



cmmmb

Healthier Lives Worldwide

Zambia

cmmmb.org



Who We Are

An international NGO dating to 1912, CMMB provides long-term, community-based medical, preventive, and development aid to communities affected by poverty and unequal access to healthcare. Our focus is on health issues facing the most vulnerable women, children, and their communities in targeted parts of Zambia, Kenya, South Sudan, Peru, and Haiti. We address the health worker gap affecting these countries by intensively training and mentoring local staff and by recruiting and placing both clinical and nonclinical volunteers. Our medical donations programme supplements these activities by deploying millions of dollars in medicines and medical supplies annually.

CMMB also quickly responds to crises around the world, from conflicts to natural disasters, by providing donated food, emergency supplies, and medicines to affected communities and by meeting health facilities' emergency medical needs. In delivering these health services, CMMB collaborates with hundreds of local and international partners.



Vision

We believe in a world in which every human life is valued, and health and human dignity are shared by all.



Mission

Inspired by the example of Jesus, CMMB works in partnership globally to deliver locally sustainable, quality health solutions to women, children, and their communities.



Why Women and Children?

When women are empowered to overcome the effects of poverty and poor health, they can and will live fuller, more productive lives. Healthy, strong women improve the lives of their children and the future of their communities.

CMMB in Zambia



Deep Experience

Operating in Zambia since 1965 and working in all 10 of the country's provinces, CMMB is a locally registered charitable organisation with a long-standing partnership with both the Government of the Republic of Zambia and local and international NGOs. Our Catholic identity gives us special credibility among the many Zambians who participate in formal religion.

Recent projects have focused on improving access to services for maternal and child health, preventing and treating HIV infection with a focus on adolescent girls, and providing services for orphans and other children left vulnerable by parental AIDS deaths and poverty. CMMB has also trained healthcare providers in neonatal asphyxia, implemented programs to prevent and treat malaria and TB, and, with Procter & Gamble as a partner, responded to the 2018 cholera epidemic by providing 569,482 purification sachets benefiting 9,285 households.

A Strong, Committed Partner

Programming begins with a thorough understanding of local needs. To sharpen our perceptions and build community trust, we confer with traditional leaders, who are critical in defining social norms and structures, then go deeper via dialogues at all levels of government and with other faith-based organisations, including:

- Ministry of Health
- Ministry of Community Development and Social Services
- Zambia Council of Catholic Bishops
- Churches Health Association of Zambia
- The United Church of Zambia
- Barotse Royal Establishment

A robust financial management system, part of the global CMMB financial management platform, guides our work. Systems ensure transparency, accountability, judicious use of resources, and efficient financial processes. Funding is from bilateral and multilateral institutions, foundations, and private donors large and small, including:

- | | |
|---------------------|--------------------|
| • Becton Dickinson | • Pact, Inc. |
| • GHR Foundation | • PEPFAR |
| • Global Fund | • Procter & Gamble |
| • John Snow, Inc. | • CDC |
| • Johnson & Johnson | • UNICEF |
| • Merck & Co. | • USAID |

Working Across Zambia



Strengthening the Health System with Medical Donations and Volunteers

Our projects benefit directly from both our global medical donations and volunteer programs. Our pharmaceutical partners enable us to respond to shortages of medicines and medical supplies. Partners like Merck & Co. provide medical equipment essential to health facilities, and Vitamin Angels have provided both vitamin A for children under 5 and multivitamins for pregnant and lactating women.

Our volunteer team helps place highly skilled clinical and nonclinical professionals in the field, where they bring skills and an extra set of hands to the health facilities we support. Volunteers have included a physician assistant who helped treat mothers and babies, a public health specialist who introduced an mHealth program to track pregnant women, and a physician, who has become a clinical mentor at Mwandu Mission Hospital.



“What interests me most about CMMB’s work is its long-term commitment to each area. That is the best way to positively impact health—addressing the social determinants of health. Working on access to clean water and sanitation, quality medical care, adequate nutrition, and economic development addresses the root causes of poor health rather than just surface problems. It is a public health approach—prevention!”

— Dr. Helene Calvet, internal medicine and infectious disease specialist and CMMB volunteer

CMMB'S CHAMPS Programme

Better Health for Women and Children

CMMB's Children and Mothers Partnerships (CHAMPS) is an efficient, context-responsive programme aimed at improving the health and well-being of the most vulnerable and marginalised mothers, children, and their families. We focus on the catchment area around a major local health facility and commit to staying in the community long enough to ensure deep, enduring behaviour change—at least 15 years.



Our Theory of Change

A meticulously crafted theory of change helps CHAMPS focus on critical gaps to protect mothers and children. Achieving each objective follows defined pathways—each one requiring dozens of steps focused on prevention and treatment, health-system strengthening, and economic empowerment. We measure progress annually against a baseline needs assessment.

Serving the Most Vulnerable

CMMB's CHAMPS programme in Zambia operates in Mwandi, a town in Western Province. From a base at Mwandi Mission Hospital, we implement the most appropriate, best-practice mechanisms and technologies to prevent life-threatening malnutrition, diarrhea, pneumonia, malaria, and HIV/AIDS.

Our CHAMPS team works with the hospital and eight rural health centers in the catchment area to ensure that people have access to maternal, neonatal, and child health services. At the same time, CMMB trained members of Safe Motherhood Action Groups (SMAGs) to make home visits and run Child Health Weeks to promote healthy behaviours and reach out to women to encourage them to go to antenatal visits, deliver their babies in a health facility, and receive postpartum care. Most recently, SMAGs were taught how to track and send reminders to pregnant women using an mHealth app.

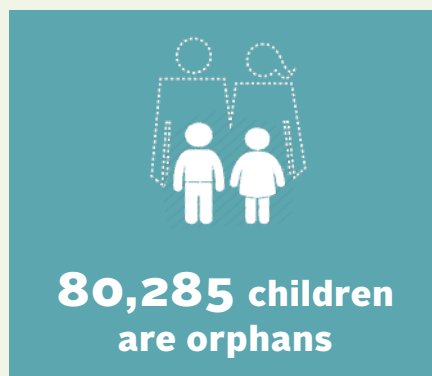
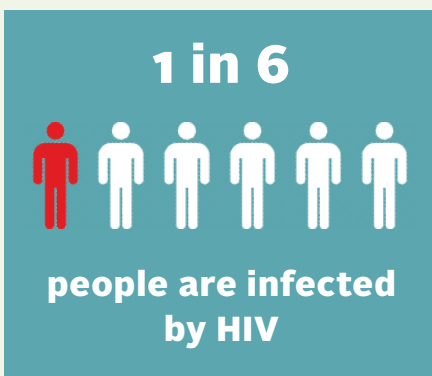


CHAMPS Zambia Priorities

- Providing and ensuring uptake of services for moderate and severe acute malnutrition.
- Ensuring provider knowledge of malnutrition management.
- Training and resourcing community health workers.
- Providing and ensuring use of safe water, sanitation, and hygiene.
- Keeping communities resilient to communicable diseases.
- Ensuring availability of emergency transportation, medical equipment, and supplies.
- Raising household incomes to ensure sufficient nutrition.

Rural Zambia: The Context

People in Zambia's Western Province, where Mwandi is located, live in scattered mud huts. Food insecurity is widespread, people lack access to safe water, and healthcare is inadequate and difficult to find. Some residents, including pregnant women, sick children, and the elderly, must travel as far as 60 kilometers (37 miles) to reach care.



Preventing and Treating HIV/AIDS

Our Capacity

CMMB has played an important role for many years in the response to the HIV epidemic in Zambia. Our strengths in HIV/AIDS prevention—proven over time—are in:

- Community mobilisation.
- Building community structures.
- Promoting voluntary counseling and testing.
- Facilitating access to antiretroviral therapy (ART).
- Promoting and delivering interventions to prevent mother-to-child transmission of HIV (PMTCT).





Innovating

In collaboration with the Ministry of Health and UNICEF, CMMB focused on PMTCT during the Choose to Care project, which began in 1999, and its successor, Born to Live, led by the Churches Health Association of Zambia beginning in 2003.

In 2006, CMMB developed Men Taking Action™, drawing on the country's deep connection with its traditional leadership. To persuade men to participate in couples testing for HIV, MTA™ promoted the then-novel idea that a family's health is a man's responsibility. Based on the success of this program, CMMB was tapped to train other organisations nationwide on the protocol as part of the Zambia Prevention Initiative, initiated in 2010.

Mobilising Communities

CMMB is recognised across Zambia for its community mobilisation skills. In the CDC-supported Community Mobilisation for HIV Preventive Action (COMPACTS) project, CMMB offered community-chosen incentives to raise HIV testing in vulnerable, isolated Kaoma District communities, reaching and exceeding targets and significantly improving lives. For the Zambia Community HIV Prevention Project (Z-CHPP), CMMB focuses on densely populated, high-prevalence districts in Lusaka, Kafue, and Chongwe and addresses key drivers of the epidemic within target groups who are at high risk of acquiring or transmitting HIV infection—serodiscordant couples, people living with HIV, mobile populations, and others.



Ending HIV

Our work for Supporting an AIDS-Free Era (SAFE) draws on the expertise developed over the years. CMMB leads work to strengthen targeted testing for HIV, linkage to care, and retention on ART. We vary interventions for different client cohorts, address identified service gaps, and mentor staff to enhance quality and improve efficiency. We are also working under PEPFAR's Determined, Resilient, Empowered, AIDS-free, Mentored, and Safe partnership (DREAMS), running a network of safe spaces to provide integrated services aimed at empowering adolescent girls and young women to pursue their dreams. We are also contributing to the UN 90-90-90 Goals.

Protecting Children

A Holistic Approach

Pervasive poverty and the AIDS epidemic have left close to 1.22 million children in Zambia without one or both parents. Many are abandoned and all are vulnerable. CMMB supports the Zambian government as it actively seeks to promote stable environments for these children.





Empowering Communities

UNICEF asked CMMB to implement its Service Effectiveness and Efficiency for Vulnerable Children and Adolescents (SEEVCA) project because of our strong government connections, strengths in service delivery, and child protection activities. We are working with the Ministry of Community Development and Social Services and Social Workers' Association of Zambia to train community institutions to improve case management of vulnerable children.



Nurturing Orphans

CMMB's Kusamala project has been working since 2015 to build Zambia's capacity to provide stable, protective, nurturing family environments for children in Kabwe, Mwanzi, and Lusaka. With funding from the GHR Foundation, we are collaborating with governments, communities, and families to improve their child protection skills. Community mobilisation, training, and advocacy are project components, along with microfinancing initiatives to help caregivers attain the financial resources necessary to sustain and nurture their children. The related two-year Kusamala+ pilot project links often-stigmatised families of children with disabilities with critical support. A curriculum was developed, and local health professionals have been trained to work with them. MPH students from St. Catherine University contribute to the project, gaining valuable career experience.



Coordinating Services




Our work under Community Rising in 14 districts also aimed to strengthen district and community structures and build these organisations' capacity to serve orphans and vulnerable children. This was achieved by creating a directory of service providers that enables different organisations to network and pool their expertise.



Learn more by visiting cmm.org/zambia

CMMB Zambia
20 Msuzi Road, PO Box 320146
Woodlands Main
Lusaka, Zambia
tel 260.1.264.025

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