



VALUE HEALTH AFRICA 2023 ANNUAL REPORT

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NATIONAL COORDINATOR'S SPEECH



2023: A Year Rich in Discoveries and Experiences

Despite the challenges, Value Health Africa (VAHA) confirmed its commitment in 2023. We have implemented our actions on the ground, particularly in community engagement, raising awareness of non-communicable diseases, capacity building, and advocacy.

Concrete Impacts

VAHA fought for the social and economic integration of young adolescent girls and displaced women, sexual and reproductive health education, and capacity building on gender-based violence. The association also renewed its letters of agreement for collaboration with the regional health delegation in the Littoral and West regions.

Tribute to the Teams and Welcome to New Members

We take this opportunity to thank our dynamic and dedicated team and welcome the new members who have joined them.

2024: Increased Commitments and Seizing New Opportunities

In 2024, we are committed to contributing to the well-being of communities and strengthening the epidemiological response, strengthening the capacities of community health actors by fighting against polio, and implementing community outreach strategies. The association will also continue to develop an adolescent clinic and invest in partnerships.

Call for Mobilization

VAHA emphasizes the importance of support and collaboration to achieve the goal of health for all. The association encourages participation in campaigns and sharing of awareness messages on social networks.

VAHA is committed to continuing its engagement in 2024 and making health for all a reality.

HAPPY NEW YEAR 2024!

ACKNOWLEDGEMENT

VAHA sincerely acknowledged the collaborative efforts and support of the following throughout the year 2023,

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

ABSTRACT

The 2023 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 2023. Generally, the report is divided into seven chapters; Chapter one gives an insight of the organization and the Executive Summary report for 2023; 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

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CHAPTER ONE

THE ORGANIZATION

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, West and Central though her positive community impact is felt nationwide. Since 2021, VAHA extended her activities in Kenya with the headquarter in Nairobi.

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

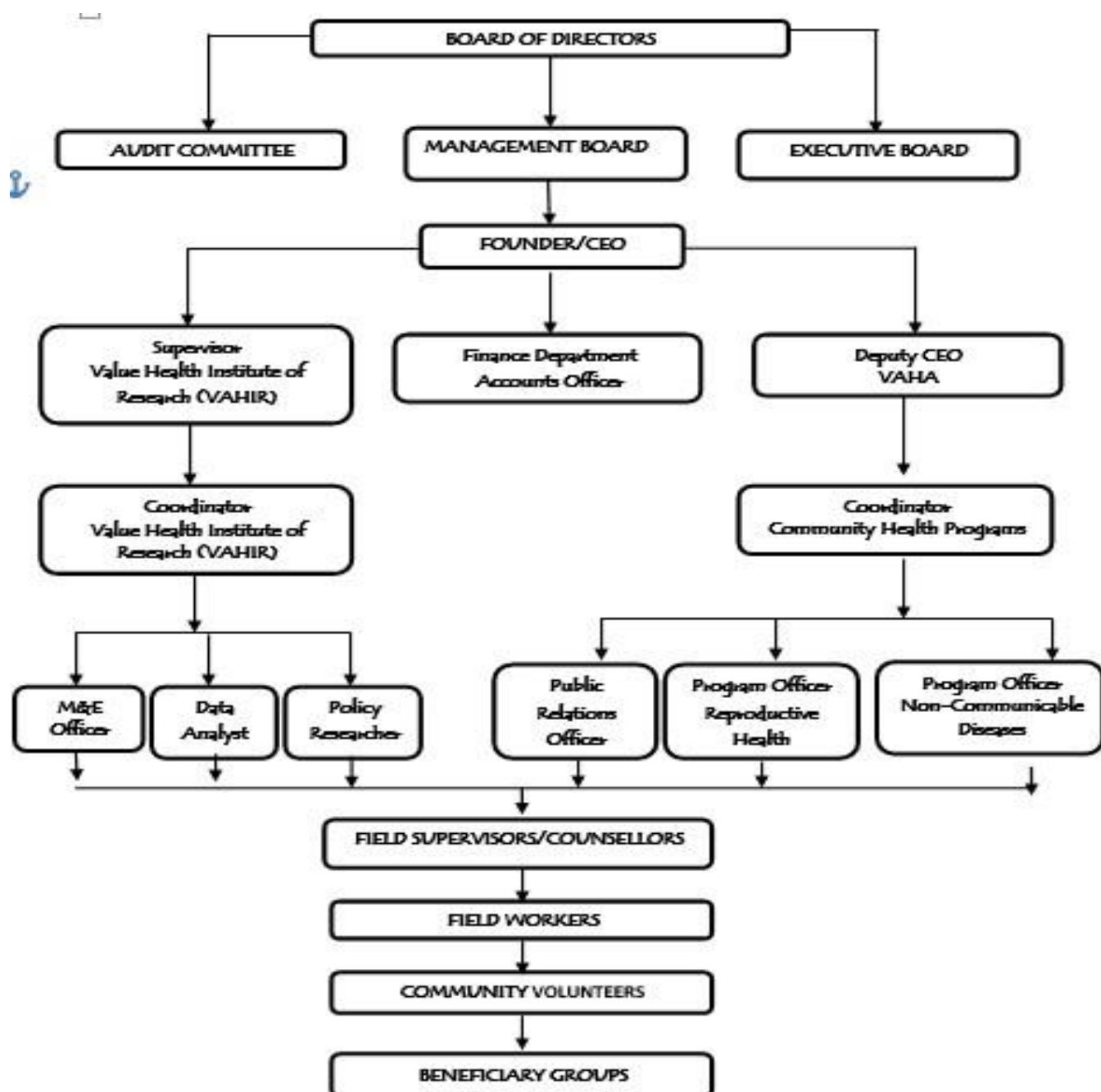
- Solidarity
- Determination
- Transparency
- Team Spirit
- Research

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 disease

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 the year to seek for solutions to public health threats in both urban and rural communities of Cameroon and Kenya. The year 2023 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 serious insecurity threats. The year was a post COVID-19 pandemic year with few COVID-19 cases diagnosed. However, despite all the setbacks experienced throughout the year, VAHA was able to execute and accomplish most of her planned activities in Cameroon and in Kenya

The following activities were executed by the organization

- ✓ *Menstrual hygiene education and awareness campaigns;*
- ✓ *Diabetes, hypertension and obesity screening and awareness campaigns.*
- ✓ *Breast and Cervical Cancer awareness campaign.*
- ✓ *Nutrition education and healthy lifestyle sensitization campaigns.*
- ✓ *NASH awareness and sensitization campaign.*
- ✓ *HIV/AIDS screening and awareness campaign.*
- ✓ *Teen-mom empowerment and capacity building project.*

Since 2019 The success of our 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 Merieux, Global Liver Institute, Cité des palmiers District Hospital, , 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, Littoral,) positively impacting over 25 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 Cholera pandemic and kown aboute NASH.

Value Heath Africa receive training to capacitate with many workshop

VAHA also carried out capacity building training and peer education and revamped the already establishment Teens mom club where teenage mothers were educated on sexuality and were also empowered to be independent irrespective of the socioeconomic circumstances. VAHA join also GAVI CSO committee for immunization task force for 5-0 dose.

Increased renew signed Memorandum of understanding (MOU's) for Littoral and West Region. 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 and the heavy political insecurity which delayed the smooth functioning of the projects.

CHAPTERT WO

ADVOCACY AND CAPACITY BUILDING PROGRAMS PILAR

2.1: Capacity Building on the Elaboration of a Health Risk Map Using the Tool “Star”

The five (5) day workshop for the evaluation of the health risks by the STAR tool was organized by the National Public Health Observatory (ONSP) with the technical and financial support from WHO. The Strategic Tool for Assessing Risk (STAR) is a tool developed by the WHO and used to support member states in the identification of public health threats, the assessment of the level of risk represented by these threats and the orientation of public health emergency response preparedness activities in countries. The said workshop aimed to strengthen the capacities of Cameroonian experts in the preparation and response in the face of multi-risk emergencies encompassing the dangers of different orders using the STAR approach. At the end of the workshop, at least **30 national experts** mastered the key concepts related to public health risk and emergency management and were able to use the STAR approach in risk assessment.



Fig 2.1: Workshop On the Elaboration of a Health Risk Map Using the Tool “Star”

2.2 Capacity Building on the Joined Operational Review By the W.H.O

Cameroon faces multiple crises such as sub-national violence, COVID-19 pandemic, cholera, Marburg outbreak, acute food insecurity and circulating vaccine-derived poliovirus type 2 (cVDPV2). The country continues to face challenges in its capacity to respond to emergencies. The compounding effect of multiple emergencies continues to undermine the health system's capacity to respond to health needs adequately.

Cameroon continues to suffer and manage the humanitarian and health consequences of the security crises that have lasted for more than 8 years and which affects 7 of the 10 regions of the country. According to statistics published by UNHCR in April 2023, the country has 1,013,568 internally displaced persons, 479,805 refugees and 557,886 returnees. The country is experiencing three major humanitarian crises, namely:

- The Lake Chad Basin crisis marked by attacks by Boko Haram and Islamic State groups causing injuries and population displacements.
- The North-West and South-West crisis marked by attacks by non-State armed groups which are in confrontation with the regular army which tracks down the assailants.
- The humanitarian crisis linked to the influx of Central African refugees in the Eastern Regions, Adamaoua and North.
- Cameroon also faced many epidemics such as COVID-19, Cholera, Yellow Fever, Meningitis, Measles and Monkey Pox.

The overall objective of the workshop was to contribute to the amelioration and establishment of a sustainable strategic response plan to emergency situations in Cameroon

At the end of this workshop the expected results are as follows

- Understanding and appreciation of actions taken during the WHO humanitarian response;
- Identification of best practices and documentation of lessons learned during the response;
- Development of the strategic lines of the WHO health response plan for 2023/24

The following key activities were conducted

- Activity 1: Opening ceremony
- Activity 2: workshop presentation
- Activity 3: Presentation of various data collected from the operations of different organisations/partners
- Activity4: Group works, restitutions and recommendations



Fig 2.1: Workshop On the Elaboration of a Health Risk Map Using the Tool “Star”

2.3 Strengthening Ties with The Delegation and other Stakeholders

Value Health Africa extended signing of Memorandum of Understanding (MoU) in other regions in Cameroon. This MoU has authorized the organization to exist and function as a legal organization. In line with this, VAHA throughout 2023 maintained a strong relation with the delegation and all its partnering health districts within the national territory.

2.4 Advocacy Against Gender-Based Violence (GBV) and violence against women and girls (VAWG)

The advocacy workshop which took place at MINPROFF Conference Hall in Douala constituted Representatives from government, Civil society (local and international organizations) and Private sector. **Over 60 participants** gained knowledge on GBV and VAWG including mechanism of reporting and actions to be taken.



Fig 2.1: Workshop On the Elaboration of a Health Risk Map Using the Tool “Star”

LISTE OF ALL WORKSHOPS IN 2023

Workshop	Date	Month	Location	Targets
2 nd Dialogue with GAVI	18 th to 20 th	January	Yaounde bastos	19 CSO attend
Launch of VBG – Wetech Platform	17 th	February	Douala	09 CSO US Embassy representative 8 VBG Victims 80 public
Launch of Africa Regional Advocacy Agenda	23 rd	February	Zoom	OVOV ANN NCD Alliance Africa CDC WHO CSO
NKAFU Operational working group Session	01 st	March	Yaoundé	CSO Public Health Insurance Medical student Media
UNHCR Open door for Refugees	06 th	March	Yaounde	UNHCR and UN Institutions CSO Refugees
Evaluation of Sanitary risk with STAR tools	10 th to 14 th	April	Douala	State Instituions WHO Ministry of Public Health 3 CSO
Join Operational Review WHO Emmergency Program	03 rd to 05 th	May	Douala	UN Institutions VAHA States intitutions
WHO Health Cluster Meeting	29 th	June	Yaounde	CSO
EBS Workshop	24 th 28 th	July	Nairobi	CDC Afric Stackeholders
French Embassy collaboration with CSO	09 th	September	Douala	French Embassy CSO
19 th Day of Activisme against GBV	28 th	November	Douala	Woman an empowerment Social affaires UNFPA CSO

Challenge of Domesticating the AU Kampala Convention	13 th	December	Douala	UNHCR MINAT ICRC CSO MINREX
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CHAPTER THREE

SEXUAL AND REPRODUCTIVE HEALTH PILLAR

3.1: Sensitization of Sexual and Reproductive Health.

Sensitization on Sexual and Reproductive Health and Rights such as basics of SRHR, Menstruation and menstrual hygiene, STIs like HIV/ AIDs, Nutrition, contraception, abortion, Female Genital Mutilation and gender-based violence advocacy in SRHR was carried out in four regions of Cameroon including the North West, South West, West and Littoral Regions where a good number of adolescents benefitted from the grant.

Over **300** young girls benefitted from this sensitization campaign in the 4 regions with the greatest number coming from the North West Region.



Fig 2.1: Workshop On the Elaboration of a Health Risk Map Using the Tool “Star”

3.2 Distribution of dignity kits to adolescents

Over **45** adolescents aged between 15- 20 years benefited from dignity kits consisting of reusable and disposable pads, tissue paper, detergent and underwear in Tongang II in the West Region of Cameroon.

3.3: HIV/AIDS Activities

VAHA was sub contracted in 2022 by CBC Health Board to carry out HIV related activities which included education on prevention of mother to child transmission (PMTCT), community testing and linking of HIV positive cases and community sourcing and linking of lost to follow up clients to health facilities for follow up. VAHA also joint the rest of the world to mark the

3.5: Menstrual hygiene Education and support.

Value Health Africa with it mission to improve human health irrespective of gender, tribe and age organised a health talk on menstruation based on one of its pillars sexual and reproductive health. Targeting 70 vulnerable young girls in Tongang II in the Bafoussam District. The health talk was based on the following agender: what is menstruation? Irregular and regular menses? Menstrual hygiene? How to produce local napkins? How to use industrial and local sanitary napkins, at the end of the teaching the **70 girls** were expected to,

- Understand the meaning of menstruation and why women menstruate.
- Know the Causes of irregular and regular menstruation
- Know how to use sanitary napkins
- Know how to produce local napkins and used them.
- Know how to keep theirselves clean when menstruating.



Fig 2.1: Workshop On the Elaboration of a Health Risk Map Using the Tool “Star”

CHAPTER FOUR

NON-COMMUNICABLE DISEASE PILLAR

4.1 International NASH DAY Commemoration

VAHA commemorated the international NASH (Non-alcoholic steatohepatitis) day in Cameroon. Sensitization to **over 30 community health workers** of NKEN health Facility was done by VAHA team. This was to enhance awareness and emphasize the pressing nature of fatty liver disease, particularly its advanced stages which impacts a staggering 115 million individuals worldwide.



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

Value Health Africa (VAHA) actively participated in the Global Action Week against Non-Communicable Diseases (NCDs), recognizing the significant threat these conditions pose to global health, particularly in low- and middle-income countries. NCDs, including diabetes, cancer, and heart disease, are often linked to unhealthy lifestyles and can dramatically impact individuals and healthcare systems.

VAHA's activities focused on raising awareness and promoting preventative measures. They conducted on-site sensitization campaigns in Mendakwe, reaching over 200 residents, and supplemented these efforts with online initiatives. Additionally, VAHA collaborated with the NCD alliance to organize a football match for people with physical disabilities and a press conference.

VAHA-Cameroon specifically addressed diabetes through a combined sensitization and screening campaign. They emphasized the importance of preventing such diseases and offered free screenings for blood sugar, blood pressure, and BMI to 102 participants. These efforts demonstrate VAHA's commitment to tackling NCDs and promoting healthier communities.



4.3 Breast cancer awareness month

Throughout the month of October which is considered the breast cancer awareness month, VAHA carried out a sensitization campaign to **over 700 students at Progressive Comprehensive School, Bamenda**. VAHA also carried out an online campaign on their different social media platforms to sensitize different preventive measures against breast cancer. 20000 followers around the world were impacted. VAHA Was also invited by And participate to a sport activity in Douala



4.5 Diabetes and Hypertension free Screening

Throughout 2023, VAHA conducted sensitization and screening on diabetes, hypertension and BMI in Cameroon. The table below summarize the findings of screenings and health talk done in 2023

Actions	Target	Result	Location
Diabetes free screening	53	12 Positive cases	Tambang HD
Hypertension free screening	53	6 positive with HTA	Tambang HD
Gestational Diabetes	53	1 / 346mgdl	Tambang HD
Infant Diabetes	60	2 positives cases	Tambang HD
HIV Free screening	53	2 Positive Cases	Tambang HD

Actions	Target	Result	Location
Diabetes free screening	150	7 positive with DT2	Mendankwe HD
Hypertension free screening	150	5 positive with HTA	Mendankwe HD
Boby Mass index	150	60 positives for OC	Mendankwe
Sensitization of CHWs	40	40 attend to the event	NKWEN IHC

Actions	Target	Result	Location
Diabetes free screening	90	10 positives with DT2	Cité des P HD
Hypertension free screening	90	6 positives with HTA	Cité des P HD
Boby Mass index	90	29 positives for OC	Mendankwe
Patient with DT2 and HTA	90	3 positives with DT2 - HTA	NKWEN IHC
Educational Talk	150	90 only attend	Location
Diétetic free screening	90		Mankon PCHS



CHAPTER FIVE

WATER HYGIENE AND SANITATION AND EPIDEMIC RESPONSE

5.1: Commemoration of World Water Day 2023.

In recognition of World Water Day 2023, Value Health Africa (VAHA) focused on improving access to clean water. Highlighting the global issue of waterborne illnesses, VAHA visited the Luc Menorah orphanage. Over 168 children benefited from their visit, which included education on water purification methods, proper handwashing techniques, and the donation of a home water purifier. This initiative aligns with VAHA's mission to improve community health and wellbeing, with a specific focus on Water, Sanitation, and Hygiene (WASH).



5.2: Online Sensitization campaign on Water Management

VAHA-Cameroon through her social media handles carried out extensive online sensitization campaign on water management. This includes sources of portable drinking water, how to purify and manage water for house consumption. Over 50,000 social media users benefitted from information on different ways to make water good for drinking and over 100,000 persons had increased knowledge on the importance of water and how to make it portable for drinkin

5.3: Conferences on NCDs

VAHA presented in two major conferences on non-communicable diseases with at least 50 participants each hosted in Tanzania and in Cameroon.



CHAPTER SIX

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 NASH and its preventive measures.

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 four 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

Even though this year was a challenging one due to the current crisis, VAHA was able to penetrate the communities and offered more than 75% of her interventions in the communities within Cameroon and







Value Health Africa