



Impact Report / Fall 2021

You Make a Difference



Prioritizing Maternal and Child Health in Rural Kitui South Sub-County, Kenya



Dear Friends,

For CMMB Staff in Kenya, like so many others, the past year has disrupted every aspect of our lives, both personally and professionally, impacting our local and global community. We have experienced physical, emotional, and spiritual stresses. Fear and grief are also affecting staff as we have lost family members and colleagues. COVID-19 has added layers of complexity as we try to limit the spread of the virus while continuing to address the core health needs in our communities.

In the area of children's health, there has been a steady decline in infant and under-5 mortality rates over the years due to the mass vaccination and free insecticide-treated bed net programs. Yet, Kenya still suffers from high rates of infant and maternal mortality.

To reduce maternal and child illness and death, CMMB Kenya uses several training approaches to build the skillsets and competencies of healthcare workers. This year alone, we trained 220 healthcare workers to strengthen their capacity in emergency obstetrics, newborn care, and early essential care of babies. We worked together with partner health facilities known to have exceptional newborn units to formalize best practices and adopt them into our maternal and child health (MCH) program.

Working with Kitui County Ministry of Health, the program engaged community healthcare workers (CHWs) to build awareness for the prevention of COVID-19, and increased prenatal care visits and facility deliveries. We also worked to strengthen our data sharing, networking, and communication with the sub-county health committees for improved evidence-based decision-making and quality of care problem-solving.

One of our most important undertakings this year has been the continuation of infrastructure improvements for maternal and child health. So far, we have built, equipped, and staffed three maternity wards with delivery rooms and postnatal care rooms. CMMB Kenya renovated a maternity home for pregnant women who were identified as at higher risk and for women who face difficulty accessing care due to the long distances they must travel. The program has also equipped and staffed two state-of-the-art newborn units (NBU). This action alone has doubled the capacity of the entire county for newborns in need of urgent medical attention.

The work done by CMMB Kenya has catalyzed and influenced county government planning, action, and policy. We have incentivized facility-level childbirth by providing mothers who deliver at the facility with "mama

packs"—a package of essential supplies for taking care of a newborn at home in a resource-poor setting. These mama packs were introduced into the maternity wards by CMMB Kenya.

There is an urgent need to invest more resources and capacity in rural areas as we work to decrease morbidity and mortality among pregnant women and children under the age of five years in Kitui South. We must increase our efforts to prevent COVID-19 infections, especially among the most vulnerable groups. At the same time, we must make sure that attending to the pandemic does not roll back the gains made in safe childbirth and reduction of child mortality, especially in the postnatal period. With our partners, we will continue to increase our efforts, following a clear vision, joint leadership, and continuous learning from our community-based MCH programming.

James Kisia

CMMB Country Director, Kenya



Your Generosity Travels Far

At CMMB, we strive to reach as many women and children with quality healthcare as possible. To better measure impact within the communities we serve, our Monitoring and Evaluation team has refined their collection and reporting methods so that data-supported decision-making helps maximize the impact of our work.

Your love and generosity made an incredible difference to women and children in our CHAMPS global programs from October 2020 through June 2021. Because of you:



199,586

people reached with health
and human services
through CHAMPS.



147,991

people had improved access
to clean water
through CHAMPS.



80,165

people received HIV testing
across CMMB projects.



\$212,413,628

worth of medical products
distributed to 21
different countries.



31

healthcare partners received
medical products to
distribute worldwide.



11,605

pregnant women received
support services
through CHAMPS.



30,371

children under 5 years old
reached with health and human
services through CHAMPS.



48,878

adolescent girls and young women
were enrolled into and graduated
from DREAMS Safe Spaces.



Bright Futures for Adolescent Girls in Zambia: Working in Partnership to Make DREAMS Come True

Since the emergence of HIV in the 1980s, there has been incredible scientific progress on treatment, prevention, and stigma reduction. However, this progress is uneven and today the communities with the highest HIV prevalence are often the poorest.

Within these low-income communities, adolescent girls and young women are disproportionately affected by HIV. Social and cultural norms prevent young women from having agency to make choices about their body and health. As a result, their physical health and emotional health often suffer—raising their risk of infection.

Since 2016, CMMB Zambia has worked together with USAID and PACT Inc. to implement comprehensive programs to prevent HIV transmission and to help support people living with HIV across communities in Zambia. One of the inspiring measures within this project is known as DREAMS, a ten-nation initiative that included Zambia and aimed to reduce HIV among adolescent girls and young women. The acronym DREAMS stands for “determined, resilient, empowered, AIDS-free, mentored, and safe”—the goal for every young woman and girl reached by the program.

DREAMS activities included HIV testing and counseling services, economic strengthening activities, information on health and finances in a series of Safe Spaces sessions, and mentorship for participants. These activities took place in safe, girl-friendly spaces known as DREAMS Centers. Each project year, thousands of adolescent girls and young women enrolled in Safe Spaces sessions and succeeded in completing, or “graduating,” the full series offered.

In 2020, DREAMS enrolled 67,426 young women into Safe Spaces, and 66,375 graduated. As of October 2021, the project had achieved enrollment of 51,176 young women and had 48,878 graduates.

Memory's Story

2021 marked the final year of DREAMS. But the impact of this program will continue to be felt for years to come as these determined, resilient, empowered, AIDS-free, mentored, and safe young women raise families, run their own businesses, and support others with the education they received.

To honor the tens of thousands of DREAMS graduates, we will leave you the story of one: Memory.

Childhood was ripped away from Memory. Sent to live with her grandmother after her parents split up, she was forced to quit school and help support the household. Her uncle assaulted her, and when she fled, her mother—now with a new family—sent her away. She found a job housekeeping in a new town, but it did not pay well enough to allow her to live independently. She reluctantly returned to her grandmother, feeling defeated.

Longing for education—aged 19 but still in Grade 7—she used her meager leftover funds to return to school. Then, her life took a turn for the better. Through the community-based networks supported by CMMB, Memory was referred to DREAMS. Her mentor there, Margaret, encouraged her to enroll. So did members of her church. With DREAMS and the sessions—such as "Let's Assert Ourselves" and "Planning My Future"—Memory saw a better tomorrow for herself.

Margaret encouraged Memory to seek funds from her church and the community to cover the cost of completing her Grade 7 examination. She succeeded, passing with excellent marks. Graduating from the DREAMS program, Memory used the skills she acquired there with the girls groups to raise more money. She knits socks and doormats and supports herself and her family with her earnings. She sees a bright future for herself as a teacher or doctor and has the confidence that nothing will shatter those dreams. She is the embodiment of DREAMS—Determined, Resilient, Empowered, AIDS-Free, Mentored, and Safe.



"I have learned to stand up for myself—to be confident that one day I will achieve my dreams. It does not matter how long it takes. I just have to keep working and become the person I have always wanted to be."

— Memory, DREAMS Graduate



USAID
FROM THE AMERICAN PEOPLE





Giving Premature Babies a Chance in Rural Kenya: CHAMPS Brings Essential Resources to Newborn Units

For the past seven years, CMMB Kenya has been working in Kitui South to bring quality healthcare to women, children, and families through CHAMPS (Children and Mothers Partnerships) program. One of CHAMPS' key focus areas is ensuring safe deliveries and postpartum care for mothers and newborns.

One of the greatest healthcare challenges in developing countries is caring for premature babies. According to the World Health Organization, of all the premature babies who die every year, 75 percent could survive with inexpensive or no-cost interventions. This is true for babies like Patience from Kenya.

Patience was born too soon and too small at a health facility close to Briget's home. She weighed only three pounds when she was born. Without proper education or resources, Patience and Briget were sent home despite her being premature and underweight.

Briget did the best she knew how, swaddling her baby and tying her onto her chest throughout the day. But Patience's weight dropped to less than 2.5 pounds and Briget began to worry. Briget brought Patience to CMMB-supported Mutomo Mission Hospital where she learned the Kangaroo Care method to care for her baby.

Kangaroo Care has mothers place their baby directly on their chest, skin-to-skin, vertically. This practice helps newborns regulate their temperature, soothe themselves, and improved overall physical and neurological development.

"Kangaroo Care has helped my child to stay warm, and we have created a bond. She has grown, doesn't get infections, and it helps to reduce our hospital stay," said Briget. Through this educational process, the nurses and Briget were overjoyed to see baby Patience gain weight and improve her overall health. In just a few weeks, Patience was already over five pounds!

Interventions like Kangaroo Care are low-cost and high impact—which is essential in communities like Kitui South in Kenya where resources are stretched.

Within Kitui South, before 2020, there were only two functional newborn units in the major health facilities. With the help of CMMB and partners, there are now four functional newborn units in the county, and one very active mission hospital with a newborn unit. One of the new units supported by CMMB is located in a particularly remote area—helping close the long distances too many mothers must trek to receive care.

CMMB also provided incubators and other life-saving equipment to health facilities in Kenya.

"CMMB has been critical when it comes to equipment. We have benefited so much from CMMB in terms of safe delivery packs. We never had incubators before, but through CMMB, we've been able to acquire incubators," said Dr. Christopher Vitta at Mutomo Mission Hospital in Kitui South.



"When a baby is born prematurely, that is where they are kept—getting almost the same environment that they are supposed to be getting in utero. Today, you will find that even newborn premature babies are able to survive in a facility like ours," Dr. Vitta said.

CMMB reached 26,701 women and children through CHAMPS programming in Kenya this year.

Haiti Earthquake: Responding to Immediate Needs and Committed to Long-term Recovery

A magnitude 7.2 earthquake violently hit southwestern Haiti on August 14. Approximately 2,248 people were killed and 12,763 wounded. It was a devastating blow to the impoverished nation reeling from political instability and a third-wave of COVID-19.

The earthquake left 650,000 people in need of humanitarian assistance, including 260,000 children. It overwhelmed hospitals, flattened buildings, and damaged critical infrastructure, cutting off roads to some areas and leaving 212,000 people without access to water.

Two days after the quake, Tropical Storm Grace made landfall in Haiti overnight, flooding the country with as much as 15 inches of rain in a single day.

Within six hours of the earthquake, CMMB deployed medical supplies including antibiotics, pain killers, antiseptics, orthopedic supplies, and

bandages. The following day, CMMB sponsored a local team of two orthopedic surgeons and five anesthesiologists from Bishop Joseph M. Sullivan hospital to conduct surgeries. CMMB distributed 20,000 water purification tablets which provided 100,000 gallons of potable water. CMMB also supplied food baskets to families of those hospitalized. In addition, CMMB's Medical Donations Program shipped two 40-foot containers with medicines and supplies to support the provision of medical care.

CMMB is committed to long-term recovery efforts in Haiti following the deadly earthquake.

"Coordinating with the Ministry of Health, CMMB has been on the ground responding to immediate needs while planning for long-term recovery," said Dr. Dianne Jean-François, CMMB Haiti Country Director. CMMB is rebuilding rural health clinics and helping families



reconstruct their homes. We are inspired by the resilience and strength of our incredible staff in Haiti who continue to deliver the best possible care in the face of such hardships. CMMB gratefully acknowledges our partners and supporters like you for making these recovery efforts possible:

Bristol Myers Squibb Foundation
Cabrini Mission Foundation
Conrad N. Hilton Foundation
Healey Family Foundation
Institute of the Missionary Sisters of the Sacred Heart of Jesus
Johnson & Johnson
Merck

You Make a Difference

Together in faith, we are advancing our shared mission and vision to provide quality healthcare that serves vulnerable women, children, and communities with love, dignity, and respect. **We love what we do, but we can't do it without you.**

Your tax-deductible gift to CMMB will enable us to continue to deliver sustainable, impactful healthcare programs. Our services and deployment of essential medicines and supplies reach the most vulnerable. To give online, visit cmmb.org/donate



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