



## VALUE HEALTH AFRICA 2021 ANNUAL REPORT

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# Contents

ABSTRACT	6
CHAPTER ONE	7
1.1 BACKGROUND	7
1.2 VISION	7
1.3 MISSION	7
1.4 GOAL	7
1.5 COREVALUES	7
1.6 STRATEGIC OBJECTIVES	8
1.7 STRUCTURE OF THE ORGANIZATION	9
1.8 EXECUTIVE SUMMARY OF ACTIVITIES	10
CHAPTERT WO	12
ADVOCACY AND CAPACITY BUILDING PROGRAMS	12
2.1: Training on Handbags and Detergents Production	12
CHAPTER THREE	13
SEXUAL AND REPRODUCTIVE HEALTH PILLAR	13
3.1: Sensitization of Sexual and Reproductive Health.	13
3.2 Distribution of dignity kits to adolescents aged 12- 25 years old.	13
3.3 Commemorating World AIDS Days 2021	14
3.4: VAHA Kenya and Planned Activities	14
3.5: Menstrual hygiene Education and support.	15
CHAPTER FOUR	16
NON-COMMUNICABLE DISEASEPILLAR	16
4.1 Diabetes	16
4.2 Global Action week against non-Communicable diseases (NCDs)	17
Activities	17
4.2.2 NDCs Alliance	18
4.2.3 Breast cancer awareness month	18
4.2.4 World tobacco Day	19
4.3 World Kidney Day	20
CHAPTER FIVE	21
WATER HYGIENE AND SANITATION AND EPIDEMIC RESPONSE	21
5.1: Commemoration of World Water Day 2022.	21
5.2: Online Sensitization campaign on Water Management	21
5.3: Covid-19 intervention in Kenya	21
5.4: Virtual International Conference on Vaccine Hesitancy	22
CHAPTER SIX	23
	2



GENERAL LESSONS LEARNED/BEST PRACTICES/IMPACTS, RECOMMENDATIONS AND CONCLUSION	23
6.1 General Lessons Learned	23
6.2 Impact on Beneficiaries, Communities & Local government	23
6.3 General challenges faced	23
6.4 General Recommendations	23
6.5 Conclusion	24

## NATIONAL CORDINATOR'S SPEECH



Value Heath Africa depuis sa création à toujours brillé de par son dynamisme et l'année 2021 malgré les multiples difficultés rencontrées a confirmé une fois de plus la force dans l'engagement. 2021 une année de tous les Challenges face aux les multiples épidémies auxquelles nous avons fait faces, des conflits dans les régions du NOSO qui ont constitué un grand obstacle, 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 sur le plan national et international. Notre impact dans les régions du Cameroun dans la lutte pour l'intégration sociaux économiques des jeunes adolescentes du NOSO, l'éducation à la santé sexuelle et reproductive des couches défavorisées de la région de l'ouest et le renforcement des capacités sur les violence Basés sur le genre dans la région du Littoral nous a permis de bénéficier de la subvention de la Fondation Mérieux en France. Un engagement communautaire qui nous a permis de figurer dans le bulletin de l'Organisation Mondiale de la Santé et d'être nominé au prix du <Cameroon Heroe> catégorie santé communautaire décerné par GAICAM. Certaines de nos principales réalisations au cours de l'année 2021 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 lancé la première clinique de santé mentale périnatale s'occupant des femmes enceintes et les femmes post-partum et apporte un soutien psychosocial à des personnes déplacées touchées par la crise du NOSO ; le renforcement des capacités de 25 sages-femmes venues de 6 districts de santé du Sud-Ouest mène par l'Université Australienne sur la sécurité des mamans pendant leur accouchement. Dans la région du **Littoral** et de l'**Ouest** l'association obtient sa lettre d'accord de collaboration avec la délégation régionale de la santé.

Nous pouvons particulièrement tirer un chapeau énorme à nos équipes du NOSO qui ont rencontré beaucoup de difficultés et nous ne serons jamais assez reconnaissant qu'aucun d'entre eux n'ai été victime de cette crise. Nous apprécions sincèrement notre équipe dynamique qui travaille dans ces zones en crise pour ses efforts désintéressés au service de l'humanitaire. Et nous souhaitons la bienvenue aux nouveaux qui nous ont rejoints afin de renforcer l'équipe.

Nous voici à la nouvelle année 2022, 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, dans la réponse aux épidémies de choléra déclarée depuis 2020 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. Participez à nos différentes campagnes et partager des messages de sensibilisations sur nos différents 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

**Bonne Année 2022 !!!**

## **ABSTRACT**

This report presents highlights and screenshots of field activities and projects carried out by VAHA for the January to December 2021 project year. The chapter categorization of the report builds upon the realization of capacity building and advocacy activities carried out in target communities, interventions supporting COVID19 awareness raising and education, and the evaluation of activities carried out vis a vis beneficiaries and target communities

## **CHAPTER ONE**

### **1.1 BACKGROUND**

Guided by the concept of promoting healthy lifestyles for vulnerable populations, Value Health Africa (VAHA) was established in 2015 as an indigenous, non-political, non religious community based organization focused on sensitizing, educating and raising awareness on non communicable diseases and sexual reproductive health vis a vis fostering advocacy and community engagement for improving early diagnosis and preventing end stage complications arising from these non communicable diseases. Headquartered in Bamenda, North West Region, Value Health Africa supports community based health interventions vis a vis its mandate, mission and objectives in 04 other regions of Cameroon, as a measure of extending her reach to resource constrained communities and creating positive impact nationwide

This year, VAHA extended her activities in Kenya with the head quarter in Nairobi with the aim of improving access to health care, reproductive health and water and sanitation in urban and rural communities.

### **1.2 VISION**

To add quality to life and to promote sustainable community development in Africa, 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

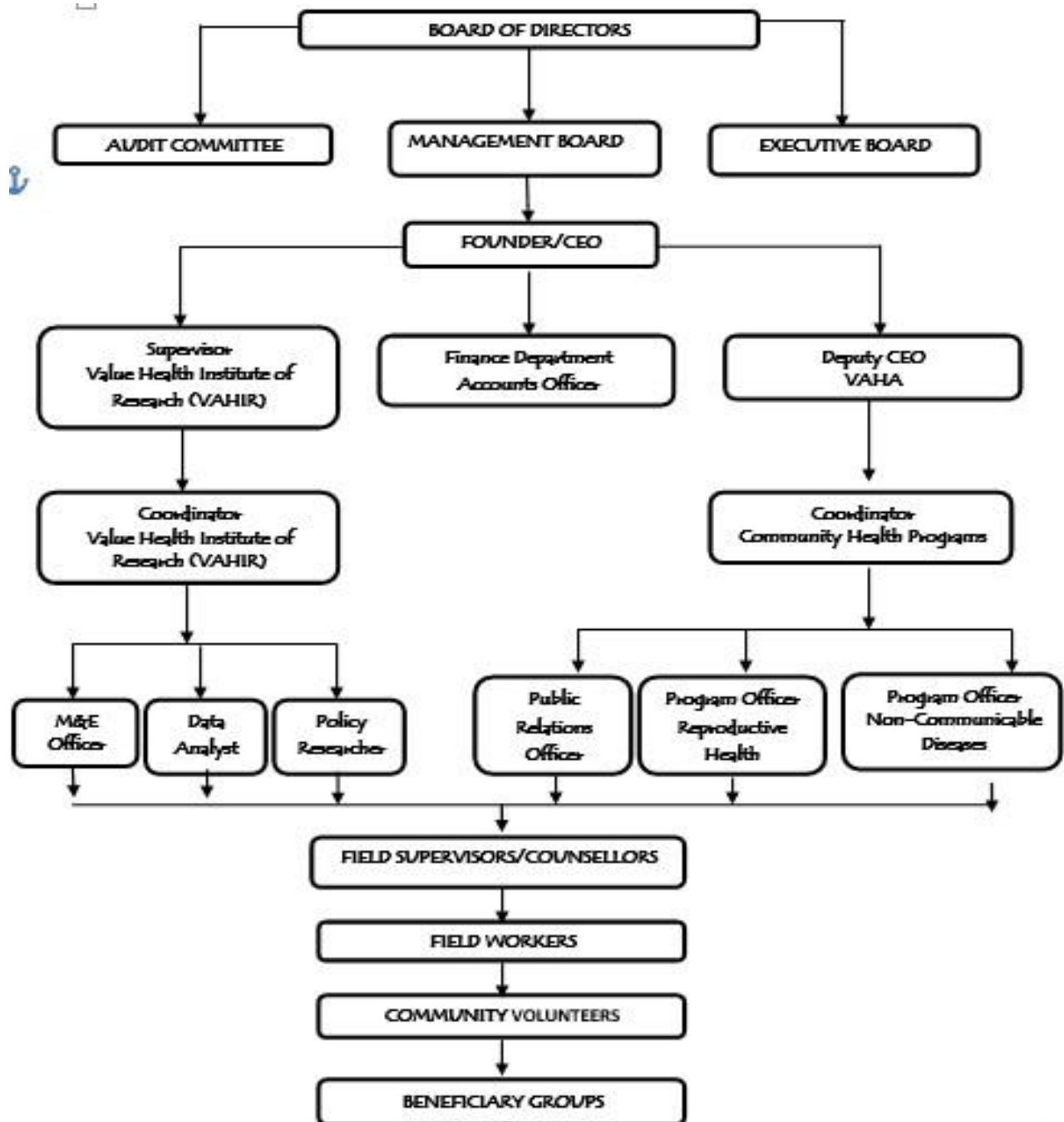
## 1.6 STRATEGIC OBJECTIVES

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 BRIEF OVERVIEW OF ACTIVITIES

The 2021 project year, though categorized by numerous setbacks and challenges vis a vis the sociopolitical crisis in the English speaking part of Cameroon and the Covid19 global pandemic, provided positive level playing fields for VAHA's planned activities both in Cameroon and in Kenya. Daunting as it may be, the realization of project activities for the 2021 project year tuned to 80% attainment as VAHA's community engagement efforts ensured the consolidation of strong strategic partnerships and resource mobilization efforts that enabled the organization realize collaborative platforms with key stakeholders in Cameroon and Kenya. . Key Project activities cut across:

The following activities were executed by the organization

- ***Community mobilization and organization of menstrual hygiene education and awareness campaigns in (please indicate the target areas as well as target population);***
- ***Screening & Awareness raising campaigns for Diabetes, hypertension, Breast, Cervical Cancer and obesity.***
- ***Nutrition education and healthy lifestyle sensitization campaigns.***
- ***Blood donation awareness and sensitization campaign.***
- ***COVID-19 interventions and case referrals***
- ***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 our involvements is greatly owed to the valuable collaborators, partnerships and donor institutions who supported project interventions in aforementioned target communities notably 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, Synergie Africaine (Chantal Biya's Foundation), Global health strategies, ACMS, CNLS, Red cross , some anonymous donors, Bamenda Regional Hospital and African Dream Achievers Initiative. 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).

This year's activities were carried out in five regions of Cameroon (North West, West, Central, Littoral, and South West Regions) positively impacting over 25 communities of women and teen mom aged *between 15 and 30 years old*



*University student Free Screening Bamenda*

VAHA also carried out capacity building training and peer education and revamped the already establishment of Teens mom club where *100 teenage mothers* were educated on sexuality and were also empowered to be independent irrespective of the socioeconomic circumstances.



*Young student of Douala midwife school during capacity building on Gender base violence*

## **CHAPTER TWO**

### **ADVOCACY AND CAPACITY BUILDING PROGRAMS**

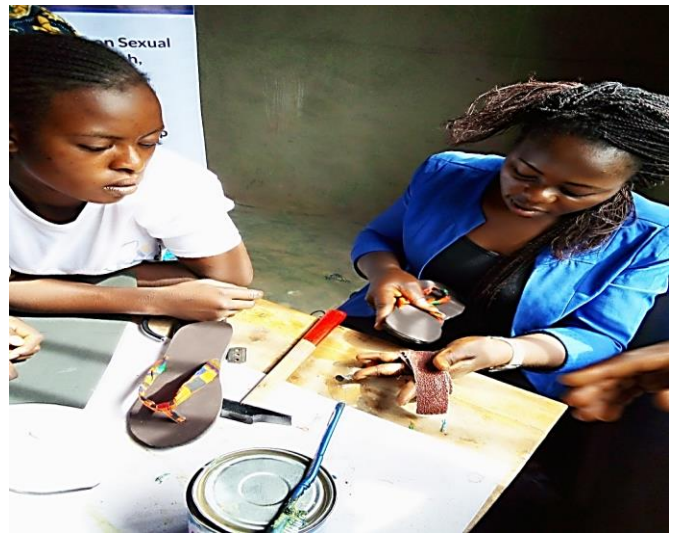
In order to support entrepreneurship and community development, Value Health Africa organized capacity building programs focused towards empowering young people and adolescents in Cameroon.

#### **2.1: Training on Handbags and Detergents Production**

Fostering community engagement via entrepreneurial initiatives provided VAHA the platform to train and empower 145 adolescents and internally displaced population in target communities (Littoral, North West & South West) on income generating activities ranging from local detergent and antiseptic soap production, production of jewelries, shoes with Ankara fabric etc. This intervention served as a sustainability landmark and avenue for families and communities affected by the sociopolitical crisis in the English speaking regions of Cameroon, to harness skills in securing their daily livelihoods.



*Training on production on local detergent, antiseptic bathing soap*



*Training on ankara shoe making in bamali ndop*



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

#### 3.2 Distribution of dignity kits to adolescents aged 12- 25 years old.

In Bamali-Ndop, North West Region of Cameroon, which happened to be one of the regions heavily affected by crisis, over **200** dignity kits consisting of reusable and disposable pads, tissue paper, detergent and underwear were distributed to the adolescents.

In Bafoussam, West Region of Cameroon, over **100** young girls received reusable and disposable pads, tissue paper, detergent and underwear.

In South West Region of Cameroon, **25** adolescents benefitted from the distribution of dignity kits



### 3.3: Commemorating World AIDS Day 2022

Following the worldwide commemoration of the World AIDS Day, VAHA in collaboration with the Ministry of public health joined other organizations in the North West Region to mark the day with series of activities which included raising awareness on HIV/AIDS, provide young people with preventive tools (male and female condoms, lubricants etc). Other activities included free counseling, screening and linkage of positive cases to treatment.

After the sensitization on HIV/AIDSs, HIV screening was carried out. A total of **350** adolescents were tested in North West Region and **102** tested in the South West Region.



*HIV Free Screening during the world AID commemoration*

### 3.4: VAHA Kenya and Planned Activities

Value Health Africa (VAHA-Kenya) draws its mandate from its constitution with an overall aim of improving access to health care, reproductive health and water and sanitation in urban and rural communities. This mandate fulfils the sustainable development goal 2030, including, and not limited to universal access sexual and reproductive health care and services. Sexual, reproductive and health rights have had remarkable gains from 1966, but despite this progress, more women today still face economic, social, institutional and other barriers that prevent them from making their own decisions and attaining their full potential (UNFPA, 2019). VAHA-Kenya visited Korrompoi primary school in Kajiado County on 31st May 2021,

with the aim of educating girls on menstrual hygiene and management practices. The objectives was to:

- Create awareness of the Covid 19 pandemic and sensitize the school on the importance of adhering to the COVID 19 protocols.
- Create awareness of the menstrual hygiene and management practices especially to the girls who are in puberty
- Distribute the sanitary pads and masks to the girls and the entire school respectively.



***VAHA KENYA TEAM at Korrompoi primary school***

### **3.5: Menstrual hygiene Education and Support.**

VAHA KENYA team provided free education on menstrual hygiene to sixty-seven adolescent girls from grades 5, 6 and 7 of *Korrompoi primary school* with the aim of educating girls on menstrual hygiene and management practices. Some of the girls had basic knowledge on the topics covered and the team just had to push the same topic further and respond to them on the concerns they had. After the sensitization, VAHA donate to 67 young girl two (2) packets of sanitary towels and one booklet each with menstrual hygiene messages; 78 packets of sanitary pads.

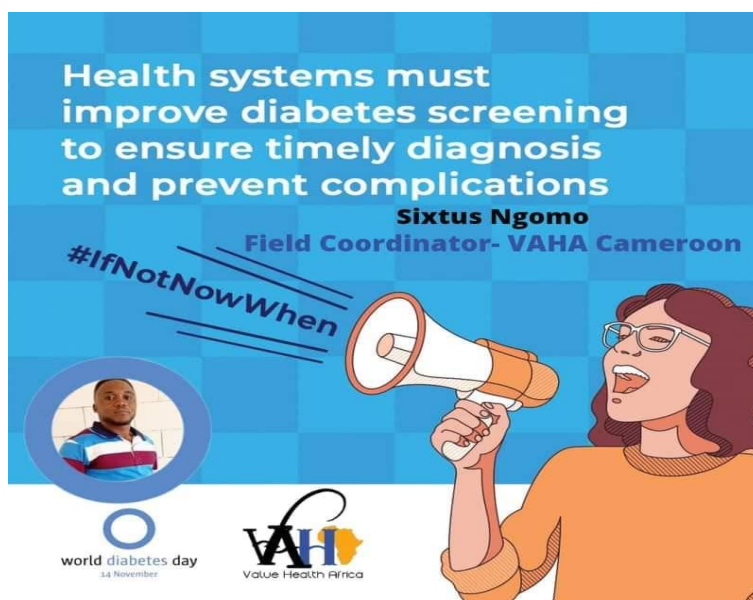
## CHAPTER FOUR

### NON-COMMUNICABLE DISEASE PILLAR

#### 4.1 Diabetes

##### 4.1.1 Follow-up of VAHA's Diabetic Clinics

Three 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. Over 62 participants screened; 1 male & 9 female were diagnosed pre-hypertensive, 7 males & 27 females were diagnosed with hypertension, 2 males & 18 females were found to have normal BP. Also, 1 male and 10 females were diagnosed diabetic while 9 males and 42 females had a normal FBS participants still showed up for the exercise. VAHA provided a new weight scale, height scale, glucometer test strips to run the activities of the project.



*VAHA online sensitization with pledge*



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

### Activities

On site sensitization where VAHA sensitized over 100 inhabitants of Mendakwe and also carried out online sensitization campaigns

Free diabetes screening at the Mendakwe Integrated Health Center with 50 participants being screened.

Football match among physically disabled and press conference organized by the NCD alliance.

VAHA-Cameroon carried out sensitization and screening campaign on Diabetes. The key message was preventing preventable diseases like diabetes, cancers and kidney diseases.

Screenings on Blood sugar, blood pressure and BMI was carried out. 102 participants were screened.



*Physical disable team ready for football match*

#### 4.2.2 NCDs Alliance

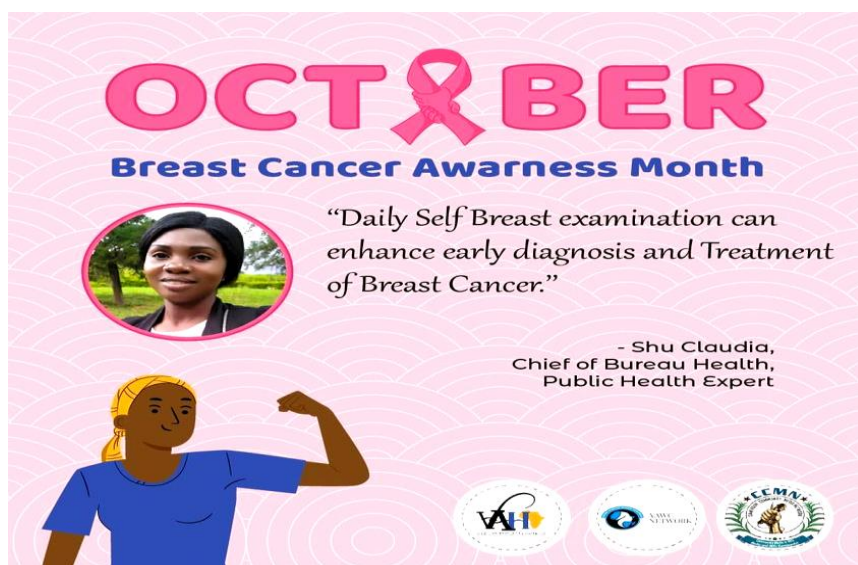
Cameroon Non-Communicable Diseases Alliance (CNCDA) had a workshop at the Faculty of Biotechnology of Yaoundé 1 in Nkolbisson. VAHA as well as other member associations like Rural Doctors, RADA, etc was present. The objectives of this workshop were; strategizing for better advocacy focused on improving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



*VAHA Regional Coordinator of North West and the General Secretary of Cameroon NCDs Alliance*

#### 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. 10000 followers around the world were impacted.



*Online pledge for Breast cancer awareness month*

#### 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.



*VAHA Regional Coordinator of North West making awareness against tobacco consumption*

### 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 over 40 participants were screened and 23 of this number were eligible for donation, raising awareness on the increasing burden of kidney diseases, risk factors of kidney diseases, preventive behaviors, and how to live with a kidney disease.



*Blood donation screening*



## CHAPTER FIVE

### WATER HYGIENE AND SANITATION AND EPIDEMIC RESPONSE

#### 5.1: Commemorating World Water Day 2022.

In commemoration of the World Water Day which is the 22nd of March 2021, Value Health Africa visited Luc Menora horphanage. During this visit, VAHA carried out activities including sensitization on how to make water portable for drinking, demonstration of hand washing technique. VAHA also donated a home water purifier to them. Over 168 children benefitted from sensitization and subsequent increase in the availability of portable water.



*Donation of a home water purifier to Luc Menorah orphanage*

#### 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. The aim was to increase knowledge on the importance of water and how to make it portable for drinking

#### 5.3: Covid-19 intervention in Kenya

VAHA Kenya carried out COVID-19 sensitization campaign in Korrompoi primary school in Kenya on importance of adhering to COVID-19 protocol. These include hand washing with soap and water (or hand sanitization), keeping social distance, wearing masks properly, avoiding crowded places etc. VAHA-Kenya Distributed five hundred and eighty-two (582) masks. 255 pupils; 16 teaching and non-teaching staff benefitted to the donation.



#### **5.4: Virtual International Conference on Vaccine Hesitancy**

Value Health Africa in partnership with GAVI organized an online international conference on COVID-19 vaccine hesitancy which took place from 29<sup>th</sup> to 30<sup>th</sup> March 2021. The conference was attended by media persons, public health experts, community leaders and civil society actors alongside representatives from WHO. The aim of the conference was to raise awareness on COVID-19 vaccine and to increase its uptake in African countries where research has shown a high level of vaccine hesitancy. In addition, health experts discussed on how to handle misinformation. Participants gained knowledge on the efficacy of COVID-19 vaccine, how to handle misinformation, the importance of the vaccine during the era of the COVID-19 pandemic

## CHAPTER SIX

### GENERAL LESSONS LEARNED/BESTPRACTICES/IMPACTS, RECOMMENDATIONS AND CONCLUSION

#### 6.1 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 Challenges faced

- 1-Sociopolitical crisis rocking the North West and South West Regions was a major threat to extending project activities in the suburbs.
- 2- COVID-19 pandemic also contributed greatly to the expansion of activities in the nation.
- 3- Limited fund was also another major challenge faced by the organization.

#### 6.4 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.

## 6.5 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 of Cameroon. The organization also extended her activities in Kenya with her headquarter in Nairobi-Kenya



