



CENTRE FOR
FAMILY HEALTH
INITIATIVE
(CFHI)

NEWSLETTER

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FOUNDER'S DESK



Dear friends and family,

Welcome to CFHI Newsletters for October 2020.

The National Bureau of Statistics (NBS) in "2019 Poverty and Inequality in Nigeria" reports that 40 percent of Nigeria's total population, that is almost 83 million people, live below the country's poverty line of 137,430 naira (\$381.75) per year.

For the past four decades, Nigeria has experienced high level of food insecurity as a result of neglect in food production due to the adoption of neo-liberal economic policies such as devaluation of naira, trade liberalization, oil production and exportation, among others. In this edition of the newsletter, the highlight is on the need to achieve food security as featured in the article on "The Need to Achieve Food Security in Nigeria". Kindly read through for details.

To keep you abreast of CFHI activities as always, enclosed in this publication are reports of special events facilitates by CFHI as well as project reports of in the month of October. These reports cover the following on-going projects of CFHI: Achieving Control of HIV/AIDS Epidemic Through Evidence (ACHIEVE) Orphans and Vulnerable Children (OVC); Global Action towards

HIV Epidemic Control in Sub-national units in Nigeria (4GATES) Orphan and Vulnerable Children (OVC); and Improving Maternal and Child Health Through Capacity Building and Community Awareness Approach in Imo State Project (CCAP).

Do have a pleasant reading.

Kind regards,

Princess Osita-Oleribe

Co-Founder, CFHI.

THE NEED TO ACHIEVE FOOD SECURITY IN NIGERIA



The first and most basic of all needs are those to do with physical survival. This is the need for food, drink, shelter, sleep, and oxygen. If a person cannot satisfy this basic survival needs, it dominates their interest and concern (The neurotypical website, 2011). Hence, it is right to say everybody needs food to survive. Though there have been so many efforts geared towards improving the quality as well as production of world food supplies, food insecurity remains pervasive, particularly in developing countries like Nigeria.

The Sustainable Development Goal 2 established by the United Nations in 2015 which aims to "End hunger,



achieve food security and improve nutrition and promote sustainable agriculture” by 2030 globally appears elusive unless urgent action is taken. According to the World Food Program, 135 million suffer from acute hunger largely due to man-made conflicts, climate change and economic downturns. With the outplay of the COVID-19 pandemic that number could double, putting an additional 130 million people at risk of suffering acute hunger by the end of 2020.

Now, what is Food security? According to the World Food Summit of 1996, food security can be said to exist “When all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life”. A household is considered food secured when its occupants do not live in hunger or fear of starvation. The ultimate

objective of food security should be to ensure that people always have both physical and economic access to the food they need. According to the Food and Agriculture Organization of the United Nations, the four pillars of food security are availability, access, utilization, and stability.

In Nigeria, achieving food security has been threatened by the unrest in the northern part of the country which is the major food-producing part of the country and the emergence of the COVID-19 outbreak. This is because the food systems are not sustainable, resulting in adverse environmental, economic, and social effects, further compounding the pre-existing issues of hunger and food insecurity. The Nigerian food ecosystem is divided and fragile. Nigeria is yet to conscientiously leverage on technology, and “catalytic” financing to increase farmers’ productivity, reduce the high rates of post-harvest losses, and ensure market linkages. As a result, many smallholder farmers continue to operate at a subsistence level, with relatively low productivity levels, and limited local processing and access to markets.

The absence of food security leads to an impoverished nation wallowing in hunger and malnutrition which leads to reduced capacity to access markets and resources, unsustainable use of natural resources, reduced school attendance and learning capacity, less education and employment for women and girls, weakened immune systems and rising child mortality, impaired maternal and infant health, risky survival strategies, spread of HIV/AIDS, malaria and other diseases. Hence, the need to achieve food security has become essential because it does not only improve health, it creates opportunities for economic growth and job creation which ultimately leads to reduction in poverty.

Attaining food security in Nigeria requires the collective and urgent collaborative actions of the public, private, nonprofit/ development sectors to feed the most vulnerable, increase farmers’ productivity, reduce the high rates of post-harvest losses, enhance local processing and ensure market linkages. It has become essential to increase the availability and affordability of food in Nigeria. A country that ensures food is available to all its citizens is a strong and stable country.

CENTRE FOR FAMILY HEALTH INITIATIVE (CFHI) DURING WORLD FOOD DAY (WFD) 2020

According to Food and Agriculture Organization of the United Nations, World Food Day is celebrated across 150 countries to bring together governments, businesses, Non-Governmental Organizations, the media, and general public in order to promote worldwide awareness and action for those who suffer from hunger and for the need to ensure healthy diets for all.

Centre for Family Health Initiative in commemoration of World Food Day 2020, celebrated the day with rural community women and



Ms. Adaeze Obison Educating the WFD Participants on Food Nutrition in Dape Community-Abuja.

children in Dape community, Abuja-Nigeria with the aim of sensitizing the participants on the importance of proper nutrition, home gardening, and to reduce vulnerability of households, distribute food items. Beans, eggs, pasters, cassava flakes, and turn brown were given to over sixty (60) participants and about nine (9) malnourished children were provided care and support.



CFHI Staff Testing for Malnourished Children During WFD 2020, Dape Community - Abuja



Distribution of Food Items to over 60 Participants of WFD 2020, Dape Community-Abuja

PROJECT REPORTS

ACHIEVING CONTROL OF HIV/AIDS EPIDEMIC THROUGH EVIDENCE (ACHIEVE) ORPHANS AND VULNERABLE CHILDREN (OVC) REPORT

October 2020 marked the beginning of a new project year (FY 21), and it began with review meetings between CFHI and Institute of Human Virology Nigeria (IHVN) ACHIEVE OVC project team on activities which took place in FY20 and which needed fine-tuning in terms of strategies and approaches towards achieving each project activity goal.

The team participated in annual appraisal exercises and paid technical visits with IHVN program officers to different communities and health facilities, received and enrolled seven (7) referrals from assigned facilities. The team also provided medical logistics and health interventions to three (3) HIV positive Vulnerable Children (VCs), followed up with getting Antiretroviral Treatment (ART) information for four (4) VCs, received and updated the new TRAV Tool from IHVN, conducted advocacy visits to Dei-Dei, including product-service systems (PSS) activities. At the end of the month, a total of three thousand, four hundred and ninety-nine (3,499) beneficiaries, were served and updated on NOMIS.

Worthy of note for major outputs in October 2020 were the sensitization of 50 girls on their rights in commemoration of the International Day of the Girl Child; the provision of food items, home gardening and other side attractions to 50 households in commemoration of World Food day; the adoption strategies



A cross section of CFHI ACHIEVE OVC volunteers in a review meet



Some of the participants during Kiddies Club meeting in Abuja

on best practices going forward on FY 21; the provision of health emergency funds and medical logistics to 3 VCs and their household and the provision of specified sexual and reproductive health (SRH) and soft skills to 1,011 adolescents.

IMPROVING MATERNAL AND CHILD HEALTH THROUGH CAPACITY BUILDING AND COMMUNITY AWARENESS APPROACH IN IMO STATE PROJECT (CCAP) REPORT

The conclusion of one of the innovative approaches (Capacity Building for Traditional Birth Attendants) towards improving maternal and child health in Imo State, heralded the Community Awareness Campaign. The Training of Traditional Birth Attendants (TBA) in the state was the first phase of the project and a precursor to community awareness and sensitization campaigns for women of reproductive age. The campaigns focused on quality maternal and child healthcare services with a view to enhance the quality of service by Skilled Birth Attendants (SBA) and their relationship with health facilities. Preparations for this program started in the month of October and awareness campaigns held in six different communities, reaching out to over 250 women of reproductive age.

During the sensitization, women of reproductive age were enlightened on the need to go to health facilities where there are Skilled Birth Attendants during pregnancy to avoid complications during child delivery. They were also made to understand who a skilled birth attendant is. Emphasis was laid on the significance of attending ante-natal clinics throughout pregnancy period. Other topics discussed include taking of routine drugs, maintaining good hygiene, proper dieting, and family planning. Participants were also encouraged to do exclusive breastfeeding for at least six months after delivery. At the end of the sensitization and health talks, sanitary incentives and vitamin supplements were given to the pregnant women and nursing mothers amongst them.

Subsequently, the team has commenced on first technical visits. It was a follow-up to CCAP cluster training for Traditional Birth Attendants. The essence of this follow-up visit was to evaluate the impact of the training on the participants and to monitor their activities as it concerns maternal and child healthcare. The follow-up was achieved through interactive phone conversations, where questionnaires were administered to participants and their responses documented .



Irete Community Awareness Campaign 1 in Imo State.



A cross section of Isiala Mbano Community, Imo State.

GLOBAL ACTION TOWARDS HIV EPIDEMIC CONTROL IN SUB-NATIONAL UNITS IN NIGERIA (4GATES) ORPHANS AND VULNERABLE CHILDREN (OVC) PROJECT REPORT

October 2020 marked the beginning of the 2021 fiscal year (FY21). The 4Gates team in Owerri commenced activities by redistributing households in accordance with community volunteers' areas of abode, tracking inactive households and enrolling Children Living with HIV (CLHIV), and providing essential services to beneficiaries in order of importance.

In the reporting month, the community volunteers continued with home visits, care plan monitoring and service delivery to households under their care. A total of five thousand, three

hundred and forty four (5,344) beneficiaries were served and recorded on NOMIS. The team also continued data update of ART information and service provisions on the Positive folders, RADET and NOMIS. Two success stories were recorded in the month of October. The cases of two Children Living with HIV (CLHIV), Miracle Ahuokpoeme and Christiana Ezinma Okere. The team provided emergency health interventions after receiving the report of their health challenges which underscored the essence of service provision.



One of the Adolescents Enrolled for Skill Acquisition Learning Fashion Design

MONDAY HEALTH BURST AND SPEAK WEDNESDAY

Monday Health Burst is a circulation by the Centre for Family Health Initiative (CFHI) to tackle issues of basic health concerns, and Speak Wednesday to stop the cycle of domestic violence by breaking the silence around gender-based violence and gender bias.

Join us every Monday and Wednesday on all our social media platforms for interesting and educative episodes.



The Project Management, Mr. Leonard Onyewuchi addressing the volunteers during October review meeting in Owerri, Imo State.

Hospital Emekuku and Imo State Specialist Hospital Umuguma. Forty two (42) caregivers were provided with business startup items for household economic strengthening.

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.

Individuals or groups concerned with improving community health, sustainable socio-economic empowerment and the development of family-centred policies should kindly do so through the channels below.

For Donations and/or others:

Account details:

Name: Centre for Family Health Initiative

Number: 5080117843

Bank: Fidelity Bank PLC

Swift Code: FIDTNGLA

Or Contact us:

Address: Number 8, Excellence & Friends Road, Dutse Alhaji, Off Dawaki Bridge, Abuja (FCT) Nigeria.

P.M.B. 200 PSIN Dutse, Abuja-Nigeria. 901101

Mobile numbers:

+234809 608 3336

+234 809 049 2227

Emails:

director@cfhinitiative.org,

info@cfhinitiative.org

website: www.cfhinitiative.org

Twitter: www.twitter.com/CFHInitiative

YouTube: Centre for Family Health Initiative

Facebook Page: www.facebook.com/CFHInitiative.org/

The team successfully coordinated Caregivers forums in Nekede and Mbieri in Owerri West and Mbaitoli local government areas through which the caregivers were trained on building parenting skills. At Emii in Owerri North local government, the team coordinated the adolescents meeting with participants who benefitted from the capacity building on life skills. Also, the kids' session participants participated in various educative and recreational activities.

After a successful monitoring of out of school vulnerable children in the project communities, thirty three (33) adolescents were enrolled in skill acquisition programs to mitigate household economic vulnerability, facilitated the registration and issuance of birth certificates for vulnerable children, with 107 beneficiaries obtaining their birth certificates, and continued facility engagement for the tracking of inactive beneficiaries with the focal persons at Federal Medical Centre Owerri, Holy Rosary