



HOPE THROUGH HEALTH

PROGRESS REPORT
JANUARY - MARCH 2015

Dear Friends,

Now in our eleventh year of partnership, Hope Through Health and AED-Lidaw are still hard at work strengthening our current programs and planning exciting new initiatives. Your support has allowed us to continually improve and expand the healthcare services we provide to underserved patients throughout northern Togo.

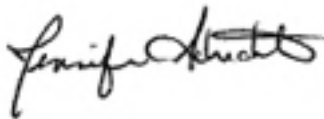
Highlights from the first quarter of 2015 include:

- Hope Through Health, in partnership with students from the NYU Global Institute of Public Health, conducted a **mixed methods baseline assessment of maternal and child health services** in the Kozah District of northern Togo. You can read more about this research project in the Program Highlight on page 5.
- Hope Through Health published its first research paper, titled [Patient-Reported Factors Facilitating Participation in Prevention of Mother to Child Transmission of HIV Programs in Kara, Togo, West Africa](#).
- Hope Through Health and AED-Lidaw would like to thank the US Embassy in Togo for supporting our Prevention of Mother to Child Transmission program and the Australian High Commission for providing funding for essential clinic repairs and improvements!

Thank you for your support, which has allowed us to strengthen and improve the healthcare services we provide to underserved communities throughout northern Togo. We are deeply grateful for your partnership and for your commitment to improving the health and lives of our friends in Togo.

Please reach out to me or any member of our team with your questions and suggestions. We would love to hear from you!

With gratitude,



Jennifer Schechter, MSW, MPH
Co-Founder and Executive Director
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ABOUT US

MISSION

Hope Through Health delivers effective, efficient, community-driven healthcare in the neglected nation of Togo.

VISION

Hope Through Health envisions a world in which high quality healthcare is available to all individuals regardless of their ability to pay thereby promoting equity and human dignity.

VALUES

HOPE | HTH believes that better health outcomes are possible even when there is some evidence to the contrary.

HEALTH | HTH believes that health is more than the absence of disease or infection but includes the promotion of social, economic, educational and spiritual wellbeing.

EQUITY | HTH believes in working to address the root causes of social and economic injustice to ensure that all individuals have an equal right to live healthy and productive lives.

SOLIDARITY | HTH believes in working alongside and in collaboration with the people we serve to ensure responsiveness to their specific needs.

COMMITMENT | HTH believes in making long-term investments to address global health inequities and bring about greater justice.

OPERATING PRINCIPLES

PARTNERSHIP | Establishing long-term relationships with local governments and communities in which all parties have an equal voice.

HEALTH SYSTEMS STRENGTHENING | Strengthening the capacity of the public sector to effectively scale up quality healthcare services.

COMMUNITY CAPACITY BUILDING | Supporting local groups engaged in improving the health of their own communities through medical, psychological and/or educational activities.

ACCESS TO HEALTHCARE | Eliminating barriers in order to improve access to quality healthcare for all.

GENDER-BASED PROGRAMMING | Prioritizing services for women and children as the most effective means to strengthening entire communities.

EVIDENCE-BASED PRACTICE | Implementing medical and public health interventions through decision-making based on the best available evidence and information.

MOVEMENT BUILDING | Fostering engagement and building connections across the globe in order to combine efforts into a larger movement for social justice.

SELECTED INDICATORS

Hope Through Health employs a dynamic Monitoring, Evaluation and Quality Improvement dashboard, designed to enable our team to easily analyze data and make program improvements in real time. Here are a selection of indicators from this quarter's dashboard.

Prevention of Mother to Child Transmission (PMTCT) Program Highlights

In order to prevent the transmission of HIV from a mother to her child, Hope Through Health provides expecting mothers and their partners with a series of services, known as a cascade. These services follow the course of a woman's pregnancy and delivery. The below table documents our effectiveness at providing these services to the women enrolled in our PMTCT program in the first quarter of 2015.

Service	Target	Q1 Actual
Mother-infant pairs retained in care	>95%	100%
Couples who missed an appointment receive a home visit	>90%	100%
Infants given initial test for HIV at 2 months of age	>85%	100%
Children given final test for HIV at 18 months	>95%	100%

These indicators help to explain how Hope Through Health ensures the success of our PMTCT program. **For the past two years 100% of babies born through our PMTCT program have been born HIV-free.** Hope Through Health maintains the highest standard of care for women, at each step along the road to delivering a healthy baby. As a result, we ensure high levels of effectiveness for our most important stakeholders, moms and their babies, in Togo.

PROGRAM HIGHLIGHT: MATERNAL AND CHILD HEALTH ASSESSMENT

In January 2015, Hope Through Health, in partnership with students from the NYU Global Institute of Public Health, undertook a mixed methods baseline assessment of maternal and child health services in the Kozah District of northern Togo. The purpose of this assessment was twofold:

1. To assess baseline disease prevalence and utilization rates for maternal, newborn and child health (MNCH) services in the Kozah District of northern Togo; and
2. To explore healthcare seeking behaviors, including barriers to and facilitators of, accessing MNCH services in the Kozah District of northern Togo.

Methods

The baseline assessment collected both quantitative and qualitative data. A randomized, cross-sectional household survey was conducted for 1331 households with a woman aged 18-49. Additionally, key informant interviews with influential community members and focus groups with mothers were held with a total of 45 participants.

Household Survey Results

Statistics from household surveys revealed that coverage of basic

MNCH services is very low, particularly in rural areas. Some of the key findings for utilization and coverage rates of maternal and child health services include:

Maternal Health

- 60% of women reported that they were not currently using family planning
- 27% reported that they were not trying to conceive or did not want to get pregnant with their last pregnancy
- Only 62% of women reported at least 1 prenatal care visit with a qualified provider
- Only 54% reported having a delivery assisted by a health professional (skilled birth attendance)

Child Health

- Only 23% of children under five received timely effective treatment for fever. Timely effective treatment was defined as receiving oral ACT or injection of artemether, quinine, or artesunate within 24 hours of fever onset (same day or day after).
- Only 3% of children received timely effective treatment of presumed pneumonia.
- Only 24% of reported cases of diarrhea were treated with essential oral rehydration solution.

Interview and Focus Group Results

The qualitative component of the research revealed a number of interesting findings. The most common barriers to accessing healthcare to emerge were finances, distance, gender roles, knowledge/beliefs, and lack of trust in healthcare workers. The following quotes from interviews and focus groups illustrate some of these themes.

Finances:

“Then the nurse said: ‘where is the money?’ ‘I do not have any money, I don’t have anything with me.’ ‘If you don’t have money, then you can’t receive any care.’ ”
(Focus Group Participant, Adabawere)

Gender Roles:

“The responsibility for taking the child to the health center falls on the woman. Medicines, all that needs to be done, all the necessary care, it’s up to the woman to meet all these needs. The men don’t involve themselves at all.”
(Focus Group Participant, Djamdé)

Knowledge/beliefs:

“Also, some speak about witchcraft. Some say that it’s not a medical issue. That it’s a spell. They will go to see the traditional healer first. They perform ceremonies before coming.”
(Health Center Nurse, Adabawere)

Next Steps

Hope Through Health is in the process of working with various partners to analyze the data collected. This information will shed light on current health seeking practices, as well as the major barriers to and facilitators of accessing healthcare in northern Togo. This information will also be used by Hope Through Health to inform the design and implementation of future interventions and significantly enhance our ability to respond to and improve upon existing challenges. We would like to thank the incredible student team from the NYU Global Institute of Public Health for their hard work on this project, as well as Hope Through Health’s own Fulbright Scholar for her tireless energy and leadership. We look forward to continuing to share updates on our ongoing research and evaluation efforts.



A nurse’s assistant checks a patient’s vital signs before a consultation.

DEVELOPMENT METRICS

Year to Date Raised	Annual Budget	% Raised
\$71,781	\$514,122	14%

January - March 2015

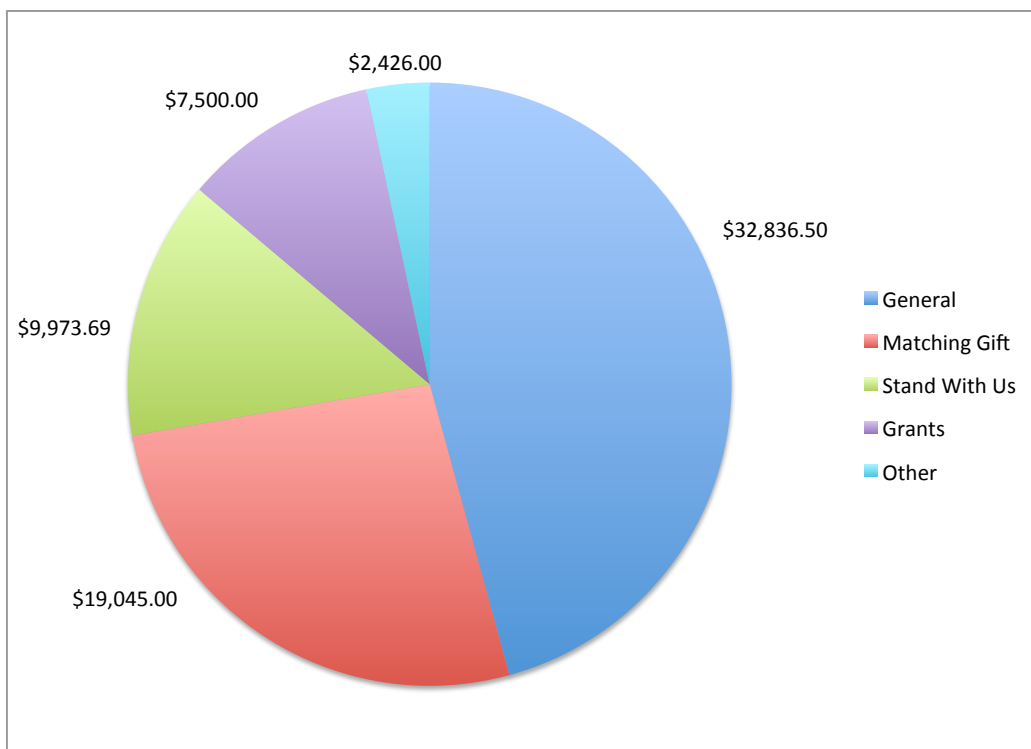
Donation Amount	Total Monies Raised	Number of Donors
<100	\$2,567	47
100-499	\$5,510	31
500-999	\$2,809	5
1000-2499	\$4,345	3
2500-9999	\$16,250	3
10,000+	\$40,300	2
TOTAL	\$71,781	91

January - March 2014

Donation Amount	Total Monies Raised	Number of Donors
<100	\$2,861	59
100-499	\$18,687	94
500-999	\$6,690	9
1000-2499	\$6,900	4
2500-9999	\$23,600	4
10,000+	\$37,600	2
TOTAL	\$96,338	172

Revenue by Campaign

(January - March 2015)



Thank You to Our Supporters!

January - March 2015

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> \$10,000

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**Every attempt has been made to ensure accuracy in the donor list. However, in compiling such a list, omissions and misspellings sometimes occur. Please advise us of any errors by emailing Kelly Lue at klue@hthglobal.org. Thank you.*

A Special Thank You to Our Stand With Us Campaign Members!

Stand With Us Campaign members support Hope Through Health through recurring, monthly donations. For just \$20 a month, you can ensure the health of one patient living with HIV in Togo for an entire year. If you are interested in joining the **Stand With Us Campaign**, please visit our [website](#) and sign up for a monthly recurring donation of \$20 or more. Thank you for your support!

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(Recurring Monthly Donors)

As of March 2015

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Casey and Jessica Whitsett

Lanre Williams



A thank you wave from the Community Health Worker team at Hope Through Health