



cmmmb

JOIN HANDS  
FOR WATER

Healthier Lives  
for Women and Children

## 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



Water is a force for life, vital for improving women and children's health and productivity. It is at the core of sustainable development. If CMMB is to succeed in our work—improving the lives of the most vulnerable women and children—we must help them access clean water and decent sanitation. Solving the world's water problems will require leadership and partnerships. By working across sectors with our many partners, we are changing the realities for the poorest communities for the better, forever.

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



Across Mwandi District in Zambia, a lack of safe water only adds to the already extreme hardships of poverty, isolation, and illness for women and children. Nearly everyone lacks immediate access to a safe, dependable water source. Boreholes often hit naturally salty groundwater, which is useless. In desperation, women and girls resort to using shallow wells, which are contaminated. The small stores of freshwater harvested during the rainy season don't last long. A general lack of latrines and the use of open water sources by people and animals alike put everyone at risk.

**—Batuke Walusiku-Mwewa**  
CMMB Country Director  
Zambia



Water and sanitation affect the health of every woman and every child. To increase access to safe water and sanitation for the poorest communities, all CMMB programs are working together to share best practices and strategies. Advocacy and awareness, community mobilization, and partnerships with families, healthcare facilities, and schools turn the most vulnerable populations into engaged stakeholders, no matter where they live.

**—Enrique Ñaupari**  
Senior Specialist  
Livelihood and Healthy Homes  
CMMB Peru



Can you imagine the distress of a pregnant woman, delivering her baby at home without access to water? As women get closer to their due date, many in Côtés-de-Fer are just too weak to carry heavy containers of water home. We work with women who have been forced to send children running to a neighbor's house to borrow a gallon of water during delivery or to a nearby stream, knowing that the water was contaminated. The indignity of giving birth without access to clean water is something no woman should face.

**—Syndie Saint-Hilaire, MD**  
Program Manager  
CMMB Haiti



## An Opportunity to Join Hands for **Water**

Water is a driving force for life, and one of the key levers of **CMMB's Children and Mothers Partnerships (CHAMPS)**. Launched in 2015, this model delivers innovative health solutions by leveraging our networks of global and local partners—among them community members, faith leaders, governments, corporations, and other not-for-profits. By ensuring access to water and sanitation, along with healthcare, medicines, and opportunity, we can deliver on the promise of CHAMPS: to bring health, dignity, and justice to vulnerable women and children today, and a better future tomorrow.

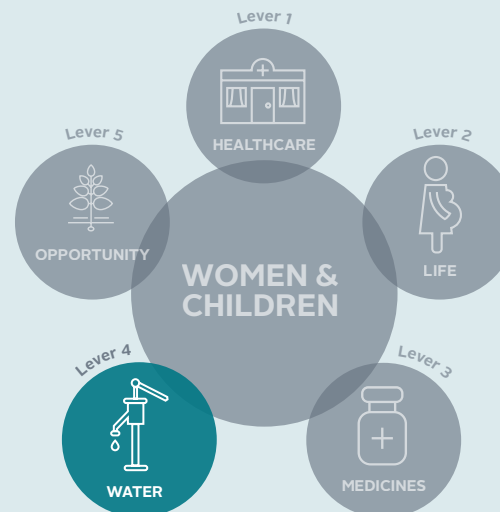
We at CMMB are excited to offer an investment opportunity: **Join Hands for Water**. Motivated by our faith, we have a legacy of solidarity with the poor, especially with marginalized women and children. They deserve healthier lives. By working together, we can provide access to clean water and sanitation for **1 million people worldwide** over the next five years.

Clean water is the foundation of healthier lives. Yet in our **CHAMPS** communities in Haiti, Kenya, Peru, South Sudan, and Zambia, the majority of households depend on water from potentially contaminated, unprotected, and unsafe sources, which creates dangerous health risks, especially for young children. Even health facilities—from hospitals to small dispensaries—do not have regular access to safe water and adequate sanitation. The impact on infection rates and outcomes can be devastating.

In the most remote communities, a lack of water and sanitation at schools limits the ability of children to learn. Lack of facilities and supplies hits adolescent girls hard. After their monthly periods begin, many regularly miss a full week of class each month and eventually drop out of school completely. Water for schools affects future opportunities for all.

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

**Join Hands for Water**—in prayer, by giving, or by volunteering—to restore health and human dignity to women, children, and communities.





By providing clean water and sanitation to women, children, and communities living in extreme poverty, CHAMPS delivers on the promise of a better future.



## WATER

Providing clean water and sanitation to more than **1 million people**



### HAITI

135,792 people

**\$3,261,723**

### KENYA

181,755 people

**\$2,809,267**

### PERU

226,845 people

**\$1,401,165**

### SOUTH SUDAN

438,062 people

**\$3,173,937**

### ZAMBIA

27,000 people

**\$3,353,908**

**5** Countries + **5** Years =

**\$14M** Investments



Kenya CHAMPS

## Christine's Story



“

*We walk for hours, every day, to find water. It's what we do. And the journey is difficult and dangerous.*

*My son, Kiama, and his friends walked to the water hole because they were thirsty. Kiama knelt at the edge and leaned down to get a drink, and that's when he fell in. His friends tried to help, but no one knew how to swim. The stone was slippery. My son couldn't climb out. The children ran for a mile to get help. I remember hearing my neighbor say, "A child has fallen into the water hole and drowned." We all ran as fast as we could—all silently praying that it was not our child. By the time we got there it was too late. The child in the water was dead. The child in the water was my son.*

*I share this story hoping that some positive change might come from my son's death and from my grief.*

**—Christine**

Mother and Resident  
Kitui South, Kenya CHAMPS



Every year more than 3.4 million people die as a result of water-related disease. Contaminated water is the leading cause of disease and death around the world.

Women and children suffer the most.





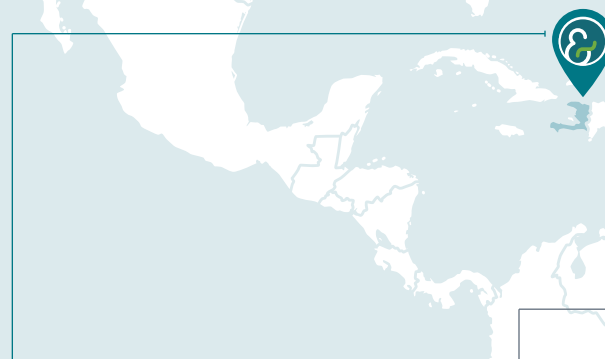
## CHAMPS in Action

# Bringing Improved Water, Sanitation, and Hygiene to Women, Children, and Communities

**Join Hands to bring clean water and sanitation to vulnerable women and children. Together we can:**

- Deliver on the promise of clean water for 1 million people.
- Improve access to water, sanitation, and hygiene at 32 healthcare facilities.
- Improve access to water, sanitation, and hygiene at 23 schools.
- Improve sanitation in communities by adding more than 7,000 latrines.
- Restore dignity to 6,250 adolescent girls.

## Lack of Safe Water, Adequate Sanitation, and Hygiene



### Haiti CHAMPS



#### Water for Health Facilities

Few healthcare facilities serve this remote area. The Bishop Joseph M. Sullivan Center for Health is the main hospital, providing clinical services, and serving as a hub for improving community health. Investing in a sustainable supply of clean, safe water for health facilities is critical to quality care.

### Kenya CHAMPS



#### Restore Dignity to Adolescent Girls

After they begin their periods, girls often miss a week of class each month due to lack of water, toilet facilities, and sanitary materials. Investing in the dignity of adolescent girls like Joy, Deborah, and Harriet allows them to stay in school and reach their full potential.

## Affects Everyone in the Communities Served by **CHAMPS**.



### Peru CHAMPS



#### Water for Communities

Rosa and her children struggle to survive in a poor, crowded community. Without access to running water, Rosa uses limited financial resources to purchase large buckets of water each week. Her younger children suffer from diarrhea, and it never seems to go away. An investment in clean water for communities like Rosa's improves child health.

### South Sudan CHAMPS



#### Water for Healthcare Facilities

The Yambio Primary Health Care Center struggles to provide quality care. Violent conflict has put an additional strain on this facility, as thousands of displaced women and children—in addition to those who live locally—seek care. Investing in water for healthcare facilities improves maternal and child health.

### Zambia CHAMPS



#### Water for Schools

A lack of clean water takes a toll on children in rural Mwandi. Teachers see students arrive exhausted or late after waiting for hours at wells—if they make it to school at all. Without water for handwashing or adequate sanitation, infections spread quickly. Investing in water for schools allows children to learn.

A photograph of a woman and a young child. The woman, on the right, is wearing a patterned headscarf and a purple shirt. She is holding the child, who is wearing a camouflage-patterned shirt. Both are looking off-camera to the left with serious expressions. The background is slightly blurred, showing what appears to be an outdoor setting with a building.

South Sudan CHAMPS

## Dr. Harry's Story



*I have served as a medical volunteer for many years, and in most of the underserved areas of the world where I've been, water is a big problem. Nzara is part of South Sudan CHAMPS. It is a small town that is fortunate to have a few streams and rivers with water the entire year, even during the dry season. However, the water is contaminated. Sadly, most families just don't have the money to treat the water, so a lot of people get sick. Many infectious diseases—especially gastrointestinal issues that result in vomiting, diarrhea, and life-threatening dehydration—put young children, especially infants, at greatest risk.*

*In Nzara, CHAMPS works with the Camboni Sisters at the St. Teresa Hospital. The hospital compound is blessed with three good wells. With the support of CMMB and other partners, St. Teresa's installed a solar-powered water pump. It's amazing. The clean water from the wells is pumped into large tanks that supply the hospital and other buildings in the compound. The patients and their relatives (who assist with care)—as well as hospital staff—all have clean water for drinking, food preparation, and bathing 24/7.*

*Safe, running water is so basic to good health, especially at a healthcare facility. If patients don't have safe water to drink, and if staff can't wash their hands, you're going to see significant infection and illness rates.*

**—Harry R. Owens, Jr., MD**  
Volunteer  
CMMB South Sudan





# Join Hands for Water in Healthcare Facilities

In poor communities, most healthcare facilities lack access to safe water. The impact on the spread of infection and overall health is devastating.

# Improving Water, Sanitation, and Hygiene in Healthcare Facilities

## Why Invest in Water for Healthcare Facilities?

### The Problem

Most healthcare facilities in low-resource settings lack basic access to water and sanitation.

Lack of these basic and fundamental services at healthcare facilities compromises health professionals' ability to provide safe care. This lack entails serious health risks for those seeking treatment.

Hundreds of millions of patients are affected each year by the spread of healthcare-associated infections. Pregnant women and their newborns are particularly vulnerable and disproportionately affected. Major disease outbreaks, such as cholera, as well as the spread of antimicrobial resistance are other serious threats caused by the lack of adequate water and sanitation in healthcare facilities.

### The Solution

Join Hands to provide access to water, sanitation, and hygiene services in 32 healthcare facilities serving a combined population of 1 million people, over the next five years.

Adequate water, sanitation, and hygiene are indispensable to basic health services at healthcare facilities. Access to water and adequate sanitation services helps to:

- Protect staff and patients.
- Reduce and in many cases prevent infection and the spread of disease.
- Improve staff morale and therefore care.

- Build trust in the quality of health service delivery, increasing the uptake of health services by the community, especially among pregnant women.
- Uphold the dignity of vulnerable populations.

Across our **CHAMPS** communities, we have identified 32 healthcare facilities that are in desperate need of improved water, sanitation, and hygiene. Improving access to water and sanitation in healthcare facilities is a strategic investment to improve overall CHAMPS community health outcomes.

### Impact

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

Total Global Investment Required:

**\$2,039,867**

## Haiti CHAMPS



8 Healthcare Facilities



135,792  
Population

\$734,804  
Investment Required



## Kenya CHAMPS



8 Healthcare Facilities



181,755  
Population

\$647,480  
Investment Required



## Peru CHAMPS



2 Healthcare Facilities



226,845  
Population

\$159,309  
Investment Required

## South Sudan CHAMPS



9 Healthcare Facilities



438,062  
Population

\$361,607  
Investment Required

## Zambia CHAMPS



5 Healthcare Facilities



27,000  
Population

\$393,167  
Investment Required



Zambia CHAMPS

# Gertrude's Story



“

In Simungoma, part of our Zambia CHAMPS zone, children wake up as early as 4 AM to collect water. They can spend up to six hours waiting in line for their turn at the wells. Children who make it back in time for school are often exhausted.

Sometimes the journey for water ends tragically. Gertrude's thirst cost the little girl her life. Her father explained what happened the day his daughter died.

*She was at school, and children were playing. She had brought water to school but it ran out. The pump at the school has not worked for years, so there was no other choice. Gertrude and two friends crossed the road to get to the well. They were thirsty and it was the closest place to get water. The three children crossed the road safely and filled their water bottles. But on the way back, the first two children ran and Gertrude forgot to look. She didn't see the car. It hit her and she died instantly.*

*Gertrude was friendly and enjoyed going to school. She was my last daughter—my baby. She was the last coin in my pocket and now she is gone. I miss her and it hurts.*

—Munalula

Gertrude's Father

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*If water had been available at the school, Gertrude would not be dead. Water would mean so much to everyone.*

—Rebecca Longwe

Head Teacher

Simungoma Primary School



A young child with dark skin and curly hair is shown in profile, drinking from a white plastic bottle. The bottle has a thick, light-colored rope tied around its neck, which the child is holding with their left hand. The child is wearing a blue and white striped shirt. The background is a blurred outdoor setting with green grass and some dry vegetation. The text "Join Hands for Water in Schools" is overlaid in the top left corner.

# Join Hands for Water in Schools

- Thirst kills children.
- Children's access to safe water for drinking must become a priority.

# Improving Water, Sanitation, and Hygiene in Schools

## Why Invest in Water for Schoolchildren?

### The Problem

In the poorest communities, less than half of all primary schools have access to safe water, and nearly two thirds lack adequate sanitation. More than 40 percent of diarrhea cases in schoolchildren result in transmission at school rather than at home.

Scarcity of water and lack of adequate sanitation at schools has a devastating impact on overall health and quality of education for both young students and their teachers.

### The Solution

Join Hands to provide access to water and sanitation in 32 schools over the next five years.

- Providing adequate water and sanitation in schools is key to improving the overall well-being of children, their families, and ultimately their communities. Sustainable sources of clean drinking water and access to adequate sanitation at schools will have a positive impact on:
- Child Health—Reduced incidence of diarrhea, dehydration, malnutrition, and intestinal worms (transmitted through soil and dirty water).
- Education—Children who are sick, hungry, and tired cannot focus on learning. Water in schools supports both students and teachers.
- Opportunity—With water readily available at school, children will spend less time collecting water and more time engaged in learning.

In collaboration with the ministry of education in each country where we have a CHAMPS zone, we have identified 32 schools in desperate need of water and sanitation in those areas of Kenya, South Sudan, and Zambia.

### Join Hands for Water in Schools

#### Impact

- 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 schoolchildren and teachers.



Total Global Investment Required:

**\$2,476,160**





## Kenya CHAMPS



13 Schools

\$1,209,360

Investment Required

## South Sudan CHAMPS



12 Schools

\$600,136

Investment Required

## Zambia CHAMPS



7 Schools

\$666,664

Investment Required



Haiti CHAMPS

## Akianne's Story



Akianne is a 68-year-old widow who lives alone in a remote area of Côtes-de-Fer, Haiti. Although she has a latrine, it is in very poor condition. Akianne says she has other, more important priorities, like finding food to eat each day. She explains that most people in her community do not have latrines and they use the outdoors instead. Last year, this practice led to an outbreak of cholera, putting many in danger.

Despite her age and poor health, Akianne must walk for two hours just to reach a community well. The journey is challenging, with steep climbs and rocky terrain. Returning home is always more difficult. Full water containers are heavy. Akianne often leaves her home before the sun rises to avoid long lines and to reach the well before it runs dry.

Akianne knows that the water she brings home will likely make her sick. She doesn't have money to treat the water. Her biggest worry is that someday, she will not have the strength to make the journey. She says, *"When that day comes, I don't know what I will do."*



# Join Hands for Water in Communities



Collecting water is a life sentence for women and girls living in poverty.



# Improving Water, Sanitation, and Hygiene in Communities

## Why Invest in Water for Communities?

### The Problem

In our CHAMPS communities, most people do not have access to improved water sources. Instead, they rely on water from rivers, streams, and shallow, unprotected wells.

The World Health Organization recommends that people should not have to travel more than 30 minutes on foot to fetch water. Unfortunately, most families in our CHAMPS communities live much farther from a water source and spend hours every day walking and waiting. Women and girls bear the burden of collecting water.

*\$1 invested in water and sanitation provides an economic return of approximately \$8.*

### The Solution

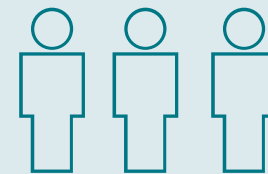
Join us to provide improved water and sanitation for 1 million people across CHAMPS zones in five countries.

Water is the foundation for healthy lives. It is also the foundation for prosperous communities. Safe water and sanitation are key to escaping poverty. Without access to both, good health is impossible. Across all CHAMPS zones, a community-led approach will ensure real and sustainable behavior change. By raising awareness and educating communities, unhealthy long-standing behaviors will be addressed. Engaged communities will ensure maintenance and longevity of all water and sanitation improvements.

### Join Hands for Water in Communities

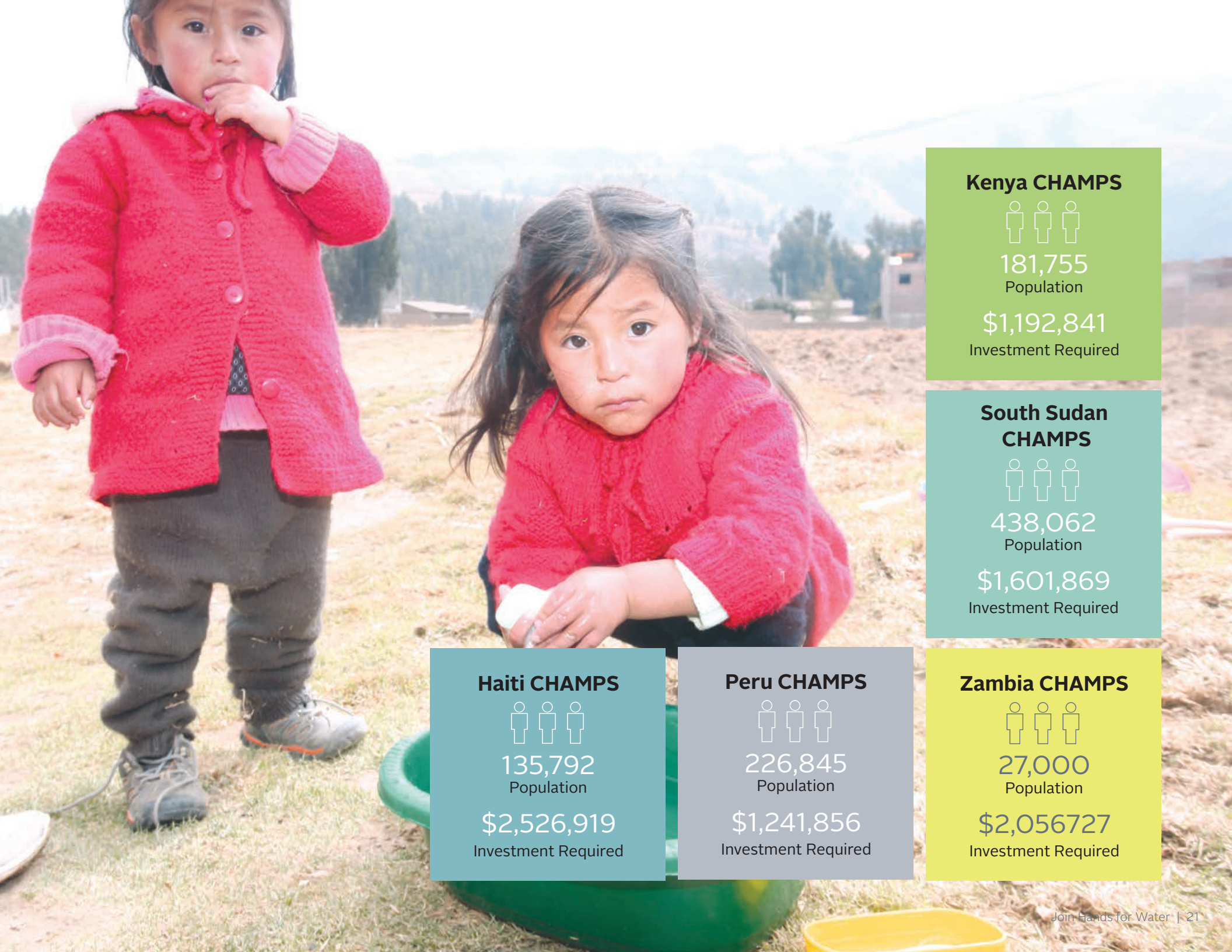
#### Impact

- Construction of new water systems, with boreholes, pumps, tanks, filters, 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.



Total Global Investment Required:

**\$8,620,212**



### Kenya CHAMPS



181,755

Population

\$1,192,841

Investment Required

### South Sudan CHAMPS



438,062

Population

\$1,601,869

Investment Required

### Haiti CHAMPS



135,792

Population

\$2,526,919

Investment Required

### Peru CHAMPS



226,845

Population

\$1,241,856

Investment Required

### Zambia CHAMPS



27,000

Population

\$2,056,727

Investment Required



Zambia CHAMPS

# Namata's Story



Namata is 12 years old and lives in a remote village within our Zambia CHAMPS. She is one of 66 students who walk three miles to school each day—often after hours of morning chores.

Namata's school does not have water. Each child must bring two-and-a-half gallons of water to school each day to ensure that there will be enough on hand for drinking, food preparation, cleaning, and handwashing. The school has four basic latrines. All are in disrepair. School was already a struggle for Namata. Then one day, a friend noticed blood on her uniform. Namata says, *"I was in class when I got my first period. I was so embarrassed. The teacher told me to go home. There is nowhere at school to clean up, and no sanitary supplies."*

Namata's family cannot afford to buy sanitary pads. She uses reusable cloths. Without water or facilities at school, it's impossible for her to attend class during her menstrual cycle. She says, *"I miss a lot of school now, and I feel like I keep falling behind."*

Namata's teacher explains, *"Lack of water and sanitary supplies has a huge impact on these girls. The tragedy is that many of them will decide to drop out of school and never return."*



A photograph of three adolescent girls in school uniforms. The girl on the left wears a yellow and white striped dress with a white collar. The girl in the middle wears a red shirt over a white t-shirt and has her arm around the girl on the right. The girl on the right wears a red sweater over a white shirt. They are all looking towards the camera. The background shows a building with a corrugated metal roof.

# Join Hands for the Dignity of Adolescent Girls

One in 10 adolescent girls  
misses school and eventually  
drops out due to menstruation-  
related issues.

# Providing Dignity Kits for Adolescent Girls

## Why Invest in Adolescent Girls?

### The Problem

In our **CHAMPS** communities, girls face many obstacles entering and staying in school. Exposure to ridicule by male students, inadequate sanitation, and lack of basic hygiene supplies, can cause girls to forfeit their right to education.

Although government programs distribute pads to schools, supplies are often insufficient to meet demand. Additionally, the high cost of sanitary pads or the lack of supply at local markets mean that girls often have no choice but to stay home from school—and do so for up to a week each month. Our solution aims to fill these gaps and enable girls to achieve their potential.

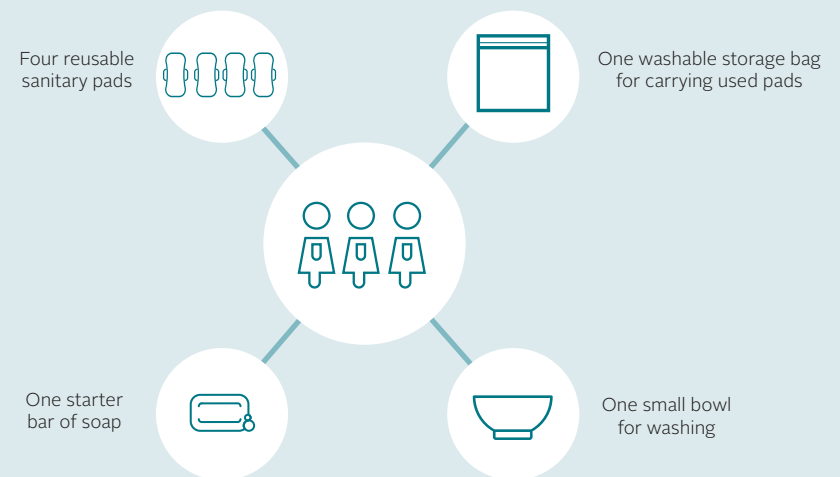
*When 10 percent more of a countries' girls attend school, its GDP increases an average 3 percent.*

### The Solution

Join Hands to provide dignity kits to adolescent girls through 32 schools, 22 healthcare facilities, and community networks every year over the next five years.

**CHAMPS** will provide each adolescent girl with a dignity kit that will allow her to manage her period. Young girls will be given the knowledge and tools to manage their transition into adolescence in a healthy and dignified way and will be encouraged and enabled to stay in school. Additionally, by empowering young girls with skills and materials to create their own sanitary supplies, dignity kits become sustainable, and represent potential economic opportunity.

### Each dignity kit is meant to last for 12 months and contains:



### Impact

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

Total Global Investment Required:

**\$863,761**





## Kenya CHAMPS



13 Schools

**\$407,066**

Investment Required

## South Sudan CHAMPS



12 Schools

**\$219,345**

Investment Required

## Zambia CHAMPS



7 Schools

**\$237,350**

Investment Required





**Join Hands** to Bring Water and Sanitation to 1 Million People Worldwide over the Next Five Years.



Join Hands to provide access to water and sanitation in 32 healthcare facilities



Join Hands to provide access to water and sanitation in 32 schools

HAITI	8 FACILITIES	\$734,804
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KENYA	8 FACILITIES	\$390,980
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PERU	2 FACILITIES	\$159,309
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SOUTH SUDAN	9 FACILITIES	\$361,607
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ZAMBIA	5 FACILITIES	\$393,167
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<b>Total Investment in Water for Healthcare Facilities:</b>	<b>\$2,039,867</b>
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KENYA	13 SCHOOLS	\$1,209,360
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SOUTH SUDAN	12 SCHOOLS	\$600,136
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ZAMBIA	7 SCHOOLS	\$666,664
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<b>Total Investment in Water for Schools:</b>	<b>\$2,476,160</b>
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Through the promise of **CHAMPS**, we can bring health, dignity, and justice to vulnerable women and children today—and deliver on the promise of a better future.



Join Hands to provide improved water and sanitation to 1 million people across five countries



Join Hands to provide dignity kits to adolescent girls in 32 schools, every year for the next five years

HAITI	135,792 PEOPLE	\$2,526,919
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KENYA	181,755 PEOPLE	\$1,192,841
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PERU	226,845 PEOPLE	\$1,241,856
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SOUTH SUDAN	438,062 PEOPLE	\$1,601,869
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ZAMBIA	27,000 PEOPLE	\$2,056,727
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Total Investment in Water  
for Communities:

\$8,620,212

KENYA	13 SCHOOLS	\$407,066
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SOUTH SUDAN	12 SCHOOLS	\$219,345
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ZAMBIA	7 SCHOOLS	\$237,350
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Total Investment in Dignity  
for Adolescent Girls:

\$863,761

**Global Investment for Water = \$14M**





**CMMB**

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