



## THE SILENT KILLER: VIRAL HEPATITIS

According to the Global Burden of Disease study, deaths caused by viral hepatitis have surpassed all chronic infectious diseases including HIV/AIDS, malaria and tuberculosis. About **1 in 12**, Or **500 million people** are chronically infected with HBV or HCV, with millions more at risk (WHO). Hepatitis A virus (HAV), hepatitis B virus (HBV), hepatitis C virus (HCV), and hepatitis E virus (HEV) causes the inflammation of the liver

The breakthrough understanding of hepatitis came in 1963 when Dr. Baruch Blumberg discovered an antigen that detected the presence of hepatitis B (HBV) in blood samples, he and his colleagues invented the first hepatitis B vaccine in 1969. These outstanding accomplishments

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## HIV/AIDS PREVENTION AND EMPOWERMENT PROJECT FOR YOUNG PEOPLE AND POSITIVE MOTHERS IN OBI COMMUNITY (HAPPY!) PROJECT

**HAPPY!** project enrolled Adolescent and Young Persons (AYPs) and conducted Sexuality and Reproductive Health and Rights (SRHR) related education sessions at the **HAPPY!** Clubs, ensuring appropriate supervisory visits.

Referral of adolescents commenced and efforts were made to increase compliance of the AYPs by linking them to the facilities resulting in marked improvement in the statistics; default rate plummeted from over **65%** to less than **20%**. Memoranda of Understanding were signed with Primary Health Centres in five (5) Health Centres around Obi.

In the month of July, over twenty three (23) HIV positive women participated in a Household Vulnerability Assessment to add to the number already assessed in a bid to ensure the number eventually to be trained is well above fifty (50). An all-inclusive Town Hall Meeting

was organized after weeks of mobilization leading up to a session with participation of men groups, women groups and youths. The feedback from this session was very impressive and informative. Thereafter, the COMETs were mobilized for a meeting to review the month's activities, discuss challenges and strategize for the next.

At the Abuja office, the team installed SPSS on some computers and put individuals through on data entry toward the completion of the SAPR report.

On the 28th of July 2018, the project team went all out to plan, engage local community structures and mobilize for the World Hepatitis Day commemoration event in Obi that saw about 150 people educated and tested for Hepatitis B and C with hundreds other indirect beneficiaries.



**HAPPY! Club session in one of the communities under coverage**



**HAPPY! Club session in one of the schools under coverage**

## THE ACHIEVING CONTROL OF HIV/AIDS EPIDEMIC THROUGH EVIDENCE (ACHIEVE) PROJECT

Considering the magnitude and negative consequences of the growing number of orphans and vulnerable children (OVC) in Nigeria, CFHI considered it a priority in making sure these vulnerable individuals are in one way or the other helped, through the U.S. President's Emergency Plan for AIDS Relief (PEPFAR) funded ACHIEVE project of Institute of Human Virology, Nigeria (IHVN).

In Nigeria, according to UNICEF's Nigeria Humanitarian Situation report, over 4.5 million children are orphans or vulnerable children. Although it is customary in Nigeria for extended family and community members to take

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Dear Friends and Family,

It's another exciting moment for CFHI, and we are so glad to bring your way our activities in the month of JULY 2018, through this edition of our newsletter.

In this edition, we shall be featuring The ACHIEVE OVC Care & Support projects in advocacy and sensitization on reduction of stigma and discrimination towards vulnerable children and their households within their communities, health education interventions at community and household levels, establishment of functional child protection committees and networks at LGA and community levels, provision of educational services tailored to the needs of beneficiaries, and much more.

Also enclosed is the participation of the CFHI Obi team for the 2018 **World Hepatitis Day (WHD)** with the theme "**Finding the Missing Millions**" aimed at increasing awareness of the Hepatitis malaise and advocating for healthcare access for all without the prospect of financial hardship. We sure do have a lot to share as always. Happy reading!

Yours truly,

Princess Osita-Oleribe,  
**Director, CFHI.**

## THE SILENT KILLER: VIRAL HEPATITIS

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have contributed significantly towards making the world a much healthy place. In 1976, Dr. Blumberg won the Nobel Prize in Medicine for his discovery of the hepatitis B virus. These two viruses are primarily transmitted through contact with contaminated food and water and are responsible for less than one per cent of all hepatitis-related deaths. HCV infected persons can go 20 to 30 years without noticeable symptoms, even while the infection is causing damage to their liver and other organs. Symptoms of this disease appear in advanced stages of disease when the effect of medical care will be limited.

In Nigeria, however, since over 30 years when pioneer works were done in Nigeria to the recent times the prevalence of hepatitis B virus infection has remained very high. A Gastroenterologist with Lagos University Teaching Hospital, Idi-Araba, Lagos, Dr. Olufunmilayo Lesi, states that the national prevalence of Hepatitis is between 10 and 15 per cent. Which means that about 20 million Nigerians are living with Hepatitis, and over a million death recorded annually. Its national prevalence is three times more than that of HIV/AIDS and diabetes.

However, WHO has urged people who think they might have been exposed to hepatitis to get tested so they can find out if they need treatment to improve their own health and reduce the risk of transmission.

### CFHI INVOLVEMENT IN THE WORLD HEPATITIS DAY

During the WHD, 28th August 2018, the Centre for Family Health Initiative joined the rest of the world to celebrate the 2018 World Hepatitis Day (WHD) with the theme "Finding the Missing Millions". This was aimed at increasing awareness of the Hepatitis malaise and advocating for healthcare access for all without the prospect of financial hardship. CFHI commemorated this year's WHD in Obi community in Nasarawa state, where the infection of viral hepatitis is on the ascendency and still poor access to testing in facilities due to the finance required to be paid.

Event recorded 150 Community dwellers tested for Hepatitis B and Hepatitis C virus and their status known. Over 175 persons gained knowledge on viral hepatitis through the health talks. Over 200 bystanders listened to our successfully delivered Health talks on Viral Hepatitis, and the importance of knowing their status.

Among the Hundred and Fifty (150)

persons tested, nine (9) persons were reactive to Hepatitis B virus and four (4) persons reactive to Hepatitis C virus. However, the reactive clients were referred to the General Hospital and Primary Health Care Centre Obi for treatment while all those that tested negative to either of the virus were advised to go for Hepatitis B vaccination to ensure prevention.



**A CFHI Staff conducting the Hepatitis Test for members of Obi Community.**

## THE FUND RAISER DINNER

On the 13th July 2018, CFHI dinner/fundraising event was hosted to raise an alternative source of funds to cater for the continuous running of projects revolving around three goals of the organisation; Education support for at least one thousand (1,000) out of school children, Procurement and distribution of healthy re-useable sanitary kits, towards improving the Menstrual Health and Hygiene for at least two thousand (20,000) vulnerable adolescent girls and young women in hard to reach communities, and Data Research and Analysis on implementation of CFHI's community interventions to enhance efficiency and effectiveness.

The event held for about two and half hours at the Grand Cubana hotels in Jabi, with over 56 individuals in attendance. The CFHI Director gave an opening speech with a support speech by the Chief Executive Officer of EFMC and CFHI's Board Chairman respectively.

Donors filled and signed



**CFHI Director, Princess Oleribe giving her speech during the fundraiser**

respective documents such as donation forms and donation terms and conditions. All cash and pledged donations were documented for follow up purposes.



Some of our guests at the Fundraiser

## CFHI at the West African Women Dialogue

In recent times, several people have misunderstood the concept of feminism. Though, it has influenced both national and international agendas positively across the globe, others still feel once one is termed a feminist, she/he is a rebel.

At West Africa Civil Society Institute (Redefining Feminism and Feminist Activism in West Africa) in Ghana, Director Princess Osita-Oleribe and other female activists came together to address the misconception around feminism, they also discussed the way forward for the feminist movement in the region. During the meeting, with the knowledge of feminists being always subjected to stringent discrimination in communities that are deeply rooted in certain religious norms and extremist perspectives and practices that do not provide opportunities equal space for women to engage in their communities. It was stated



The CFHI Director speaking at the West Africa Women Dialogue



The CFHI Director along with other female activists

that in overcoming this stereotypes akin to feminism, it will require encouraging men to join in the feminist campaign. That way, the world will have a rethink, because essentially, the fight for gender equality is beneficial to everyone. It will ensure increased human resources, which would spur economic growth and result in increased Gross Domestic Product (GDP) as well as a reduction in poverty levels across the globe.

"Feminism isn't about making women strong. Women are already strong. It's about changing the way the world perceives that strength."  
—G.D. Anderson.

## THE ACHIEVING CONTROL OF HIV/AIDS EPIDEMIC THROUGH EVIDENCE (ACHIEVE) PROJECT

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care of these vulnerable persons, the capacity and resources of these individuals and households are limited, as some of these caregivers are also vulnerable themselves, because of the growing number of OVC and the complexity of their needs. CFHI's ACHIEVE team had scaled up outreach activities in the month of July to ensure these vulnerable children are reached through Household Economic Strengthening (HES), Health and Nutrition, Shelter and Care, Psycho-Social Support, Education, and Child Protection.

In two communities, parenting meetings held, with the team, "different parenting styles and parenting responsibilities". Parents were taught the different styles of parenting; very strict parents, firm but fair parents, permissive parents and indifferent/uninvolved parents. The advantages and disadvantages of all styles were discussed. Examples of each of the styles were cited, and caregivers also shared personal experiences on each style.

At Tudun-wada, parents were highlighted on the importance of having a close relationship with their wards, providing them with love, support and encouragement at all times, respecting and trusting their opinions on personal issues as much as possible, understanding that each child is different, unique and peculiar, inculcating in them morals by being a role model to them. Participants received bar soaps at end of each community session.

Similarly, the July edition of

adolescents' club meeting held in two communities, with the team; "Goal Setting", and "Making the Right Choices" in Sabon-Lugbe and Tudun-Wada respectively. Children were taught the importance of goal setting and how to set and pursue those goals. Some of the key points to ensuring their goals are met include; identifying their passions, step-by-step approach in achieving one's goal as well as identifying or selecting a mentor/model. There was also an interactive session where children expressed themselves. At Tudun-wada, as a guide in making the right choices, participants were taken through four steps by using the P.O.C.C. model.

P – What is the PROBLEM?

O – What are the possible OPTIONS for solving the problems?

C – What is the COST of choosing each solution?

C – CHOOSE the best option.

The highlights of the session were the grouping of participants into two groups. A story was read to them. From the story, they were told to use the P.O.C.C model by identifying the problem, listing the various options, looking at the cost of each options and finally choosing the best option.

This game got the children excited. They promised to always bear in mind the lessons learnt.

Four communities were educated on health and nutrition issues. The session was focused on improving their knowledge on best health practices as regards HIV & AIDS infection. They were also taught the benefits of home gardening, encouraging them to make use of any available space as this will help in minimizing malnutrition in children as well as providing food for the family.

Other interventions include; provision of deworming tablets and vitamin A for VC below the age of five. Ninety-one (M-43, F-48) children received deworming tablet and a hundred (M-47, F-53) received vitamin A tablets for nutrient supplementation.

Child protection unit on the other hand, retrieved data collection tools from community volunteers for birth registrations of Children and compiled these for forwarding to NPOC for issuance of birth certificates. They also sorted out packed items received from individuals during CFHI's cloth drive for shelter and care support (clothing for VC's and their caregivers). This sorting was

done according to age disaggregation of enrolled VCs and distribution would commence in August.

CFHI's ACHIEVE team also supervised Savings Internal Lending Community (SILC) activities in four communities and continued advocacy for setting up of additional groups across communities without any currently existing. Concluded community assessments in four communities for skill acquisition training for older adolescents. Concept note was sent in the approval of the implementation of activity. Activity is to take place in August.

The team concluded education assessments for VCs eligible to be placed on block grant, held meetings with stakeholders ranging from the Parents Teachers Association (PTA), School Based Management Committee (SBMC), Local Education Authority (LEA) FCT Universal Basic Education Board (UBEB), and a memorandum of understanding was developed. A concept note was also drawn for Education block grant and transition of adolescent girls from primary to secondary, which was sent for approval. Activity is slated to be implemented in August 2018.

Monitoring and Evaluation unit handled input of enrolment data in the NOMIS, numbered Vulnerable Children (VC) and Household (HH) files, updated VC and HH registers, and out of the 10,000-enrolment target achieved, 8,300 NOMIS entries were updated.



Parenting Session in Kahuta community



Participants at parenting Session in Kapwa Community



Photos highlights from the West African Women Dialogue

## Interested in helping in any aspect of our work ?

Persons interested in donating to our activities, offering volunteer services or partnering with us, are always welcome. All CFHI's projects are community based and family-centred, so that our beneficiaries are reached with activities that proffer sustainable solutions.

Therefore, individuals or groups concerned with improving community health, sustainable socio-economic empowerment and the development of family-centred policies should please: Donate to our causes (more information about our causes can be found on our website)

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