




the SICK and TIRED FALL HARDER

Notes to help guide your leadership of the lesson.



MATERIALS

Pens, Bibles, computer with online access, and a video player



ONLINE RESOURCE

 from womenofvision.wordpress.com/hotm

“Through the Eyes of the Poor Gallery Walk” resource



CONSIDER OUR WORLD TODAY

Consider including the following additional information in your discussion on health.

Malaria

Malaria is one of the world’s greatest threats to children. Though entirely preventable and treatable, it is a leading cause of death and illness—mostly among young children and pregnant women. Malaria flourishes in more than 100 countries and is transmitted by a common mosquito.

Approximately 50 percent of the world lives with the routine threat of malaria. Malaria largely affects the poor. It slows economic development, perpetuating the cycle of poverty. And malaria becomes even more deadly when accompanied by malnutrition and AIDS.

Malaria is a life-threatening parasitic disease transmitted by mosquitoes. Today approximately 50 percent of the world’s population, most of whom live in the world’s poorest countries, is at risk of malaria.

In many developing nations, malaria is one of the leading threats to a child’s life, resulting in an estimated 750,000 child deaths per year globally. Each year, malaria kills nearly 1 million people—approximately 85 percent of whom are children—and infects an estimated 250 million individuals.

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Malaria is the fourth-leading cause of child death around the world; in sub-Saharan Africa, it is a leading cause of death for children. Tragically, malaria causes 2,000 child deaths per day in Africa, more than double the number of children per day who die from AIDS. Malaria kills a child every 40 seconds.

Malaria results in 8 percent of the total deaths worldwide of children younger than 5, or

approximately 750,000 children younger than 5 die from malaria each year. Many children who survive an episode of severe malaria may also suffer from learning impairments or brain damage. Pregnant women and their unborn children are also particularly vulnerable to malaria.

Malaria symptoms appear about nine to 14 days after the bite of an infected mosquito. Typically, malaria produces fever, headache, vomiting, and other flu-like symptoms. If drugs are not available for treatment or the parasites are resistant to them, the infection can progress rapidly to become life-threatening. Malaria can kill by infecting and destroying red blood cells and by clogging the capillaries that carry blood to the brain or other vital organs. Malaria, together with HIV and AIDS and TB, is one of the major public health challenges undermining development in the poorest countries in the world.

In addition to the personal impact, malaria has a broad impact on communities. Malaria accounts for \$12 billion in lost economic productivity each year in sub-Saharan Africa. In some countries with a very heavy malaria burden, malaria may account for as much as 40 percent of public health expenditures, 30 percent to 50 percent of inpatient admissions, and up to 60 percent of outpatient visits.

Malaria further threatens individuals vulnerable to other major diseases. For example, malaria and the AIDS virus are often referred to as the deadly duo—malaria makes AIDS worse and vice versa. A person with malaria is more susceptible to contracting HIV when exposed to the virus, and people infected with HIV are more likely to transmit the virus or become seriously ill when infected with malaria.

(Sources: *State of the World's Children* UNICEF, 2008; *World Hunger Series*, World Food Program, 2007; *Malaria in Pregnancy*, World Health Organization.)

HIV and AIDS

HIV infects some people; AIDS affects everybody. Essentially, HIV and AIDS threaten the quality of life, economic progress, and social structure of entire communities and countries. AIDS is leaving a generation of orphans and vulnerable children whose daily lives and futures are at risk. In many parts of the world, the disease is actually reversing years of development progress made on community projects.

Women and girls carry the greatest responsibility of caring for people who are suffering from HIV and AIDS. Females are getting infected with HIV at an earlier age and are dying younger than males.

AIDS is a disease that comes draped in stigma and fear. It can be a difficult topic to discuss because of biases and stereotypes that surface when someone is said to be HIV-positive or to have AIDS.



ANDREW GOODWIN/WORLD VISION 2008

AIDS represents one of the biggest crises the world has ever seen. It is killing more people than any war or famine in history. By 2010, AIDS in sub-Saharan Africa will orphan an estimated 15.7 million children; globally, 20.2 million children will be so orphaned. AIDS destabilizes families and entire societies, leaving children without the care and support necessary to grow up healthy and thrive.

Since the epidemic began, about 60 million people have contracted HIV; a third of them have died, leaving behind millions of grieving family members.

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Currently, 33 million people are living with HIV or AIDS, and an estimated 2 million of these people are children.

Fifteen million children worldwide have lost one or both parents to AIDS; that number is expected to reach 25 million by the year 2010.

Every day nearly 7,400 people become infected with HIV and more than 5,400 people die from AIDS. Two million adults and children have died as a result of AIDS.

(Sources: *UNICEF*, August 2006; *International Labor Organization*, November 2006; *AIDS Epidemic Update*, *UNAIDS*, December 2006; *Africa's Orphaned and Vulnerable Generations*, *UNICEF*, August 2006; *UNAIDS Report on the Global AIDS Epidemic*, 2008.)

Child Health

Every day, on average, more than 25,000 children under the age of 5 die around the world, most from preventable causes. This calculates to 9.2 million children each year.

Half of the world's under-5 deaths occur in Africa, which remains the most difficult place in the world for a child to survive until age 5. Asia accounts for 41 percent of global under-5 deaths.

Approximately 3.7 million children die within the first 28 days of life. The greatest risk is during the first day after birth, when it is estimated that between 25 and 45 percent of neonatal deaths occur. Around three-quarters of newborn deaths, or 2.8 million, occur within the first week of life.

On average, nearly 1,500 women die each day from complications related to pregnancy and childbirth.

Some 86 percent of newborn deaths globally are the direct result of three main causes: severe

infections—including sepsis/pneumonia, tetanus, and diarrhea—asphyxia, and preterm births. Severe infections are estimated to account for 36 percent of all newborn deaths.

Low birthweight, which is related to maternal malnutrition, is a casual factor in 60 to 80 percent of neonatal deaths.

In 2007, 148 million children under the age of 5 in the developing world were underweight for their age. Two-thirds of these children live in Asia, and just over one-quarter live in Africa. Together, Africa and Asia account for 93 percent of all underweight children under the age of 5 in the developing world.

Once children have reached one month of age, and up until the age of 5 years, the main causes for loss of life are pneumonia, diarrhea, malaria, measles, and HIV.

(Sources: *Newborns, Infants, and Children*; WHO; *State of the World's Children*, UNICEF, 2009)

