

## SAMEERA: A HEALTH WORKER ON A MISSION TO IMPROVE NUTRITION IN HER AREA



Sameera Mahfoudh Baaram is a female health worker at the health unit in Zaher, a village in the Huraydhah district in Hadramout governorate. She is part of the Community-based Management of Acute Malnutrition (CMAM) program, supported by YFCA and in corporation with WFP.

The CMAM program aims to prevent and treat malnutrition among children under five and pregnant and lactating women (PLW) in areas affected by conflict and food insecurity. The program provides screening, referral, and treatment services for malnourished children and PLW, as well as nutrition education and awareness sessions for parents and caregivers.

Sameera's role is to screen beneficiaries, distribute nutritious commodities, and raise awareness among parents about the importance of good nutrition and hygiene practices. She also follows up with the beneficiaries to monitor their progress and adherence to the treatment protocol. Sameera is passionate about her work and sees it as an opportunity to help her community and improve her own skills.

She has received training from YFCA, as well as on-the-job coaching from the district coordinator and nutrition supervisors from the Ministry of Health. Through these trainings, she has learned how to effectively communicate and persuade PLW and parents about the benefits of the CMAM program. She has also improved her knowledge of nutrition, health, and child care.



*Sameera screening a girl*

Sameera says that the CMAM program has not only helped her professionally but also personally. She earns a stable income that supports her family's living expenses. She also feels more confident and empowered as a woman.

**“I have always wanted to help women and children in my village who suffer from poor health and lack of services,” she says. “The CMAM program has given me a chance to do that and to make a difference in their lives.”**

Sameera believes that the YFCA's intervention in Zaher's health unit has led to a significant improvement in the health and nutrition status of the residents of Zaher area. She says that she has seen many children recover from malnutrition and regain their health and happiness. She also says that many PLW and parents have become more aware of the importance of nutrition and hygiene for themselves and their children.



*Sameera while measuring the height of a child*

**“I am proud to be part of this program,” she says. “I hope that it will continue to reach more people in need and to save more lives.”**