



CENTRE FOR
FAMILY HEALTH
INITIATIVE
(CFHI)

Protecting health protecting well-being

CFHI AUGUST NEWSLETTER

Healthy families, healthy societies



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FROM THE COFOUNDER'S DESK

Dear friends of the family,

Welcome to 8th edition of CFHI Newsletters. As we step into another season of growth and learning, I am delighted to share with you the latest edition of our newsletter, which has one of its focuses on the most fundamental aspects of early childhood development—breastfeeding.

Breastfeeding is not just a personal journey for mothers; it is a cornerstone of public health. It is a practice that has the power to shape the well-being of future generations, providing the essential nutrients that babies need while also fostering deep emotional connections between mother and child.

In this edition, we delve into the myriad benefits of breastfeeding—not only for infants, but also for mothers, families, and communities at large. We explore the challenges that many mothers face and emphasize the importance of creating a supportive and inclusive environment where every mother can succeed in her breastfeeding journey.

At the heart of our mission is the belief that every child deserves the best start in life, and breastfeeding plays a vital role in achieving this goal. As a community, we must come together to provide education, resources, and support to all mothers, helping them navigate the joys and challenges of breastfeeding with confidence and ease.

Over the years, CFHI has organized numerous events to educate mothers about the importance of exclusive breastfeeding for six months and how to overcome any challenges that may arise. Most recently, an event was held at the Byazhin Primary Health Care Centre in Kubwa, Abuja, where over 90 expectant mothers were sensitized on the benefits of breastfeeding for both mothers and babies and how to manage breastfeeding while at work.

Together, we can make a difference—one mother, one baby, and one community at a time.

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.

SUPPORTING BREASTFEEDING: A LIFELINE FOR BABIES AND MOTHERS



Breastfeeding is not just about feeding a baby; it's about nurturing a bond that lasts a lifetime. In celebration of this timeless practice, let's explore the importance, benefits, and support systems necessary for successful breastfeeding.

Breastfeeding is the natural and optimal way to provide infants with the nutrients they need for healthy growth and development. The World Health Organization (WHO) and UNICEF recommend exclusive breastfeeding for the first six months of life, followed by continued breastfeeding with appropriate complementary foods up to two years or beyond.

Breast milk is uniquely designed for infants, providing the perfect balance of nutrients, antibodies, and enzymes that help protect against infections, allergies, and chronic diseases. It's easily digestible and adapts to the changing needs of the growing baby. Beyond physical health, breastfeeding fosters emotional connections, offering comfort and security.

The Benefits for Babies and Mothers

For Babies:

- **Nutritional Superiority:** Breast milk contains all the essential nutrients in the right proportions, along with antibodies that boost the infant's immune system.
- **Reduced Risk of Illness:** Breastfed babies have a lower risk of respiratory infections, diarrhea, and ear infections.
- **Enhanced Cognitive Development:** Studies suggest a link between breastfeeding and higher IQ scores later in life.
- **Emotional Bonding:** Skin-to-skin contact during breastfeeding strengthens the emotional bond between mother and child.

For Mothers:

- **Faster Recovery:** Breastfeeding helps the uterus contract and reduces postpartum bleeding.
- **Lower Risk of Diseases:** It lowers the risk of breast and ovarian cancer, type 2 diabetes, and postpartum depression.
- **Convenience and Cost Savings:** Breastfeeding is cost-effective and eliminates the need for formula preparation.
- **Natural Contraception:** Exclusive breastfeeding can delay the return of menstruation, acting as a natural form of birth control.

Despite its benefits, many mothers face challenges that can hinder their ability to breastfeed. These can include issues like latching difficulties, low milk supply, pain, and the pressure to return to work. It's essential to recognize these challenges and provide the necessary support.

Inclusivity in Breastfeeding

The theme for this year "Closing the gap: Supporting Breastfeeding for All" highlights the importance of inclusivity in breastfeeding support. Regardless of socioeconomic status, cultural background, or geographical location, every mother should have access to the resources and support needed to successfully breastfeed.

Ensuring that all mothers—whether in urban or rural areas, low-income or high-income families—receiving equitable support is vital for the health and well-being of future generations.

Breastfeeding is a natural, yet learned, skill that comes with its unique set of rewards and challenges. By fostering a supportive environment, providing education, and ensuring inclusivity, we can help more mothers experience the joys and benefits of breastfeeding, ultimately contributing to healthier, happier communities. Let's continue to promote and support breastfeeding, recognizing it as a fundamental aspect of nurturing life.

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



KIDDIES CLUB ACTIVITY AT GISHIRI COMMUNITY

In July, CFHI served a total of 2,229 individuals across our communities, achieving several key milestones. The team enrolled 17 new individuals for Orphan and Vulnerable Children (OVC) services and mobilized 128 VC for Enhance Adherence Counselling (EAC), drug pickup, and Viral Load sample collection across various facilities in Abuja Municipal Area Council (AMAC), Abuja. Specifically, we focused on promoting the health of 582 Vulnerable Children (VC) by conducting nutritional assessments to address dietary deficiencies.

IMAGE CREDIT: CFHI

ADOLESCENT CLUB ACTIVITY AT WUMBA COMMUNITY

We also conducted educational performance assessments for 1500 VC.

Our outreach efforts extended to 57 beneficiaries during FIT/HTS activities. We coordinated the treatment of 9 VCs National Hospital Abuja and Maitama District Hospital. A total of fifty (50) female caregivers participated in the food demonstration exercise at Sabon Lugbe community.



IMAGE CREDIT: CFHI



BENEFICIARIES OF THE FOOD SUPPORT

Additionally, three bags of 25kg rice were received from Social Development Secretariat (SDS) to be distributed to 21 households. We also organized various community activities, including Kiddies Club, Better Parenting sessions, Gender Norm activities, Adolescent Club meetings, and DREAMS Club activities.

IMAGE CREDIT: CFHI



DIABETES AWARENESS AND CARE PROJECT, PHASE 2

CFHI DAC team held successful meetings with Health Strategy and Delivery Foundation (HSDF) staff and relevant government stakeholders, including community stakeholders in preparing for the implementation of the project activities.

TWO-DAY MEETING OF THE TECHNICAL WORKING GROUP

Our Executive Director, Krystal Anyanwu, participated in the two-day meeting of the Technical Working Group on Menstrual Health and Hygiene Management (TWG-MHHM) at Bolton White Hotel, Abuja. The event was organized by the Federal Ministry of Women Affairs with support from WaterAid and Population Services International (PSI).

The meeting aimed to review the Terms of Reference of the TWG-MHHM and the draft framework of the National Policy on MHHM. In attendance were representatives from various Ministries, Departments, and Agencies (MDAs) in Nigeria.



IMAGE CREDIT: CFHI

WORLD HEPATITIS DAY



IMAGE CREDIT: CFHI

Every year on July 28th, the global community comes together to observe World Hepatitis Day, a crucial opportunity to raise awareness about viral hepatitis and its impact on millions of people worldwide. This day, designated by the World Health Organization (WHO), aims to unite people from across the globe under a common cause: to prevent, test, and treat hepatitis.

In commemoration of World Hepatitis Day, CFHI visited the Jiwa community with support from J.O Adebisi & Sons Pharmaceuticals. The team educated over 50 individuals on the importance of hepatitis prevention, testing, and treatment.

We also conducted hepatitis B and C tests for all attendees, and five persons who tested positive were referred for further testing/ treatment. This underscores the critical need for everyone to know their status in the fight against these diseases.



CFHI Staff testing participants for hepatitis B and C

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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