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**Ending Malnutrition: From Proposal to Practice**

South Sudan (Eastern Africa) was settled by many of its current ethnic groups during the 15-19th centuries. After the Sudanese region was invaded in 1820 by Muhammed Ali, Southern Sudan was plundered for slaves. What happened to the slaves? (Who ruled prior to the 19th century?) By the end of the 19th century, the Sudan was under British-Egyptian Rule.

Southern Sudan's population is estimated to be 11,088,976, having an Urban percentage of 21.1% and Rural percentage of 78.9%. This country is ruled by the Federal Provisional Government which is created by the Constitutional Sudan having executive, parliamentary, and the judicial branches. Currently only 4% of the land is cultivated. Their major crops and exports are cereals, sorghum, maize, millet, rice, crud petroleum, refined petroleum, forage crops, onions, sheep and goat meat. The average average farm size is between one and five acres. Usually there's a tropical climate, mostly covered in tropical forest, swamp, and grassland.

There are several types of families in Sudan. (What other types of family structures exist and explain) However, I chose to research the Polygynous Family. The polygnous family structure is one where a man has more than one wife. A typical size for this type of family is three generations (3-4 people per household). Their diets are based on grains, bread, starches, vegetables, and mutton. They get their food by farming it and cook it by either boiling or grilling it. Many times they'd just eat it raw. Most inhabitants of the Sudan region farm for a living. Unlike receiving a pay check, these individuals are usually paid with food instead of receiving monetary compensation. The reason for this is due to the lack of financial resources available in South Sudan.

The present status and severity of this topic regarding food security is reduced harvest has led to a lack of food. Also, they had an economic crisis due to a drop in oil prices and Covid-19. As of now, the lack of food remains the same. There are several factors that impacts food security. They are as follows: mass displacement, which is the removal of something from its usual place or position by something which then occupies that place or position, increased inflation, wich is the rate of increase in prices deep economic recessions, unemployment, eroded finances for social protection and health. Urban children are less likely to suffer malnutrition than Rural children. Food security also affects women and girls differently, as well as the elderly and children. Women and girls have increased biological, socioeconomic, and behavioral risk factors for malnutrition for men and boys. Marginal lives population suffers from an increase of illness and infection which causes longer recovery times.

Malnutrition can be caused by not having enough food to eat, which is a big problem in many parts of the world. There are several solutions that can address the challenges:

1. Eating food high in energy
2. Nutrition counseling and support
3. Treating underlying medical conditions causing malnutrition

I feel as if these solutions meet all the needs of the population in South Sudan. Even though all of these solutions meet the needs of the population in Sudan, I suggest Nutrition Counseling and Support. That will help and give them the supplies to become healthier.

 Nutrition counseling and support can be very useful to people dealing with malnutrition. It provides personalized guidance to people who are at nutritional risk because of their health, dietary intake, or medical use period. Through a supportive one-on-one guidance process, they can help you plan healthy meals.

Nutrition counseling is an interactive process between a client and training counselor that uses information from nutrition assessments to prioritize actions to improve nutrition status. Nutrition counseling can help people with malnutrition by identifying the cause and consequences of their malnutrition, providing support and monitoring to help them achieve their nutrition goals and improve their health outcome. Some potential benefits of nutrition counseling for people with malnutrition are:

1. Improved quality of life
2. Reduced risk of infections
3. Fast recovery and healing
4. Increased energy and strength
5. Prevention of further malnutrition

This project could be managed and led by the USAID's office of food for peace (FFP) and its partners including the UN World Food Program and can be funded by the UN Children's Fund. Although the project will be managed and funded by the above entities, the community plays an important role in the success of the overall program. We will survey them and create a plan of action that will hopefully bring about positive results. The policies that will need to be in place to make this project successful includes: health service delivery, health financing, strategic information, leadership and governance. While developing my plan, we have to be sure that we are being very respectful during conversation and affectionate. We also need to speak indirectly to protect their privacy.

Making sure people are supported and are able to access appropriate foods regardless of race, gender, ability, or community is vital to achieve nutrition equity. A sustainable diet is beneficial for your health and contributes to protecting the environment.

Being from American, I've never had to deal with malnutrition. By doing my research on South Sudan, I tend to realize how fortunate I am. Unlike myself and many Americans the reality of those in South Sudan is completely different. Not only does this region have a food shortage, the results of this shortage has led to wide spread malnutrition. Coupled with this, the Sudanese region also is deficient financially. With finances, they could have paid for food to be shipped to them, nutrition counseling, or medical help.

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