



Jiangxi China Orphan Aid

Altrusa International of Longview-Kelso Foundation

working together with Amity Foundation in China

Nutritional Support Case Report: March 2016

Ruijin Social Welfare Institute, Jiangxi Province

JM is four years, ten months old (born 5/1/2011).
He is diagnosed with rickets.

Rickets is caused by vitamin D deficiency. It's characterized by imperfect calcification, softening, and distortion of the bones, typically resulting in bow legs.

JM has been part of our nutritional supplement program since June, 2013.

On the next page, you how his charted data indicates the impact supplemental nutrition has had on his development.

Doctor/orphanage comments

JM is and getting along well with all his foster family members. In kindergarten, he is a delight at playing with other kids and gaining knowledge from his teachers. He especially likes singing and drawing. He can communicate with people well. When JM comes back to home, he enjoys talking about what happened in school and has a chat with his foster family. Because he loves to play outside, JM's foster family takes him outside in good weather over weekends, and he loves that. He has good appetite. He eats one big bowl of rice for each meal, and 200ml milk twice a day, and an egg for each day. He is not a picky eater.

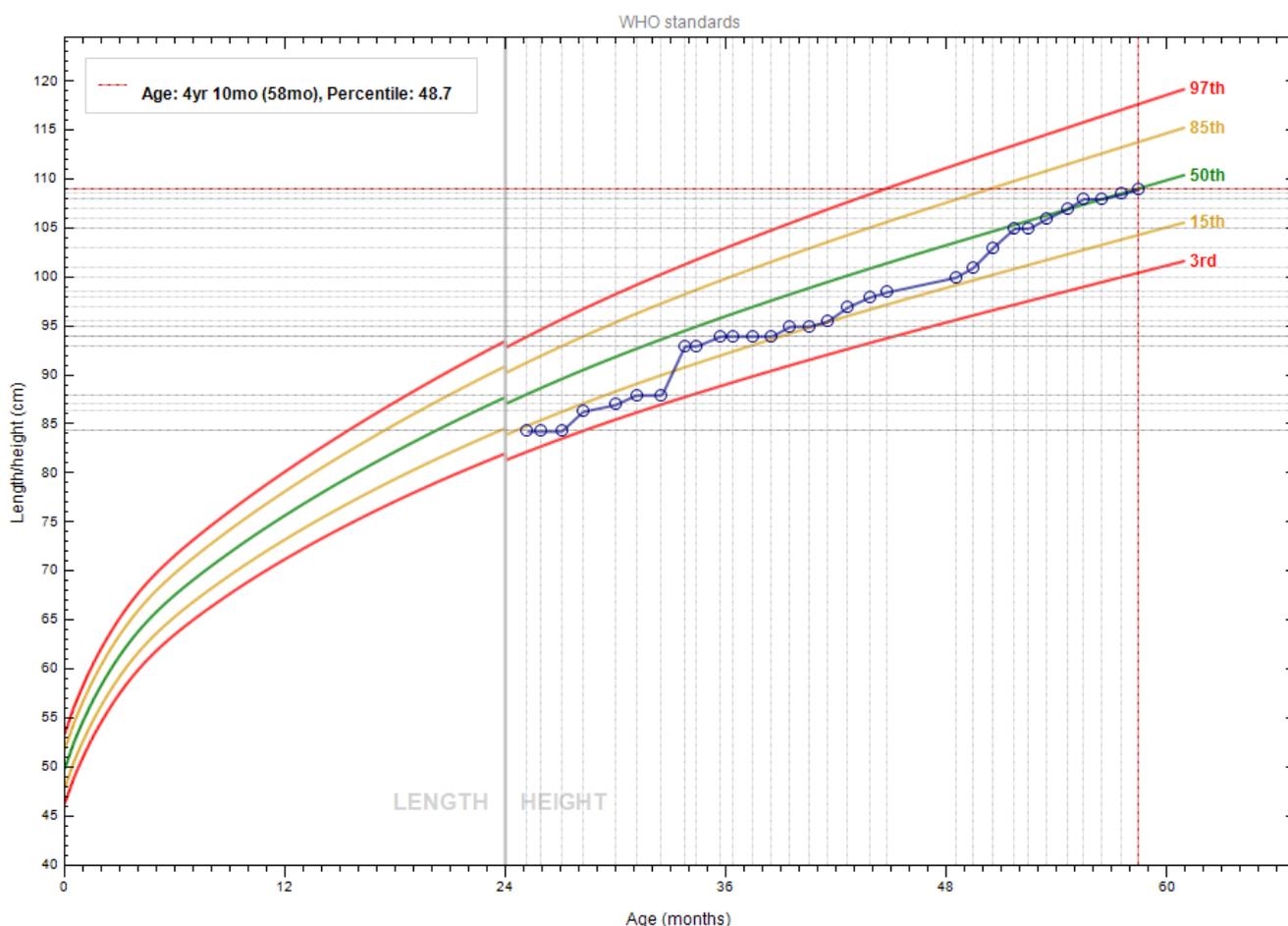
See growth charts on the following pages.



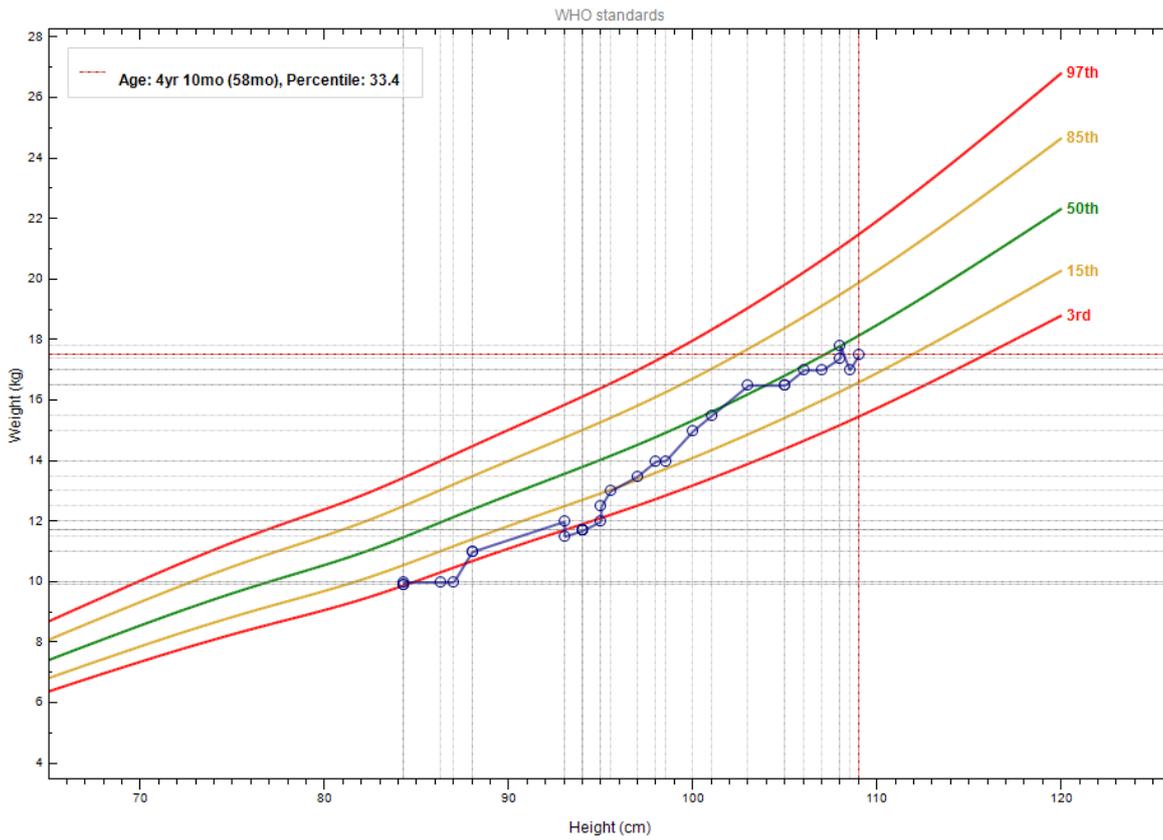
Nutritional Data

In the charts below, average growth for children JM's age is represented by the green "50th percentile" line. As you can see he started out quite short, between the 3rd and 15th percentile for his age (if at the 3rd percentile only 2 % of kids his age would be shorter). With good nutrition he has grown steadily and caught up for his height which is now average for a child his age. When you look at his weight charted for his height it tells you how he compares to children his same height. He started off very underweight and now is about average. And then the third graph shows his arm circumference measurement (like measuring your waist but around his arm instead). This is another measurement of nourishment status. If his upper arm is thin it tells you he is undernourished. His arm was indeed quite thin when he started our program (less than the 3rd percentile) and is now above average!

JM's height compared to other children his age



JM's weight charted with his height



JM's MUAC (Mid-Upper Arm Circumference), which is another assessment of nutrition.

