



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

...promoting health, protecting well-being

Newsletter

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2022**

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THE FOUNDER'S DESK



Dear friend of the family,

Welcome to the May 2022 edition of CFHI newsletters.

Globally, an estimated 500 million people who menstruate lack access to menstrual products and hygiene facilities, according to Medical News Today's report (Sept 2021). This means 1 in every 8 women experience the consequences of menstrual inequity. Most females in low- and middle-income countries (LMICs) have difficulty coping with menstrual needs, and this according to research has led to young girls engaging in transactional sex for pad. This is wrong in every way! Kindly read the article on "Menstrual Inequity and Human Rights" for more.

To commemorate this year's Menstrual Health Day, Centre for Family Health Initiative (CFHI) will be participating in the kicking off the transnational dialogue on menstrual health and hygiene campaign "KickOffTheDialogue2022" in partnership with Real Relief, Global Goals World Cup, and UNYA Denmark. Also, we will be joining the Federal Ministry of

Women Affairs from May 24 to 27, 2022 on awareness walk, visitation to Suleja Correctional Centre, and media campaign. Join the movement to end period poverty by 2030.

As it is always our culture to keep you abreast of our activities, find enclosed in the May 2022 newsletter our activities and projects report for the preceding month; 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.

MENSTRUAL INEQUITY AND HUMAN RIGHTS



According to United Nations Fund for Population Activities (UNFPA), menstrual health management rights are human rights, as gender inequality, extreme poverty, humanitarian crises and harmful traditions can all turn menstruation into a time of deprivation and stigma, which can undermine their enjoyment of fundamental human rights. Women who

regularly experience period poverty are as a result of financial limitations unable to purchase products that they need during their menstruation. In effect, these women miss out on work or school or participation in their general daily lives. Also, lasting effects of Period poverty include physical, mental, and emotional challenges.

One of the major factors responsible for human rights violations is perception - The idea that menstruation is dirty or shameful and that a woman in her period is unclean. This belief encourages the seclusion of women and girls when they face virginal bleeding. This idea stems from religious as well as cultural beliefs. Other restrictions can be imposed on self, due to fear of “embarrassment”.

Effective Menstrual Health Management is essential to achieve a number of the Sustainable Development Goals 3, 4, 5, 6, 8, and 12. To achieve good menstrual health management, Centre for Family Health Initiative (CFHI) in partnership with Real Relief is providing a sustainable solution through reusable SafePads™. The reusable and antimicrobial sanitary pads are designed to last for 3 years and with a permanently bonded antimicrobial technology, it helps in reducing vaginal infections caused by candida albicans along with infections from other pathogens. Also, CFHI has built 2 boreholes, built/renovated 3 toilet facilities, accessed and sensitized secondary school girls in menstrual health management, after which SafePads™ were distributed to over 8,000 vulnerable girls who miss schools due to menstruation. Join the movement, as we continue to provide adequate knowledge on menstrual health and affordable menstrual materials accessible to all girls and women, irrespective of their social and economic status. 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 clean water, toilet facilities, soap, and disposals, menstrual inequality would be curtailed.

WORLD IMMUNIZATION WEEK, APRIL 22-28, 2022.



Subsection of participants during awareness campaign at the Hausa/Fulani Mosque, Chikakore, Abuja.

World Immunization Week celebration aims to highlight the collective actions needed to promote the use of vaccines to protect people of all ages against diseases. The ultimate goal is for more people and their communities to be protected from vaccine-preventable diseases. In line with the theme “Long Life for All”, CFHI team carried out a 3 days community campaign at Chikakore community, Abuja, to sensitize community stakeholders, religious leaders, nursing mothers and community dwellers to the importance of immunization for a healthy society. The team also carried out nutrition assessment for all children less than two years, and immunization services for children who missed or are yet to be immunized.

31 religious leaders participated during the men forum at Hausa Mosque, Chikakore, Abuja, 55 mothers received health education on immunization and Nutrition

Counselling at Chikakore Primary Health Centre, 58 children received nutrition assessment services, 20 children received immunization services, and 40 doses of vaccines were administered. Aside the aforementioned, several households were reached during the house-to-house sensitization.



House-to-house community campaign at Chikakore, Abuja.

WORLD MALARIA DAY, APRIL 25, 2022.

World Malaria Day (WMD) is observed annually on April 25 to highlight the need for continued investment and sustained political commitment for malaria prevention and control, as instituted by World Health Organization (WHO) member states during the World Health Assembly of 2007. For several decades, malaria remains a primary cause of childhood illness and death among children under five years, responsible for more than 260,000 deaths annually, according to WHO.

CFHI in commemorating WMD 2022 distributed 30 treated mosquito nets to the most vulnerable population in Karmo community, Abuja. We considered the pregnant women and nursing mothers most vulnerable because according to Malaria

Journals, pregnant women are more susceptible to malaria than their non-pregnant peers, and children under 5 years are the most vulnerable group affected by malaria. Aside the distribution of treated mosquito nets, all participants of the community activities were sensitized to the need for intensifying efforts towards eradicating malaria in the community, and how they can participate in the movement.



All beneficiaries of treated mosquito nets distribution at Karmo PHC

CFHI AT THE LAUNCH OF MOVEMENT FOR GOOD TO END FEMALE GENITAL MUTILATION (FGM)

According to United Nations Children Fund (UNICEF), Nigeria accounts for the third highest number of women and girls who have undergone FGM worldwide, with an estimated 19.9 million survivors. Also, according to Nigeria Demographic and Health Survey (2018 NDHS) figures, the national prevalence of FGM among women in Nigeria aged 15-49 dropped from 25 per cent in 2013 to 20 per cent in 2018, but the prevalence among girls aged 0-14 increased from 16.9 per cent to 19.2 per cent in the same period.

On April 28, 2022, CFHI participated in the launch of Movement for Good to End Female Genital Mutilation in Nigeria. The event which held at Transcorp Hilton Abuja, was organized by The Federal Ministry of Women Affairs, Federal Ministry of Health, United Nations, UNICEF, and other development partners, had in attendance Traditional Rulers, The

Executive Secretary Global Youth Consortium Against FGM, Dr. Costly Aderibigbe, The Minister of Women Affairs, Pauline Tallen, among others.

The aim of the event is to intensify efforts towards eradication of FGM in Nigeria and to introduce the blue ribbon for media campaign against FGM. According to Dr. Costly Aderibigbe, it is not enough to commit to the eradication of FGM, it is enough to commit and take actions.

FGM has no health benefits whatsoever, rather, it destroys the mental, sexual and psychological health of its victims. Hence, we need to collect and use data to enforce behavioral change towards eradicating FGM. With the support of community stakeholders and government, we are sure to record zero FGM cases by 2030.



Cross Section of Participants during the Launch of Movement for Good to End FGM at Transcorp Hilton, Abuja, Nigeria

PROJECTS

ACTION TO CONTROL HIV EPIDEMIC THROUGH EVIDENCE (ACHIEVE)

In the month under review, the CFHI ACHIEVE team implemented all planned activities at both the community and facility levels. A total of 1,472 (M=519, F=953) beneficiaries were provided different services, with 6 (M=4, F=2) new enrolments into the OVC program. Other activities carried out include provision of health emergency funds, medical logistics support, coordination of in-school and community meetings/activities, monitoring of Household Economic Strengthening (HES), facilitation of Case Managers' monthly review meeting, tracking of Loss to Follow-up (LTFU), supervision of Infant and Young Child Feeding (IYCF), mobilization of stakeholders to support beneficiaries with Income Generating Activity (IGA) and skills acquisition for adolescents, and supervision of savings and internal lending committee (SILC) group's activities.

A total of 2 new vulnerable beneficiaries were enrolled into tailoring and baking training under HES program, 100 (M46, F54) children reached during Kiddies club meetings across 4 communities, 100 (M43, F57) adolescents participated in the adolescent meetings across 4 communities, 20(M1, F19) participated in Gender Norms meeting at Waru community, Abuja, 20(M0, F20) caregivers in attendance for Better Parenting activity at Dape, Abuja, and 24 girls participated in the DREAMS club meeting at JSS Gosa, Abuja. Also, under Child Protection/ Education programme, 40 students benefited from the educational support intervention, 24 were supported to register for the Basic Education Certificate Examination (BECE) and 16 supported to register for WAEC/NECO examinations.

A total sum of N39,600 was contributed as savings funds by 4 savings and internal lending committees across Kagini, Sabo-Lugbe, Tudun-wada, Apo-Dutse, and Waru communities, and 32 (M=17, F=15) stake holders in Jahi and Kunyamin, participated in Child Protection Committee in the reporting period.



Some beneficiaries of educational support in Abuja

THE REMODELING FOR EMPOWERMENT AND PROGRESS (REAP) PROJECT REPORT

In May, the U.S. President's Emergency Plan for AIDS Relief (PEPFAR) through CFHI successfully concluded the 6 months intensive training of its beneficiaries in hair making and baking, which heralded the distribution of start-up kits for hair dressing and baking to 20 beneficiaries. Following the preparation for this event, which included contacting their trainers to do a final assessment of their performance to ascertain eligibility for the start-up kit and readiness to make a living from the skills they learnt, the compilation of contact information of their guarantors, the beneficiaries were certified qualified to receive these start-up kits and were invited for the distribution ceremony.

The team successfully monitored the remaining 16 beneficiaries currently enrolled in the REAP vocational skills program at Ogbaku, Akwakuma, Umuguma, Nekede, Emii, and MCC by visiting their training centres to assess their progress. 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. The team also conducted the monitoring through phone conversation with the trainers and trainees weekly.



Some REAP project beneficiaries during the distribution of start-up kits for baking and hair dressing in Imo State

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



Food Support for some 4Gates Beneficiaries in Owerri, Imo State

GATES OVC activities in March 2022 cut across routine service provisions by intensifying households' enrolment into the OVC program, HES, Psycho-Socio Support, education, and Care and Support.

A total of 823 Vulnerable Children and caregivers were provided with different OVC services, and 18 beneficiaries were newly enrolled into the program. 100 beneficiaries were supported for drug pickup and viral load tests, provided logistics support for 22 children living with HIV, held OTZ meetings in Federal Medical Centre (FMC), Mbieri General Hospital and Imo State Specialist hospital respectively. 20 copies of Form B1 were received within the month for birth certificate processing for children in need of birth certificates, and facilitated adolescents' and caregivers' fora in schools and communities with 81 participants.

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 or 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:

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Name: Centre for Family Health Initiative

Number: 5080117843

Bank: Fidelity Bank PLC

Swift Code: FIDTNGLA

Or Contact us:

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