



**CENTRE FOR  
FAMILY HEALTH  
INITIATIVE  
(CFHI)**

...promoting health, protecting well-being

# Newsletter

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## **THE FOUNDER'S DESK**



***Dear friend of the family,***

Welcome to the June 2022 edition of CFHI newsletters.

According to UNICEF, 40 million women of childbearing age (between 15 and 49 years of age) suffer a disproportionately high level of health issues surrounding birth in Nigeria. And despite the investment in this sector in recent years, the proportion of patients able to access appropriate treatment remains low. The Basic Health Care Provision Fund (BHCPF) for example, provides free antenatal, postnatal and newborn treatment to all Nigerians. However, there are several challenges surrounding accessibility and sustainability of care in most communities, and these challenges will only be tackled if the process is transparent and all stakeholders are accountable.

Kindly read the article on “Maternal, Newborn and Child Health (MNCH) in Nigeria” to know how urgent addressing MNCH in Nigeria is and how you can join the movement to end maternal and child mortality.

Also, CFHI will be working with the Primary HealthCare Board (PHCB) to commemorate MNCH Week, in Imo State and Abuja. Other activities that will be carried out in June include the commemoration of the Day of African Child (DAC) in line with the theme Eliminating Harmful Practices that Affect Children, and media campaign for Global Day of Parents and World Day Against Child Labour.

For updates on activities carried out in the preceding month, find enclosed in the June 2022 newsletter our activities and projects report; Action to Control HIV Epidemic through Evidence (ACHIEVE), Global Action Towards HIV Epidemic Control in Sub-national Units in Nigeria (4GATES), The Remodeling for Empowerment and Progress (REAP) and SafePad™ production.

Do have a pleasant reading.

Kind regards,

**Princess Osita-Oleribe**

Co-Founder, CFHI.

## MATERNAL, NEWBORN AND CHILD HEALTH IN NIGERIA



Generally, maternal health is considered as the wellbeing of women during the period of pregnancy, childbirth and postpartum.

According to UNICEF, an estimated 25,685 babies are born daily and 7 million annually in Nigeria. While the country represents 2.4 per cent of the world's population, it currently contributes 10 per cent of global deaths for pregnant women. Latest figures show a maternal mortality rate of 576 per 100,000 live births, approximately 262,000 babies die at birth, infant mortality at 69 per 1,000 live births while under-fives, mortality rate rises to 128 per 1,000 live births. These brings the maternal mortality to the fourth highest on Earth, and babies' mortality at birth to the world's second highest.

Every community and or family is one time or another involved in childbirth and has in one way experienced the hurtful effect of maternal mortality. Hemorrhage, sepsis, hypertensive disorders of pregnancy, amnesia, malaria, deficiency of iron and other micro nutrient, pregnancy intervals of less than a year, adolescent pregnancy, UTI's, and hemoglobinopathy are the well-known causes of the high rate of maternal mortality, and according to UNICEF 64 percent of infant deaths result from malaria, diarrhea and pneumonia.

Maternal and child mortality can be preventable. And some of the ways include subsidizing the cost of healthcare and education on maternal health, encouraging and monitoring effective family planning and ensuring progressive checkups on the health of women with children. Maternal immunization which is vaccination in pregnancy should also be encouraged. This helps to boost the immune and antibodies of the mother thereby protecting the child at birth and few months after. Diseases such as tetanus, influenza and pertussis would be arrested in newborn as a result of maternal immunization. Also, easy access of pregnant women to skilled health practitioners (midwives, doctors and nurses) with appropriate facilities and equipment can help improve the health of maternal, newborn and child significantly.

## SPECIAL EVENTS IN MAY, 2022.

### MENSTRUAL HEALTH AND HYGIENE DAY, MAY 28, 2022



MHM Commemoration at Foma Academy, Kubwa, Abuja



Cross Section of Foma Academy Student During the Commemoration of MHM Day in Abuja

Menstrual health is a major concern to us at CFHI. This is because despite menstruation being a natural occurrence, up to 60 per cent of the 110.5 million out-of-school children in Nigeria, and 1 in 10 African girls misses school due to their period, according to UNICEF. Most Nigerian girls and young women are often left with no choice but to use unclean napkins, tissue, leaves, newspapers, or nothing at all, during

their menstruation, thereby, affecting their general wellbeing.

International Menstrual Health and Hygiene Day (MHMD) is celebrated every year to raise awareness on menstruation and the need to end period poverty and stereotypes surrounding the topic. In May 2022, CFHI in partnership with Real Relief, Denmark continued to provide adequate knowledge on menstrual health to school girls all over the world via the transnational #KickOffTheDialogue2022 campaign. At Foma Academy, Kubwa, Abuja, CFHI facilitated an in-school activity for 76 girls to talk about menstruation and have fun in the process. 50 participants were provided with reusable SafePads™, including 3 vulnerable girls who experience severe period poverty at Kagini community, Abuja



Awareness Walk with FMWA in Commemoration of MHM 2022

CFHI joined the Federal Ministry of Women Affairs to celebrate MHM 2022 and make menstrual materials available to girls and women in attendance. Aside joining the awareness walk to promote policies that are favorable to women and girls who menstruate, CFHI will continue to provide sustainable solutions to end period poverty, through the production of SafePads in

Nigeria. Join the movement, as we continue to provide adequate knowledge on menstrual health and make menstrual materials accessible to all girls and women, irrespective of their social and economic status. As stated in the May edition of our newsletter, with the removal of pink tax, community sensitization, and in-school activities to promote positive social norms and policies, and providing affordable menstrual products, health services, easy access to water, toilet facilities, soap, and disposals, menstrual inequality would be curtailed..

## **NATIONAL CHILDREN’S DAY, MAY 27, 2022.**

The 2022 Children’s Day celebration was organized by CFHI with support from the Caritas supported 4GATES OVC Project to provide a platform for children of different backgrounds to celebrate the gift and freedom of childhood. The activity held at Umuawaka community in Mbaoma Autonomous Community of Emii, Owerri North LGA, Imo state.

This year, the children’s day theme was centered on “A better future for every child”. The children benefitted from discussions on the process of choosing a career and how to know what career will be right for them. They were also enlightened on Gender Based Violence issues and encouraged to speak up to a trusted adult within the household, school or community if they are abused, or witness one. Issues around personal and menstrual hygiene were not left out at talks were given and some adolescent girls were supported with sanitary pads based on need. 136 children who attended the event participated in the fun activities of the day, including dancing competitions, spelling games, quiz competition and gifts presentations, as well as other recreational activities.

In Abuja, the team worked with the Federal

Ministry of Women Affairs and other developing partners to celebrate the children at the Old Parade ground, Abuja. Children from different schools in Abuja participated in dance competitions and other outdoor activities. All outstanding students were awarded and everyone in attendance provided with gifts such as reusable pads, disposable pads, scholastic materials, among others. SafePads™ were also donated to the Federal Ministry of Women Affairs.



Some Staff of CFHI and FMWA at the National Children’s Day Commemoration at Old Parade Ground, Abuja-FCT.



Cross Section of Participants During the Commemoration of Children’s Day in Owerri, Imo State.

**CAPACITY BUILDING  
ON SENSITIZATION,  
MONITORING AND  
REPORTING THE NATIONAL  
HOME-GROWN SCHOOL  
FEEDING PROGRAMME  
(NHGSFP)**

# PROJECTS

## ACTION TO CONTROL HIV EPIDEMIC THROUGH EVIDENCE (ACHIEVE)

CFHI's ACHIEVE team implemented all planned activities at both the community and facility levels. 2 vulnerable children received the health emergency funds, visits were made to Gishiri, Jahi, Dutse, Wumba, Jiwa, Kagini, Kabusa and Lugbe communities to assess 65 pupils on educational performance. In total, 9 new HIV infected or affected persons were enrolled into care in May, 2022.

The May review meeting was held with Waru community stakeholders to discuss community involvement and support in the training of adolescents on different skills acquisition and Income Generating Activities (IGA) for caregivers. 100 (M44, F56) children across 4 communities (Mabuchi, Jiwa, Lugbe and Apo Dutse Apo) were reached during kiddies' club activities, 50 caregivers reached during Food Demonstration activities at Iddo Sariki and Angwan Seweya communities, 20 (F20) caregivers were reached at Sauka-Kahuta during gender norms meeting, 20 (F20) caregivers reached during Better Parenting at Saburi, and 24 (F24) adolescent girls reached during DREAMS club at Gosa community. Also, the savings and loans committee contributed and saved a total of N62,500 in May across seven communities in Abuja.



Some beneficiaries of DREAMS club activity at JSS Gosa, Abuja



Cross Section of Participants During the Capacity Building on NHGSFP in Abuja.

In 2004, the Federal Government of Nigeria piloted the implementation of Home-Grown School Feeding beginning with 12 states selected from the six geopolitical zones. The government led initiative aims to improve the health and educational outcomes of public primary school pupils across the country, stimulate local production and consumption of agricultural produce in the communities, create jobs and economic opportunities for small and medium scale farmers and entrepreneurs and also contribute to achieving zero hunger, improved health and quality education as envisioned by the Sustainable Development Goals (SDGs). So far, over 300 million meals have been served to more than 7.5 million pupils in 46,000 public primary schools in 22 states, according to Action Health Incorporative. A 2-day and 3-day capacity building between May 23 to 25 and May 30 to June 1 for non-governmental (NGOs) and civil society organizations (CSOs) were organized by the Federal Ministry of Humanitarian Affairs, Disaster Management and Social Development for proper sensitization, monitoring and reporting of the NHGSFP. CFHI was represented by our Executive Director, Krystal Anyanwu at Hotel De Horizon, Wuse II, Abuja and NAF Conference Centre, Abuja, respectively, as the State Coordinator for the Monitoring activity in Imo State.

## **THE REMODELING FOR EMPOWERMENT AND PROGRESS (REAP) PROJECT REPORT**

The REAP team continued with the distribution of start-up kits to the beneficiaries that graduated from hair making and baking that were unable to come for pick up in the month of April. Just like the previous event, there was a pre-distribution meeting, the beneficiaries were congratulated for the way they conducted themselves during their training period and for successfully becoming professionals in the skills they learnt. They were encouraged to use this as an opportunity to grow a business for themselves and become financially independent.

Furthermore, the team continued with the monthly monitoring and evaluation visits for FSWs that are enrolled in tailoring. During the visits, monitoring and evaluation questionnaires were administered, and conversations were held between the trainers and trainees on the performance of the trainees as well as the impact of the training so far. The follow-up was achieved through visits to their training centers and interactive phone conversations with the trainers and trainees.

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

In the month of May, CFHI's 4Gates team intensified efforts towards actualizing all set out goals at filling gaps in various thematic areas. These include Household Economic

Strengthening (HES), Psycho-Social Support, Education and Care Support. Field activities were majorly undertaken to reach out to beneficiaries with service provisions across 4 local government areas in Imo state within our care - Mbaitoli, Owerri North, Owerri West and Owerri Municipal. 15 adolescents were enrolled into skill acquisition training in tailoring, hair dressing, bakery and barbing, 46 (F27:M19) adolescents and 35 caregivers (M1:F34) participated during Adolescents and Caregivers fora at Mbaitoli, Owerri Municipal, and Owerri North. The drive for Gender Based Violent (GBV) assessment has begun earnestly in all the 4 local government areas through Case Managers. 1,910 were assessed for educational performance and 41 participants during in-school adolescents' club at Akwakuma Girls Secondary School, Imo state, to facilitate ongoing adolescent focused HIV prevention, care, and support programs in schools. Scholastic materials were shared to the students as incentives. The collaborative meetings for the month held in Owerri Community cluster, Owerri west with 15 participants (15 females) in attendance.

All enrolled households were followed up for appointments in facilities. Emergency food support was given to 4 caregivers and financial support to 2 beneficiaries for emergency health challenges. 126 household were provided with family inputs (vegetable seeds and seedlings) to establish home garden state to enhance the availability of food items and to reduce the cost of food in the household. Also, transport and logistics supports were given to 34 (F17:M17) beneficiaries who attended Operation Triple Zero (OTZ) activities in Mbieri General Hospital, Mbaitoli LGA. The OTZ monthly club meetings held at Federal Medical Centre (FMC) Mbieri, FMC Owerri, State Specialist Hospital, and Holy Rosary Hospital, Emekuku, Imo State.

## SANITARY PAD (SAFEPAD™) PRODUCTION

SafePad™ is a unique and award-winning sanitary pad with a special antimicrobial treatment produced by Centre for Family Health Initiative (CFHI) in partnership with Real Relief, Denmark. The permanently bonded antimicrobial technology helps heal vaginal infections by removing yeast and bacteria during use and care.

To partner with us to end period poverty in Nigeria and beyond, kindly contact [info@cfhinitiative.org](mailto:info@cfhinitiative.org) or [ed@cfhinitiative.org](mailto:ed@cfhinitiative.org) for more information.



## OUR APPEAL

### 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 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 Street, Dutse Alhaji, Off Efab Bridge, Abuja (FCT) Nigeria.  
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