

# **Annual Report for 2013**

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

**Reporting year:** January 1-December 31-2013

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

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

## **Executive Summary**

This year marked the third year of achievement for Women's Health Association of Ethiopia (WHAE). WHAE being a young woman led organization was able to undertake most of the activities planned for 2013. WHAE in this year also prepared its five year strategic plan and this helped the organization reflect on ongoing activities and plan in a more effective way.

To achieve the above goals in addition to the awareness creation on various health related issues, WHAE was able to economically empower the local units in Amhara, Addis Ababa, South and Tigray. All local units have undertaken both formal and non formal trainings on various issues. Additionally each local unit was granted a minimum of 175,000 birr as seed money to start their business as per the business plan. All local units except Chancho also secured a free land 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 2013 two new local units from Diredawa and Harar were established and the members of the local units were formally trained for five days on basic health information. The assessment and selection for Beninshangul and Gambella regions is also undertaken in this past year.

In 2013 WHAE also strengthened its relationship with government bureaus in each region by organizing sensitization meetings and visits of the activities for local and regional government officials.

## **Introduction**

Women's Health Association of Ethiopia is a locally registered Ethiopian resident charity which was registered on January 2011. WHAE works in nine regions in Ethiopia, namely Amhara, Oromiya, Addis Ababa, South, Tigray, Beninshangul Gumuz, Gambella, 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. 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.

### **3. Achieved Activities**

#### **A. FOKUS**

##### **Establishing Local Units**

The vision for WHAE is to have a national coverage in Ethiopia and establish local units in all regions in Ethiopia. To realize this vision, WHAE has been able to establish two new local units in Harar and Diredawa. The assessment for these local units was undertaken in 2012. In this year local units comprising of 55 women in each local unit were selected. Five in Dire dawa and 10 in Harar are women with disability.

The proper agreement to work with the two local units is signed between the respective regional Women's Affairs office, regional health bureau and regional BOFED.

##### **Assessment in two new regions**

This activity is also in accordance with the vision to expand the activity all over Ethiopia. Two new assessments were carried out in Gambela and Benishangul gumuz regions. Proper selection criterion has been developed for the selection of women in the two regions to start new local units in the regions.

##### **Lecture series**

The membership 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 2013. The members were satisfied with the activity of WHAE in 2012 and asked for a more integrated and intense activity for 2013. A total of 32 members were present in the meeting.

Representatives from every local unit were present in the meeting and they shared their experiences.

## Training

The two local units in Dire dawa and Harar were trained on basic health information including basic reproductive health and other maternal health issues for five days. 48 women members (24 from each) were trained from the local units.

In addition Five local units were trained on mentorship and communication for three days. These titles were selected as they are mentoring other women in their community and form other group of women. Communication was for the mentorship and also for better communication and teamwork among the group.

Region	No. of trainees(All female)
Shonie	49
Mekele	25
Gullele	19
Chancho	38
Bahir dar	28
<b>Total no.</b>	<b>159</b>

Additionally to standardize the trainings in all local units', manuals were prepared for both the trainings.

## Experience Sharing among the Local Units

The experience sharing program was implemented in two 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 was done by choosing the best activity area-Mekele local unit. All regional coordinators and nurses from the seven regions visited the local unit's community health education, cleaning campaign and had a two day meeting in Mekelle to discuss about the best practices and plan ahead together.

### **Health Education and Monthly Meetings**

All the local units including the new local units are able to conduct their monthly health program. The local units meet every month accompanied by health professionals over a traditional coffee ceremony and discuss about the following issues.

<b>Region</b>	<b>Month</b>	<b>Title covered during the meeting</b>	<b>Remark</b>
<b>Bahir Dar</b>	January	Personal and environmental health	
	February	Common cold	
	March	Anti natal care	
	April	Respiratory infection	
	May	Personal hygiene	
	June	How to control blood pressure	
	July	Breast feeding	
	August	Emergency contraceptive	
	September	First aid	
	October	Food and water contamination and how to prevent that	
	November	Personal hygiene	
	December	Hepatitis	
<b>Mekelle</b>	January	PMTCT	
	February	HIV/AIDS prevention and control	
	March	Care and support	
	April	Care and Support	
	May	Breast feeding	
	June	Fistula	
	July	Harmful Traditional	

		practices	
	August	Reproductive health	
	September	Child health and first aid	
	October	Maternal care	
	November	Environmental and personal sanitation	
	December	Assertiveness	
<b>Shone</b>	January		
	February	Cleaning campaign	
	March	Women's and child rights	
	April	Female Genital mutilation and malnutrition	
	May	Gender	
	June	Women's empowerment	
	July	Health extension packages	
	August	Health extension packages	
	September	Early marriage	
	October	Entrepreneurship	
	November	Environmental health	
	December	Harmful Traditional practices	
<b>Addis Ababa</b>	January	How to use time effectively	
	February	Discussion about different health problems with invited guests from Norway	By nursing students from Molde University
	March	Hygiene	
	April	Personal hygiene	
	May	How to implement business	
	June	Ante natal and postnatal care	
	July	Prevention of TB	
	August	Cause & prevention of STIs	

	September	Cause & prevention Malaria	
	October	Environmental sanitation	
	November	Maternal and child health	
	December	First aid	
<b>Chancho</b>	January	Home based care program	
	February	Celebrating women's day	
	March	Membership and team work	
	April	What is health	
	May	Discussion about the local unit business and toilet IGA	
	June	Maternal and child health	
	July	Business management	
	August	Planning	
	September	First aid	
	October	Role of local unit in community health education	
	November	Pelvic inflammatory disease	
	December	Breast Cancer	
<b>Dire dawa</b>	March	Membership and team work	
	April	diabetics	
	May	Contraceptive	
	June	The cause of intestinal parasite	
	July	Local unit bylaw description and discussion	
	August	First aid	
	September	Local unit bylaw description and discussion	
	October	Discussion about bylaw of the local unit	



	November	Malaria	
	December	Typhoid	
<b>Harar</b>	April	Risk related to cigarette	
	May	Cause of cancer	
	June	Breast feeding	
	July	Diabetics	
	August	Bronchitis	
	September	Maternal health and contraceptives and first aid	
	October	First aid	
	November	TB and HIV/AIDS	
	December	Discussion on the bylaw of the local unit	

This health education was taken to an advanced level by the joint program started between WHAE and Molde University. The nursing students were able to stay with the Gulele local unit for two weeks and deliver lessons on hygiene and contraceptives.

On this occasion the members also contribute monthly to their saving. Each local unit contributes different amounts of money. Additionally they also have a lottery every month to raise extra money from each member. This fee is saving for their health and their security fund.

<b>Region</b>	<b>Monthly contribution</b>	<b>Lottery</b>
Chanco	1	1
Mekelle	10	3
Harar*	2	5
Diredawa	3	3
Shonie	10	1
Bahir dar	10	1
Gullele	5	1

- Harar local unit has an additional 1 birr contribution for social fund

## **Sensitization meeting**

This year WHAE realized the need for introducing the project and also working more closely with the local administration. Due to this a half day sensitization meeting was organized in Bahir dar, Mekelle, Diredawa, Harar, Chancho, and Shonie. These meetings resulted in a lot of great outcomes including starting adult literacy program in Bahir dar, strengthening the steering committee and granting land for the local units in Shonie and increased support for the business for the local unit in Mekele.

## **B. NKS**

### **Partnership with Norwegian Universities**

This initiative on working with Universities is designed to

1. Increase the knowledge of Norwegian students on Community work
2. Increase the knowledge of Norwegian Students on women's health challenges in Ethiopia
3. Empower women in WHAE's local unit through health education

12 students came from Bergen and Molde Universities trained the local unit women in Gullele about sanitation and contraceptive. The group also trained the local unit in Chancho on home based care and provided the local units with sanitary materials and home based care inputs.

### **Financial Aid for Educational Advancement**

In 2013 three of the permanent staffs in WHAE were able to pursue their degree education and 2 temporary employers were also included in the educational program for pursuing their degree.

## **Business Establishments for women**

The local units have been granted from 175,000 to 260,000birr per local unit to run their business at the end of 2012 and now they are processing to start their business. To make the businesses successful, a detail cost benefit analysis, work role details and guideline have been prepared. All local units are registered legally as a group business. The local units are in different phases of development as follows;

### **Bahir dar**

Bahir dar local unit is granted a free land around Belay Zeleke Kebele. A big hall, a small office and a toilet is built on the space provided. In addition to this 50 plastic chairs were provided for the women. A total of 260,000 birr was transferred for the local unit at the end of 2012 for the above process.

However they could not start the milling activity as the price for the transformer was estimated to be around 190,000br. Due to this, the women have decided to shift their business to making local honey beer (tej) and spices as business. The business study for this is finalized and they have started their production. These women are able to sell the tej by packing and selling from their business house. The women however are not satisfied with the profit and want to expand into other business ventures. For this a marketing officer is appointed by the office to study alternative businesses for the women.

The local administration has put them in the priority list to get the transformer but the waiting time is not certain.

### *Challenge with business*

The profit is small to be shared among the members so more business idea needs to be developed. More investment is needed for the alternative businesses not to utilize the total amount of money for the milling.

### **Mekele**

This local unit was granted a land with a house from the local government to encourage them to work and save their starting capital. This local unit has already purchased the milling machine and has installed two milling machines, and one filtering machine. The local government again has sponsored the fee for the transformer which is an estimated amount of 345,000br is installed and working.

Their business is grinding teff, pea and pepper. The local unit has won the auction to grind and deliver 12 quintal of teff per day to the Mekele University. They have the capacity to grind up to 24 quintals per day.

### *Challenges*

The business place provided is far away from their livelihood so they are forced to spend money for transport or walk for more than an hour and half every day. As the women are not earning much profit this has become a cost for the women.

Additionally the transportation cost of the teff to and from the university is very high and is taking away most of the profit.

The women also need to have more milling machine as the local community is also requesting the service in addition to the University.

## **Shonie**

Shonie local unit have been granted a free land and have fenced their land and have built a big house and toilet for milling. They have also applied and are waiting for source of electricity to proceed with their milling business.

In the meantime they have rented a shop and have started a bridal shop and are rentin out bridal dresses and other wedding gowns. This was financed by their local unit and they are also working on opening a beauty salon.

### *Challenges*

The women are still waiting for the transformer for the milling to start their business.

The women also have identified that the laundry for the dresses is costing them too much because they have to transport it to Hawassa to be cleaned.

## **Chancho**

Chancho local unit has a challenge in securing land for their cattle breeding business. This is due to the frequently changing policy in the region. Due to this they have not been able to start their business.

However the local unit has finished the building of the commercial public toilet in the middle of the market. The women are planning to generate income from it.

## **Addis Ababa**

The Gullele local unit has been granted a big hall in the government building in Kebele 06.

The local unit was provided with a hall that was on the fourth floor with bad condition but now it has been changed. These women have purchased ten machines to process cotton and have four weaving machine. They are working in half a day shift.

The women have started processing cotton and will sell it to different companies. These women will get a monthly salary of 300br/month and also share their profit at the end of the year.

This local unit is mainly processing cottons and producing curtains and scarves.

### *Challenges*

The women are requesting for more machines to produce more and maximize their profit.

In addition to granting the money, WHAE also updates the business plans for each local unit based on the existing situations and availability of interests.

### **Strengthening Business**

Each local unit has been granted an additional 50,000 birr for strengthening the business they started.

Gullele local unit has also been granted an additional 22,000 br for training in weavery by a professional.

Shonie local unit have been granted an additional 50,000br for the bridal business

### **Strengthening Resource center**

The resource center is mainly established to attract more professional volunteers to WHAE. Accordingly the resource center is equipped with wireless internet, computer corner office, books and sitting areas. This is coordinated by volunteers.

As the organization changed its office on September 2013, it was important to find a room for a library and resource center in the new compound. Now WHAE has managed to buy more books and have made a WIFI internet available for members to come and use the service.

### **Strategic plan**

A five year strategic plan has been prepared by the board members. The board members had a field trip to three regions and conducted meetings with staffs and other stakeholders. The board analyzed the strength and weakness of the organization and devised a five year plan for the office. A membership meeting was also conducted to review the strategic plan.

### **Membership activities**

A membership committee that will carry out the facilitation of attracting professional members has been formed. However due to time constraint of the committee members, it was impossible to organize group membership events.

However individual members have been able to visit local units and provide support for local unit businesses and health education.

### **C. Twinning Projects**

All local units have been able to twin with a Norwegian Sister local units

Shone with Kristiansand

Chancho- Oppland

Mekele- [Stavanger Region](#)

Gulele- Vestfold

Bahir dar- Østfold

Harar-Hamar

The twinning is for helping the local units with their health education and the implementation will continue after this half year.

### **Community Health Education**

Four out of five local units are also undertaking the community health education in collaboration with a nurse. These women are using different strategies. The local units in Mekele and Bahir dar are focusing on a specific number of people and meeting them every month and discuss different issues with them; while the other two are choosing a certain village and call women for coffee and have health education. This is believed to empower the women in their community and give back to the society.

This year the community health education took place in a more organized manner. Each local unit is selecting 100 women (5 women having 20 women under them) and training them continuously for one year. As a result of this Mekelle local unit was able to graduate 100 mothers. The graduation ceremony took place in their business place and was attended by government officials from regional and Kebele level women's affairs, health bureau, microfinance and electricity office.



All local Units have nurses working with them and join their monthly education.

The Nurses are also responsible to report about the health education process to the field coordinator.

Month	Topic of discussion	No. of participants	Area of Discussion	Remark
<b>Shonie</b>				
January	Environmental sanitation	19	Markos got	
	FGM	20	Leringo Lencho got	
February	HTP	38	Leringo Lencho got	
	Environmental sanitation	70		42F
March	FGM	20	Markos roba got	
	Gender based violence	20		
April		40	Markos Lerosa	Two sessions/20 in each
May		40	Abereham Hoseso	Two sessions/20 in each
June				
July	Harmful Traditional practices	20	Tesfaye Bosena got	
	Children's health		Samanto Denbere got	

		22		
August	Environmental Sanitation	45	Esayas Batema got	
	Components of health package	37	Someto Denbery got	
September	Components of health package	20	Alemayehu Got	
	Harmful Traditional practices	20	Alemayehu Got	
October	Safe delivery	20	Got 1	
	Safe delivery	20	Got 3	
November	Environmental health	27	Mezegaja	
	Safe delivery	26	Shonie youth Anti AIDS Club	
December	Environmental health	20	Mulugeta Got	
	Maternal health	20	Aberham Got	
<b>Bahir Dar</b>				
January	Personal and environmental health	40	Kebet gebeya and 17E zone	20 in each 5M and 15F
February	Prevention and transmission of STI	20	Gotera Kera sefer	5M and 15F 5M and 15F

	Environmental sanitation	20	Belay Zeleke hall	7M and 31 F
March	The cause of Cancer	20	17C zone	5M and 15F
	TB	20	17E zone	5M and 15F
April	Environmental Sanitation	15	17c	15F
	Environmental Sanitation	13	17b	13F
May	Personal hygiene	18	17d	18F
	Blood pressure	20	17e	20F
June	How to control blood pressure	15	17b	15F
	Environmental sanitation	18	17d	18F
July	Influenza	18	17C	18F
		20	17E	
August	Malaria	20	17D	20F
		17	17E	
September	Malaria	15	17D	15F
October	Mental illness	20	17C	20F
	Emergency	20	17B	
November	Child health	17	17D	17F

	Maternal health	14	17B	14F
December	Family Planning	14	17D	14F
	Reproductive health	16	17C	16F
<b>Chancho</b>				
January	The sign and symptom of TB	15	Tsebel sefer	
	The sign and symptom of TB	12	Mehal ketema	
February	Home based care	10	Hospital sefer	
	Home based care	15	Tsebel sefer	
March	The major causes for illnesses related to eye	18	Tsebel sefer	
	The major causes for illnesses related to eye	11	Tsebel sefer	
April	Gastro intestinal infection	7	Mehal ketema	
May	Gastro intestinal infection	4	Hospital sefer	
	Breast feeding	7	Tsebel sefer	
June	No got education			
October	Gastritis	21	Hospital area	
	Gastritis	6	Tsebel area	

<b>Tigray</b>				
January	Diabetics-causes, prevention method and treatment	10	Got 1 community police	
		9	Got 3 community police	
February	Causes, prevention mechanism and treatment of fistula	10	Got 4 community police	
		5	Got 7 community police	
		6	Got 8 community police	
March	polio	12	Got 1 community police	
April	Polio	15	Got 3/7 community police center	
	Child care	23	Got 3/7 community police center	
May	Environmental sanitation	16	Got 4/7	
	Malaria	20	Got 4/7 community Police	
June	Malaria	16	Got 1/4	
July	Malaria	16	Got 7	
	Malaria	10	Got 2	
	Malaria	14	Got 3	
August	Reproductive	24	Got 4	

	health			
	Reproductive health	16	Got 1	
September	Reproductive health	18	Got 7	
		16	Got 2	
		14	Got 3	
October	Child health	15	Got 1	
		14	Got 4	
November	Child health	14	Got 2	
		15	Got 3	
		23	Got 4	
December	Graduation of community members	98	Waero milling place	

### Building Toilets

A four room toilet and shower was built for Bahir dar and Chancho local units in the center of the market. The women identified this area as an area where a lot of people come from rural areas. This is causing a lot of health challenges for the people that go there to shop and for the business community. Due to this the women are going to charge the community and provide

toilet service. This will engage all the women in income generating activities and also keep the livelihood clean.

The women are also provided with towels and other cleaning materials including soap and uniforms to accelerate the activity.

Mekelle local unit have been granted a place for toilet next to the stadium and will complete building the toilet and shower in the year 2014.

### **Building waste disposal well in Shonie**

A big waste disposal well has been built for the Shonie woreda so that the community can use the well to dispose the waste. This is the only well in the woreda and the women are in a process of renting it out to the government to generate income from it.

### **Medical service for local unit Women**

This year as per the request of the local units, WHAE have started trying a health insurance for the neediest members in the local unit. The local unit members were asked to prioritize which five women need at most urgent medical treatment and seven women from Mekelle(2), Bahir dar(4) and Gullele(1) local unit have been able to get the service. This included from simple x-ray checkup to big operations with some women.

### **Training for Steering committee members**

Shonie local unit is working very closely with village elderlies, religious leaders and local government officials to mobilize the community on healthy living. To strengthen their activity and cooperation they were trained for three days on how to run and document a meeting, how to work as a committee and preparation of action plan and communication strategies by the

special advisor from NKS Mr. Jan Monsbakken. The training helped to provide structure to the activities that are planned by the steering committee and local unit members.

### **Community Hall**

Bahir dar, Chanco, Mekele, Dire dawa, Harar and Shonie local units are able to meet in their own community center due to the twinning partnership. They have storage for their cleaning material and also a meeting room with 50 plastic chairs and they use it as their gathering place.

### **Cleaning material purchase**

Dire dawa and Harar local units have been equipped with cleaning materials to help them with the environmental sanitation program they are planning to do. They have been granted with wheels, spades and other cleaning materials and masks and gloves to protect their face and hands during the cleaning.

Additionally Shonie local unit was provided with shoes, rain coats and other supplies.

All local units have had replacement of torn cleaning materials like gloves, hats and spades.

### **Campaigns**

This year all local units have been able to engage in community sanitation projects. The women undertake cleaning campaigns by mobilizing people and using the cleaning materials provided by WHAE.

Shonie, Mekelle and Harar local units take the leading role in this by undertaking biweekly cleaning campaigns in their area.



## **Challenges**

The main challenge for this year was the bureaucracy to finalize the women's businesses except in Mekele-Tigray. All the other regions were very slow in processing their license and putting a lot of requirements for the women. One of the regions, Chancho, is still struggling to receive land to work on their dairy business which is very slow due to changing government policy and lack of collaboration from specific offices.

One of the other challenges was the challenge we have to receive a land for Gullele local unit. The area where our local unit lives (Chefe area) has no single toilet and the government relapsed its decision to provide us with land to build toilet and shower for the community. The reason is that it is a green area.

The other challenge was also the least amount of money granted from Fokus to this project for 2013. If NKS was not willing to fill the difference most of the project would not have been possibly accomplished.

The main challenge is also that the businesses need more investment to stand by their own and share the profit among the women. For this multiple businesses need to be developed for each local unit. The main obstacle on this is the eagerness of the women to earn money and the small amount of profit that is not enough for profit sharing.

Challenge of the administrative cost for purchasing a vehicle for the office

## **Monitoring and Evaluation**

The regional coordinators in each region are responsible for visiting the local units every month and attend their health education program. The regional coordinators then write a monthly report and send it to the community coordinator. The report comprises of their observation and activities and also the report from the health professional that facilitated the health education. The health professional (nurse) is also responsible to join the monthly meetings of the local units and also the community health education and write a report and send it to the community coordinator every month.

The community coordinator compiles the monthly reports and reports orally to the directress and writes a quarter report to the directress who will then report it to the board every three months.

Ms Anne-karin Nygard and Mr Jan were in Ethiopia on February and May respectively for monitoring the activities and conduct joint planning.