



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

www.cfhiinitiative.org

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....promoting health, protecting well - being

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Dear funders, partners, and friends,

Welcome to the fifth edition of CFHI newsletter for 2023!

According to the World Health Organization (WHO), over 500 million women and girls do not have access to sufficient menstrual hygiene management sanitation services. Women's health suffers as a result of the lack of access to menstrual products and facilities, as well as their social and economic well-being.

CFHI's innovation of reusable sanitary pads, known as Safepad, aims to create economic opportunities for women and young girls in local communities while also providing vulnerable groups with access to affordable or no-cost sanitary pads. In 2021 and 2022, CFHI provided education on menstrual hygiene practices to approximately 100 students and distributed over 80 packs of free reusable sanitary pads to vulnerable women and girls, and this year, the organization aims to expand its impact and reach more individuals in need. CFHI has over the years helped in providing menstrual health sanitation services to over 1000 vulnerable women and girls in our local communities in Nigeria.

In this edition, we will keep you abreast on ongoing programs in the organization which include; Action to Sustain Precision and Integrated HIV Response towards Epidemic Control (ASPIRE), Community Action Against Drug Abuse (CAADA), Special Events in April 2023, and SafePad™ Production.

Do have a pleasant reading!

Kind regards,
Princess Osita-Oleribe
Co-Founder, CFHI.



MENSTRUAL HYGEINE

Menstrual hygiene management (MHM) refers to the practices and facilities that enable women and girls to manage their menstruation with dignity, safety, and comfort. MHM is crucial for the physical, social, and psychological well-being of women and girls. Poor menstrual hygiene can lead to infections, reproductive health problems, and social exclusion.

Proper menstrual hygiene involves the use of clean and appropriate menstrual products, such as pads, tampons, or menstrual cups. In addition, MHM requires access to adequate sanitation facilities, including clean toilets and washing facilities, for managing menstrual products and personal hygiene. Education and awareness about menstruation, including its biological and social aspects, is also critical for reducing stigma and promoting positive attitudes towards menstrual health.

Attitudes towards Menstrual Health (Period Poverty)

Period poverty refers to the lack of access to menstrual products, education, and adequate sanitation facilities. This issue affects millions of women and girls worldwide, particularly those living in low-income households and marginalized communities. In many cases, period poverty leads to missed school days, social isolation, and even health risks.

A study by UNESCO found that in developing countries, one in ten girls miss school during their menstrual cycle, with some missing up to 20% of the school year (UNESCO, 2014). This is due to the lack of access to menstrual products and appropriate sanitation facilities. In addition, girls who do not have access to menstrual products are often forced to use unsanitary materials such as old rags, newspapers, or even leaves, which can lead to infections and other health problems (UNICEF, 2019).

In addition to physical health risks, period poverty also has significant social and psychological consequences. Girls who miss school due to their periods are at risk of falling behind in their studies, which can impact their prospects. They may also experience stigma and shame, leading to social isolation and low self-esteem (Plan International, 2017).

To address period poverty, governments, and NGOs are working to increase access to menstrual products, education, and sanitation facilities. This includes initiatives such as providing free menstrual products in schools, promoting menstrual hygiene education, and improving sanitation facilities in public spaces (WaterAid, 2019). However, more needs to be done to address this issue and ensure that all women and girls have access to the resources they need to manage their periods safely and with dignity.

In conclusion, period poverty is a significant issue that affects millions of women and girls worldwide. It has far-reaching consequences for physical, social, and psychological health, and governments, NGOs, and communities must work together to address this issue and ensure that all women and girls have access to the resources they need.

Action To Sustain Precision And Integrated HIV Response towards Epidemic Control (ASPIRE)

The team continued with the implementation of planned activities at both facilities and in the communities. As a result, a total of 2461 (M-895, F-1566) beneficiaries were served and documented on both folders and the NOMIS platform. One hundred and six (106) beneficiaries were enrolled for OVC services, including (7 HEIs, 3 CLHIV, 40 At the risk of violence, 17 Heightened risks, 5 living with HIV + Adult, 1 KP, and 33 CG) across the assigned facilities and communities.

The team linked one severely malnourished VC accessing care at Maitama district hospital for treatment and distributed Nutrition Supplement (Action Meal) to four (4) malnourished VCs (1CLHIV and 3 HEI).

Other activities include the treatment of two sick vulnerable children, the provision of transport logistics for drug pickup and sample collection for seven (7) VC across different health facilities, Better Parenting meeting with a total of 10 (M0, F10) caregivers in attendance at Kaba Community, Dreams club activity and ASPIRE strategic weekly review meeting.



Dreams Club at Kabusa

Community Action Against Drug Abuse (CAADA)

Community Action Against Drug Abuse (CAADA) is a project Funded by MacArthur Foundation, Ford Foundation and implemented by Leap Africa through the Nigeria Youth Futures Fund and CFHI.

The team in the month of May carried out an advocacy visit to two Primary Health Care Centers in order to identify health workers that would be trained on treatment and provision of health psychosocial support to victims and survival of drug and substance abuse.



CLHIV receives treatment at CHC Kabusa





World Malaria Day

CFHI commemorated World Malaria Day, 2023 at Dape II, Abuja with over 40 pregnant and Breastfeeding mothers in attendance. This year's World Malaria Day was celebrated by sensitizing the women in attendance on the deadly nature of malaria, the importance of proper environmental sanitation, and visiting the health center for diagnosis before medication.

In addition, some of the key places in the community, such as the Dape Primary Healthcare facility, the Chief Palace, etc were fumigated to reduce the mosquito population. Feedback, as well as questions from the pregnant women and Breastfeeding mothers, were treated accordingly by the facilitators.



Participants at the World Malaria Day Event



During the Fumigation Exercise in the community

World Immunization Week

In Angwan Shahu community, Karimo, Abuja, the community members expressed their challenges in accessing immunization, such as the overcrowded PHC in the nearby town and the high cost of transportation.

Therefore, to mark World Immunization Week, the Centre for Family Health Initiative (CFHI) partnered with Idu Primary Health Care facility to immunise over 30 children in Angwan Shahu community to overcome some of their challenges in accessing immunization.



During the Immunization Process



World Immunization Week at Angwan Shehu -Karimo



Safe Pad 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@cfhiinitiative.org or ed@cfhiinitiative.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.

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