



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

...promoting health, protecting well-being

Newsletter

In This Edition

Prediabetes - Your Chance
to Prevent Type 2 Diabetes

World Diabetes Day 2021
At CFHI

CFHI Commences 16 Days
of Activism Against Gender
Based Violence

Projects:

- Action to Control HIV/
Aids Epidemic Through
Evidence (Achieve)
Orphans and Vulnerable
Children (OVC) Report
- Remodeling For
Empowerment And
Progress (REAP) Project
- Global Action Towards
HIV Epidemic Control
in Sub-National Units
in Nigeria (4GATES)
Orphans and Vulnerable
Children (OVC) Project
Report
- Safepad Production

Our Appeal

THE FOUNDER'S DESK



Dear friend of the family,

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

Globally, November is set aside for diabetes awareness. Statistics from the World Health Organization (WHO) reveal that 422 million people around the world have diabetes mellitus, particularly in low-and middle-income countries which Nigeria is not an exception. These figures have continued to be on the rise which is worrisome and needs an urgent call for mitigation. CFHI joined the world for diabetes awareness creation through its Monday Health Burst. In continuity, CFHI partnered with The Health Strategy and Delivery Foundation (HSDF) and Imo State Ministry of Health to carry out sensitization and screening activities in Owerri, Imo State to mark World Diabetes Day 2021. The commemoration was in line with this year's theme: "Access to Diabetes Care – If Not Now, When?"

Featured in this publication is an article tagged "Prediabetes – Your Chance to Prevent Type 2 Diabetes", and projects report for November, 2021;

Action to Control HIV/AIDS in Pandemic 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.

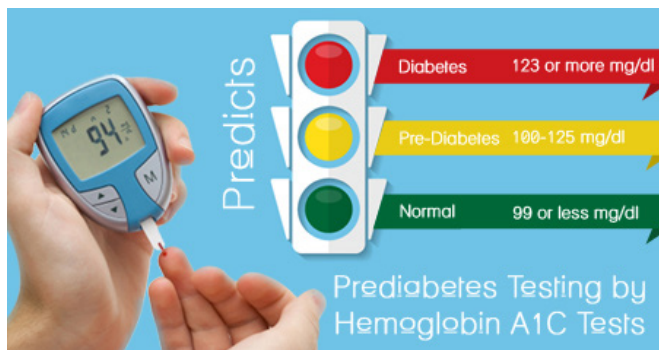
Do have a pleasant reading.

Kind regards,

Princess Osita-Oleribe

Co-Founder, CFHI.

PREDIABETES - YOUR CHANCE TO PREVENT TYPE 2 DIABETES



Source: Medindia

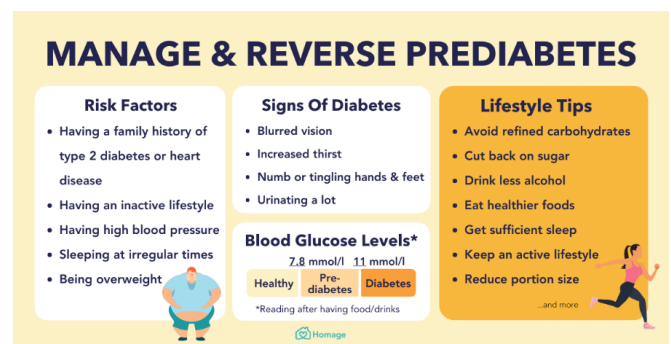
According to Centre for Disease Control (CDC), prediabetes is a serious health condition where blood sugar levels are higher than normal, yet not high enough to be diagnosed as type 2 diabetes. If one has prediabetes, it shows that the cells in the body do not respond normally to insulin. Hence, the pancreas makes more insulin to try to get cells to respond and eventually will not be able to keep up. The blood sugar then rises, setting the stage for prediabetes and type 2 diabetes.

Studies have shown that 1 in 3 American

adults have prediabetes. In Nigeria, the prevalence of prediabetes is also high with hypertension emerging as the possible driving force. Though the exact cause of prediabetes is unknown, family history, genetics, lack of regular physical activity and being overweight with excess fat around the abdomen appear to be important factors. Other factors include ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed more than 9 pounds and having polycystic ovary syndrome.

Often times, one could be with prediabetes for years with no clear symptoms, so it often goes undetected until serious health problems such as type 2 diabetes show up. However, some people experience increased thirst, frequent urination, excess hunger, fatigue, blurred vision, and darkened skin on certain parts of the body (neck, armpits, elbows, knees and knuckles).

To reverse prediabetes, keep an active lifestyle by getting at least 150 minutes a week of brisk walking or a similar activity, avoid refined carbohydrates, cut back on sugar, eat healthy foods, drink less alcohol, get sufficient sleep, reduce food portion size. Also, periodic screening is key to detecting and reversing prediabetes. Simple Blood Sugar Test done in time could stop prediabetes from developing into type 2 diabetes, heart disease, and stroke.



Source: Homage

WORLD DIABETES DAY 2021 AT CFHI

World Diabetes Day (WDD) 2021 campaign focuses on the theme "Access to Diabetes Care". The theme which runs from 2021 – 2023 aims to draw attention to the critical needs of providing care and support to manage Diabetic conditions and avoid complications. It also calls for government interventions and increased investment in diabetes care and prevention.

On 13th November, 2021, Centre for family Health Initiative (CFHI) in partnership with Imo State ministry of Health, and Health Strategy Delivery Foundation (HSDF) commemorated WDD 2021 in line with the United States theme by creating awareness about diabetes causes, living with diabetes and tips for prevention and management. Handbills and messages were disseminated to the public as part of the activities to create awareness and bring actions against Diabetes.

In Imo state, the procession walk started from bank road in Owerri where the new Imo State Commission for health; Hon. Barthy. Chuks Okorochukwu with his entourage flagged off the campaign. Prior to the walk, participants of the campaign which includes some government officials had aerobic exercises at government house chapel Owerri Arena. Dr. Okorochukwu and Dr. George Udeji coordinator of Imo State Reproductive Health Imo State Ministry of Health led the procession to Dan Anyiam Stadium. Federal Road Safety Commission (FRSC) personnel took control of traffic flow and movement during the walk. As the entourage walked down towards the stadium; messages were disseminated to the public through fliers and public address system as the cavalcade moved, danced and created awareness. It was fun and impactful.

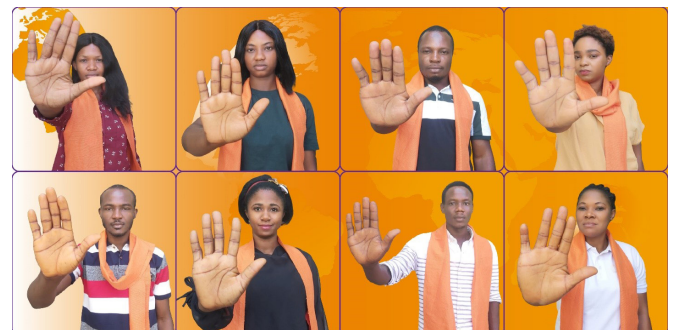
Diabetes screening and testing by staffers of CFHI and HSDF commenced after the

campaign, with the Hon. Commissioner of Health Imo State, Dr. Barthy. C. Okorochukwu screening for blood sugar and blood pressure. The messages of the campaign were well disseminated to over four thousand (4,000.00) participants, sixty (60) clients were screened out of which four (4) have elevated blood sugar, and four (4) people with elevated sugar levels were referred to facilities for treatment and care.



Chioma Nnaji for checks the blood pressure of the Honorable Commissioner for Health, Dr. Barthy. C. Okorochukwu during World Diabetes Day Commemoration in Owerri Imo State

CFHI COMMENCES 16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE



#OrangetheWorld #16DaysOfActivism #EndVAWGNow!



Gender-Based Violence (GBV) is of great concern to CFHI and the global community. This is because, 1 in 3 women aged 15 years and older around the world have been subjected to physical or sexual violence by

an intimate partner, non-partner or both, at least once in their lifetime. This high rate of violence against women and girls has remained largely unchanged over the last decade as estimated in a report by World Health Organization (WHO). Instead, the figures have been on the rise after the emergence of COVID-19.

Globally, all forms of gender-based violence against women and girls are crucial factors holding back women, not just physically or mentally, but in all aspects of life. Hence, CFHI on November 25, 2021, joined International Network to End Violence Against Women and Girls (INEVAWG) and Feminists for People's Vaccine (FPV) member organizations to commemorate the International Day for the Elimination of Violence Against Women and Girls and commence the 16 days of activism Against Gender based Violence. During the campaign, we called on leaders and policy makers to strengthen the systems of VAWG prevention and response.

CFHI also partnered with Catholic Caritas Foundation of Nigeria (CCFN) to mark the 16 days of activism Against Gender based Violence in Owerri, Imo State.

The theme for 2021 International Day for the Elimination of Violence Against Women and Girls is "Orange the World: End Violence Against Women now!"

PROJECTS:

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

In November, the ACHIEVE Orphans and Vulnerable Children team recorded two community activities (Family Matters Program and SILC) and facility activities (linking VC for drug refill, sample collection and drug transitioning). Four beneficiaries were enrolled into CFHI OVC program, two beneficiaries were linked back to care, and three transited to Pediatrics Dolutegravir. The team carried out referral coordination activities across four assigned facilities, and village savings and lending association (VSLA) meetings held in three communities (Karimo, Gosa and Apo Dutse) with a total of thirty-one thousand naira as savings for the month.

The team conducted interview for the position of Case Managers where fifteen qualified Case Managers were selected from the exercise. The Case Managers received adequate mentoring from the project staff on OVC service provision. The team also continued with several brainstorming meetings both with representatives from Institute of Human Virology (IHVN) and the Case Managers on strategies towards achieving better result in all program areas.

THE REMODELING FOR EMPOWERMENT AND PROGRESS (REAP) PROJECT REPORT

The REAP team in October were focused on the monthly monitoring and evaluation visits to Female Sex Workers (FSWs) that

were enrolled into the vocational skill program. Just like the previous visits done, a monitoring and evaluation questionnaire was 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. The performance of the trainees was assessed and corrections were made where necessary. The follow-up was achieved through visits to their training centers and interactive phone conversations with the trainers and trainees every week. A total number of forty-five (45) FSWs were monitored in the month of November.

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

The 4GATES OVC team continued with community activities and facility activities in Imo state, Nigeria. The team carried out two (2) advocacy visits to the traditional ruler of Nsokpo Ogbaku community, held one community health committee at HRH-Emekuku with 16 persons in attendance, coordinated monitoring service for 922 vulnerable children in school, held 3 meetings across 3 savings groups. Also, 10 children living with HIV who missed their hospital appointments were contacted through their caregivers and supported to go for drug pickup, and nutrition support was given to two caregivers and vulnerable children. A total of five thousand seven hundred and eight (5,708) beneficiaries were served and twenty-six (26) newly enrolled in the reporting month.

SANITARY PAD (SAFEPAD™) PRODUCTION

Safepad™ is a unique sanitary pad with a special antimicrobial treatment produced by Centre for Family Health Initiative (CFHI) in partnership with RealRelief, 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.



A pack of reusable Safepad™ sanitary pad



Maureen modelling for Safepad™ Sanitary Pad

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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