



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

...promoting health, protecting well-being

Newsletter

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2021

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THE FOUNDER'S DESK



Dear friend of the family,

Welcome to Centre for Family Health Initiative (CFHI)'s August 2021 newsletter.

World Breastfeeding Week 2021 was celebrated in the first week of August to enforce a movement by organisations, governments and individuals to recognize the need for breastfeeding and support breastfeeding mothers in their journey. The objectives of this year according to the Pan American Health Organisation (PAHO) are to inform people about the importance of protecting breastfeeding, anchor breastfeeding support as a vital public health responsibility, engage with individuals and organizations for greater impact, and galvanize action on protecting breastfeeding to improve public health. Centre for Family Health Initiative (CFHI), joined the global community in commemorating the event using our Monday Health Burst platform on social media. Also, CFHI team was at Ido Pada primary healthcare centre to sensitize nursing mothers to the importance of exclusive breastfeeding. Kindly read the article

on “Protect Breastfeeding: A Shared Responsibility” and CFHI activities to know more about the importance of breastfeeding to mothers and their infants.

To keep you abreast of CFHI projects activities in August, featured in this publication are reports covering the following projects: Action to Control HIV 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), The Remodeling For Empowerment And Progress (REAP) and Safepad production.

Do have a pleasant reading.

Kind regards,

Princess Osita-Oleribe

Co-Founder, CFHI.

PROTECT BREASTFEEDING: A SHARED RESPONSIBILITY

Breastfeeding, also known as chest-feeding or nursing, is an act of feeding your baby with breast milk directly from your breast. It is an act of love that promotes bonding between the baby and the mother apart from nourishing the child and mother’s health. The first breast milk produced by the mother after the baby’s delivery is called colostrum, often referred to as “liquid gold”. It is comparatively thick, and sticky with yellow or orange colour. It is produced in very small amounts – 40 to 50 ml (1.4 to 1.8 fl oz) over 24 hours. Colostrum serves as natural vaccination for the child due to the presence of high levels of antibodies and white blood cells in them. It also contains other minerals & vitamins and is easy to digest. The sweet benefits of breastmilk

cannot be overemphasized.

“Protect Breastfeeding: A Shared Responsibility” is the theme for World Breastfeeding Week 2021. Each year, a theme is decided upon to celebrate World Breastfeeding Week. The international event endeavours to appreciate the power of breastfeeding in advancing child health & development and lowering infant mortality through ideal nutrition, and consequently, protecting women from ovarian and breast cancer. As we know, Breast milk provides optimal nutrition for proper growth and development of the baby and as advised by the World Health Organisation (WHO), mothers should initiate breastfeeding within an hour after childbirth and then exclusively breastfeed the baby until they are six months old. Then, continue breastfeeding along with nutritionally adequate and safe complementary foods, until age two years old or beyond. Irrespective of all the benefits breast milk has for infants, nearly 2 out of 3 infants are not exclusively breastfed for the recommended 6 months—a rate that has not improved in two decades. Hence, it has become prudent to create awareness and emphasize the need for breastfeeding.

This year’s theme emphasizes that breastfeeding contributes to the survival, health and wellbeing of both mother and child and as much as support is needed at the individual level, it has become a public health issue for it is the responsibility of all to help increase breastfeeding rates and ensure more mothers have breastfeeding success for improved health outcome for the mother and her infant. Although there are identified key barriers to breastfeeding like lack of knowledge and misconceptions, social norms, unfavourable employment policies, poor family and social support, embarrassment about breastfeeding in the public and many more, the success rate among mothers who want to breastfeed can be greatly improved through active support from everyone irrespective of the barriers mothers face in starting and

continuing breastfeeding. For example, family members of the mother can play support roles with regards to assisting in decision-making about how the baby is fed and in providing support for breastfeeding after the baby is born; community-based organisations can strengthen or promote programs that provide mother-to-mother support and peer counselling that aims to support breastfeeding; health care professionals who are in the line of caring for women and infants could be provided with adequate education and training in breastfeeding to enable the provision of skilled breastfeeding assistance to mothers after they return home; Employers could work towards providing workplace accommodation that caters to the needs of breastfeeding mothers and their infants, Also, public health infrastructures could work towards enhancing coordination and collaboration across agencies to improve breastfeeding support.

. The optimal recommendations of breast milk by WHO and UNICEF are:

- Early initiation of breastfeeding within 1 hour of birth.
- Exclusive breastfeeding for the first 6 months of life.
- Continued breastfeeding up to 2 years of age or beyond, with the introduction of nutritionally adequate and safe complementary (solid) foods at 6 months.

CFHI COMMEMORATES WORLD BREASTFEEDING WEEK 2021

World Breastfeeding Week is an annual celebration held every year during the

first week of August. This celebration was first held in 1992 by World Alliance for Breastfeeding Action and is now observed in over 120 countries by UNICEF, the World Health Organization (WHO) and their partners, including individuals, organizations, and governments. The goal of this celebration is to promote exclusive breastfeeding for the first 6 months of life which results in tremendous health benefits for women and their infants. The World Breastfeeding Week theme for 2021 focused on how breastfeeding contributes to the survival, health and wellbeing of all, and the imperative to protect breastfeeding worldwide.

CFHI carried out week-long activities in celebrating world breastfeeding week. Each day in the week, CFHI made a post across its social media platforms on the health benefits of breastfeeding. CFHI was also at Iddo Pada - Abuja to sensitize breastfeeding mothers on the benefits of exclusive breastfeeding for mothers and their infants. The event begins with a CFHI staff distributing nose masks to all the nursing mothers present at the event. During the event, CFHI Nutrition Officer, Adaeze Obison sensitized the nursing mothers on some of the importance of exclusive breastfeeding which includes; protection against diarrhoea, pneumonia and other common childhood illnesses, breastfeeding also helps reduce the risk of overweight and obesity in childhood and adolescence.

Nursing mothers were shown the best breastfeeding positions and informed that the use of feeding bottles in feeding babies should be discouraged as it is not hygienic. Mothers were then advised to go back in time to the option favoured by the grandmothers – the humble spoon, and the little cup. The participants all pledged to practice exclusive breastfeeding, and educate nursing mothers in their environment.

At the end of the event, each participant

was given a pack of seasoning cubes. The participants appreciated CFHI for the educative program and promised to practice everything they have been taught.



CFHI staff sensitizing nursing mothers of the Iddo-Pada community



CFHI staff demonstrating best breastfeeding position to the mothers



A nursing mother breastfeeding her child during the sensitization

WORLD HUMANITARIAN DAY AT CFHI



Gosa community dwellers demonstrating the 10 steps of proper handwashing



CFHI staff sensitizing the community dwellers on safety measures against cholera



Each participant receiving a bottle of water guard as a measure to drinking safe water

World Humanitarian Day (WHD) is commemorated every year on August 19 to pay tribute to humanitarian workers killed and injured in the course of their work, and to honour all aid and health workers who

continue, despite the odds, to provide life-saving support and protection to people most in need. This day was designated in memory of the 19 August 2003 bomb attack on the Canal Hotel in Baghdad, Iraq, killing 22 people, including the chief humanitarian in Iraq, Sergio Vieira de Mello. In 2009, the UN General Assembly formalized the day as World Humanitarian Day.

Each year, WHD focuses on a theme, bringing together partners from across the humanitarian system to advocate for the survival, well-being and dignity of people affected by crisis, and for the safety and security of aid workers. The theme for this year's WHD is "Engaging the Private Sector to Tackle the Climate Crisis". This year's theme focuses on the climate emergency and its impacts on the lives and livelihoods of people affected by the crisis, urging world leaders to take action and support the most affected communities.

To mark World Humanitarian Day 2021, Centre for Family Health Initiative team was at Gosa community in Abuja to sensitize community dwellers to safety and precautionary measures against cholera, which was due to the recent cholera outbreak in the community. The community dwellers were trained on cholera prevention and infection measures such as; washing hands well before eating, cooking and washing vegetables well before eating and safe disposal of human waste. Each participant was given a bottle of water guard and taught how to use it to help curb the increasing mortality rate caused by cholera in Gosa.

CFHI CELEBRATES WORLD YOUTH DAY

The theme of International Youth Day 2021, "Transforming Food Systems: Youth Innovation for Human and Planetary Health", highlights the success of global effort that will not be achieved without the

meaningful participation of young people. It has been acknowledged that there is a need for inclusive support mechanisms that ensure youths continue to amplify efforts collectively and individually to restore the planet and protect life while integrating biodiversity in the transformation of food systems.

CFHI commemorated World Youth Day by sharing information across their social media platforms on how the youths in Nigeria can be a part of transforming food systems for the sustainability of mankind and its environment. In Nigeria, over 70% of the population are under the age of 30 (UNESCO: 2013). This is a great asset to Nigeria. Awareness should be created to enable youth to make informed decisions on food choices in line with the increasing global education on the healthiest and most sustainable options for both individuals and the environment. Government should also work towards more equitable food systems with full youth involvement and participation.



CFHI Staff celebrating World Youth Day

PROJECTS:

ACTION TO CONTROL HIV/AIDS EPIDEMIC THROUGH EVIDENCE (ACHIEVE) ORPHANS AND VULNERABLE CHILDREN (OVC) REPORT

Centre for Family Health Initiative ACHIEVE OVC team in August facilitated strategic meetings and review meetings to aid the timely accomplishment of the monthly objectives. One major milestone accomplished in the reporting month was the meeting held with some non IHVN facilities due to the increasing number of outdated viral loads results of many beneficiaries. As a result of the meeting held and subsequent follow up, two of the facilities, Gosa and Waru PHC precisely carried out sample collection for some beneficiaries with outdated viral load results. While Gosa PHC collected samples for nine (9) beneficiaries, Waru PHC collected samples for eleven beneficiaries. Updates of results of samples collected were received from the two facilities and have been updated on the TRAV Tool.

In the reporting month, a total of forty-two (42) beneficiaries who were due for drug refill were supported and a total of three thousand, one hundred and ninety-one (M= 1117, F= 2,074) beneficiaries received at least one intervention and updated on folders and the NOMIS platform. The team also participated in a two-day IHVN Q3 virtual meeting. A total of 48 volunteers participated in the review meeting. The ACHIEVE OVC team provided health emergency funds for the treatment of malaria for a VC newly initiated on ART. A total of twenty-eight (28) caregivers were reached during food demonstration activities while fifty (50) were reached

during the IYCF support group meeting held at Iddo-pada. A total of 20(M0, F20) caregivers were reached during the Gender norms activity at Gosa community. A total of 30 in-school adolescent girls attended the DREAMS-like club activity held at JSS Sabo-Karmo. Kiddies club activities were held across Gosa, Kabusa, New Karmo, and Wumba communities with a total of 100 (M=48, F=52) children reached. A total of 100(M=44,F=56) adolescents were reached during the adolescent club activity held at Gosa, Gishiri, Jiwa and Waru communities. The team graduated 20 households that met the graduation benchmark and also facilitated birth certificates.



Facilitation - Kiddies club activities at Wumba community



Hand washing demonstration - Kiddies club activities at Wumba community



Adolescent club at Kabusa



Better parenting meeting - Gosa



Fresh Ingredients - Food Demonstration at Iddo-pada



Preparation of items - Food Demonstration at Iddo-pada

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

The 4GATES OVC team began the month

of August with the distribution of start-up kits to adolescent beneficiaries of Skill Acquisition. This event took place at Uratta in Owerri North Local Government council. The adolescent beneficiaries who were trained in various skills got startup kits that would enable them to start a trade to better their lives.

In the reporting month, the team began the profiling of the first subset of caregivers for Family Matters Program (FMP). A total of one thousand sixty-one (1061) caregivers with children within 9-14 years old were found eligible for mobilization across the 4 focused LGAs (Owerri North, Owerri West, Owerri Municipal and Mbaitoli). The team facilitated the registration and issuance of NPopC birth certificates to VCs.

The team carried out food demonstration activities for caregivers across Ogwa, Obibiezena, Ogbaku, and Ubaheze Orodo LGAs. The one hundred and twenty-five (125) caregivers present were taught the importance of good food and nutrition uptake especially for vulnerable children while promoting the growth of locally sourced and sustainable nutrient-based vegetables. Planting materials such as Fluted Pumpkin, Waterleaf, Spinach, Scent-leaf, Pepper, Okro were distributed to beneficiaries during the activities. Deworming tablets were also distributed to caregivers for their vulnerable children.

In August, the team enrolled a total of eighteen (18) beneficiaries in the OVC program with a total of eleven (11) vulnerable children and seven (7) caregivers. The team also provided emergency food support to two (2) positive households and an orphan living with HIV. The 4GATES OVC team supported Six (6) vulnerable children assessed to be malnourished with nutritional supplements (soya plus). Also, a total of six thousand eight hundred and forty-nine (6,849) beneficiaries were served by the team. The team continued with household care plan monitoring, updates

and home visits to households enrolled on the programme.



Cross-section of Adolescents during activity in Alaenyi Ogwa



CFHI staff talks to Caregivers in Alaenyi Ogwa during Collaborative meeting with Stakeholders



During Adolescent Forum in Ubaheze Orodo as they listened one of the facilitators

SANITARY PAD (SAFEPAD™) PRODUCTION

In August, CFHI continued with advocacy for menstrual hygiene and management. This can be seen in its adolescent activities carried out at Ogwa, Obibiezena,

Ogbaku, and Ubaheze Orodo LGAs in Owerri. The adolescents were trained on the importance of menstrual hygiene and management. CFHI also continues to produce its reusable safepad, designed to provide a safe and infection-free experience while in use. Safepad hygienic sanitary pads are designed with a permanently bonded antimicrobial technology that helps to reduce vaginal infections caused by candida albicans along with infections from other pathogens.



THE REMODELING FOR EMPOWERMENT AND PROGRESS (REAP) PROJECT REPORT

In August, advocacy visits to brothels were carried out by the REAP team to mobilize Female Sex Workers (FSWs) for re-orientation and training in vocational skills of their choice. Twenty-one (21) FSWs in Owerri were trained on life skills emergency preparedness, healthy sexual behaviours, safe sex practices and income diversifications. Twenty-seven (27) FSWs were also identified for the vocational training skill acquisition program. Twenty-three (23) FSWs has been successfully enrolled for vocational training in various skills. Meanwhile, sixteen (16) FSWs have indicated an interest in REAP.

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:

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