REPUBULIKA Y' U RWANDA

MINISITERI Y'UBUZIMA

RWANDA BIOMEDICAL CENTER

A Healthy People. A Wealthy Nation

SHISHA Kibondo

GAHUNDA YO GUTANGA IFU Y'IGIKOMA IKUNGAHAYE KU NTUNGAMUBIRI "SHISHA Kibondo".

Impamvu:

Ubushakashatsi bwakozwe ku mibereho n'ubuzima bw'abaturage muri 2015 (DHS2015) bwagaragaje ko 38% by'abana bari munsi y'imyaka itanu bafite ikibazo cyo kugwingira.

Kudafata indyo yuzuye mu gihe umubyeyi atwite, mu gihe yonsa ndetse no kudaha umwana imfashabere igizwe n'indyo yuzuye (Kuva ku mezi 6 kugeza ku myaka 2) nizo mpamvu nyamukuru zituma habaho ikibazo cyo kugwingira ku bana, bikanagira n'ingaruka ku mikurire y'ubwonko bwabo.

Ni muri urwo rwego, Leta y'u Rwanda ibinyujije muri Minisiteri y'ubuzima, yagiranye amasezerano n'uruganda rwitwa African Improved Foods Ltd (AIF Ltd) kugira ngo bakore ifu y'igikoma ikize ku ntungamubiri izwi ku izina rya "SHISHA Kibondo".

Leta y'u Rwanda yiyemeje gufasha imiryango yo mu cyiciro cya mbere cy'Ubudehe ifite abana kuva ku mezi 6 kugera ku myaka 2, ababyeyi batwite ndetse n'abonsa batishoboye ibagenera iyo fu y'igikoma ku buntu.

SHISHA Kibondo ikaba ije kunganira izindi ngamba zari zisanzwe zigamije guhangana n'ikibazo cy'imirire mibi mu bana bari munsi y'imyaka itanu nka gahunda y'ubukangurambaga ku minsi 1000 ya mbere y'ubuzima bw'umwana, gahunda yo kurwanya imirire mibi mu turere izwi ku izina rya "District Plan to Eliminate Malnutrition (DPEM)" n'izindi.

SHISHA Kibondo ni iki?

SHISHA Kibondo ni ifu y'igikoma ikungahaye ku ntungamubiri ituma umwana akura neza, ikamurinda kugwingira ndetse n'indwara ziterwa n'imirire mibi. SHISHA Kibondo igizwe n'ibi bikurikira: ibigori, soya, amata, vitamine, hamwe n'isukari ibyubaka umubiri, ibitera imbaraga, ibirinda indwara n'imyunyungugu. Ibi byose bifasha umwana kumererwa neza no gukura neza.
SHISHA Kibondo yarasuzumwe kandi yemerwa n'Ikigo cy'i gihugu cy'ubuziranenge (RSB).

SHISHA Kibondo igenewe bande?

SHISHA kibondo igenewe ababyeyi batwite, abonsa (kugeza umwana agejeje amezi 7) ndetse n'abana kuva ku mezi atandatu (6) kugeza ku myaka ibiri (2) bo mu cyiciro cya mbere cy'ubudehe mu gihugu hose. Abayigenewe bose bagomba kuba bagaragara muri icyo cyiciro ku rutonde rwakozwe kandi rwemejwe na Ministeri y'Ubutegetsi bw'Igihugu (Minaloc).

SHISHA Kibondo igera ite kubo igenewe?

Minisiteri y'ubuzima igeza SHISHA Kibondo ku bigo nderabuzima.

Abajyanama b'ubuzima bazajya bamenyesha abari ku rutonde igihe bazajya baza kuyifatira ku kigo nderabuzima kibegereye. Abagenewe SHISHA Kibondo bazajya bafata ibipimo bakoresha rimwe mu kwezi.

Ni iki abagenerwa SHISHA Kibondo basabwa?

SHISHA Kibondo igomba kubikwa no guteguranwa isuku kugira ngo itangirika kandi ibagirire akamaro nkuko byateganijwe.

Ni iki abayobozi mu nzego zitandukanye basabwa by'umwihariko mu ishyirwa mu bikorwa ry'iyi gahunda?

Kumenyesha abaturage icyo SHISHA Kibondo aricyo, akamaro kayo mu kurwanya kugwingira hamwe n'indwara ziterwa n'imirire mibi;

Kumenyesha abaturage abo SHISHA Kibondo igenewe ndetse nuko igera kubo igenewe;

Kumenyesha abagenerwa SHISHA Kibondo ibyo basabwa byumwihariko birimo kuyibika ndetse no kuyitegurana isuku, hamwe no kwitabira kuyikoresha kandi neza kuko nibwo bizafasha mu guhashya ikibazo cyo kugwingira n'imirire mibi mu bana bari munsi y'imyaka 5;

Guhora bashishikariza abaturage kwitabira gahunda zisanzweho zo kurwanya imirire mibi zirimo konsa umwana amezi atandatu ya mbere nta kindi umuvangiye habe n'amazi.

Kwibutsa ko SHISHA Kibondo idasimbura konsa umwana no kumugaburira ibindi biribwa;

Guhora bakangurira ababyeyi guha abana imfashabere igizwe n' indyo yuzuye (ibyubaka umubiri, ibitera imbaraga n'ibirinda indwara) mu gihe yujuje amezi atandatu;

Kwibutsa abagenerwa SHISHA Kibondo ko abandi bana barengeje imyaka ibiri n'abandi bantu bagize umuryango batagomba kunywa igikoma cya SHISHA Kibondo kugira ngo batabuza amahirwe yo gukura neza abo kigenewe;

Gukomeza kwibutsa abaturage ko SHISHA Kibondo igenewe GUSA abana kuva ku mezi 6 kugera ku myaka 2, ababyeyi batwite ndetse n'abonsa batishoboye bari mu cyiciro cya mbere cy'ubudehe;

Kumenyekanisha ko abandi bakeneye iyo fu ikoze kimwe na SHISHA Kibondo aboneka ku isoko ryo mu Rwanda;

Gukurikirana ko SHISHA Kibondo ihabwa koko abayigenewe

Gutanga ubu butumwa binyuze mu biganiro byose bihuza abayobozi n'abaturage birimo ibitangwa nyuma y'umuganda rusange, mu mugoroba w'ababyeyi, mu nsengero, mu itangaza-makuru ndetse n'ahandi hose hashoboka.

World Health Organization