



CENTRE FOR
FAMILY HEALTH
INITIATIVE
(CFHI)

Protecting health protecting well-being

CFHI JULY NEWSLETTER

Healthy families, healthy societies



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FROM THE COFOUNDER'S DESK

Dear friends of the family,

Welcome to 7th edition of CFHI Newsletters. I hope this message finds you well and filled with the same warmth and gratitude we feel towards each of you. Your steadfast support continues to be the bedrock of our mission at CFHI. Your belief in our vision fuels our determination to innovate and expand our reach. It reminds us daily of the profound difference we can make together.

Every year on 28 July, CFHI and partners mark World Hepatitis Day to increase awareness and understanding of viral hepatitis and the diseases that it causes. Hepatitis remains a significant global health concern, affecting millions of people and posing serious challenges to healthcare systems worldwide. It is a silent epidemic that can lead to severe liver disease, liver cancer, and premature death if left undetected and untreated. With types A, B, C, D, and E, each form of hepatitis presents unique challenges and requires targeted strategies for prevention and treatment.

According to the Nigeria HIV-AIDS Indicator and Impact Survey, 2018 (NAIIS 2018), Nigeria has a prevalence rate of 8.1% and 1.1% for HBV and HCV among adult aged 15-64 years respectively. The country has more than 20 million people living with hepatitis B, C, or both; yet more than 80% of the people who have the disease are unaware of their status. To reduce the spread of hepatitis and ensure that those affected receive the care and support they need, public awareness, education, and community engagement are crucial components.

Over the years, CFHI has reached and positively impacted more than 1,000 individuals through our free hepatitis screening, testing services, and comprehensive sensitization and awareness events, in observance of World Hepatitis Day,

Our annual initiatives aim to raise awareness about viral hepatitis, emphasize the importance of early detection, encourage prevention, diagnosis, and treatment, and advocate for better access to care and support for those affected by hepatitis worldwide. By providing free screenings, we identify at-risk individuals and connect them with the necessary medical support. Join us in our efforts to combat hepatitis and ensure a healthier future for all.

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), Diabetes Awareness and Care Project (Phase 2)

Do have a pleasant reading!

Princess Osita-Oleribe

Cofounder, CFHI.

HEPATITIS: ADVANCEMENTS IN RESEARCH, INNOVATIVE TREATMENTS, AND EFFECTIVE PREVENTION STRATEGIES



Image Credit: CFHI

Hepatitis, an inflammation of the liver, remains a major global health issue. However, recent breakthroughs in research, new treatment options, and effective prevention strategies are offering hope and improved outcomes for those affected by this disease. According to a WHO study, up to 4.5 million premature deaths in low- and middle-income countries could be averted by 2030 through vaccination, diagnostic tests, medicines, and educational campaigns.

Early Detection Through Screening

Early detection of hepatitis is crucial for effective management and treatment. Screening allows for the identification of the virus in its early stages, which can prevent the progression to severe liver disease, including cirrhosis and liver cancer. Health authorities recommend routine screening for high-risk groups, such as individuals with a history of intravenous drug use, those with multiple sexual partners, and people with a family history of hepatitis. Early detection through screening not only improves individual health outcomes but also helps to prevent the spread of the virus within communities.

Vaccination: A Powerful Tool Against Hepatitis A and B

Vaccination remains one of the most effective strategies for preventing hepatitis A and B. The hepatitis A vaccine is recommended for children aged one year and older, travelers to regions with high hepatitis A rates, and individuals with chronic liver disease.

Innovative Treatments for Chronic Hepatitis B and C

For individuals living with chronic hepatitis B and C, recent advancements in antiviral therapies offer new hope.

Chronic Hepatitis B: Advances in the treatment of chronic hepatitis B include the development of new antiviral drugs that can effectively suppress the virus and reduce liver inflammation. Drugs like tenofovir and entecavir have shown high efficacy in reducing viral load and improving liver function. Additionally, research is ongoing into therapeutic vaccines and immune modulators that aim to achieve a functional cure by stimulating the body's immune response to control or eliminate the virus.

Chronic Hepatitis C: The landscape of hepatitis C treatment has been transformed by the introduction of direct-acting antivirals (DAAs). These medications target specific steps in the hepatitis C virus (HCV) lifecycle, leading to high cure rates of over 95% with shorter treatment durations and fewer side effects compared to previous therapies. The latest DAAs, such as sofosbuvir and glecaprevir, have made it possible to cure nearly all HCV-infected individuals, even those with advanced liver disease.

The fight against hepatitis is marked by significant advancements in research, innovative treatments, and effective prevention strategies. Early detection through screening, widespread vaccination programs, and the development of new antiviral therapies are pivotal in reducing the impact of hepatitis A, B, and C. Continued efforts in these areas, along with ongoing research, offer hope for a future where hepatitis is no longer a global health threat.



Image Credit: CFHI

ACTION TO SUSTAIN PRECISION AND INTEGRATED HIV RESPONSE TOWARDS EPIDEMIC (ASPIRE)



KIDDIES CLUB ACTIVITY AT ANGWAN SEYEWA

In June, CFHI served a total of 2,229 individuals across our communities, achieving several key milestones. The team enrolled 25 new individuals for OVC services and mobilized 60 VC for EAC, drug pickup, and VL sample collection across various facilities in AMAC. Specifically, we focused on promoting the health of 582 Vulnerable Children (VC) by conducting nutritional assessments to address dietary deficiencies.

ADOLESCENT CLUB ACTIVITY AT ANGWAN SEYEWA

We also conducted educational performance assessments for 724 VC.

Our outreach efforts extended to 15 beneficiaries during FIT/HTS activities. We coordinated the treatment of 3 VCs with the Health Emergency Fund at Kagini PHC, Iddo Pada PHC and MDH. We also provided 11 unsuppressed VC (6 males, 5 females) with ActionMeal to boost their nutritional status.



BETTER PARENTING AT LUGBE COMMUNITY

Additionally, four households were provided with food items through a collaborative effort between CFHI, Wandei Fashion and Design Outfit in Gwarinpa. We also organized various community activities, including Kiddies Club, Better Parenting sessions, Gender Norm activities, Adolescent Club meetings, and DREAMS Club activities.

DIABETES AWARENESS AND CARE PROJECT, PHASE 2

As one of the implementing partners of the Diabetes Awareness and Care Project (DAC) Phase 2, CFHI participated in a three-day training session that was organized by the Health Strategy and Delivery Foundation (HSDF) at the Gold Crown Hotel in Owerri, Imo State. The session focused on empowering healthcare providers to effectively support individuals aged 18 and above, including pregnant women, in managing and preventing diabetes.

Together, we aim to combat the increasing burden of diabetes and promote healthier outcomes for all.



IMAGE CREDIT: CFHI

IHVN EMERGENCY FOOD RELIEF PROJECT

CFHI participated in a virtual training session on Research Electronic Data Capture (REDCap) for caseworkers involved in vulnerability needs assessment and pre-evaluation data collection, a vital part of the IHVN Emergency Food Relief Project. The IHVN Emergency Food Relief Project aims to address food insecurity among vulnerable populations.



IMAGE CREDIT: CFHI

DAY OF AFRICAN CHILD



IMAGE CREDIT: CFHI

The Day of the African Child is a day set aside to honor the strength, resilience, and potential of Africa's youth. It commemorates those who fought for equal education during the Soweto Uprising in 1976 and emphasizes our commitment to supporting the education, health, and rights of every African child.

To commemorate this day, CFHI visited Junior Day Secondary School in Jiwa. The event included a variety of activities such as drama presentations, quiz competitions, and cultural dances, showcasing the rich diversity of different ethnic groups. With over 60 people in attendance, the winners of the quiz competition were awarded school bags and dozens of books each.



Pictures from the Event

MOTHER LOVE PARTY

In collaboration with Institute of Human Virology of Nigeria and the Centre for Disease Control and prevention, CFHI hosted a Mothers Love Party in Gosa community, Abuja reaching a total of 497 beneficiaries. The aim was to prevent mother-to-child transmission of HIV from infected mothers and ensure early care for affected babies.

The gathering included 55 pregnant women, 57 breastfeeding mothers, 304 mothers with children over 1 year old, and 81 children. Activities at the event included HIV testing services (HTS), health talks, and the distribution of incentives such as delivery kits for pregnant women, diapers for breastfeeding mothers, seasoning, soap, biscuits, and soft drinks for mothers with children over 1 year old.



IMAGE CREDIT: CFHI



SAFEPAD PRODUCTION

SafePad is a unique and awardwinning sanitary pad with a special antimicrobial treatment produced by Centre for Family Health Initiative (CFHI) in partnership with Real Relief, Denmark.

To partner with us to end period poverty in Nigeria and beyond, kindly contact info@cfhinitiative.org or ed@cfhinitiative.org for more information. The permanently bonded antimicrobial technology helps heal vaginal infections by removing yeast and bacteria during use and care



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 familycentred 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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