



ANNUAL REPORT 2024

Driving Change for
Health and Well-being



CENTRE FOR
FAMILY HEALTH
INITIATIVE
(CFHI)

...promoting health, protecting well-being

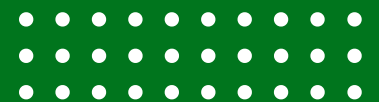


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EXECUTIVE *Summary*



Princess Osita-Oleribe
Co-Founder, CFHI.

The Centre for Family Health Initiative (CFHI) continues to champion community development, health equity, and social justice. Over the past year, CFHI has improved health outcomes, empowered communities, and promoted sustainable development through innovative programs and strategic partnerships.

CFHI intensified diabetes awareness and care programs through screenings, campaigns, and partnerships. A major highlight was the World Diabetes Day walk at the Imo State Secretariat, where hundreds benefited from health screenings and awareness initiatives. These efforts have facilitated early detection and better management of diabetes.

Addressing gender inequities, CFHI carried out activities to combat Gender-Based Violence (GBV) and its connection to HIV. Through community discussions, training sessions, and sensitization campaigns, CFHI strengthened responses to GBV and empowered individuals, particularly women and girls, to advocate for their rights.

In HIV/AIDS prevention, CFHI provided education, testing, counseling, and treatment linkages, ensuring vulnerable populations received essential care. Collaboration with local health organizations expanded the impact of these interventions.

Through strong partnerships with government agencies, local organizations, and international allies, CFHI has amplified its programs, fostered capacity building, and strengthened community systems. This year, CFHI reached thousands of individuals, creating healthier, more inclusive communities.

Looking ahead, CFHI remains dedicated to scaling up programs, advocating for policy reforms, and building community resilience. We express our sincere gratitude to partners, donors, and stakeholders for supporting our mission to build healthier, empowered, and equitable communities.

VISION, MISSION & GOAL

Vision

Healthy Families, Healthy Societies

Goals

- Improve Community Health
- Sustainable Social and Economic Empowerment
- Evidence-Based Policy Development

Mission

To engender a safe and empowered society through community-driven and family-centred health and social-economic interventions.

Some Abbreviations

- OVC = Orphan Vulnerable Children
SILC = Saving Internal Lending Committee
ART = Antiretroviral Therapy
SDS = Social Development Secretariat
T2DM = Type II Diabetes Mellitus

2024 at a Glance



+ 8400 HIV/OVC BENEFICIARIES SERVED

+ 110,000/11,544 SENSITIZED AND SCREENED ON TYPE 2 DIABETES

+ 291 BENEFICIARIES SUPPORTED THROUGH EMERGENCY FOOD RELIEF DISTRIBUTION

+ 60 FREE REUSEABLE SANITARY PADS (SAFEPAD) DONATED

+ 120 BENEFICIARIES OF EDUCATIONAL SUPPORT

SOME MAJOR ACTIVITIES	NUMBER OF PEOPLE REACHED
WORLD MALARIA DAY	40
INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN AND GIRLS	1000+
WORLD HEPATITIS DAY	50
WORLD DIABETES DAY	400
DAY OF AFRICAN CHILD	70



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

The Centre for Family Health Initiative (CFHI) successfully implemented the Orphans and Vulnerable Children (OVC) program in the Abuja Municipal Area Council (AMAC) of the Federal Capital Territory (FCT), funded by PEPFAR through the IHVN ASPIRE Project. In FY24, CFHI was mandated to enroll and deliver comprehensive community-based interventions to 8,400 OVC—a target that was successfully achieved.

The program provided a range of impactful interventions, including healthcare services, nutritional support, education, vocational training, psychosocial care, social and legal assistance, and HIV Testing Services (HTS) for OVC and their households. Household economic strengthening initiatives were also a core component. Additional efforts focused on promoting gender norms, equipping caregivers with better parenting skills, and empowering adolescent girls and young women through the establishment of a DREAMS-like program.

CFHI's work has made a significant difference in the lives of vulnerable households. Over 1,614 beneficiaries received counseling, and nutritional assessments were conducted for 5,448 children to address dietary needs. Emergency health services were extended to 22 individuals for the treatment of Opportunistic Infections (OIs). Furthermore, 47 beneficiaries were supported with start-up funds to establish small businesses, complemented by five hundred and twenty eight thousand , six hundred (₦528,600) in savings distributed through SILC groups. To strengthen early detection and intervention, 197 individuals were tested for HIV using self-test kits during home visits.



DAIBETES AND AWARENESS CARE PROJECT (DAC) PHASE II

To address the growing burden of diabetes mellitus and enhance awareness about Type 2 Diabetes Mellitus (T2DM), CFHI implemented the Diabetes Awareness and Care phase 2 (DAC II) Project in collaboration with the Health Strategy and Delivery Foundation (HSDF).

This initiative focused on creating demand for diabetes services while increasing sensitization about risk factors, prevention strategies, and access to care. Through the project, 11,544 individuals were screened for T2DM, and over 110,000 people were sensitized on diabetes prevention and management. Furthermore, more than 300 individuals presenting with high glucose levels or high blood pressure were referred to health facilities across 12 LGAs in Imo State for further evaluation and care.

Thousands of Information, Education, and Communication (IEC) materials were distributed to deepen understanding and inspire behavioral change among community members. This initiative highlights CFHI's dedication to improving health outcomes and strengthening access to essential health services, particularly for non-communicable diseases like diabetes.



EMERGENCY FOOD RELIEF PROJECT

The Centre for Family Health Initiative (CFHI), through the Emergency Food Aid for Vulnerable Children Project funded by Sternstunden Germany, Gesundes Afrika and the Institute of Human Virology Nigeria (IHVN), actively participated in initiatives aimed at combating food insecurity among vulnerable populations. This included a virtual training session on Research Electronic Data Capture (REDCap) for caseworkers.

The training focused on enhancing skills in vulnerability needs assessment and pre-evaluation data collection, a critical aspect of the project.

As part of the Emergency Food Aid for Vulnerable Children Project in the Federal Capital Territory (FCT), CFHI conducted food demonstration activities to promote nutritional awareness and best practices. Following these activities, the team launched a food distribution exercise in the FCT. This effort provided substantial quantities of essential food items to 291 households, directly benefiting caregivers and their families.

This distribution brought much-needed relief, contributing to improved nutrition, health, and economic stability for beneficiaries. By addressing malnutrition, enhancing immunity, and reducing food insecurity, the initiative supports the growth and learning of children while alleviating the financial and emotional burdens on caregivers. Through these collaborative efforts, CFHI continues to empower communities and foster resilience among vulnerable populations.



WORLD MENSTRUAL HEALTH AND HYGIENE DAY

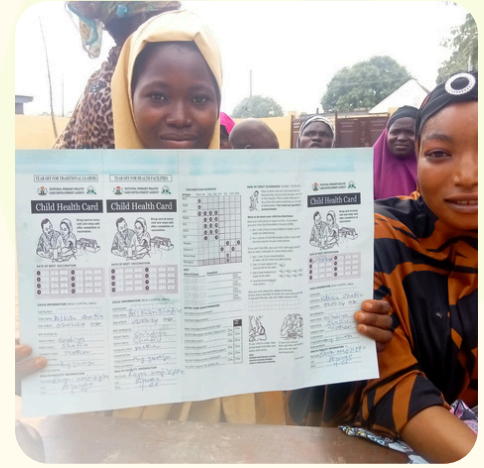


To mark the 2024 World Menstrual Hygiene Day, CFHI in collaboration with Dr. Ifeanyi Nsofor, Supportive Edge Foundation, and the Ministry of Women Affairs, distributed over 60 reusable menstrual pads (Safepad) to vulnerable girls in various communities. This initiative enables girls to manage their periods with dignity, reduces school absenteeism, and prevents the use of unsafe or unhygienic alternatives that can lead to infections and other health issues.

By providing these reusable pads, we are not only promoting gender equality by allowing girls to participate equally in educational and social opportunities, but we are also easing the financial burden on families.

Additionally, CFHI raised awareness about menstrual health and hygiene, empowering both girls and boys with knowledge and dispelling misconceptions associated with menstruation. This fosters a more inclusive and supportive environment for all.

WORLD IMMUNIZATION WEEK



In honor of World Immunization Week, CFHI partnered with the Angwan Guragu Persons with Disability community in Karonmajiji, Abuja to promote healthcare access and immunization awareness. Through collaboration with the community's Primary Health Care (PHC) center, we conducted comprehensive sensitization sessions and administered vaccinations to over 50 individuals, including children.

This initiative reflects our dedication to improving health outcomes and ensuring the well-being of vulnerable populations.

WORLD MALARIA DAY



Malaria, a mosquito-borne disease caused by parasites, remains a major global health challenge, particularly affecting pregnant women and children in endemic regions. In recognition of World Malaria Day 2024, CFHI partnered with Kaba, Abuja Primary Health Care to organize an impactful educational session for over 40 pregnant women.

The session provided critical information on malaria prevention, the importance of early detection, and life-saving medications. This collaborative effort exemplifies the power of partnerships in addressing global health issues, making significant strides in the fight against malaria and underscoring the collective potential to drive meaningful change in global health initiatives.

MEETING OF THE TECHNICAL WORKING GROUP ON MENSTRUAL HEALTH AND HYGIENE MANAGEMENT



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

The purpose of the meeting was to review the Terms of Reference for the TWG-MHHM and to examine the draft framework for the National Policy on Menstrual Health and Hygiene Management. This collaborative effort brought together key stakeholders, including representatives from various Ministries, Departments, and Agencies (MDAs) across Nigeria.

CFHI remains committed to ensuring that women and girls have access to accurate information, resources, and essential support for managing their menstrual health and hygiene with dignity and comfort.

The organization also continues to advocate for increased awareness and understanding among men and boys, aiming to break stigmas and foster inclusivity around menstrual health issues.

Through participation in strategic platforms like the TWG-MHHM, CFHI strengthens its role in shaping policies and programs that address menstrual health challenges. By integrating MHHM into its broader health and gender programs, CFHI demonstrates a holistic approach to improving community health and empowering women and girls.

DAY OF AFRICAN CHILD



To commemorate the Day of the African Child, the Centre for Family Health Initiative (CFHI) organized an engaging and impactful event at Junior Day Secondary School in Jiwa. The celebration featured a series of interactive activities, including drama presentations, a quiz competition, and vibrant cultural dances that showcased the rich diversity of Nigeria's ethnic groups.

The event was attended by over 70 participants, including students, teachers, and community members. Highlighting the importance of education and cultural pride, the winners of the quiz competition were recognized with awards, including school bags and dozens of books, to support their academic growth.



WORLD TUBERCULOSIS DAY



Centre for Family Health Initiative (CFHI) joined the Institute of Human Virology Nigeria (IHVN), the Federal Ministry of Health, the National Tuberculosis and Leprosy Programme, USAID, and the Global Health Fund to commemorate World Tuberculosis (TB) Day 2024. The event featured a TB-Free Future Walk aimed at raising awareness about tuberculosis prevention and treatment.

CFHI continues to play an active role in promoting health education and awareness campaigns to combat infectious diseases, including tuberculosis. The walk emphasized the importance of early detection, prevention, and treatment to curb the spread of TB. People who have been in close contact with a TB patient or belong to a high-risk group are encouraged to get tested for TB infection. Those prescribed TB preventive treatment should ensure they complete the full course for effectiveness.

ADVANCING ACCOUNTABILITY AND PROTECTION THROUGH THE SERVICE PROVIDERS ACCOUNTABILITY RESOURCE COMMITTEE (SPARC)

As a member of the Service Providers Accountability Resource Committee, (SPARC) CFHI, participated in the 2nd Quarterly Meeting to present the Violence Against Persons Prohibition (VAPP) Implementation Report for 2023. The meeting, which took place at the NAPTIP Training Resource Centre, Federal Secretariat, Abuja, brought together key stakeholders committed to addressing violence against persons through accountability and coordinated service delivery.

This engagement reflects CFHI's dedication to ensuring accountability in service provision, enhancing collaboration with relevant agencies, and driving impactful policies to safeguard vulnerable populations. Through strategic partnerships and data-driven advocacy, CFHI remains committed to creating safer communities free from violence and exploitation.



THE TECHNICAL WORKING GROUP ON ENDING VIOLENCE AGAINST CHILDREN

Our Executive Director, Krystal Anyanwu participated in a crucial meeting of the Technical Working Group on Ending Violence Against Children at the United Nations building in Abuja.

This meeting was convened to prepare for the upcoming National Preparatory Meeting for the First Global Ministerial Conference on Violence Against Children, scheduled to take place in Bogotá, Colombia. The meeting saw participation from representatives of various ministries and organizations, including Federal Ministry of Women Affairs Abuja, World Health Organization (WHO) and UNICEF Nigeria, reflecting a collective commitment to safeguarding our children.



WORLD HEPATITIS DAY

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.

To mark World Hepatitis Day, CFHI visited the Jiwa community with support from J.O Adebisi & Sons Pharmaceuticals. The team educated over 50 individuals on the critical 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.



GENDER & INCLUSION SUMMIT 2024

The Gender & Inclusion Summit 2024 took place at the Abuja Continental Hotel, organized by Nigeria's Premier Gender Consulting Company, the Nigerian Economic Summit Group, and the Policy Innovation Centre. The summit centered around the theme "Reimagining Gender-Inclusive Pathways and Partnerships for Poverty Reduction."

CFHI's Executive Director, Krystal Anyanwu, actively engaged with key stakeholders, including Charles Usie, Country Director of Plan International; Hansatu Adegbite, National Consultant for Private Sector Partnerships at UN Women Nigeria; Chukwuemeka Onyimadu, Programme Specialist in Women Economic Empowerment at UN Women; and Chinenye Uwanaka, Managing Partner at The Firma Advisory (Access to Justice), among other distinguished participants.

The summit provided a vital platform for discussing innovative strategies and building partnerships aimed at fostering inclusivity and equity for women and girls in Nigeria. The discussions generated actionable insights and collaborative approaches to address gender disparities and improve socio-economic opportunities.



INTERNATIONAL DAY OF THE GIRL CHILD

On October 11th, to commemorate the International Day of the Girl Child, CFHI organized a special visit to Junior Secondary School, Kabusa. The event brought together over 50 students and teachers, engaging them in a lively atmosphere of debates and drama presentations. The winners of the debates were celebrated with gifts, recognizing their efforts and participation.

Additionally, CFHI attended the Ohaji/Egbema Girl Child Summit at the University of Agriculture, Owerri, Imo State. This event focused on empowering young girls and ensuring they have access to essential menstrual hygiene products. Both initiatives highlighted CFHI's dedication to supporting the education and well-being of young girls, emphasizing that access to menstrual health is crucial for their continued education and confidence, helping them thrive in all aspects of life.



WORLD AIDS DAY

As part of the global efforts to commemorate World AIDS Day, the Centre for Family Health Initiative (CFHI) actively participated in activities aimed at raising awareness about HIV/AIDS, reducing stigma, and fostering partnerships for prevention, testing, and treatment. CFHI joined the World AIDS Day Road Walk organized by the Institute of Human Virology Nigeria (IHVN), the Federal Capital Territory Administration (FCTA), and the Center for Disease Control and Prevention (CDC). The event, which reached over 400 people, emphasized the importance of collective efforts in the fight against HIV/AIDS and promoted accessible healthcare services.

CFHI also participated in the 2024 World AIDS Day Award Event themed "Elite Reach Out to People Living with HIV/AIDS." Organized by the HIV/AIDS Unit of the Social Development Secretariat (SDS), FCT, the event took place at the Top Rank Hotel, Area 11, Abuja, with representatives from various community-based organizations (CBOs) and stakeholders. During the event, a grinding machine was presented to a beneficiary from the Jiwa Community, symbolizing empowerment and support for people living with HIV/AIDS.



16 DAYS OF ACTIVISM



As part of the global commemoration of the International Day for the Elimination of Violence Against Women and Girls, and in alignment with the theme, “Unite to End Violence Against Women and Girls,” the Centre for Family Health Initiative (CFHI), in collaboration with Gem Hub Initiative and the National Agency for the Prohibition of Trafficking in Persons (NAPTIP), spearheaded an impactful outreach in Gosa community market, Abuja, and its surroundings.

This initiative aimed to raise awareness, inspire action, and foster change within the community. Over 1,000 individuals were reached, educated, and empowered with the tools and knowledge to stand against violence, champion gender equality, and create a safer future for women and girls.

WORLD DIABETES DAY



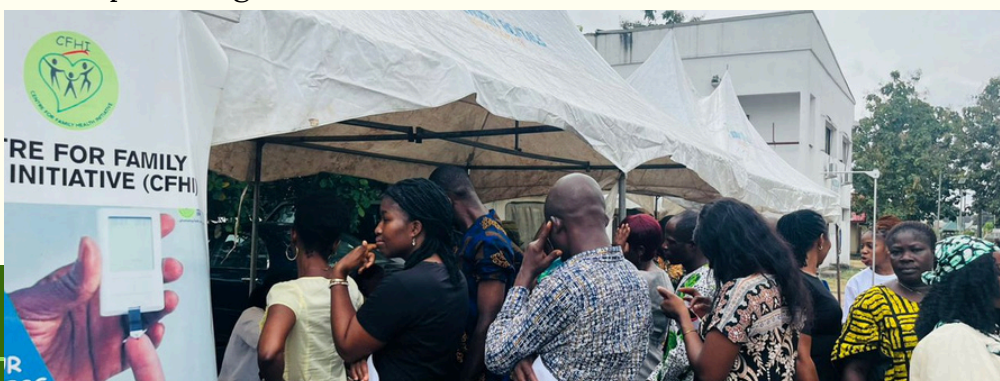
During the health Walk



On World Diabetes Day 2024, the Centre for Family Health Initiative (CFHI), in partnership with the Health Strategy and Delivery Foundation, World Diabetes Foundation, Imo State Ministry of Health, and Colexa Biosensor Ltd., hosted a successful health walk in Owerri. This event aimed to raise awareness about diabetes prevention and management.

The health walk, which saw widespread participation, was complemented by informative awareness campaigns and educational sessions on healthy living, diabetes prevention, and the importance of regular screenings. Over 400 individuals received free health screenings, including blood glucose tests and blood pressure checks. Participants with abnormal results were provided with counseling and referrals for follow-up care.

This collaboration reinforced our commitment to reducing the impact of diabetes and empowering communities to live healthier lives.



Participants queuing to get tested

SUCCESS STORIES

TRANSFORMING LIVES THROUGH HOLISTIC SUPPORT

Ms. Grace initially struggled to cope with her HIV status and that of her daughter, Esther. With the dedicated support of CFHI and her Case Manager, the family adjusted to their new reality, achieving viral suppression through adherence counseling and regular home visits. To improve her financial situation, CFHI facilitated her empowerment through the SDS FCT chapter, providing her with a grinding machine. This support significantly improved her income, enabling her to meet her family's needs and contribute to her community. Grace expresses heartfelt gratitude to CFHI and SDS for their transformative intervention.

FROM UNCERTAINTY TO EMPOWERMENT: DOMINION'S JOURNEY WITH HIV

Dominion, a young beneficiary of CFHI's OVC program, struggled with the reality of being HIV positive, leading to confusion and withdrawal. With support from his Case Manager through adherence counseling, nutritional education, and routine home visits, he and his mother maintained full adherence to their ART regimens, achieving significant health improvements.

To address his emotional challenges, Dominion joined the Kiddies Club, where he gained knowledge about HIV, connected with peers, and found a sense of belonging. This experience transformed his outlook, restoring his confidence and joy.

Dominion is now thriving, with improved health, academic performance, and a renewed sense of hope, thanks to CFHI's holistic support.

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 or 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

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