



VALUE HEALTH AFRICA 2019 ANNUAL REPORT

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NATIONAL CORDINATOR'S SPEECH

Value Health Africa depuis sa création à toujours brillé de par son dynamisme et l'année 2020 à été a confirmé une fois de plus la force dans l'engagement. Je suis heureux de nous faire savoir que ce fut en effet une année mémorable. Nos efforts conjoints nous ont permis de concrétiser nos actions sur le terrain et de travailler avec les plus grands sur la scène nationale et internationale humanitaire. Nos actions allaient de l'engagement communautaire, de la sensibilisation, du renforcement des capacités et des dons au plaidoyer aux niveaux national et international. Notre impact dans les régions du Cameroun dans la lutte contre le COVID-19 nous a permis de bénéficier de grandes subventions des USA avec Pollination et Prudential Bénéficial insurance. Un engagement communautaire qui nous permis de figurer dans le bulletin de l'OMS et de remporter le 25 Mai le prix du « Impact Héro of the Month of April » décerné par GAICAM Cameroon Heroes. Certaines de nos principales réalisations au cours de l'année 2020 comprennent: la relance de la clinique pour diabétiques dans le centre de santé de Misaje ciblant les patients déplacés résidant dans les zones à risque et qui venaient de loin. Dans le SUD Ouest Value Health Africa a lance la première clinique de santé mental périnatal s'occupant des femmes enceintes et les femmes post-partum et apporte un soutien psychosociale à des personnes déplacées touchées par la crise du Noso. Dans la region du Littoral et de l'Ouest l'association obtient ses lettres d'accord de collaboration avec la délégation régionale de la santé. Dans la lutte contre la COVID-19 Value Health Africa en partenariat avec les leaders communautaires ; les autorités locales et des investisseurs a mené des actions fortes qui sont : le renforcement des capacités de plus de plus de 1050 leaders communautaires, 1050 volontaire de la santé communautaire, touché 31 communautés et formé plus de 70 journalistes sur l'impacte de cette pandémie dans notre pays. Toujours dans la même lancée l'association a faite don de 30 000 masques faciaux distribués dans les écoles et des communautés vulnérables, 3000 gel hydro alcoolique, 200 désinfectants, 60 stations de lave mains reparties dans les écoles et des communautés vulnérable, la construction de 3 forages manuel pour facilité l'accès à l'eau potable et renforcer les gestes barrières et enfin Value Health Africa à installé deux sites de fabrication de masques et de gel hydro alcoolique dans les régions du Nord Ouest et de l'Ouest.

Nous pouvons particulièrement tirer un chapeau énorme à nos équipes du NOSO qui ont rencontré beaucoup de difficulté et nous ne serons jamais assez reconnaissant qu'aucun d'entre eux n'a été victime de cette crise. Nous rendons particulièrement hommage aux familles des enfants qui ont péri dans le massacre de KUMBA et que toujours leurs flammes brillent sans cesse. Nous apprécions sincèrement notre équipe dynamique qui travaille dans ces zones de crise pour ses efforts désintéressés au service de l'humanité. Et nous souhaitons la bienvenue aux nouveaux qui nous ont rejoints afin de renforcer l'équipe.

Nous voici à la nouvelle année 2021, et avec le même engagement et la même détermination nous profiterons des grandes opportunités qui s'offrent à nous. Plus d'engagement dans la lutte contre La COVID-19, plus d'activité dans la réponse aux menaces par l'épidémie de choléra récemment déclarée dans les régions du Nord, Littoral et du Sud-ouest à travers les programmes WASH , mise en place des plaidoyer dans la lutte contre la Polio. Nous continuerons également de mettre en place une clinique pour adolescents pour améliorer la santé sexuelle / reproductive et mentale des jeunes avec un vif intérêt pour les personnes très vulnérables (déplacés internes, victimes d'abus sexuels, etc.). Nous investirons dans la construction de partenariats avec des parties prenantes locales, nationales et internationales autour de nos domaines thématiques afin d'améliorer l'impact à tous les niveaux et dans toutes les interventions.

Nous savons que rien n'est possible sans votre soutien et si nous ne nous soutenons pas les uns les autres dans cette recherche de la santé. Votre voix compte aussi et n'oubliez pas que les petites actions peuvent faire la différence. Participé à nos différentes campagnes et partager des messages de sensibilisation sur nos différent réseau sociaux, contribueront grandement à la construction d'une communauté résiliente. C'est dans cet esprit que je vous exhorte tous à continuer de déployer des efforts pour réaliser le plus grand programme celui de # la santé pour tous.

Je vous remercie

ACKNOWLEDGEMENT

VAVA sincerely acknowledged the collaborative efforts and support of the following throughout the year 2020,

- The Government of Cameroon
- All her international and national partners
- All individuals
- All her Donors
- The communities
- All her dynamic staff within and out of the country

ABSTRACT

The 2020 annual report is a summary of all the activities carried out by Value Health Africa Organization.

The report covers the period from January to December 2020. Generally, the report is divided into seven chapters;

Chapter one gives an insight of the organization and the Executive Summary report for 2020; chapter two highlights on capacity building and advocacy programs organized and led by the organization; chapter three, four and five draws attention on the various community engagement programs VAHA was involved in throughout the year; chapter six reports on the awards, scholarships, and partners; chapter seven summarizes the general lessons learned, impact on beneficiaries, communities & local government, general recommendations and conclusion

CHAPTER ONE

1.1 BACKGROUND

Value Health Africa (VAHA) Organization, is an indigenous, non-political, non-religious community-based organization which was established in 2015 to sensitize, educate and raise awareness on non-communicable diseases (NCDs) and sexual and reproductive health issues with the sole aim of improving on early diagnoses while preventing end stage complications resulting from them.

VAHA has her headquarters in the North West Region of Cameroon precisely Bamenda, with branches in South West, Littoral, and Central though her positive community impact is felt nationwide.

1.2 VISION

To add quality to life and to promote sustainable community development in Cameroon, thus improving community health.

1.3 MISSION

To promote health and wellness throughout all of Africa by strengthening healthcare systems, advocating for policy change, building local community capacity and developing international partnerships.

1.4 GOAL

Our Goal is to improve Health and Wellness by reducing the burden of diseases and fostering Sexual and Reproductive Health and rights in underserved communities.

1.5 CORE VALUES

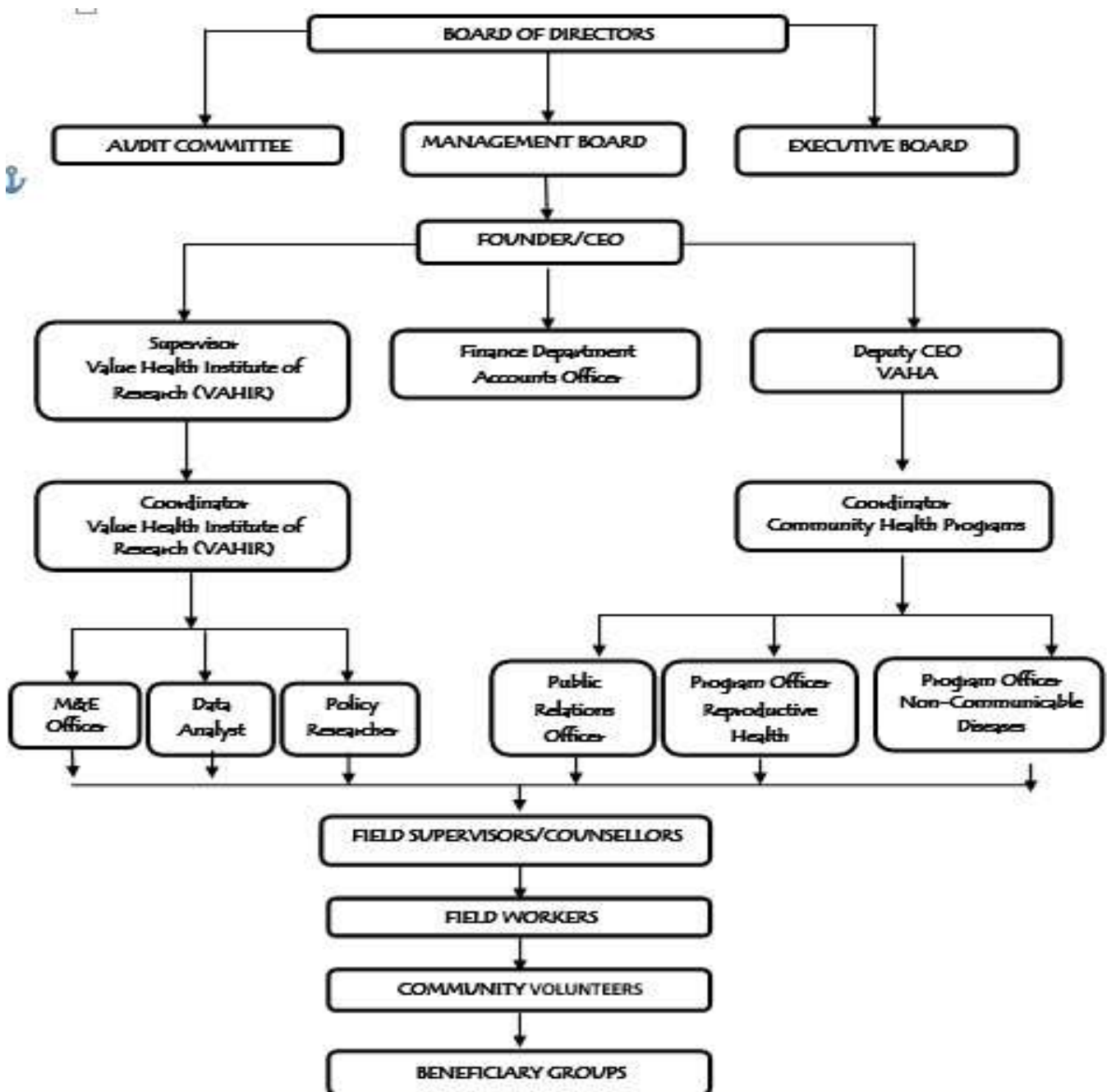
- Solidarity
- Determination
- Transparency
- Team Spirit
- Research

1.6 STRATEGIC OBJECTIVES

VAHA has the following strategic objectives:

- To create awareness on the ills of infectious and non-communicable diseases: by educating the public on these diseases, their methods of contraction and the methods of prevention, through community sensitization and health promotion programs.
- To contribute to the improvement of the living conditions of poor women, children and youths by increasing their access to satisfactory sexual and reproductive health care information and services.
- To improve on access to clean potable water and hygiene and sanitation in communities.
- To improve access to primary health care through advocacy and community mutual health schemes.
- To carry out research on diseases of public health importance to improve decision making with regards to these diseases.

1.7 Structure of the Organization



1.8 EXECUTIVE SUMMARY OF ACTIVITIES

VAHA being stirred by her vision and mission, she took upon herself at the start of this year to seek for solutions to public health threats within both urban and rural communities in the North West and South west Regions of Cameroon. 2020 was a very challenging year for the organization following the current sociopolitical crises in the NW and SW regions which has led to the loss of lives, and damages of properties and also the outbreak of the COVID 19 pandemic. However, in spite of all the setbacks experienced throughout the year, VAHA was able to execute over 80% of her 2020 projects.

The following community outreach projects were executed:

- ✓ *Menstrual hygiene education and awareness campaigns;*
- ✓ *Diabetes, hypertension and obesity screening and awareness campaigns.*
- ✓ *Breast and Cervical Cancer Screening and awareness campaign.*
- ✓ *Nutrition education and healthy lifestyle sensitization campaigns.*
- ✓ *Blood donation awareness and sensitization campaign.*
- ✓ *COVID-19 activities*
- ✓ *HIV/AIDS screening and awareness campaign.*
- ✓ *Teen-mom empowerment and capacity building project.*
- ✓ *STD peer educator training and awareness campaign.*
- ✓ *Advocacy activities on Universal Health Coverage.*

The success of the above involvements is greatly owed to the valuable partnerships created with the Regional Delegation of Public Health, Prudential Beneficial Insurance, Baptist Health Services, Academic and Career Development Initiative (ACADI) Cameroon, BIOPHARCAM, International Medical Corps (IMC), Cameroon Medical Women Association, Azire Veteran Club, KoliaSuza's Foundation, Atanga Kidney Foundation, Bamenda Regional Hospital and African Dream Achievers Initiative. This year's activities were carried out in five regions of Cameroon (North West, West, Central, Littoral, and South West Regions) positively impacting over 20 communities as compared to the previous years. During these screening campaigns, VAHA's main

objective was to Sensitize, educate and screen inhabitants on prevailing non- communicable diseases like Diabetes, Obesity while establishing

sustainable follow up institutions as well as communicable diseases like HIV. VAHA also carried out trainings on capacity building to train community health volunteers and leaders on preventive measures to battle the COVID 19 pandemic, VAHA received support from *Synergie Africaine* (Chantal Biya's Foundation), *Global health strategies*, *ACMS*, *CNLS*, *Red cross and some anonymous donors*. VAHA increased her number of signed Memorandum of understanding (MOU's) to seven (7) with some organizations among which includes SW Regional Delegation of Public. VAHA was also able to establish one major diabetic clinic in Mendankwe which added to the already existing clinics bringing total to six (6). In addition,

The implementation of these projects was not void of challenges and constraints as the organization's work was slowed down by inadequate human, financial and material resources as well as the COVID 19 pandemic and the heavy political insecurity which delayed the smooth functioning of the projects.



CHAPTER TWO

ADVOCACY AND CAPACITY BUILDING PROGRAMS

2.1 Capacity Building workshops for community health Leaders and Volunteers on COVID 19

Corona virus disease 2019(COVID-19) is an illness caused by a novel corona virus called severe acute respiratory syndrome 2(SARS-CoV-2) which was first identified in Wuhan city, China on December 31st 2019. On January 30, 2020, WHO declared COVID-19 as a global health emergency and on March 11, 2020 it was declared a global pandemic. Since the 31st of December 2019 and as of September 08th 2020, 27,485,894 cases of COVID-19 have been recorded worldwide including 896,844 deaths and 19, 587,125 recoveries. The virus was confirmed to have reached Cameroon in March 2020 and so far, Cameroon has recorded 25,143 cases with 443 deaths and 23,851 recoveries with all 10 regions being affected.

The widespread of the coronavirus globally led to the great need for adequate information on preventive measures. Remote communities where access to information is difficult were more vulnerable. As such, VAHA sponsored by Prudential Beneficial Insurance carried out a sensitization campaign in five different regions in Cameroon.



Capacity Building for CHV's in the Nkongsamba Health District

2.3 Capacity Building for CHVs and CHLs on Cholera

The cholera outbreak in Bakassi as well as the corona virus pandemic demonstrated a great need for more trained and well equipped CHWs for community surveillance. As a response to the cholera outbreak, VAHA organized a training to build capacity of chws on community surveillance and equip them with modern surveillance tools. VAHA has also trained over 2000 community volunteers in 4 regions of Cameroon

In addition to COVID 19 and the Cholera capacity sensitization, VAHA also carried out a workshop on workplace safety. The work environment offers a great risk for people to contract the corona virus disease. The divisional office being a public office is a potential source where people can pick up the infection. Ensuring work place safety is important to keep both the employees and visitors of the work environment safe. VAHA organized a capacity building workshop of workplace safety at the divisional office

Following the outbreak of Cholera and COVID19 in Douala, the local government V in collaboration with the regional health delegation and the technical support of Value Heath Africa, organized a vast community awareness campaign on community case detection; available barrier measures in place. Sensitize the leaders on the reality of this pandemic, and educated the communities on the proper wearing and removing of mask, while also demonstrating effective and efficient hand hygiene methods. The leaders were also Informed about designated health facilities for the management of Cholera and COVID-19 cases. VAHA donated ten hand washing kits and 100 face masks to the Douala V municipality to fight against COVID19. The kits were handed to the mayor and regional delegation of public health by VAHA regional coordinator for Littoral. In addition, VAHA provided technical support to the municipality in developing a community response plan targeting 31 high risk communities for (community education, sensitization and awareness) which is currently being implemented. Washing Stations were distributed as follows; 3 markets, 3 public offices, 4 public establishments given to the Town Hall and 01 Station to the community of Beedi. Over 100 facial masks and 20 pieces of savon were donated to Douala 5th town hall for distribution to the communities.



Community education and awareness raising

2.3 Sexual and Reproductive Health

The ongoing Anglophone crisis has led to the loss of property, businesses, loved ones and daily lives. This has led to an increase in stress upon individuals especially pregnant women and as much has contributed to the increase number of mental illness in this region with many people in great need of psychotherapy. VAHA in response to this, created psychosocial clinics in 7 health facilities in Buea and changed its office space into a psychosocial support center where clients revealed psycho analysis and support in psychotherapy and/or social services as need be.

VAHA currently runs an adolescent clinic in the Ndop (NW region of Cameroon). The aim of this project is to empower young boys and girls in crises zones to take control over their sexual and reproductive health and rights to reduce sexual violence and new infections of HIV and other STDs in the community. In 2019 VAHA was able to get over 150 adolescents counselled and screened for HIV/AIDS. Two of whom were tested positive for the virus and enrolled in the treatment center. This year VAHA has had over 300 adolescents benefited from its rural adolescent clinic

CHAPTER THREE

SEXUAL AND REPRODUCTIVE HEALTH PILLAR

3.1 HIV/AIDS COMMEMORATION

3.1.1 VAHA Trains her volunteers

Following the implementation of the HIV Free Project with CBCHS, Value Health Africa has been called upon to execute Community Screening On HIV so as to contribute to the 90-90-90 objective. To this effect, VAHA offered technical support to her volunteers in executing the project.



3.1.2 Adolescent Clinic: 150 screened and 2 positive

VAHA currently runs an adolescent clinic in the Ndop (NW region of Cameroon). The aim of this project is to empower young boys and girls in crises zones to take control over their sexual and reproductive health and rights to reduce sexual violence and new infections of HIV and other STDs in the community. In 2019 VAHA was able to get over 150 adolescents counselled and screened for HIV/AIDS. Two of whom were tested positive for the virus and enrolled in the treatment center. This year VAHA has had over 300 adolescents benefited from its rural adolescent clinic.



cross section of adolescents during routine clinic

3.2 World breastfeeding week campaign

As part of our healthy lifestyle pillar with nutrition being a part and coupled with the current socio-political crisis plaguing the North West region of Cameroon, there was a need to continually encourage new moms so that, they can have the courage to brave all odds and still nurse their young ones rightly. Value Health Africa therefore conducted a breastfeeding sensitization activity at the Atuakom integrated health center where new moms and pregnant women were educated on breastfeeding, its benefits, the recommendations of breastfeeding, how to make breastfeeding a wonderful experience for both mother and baby, breast care tips and different breastfeeding positions. Over 20 new moms and pregnant women benefitted from this activity.



Health talk on breastfeeding

CHAPTER FOUR

NON-COMMUNICABLE DISEASE PILLAR

4.1 Diabetes

4.1.1 Revamping the Diabetic Clinic

Two years ago, VAHA launched a diabetic Clinic in Mendankwe Bamenda and identified over 80 cases of hypertension and diabetes within this community. Due to the Anglophone crises, these patients were displaced and some lost to follow-up. The conditions of some of these patients were deteriorating as some had developed avoidable complications and others couldn't even be accounted for. The goal this year is to ensure no premature death occurs in the community due to diabetes and hypertension. VAHA is developing innovative mechanisms to target these patients within the community and ensuring they all have access to quality health care amidst the sociopolitical crises.



4.1.2 World Diabetes Day

VAHA South west Region celebrates WDD2020 in collaboration with Kumba Health District at PCC Kumba and a grand walk with nurses and health personnel carrying messages for diabetic prevention and measures in the North west region in collaboration with the Bamenda Health district. The goal is helping the community to know their numbers. It comprised of free counselling, free screening for risk factors and linkage to care.



4.2 Global Action week against Non-Communicable diseases (NCDs)

4.2.1 Sporting activity against NCDs

The World Health Organization (WHO) report confirms non-communicable diseases (NCDs) could cause the death of 3.9 million people by the end of 2020 in Africa alone. The deadliest diseases in Africa are cardiovascular disease, type 2 diabetes, chronic obstructive respiratory disease and cancers. Smoking: The number of smokers in the world is estimated at one billion people, including Cameroon (6.3%) for Cameroon.

Value health Africa in collaboration with some expert, and professional sport coach for the Global Action week against NCD's, organized an event as a means to raise awareness of NCD'S in many communities, and also to promote the role of sport, care, prevention and education.



In the presence of about 25 participants, 1h30minutes fitness activity with Coach Lionel. He motivated the participants to be involved in physical activity. The program ended with the drink of Hot bio cup of tea share together and the advice of Coach to make sport 3 times per week to avoid illness.

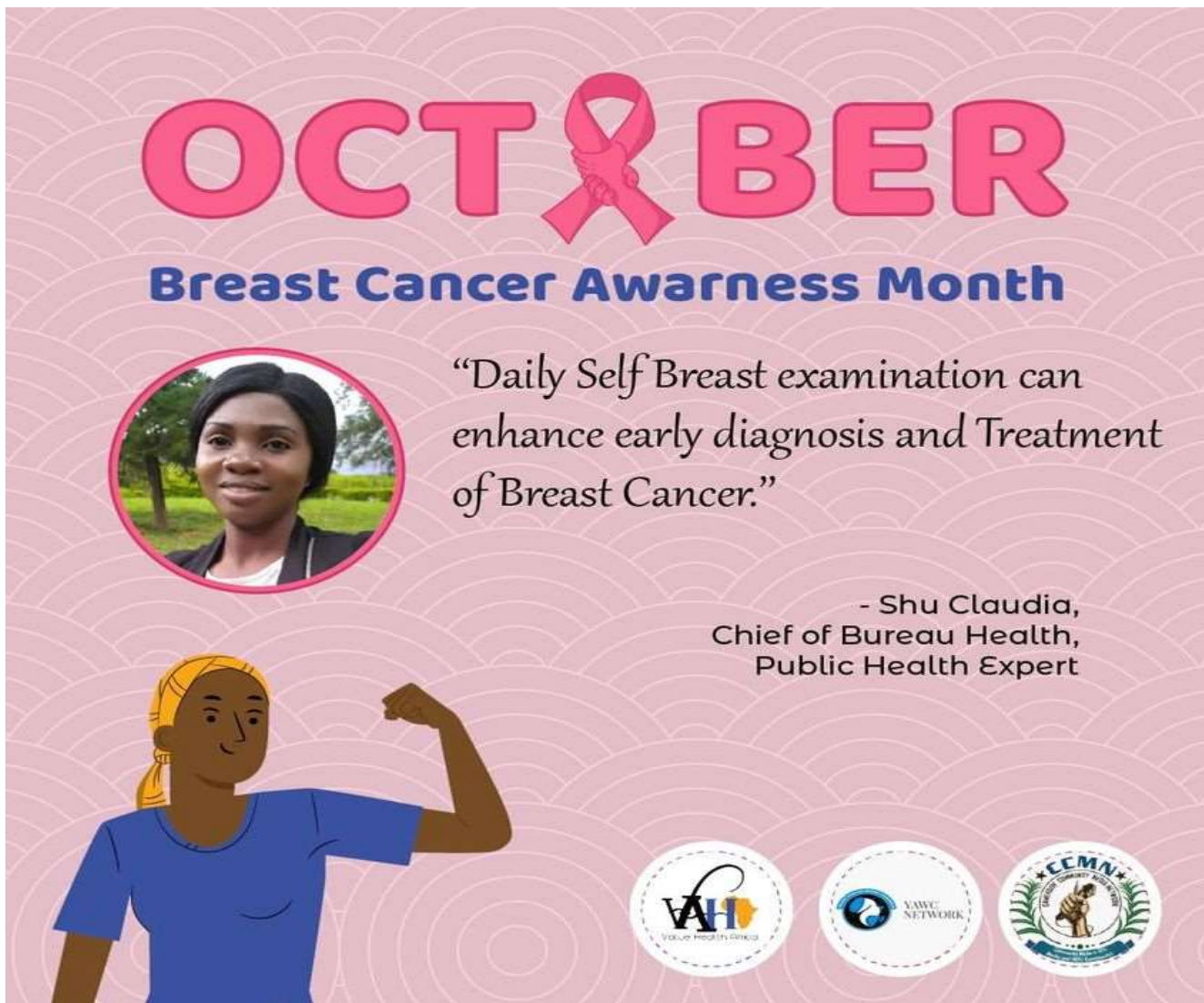
4.2.2 NDCs Alliance

Cameroon Non-Communicable Diseases Alliance (CNCDA) had a workshop at the Faculty of Biotechnology of Yaoundé 1 in Nkolbisson. VAHA as well as other member associations like Rural Doctors, RADA, etc was present. The objectives of this workshop were; Strategizing for better advocacy focused on improving free access to treatment for people living with #NCDs (noncommunicable diseases), developing better communication around NCDs and setting up nationwide projects around NCDs aimed at reducing the burden in Cameroon.



4.2.3 Breast cancer awareness month

Throughout the month of October which is considered the breast cancer awareness month, VAHA carried out an online campaign on their different social media platforms to sensitize different preventive measures against breast cancer.



4.2.4 World tobacco Day

VAHA carried out a campaign to equip young people with knowledge about the tobacco and related industries' intentions and tactics to hook current and future generations on tobacco and nicotine products; and Empower influencers (in pop culture, on social media, in the home, or the classroom) to protect and defend youth and catalyze change by engaging them in the fight against Big Tobacco. Sensitization and education campaigns on the dangers of the use of tobacco products among youths, manipulation tactics employed by tobacco companies targeting youths. Stickers/posters campaign in bus stops, market places, taxes, main junctions, motorbikes among others



4.3 World Kidney day

In commemoration of the world kidney day under theme ‘Kidney Health for Everyone Everywhere—from Prevention to Detection and Equitable Access to Care’, VAHA in collaboration with Bamenda Regional Hospital Blood Bank organized a blood drive, raising awareness on the increasing burden of kidney diseases, risk factors of kidney diseases, preventive behaviors, and how to live with a kidney disease.



CHAPTER FIVE

WATER HYGIENE AND SANITATION AND EPIDEMIC RESPONSE

5.1 COVID 19 RESPONSE

In her response to the ongoing COVID 19 pandemic VAHA together with her partners and sponsors carried out activities including the donation of hand washing stations and COVID 19 kits to vulnerable communities, schools, orphanages and health districts. These activities were carried out in 5 regions which are North west, South west, Littoral, Centre and the West region. Donations such are handwashing stations, hand sanitizers, face masks, construction of boreholes in three vulnerable communities, installation of production sites for hand sanitizers and face masks in two orphanages.



5.1.1 Donation of Hand wash stations and COVID 19

In collaboration with Abii foundation and Prudential Beneficial Insurance, VAHA made several donations in vulnerable areas in five different regions in Cameroon including hand wash stations, sanitizers, face mask to battle COVID 19 pandemic.



Donations made at the mbengwi health district and Ntonde village

5.1.2 Construction of Boreholes

VAHA and her team in response to communities identified with no availability of portable water carried out the construction of enhanced wells in three communities in the Northwest, Littoral and West regions of Cameroon.



Borehole inauguration in nkongsamba

5.1.3 Installation of productions sites in orphanages

VAHA identified two orphanages in the North west and West regions to install production sites for face mask and hand sanitizers. This activity entailed training workshops carried out by experts to empower the children at the orphanage for the future.



Training on the production of face mask and hand sanitizers

CHAPTER SIX

AWARDS AND SCHOLARSHIPS

6.1 Awards

The year 2020 was a colorful year for VAHA

CAMEROON HEROES (GAICAM IMPACT AWARDS) nominated for the Impact Health Organization of the year and also recognizes VAHA for her enormous and profound contributions towards the growth and development of Cameroon's communities.

CAMEROON HEROES AWARD
GAICAM IMPACT AWARD

REMARKABLE CAMEROON HERO
IMPACT HEALTH ORGANIZATION
VALUE HEALTH AFRICA (VAHA)
NOMINEE

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CHAPTER SEVEN
**GENERAL LESSONS LEARNED / BEST PRACTICES/
IMPACTS, RECOMMENDATIONS AND CONCLUSION**

7.1 GENERAL LESSONS LEARNED

Community participatory and collaborative approach was recognized to be the most effective as most of our project interventions contextualized and involved all our targeted beneficiaries throughout the process. Working in close partnership with the government technical services and other community-based association's ensured effective coordination and supervision of project activities.

6.2 IMPACT ON BENEFICIARIES, COMMUNITIES & LOCAL GOVERNMENT

Improvement in community lifestyle: Following the community awareness and sensitization programs many young people are more aware of their health and are taking responsibility over matters concerning their health. Those who joined our fit clubs are now adopting healthy lifestyles.

More community awareness on COVID 19 and its preventive measures especially in local and vulnerable communities

6.3 GENERAL RECOMMENDATIONS

VAHA urges the government of Cameroon and the separatists to arrive at a consensus in order to give love and peace another chance to reign especially in the North West and South West Regions which in the past three years have been in chaos. Many other deprived communities should be targeted and reached with VAHAs programs for greater impact to be attained, particularly community screening campaigns which cut across all the other programs. Village Development and Cultural Associations should be targeted as key partners in carrying out activities within the various programs of VAHA as this will facilitate community ownership and sustainability of projects and results.

6.4 CONCLUSION

VAHA experienced growth and advancement in Her activities this year with her branches now extending to the Centre, South West, West and Littoral Regions. The organization's community activities operated in at least five regions of Cameroon including but not limited to the West Region.

