pair up mothers in similar situations. Health workers look out for mothers who are coping well with looking after their babies and young children, despite little money or resources. They ask these mothers if they would be willing for other mothers to visit them in their homes and provide

Other ideas to meet Goal 4

- Provide regular de-worming to all schoolchildren in affected areas.
- Encourage effective immunisation programmes for all children.
- Promote hand washing and good hygiene.

Main causes of death in children under five years

CAUSE	DEATHS	PREVENTIVE ACTION	TREATMENT
diarrhoea	22%	<ul style="list-style-type: none"> • breastfeeding • vitamin A from green vegetables • clean water • good sanitation and hygiene 	<ul style="list-style-type: none"> • oral rehydration therapy would prevent 15% of these deaths • zinc
pneumonia	21%	<ul style="list-style-type: none"> • breastfeeding • Hib vaccine 	<ul style="list-style-type: none"> • antibiotics
suffocation during birth	10%	<ul style="list-style-type: none"> • training of midwives and traditional birth attendants 	<ul style="list-style-type: none"> • newborn resuscitation
malaria	9%	<ul style="list-style-type: none"> • insecticide-treated bednets 	<ul style="list-style-type: none"> • antimalarials
infection during birth	8%	<ul style="list-style-type: none"> • clean delivery • breastfeeding 	<ul style="list-style-type: none"> • antibiotics
premature birth	8%	<ul style="list-style-type: none"> • bednets for pregnant women to prevent malaria 	<ul style="list-style-type: none"> • keep the baby warm
HIV and AIDS	3%	<ul style="list-style-type: none"> • Nevirapine and replacement feeding 	
tetanus	2%	<ul style="list-style-type: none"> • tetanus vaccine for pregnant women • clean delivery 	
measles	1%	<ul style="list-style-type: none"> • vaccination 	<ul style="list-style-type: none"> • vitamin A

simple training. The health workers then suggest that mothers whose babies have been malnourished or unwell visit these 'effective' mothers.

By visiting them in their homes, chatting about their babies and children and helping to prepare food for the children, the mothers learn and observe all kinds of useful information. Sometimes they become good friends. Sometimes just one visit is made. Though this idea is very new, St Stephen's staff are very positive about how effective it is proving in reducing repeated cases of malnutrition. Learning from other mothers who are living in equally poor or difficult situations, is proving a very effective way of learning.

Progress on Goal 4

Considerable progress has been made in many countries, but this has stopped entirely in sub-Saharan Africa. This goal is unlikely to be met.

Goal 5 Improve maternal health

Helping women in labour

One of the targets for this goal is to reduce by three quarters the number of women dying in childbirth.

Over 50 million women give birth each year without help. Each year nearly 600,000 women die worldwide from preventable complications during pregnancy or childbirth, 99% of them in the South.

The most common causes of death are:

- 25% haemorrhage (excessive bleeding)
- 15% infection
- 13% unsafe abortions
- 12% eclampsia (a dangerous condition of late pregnancy with high blood pressure and fits)
- 8% obstructed labour.

Young mothers under 20 years of age are five times more likely to die during childbirth. Two million girls undergo some form of female genital mutilation each year, which considerably increases the likelihood of infection and complications during childbirth.

In addition to the women who die, there are also many thousands who are left damaged or infertile after childbirth. Long and difficult labour may result in obstetric fistula. If the baby's head presses for many hours on the bladder and rectum, they may develop holes so that after birth, the woman leaks urine and sometimes faeces. They face a life of shame, often rejected by their family and unable to remove the smell of urine or faeces. In Africa, MaterCare estimates

that two million women need surgery to repair obstetric fistulas but there are few hospitals and health centres able to provide this surgery.

Traditional birth attendants

Traditional birth attendants (TBAs) can be trained to support mothers in labour and reduce infection.

Training them to wash their hands, clean surfaces and cut the umbilical cord with a new razor blade (or with a sharp knife or scissors boiled for 20 minutes before use) will considerably reduce the risk of infection. TBAs can also be trained to recognise women likely to need additional medical care and to refer complicated births to hospital.

However, research in Pakistan (by Health-Pakistan) has shown that the impact of TBAs is only likely to save 3% of the women who die during childbirth. Many more lives could be saved if women had good access to emergency

Other ideas to meet Goal 5

- Community nutrition programmes for pregnant women which include zinc and vitamin A supplements.
- Training for TBAs and for community midwives.
- Raise awareness of the risks of female genital mutilation.
- Ensure all girls complete primary school education.
- Lobby for surgery to be available for women suffering from obstetric fistulas.



Photo: Santosh Verma

care and skilled medical help if their deliveries develop complications.

Recent research shows that the following are the most effective ways of reducing deaths from childbirth:

Better education for girls Girls who finish primary school are much more likely to have fewer children and to give birth to them later in life. They are also much more likely to seek antenatal care and to have healthy babies.

Trained midwives TBAs provide good support for women who have uncomplicated births and reduce the likelihood of infection. However, trained midwives, who can help when the birth is complicated, are much more important in saving lives.

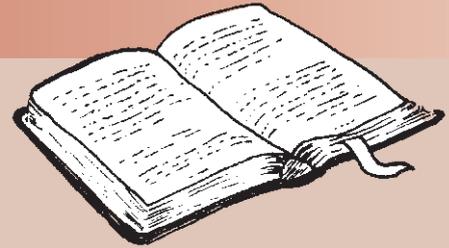
Emergency medical care Difficult births will need rapid referral to a suitably-equipped health centre or hospital to save the lives of mothers and their babies.

Progress on Goal 5

So far there has been little progress towards achieving this goal.

BIBLE STUDY

Advocacy for healthcare *by Elter Nehemias Barbosa*



Thousands of people die every day from preventable diseases, from lack of proper healthcare or information about health issues. Many of these deaths are related to issues of international debt, corruption and bad governance. Injustice kills and, unfortunately, this is the reality for many people across the world.

God's passion for justice is clear in the Bible, and shows us the importance of waking up governments and societies to the cause of the needy. The Bible says that defending the rights of the poor is part of the process of coming to know God himself (Jeremiah 22:16). Being close to God means listening to his concern for those who have no hope, for those who have no health. And it means taking action to transform the unjust structures – whether social, economic or political – that leave so many people dying.

What if we start taking action? What if we combine local action with pressure on governments and companies and with education for our own fellow citizens? What if we combine prayer and action? Prayer that brings us to worship God and that leads us to work for justice and health worldwide.

Read Exodus 3:1-12

- In this passage, whom does God call as an advocate?
- To whom is he sent?

- What is the role of this person in Israelite society?
- What does this say to you about the nature of advocacy and about your role today?

Read John 10:10

- How do the Millennium Development Goals on health relate to this passage?
- Why are so many lives wasted due to the lack of basic healthcare?

How are these two Bible texts related? What do they say about God's concern for those who have no proper healthcare? Pray about your own role.

Elter Nehemias Barbosa works with FALE, a campaigning network that brings together thousands of Christians to speak up against injustice. FALE has campaigned against sexual abuse, for women's rights, for Brazilian native peoples, against deforestation, for debt relief, and are now preparing a campaign on trade justice.

E-mail: elternehemias@uol.com.br Website: www.fale.org.br

Taking action in our community

Develop a role play about a young mother giving birth to her first baby.

At first, show lots of excitement among friends and relatives. Some women and a TBA arrive to help her. The hours pass...

The birth is obviously not going well and she needs emergency help – available five miles away in a health centre. The father and elders meet that evening to discuss where to find transport. Eventually they telephone a relative in the nearby town who will find a truck and bring it. Then they discuss how to find the money. Two people go off to visit relatives to borrow money. In the meantime the women are more and more worried.

By midday the next day, the truck arrives and they manage to borrow money. But the woman is now completely exhausted from the long labour. She dies as they prepare to move her. Everybody

asks 'Why did it take so long to find transport and funds?'

Conclude the role play as people agree to set up a community health committee with responsibility to provide emergency transport (using a stretcher and volunteers) and to manage a small loan fund for families of all women in labour.



Discussion questions

- What access do women in our community have to emergency healthcare?
- Where is the nearest hospital or health centre with skilled medical staff?
- What does it cost to deliver a baby there?
- Are there any midwives or doctors willing to come to our community and assist in difficult births?
- How much does their service cost?
- How could our community establish a good system to provide emergency transport for women who have problems during labour?
- Could an emergency fund be established for medical emergencies? How could it be effectively managed and replaced after each use?
- Do mothers go for ante-natal care so that at-risk deliveries can be identified early?

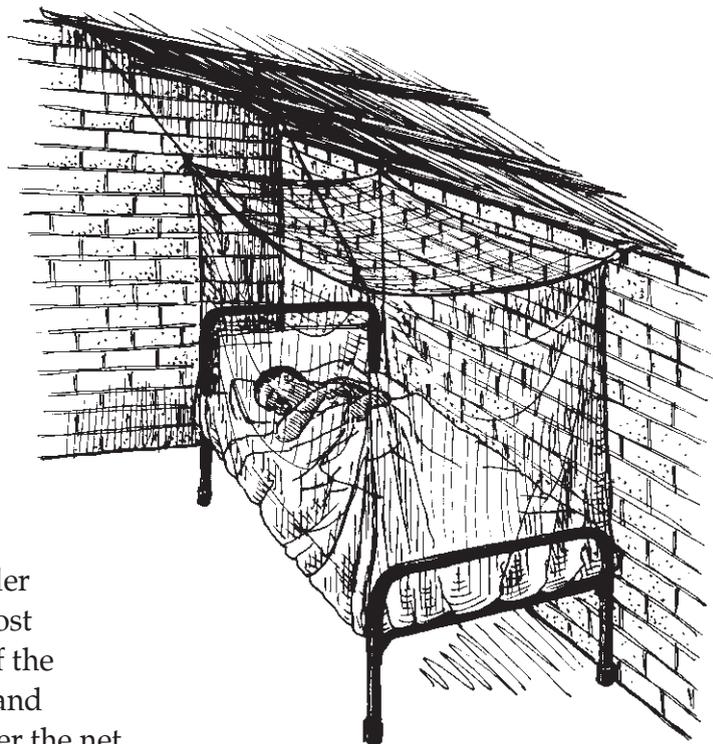
Goal 6

Combat HIV/AIDS, malaria and other diseases

Protecting our families from malaria

by Isabel Carter

Using insecticide-treated nets is one of the most effective ways of reducing the spread of malaria. The mosquitoes responsible for spreading malaria are most active at sunset, after dark and at sunrise. Sleeping under nets, particularly nets treated with insecticide, is the most effective way of protecting our families from malaria. If the family only has one net, young children and pregnant and nursing mothers should have priority for sleeping under the net.



The targets for this goal are to halt and begin to reverse the spread of HIV and AIDS and the incidence of malaria and other major diseases by 2015.

Background

Malaria is a disease transmitted by the bite of infected mosquitoes. There are 300–500 million cases of malaria each year, resulting in around one million deaths. Around 90% of these deaths are in Africa, mostly in young children. As well as fever, it causes many other health problems in children, including low birth-weight, epilepsy and anaemia. Malaria causes a fifth of all childhood deaths in Africa.

Nearly half of all requests for treatment in clinics and hospitals in Africa are for malaria. Malaria has a considerable impact on the economy of many countries by reducing the number of people able to work effectively.

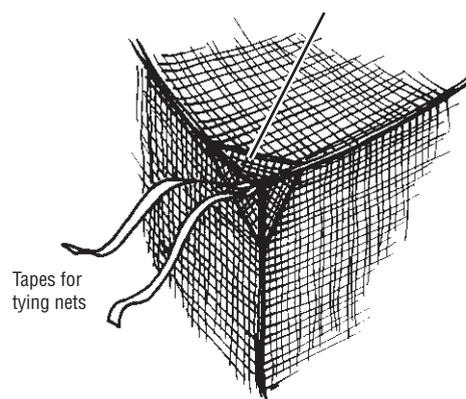
Using nets correctly – treating them regularly with insecticide, mending holes and tucking them in to prevent mosquitoes entering – will greatly reduce cases of malaria. If nets are available locally at reasonable or subsidised prices, they are a valuable investment. ‘Perma’ nets are recommended as they only require treatment with insecticides every four years. If none are available, then it is possible to make your own nets.

Making mosquito nets

Netting can be bought in bulk and used to make many nets. Heavier quality netting is better, as the nets will be much stronger and less likely to tear. Square



Triangles of extra material to strengthen the corners



Tapes for tying nets

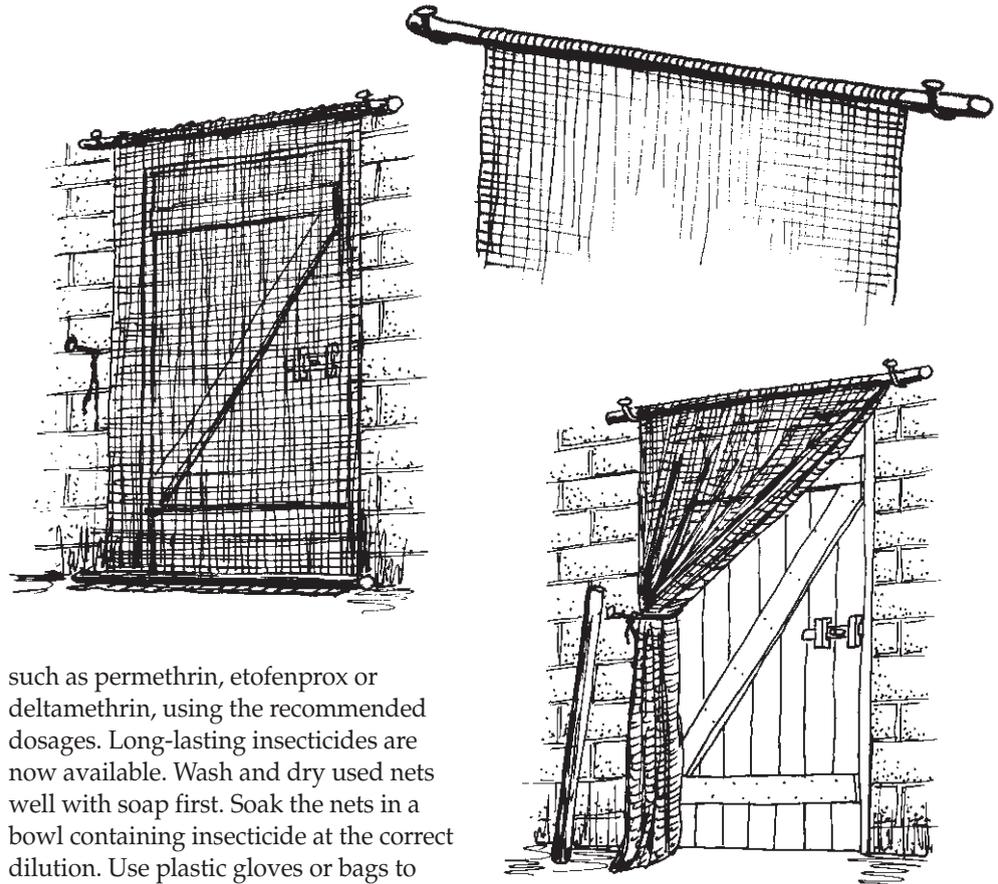
nets are easier to sew, give more protection and are more useful when several people are sharing one net. If netting is too expensive, is there any other thin, light material that could be used? For example, old sari material in Asia, fine muslin or shamma cotton in Ethiopia.

Bed nets Cut out netting for the side. First measure the width and length of the bed. Add these figures together, double the result and add 20cm for the seam. Allow plenty of length for the net so it can be tucked in. If people sleep on mats on the floor, nets will need to be

Smartnet

In Tanzania, a partnership between the Ministry of Health, NGOs, researchers, net manufacturers, insecticide suppliers, donor agencies, distributors, wholesalers and retailers was established. Known as Smartnet, the partnership aims at building up a market for insecticide treated nets while ensuring that poor people also have access. Tanzania now produces 90% of Africa's insecticide-treated mosquito nets.

CASE STUDY



longer. Sew up the side seam. Cut out a piece for the top, using the width and length of the bed. Sew this in, adding tapes and strengthening triangles in the four corners. Hem if necessary.

Doors and windows If possible, make frames for each window and door and fit mosquito wire. If this is too expensive, consider fitting netting to the windows and doors. Cut the netting to fit windows and doors, adding 40cm for edging. Make a wide hem at the top and bottom and push a stick of wood through both. Hang the top of the net curtain using hooks or bent nails. The weight of the wood in the bottom hem will help the net to hang straight. Tie the door curtain back during the day to avoid damaging it.

Insecticide treating Treat all nets and curtains with pyrethroid insecticides

such as permethrin, etofenprox or deltamethrin, using the recommended dosages. Long-lasting insecticides are now available. Wash and dry used nets well with soap first. Soak the nets in a bowl containing insecticide at the correct dilution. Use plastic gloves or bags to cover your hands. Wring out the net and let it drip into the bowl until the drips stop. Nets can be hung over the bed to dry. This has the advantage of killing bedbugs! As the nets dry, turn them a couple of times to make sure the insecticide is evenly distributed.

Nets and curtains should be washed and treated with insecticide every six months. The insecticide will kill fish, so dispose of the waste carefully, away from rivers and ponds.

Progress for Goal 6

Some countries such as Senegal, Brazil, Thailand and Uganda have managed to halt the rate of increase of HIV and AIDS. However, many others have not and accurate figures are hard to obtain. Without a medical breakthrough, it is unlikely that the rate of increase of HIV and AIDS will be halted. Considerable progress has been made controlling and treating tuberculosis, but not malaria.



Other ideas to meet Goal 6

- Sprinkle neem leaves on the floor.
- Close windows and doors before sunset.
- Fill in any pools of stagnant water near the house.
- Clear waste vegetation near the house to prevent mosquitoes breeding.
- Provide education and discussion groups for young people about HIV and AIDS so they are well informed and fully aware of how the virus spreads

Books Newsletters Training materials

Useful websites

www.unmillenniumproject.org

A good summary of the Millennium Development Goals and task force reports.

www.rbm.who.int

Roll Back Malaria – Publications include many helpful information sheets.

www.whiteband.org

A global site encouraging action against poverty.

www.wateraid.org

Information on improving access to clean water and sanitation.

www.phmovement.org

The People's Health Movement is a growing coalition promoting health and equitable development as top priorities

www.viva.org

Viva Network is a global movement of Christians concerned about 'children at risk'.

www.undp.org

United Nations Development Programme with a good Millennium Project site.

www.aidsalliance.org

Is the new website of the AIDS Alliance where a number of helpful resources can be downloaded free.

www.irinnews.org

The Integrated Regional Information Network provides access to up-to-date information to help organisations understand, respond to and avert emergencies.

www.eldis.org

ELDIS provides information on a range of development issues and free, easy access to online documents and a directory of websites, databases, library catalogues and email discussion lists.

www.feedingminds.org

Teaching materials exploring the problems of hunger, malnutrition and food insecurity.

www.kubatana.net

Improving access to human rights and civic information.

HIV and AIDS: taking action (ROOTS 8)

This new book looks at how the church and Christian development organisations can respond to the challenges brought by HIV and AIDS; reducing their impact, preventing the spread of HIV and addressing HIV and AIDS issues within organisations. The book has 100 pages and costs £10 (\$18, €14.50). It is available in English (French, Spanish and Portuguese translations will be available shortly) from:

*Tearfund Resources Development,
PO Box 200, Bridgnorth, WV16 4WQ, UK*

E-mail: roots@tearfund.org

Website: www.tearfund.org/tilz



Facilitation skills workbook

This book aims to equip people with the skills and confidence to facilitate small group discussions. It is designed as training material for people who are using PILLARS guides in their local communities. Available in English, French, Portuguese and Spanish. The book costs £5 (\$9 or €7).

Available from Tearfund Resources Development (address above).

Footsteps on the web!

Tearfund is relaunching its international website. You will find past issues of *Footsteps*, together with other Tearfund publications, online. It is now easy and quick to search for particular topics and to print and use the information.

www.tearfund.org/tilz

ROOTS CD Rom

A new CD Rom containing all existing eight ROOTS books in pdf format. The CD Rom uses English, French, Spanish and Portuguese. The ROOTS books include: *Project Cycle Management*, *Peace-building*, *Fundraising* and *Child participation*.

The CD costs £15 (\$27 or €22) including airmail postage.

Available from Tearfund Resources Development (address above).

Where There Is No Doctor

This is probably the most important healthcare manual of all time. The full book is now available online and free of charge at the following website:

www.healthwrights.org/booksonline.htm

The website also has a number of other very useful primary healthcare books available, including *Disabled Village Children*, *Helping Health Workers Learn* and *Where There Is No Dentist*.

All the above e-books are available in both English and Spanish.



Micah Challenge

This campaign is mobilising Christians to raise a prophetic and powerful voice with the poor. The global campaign challenges Christians to deepen their engagement with poor people and calls on leaders of rich and poor nations to keep their promise to achieve the Millennium Development Goals.

Their website micahchallenge.org has action plans, news, video and analysis, as well as Christian teaching and prayer resources. You can sign up to a global petition. It also has details about national campaigns in India, Ethiopia, Canada, Zambia, the Andean region and elsewhere.



Goal 7

Ensure environmental sustainability

Creating cleaner cities

Sileshi Demissie began the Gashe Abera Molla Association in Addis Ababa, Ethiopia, to clean up the environment, create jobs and mobilise the community.

Sileshi, an Ethiopian by birth, returned to Addis Ababa after 20 years as a successful singer in the USA and decided to do something about the social and environmental problems in his home city.

Sileshi visited schools and used music, dance, poems, drama and paintings to encourage students to look at the city's environmental problems. They considered how they could deal with the issues. With a team of homeless children and local residents, Sileshi targeted the worst areas of the city. They transformed waste areas full of rubbish and pollution into parks that were clean, green, painted and fenced. Coughing, respiratory disease and allergies were reduced as a result. Unemployed youths were trained in wood and metal work, recycling and environmental management.

However, there was still urine in the new green areas. When asked why, the



Other ideas to meet Goal 7

- Plant more trees to protect the soil and water supplies and provide shade, fuel wood and windbreaks.
- Build contour barriers of earth, stone or plant waste to prevent rain washing the soil away from fields.
- Use SODIS to purify water (*Footsteps 51*).
- Build hand dug latrines.
- Collect rainwater for drinking.
- Use more efficient stoves to save fuel.

community replied, 'Give us toilets and we will use them.' In response, Sileshi and his team came up with a new approach – mobile toilets with kiosks. These can be wheeled away, emptied into latrines and locked up at night. Users are charged a small fee and homeless children have jobs as attendants, keeping the area clean and earning extra money by selling goods from the kiosk.

It has made a big difference for Eskender Tadesse. 'Before, I was homeless and I didn't have an income to support myself. Now, with the toilet, I have an income and am able to save.'

Fasika, who was once a homeless child, is another mobile toilet attendant. She sells women's accessories at her kiosk and keeps her area clean. 'My child can go to school, I can rent my own house and I am living comfortably. I never want my children to have to go out begging.'

The scheme benefits other local residents. As one customer remarked, 'It is very important to have mobile toilets, we need them all over the city to keep the environment clean. They help youths to get jobs in the city too.'

Targets include the need to protect the environment, to reduce by half the number of people without access to safe drinking water and basic sanitation, and to significantly improve the lives of slum dwellers.

Background

2.6 billion people lack access to adequate sanitation. Over one billion people are without access to safe drinking water. Five million people, mostly children under the age of five, die every year from water-borne diseases caused by inadequate water, sanitation, and hygiene.

Damage to the environment increases each year, mainly through unsustainable agriculture, removal of forests and loss of soil fertility.

The Gashe Abera Molla Association works in partnership with WaterAid.

E-mail: wateraid@wateraid.org

Website: www.wateraid.org

Progress for Goal 7

Without much greater effort, it is unlikely that the targets for improving access to clean water and sanitation will be met. The number of people living in slums is likely to double to almost two billion by 2015 and the targets to improve their lives are highly unlikely to be met.

Discussion questions

Tearfund encourages advocacy work promoting access to safe water and sanitation...

- How can we facilitate change in attitudes and practice towards good hygiene and sanitation?
- What policies and practices affect the lack of provision of water and sanitation in our communities?
- How can we work towards changing these policies and practices?

Goal 8

Develop a global partnership for development



Photo: Marcus Perkins

Campaigning for change

by Mari Griffith

Unjust trade, third world debt and ineffective aid are key factors that cause poverty and lie at the heart of global inequality. In the UK, over 250 organisations, including Tearfund, have joined together to form a campaign called Make Poverty History. This campaign calls for fairer international trade rules, the cancellation of all unpayable international debt and better targeted aid.

In 2005 the UK government hosts the G8 Summit of world economic leaders and holds the presidency of the European Union, allowing key opportunities for breakthrough in these areas. Thousands of people are sending postcards and letters to the government, taking part in rallies and marches, and praying for change.

Trade: a global injustice

Unfair trade harms livelihoods around the world. Southern countries are forced to open their markets and prevented from using trade policies, such as subsidies, to help fight poverty and protect the environment. Yet rich countries continue to subsidise their farmers and protect their markets.

Burkina Faso, in West Africa, illustrates some of the issues. In the late 90s, Burkina Faso was obliged to liberalise rice prices and trade to comply with World Bank and IMF policies. As a result, cheap imported Asian rice has flooded the market and Burkina's farmers struggle to sell their rice. Burkina Faso's cotton farmers are struggling too. The USA and

European Union give big subsidies to their cotton farmers so that they can sell their cotton at a very low price and still make a big profit. This forces down the international price of cotton. Burkina Faso's two million cotton farmers, who get no government support, therefore have to sell at this lower price.

Halidou Yaro is one such farmer. He is married with six children. He depends on income from his cotton crop to provide for his family's needs. But the price he gets is already low and he has been told it will decrease. *'I was sad to hear such news,'* explains Halidou. *'Even when the price is higher we have problems because we cannot afford our hospital bills and prescriptions and we cannot buy school items for our children. Everything we buy comes from our cotton money ... I feel that poverty is coming. We are in poverty now, but a greater one is coming.'*

Trade has the potential to allow millions of farmers, such as Halidou, to earn a decent livelihood. But at present it often makes them poorer. That is why Make Poverty History is calling for world leaders to stop making resource-poor

Targets for this goal are aimed at Northern governments and include major increases in development aid, relieving debt in resource-poor countries and developing a fair international trading system.

Background

- Nearly 90% of third world debt remains. Southern countries continue to pay US \$100 million per day servicing debts.
- Most rich countries are far from meeting their aid pledge of 0.7 percent of national income. If rich countries honoured their pledge, the US \$120 billion per year generated would be enough to halve world poverty.
- The international trading system continues to favour rich countries and powerful companies. Unfair trade rules rob poor countries of £1.3 billion every day – 14 times what they receive in aid.

countries open up their economies to unjust trade and for an end to export subsidies that damage the livelihoods of poor communities around the world.

Progress on Goal 8

Northern governments are making some progress in meeting their targets but there is a long way still to go.

Published by: Tearfund, 100 Church Road, Teddington, TW11 8QE, UK

Editor: Dr Isabel Carter, PO Box 200, Bridgnorth, Shropshire, WV16 4WQ, UK

Tearfund staff spend considerable time dealing with many thousands of funding requests that we are unable to support. This is taking them away from their work of bringing good news to the poor through current partnerships. **Please note** that all funding proposals will be rejected unless they are from current Tearfund partners.

TEARFUND

