

**Project Name:** Empowering Women at all Levels for Better Health in Ethiopia

**Reporting year:** January-December 31-2012

**Implementing Agency:** Women's Health Association of Ethiopia/ WHAE

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**Funding Agency:** Norske Kvinners Sanitetsforening, FOKUS, Twinning Partners

**Project Location:** Tigray, Amhara, Oromiya, Southern Nations Nationalities and Peoples and  
Addis Ababa, Dire dawa and Harar

**Total Budget used:** 2,586,576.00

## **Executive Summary**

Women's Health Association of Ethiopia (WHAE) being young women led organization achieved most of its planned activities in 2012. WHAE has a main goal of socially and economically empowering women in Ethiopia. WHAE believes in women being agents of change.

To achieve the above goals WHAE has strengthened the local units in Amhara, Oromiya, Addis Ababa, South and Tigray. This strengthening was done by training the local unit members for five days and then conducting a monthly health education. There after according to the business plan formed they were granted a starting fund. All local units except Chancho have also secured a free land for from the government. Each local unit is now registered by the government as a cooperative. These local unit members are also mobilizing the community and conducting health education and cleaning campaigns.

Additionally in 2012 WHAE have started formation of two new local units in Dire dawa and Harar.

In the same past year, WHAE organized a national women's health conference for two days which was attended by different professionals for regional health and women affairs office, members of WHAE and guests from Norway.

WHAE is also able to work with the concerned government bodies and also network with the Ethiopian nurses association, Ethiopian mid wives association and Ethiopian medical association.

WHAE was able to accomplish its plans and also achieve things that have not been planned like the formation of steering committee in Shonie and attendance of international meetings.

## **Introduction**

Women's Health Association of Ethiopia is a locally registered Ethiopian resident charity which was registered on January 2011. WHAE works in seven regions in Ethiopia, namely Amhara, Oromiya, Addis Ababa, South, Tigray, Dire dawa and Harar.

The Goal of WHAE is to create healthy and responsible citizen that participate actively within the country's development process by economically and socially empowering and training member women on health issues, skills and their own right. Relatedly it works towards empowering women economically and socially to contribute to the well being of the society, by establishing a pool of volunteer local women.

WHAE implements its activity by forming a local unit in each region. A local unit is a group of women who are agents for health promotion in each region in Ethiopia.

WHAE believes that empowering women in a community would be a key activity to keep the society healthy. Due to this WHAE have formed five local units with 50 members in each region and these women have been continuously trained about health issues. These women meet every month and they are accompanied by nurses and health extension agents who then help them mobilize the community.

The local unit members are also expected to plan and work on community cleaning campaign, involve in building toilet and waste disposal wells, carry out a continuous house to house health education campaign and cooperate with health extension workers in health awareness creation.

WHAE also works with professional women by organizing women health conferences and sharing information through its website.

## **2. Goal**

To create healthy and responsible citizen that participate actively within the country's development process by economically and socially empowering and training member women on health issues, skills and their own right.

## **3. General Objective of the Project**

The general objective is to economically and socially empower women to contribute to the well being of the society, by establishing a pool of local volunteer women.

## **4. Specific Objectives.**

### **Short**

To create awareness on major women and children health issues through monthly trainings and campaigns with the local unit members

### **Long term Objectives**

- To strengthen Women's Health Association of Ethiopia.
- To create awareness on major women and children health issues through monthly trainings and campaigns with the local unit members
- To economically empower women members in local units to be self sufficient
- To mobilize 250 volunteer women members from grass root that can be agents for women health in Ethiopia
- To network with other organizations working on women health issues

#### 4. Achieved Activities

Planned	Achieved	Target	
		Planned	Achieved
Capacity Building of WHAE	<p>Women's Health Association of Ethiopia has moved to a more spacious house allowing the organization have its own resource center and conference room. Members can use the resource center for free-access internet and also read books.</p> <p>The office is at a central location and enables more women/volunteers to come and visit the association</p>		
Educational empowerment for staffs of WHAE	An education fund has been raised and three out of four staffs are advancing their studies	4	3
Recruiting staffs and consultants to have a well structured human resource power	A resource center was established and a part timer was employed to bring in more members for WHAE		

in the office			
Appointing local person in each region	Three field coordinators have been working in Mekele, Shonie and Bahir dar local units and Gullele and Chancho are managed by the community coordinator from Addis Ababa.	4	4
Conducting sensitization workshops on harmful traditional practices, gender-based violence and other women health problem issues with regional women affairs and health bureaus	The directress with the community coordinator conducted small scale sensitization meetings with local health and women affairs office in Chancho, Shone and Gulele areas. These helped to clear the activities of WHAE and also for the smooth collaboration in 2012.	5	3
Electing women members for local units in	In 2012 it was possible to produce a proposal and submit it to concerned government bodies in	2	2

<p>Harar and Diredawa in collaboration with other organizations in the region</p>	<p>Dire dawa and Harar regions. However the agreement is in progress</p>		
<p>Establish a group with a chairperson, secretary, finance and vice chair for the new local units</p>	<p>In progress because the agreement needs to be finalised first</p>		
<p>Training of selected local unit members (twenty five from each) on major women health issues including breast cancer, maternal health, FGM, GBV and other reproductive</p>	<p>Each region took advanced health training. 26 from Shone, 32 from Chanco, 33 from Bahir dar, 18 from Mekele and 32 women from Addis Ababa were trained on maternal health, nutrition and hygiene. The training was provided by experts from the local area and other health professionals from Addis Ababa. The women in Shone also attended legal aid training for battered women as per their request. All the trainings were</p>	<p>125</p>	<p>134</p>

<p>health issues.</p>	<p>conducted for <b>five</b> days.</p>		
<p>Each trainee is expected to debrief the other local unit members( each woman will provide training for five other women)</p>	<p>The women were able to debrief the titles to the members during the monthly meeting</p>		
<p>Each local unit member also meets once a month and get training on different women's health related issues from a local nurse and health extension</p>	<p>The local units were able to conduct their monthly meetings as planned. All the local units except Gulele local unit met six times in six months. Gulele local unit met twice a month for half a year so in total conducted 18 meetings. The monthly meetings were great venues to teach about health to the women and for the women to discuss about their life experience. Each meeting is attended by a health professional</p>	<p>60</p>	<p>66</p>



<p>health worker in a coffee ceremony</p>	<p>from the local area and it incorporates presentations and discussions about selected titles.*</p>		
<p>Organize a half day lecture series on women health for professional women every quarter. This will be done to encourage emerging research outputs on women health. It will be a venue to present new research outputs on women health to professional women.</p>	<p>Instead of four half day sessions, one national membership conference was organized and one membership meeting was organized.</p> <ul style="list-style-type: none"> <li>• WHAE was able to organize its annual health conference for one and half day at Ghion hotel. The conference had two themes. The first one was to address issues raised by the local unit. These issues were ART use and counseling and medicalisation of FGM. The second one was setting agenda for the future. This included cancer and disability. It also included mothers with disabled children. Leading</li> </ul>	<p>4</p>	<p>2</p>

researchers and practitioners presented the issues in the conference which was attended by more than 60 people from all regions in Ethiopia and Norway.

- The General Assembly meeting of WHAE was conducted on February 2011. This meeting was attended by WHAE's board members and Mrs. Anne Karin Nygard from NKS. The members agreed on the activity and financial reports and also discussed on their plan for 2012. The members were satisfied with the activity of WHAE in 2011 and asked for a more integrated and intense activity for 2012. A total of 50 members were present in the general Assembly.

<p>Supporting new local unit members to come up with their own income generating plan. Each local unit will be expected to come up with a collective business plan so that the local units can be self sufficient in the long run.</p>	<p>The local unit is under formation</p>		
<p>Providing financial assistance to the five local units as to their plan.</p> <p>Chanco-Diary farm Shone, Belay zeleke and Ayder-Baltena and milling</p>	<p>The local unit members contribute from five to ten birr per month to start their own business and their saving has increased tremendously. Now each local unit has an average of 30,000br in their bank account. As part of their saving, the local units have also started a lottery program among members. The members purchase an item and put</p>	<p>5</p>	<p>5</p>

<p>Gulele- Knitting and tailoring</p> <ul style="list-style-type: none"> <li>• Provide business implementation trainings for the women members of the local unit</li> </ul>	<p>it as a lottery and the money is saved in their saving account.</p> <p>Additionally 175000br was provided for Mekele, Shonie, Gullele and Chanhco local unit and 260,000 for Bahir dar local unit</p> <p><i>Processing the Business plan</i></p> <p>Preparation of business plan for each local unit has been finalized and the license for the business of all the five local units in Shonie, Chanco, Gullele, Bahir dar, Mekele is finalized. They are all registered as cooperatives and have their own bylaw, bank account, stamp, name, logo and their own administration. This is very helpful in terms of having a strong local unit representation in each region for WHAE.</p> <p><i>Business Land and Purchasing equipment</i></p> <p>Gullele has secured a big hall in gullele subcity for their handcraft work. They have ordered a modern machine</p> <p>Bahir dar provided with land for</p>		
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	<p>business in Belay Zeleke kebele and building of a =food processing is in progress</p> <p>Mekele-Provided with an already existing built in house and the house has been renovated.</p> <p>Shonie-A land has been granted</p> <p>Chanco- processing for securing a dairy farm area.</p>		
<p>Facilitating the twinning of local units between the local units in Ethiopia and the local units in Norway to enable them gain more experience and technical and financial resources. The Local Units are going to be twinned to</p>	<p><b>Twinning partners</b></p> <p>All local units have been able to twin with a Norwegian Sister local units</p> <p>Shone with Kristiansand</p> <p>Chanco- Oppland</p> <p>Mekele- Stavanger Region</p> <p>Gulele- Vestfold and Rotary International</p> <p>Bahir dar- Østfold</p> <p>The twinning is for helping the local units with their health education and the implementation will continue after this half year.</p> <p>Local Units have been able to come</p>		

<p>work on community health projects, campaigns and conduct community mobilization in their area. This is believed to make them self sufficient in the long run.</p>	<p>and visit their partners in November. They met the local units and discussed on how to partner for future.</p> <p><i>Community Health Education</i></p> <p>As part of the twinning partnership the local unit members has also started working on a community health education.</p> <p>The women have selected their specific areas and teach the community using coffee ceremony once a month. This is part of the women's outreach program to reach more women on maternal and child health, nutrition and hygiene.</p> <p><b>Appointment of a nurse for four local unit</b></p> <p>From June 2012, each local unit has appointed a trained nurse to assist them with their monthly meeting and community health education. The nurse attends their meetings, answer their question and also monitor and assist their community education. This is found to be very useful in clearing</p>		
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	<p>misunderstandings and also provide a standardized health education.</p>		
<p>Networking of WHAE with other organizations working on women health in Ethiopia</p>	<p>WHAE has signed partnership agreements with two nursing and health universities in Norway(Bergen University and Molde University). In 2012 Students from Molde were able to train women in Gullele local Unit and provide sanitary materials for the members.</p> <p>WHAE was also able to start partnership talks with Ethiopian Nursing Association, Mid Wives Association, Ethiopian Cancer Association and Ethiopian Medical Association</p>		
<p>Networking of each local unit with health centers. This is going to be done by organizing joint community</p>	<p>This has been done by collaborating with health extension workers. However the health extension workers were busy with their own schedule so we appointed a nurse to assist this process and act as a bridge between the two.</p>		

<p>health education programs with the staff in the nearest health center from the local unit one every three months.</p>			
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## **Not planned and achieved**

### **1. Experience sharing among the local units**

The experience sharing program was implemented into different ways.

The first one is by inviting local unit leaders from each local unit to Addis Ababa. The chairperson of the five local units was invited to Addis Ababa to join the General Assembly meeting. They were able to present about their activities to the members of WHAE. They then had separate meetings with the community coordinator and regional coordinators and shared their experiences.

The second one is by inviting regional coordinators. They were called for a general assembly and one and half day meeting to report their successes and challenges. Then they were invited for the second time and trained on community mobilization, working together and other related issues to strengthen the activities and learn from each other experience.

### **2. Community Hall**

In this working year Mekele, Chanco and Shone were able to secure a small gathering place by rental. These local units have secured a two room hall where they can meet and discuss. This house enabled them to meet more frequently and also have independence.



The halls are used for the women to conduct their monthly meetings in. They also use the house for conducting trainings. The women in Shonie plan to use this house as a safe house for battered women.

### **3. Formation of steering committee that fight Harmful Traditional practices**

In shonie the women have worked a lot on fighting gender based violence and harmful traditional practices. These women identified that their main challenge was with the policy makers dso based on their request WHAE has assisted them forma steering committee comprising-religious leaders, woreda health bureau, woreds aowmens' afirs office, woreda education bureau, woreda ploce and woreda justice beurua and elderlies have been trained for two days and have established a strong working linkage. They meet one a month and report to WHAE. This steering committee has prepared an annual plan congruent with the local unit.

### **4. Campaign**

The Mekele local unit in collaboration with another organization called 'mums for mums' was able to organize mother's day and celebrate mother's role in the society. They are working to name one specific date for mothers in their region.

Mekelle, Gullele Bahir dar and Shone local units have been equipped with cleaning materials to start community cleaning and hygiene campaigns. All the local units have carried out cleaning campaigns in their area.

### **5. Representing WHAE Internationally**

WHAE together with NKS applied and was granted a permission to conduct a parallel event at the UN-Commision on the Status of women(CSW). WHAE presented about its activities to the audience and NKS also shared it unique partnership with WHAE. Additionally the secretary general of FOKUS also presented about the activity on women empowerment.

WHAE was also able to take part in a regional meeting in Liberia about the post 2015 agenda and is in progress of following up the process in Ethiopia

### **Challenges**

The main challenge in 2012 was the lack of vehicle to make trips to the local units. Price of vehicle rental increased tremendously and affected the budget of the office

The other challenge is the bureaucracy of the officials in Harar and Dire dawa to sign agreements. This delayed the process of formation of the local unit members in the two regions

The third challenge was the drop out of members from local units. This happened mainly because other NGO's were providing daily incentives to the women and WHAE by principle does not provide money to the women during their meeting and training.

### **Assets**

- Cooperation of local bodies and working closely with the local Kebeles was a great asset
- Commitment of the local unit members in the region
- Commitment of staffs of WHAE
- The contribution of Volunteers of WHAE
- Good relationship and continuous communication with our sister organization, NKS.
- Frequent travels to the regions and also from NKS to WHAE and Vise versa helped us work in a smooth manner
- New policies like IGA policy, availability of NGO focal persons in every region and in the agency
- Our structure of local unit fits well with the health extension package structure which is a two way beneficial system.

### **Best practices**

The best practice for the year 2012 was the high participation of the local unit members without any incentive. They were all very committed and conducted health education without any financial request.

The other best practice was securing the land for the women for free. Working very closely with the government, WHAE was able to secure land to four local units for free.

Twinning partnerships are also working towards the best interest of the local unit women as they are flexible and can benefit the women's need.

WHAE works all this with four full timer and three community coordinators which makes it spend less on administration cost.

Generally WHAE had a very close collaboration with the government which helped it achieve its goal for the year 2012.

- ***TITLES COVERED BY EACH LOCAL UNIT***

<b>Region</b>	<b>Month</b>	<b>Title covered during the meeting</b>	<b>Remark</b>
Bahir Dar	January	Fistula	
	February	Abortion	
	March	Blood pressure	
	April	UTI	
	May	Tuberculosis	
	June	Diarrhea	
	July	How to use a toilet	
	August	TB and Leprosy	
	September	Malaria	

	October	Sexually Transmitted Infections	
	November	Diabetes	
	December	Sexually Transmitted Infections	
Mekelle	January	Sexually transmitted infection	
	February	Sexually transmitted infection	
	March	Environmental Sanitation	
	April	Personal hygiene	
	May	Upper respiratory tract infection	
	June		
	July	Pre cancer test	
	August	Diabetes	
	September	Malaria	
	October	Common cold	
	November	Breast feeding	
	December	Anti natal and post natal care	
Shone	January	Environmental Sanitation	
	February	Women's right	
	March	Child right	
	April	Malnutrition	
	May	Malnutrition	
	June	Women's empowerment	
	July	Gender roles	
	August	Nutrition	
	September	Cooperative and its use	
	October	Female Genital Mutilation	

	November	Women's right	
	December	Female Genital Mutilation	
Addis Ababa	January	Introducing WHAE's objectives	
	February	Environmental sanitation and contraceptive methods	Nursing students from Molde University provided the training for two days
	March	Maternal mortality	
	April	Women's right	
	May	Personal hygiene	
	June	Environmental sanitation and healthy life	
	July	Personal hygiene	
	August	Family planning	
	September	Family relationship	
	October	Child care	
	November	Experience sharing with Norwegians	
	December	Process of Business establishment	
Chancho	January	Home based care program	
	February	Celebrating women's day	
	March	Membership and team work	
	April	Environmental sanitation	
	May	Abduction	

	June	Blood pressure	
	July	Healthy life	
	August	Question and Answer on personal health challenges	
	September	Unsafe abortion	
	October	Breast cancer	
	November	Blood pressure	
	December	Breast feeding	