

# MARCH, 2024

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Safepad Production

### *From the Cofounder's Desk,*

Dear friends of the family,

Welcome to 3rd Edition of CFHI Newsletters!

As we celebrate women this month, it fills my heart with immense pride to address you all on women empowerment. In a world where the strength and resilience of women have often been overlooked, it is imperative that we come together to amplify their voices, recognize their achievements, and foster an environment where they can thrive.

Women empowerment is not just a slogan; it is a fundamental principle that drives positive change in our society. It is about providing equal opportunities, breaking down barriers, and empowering women to realize their full potential in every aspect of life. Whether it is in the boardroom, the classroom, or the community, women have proven time and again their ability to lead, innovate, and inspire.

I am committed to championing the cause of women empowerment within our organization and beyond. I believe that by creating a culture of inclusivity and diversity, we not only enrich our workforce but also set an example for others to follow. It is through collaboration, support, and mentorship that we can create a more equitable world for all.

Also enclosed in this edition of our newsletter is activities and projects report for the preceding month. Action to Sustain Precision and Integrated HIV Response towards Epidemic Control (ASPIRE), Menstrual Health and Hygiene Management Technical Working Group Meeting and SafePad Production.

Do have a pleasant reading!

Princess Osita-Oleribe

Cofounder, CFHI.



## Empowering Women: The Key to a Thriving Society



Women empowerment is not just a catchphrase; it's a fundamental aspect of creating a fair, just, and prosperous society. Across the globe, women have historically faced discrimination, oppression, and limitations on their opportunities. However, empowering women isn't just about rectifying past injustices; it's about unlocking the full potential of half of the world's population and harnessing their talents, skills, and perspectives for the greater good.

### Economic Empowerment

One of the cornerstones of women empowerment is economic independence.

When women have access to education, job opportunities, and financial resources, they can contribute significantly to their families' well-being and the economy as a whole. By closing the gender gap in employment and wages, societies can unleash a wave of productivity and innovation.

### Education and Knowledge

Education is the bedrock of empowerment. Providing girls and women with access to quality education not only equips them with the skills they need to succeed but also fosters critical thinking, creativity, and confidence. Educated women are more likely to make informed decisions about their health, participate in civic life, and advocate for their rights.

### Political Participation

Women's voices must be heard in the corridors of power. Increasing women's

representation in politics and decision-making positions is essential for creating policies that reflect the needs and aspirations of all citizens. When women are involved in governance, they bring unique perspectives and priorities to the table, leading to more inclusive and effective policymaking.

### Health and Well-being

Access to healthcare is a fundamental human right, yet many women around the world still face barriers to essential services. Empowering women means ensuring they have access to reproductive health services, maternal care, and resources to lead healthy lives. When women are healthy and well, they can fully participate in society and achieve their goals.

Women empowerment is not just a moral imperative; it's a strategic investment in the future. By empowering women, societies can unlock untapped potential, drive economic growth, and foster more inclusive and resilient communities. It's time to break down barriers, challenge stereotypes, and create a world where every woman and girl can thrive.

## **ACTION TO SUSTAIN PRECISION AND INTEGRATED HIV RESPONSE TOWARDS EPIDEMIC**



*Adolescent Club Activities*

CFHI served a total of 4772 individuals, conducted nutritional assessments for 1281 Vulnerable Children (VC), and carried out educational performance assessments for 199 VC.

Additionally, we recorded 8 new enrollments for OVC services, provided transport logistics for drug pickup and viral load sample collection. The team also enrolled twenty-seven beneficiaries (27- 26VC, 1CG) into the FCT insurance scheme, reached twenty (20-M10, F10) beneficiaries during the FIT/HTS activities, linked one sexually abused VC(1F) to Iddo Pada PHC for initiation of PEP and successfully tracked two VCs who had interruptions in treatment (IIT) back to care.



Other activities include kiddies club, better parenting, **During the Food Demonstration Activity** Adolescent club, Key Stakeholders Quarterly Review Meeting, Infant and Young Child Feeding (IYCF) Support group meeting and food demonstration activities.

## Understanding Tuberculosis: A Persistent Global Change

### TUBERCULOSIS

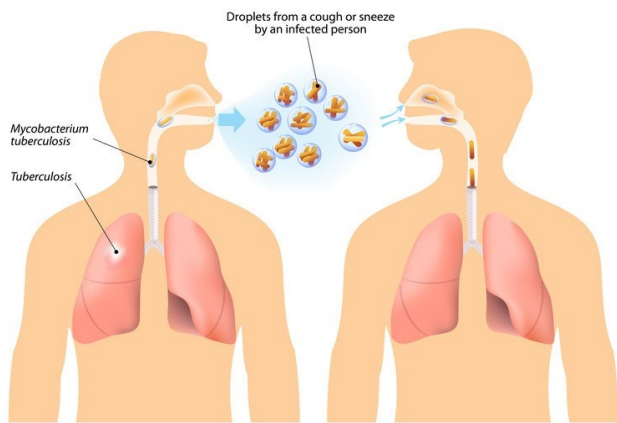


IMAGE SOURCE: HEALTH HAVARD

Tuberculosis (TB) remains one of the world's deadliest infectious diseases, posing a significant public health challenge globally. Despite advancements in medical science, TB continues to affect millions of people worldwide, particularly in developing countries where access to healthcare and resources are limited.

Tuberculosis is a bacterial infection caused by *Mycobacterium tuberculosis*. It primarily affects the lungs but can also target other parts of the body, such as the kidneys, spine, and brain. TB spreads through the air when an infected person coughs

or sneezes, making it highly contagious. According to the World Health Organization (WHO), TB is one of the top 10 causes of death worldwide and the leading cause of death from a single infectious agent, ranking even above HIV/AIDS. In 2020 alone, an estimated 10 million people fell ill with TB, and 1.5 million died from the disease.

### Challenges in TB Control

Several factors contribute to the persistence of TB as a global health threat:

#### Drug Resistance:

The emergence of drug-resistant strains, such as multidrug-resistant TB (MDR-TB) and extensively drug-resistant TB (XDR-TB), poses a significant challenge to TB control efforts. Treating drug-resistant TB requires more prolonged and costly therapies with less effective drugs, further straining

healthcare systems.

Stigma and Social Determinants: Stigma associated with TB prevents people from seeking care, leading to delayed diagnosis and treatment. Moreover, social determinants such as poverty, overcrowded living conditions, and lack of access to healthcare exacerbate the spread of the disease, particularly in marginalized communities.

#### Limited Access to Healthcare:

In many parts of the world, access to healthcare services, including TB diagnosis and treatment, remains limited. This results in underreporting of TB cases and inadequate provision of care, hindering efforts to control the disease.

Tuberculosis remains a formidable global health challenge, but concerted efforts and continued investment in TB control and research offer hope for a TB-free future. By addressing the social determinants of TB, improving access to

healthcare services, and harnessing innovative solutions, we can work towards eliminating this ancient disease once and for all. Together, let's strive towards a world where TB is no longer a threat to public health.

### MENS TRUAL HEALTH MANAGEMENT TECHNICAL WORKING GROUP(TWG) MEETING WITH SHF



*During the MHM Technical Meeting with SFH*

CFHI attended the MHM TWG meeting where the Sanitation & Hygiene Fund (SHF) discussed plans for celebrating MHM 2024. The SFH team, whose objective is to offer options for MHM products in the Nigerian market, was introduced during the meet-

ing, and a decision was made regarding how to celebrate the day. Through the following, they seek to accomplish these goals: Work with Standard Organization of Nigeria (SON) to establish product standards, promote lower taxes on MHM goods, Assist in creating marketable business concepts and give people working in the MHM sector access to funding



## 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.

### Account Details:

**Name:** Centre for Family Health Initiative

**Number:** 5080117843

**Bank:** Fidelity Bank PLC

**Swift Code:** FIDTNGLA

### Or Contact Us:

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