



JOIN HANDS |

Healthier Lives  
for Women and Children  
in Kenya



## About CMMB

### Healthier Lives Worldwide

Catholic Medical Mission Board, universally known as CMMB, is an international nongovernmental organization providing long-term, community-based medical and development aid to communities affected by poverty and unequal access to healthcare.

For more than a century, we have worked to strengthen and support communities with healthcare programs and initiatives, deploying medicines and medical supplies, providing emergency relief, and placing skilled volunteers. Responsible and transparent stewardship allows 98 percent of donations to directly support programs.

CMMB works in collaboration with hundreds of local and international partners to deliver sustainable health services in targeted communities in Africa, Latin America, and the Caribbean. To learn more, visit [cmmb.org](http://cmmb.org).

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# Welcome



If we're going to help the poor, if we're going to help the marginalized, then we need to take risks. Otherwise, these individuals will remain poor, and they will remain marginalized. They are disproportionately affected by illness and poverty, despite the fact that they are key to prosperous societies. At CMMB, we are aiming to break the cycle of injustice with a model that drives measurable impact for the most vulnerable women and children living in extreme poverty. By investing in the health of women and children through proven best practices and high-impact programs, we will ensure that they have the opportunity to thrive and to step into a just, equal place in society.

**—Bruce Wilkinson, CMMB**  
President and CEO  
New York, USA



The women and children in Kitui South are among the most vulnerable populations in Kenya. More than 70 percent of the women have never seen a doctor, nurse, or midwife. Most women deliver their babies at home with a traditional birth attendant or relative. When there are complications, like postpartum hemorrhage, many women die.

**—Muthoni Kariuki, DrPH**  
CMMB Country Director  
Kenya



The people in Kitui South suffer from poverty and ill health, and they depend on the care and kindness of the mission hospital. Through CHAMPS, we're working with CMMB and Kenya's Ministry of Health to make sure that the poorest of the poor can be reached, wherever they are. CHAMPS is improving care by providing sustainable supplies of medicine, vitamins, and equipment, as well as skilled volunteers.

By joining hands with CMMB, we're making a mutual commitment to love and serve the poor.

**—Sister Mary Okum**  
Administrator  
Mutomo Mission Hospital  
Kenya

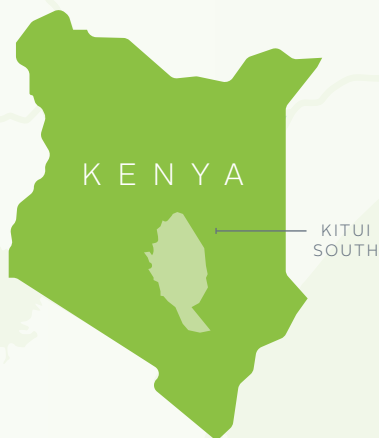


It's hard for most people to begin to imagine what the extreme poverty of Kitui South looks like, or to understand the vulnerability we see every day. Health facilities without water; malnourished children; babies dehydrated by diarrhea and many women dying during childbirth. It is a heartbreaking reality. By joining hands with this community, we can make a difference.

**—Jesse Kihuha**  
CHAMPS Project Manager  
Kitui South, Kenya

## An Opportunity to Join Hands with **Kenya CHAMPS**

We at CMMB are excited to offer an investment opportunity to Join Hands in Kenya. Motivated by our faith, we have a legacy of solidarity with the poor, especially marginalized women and children who deserve healthier lives. By working together in Kenya, we can restore health, dignity, and justice to the most vulnerable, living in extreme poverty.



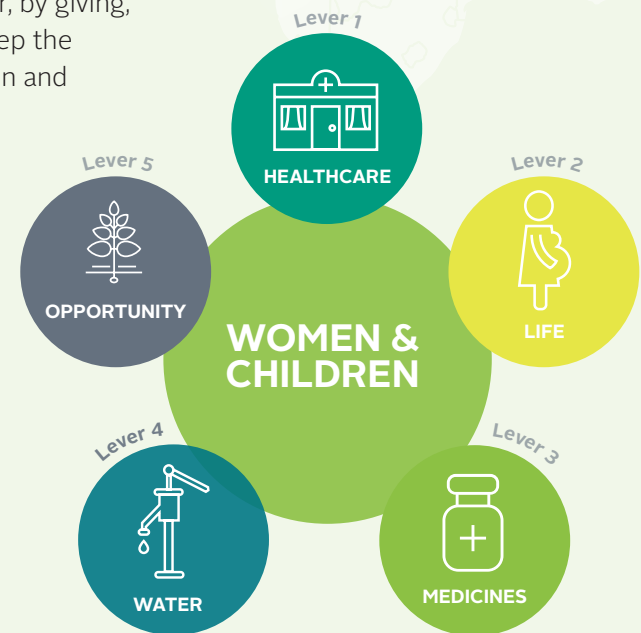
Kenya is one of five countries where we are implementing our **Children and Mothers Partnerships (CHAMPS)** model. Launched in 2015, **CHAMPS** delivers innovative health solutions by leveraging our networks of global and local partners, including community members, faith leaders, governments, corporations, and other not-for-profits.

**CHAMPS** keeps women and children at the center — built on decades of experience in development and public health, it is a tested, cost-effective, and proven model to create deep, systemic change. Your partnership and financial commitment to **CHAMPS** in Kenya will improve health outcomes for more than 181,755 people in the remote communities of Kitui South.

Your investment creates a foundation of good health, and delivers on the promise for prosperous, thriving communities. As a leading development organization, we are fully committed to the Sustainable Development Goals (SDGs) set by the United Nations to eliminate poverty. By joining hands in Kenya, we are all supporting the achievement of these goals by 2030.

**Join Hands** — in prayer, by giving, or volunteering—to keep the most vulnerable women and children in Kenya alive.

Kenya CHAMPS





By providing health, dignity, and justice, **Kenya CHAMPS** delivers on the promise of a better future.

**5** Levers + **5** Years

**= \$11M** Investments



**Lever 1  
HEALTHCARE**

Providing access to quality healthcare to 181,755 people by strengthening eight local health facilities

**\$3M**



**Lever 2  
LIFE**

Ensuring 7,088 healthy pregnancies and safe deliveries and provide lifesaving health services to 43,086 children, mothers, and caregivers each year

**\$2.5M**



**Lever 3  
MEDICINES**

Ensuring access to essential medicines for 181,755 people

**\$380,000**



**Lever 4  
WATER**

Improved water, sanitation and hygiene for 181,755 people

**\$4.3M**



**Lever 5  
OPPORTUNITY**

Providing better nutrition and economic opportunity for 52,540 extremely poor people

**\$1.1M**

**181,755** People with Healthier Lives



## Kenya CHAMPS: Our Approach in Action

In 2016, CHAMPS delivered on the promise of critical services and a healthier future for nearly 100,000 people in the community of Mutomo, including baby Titus and his family.



### Lever 1 **HEALTHCARE**

CHAMPS reached Titus before he ever got to a hospital. A community health volunteer and referral system connected Titus to the care and services his family desperately needed to survive.



### Lever 2 **LIFE**

Titus lost his mother in childbirth, but she didn't have to die. Each year in Kenya, nearly 8,000 women die from complications during pregnancy and childbirth. CHAMPS is working to keep women and children alive.





### Lever 3 **MEDICINE**

Without breastmilk, Titus relied on donated formula. Mixed with contaminated water, he suffered severe diarrhea and dehydration, spending three days at the Mutomo Mission Hospital.



### Lever 4 **WATER**

A new system to harvest rain water and a storage tank keeps Titus and his siblings healthy with safe water for drinking and hand washing.



### Lever 5 **OPPORTUNITY**

With a small loan, Titus' father bought a bike, and started a local transportation business. With some regular income, the family is getting back on its feet.





KENYA

KITUI  
SOUTH

In Kitui South, 63% of people live under the international poverty line of US\$1.25 a day.

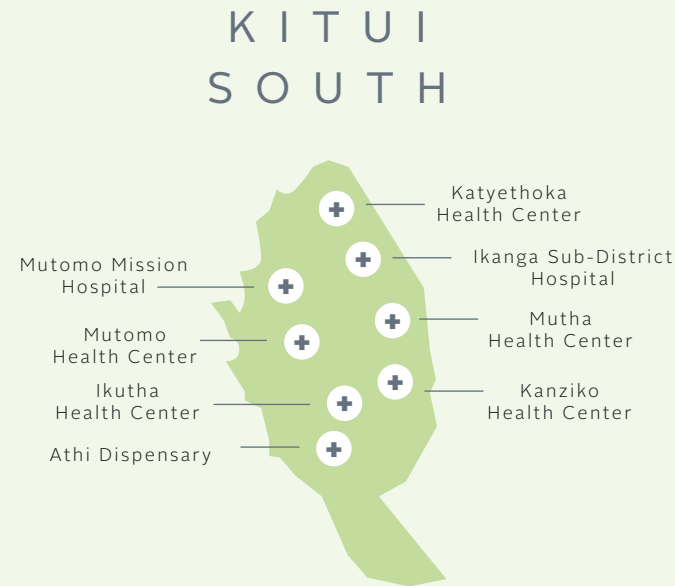


# Delivering on the Promise of **Kenya CHAMPS** in Kitui South.

When compared to Kenya’s national average and the targets identified for 2030 per the SDGs, Kitui South has dramatically interior health outcomes for women and children.

**CHAMPS** promises a better future, with a foundation of health, dignity, and justice. Our approach in Kenya is based on lessons learned and knowledge gathered through successful pilot programs. **CHAMPS** has been tested and proven in communities across five countries, and we are now ready to take this model to the next level in Kenya — specifically in Kitui South.

	Kitui South 2016	Kenya National Average 2016	SDG Target 2030
% of Deliveries in a Health Facility	28%	61%	99% of births to be attended by a skilled professional
% of People Fully Immunized	66%	75%	100%
Malaria Prevalence	30,126 cases per 100,000 people	16,600 per 100,000 people	<1 case per 100,000 people
Mother-to-Child Transmission of HIV	11.5%	8.3%	<1%
Children Underweight for Their Age	24%	11%	<1%
Maternal Mortality	2,272 deaths per 100,000 live births	510 deaths per 100,000 live births	<70 deaths per 100,000 live births
Under-Five Mortality	80 deaths per 1,000 live births	49 deaths per 1,000 live births	<25 deaths per 1,000 live births



By prioritizing the most vulnerable populations, **Kenya CHAMPS** will focus on the eight most populated geographic areas in Kitui South with the lowest health outcomes. By anchoring interventions at existing local healthcare facilities, we are investing in the health of women and children with proven models that achieve impact.





Join Hands with Kenya CHAMPS

# Opportunities for High-Impact Investment

Lever 1



## HEALTHCARE

A well-functioning, accessible, local healthcare system

Lever 2



## LIFE

Healthy pregnancies, safe deliveries, and healthy young children

Lever 3



## MEDICINES

Access to essential medicines

Lever 4



## WATER

Safe water and necessary sanitation

Lever 5



## OPPORTUNITY

Increased nutrition and income, through access to economic opportunities



# Join Hands for Healthcare



74% of the people living in Kitui South have never seen a doctor.



## Lever 1: Healthcare

### Why Invest in Healthcare?

#### The Problem

In places like Kitui South, poverty is the greatest barrier to quality care. Women and children with the most fragile health are disproportionately concentrated among the poorest and most vulnerable households. Weak health systems, lacking basic equipment and adequate numbers of trained staff, increase the incidence of disease and illness. Without resources or options, poor health pushes families deeper into poverty.

#### The Solution

Join Hands to improve access to quality healthcare for 181,755 people by strengthening eight local healthcare facilities in Kitui South over the next five years.

*Together we can:*

- Provide adequate infrastructure and medical equipment.
- Strengthen the emergency transportation referral system.
- Build a capable workforce for health.

#### Join Hands for Healthcare Facilities - Kenya CHAMPS Impact

Eight healthcare facilities and 181,755 people supported with:

- Improved infrastructure and equipment in facilities supports quality and availability of health services. With an increase in community trust, demand for care will rise. With increased use of available services, maternal and child mortality and morbidity rates will decrease.

Investment required: \$1,650,436

- Training for current staff, along with professional support from CMMB medical volunteers, and a network of local community health volunteers, will ensure that CHAMPS partner health facilities in Kitui South can offer high-quality services whenever patients need them.

Investment required: \$911,560

- Increased access to emergency transportation, especially in the most remote communities, will save lives.

Investment required: \$515,697

Total Investment in Healthcare Facilities:

**\$3,077,693**





# Join Hands for a Healthy Start in Life



Nearly 99% of all maternal deaths occur in developing countries.

Worldwide, 2.7 million babies die every year in their first month of life and a similar number are stillborn.



## Lever 2: A Healthy Start in Life

# Why Invest in the Health of Mothers and Children?

### The Problem

The extraordinarily high number of maternal deaths in Kitui South is a result of extreme poverty, lack of access to health services, and inadequate care. A mother's health is directly linked to the health of her newborn. A mother can increase her child's chance of survival if she receives prenatal care. In fact, the universally adopted 1,000-day framework was developed to ensure that a set of health services, including prenatal, delivery, and postnatal is provided to mothers and newborns.

Tragically, in Kitui South, one in eight children will not live to see her fifth birthday. Pre-term birth complications, pneumonia, birth asphyxia, diarrhea, and malaria are the leading causes of death. Most of these tragic losses of life are preventable through a coordinated delivery of clinical, logistical, and educational services. Unfortunately, even the simplest interventions are out of reach for vulnerable women and children living in the Kenya CHAMPS zone.

### The Solution

Women deserve access to prenatal care, safe, facility-based deliveries with a skilled health professional, and postnatal follow-up. Join Hands to support safe motherhood and child health.

*Together we can:*

- Ensure 7,088 healthy pregnancies and safe deliveries.
- Provide lifesaving health services to 43,086 children, mothers, and caregivers each year.
- Deploy a strong community-based health outreach system, supported by a cost-effective network of trained community health volunteers.

### Join Hands for a Healthy Start in Life - Kenya CHAMPS Impact

An active network of nearly 600 trained community health volunteers will:

- Manage simple cases of childhood illnesses at the household level, and identify and engage pregnant women to seek prenatal care and facility deliveries.
- Increase access to prenatal care, growth monitoring, immunizations, curative services, HIV testing and counseling, nutrition screening and treatment, and education on health topics.
- Refer women and children to partner health facilities as appropriate.
- Reduce maternal and child morbidity and mortality, improving the overall health status and quality of life for women and children in Kitui South.

Total Investment in a Healthy Start in Life:

**\$2,525,677**





# Join Hands for Medicine

Approximately 1.7 billion people worldwide lack regular access to essential medicines, especially women and children.



## Lever 3: Medicine

# Why Invest in Improving Access to Medicines?

### The Problem

In Kitui South, most people rely on public health facilities to provide medicines for free or at low cost. However, healthcare facilities are challenged to maintain a reliable supply chain. Kenya's Ministry of Health manages the distribution of medicines in the country, with each health facility receiving the essential package quarterly. If a specific medication runs out, no replenishment is available. Curable illnesses go untreated. Poor transportation and the lack of storage facilities for pharmaceutical products make the situation even worse.

### The Solution

Join Hands to ensure access to essential medicines for 181,755 people over five years.

*Together we can:*

- Strengthen pharmacy operations.
- Improve access to essential medicines.

### Join Hands for Medicine - Kenya CHAMPS Impact

Eight partner healthcare facilities will be supported with:

- Improved pharmacy operation through upgraded infrastructure and equipment.
- Increased pharmacy staff.
- Strong supply chain management via electronic pharmaceutical information systems (PMIS).

Investment to Support Pharmacies: \$74,457

Improved health outcomes for 28,643 pregnant women and children at risk.

- A sustainable stock of the most commonly unavailable medicines will ensure treatment.

### Medicines

Antibiotic eye ointments for newborns	IV solution (plasma expanders) with infusion set
4% chlorhexidine solution (for umbilical cord cleansing)	Magnesium sulphate injections
Calcium gluconate injections	Mebendazole tablets
Diclofenac tablets	Misoprostol tablets/capsules
Diclofenac injections	Paracetamol tablets
Folic acid tablets	Ringer lactate bags
Injectable antibiotics (e.g., first or second generation cephalosporins)	Skin disinfectant solution
Iron tablets	Vaccines: pentavalent, polio, measles, BCG

Investment for Essential Medicines: \$307,793

Total Investment for Medicine:

**\$382,250**





# Join Hands for Water



In Kitui South, 72% of the population access water from contaminated sources and 75% don't treat the water.

Safe water is fundamental to living a healthy and dignified life.



## Lever 4: Water

# Why Invest in Water, Sanitation, and Hygiene?

### The Problem

In Kitui South, access to safe water is a major challenge. Severe drought makes water sources scarce, requiring families to travel farther, on foot, along dangerous routes to find potable water. Even then, the water is often contaminated or saturated with mineral salts. Without alternatives, families are forced to rely on unsafe water that can cause:

- Diarrhea, waterborne diseases and infections, including cholera, dysentery, and typhoid.
- Lost opportunities for economic empowerment.
- Reduced time for education, especially for girls who must collect water.

In addition to a lack of safe water, nearly a quarter of all households in the Kenya CHAMPS zone do not have a latrine or any type of toilet. Open defecation results in the contamination of water sources and soil, leading to the transmission of communicable diseases.

### The Solution

Join Hands to provide improved water, sanitation, and hygiene for 181,755 people over the next five years.

*Together we can provide water and sanitation to:*

- Healthcare facilities.
- Primary and secondary schools.
- Communities.
- Support the dignity of adolescent girls.

### Join Hands for Water - Kenya CHAMPS Impact

#### Healthcare Facilities

- Sustainable systems to deliver, clean, safe water.
- Improved water, sanitation, and waste management infrastructure and maintenance.
- Hygiene protocol training for staff.
- Reduced infection rates.
- Improved quality of care.

Investment required to support water in eight healthcare facilities: \$527,438

#### Schools

- Clean, safe water.
- Improved water and sanitation infrastructure, including latrines and handwashing facilities.
- Capacity for long-term maintenance and repair.
- Training for teachers and students in positive hygiene practices.
- Improved dignity, health, and learning environment for school children and teachers.

Investment required to support water in 13 schools: \$1,310,634

#### Communities

- Construction of new water systems, including boreholes, pumps, and pipes.
- Capacity for maintenance and repair of water sources.
- Education, training, and materials to support the construction and maintenance of latrines for individual households.
- Water, sanitation, and hygiene education for communities.
- Improved dignity, quality of life, and health.

Investment required: \$2,192,841

#### Adolescent Girls

- Restored confidence and dignity.
- Increased and prolonged attendance at school.
- Sustainability of hygienic supplies.

Investment required to support adolescent girls in 13 schools: \$407,066

Total Investment for Water in Kenya:

**\$4,437,979**





# Join Hands for Opportunity



Women multiply the impact of an investment by creating a better life for their families, and building strong communities.

To eradicate poverty in Kitui South, we need to empower women economically.



## Lever 5: Opportunity

### Why Invest in Women?

#### The Problem

In Kitui South, many women face the task of raising healthy, educated children without having basic knowledge, tools, or economic resources. Across Kitui County, nearly 50 percent of the population is under the age of 14. Families are large, averaging seven individuals per household. Crowding, lack of clean water and sanitation, and widespread food insecurity are heavy burdens for women who have few options to overcome them.

#### The Solution

Economic empowerment initiatives positively impact health outcomes for mothers, children, and ultimately, entire communities. Join Hands to empower 10,508 women, impacting 52,540 of the poorest people in the Kenya **CHAMPS** zone.

*Together we can support families by:*

- Building livelihoods through agriculture and livestock.
- Establishing village savings and loans associations.

#### Join Hands for Opportunity - Kenya CHAMPS Impact

- Increasing the share of household income controlled by women raises spending that benefits children.
- Economically empowered women can feed their children better, send them to school, and seek quality healthcare when they are sick.
- Improved agricultural practices increase yield, available food for families, and potential for income.

Investment Required to Build Livelihoods through  
Agriculture and Livestock: \$402,035

- By joining sustainable savings and loan associations, budding women entrepreneurs receive the support necessary to disrupt the cycle of extreme poverty.

Investment Required to Establish Village Savings and Loan  
Associations: \$711,789

Total Investment for Opportunity:

**\$1,113,824**

**Join Hands** with Kenya CHAMPS to bring health, dignity, and justice to vulnerable women and children today, and deliver on the promise of a better future in Kitui South.

**5** Levers + **5** Years = **\$11M** Investments



Lever 1  
**HEALTHCARE**

Providing access to quality healthcare to 181,755 people by strengthening eight local health facilities

**\$3M**



Lever 2  
**LIFE**

Ensuring 7,088 healthy pregnancies and safe deliveries and provide lifesaving health services to 43,086 children, mothers, and caregivers each year

**\$2.5M**



Lever 3  
**MEDICINES**

Ensuring access to essential medicines for 181,755 people

**\$380,000**



Lever 4  
**WATER**

Improved water, sanitation and hygiene for 181,755 people

**\$4.3M**



Lever 5  
**OPPORTUNITY**

Providing better nutrition and economic opportunity for 52,540 extremely poor people

**\$1.1M**

**181,755** People with Healthier Lives



## Invest in Healthcare

**Support Access to Quality Health Services with Adequate Infrastructure and Medical Equipment = \$1,650,436**

**Strengthen the Emergency Transportation Referral System = \$515,697**

**Build a Capable Workforce for Health = \$911,560**

## Invest in Life

**Support Safe Motherhood and Child Health with a Community-Based Health Outreach System = \$2,525,677**

## Invest in Medicine

**Strengthen Pharmacy Operations = \$74,457**

**Improve Access to Essential Medicines = \$307,793**

## Invest in Water

**Clean Water, Sanitation, and Hygiene in Healthcare Facilities = \$527,438**

**Clean Water, Sanitation, and Hygiene in 13 Schools = \$1,310,634**

**Clean Water, Sanitation, and Hygiene in Communities = \$2,192,841**

**Dignity Kits for 3,000 Adolescent Girls = \$307,851**

## Invest in Opportunity

**Build Livelihoods through Agriculture and Livestock = \$402,035**

**Establish Village Savings and Loan Associations = \$711,789**

**TOTAL INVESTMENT IN KENYA CHAMPS = \$11M**



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