



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

...promoting health, protecting well-being

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# ANNUAL REPORT

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## ABOUT US

Centre for Family Health Initiative (CFHI) is a non-political, non-religious, not-for-profit organization, committed to the promotion of health and protection of the well-being of families in Africa (CAC/IT/No. 49787). Driven by a vision of Healthy Families; Healthy Societies, CFHI's mission is to develop a safe and accommodating society for all, through community driven and family centred health interventions, socio-economic empowerment, evidence-based research and policy development. CFHI has a Special Consultative Status with United Nations (UN) Economic and Social Council (ECOSOC) and is registered with relevant ministries, departments, and agencies of the Government of Nigeria.



## MISSION

To develop a safe and accommodating society for all, through community driven and family centered health interventions, socio-economic empowerment, evidence-based research and policy development.

## VISION

Healthy Families, Healthy Societies.

## CORPORATE GOALS

- Community Health Improvements.
- Sustainable Socio and Economic Empowerment.
- Evidence-based Policy Development.

## COMMUNITY HEALTH IMPROVEMENTS

Centre for Family Health Initiative has a long history of active involvement in the promotion of human well-being, especially in hard-to-reach communities across Nigeria. It provides material and financial support, awareness creation, health care workers' training and health advocacy, infectious disease prevention and control, educational and skill acquisition services, and many more. CFHI believes that improving the wellbeing of vulnerable and neglected population in efficient quantity and quality is the most viable method for creating a sustainable global society.

## SUSTAINABLE SOCIAL AND ECONOMIC EMPOWERMENT

Every project initiated and implemented by CFHI aims to establish and strengthen systems that steer the provision of socio-economic services in Nigeria. It recognizes that a sustainable society is only possible when its inhabitants are wholly developed, and as such it undertakes projects that address the social and economic limitations being faced by vulnerable groups. CFHI provides GBV (Gender Based Violence) advocacy and intervention, as well as numerous vocational skills and basic financial training to indigent women and youths, with some of the participants receiving small grants to establish sustainable businesses, linked others to financial institutions, and made immediate cash transfers to very vulnerable households, to enhance their earning power and improve their household economy.

CFHI is committed to providing vocational education to adolescents and young adults in different parts of Nigeria and plays a significant role in assisting indigent rural communities to ensure all children and young across the areas of CFHI's operations.



## EXECUTIVE SUMMARY

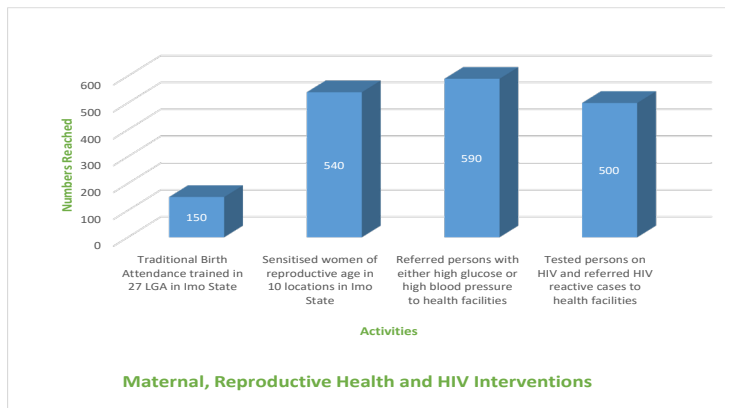
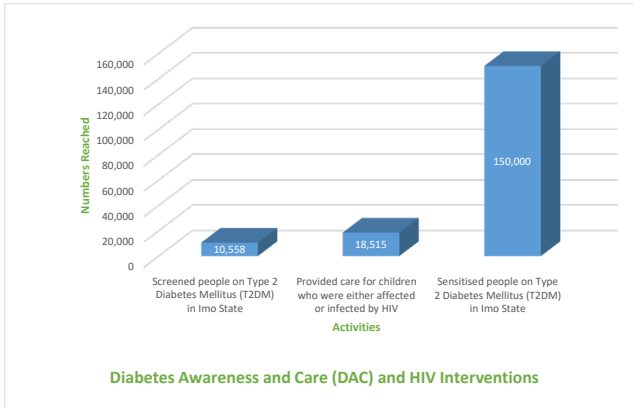
COVID-19 pandemic, the country's economy will probably slide into recession. The central focus for all CFHI interventions and activities is the Family. This is because it believes that improving the wellbeing of families is the most viable method for creating a sustainable global society – an environment where all persons and their communities equally benefit and contribute to its growth and performance. Therefore, the ultimate end of every project initiated and implemented by the organization is to establish and strengthen systems steering the provision of family-based health care and socio-economic services in Nigeria, while ensuring that these services are especially delivered to vulnerable and neglected populations.

The poverty rate in Nigeria has doubled in the past 10 years, the COVID-19 has also made living difficult in communities due to lockdown and hike in prices of commodities. Nigeria's poverty rate stands at 40.09 percent, representing 82.9 million persons, according to official data released on Monday 18th, 2020 by Nigeria Statistics Agency. Local observers have warned that with the recent sharp fall in oil prices, compounded by the ravage of the

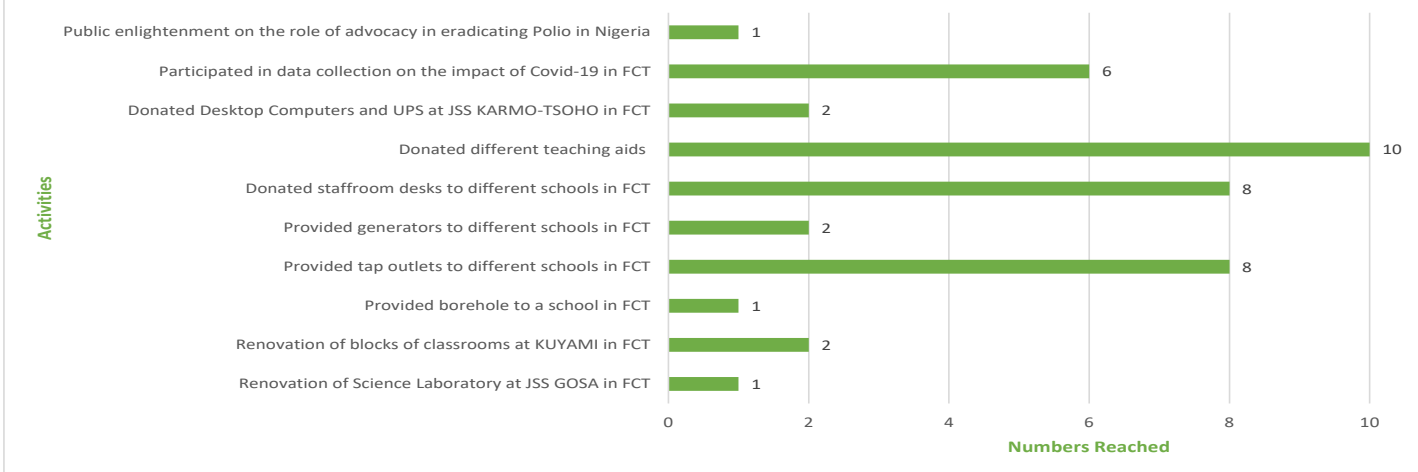
## EVIDENCE-BASED POLICY DEVELOPMENT

CFHI through conferences with policy makers and social media advocacy, influences change in National and international policy, by proffering solutions based on our experiences and research in different communities and in strategic areas. Aside contributing to the knowledge base and debate around critical issues on the inter-linkages among societal growth, poverty, inequality, and globalization, CFHI generates knowledge relevant to the prevalent situation in communities, to allow it to determine its health problems, appraise the measures available for dealing with them, and choose the actions likely to produce the greatest improvement in health. Ensuring that the available resources to finance these health challenges are used in the most efficient and effective way possible.

# 2020 THE YEAR IN DATA



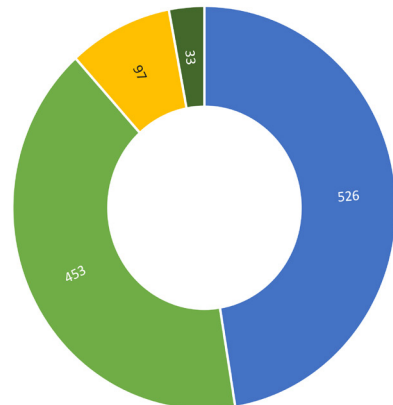
## Educational Support, COVID-19 intervention, and Polio Eradication Advocacy



Activities	Numbers Reached
World Food Day	60 (households)
World Toilet Day	54
International Day of the Girl Child	150
World AIDS Day	157
16 Days of Activism against Gender-Based Violence	6,762

### Commemoration of International Days

## Socio-Economic Empowerment



- Women empowered with non-interest loans
- Provided educational support to vulnerable children
- Adolescents provided with startup kits
- Newly enrolled adolescents that are currently undergoing Social and Economic Empowerment training

2020

# INTERVENTIONS

Since inception in 2012, CFHI contributes to government and donor coordination and commitment through increased investment in social service delivery to maximize the effectiveness of programs in terms of human development impacts. CFHI has worked in the Federal Capital of Nigeria (FCT) and several states in Nigeria including Nasarawa, Kaduna, Kano, Imo, Lagos, Cross river, Niger, Abia, Enugu and Taraba states. In 2020, CFHI worked in Imo state and FCT through Action to Control HIV/AIDS Epidemic Through Evidence (ACHIEVE) Orphans and Vulnerable Children (OVC), Global Action Towards HIV Epidemic Control in Sub-National Units in Nigeria (4GATES) Orphans and Vulnerable Children (OVC), Diabetes Awareness and Care (DAC), and Improving Maternal and Child Health Through Capacity Building And Community Awareness Approach (CCAP) projects to achieve the following;

1

## MATERNAL AND CHILD HEALTH

CFHI in partnership with TY Danjuma Foundation through Capacity Building and Community Awareness Project (CCAP) trained over 150 Traditional Birth Attendants (TBAs) in 27 local government areas across the 3 senatorial zones of Imo state on quality maternal and child healthcare. The training of birth attendants encouraged to adopt modern practices rather than the obsolete practices during child delivery. All participants were given delivery kits to aid deliveries in their facilities.



A cross session of participants during Traditional Birth Attendants training in Owerri, Imo State



Practical Section at the Traditional Birth Attendants training in Owerri, Imo State.

2020

## INTERVENTIONS



Ms. Uchechi giving a health talk to women of reproductive age at Orogwe PHC, Imo State.



A cross session of participants during the sensitization campaign for women of reproductive age at Irete PHC, Imo State

2

## SEXUAL AND REPRODUCTIVE HEALTH

Sensitized 540 women of reproductive age in 10 locations of Imo state through Community Awareness/Sensitization campaign. The campaigns focused on quality maternal and child healthcare services with a view to enhancing the patronage of Skilled Birth Attendants (SBA) and health facilities during pregnancies and delivery. Delivery kits were given to all participants.

3

## TYPE 2 DIABETES MELLITUS (T2DM) INTERVENTION

To create demand for diabetes mellitus services and to increase sensitization on Type 2 Diabetes Mellitus (T2DM) risk factors, prevention, and access to care, CFHI through Diabetes Awareness and Care (DAC) Project of Health Strategy and Delivery Foundation (HSDF) screened 10,558 persons on T2DM, sensitized over 150,000 persons, and referred 590 persons with either high glucose or high blood pressure to health facilities. Thousands of Information, Education and Communication (IEC) materials were further distributed to aid their understanding and ignite behavioral change among the locals.



2020

# INTERVENTIONS



Community sensitization at Relief market, Owerri, Imo State by Diabetes Awareness and Care team.



Type 2 Diabetes Mellitus testing at Relief market, Owerri, Imo State by Diabetes Awareness and Care team with the State Commissioner for Health, Dr. Damaris Osunkwo.

## 4

## HIV/AIDS INTERVENTIONS

According to research, there are an estimated 36.7 million people who have HIV/AIDS globally. Despite the virus only being identified in 1984, more than 35 million people have died of HIV or AIDS, making it one of the most destructive pandemics in history. Aside community testing and counselling in different communities in FCT and Imo state, CFHI in 2020 provided care for 18,515 children who were either affected or infected by the virus, tested 500 persons on HIV and referred HIV reactive cases to health facilities. The team also ensured the viral load suppression of HIV reactive persons through Enhance Adherence Counselling (EAC) and proper follow up with several success stories.

CFHI successfully commemorated World AIDS Day 2020 in Abuja with the support of National Agency for the Control of AIDS (NACA).



Ms. Adaeze Obison carrying out the oral self-test on one of the participants



World AIDS Day commemoration with staff of CCFN in Owerri, Imo State.

2020

## INTERVENTIONS

## 5 EDUCATIONAL INTERVENTIONS

CFHI through Action to Control HIV Epidemic through Evidence (ACHIEVE) OVC project of Institute of Human Virology provided - a borehole, six (6) tap outlets, and a generator to LEA Primary School Sabon-Lugbe; renovated two (2) blocks of classrooms at LEA Primary School, Kunyamim; renovated a Science Laboratory at JSS Gosa; donated six (6) staff room desks, ten (10) white boards, a pack of whiteboard marker, a generator and teaching aids to LEA Waru; and two (2) desktops with two (2) UPS were donated to JSS Karmo-tsoho, all in Abuja.



Borehole Donated to LEA Primary School, Sabon Lugbe-Abuja



The Commissioning of Science Laboratory at JSS Gosa with Staff of IHVN, Universal Basic Education Board (UBE), and CFHI.

## 6 EDUCATIONAL SUPPORT

Provided educational support to 526 children who were either out of school or had difficulty paying their fees. Centre for Family Health Initiative plays a significant role in assisting rural communities to ensure all children regardless of their financial status or gender can pursue a quality education that enables them to reach their full potential and contribute to their families, communities, and the world. Also, during the commemoration of International Children's Day, the best 3 participants in the essay competition organized by CFHI were provided with educational materials while the winner was awarded a scholarship.



CFHI Ag. GM., Mr. Kenneth Onyewuchi, Winner of 2020 Essay Competition, and Ag. ED., Engr. Krystal Anyanwu during World Children's Day

## 7 COMMUNITY OUTREACHES

Over 600 people in rural communities were reached through CFHI community outreaches in 2020. Four community outreaches were facilitated in 2020 during World AIDS Day, World Toilet Day, World Food Day, and

2020

# INTERVENTIONS

International Day of the Girl Child. During the World Food Day, 120 participants were given food items and 8 malnourished children provided care in Dape community, Abuja.



A Cross Section of World Food Day Beneficiaries at Chief Palace, Dape Community, Abuja.

8

## MENSTRUAL HEALTH MANAGEMENT AND GOOD SANITATION

Poor menstrual health management negatively affects adolescents' health. Most girls are unaware and unprepared for menarche as they are not informed or ill-informed about menstruation. This has consistently undermined the educational opportunities, health and overall social status of women and girls around the world. As a result, millions of women and girls are kept from reaching their full potentials. This brought to birth CFHI's interest in making reusable pads available free-of-charge to schoolgirls who cannot afford them and are missing school each month as a result. In 2020, CFHI commissioned its SafePad production Centre in Owerri, Imo state.



SafePad Production in Owerri, Imo State-Nigeria

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## SOCIAL AND ECONOMIC EMPOWERMENT

In Abuja and Imo state, CFHI through Institute of Human Virology Nigeria (IHVN) and Catholic Caritas Foundation of Nigeria (CCFN) funded projects empowered 453 women with non-interest loans to start or expand their businesses, thereby increasing their social economic capital while empowering them with financial literacy and accountability. CFHI did not only provide loans, but also provided 97 startup kits to adolescents who were trained in different skills including sewing, barbing,

2020

## INTERVENTIONS

hair dressing, baking, furniture making, Computer, among others. Thirty-three (33) newly enrolled adolescents are still in training.



Some Beneficiaries of CFHI Non-Interest Loans Showing Excitement



Presentation of Sewing Machines to Some of CFHI Skill Acquisition Beneficiaries

10

## 16 DAYS OF ACTIVISM AGAINST GENDER- BASED VIOLENCE

CFHI in partnership with the Catholic Caritas Foundation of Nigeria (CCFN), through the Global Action Towards Epidemic control in Sub-national units in Nigeria (4GATES) Project,

organised various activities including - street awareness/sensitization on gender-based violence within Industrial Action Layout, New Owerri, in Owerri Municipal; sensitization lecture on gender-based violence with a focus on adolescents in Emii Community, Owerri North LGA; community sensitization lectures on gender-based violence held at at the Palace of H.R.H. Eze Samuel Ugbaja, the traditional ruler of Ubahaeze Orodo autonomous community in Mbaitoli LGA; and gender-based violence sensitization lecture at Battle Axe Bible Church, Idem-Ogwa, Mbaitoli LGA. During these 16 days of activism, CFHI joined the rest of the world to campaign against every form of gender-based violence, especially against women and girls of every nation or race. Continuous online campaigns were maintained through this entire period across all CFHI's online and social media platforms. During this activism, a total of 6,762 persons (136 persons in Imo State and 6,626 persons on Twitter) were reached.



A Cross Section of Participants at the GBV Sensitization Lecture, at Eze's Palace, Ubahaeze, Orodo, Mbaitoli LGA

2020

## INTERVENTIONS



The Traditional Ruler of the Ubahaeze Orodo Community, Mbaitoli LGA, addressing the Participants at the GBV Sensitization Lecture, at His Palace



Photos from the Neighbourhood Sensitization Walk, within Commercial Action Layout, Owerri Municipal

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## ROLE OF ADVOCACY IN ERADICATING POLIO

Nigeria for the first time attained a Polio-Free status on June 18, 2020. In order to educate the public on the milestones to achieving polio eradication in Nigeria, CFHI hosted a Zoom Webinar featuring Professor Oyewale Tomori,

the Chairman of Expert Review Committee (ERC) for Polio Eradication and Routine Immunization and Ms. Catherine Oluwatosin Ojo, a health advocate, Nurse-Midwife, and trained Paediatric and Reproductive Health Nurse. The event which took place on September 8 was able to educate participants on the role of advocacy in eradicating polio, steps taken in achieving a Polio-Free status, and how these steps can help in curbing other health challenges in the future.

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## SOCIETY COMMITTEE AGAINST COVID-19 (SOCOCOVID)

### OUTREACHES

In the month of April 2020, during the COVID-19 lockdown in Nigeria, a Society Committee against COVID-19 (SOCOCOVID) was formed by different Non-governmental Organizations to provide basic life needs to the vulnerable populations across different states in Nigeria. SOCOCOVID in which CFHI is a member had several community outreaches to help those that are affected by the lockdown and cannot feed or take care of their families. Volunteers were raised among the settlers of the vicinity and were given megaphones to play jingles in different languages of how to live healthy during the pandemic. This they did every morning and evening throughout the lockdown. Also, facemasks, food items, liquid soaps, hand sanitizers were given to families as palliatives to ease their living and to support them practice good hygiene during the lockdown.

2020

## INTERVENTIONS



SOCOCOVID Visit to Gbagbalape community of Abuja-Nigeria

**SOCOCOVID visit to Suleja Correctional Centre** - At Suleja Correctional Center, Niger State, the SOCOCOVID group made it a point of duty to first sensitize the inmates to the novel pandemic, after which donations were made to the Correctional Center. Liquid soaps, buckets, hand sanitizers and food items were donated to the and four (4) prisoners were granted bail and given money to reunite with their families. Other inmates were advised on the needs to observe social distancing and personal hygiene to reduce the spread of the virus.



SOCOCOVID Visit to Suleja Correctional Centre, Niger State, Nigeria

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## COORDINATING AND MOBILIZING CIVIL SOCIETY RESPONSE IN NIGERIA (COMCIRIN) PROJECT

In 2020, CFHI participated in Coordinating and Mobilizing Civil Society Response in Nigeria (COMCIRIN) project using the Small Sample Survey Data Collection approach to collect data from respondents on the impact of COVID-19, Palliative distribution and understand the various local innovative strategies developed and deployed in response to COVID-19 Pandemic in

2020

## INTERVENTIONS

Dutse, Ushafa, Byazhin, Kuchiko, Kukuwaba and Dei-dei communities, Bwari-FCT. CFHI team visited six (6) community heads, six (6) Managing Directors of General Hospitals, six (6) Officers in Charge of Primary Health Centres. Also, and sixty (60) randomly selected households for the exercise.



At Dutse with a respondent during Data Collection



CFHI team and the Chief of Kuchiko during the survey visit.

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## PARTICIPATED IN THE SOCOCOVID REGISTER LAUNCH, ABUJA.

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During the SOCOCOVID National Register Launch, dignitaries like the Honorable Minister for Women Affairs, Dame Paulen Tallen; the Chief Epidemiologist of the Federation, Dr Godwin Ntadom; the Director General of the National Council for Arts and Culture (NCAC), among others were in attendance to express their support to curtail other vices that have sprung up in the pandemic like rape, insecurity, and domestic violence.



CFHI Co-Founder, Princess Osita-Oleribe Decorating The Honorable Minister for Women Affairs at the SOCOCOVID Register Launch, Abuja.

## Success

## STORIES

## ADOLESCENT GIRL AT RISK OF TRANSACTIONAL SEX ATTAINED RESILIENCE AND STABILITY THROUGH SKILLS ACQUISITION EMPOWERMENT

— Favour Alheri was identified and enrolled as an adolescent at risk of transactional sex into the community OVC program by CFHI in Sabon-Lugbe community. she was enrolled into a vocational center to learn hair dressing for a period of one year. After her training and graduation from the Skills Acquisition Centre, she was empowered with a startup kit of hand dryer and a hair stretcher. She created a space in front of her family house where she makes hair for her customers. According to her, she also renders home services for some of her clients who can afford her home delivery services. She appreciates CFHI and funders for the privilege to be financially independent and no longer at risk of transactional SEX.

## VIRAL LOAD OF OVER TWO MILLION C/ML SUPPRESSED THROUGH ENHANCED ADHERENCE COUNSELLING (EAC) AND FOLLOW UP

— CFHI was linked to provide service to the Tyonugu Household at Gosa community. This is a household caring for an HIV

positive double orphaned adolescent girl Veronica Tyonugu accessing care at Gosa PHC. Her ART information from the facility showed that her adherence was poor as she had an unsuppressed viral load of 2,410,006 c/ml as of 25 April 2019. She was always sick and out of school. In December after gathering all information about her, CFHI provided her with enhanced adherence counseling, took up treatment of minor illnesses, counseled her caregivers on care for HIV positive adolescents, and linked her back to school. A Community Volunteer attached to the household visited her weekly to counsel and help her improve on her adherence. Three months after she has completed her EAC, she was linked to an IHVN clinic for viral load test. Her result came out suppressed 273c/ml on 16th March 2020. She was afterwards enrolled for Vocational skills training where she learnt tailoring. She was empowered with a sewing machine and her instructor is glad about her improvement. Presently she is happy, healthy, safe and stable.

## HIV DISCORDANT COUPLE RECONCILED

— The Emmanuel Household was referred from Kabusa Health Centre. The household is made up of a discordant couple with two vulnerable children (one is HIV positive and on drugs and the other negative due to the Prevention of Mother to Child Transmission (PMTCT) intervention given



## Success

# STORIES

to the mother during and after delivery) During the volunteer's regular home visit in March 2020, she reported that the household had some issues which made the woman to leave her matrimonial home and children. As a result, treatment and care for the reactive child was seriously affected as the father was overwhelmed with work and house chores. With the combined effort of CFHI, the mentor mother at community health centre in Kabusa and the Matron at ECWA Clinic through several home visits and counseling support, the couple were reunited. During their separation, CFHI made sure the child's medication and care were under control through regular follow up visits. The child had the first viral test, and the result came out suppressed with a viral load of 235 c/ml. Though this is not the desired result of the organization as it is still providing interventions that would further reduce the viral load, CFHI's joy is that since the parents are back together, the child would receive better attention. The caregiver was also supported with household economic strengthening (HES) to enable her provide financial support to the family.

## UNLEARNING OLD PRACTICES, LEARNING AND ADOPTING OF NEW PRACTICES

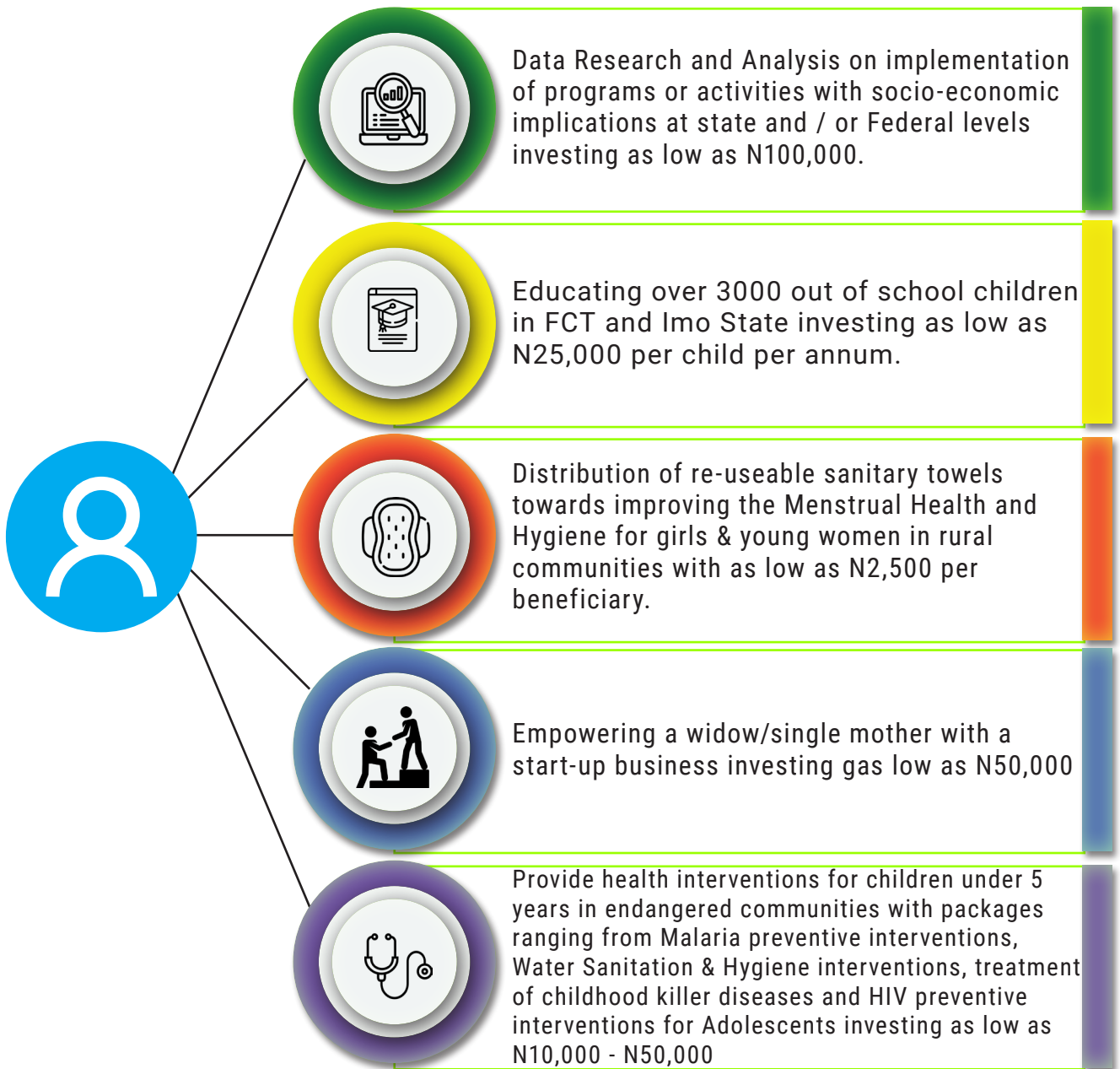
—  
Mrs. Augustina Mgbemere, one of the Traditional Birth Attendants (TBAs) in Imo State testified that the TBAs training in Imo state was so impactful and educative. Prior to the training, she admits that she was indulging in the old practices for cord care. However,

after the TBAs were trained on proper cord care and were strongly discouraged from old practices such as the use of toothpaste and methylated spirit for care of the baby's cord, she started using chlorohexidine gel for all babies she took delivery of. She learnt from the training that chlorohexidine gel prevents bacterial infections for a longer period. She also uses misoprostol for a case of bleeding she had during delivery and was surprised at how well the tablet worked. She encourages mothers who deliver in her maternity to go to the health centres for immunization of their babies now due to the education she received at the TBAS training.



Mrs. Augustina Mgbemere and CFHI Staff During the Follow-up Visit at Orlu, Imo State.

# Our APPEAL



Partners and donors would automatically become registered members of the organization and would be provided with annual reports on all CFHI activities with specific concentration on individual causes funded. Success stories on funded causes would also be publicized on all CFHI social media handles tagging donors and partners as is agreed on terms and conditions for eligible donors. Here is our Bank account details for your kind donations:

**Account Name:** Centre for Family Health Initiative

**Account Number:** 5080117843

**Bank Name:** Fidelity Bank Plc

**Swift Code:** FIDTNGLA



## Contact us:

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