



VALUE HEALTH AFRICA 2019 ANNUAL REPORT

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Report by Value Health Africa

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President's Speech

Last year I announced on this forum that 2019 was our year of greater opportunities. I am pleased



Kyeng Mercy Tetuh

to let us know that it was indeed a memorable year for us. Our joint efforts saw us on platforms we had always dreamt of which is now changing the entire narrative of the organization. Our actions ranged from community engagement, awareness, capacity building, and donations to advocacy at national and international levels. Our impact in the crises regions of Cameroon gave us a seat in the national humanitarian action coordination taskforce chaired by WHO which has given us a platform to report all our actions monthly and the opportunity to

feature in the WHO bulletin. Some of our key achievements include; the creation of a diabetic clinic in Misaje health center targeting displaced patients who use to trek miles to access care in Nkambe. In addition, we, launched our microgrant project aimed at improving access to primary healthcare for patients with chronic conditions in the North West Region. We were also able to extend our community awareness activities to the Centre region where we partnered with the regional technical group for HIV to carry out a mobile screening campaign for HIV. Most remarkably, we are proud to have led the creation of the National UHC alliance in Cameroon which is currently changing the face of UHC advocacy in Cameroon. We are pleased to have established a partnership with the SW regional delegation of public health and also established a physical office in the same region. Worth mentioning, our NW program coordinator; Miss Grace Angwi, was awarded a scholarship for a master's in public health in Sweden and has been replaced by MrNji Emmanuel.

Amidst these great achievements we cannot undermine the challenges we encountered. The Anglophone crises has been a major setback to accessibility in the region as some humanitarian workers have been kidnapped and killed in an attempt to reach these areas. To this regard we sincerely appreciate our team working in these crisis zones for their selfless efforts in serving humanity.

We are confident that 2020 opened before us comes with greater opportunities as we have begun taking the perfect steps in the right direction. Our recently created office in the South West Region

will now work closely with the ministry of public health to support preparedness and response activities of public health threats within the region starting with the recently declared Cholera outbreak in Bakassi. We will also continue setting up adolescent clinic to enhance the sexual/reproductive and mental health of young people with keen interest on the very vulnerable (internally displaced, victims of sexual abuse etc.). We will invest in building partnerships with local, national and international stakeholders around our thematic areas to enhance impact at all levels and all interventions.

However, this can only be realized if we have all hands on deck. Remember the little drops we commit to which could just be sharing a health awareness message on Facebook, will go a long way to building a resilient community. It is in this spirit that I urge us all to continue to put in efforts towards achieving the bigger agenda #Health4All.

Thank you

ACKNOWLEDGEMENT

HAVA sincerely acknowledged the collaborative efforts and support of the following throughout the year 2019,

- 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 2019 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 2019. Generally, the report is divided into five chapters;

Chapter one gives an insight of the organization and the Executive Summary report for 2019; chapter two highlights on capacity building and advocacy programs organized and led by the organization; chapter three draws attention on the various community engagement programs VAHA was involved in throughout the year; chapter four reports on the awards, scholarships, and partners; chapter five 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

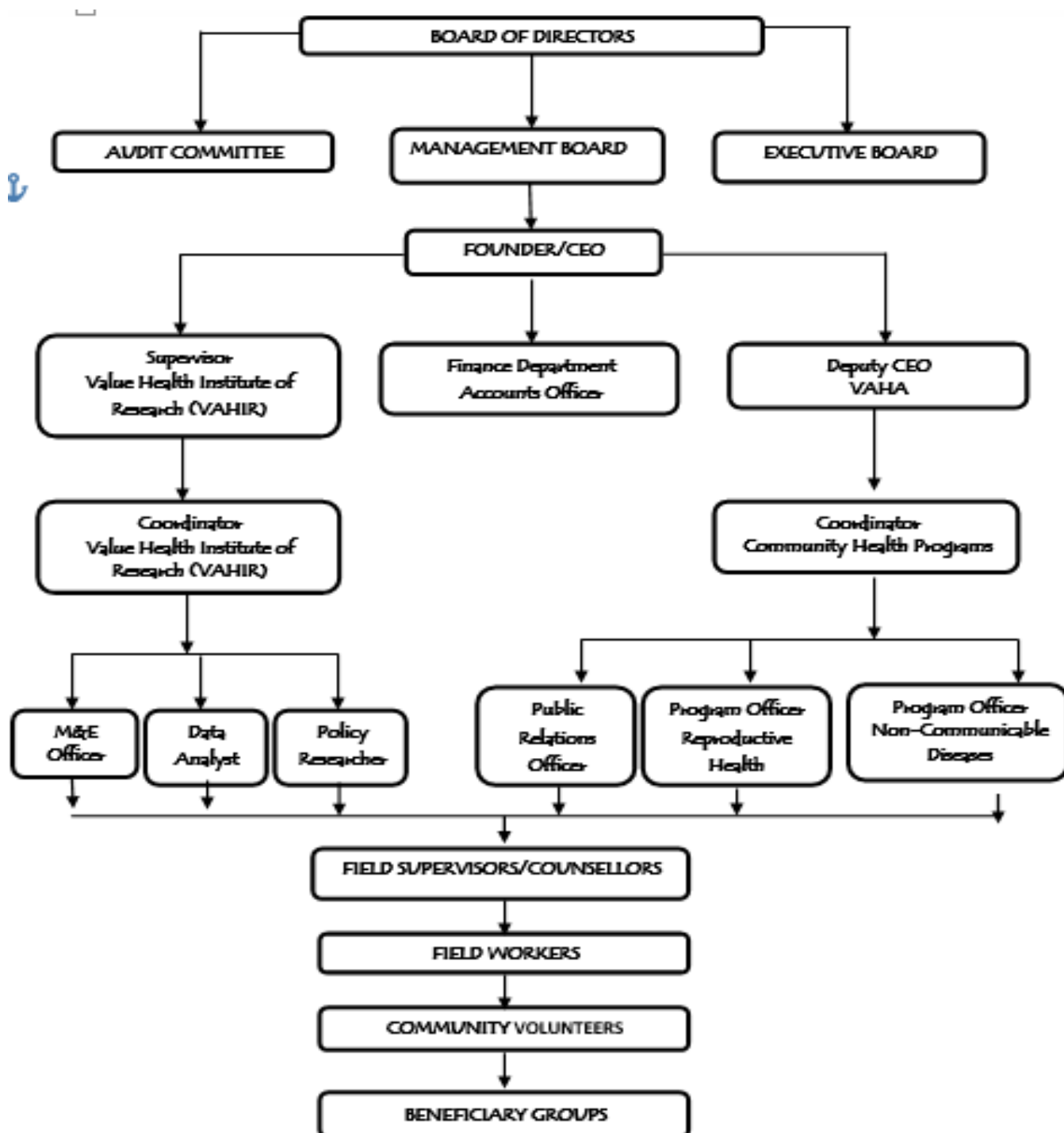
- Solidarity
- Determination
- Transparency
- Team Spirit
- Research

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

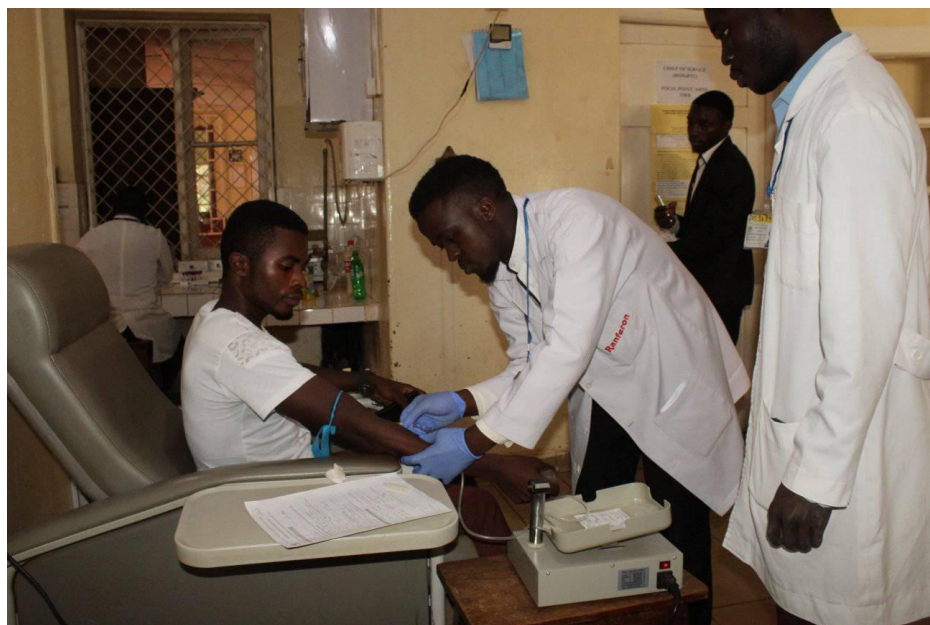
VAHA being stirred by her vision and mission, she took upon herself at the start of this year to seek for solutions to public health threats within both urban and rural communities in the North West and South west Regions of Cameroon. 2019 was a very challenging year for the organization following the current sociopolitical crises in the NW and SW regions which has led to the loss of lives, and damages of properties. However, in spite of all the setbacks experienced throughout the year, VAHA was able to execute over 80% of her 2019 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.*
- ✓ *Home support project for Diabetics; Fitness club.*
- ✓ *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, 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. The awareness, screening and education campaigns began in January 2019 and ended in December 2019 and they were marked by huge community engagement and involvement. 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 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 circumstances. 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 institute one major adolescent clinic in Bamali- Ndop, and one major diabetic clinic in Misaje which added to the already existing clinics bringing total to six (6). In addition, VAHA activated the already existing sports club where people are educated on good nutritional practices, healthy living and during which they are engaged in physical activity. Our



Blood donation campaign-Regional Hospital Bamenda-23pines donated

advocacy activities were also revamped this year as we organized several radio programs to advocate for affordable and accessible health in Cameroon. Media houses like Christian Broadcasting Station (CBS) and Cameroon Radio and Television were used for these

advocacy programs during which experts were invited to educate the population to take control over their health and health rights.

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 heavy political insecurity which delayed the smooth functioning of the projects. Amidst these severe insecurity VAHA still stood tall as it was awarded the Organization of the year.

CHAPTER TWO

ADVOCACY AND CAPACITY BUILDING PROGRAMS

2.1 Advocacy Workshop on Tobacco Control

The Cameroon Civil Society NCD Alliance (VAHA, C3T, and CBCHS) met at Coalition Camerounaise Contre le TABAC in Yaoundé to discuss and evaluate measures in fighting against tobacco and its related products. The Cameroon Civil Society NCD Alliance (VAHA, C3t, Baptist Health Services) met at the Cameroon Coalition for Tobacco Control Office at Etudi Yaounde to offer a Press Conference as part of the activities marking the Second Global Week for Action on Non-Communicable Diseases (NCDs). The Cameroon Civil Society NCD Alliance joined their voices to the Global NCD Alliance to say 'Enough of the apathy, inaction and glacial progress on prevention and control of NCDs.' They called on the government of Cameroon to deliver on the



rights to healthcare for all people in Cameroon. It was a unifying and rallying opportunity to celebrate where action has led to progress in improving health, and an opportunity to say Enough to inaction on

the world's largest cause of death and disability. The event saw over 7 media outlets including #Crtv #Canal2English, #MagicFM, #ThePost and #LeMessenger. The clarion call was on the Government of Cameroon to step up and translate commitments into action that will lead to meaningful progress and improvement of people's lives in Cameroon

2.2 Risk Communication and Community engagement

VAHA participated in a workshop organized by WHO Afro on “Risk Communication and Community engagement” which intended to enhance community awareness, build healthy



communities among others. One of the main objectives was prioritization of needs for Cameroon 2020 action plan. Value health Africa proposed the prioritization of mental health care for displaced persons and health

coverage for displaced pregnant women to be incorporated into Cameroon'2020ActionPlan.

2.3 Sexual and Reproductive Health Peer Educators Workshop

VAHA along with other nine CSOs took part in a workshop aimed at redefining the roadmap of sexual and reproductive



CSO sexual and reproduction health coalition

health and rights for all Cameroonians through the creation of National Coalition. VAHA was pleased to partake in such historic moment; developing the frame work for collaborations and the vision and mission of this coalition. Also still on our sexual and reproductive health pillar, volunteers, staff and our partner organizations have been benefitting from seminars, and trainings organized within and beyond VAHA's premises in the course of the year. One of the most prominent trainings organized was the "Training on Sexual and Reproductive Health and Rights"; a one-day training workshop held at VAHA's Conference hall at old Fish Pond hill Bamenda, Cameroon. Through this workshop, 12 community peer educators were trained on sexual and reproductive health with emphasis on HIV/AIDS (Contraction, prevention and management) during which they pledged to be ambassadors in their various communities. After the work shop, these 12 community peer educators, educated over 3000 young people in churches, schools and markets.

2.4 Advocacy Workshop on Universal Health Coverage

In commemoration of the Universal Health Coverage (UHC), VAHA in partnership with other members of Civil Society Organizations (CSOs) organized a two-day advocacy and collaborative workshop in Yaoundé on UHC aimed at fostering the realization of the Universal Health Coverage



Cross-section of participants during UHC advocacy workshop

(UHC)
Agenda in
Cameroon.
At the end of
the
workshop, a
joint
statement
was
developed by
all members
and submitted to the

minister of health.

2.5 Online advocacy on Healthy lifestyle

Look up on all the posters VAHA developed on healthy lifestyle count and include in this section and you add the posters here. It is very important to state numbers. Also, for all other projects state numbers of beneficiary. I have for some but I am really surprised you say you can't get information when everything is on the website.



CHAPTER THREE

SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS

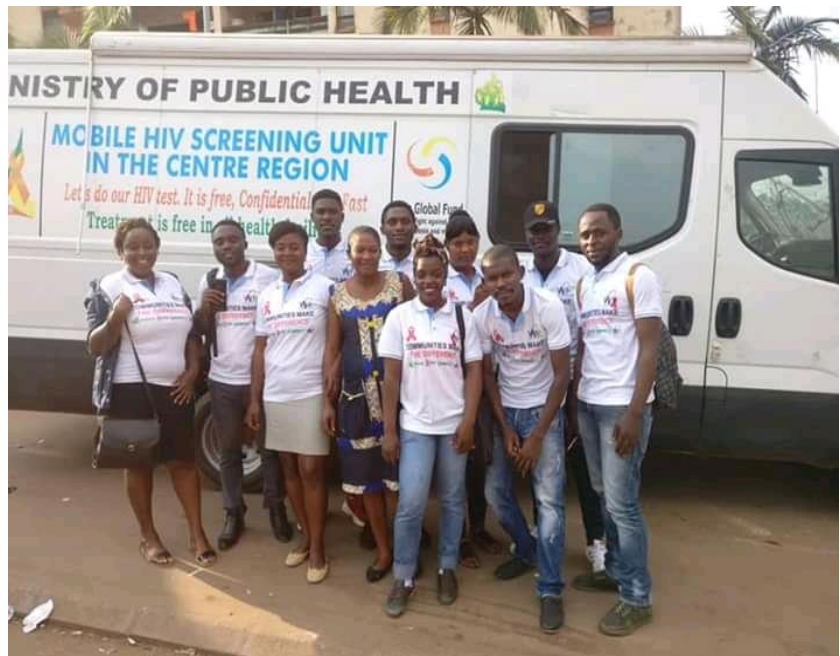
3. 1 WORLD AIDS DAY COMMEMORATION

3.1.1 HIV MOBILE CARAVAN:

Following the worldwide commemoration of the World AIDs Day, VAHA in collaboration with the ministry of public health organized a mobile caravan in Yaoundé to raise awareness on HIV/AIDS and provide young people with preventive tools (male and female condoms, lubricants etc). Other activities include free counseling, screening and linkage of positive cases to treatment. During the HIV Free screening Over **136** people was screened 92 male and 44 female; age between 15 and 60 years old. and **131** collected their result. Results reveal **03 positive cases**. **All positive cases were immediately linked to the district hospital of Yaounde VI to commence treatment.**



136 persons screened 03 positive cases detected



Volunteers after the mobile caravan campaign

VAHA distributes Lubricants, Female condoms, male condoms, and personal hygiene kits to the population during this week long event.



Items distributed	Quantity Distributed	Benefactors	REMAINS
Lubricants	500	Populations	0
Female condoms	2825	Populations	3725
Male condoms	3820	Populations	1470
Pins en ruban	100	Populations	0
Confirmation test on HIV 1/2	0	Team VAHA	5000
Personal Health kits	5	student	

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. This year 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,

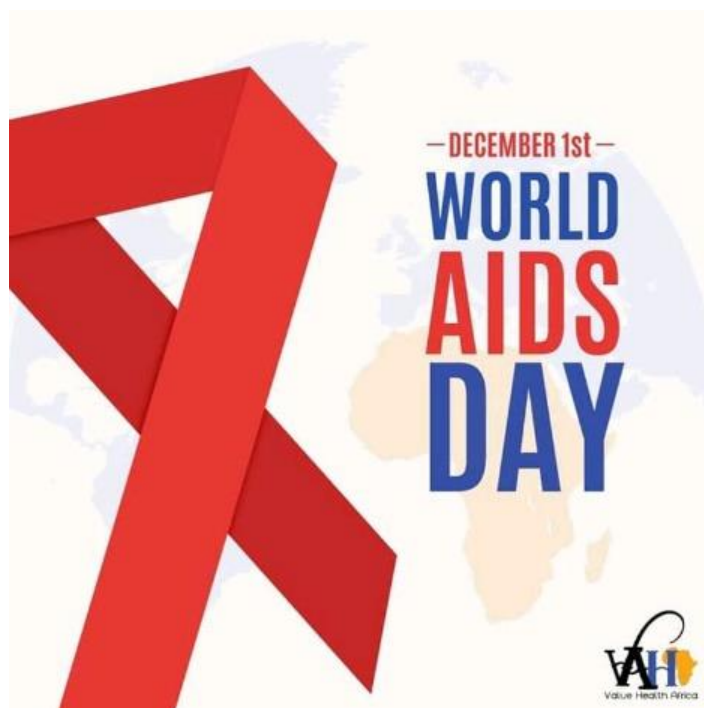


cross section of adolescents during routine clinic

3.1.3 Online Campaign on Breaking the Stigma Around HIV/AIDS

The world AIDS day was marked with a series of events. VAHA's HIV/AIDS ambassador Mr Peter Ouma organized an HIV/AIDS awareness and advocacy session online aimed at stopping the

stigma around the disease and enhancing community participation in the management and prevention of this disease. During these sessions, he used his life experience as someone who has been living with HIV for over 8 years to encourage others living with the disease to be consistent in their treatment in order to reduce transmission. He also made mention of his book titled “Determined to live” which he wrote following his diagnoses and has gone a long way to inspire other HIV patients who have lost hope. This show was watched by over 10,000 persons across the globe.



3.2 Sexual and reproductive Health outreach for Displaced Adolescents in Baffoussam

VAHA reached out to over 100 displaced adolescents in the western region with relief aids such as hygiene kits, menstrual pads and food items. In Cameroon, there is a growing need to improve the



reproductive health of adolescents. This is because adolescents (recognized by the World Health Organization as persons aged 10-19) have early sexual exposure but lack adequate information and planning skills to

manage their reproductive health. As an internally displaced, it is even most difficult as they are more exposed to family separation, physical violence and other violations of their human rights, including sexual abuse and exploitation, as such, require more assistance and protection.

As part of National efforts to prioritise reproductive health of adolescents, on the 24th of February 2019, Vaha Cameroon in collaboration with Relief Center Cameroon launched some adolescent support project in the Western region of Cameroon bringing together around 100 adolescents to ensure that information and services are readily made available to these adolescents to help them understand their sexuality and protect themselves from unwanted pregnancies, Sexually Transmitted Diseases and subsequent risks of infertility. During this program the team provided menstrual kits, education and some house hold detergents to them. The follow up plan was the creation of an Adolescent resource center for these displaced adolescents to support their sexual and reproductive health and rights.



Securing a healthy a healthy generation for today and the Future

CHAPTER FOUR

NON-COMMUNICABLE DISEASE PILLAR

3.2.1 World Diabetes Day-Creation of Diabetic Clinic

World Diabetes Day (WDD) aims to be the leading platform to promote diabetes advocacy efforts, promote the importance of taking coordinated and concerted actions to confront diabetes as a serious global health threat, draw attention to the key issues and keep diabetes firmly in the global public and



Blood sugar testing

political spotlight. VAHA in partnership with CMA Misaje created a Diabetic Clinic. Mesaje is one of the communities in the Nkambe health district where most displaced persons have sought refuge given it one of the least hit zones within the North West region. The aim of which is to improve access to primary health care for these displaced patients as a means to reduce complications and pre-mature mortality. Activities in these clinics include; education and counseling. The 2019 World Diabetes Day was commemorated under the theme “The Family and Diabetes”, aimed at raising awareness of the impact that diabetes has on the family and support network of those affected, as well as promoting the role of the family in the management, care, prevention and education of the condition.

Results

Over **150** people who showed up for this event and total of **132** people were screened, because some people came when the screening was over. Results reveal **14 cases** are *suspected for diabetes* and **38 for hypertension**.

VAHA SCREENING DATA FROM MISAJE								
			Hypertension					
70/40 - 90/60 mmHg (Hypotension)		90/60-129/84 mmHg (Normal)		130/80-139/90 mmHg (Pre-hypertension)		140/90 - 200/100 mmHg (Hypertension)		
M	F	M	F	M	F	M	F	
1	9	16	47	7	12	11	27	
Total	10	Total	63	Total	19	Total	38	
			Diabetes					
<70 mg/dl		70-115mg/dl		116-200mg/dl		>200mg/dl		
M	F	M	F	M	F	M	F	
1	1	28	86	3	8	1	2	
Total	2	Total	114	Total	11	Total	3	



World Diabetes Day-Walk campaign in Mesaje

3.2.2 World Blood Donor Day

World Kidney Day- Blood Donation Campaign: 23pines of blood donated

Transfusion of blood and blood products helps save millions of lives every year. It can help patients suffering from life-threatening conditions live longer and with a higher quality of life, supports complex medical and surgical procedures. In commemoration of the world



Volunteers posing after donation campaign

Kidney day and world blood donor respectively, VAHA in collaboration with African Dream Achievers Network and Atanga kidney foundation mobilized over 40 youths who voluntarily donated 23 pines of blood to the Bamenda regional hospital blood bank in other to save a life. Donors were also offered branded t-shirt from VAHA team to appreciate them and encourage them to continue donating.



Volunteer donating blood



VAHA appreciates blood donors with branded t-shirt

3.2.3 Cervical and Breast cancer awareness Campaign

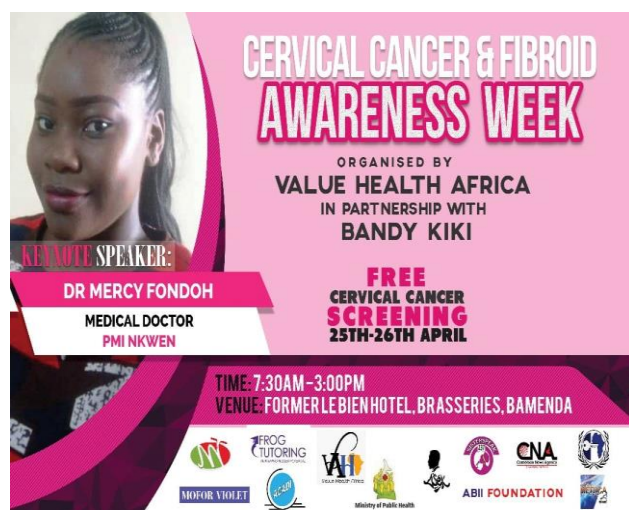
The free cervical cancer and fibroid awareness screening campaign was organized by Value Health Africa in partnership with Bandy Kiki, ABII Foundation, Volunteer Medical Corp, Sisters Speak, Le Gideon's Newspaper, FROG TURTURING, Mofor Violet, ACADI, and CAN, under the patronage of the North West Regional Delegate of Public Health. The campaign was observed under the theme; **“CERVICAL CANCER CAN BE PREVENTED”** while stressing on the need of early diagnosis. The campaign took two days from the 25th to 26th of



Lab scientist during cervical cancer screening

April 2019. It was coordinated by Public Health Nurse and VAHA's sexual and reproductive health advocate and other VAHA team members. Activities included; radio campaign, health talks, filling of the questionnaires screening, counselling, among others reaching over 20 000 inhabitants of the North West region. On day one, 39 women were screened and on day two, 78 were screened making a total of 117 even though 125 questionnaires were filled. The 8 women were not eligible for the screening. Out of 117 screened, 53% (62/117) of the participants attested to have fair knowledge on cervical cancer. 29.9% (35/117) of them indicated that they have done at least one cervical cancer screening before. 18% (22/117) were shown to have inflamed cervix on visual inspection.

11.1% (13/117) had both inflamed cervix and positive VILI & VIA tests. Palpation revealed that 5.1% (6/117) had a lump around the abdominal region while breasts palpation revealed normal breasts for all the 117 women screened. Statistics still revealed that 0.008% (1/117) woman had hemorrhagic inflamed cervix. 12.8% (15/117) had profuse vaginal discharge. The women were counseled and referred to the Baptist hospital for follow up and treatment.



Women screened for cervical cancer during campaign

CHAPTER FOUR

WATER HYGIENE AND SANITATION

4.1 Mandela Day-Personal and Household Hygiene:

Value Health Africa's Hygiene and Sanitation expert, Mbangowah Elvis Ngwa carried out a training session on Household and Personal Hygiene: Elvis began his presentation by differentiating between cleanliness and hygiene. While acknowledging that both lead to the elimination of physical and observable dirt, he emphasized that hygiene



Trainers pose for a photo

Mandela's Day

Enhancing Hygiene and Sanitation for Internally Displaced Women

18th July 2019
JSF POLYTECHNIC
BUEA

Join us there

Mbangowah Elvis
Hygiene and Sanitation Expert
Value Health Africa.

Serving Africa

involves removing dirt and other microorganisms and pathogens that could cause diseases. Elvis then encouraged the women to make conscious efforts to improve on their personal and household

hygiene including handwashing. Drawing his inspiration from the words of Nelson Mandela, “I Stand at the door to my freedom...” Elvis offered practical advice on personal hygiene especially cleaning the eyes, mouth, other body parts especially the genital organs. He also advised the participants to constantly clean and disinfect their under wears, inner wears and towels. Elvis also presented some common methods of purifying water such as boiling, filtering using a clean white cloth as well as using aqua tabs which are found in pharmacies around Buea and other areas in Cameroon. This project was funded by the US embassy through the Mandela Washington Fellowship alumni.

4.2. Hand Washing Demonstration

Hand Washing Demonstration: Elvis then demonstrated to the people how to wash their hands and stressed on the importance of carrying out this exercise which has earned it a day of universal recognition, “The World Washing of Hands Day. Elvis stressed on the washing of hands as preventive treatment for many diseases which rub people of health and wealth. A participant noted that one learns from his birth till his death and mentioned that it has been more than a session of reminder since they he had learned some things essentially foreign to his initial concepts on hygiene.



Demonstration of the production of local detergents

As a participant carried out the act of hand washing before her meal, she stated that she will henceforth be her own doctor and that she would champion the course on basic hygiene in her community.

4.3. Psycho-spiritual hygiene

Elvis introduced psycho-spiritual hygiene which he explained to be clearing the mind of hurtful and unpleasant experiences which often lead to health and social conditions like anxiety, depression, stress, gastric burns and hypertension. Elvis proposed forgiveness as a necessary antidote for such unpleasant feelings. This lesson was greeted by the participants with much appreciation and resolve to implement in their daily living. A participant acknowledged that she has often suffered the pains of having to deal with people who take pleasure in hurting her but never care about her feelings. Another lady confessed that she has learnt something new –psycho-spiritual hygiene which she noted was so necessary to alleviate her from hypertension, stress and gastric burns.



CHAPTER FIVE

AWARDS, SCHOLARSHIP AND PARTNERSHIPS

5.1: Scholarship

VAHA's NW Program's Coordinator- Grace Tetuh was awarded a scholarship to study Masters in Public Health in Sweden following her undeniably contributions to the growth of the society

5.2 Awards

The year 2019 was a colorful year for VAHA and even some of her members.

CAMEROON HEROES (GAICAM IMPACT AWARDS) recognized VAHA for her enormous and profound contributions towards the growth and development of Cameroon's communities.

Similarly, Kyeng Mercy Tetuh and another field coordinator; Sixtus Bame were recognized by the UPKONTRI AWARDS event organized by DAZFOMBI-a unit of FOMBILION for their humanitarian medical services.



Award ceremony



VAHA receiving Hero of the year award in Yaounde

CHAPTER SIX

GENERAL LESSONS LEARNED / BEST PRACTICES/ 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.

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 Central, 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.

