



**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 July 2022 edition of CFHI newsletters.

The World Health Organization (WHO) estimates 296 million people globally living with hepatitis B in 2019 alone, and 58 million people living with hepatitis C. In Nigeria, Osagie Ehanire, The Minister of Health in July 2021 stated that over 18 million Nigerians are infected with viral hepatitis. And since there are no symptoms, many of those infected are unaware. Hence, could increase the risk of developing a cancerous liver, cirrhosis, liver failure, among others. Kindly read the article on “Eliminating Viral Hepatitis in Nigeria” for details.

For updates on activities carried out in the preceding month, find enclosed in the July 2022 newsletter, our activities and projects report; Action to Control HIV in Endemic 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.

## ELIMINATING VIRAL HEPATITIS IN NIGERIA



Community Sensitization, Testing and Vaccination in Nasarawa State, Nigeria.

Viral hepatitis is one of the most communicable diseases in the world. It is spread through contaminated blood, intravenous drug abuse and sexual contact with an infected person. In highly endemic areas like sub-Saharan Africa and Asia, hepatitis B is most commonly spread from mother to child at birth (perinatal transmission). In addition, infection can occur during medical, surgical and dental procedures, tattooing, or through the use of razors and similar objects that are contaminated with infected blood. Annually, viral hepatitis affects 400 million people worldwide, causing acute and chronic liver diseases and killing about 1.5 million people (4,000 people daily), mostly from hepatitis B and C. Yet, it is entirely preventable.

According to Centre for Disease Control (CDC), viral hepatitis causes 80% of all liver cancer deaths. In Nigeria, liver cancer is the second leading cause of cancer deaths, accounting for over 11,000 deaths yearly and 32 deaths every day. Liver cancer is less common among children and teenagers and more common with adults. The average age of occurrence in Nigeria is about 46 years compared to the developed world where the average age of occurrence is in the mid-60s. Also, liver cancer is more common in men with a male: female ratio of about 2 in 1 according to National Center for Biotechnology Information (NCBI). However, liver cancer is rare in children and teenagers.

Every year, July 28 is marked as World Hepatitis Day (WHD). It is a day dedicated to increase the global awareness and understanding of viral hepatitis and the diseases that it causes. This is because research shows that with better awareness and application of its preventive measures, this life-threatening disease could be eliminated, and 4,000 lives could be saved daily. Centre for Family Health Initiative (CFHI) takes advantage of this special event annually to work towards eliminating viral hepatitis across different states in Nigeria. Aside awareness creation in communities, other successful ways employed by CFHI to curb this menace is to reach out to key populations in Abuja, Nasarawa and Imo states with sensitization programs, vaccination and referrals. These key populations include female sex workers, drug addicts, inmates in correctional centres, worship centres, and people living in hard-to-reach communities. CFHI also carries out street interviews to know the level of awareness of people towards hepatitis, and has over the years reached out to over 1000 people.

During the sensitization campaigns, participants are shown different ways of preventing the transmission of viral hepatitis, which include avoiding sharing

of needles and other items such as toothbrushes, razors or nail scissors, avoiding tattoos or body piercings from unlicensed facilities and screening of blood donation products, practicing safe sex by minimizing the number of partners and using barrier protective measures (condoms), reducing alcohol intake, obesity, and avoiding aflatoxin prone foods. During the street interviews by CFHI, about 40% of the respondents were unaware of what hepatitis really is, neither do they know the means of transmission and preventive measures; 30% agreed to have heard about hepatitis, but never cared much about it; 20% were either infected or affected by HBV or HCV; and 10% had proper knowledge of viral hepatitis and were vaccinated.

To significantly reduce the current hepatitis epidemic, screening and early diagnosis still remains a major tool in preventing viral hepatitis transmission and other health problems that may result from viral hepatitis infection. There is need for massive awareness and widespread availability of these interventions. With CFHI already facilitating health education, screening as well as vaccination against hepatitis at the grassroots and among key populations, a larger number of persons in Nigeria will be reached with more support.

Follow us on all our social media handles for updates on the commemoration of World Hepatitis Day, 2022.

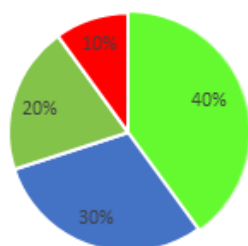
## SPECIAL EVENTS IN MAY, 2022.

## WORLD BLOOD DONORS DAY, JUNE 14, 2022.



Commemoration of Blood Donors Day, 2022 at Mpape Junction, Abuja.

### Street Interviews Analysis



- Unaware of hepatitis disease
- Have heard about hepatitis but not interested
- Either infected or affected by HBV or HCV
- Had proper knowledge of viral hepatitis and were vaccinated



The World Blood Donors Day takes place on June 14 every year to raise global awareness of the need for safe blood and blood products for transfusion, and of the critical contribution unpaid donors make to national health systems. The day also provides an opportunity to call to action governments and national health authorities to provide adequate resources and put into place systems and infrastructures to increase the collection of blood from voluntary, non-remunerated blood donors.

In commemoration of 2022 World Blood Donor Day, CFHI collaborated with National Blood Transfusion Service (NBTS) to carry out blood drive activities on 9th June, 2022 at Mpape Junction, Abuja. Data of interested individuals were collected and were subjected to a 2-stage screening to determine their eligibility in order to ensure that interested individuals are fit to donate and to prevent emergency cases and/or casualties.

All 22 eligible interested donors out of 41 tested were presented with a meal pack and properly sensitized before the blood donation exercise. Blood donors were subjected to few minutes of rest before they proceeded with their daily activities. No casualty or emergency case was recorded.

## **DAY OF THE AFRICAN CHILD (DAC), JUNE 16, 2022.**

The commemoration of DAC was adopted on June 16th, 1991 to honour African children who laid down their lives for the cause of freedom in South Africa. By adopting this day as the Day of the African Child, the African Union has drawn attention to the plight, not only of children in South Africa but also to the plight of children across Africa. The theme for this year's Day of the African Child is "Eliminating Harmful Practices Affecting Children: Progress on Policy & Practice since 2013".

In line with the theme, CFHI commemorated DAC

at Flourish Royal Academy, Byazhin, Kubwa, Abuja. The event started with the Head Teacher of the school giving his opening remark and appreciating CFHI for organizing such an educational event for the students and the entire school. Proceedings then moved onto the Team Lead, Ms. Temitope Samuel who engaged the students at the event on their rights as a child, their right to education and their rights to a loving, caring and supportive upbringing. The students were allowed to showcase their culture through cultural dance. Also, debate competition with the tag "Parents Should be Responsible for a Child's Upbringing and not the Government" was facilitated by the school and CFHI staff.



Cultural Dance Competition at Flourish Royal Academy, Byazhin, Kubwa, Abuja

## **WORLD DAY AGAINST CHILD LABOUR, JUNE 12, 2022**

Victims of child labour or trafficking are deprived of the most basic human rights. In extreme situations, may be forced into sexual exploitation or recruitment by armed groups, with no means to seek protection or justice. Every child deserves the right to health care, education and other forms of social protection that shield them from the lifelong consequences of poverty and exclusion. But worldwide, many are deprived of these rights. Some at birth. World Day Against Child Labour aims to focus attention on the global extent of child labour and the action and efforts needed to eliminate it. Each year on June 12th, the World Day Against Child Labour brings

together governments, employers, workers, organizations, civil societies, as well as millions of people around the world to highlight the plight of child labourers and proffer solutions.

With the aim to increase global awareness on eliminating child labour, CFHI joined the rest of the world to celebrate the day in collaboration with Network Against Child Trafficking, Abuse and Labour (NACTAL). The event was marked on June 9, 2022, at Junior Secondary School, Gosa community, Abuja. All participants were informed on the reporting medium and dangers of Child Trafficking and child Labor.



Commemoration of World Day Against Child Labour at Junior Secondary School, Gosa community, Abuja

## PROJECTS

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

CFHI's ACHIEVE team implemented all planned activities at both the community and facility levels. 9 vulnerable children (VC) were linked to care, drug refill and viral load sample collection across six facilities- National Hospital Abuja (NHA), Maitama District Hospital (MDH), Garki General Hospital, Gwarimpa General Hospital, ECWA clinic and Lugbe General Hospital. 24 Vulnerable Children, 19 Caregivers and 5 Facility Staff were reached during the

facility quarterly review meeting on treatment and viral load suppression at Primary Health Centre, Kabusa, Abuja.

A total of 100 (M45, F55) children participated during the kiddies' club activities across 5 communities, 100 (M47, F53) adolescents across five communities were reached during adolescents' club meetings, 20 (Mo: F20) caregivers participated in the gender norms meeting at Sauka kahuta community, Abuja. Also, the better parenting activity had 20 (Mo: F20) caregivers in attendance at Saburi community, and 24 (Mo, F24) adolescent girls reached during the DREAMS-like meeting at Junior Secondary School, Gosa, Abuja.

6 form B1 birth registration forms and 144 educational performance assessment tools were received and updated during the reporting month. As a result of the income-generating activities (IGAs) and skills acquisition support at Kagini community, Abuja, 1 adolescent was given free training opportunity in baking. The chief of Kagini also confirmed his willingness to provide skills acquisition training to other vulnerable adolescents in the community, at no cost. 2 beneficiaries of CFHI's 2022 household economic strengthening at Gosa community, expanded their businesses from selling in small scales to large scales.



Gender Norms Meeting at Sauka Kahuta community, Abuja

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

In June 2022, the REAP team continued with the distribution of start-up kits to beneficiaries of tailoring, baking and hair dressing skills acquisition in Owerri, Imo state. Just like the previous events, there was a pre-distribution meeting to sensitize and encourage all beneficiaries to become successful and professionals in the skills they learnt. Within the month, a total of 10 beneficiaries benefitted from the distribution of tailoring start-up kit, 1 person from the baking start-up kits and 4 persons from the distribution of hair making start-up kits.

The team continued with the monthly monitoring and evaluation visits to female sex workers that were 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.

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

The 4Gates team in June 2022, commissioned the educational block grant projects at Umuodu Primary school, Mbieri and City School Owerri, Imo state, while intensifying efforts towards implementing the various thematic areas of the 4Gates project. Field activities were majorly

undertaken to reach out to beneficiaries with service provisions. These services were provided across 4 local government areas; Mbaitoli, Owerri North, Owerri West and Owerri Municipal respectively.

During the adolescent and caregivers' fora in schools and communities across 4 local governments, 152 (F106: M46) adolescents were reached. The team also held quarterly meeting with social welfare officers across the communities. Efforts were made towards the conclusion of Education Performance Assessments (EPA) for VCs in school and the grant commissioning for two schools, and examination fees which include Senior and Junior WAEC were paid for adolescent girls transiting to Secondary school. Also, at Egbu community, 11 stakeholders (M8; F3) benefitted from the collaborative meetings with CFHI to ensure that VCs enroll, attend and progress in basic education.

Other activities include emergency financial support to a female VC that was critically ill, and provision of seeds and seedlings to profiled households for the establishment of home Garden in the communities.



Distribution of Students' Desks during the Educational Block Grant at Umuodu community school, 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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