

A Community We Support: La Medina

Location Statistics

The most recent INEGI census (2010) reported a La Medina population of 257 men, women, and children, residing in 57 households. Children 12 years of age and younger made up 71% of the population.

The illiteracy rate was 11%, with the average level of schooling completed was just over 5 years.

The Weekly Support and Supply Cycle

Our 36 school kitchens are visited each week by our kitchen supervisors who use an inventory par stock system to prepare the “shopping list” for the following week. This list is divided into dry goods and supplies, and perishables.

On **Saturdays**, volunteers pack the individual dry goods and supplies from bulk purchase stored in our center.

On **Mondays**, our vendors deliver fresh produce and perishables which are then cleaned and packed to order by another group of volunteers.

On **Tuesdays**, a third group of volunteers pick up the “shopping list” order for “their school” and delivers it using their own vehicles.

The volunteer driver for La Medina is **Antonio Cervantes**.

Population statistics source: 2010 INEGI Census (Instituto Nacional de Estadística, Geografía e Informática)



Background

The Feed the Hungry kitchen in La Medina has been in operation since 2017 and now serves 68 meals to children every school day at the México Creo en Ti elementary school. The cooking is done by volunteer moms.

The community of La Medina is located 40 kilometers from the Feed the Hungry Center.

Nutrition Report

For the latest Nutrition Report (April 2019), staff nutritionist Irving E. Ayala Zúñiga assessed 38 students in primaria (elementary school) through height, weight, and body fat measurements.

Underweight Children

32% underweight

In 2017, when the school kitchen in La Medina was opened, we found that the nutritional deficiencies suffered by children were strongly related to low consumption of vegetables in the diet. Mothers usually omitted vegetables when preparing food at home.

Another problem was that children used to go to school without having breakfast, or in some cases, the children only had a cup of coffee with a piece of bread. These habits promote stomach diseases such as gastritis and stomach reflux, which are discomfort caused by the consumption of irritating foods.

Thanks to the Feed the Hungry program, nutrition workshops have been implemented with the aim of eliminating these bad eating habits that affect the nutrition status of the children of this community.

These changes have improved the nutritional status of the children, helped them become accustomed to and interested in eating vegetables, and encouraged healthier eating habits.

Obese and Overweight Children

26% obese or overweight

It has been observed that cases of obesity have declined, thanks to the work done by the Feed the Hungry organization. Cases of obesity are evolving positively to cases of overweight, and this number is also declining.

As in many other communities, the main cause of obesity is the excess consumption of cola during meal times and the high intake of sugar.

Nutrition workshops have been conducted with the aim of reducing the consumption of cola drinks, as well as products such as churros and fried food, in order to reduce cases of obesity and overweight.

General Observation

In this community, the mothers are always very participative. The changes in the diet and the workshops should be focused on working with the mothers, as they also consume a lot of sodas, which affects their health and sets a poor example for the children.

Condition	Percentage
Obese	5%
Overweight	21%
Normal	42%
Light underweight	24%
Moderate underweight	8%
Severe underweight	0%