

A JOURNEY TO HEALTH: THE SUCCESS STORY OF WATIN

In the remote village of Al-Mahwit, Yemen, the struggle against malnutrition is a harsh reality for many families. Among them is the inspiring story of Watin Munir Hassan Abdullah, a young girl whose journey to recovery highlights the profound impact of targeted nutritional interventions.

Early Struggles

Watin was born into a family grappling with poverty and limited access to healthcare. Her mother faced complications during childbirth, which left little time to care for her newborn adequately. As Watin grew, her health deteriorated due to inadequate nutrition and frequent illnesses. She became a victim of moderate acute malnutrition, a condition that threatened her life.

Her father, a volunteer health worker, described their situation:

"I work in the health sector as a volunteer and rely on occasional agricultural work to meet our family's needs. The lack of stable income and the demanding nature of our work left us with little time to care for our children properly."

The Turning Point

The turning point came when Watin's condition worsened, and her parents decided to seek help at the local health facility. Watin was suffering from severe chest inflammation and a persistent cough. The healthcare team, recognizing the signs of malnutrition, enrolled her in the Targeted Supplementary Feeding Program (TSFP), which is part of the Promotion Preventive and Lifesaving Nutrition Intervention Project implemented by YFCA in partnership with the WFP.



Wateen being fed with nutritional supplements at the TSFP center supported by YFCA.

Dr. Hassan Al-Shajaf, the nutrition officer at the facility, recalls:

“Watin’s condition was critical. Her Mid-Upper Arm Circumference (MUAC) was only 12 cm, indicating moderate acute malnutrition. We immediately started her on therapeutic feeding and provided her family with the necessary guidance and support.”

The Road to Recovery

With the support of the TSFP, Watin received therapeutic food and regular health check-ups. Her father diligently followed the program’s guidelines, ensuring she received her daily nutritional supplements. Over time, Watin’s health began to improve. Her MUAC increased to 12.8 cm, and she gained weight, reaching 9.6 kg.

Watin’s father expressed his gratitude:

“The program saved my daughter’s life. The free nutritional supplements and the continuous support from the healthcare team helped us manage her condition and improve her health.”



Wateen after fully recovered; her MUAC increased to 12.8 cm.

Lasting Impact

The success of Watin’s recovery had a ripple effect on her family and community. The program not only provided immediate relief but also educated the family on the importance of proper nutrition and hygiene practices. This knowledge empowered them to prevent future cases of malnutrition.

Dr. Hassan Al-Shajaf emphasized the broader impact:

“Malnutrition is a silent killer that affects many children in our community. Programs like TSFP are crucial in identifying and treating these cases early, saving lives, and educating families on preventive measures.”

Watin’s story is a testament to the power of targeted nutritional interventions and the dedication of healthcare providers. Her journey from malnutrition to health underscores the importance of accessible healthcare and community education in combating malnutrition. Watin’s recovery not only transformed her life but also brought hope and awareness to her community.