

CFHI Newsletter

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SAFEPAD PRODUCTION

FROM THE COFOUNDER'S DESK

Dear friends of the family,

Welcome to the 6th Edition of the CFHI Newsletter, where we continue to share stories, insights, and updates that spark hope and drive meaningful action. As we reflect on progress in global health and social justice, we are reminded that there are still critical challenges demanding our collective commitment.

One such challenge is the persistent issue of child labour, a pressing concern that continues to rob millions of children of their basic rights and their future. Children are the heartbeat of every thriving nation their laughter, curiosity, and potential are what inspire us to build a brighter tomorrow. Yet, across Nigeria, far too many are burdened with adult responsibilities, trapped in labour that denies them the right to learn, to play, and to dream.

At the Centre for Family Health initiative (CFHI), we believe that child labour is not just a social issue it is a silent emergency that threatens our collective future. Every child who is denied an education and exposed to exploitation is a missed opportunity for transformation. It is unacceptable, and it is preventable.

Our work in communities continues to reaffirm one truth: when parents are empowered, schools are accessible, and communities are informed, children are protected. Through our initiatives that promote education, strengthen families, and raise awareness, CFHI remains committed to creating safe, nurturing spaces where children can thrive.

But lasting change is never achieved in isolation. It requires a united front from government bodies and civil society to educators, faith leaders, and



everyday citizens. Together, we must champion a future where no child is forced to trade their dreams for survival.

Enclosed in this edition of our newsletter is activities and projects report for the preceding month. Action to Sustain Precision and Integrated HIV Response towards Epidemic Control (ASPIRE), Diabetes Awareness and Care Project (Phase II).

Do have a pleasant reading!

Princess Osita-Oleribe
Cofounder, CFHI.



**CENTRE FOR
FAMILY HEALTH
INITIATIVE
(CFHI)**

...promoting health, protecting well-being

CHILD LABOUR: A THREAT TO CHILDREN'S FUTURE AND NATIONAL DEVELOPMENT

Child labour remains a significant challenge in Nigeria and across many parts of the world. Defined as work that is mentally, physically, socially, or morally dangerous and harmful to children, child labour deprives young individuals of their childhood, interferes with their education, and exposes them to exploitation and abuse. According to the International Labour Organization (ILO), an estimated 160 million children globally are engaged in child labour, with Africa accounting for the highest number—nearly 1 in every 5 children.

In Nigeria, child labour is alarmingly visible. From children hawking in heavy traffic to others toiling in farms, construction sites, and domestic settings, many Nigerian children are forced to work in hazardous conditions to support their families. The root causes are complex, often involving poverty, low access to education, broken family structures, cultural beliefs, and weak enforcement of child protection laws.

The consequences of child labour are far-reaching. Physically, it exposes children to accidents, poor hygiene, and long-term health conditions. Emotionally and mentally, it stunts their development, increases their risk of depression and trauma, and limits their ability to dream or plan for the future. Educationally, it leads to absenteeism, high dropout rates, and low literacy levels ultimately impacting the nation's human capital and development.

Tackling child labour requires a multi-faceted and sustained approach. Laws alone are not enough; families must be economically empowered,

children must be provided with free and accessible education, and communities must be engaged to shift harmful norms and practices. Government agencies, civil society organizations, and community leaders must all work together to protect children's rights and create safer, more supportive environments for them to thrive.

At Centre for Family Health Initiative (CFHI), we have taken steps to address child labour through community sensitization campaigns on the importance of education, the establishment of School Health Clubs that promote children's rights and self-protection, and support for school re-enrolment for children who have dropped out due to economic pressure. Through our caregiver engagement sessions, we also promote positive parenting and introduce families to alternative income strategies that reduce reliance on child labour.

Every child has the right to grow up in a safe, supportive environment and to benefit from quality education free from the burden of labour and exploitation. Ending child labour is not just a moral obligation; it is essential for national progress and sustainable development. CFHI urges all stakeholders, government agencies, parents, educators, community leaders, and private sector actors to take deliberate and coordinated action to protect our children. Together, we can break the cycle of child labour and build a future where every Nigerian child can learn, thrive, and contribute meaningfully to society.

DIABETES AWARENESS AND CARE PROJECT (DAC)

In May, the Centre for Family Health Initiative (CFHI) continued its mission to raise awareness and improve early detection of diabetes and related conditions through comprehensive outreach campaigns across Imo State. The month's activities spanned nine Local Government Areas (LGAs) including Ahiazu Mbaise, Owerri North, Ikeduru, Owerri West, Nwangele, Isu, Aboh Mbaise, Owerri Municipal, and Obinze.



Market sensitization at Nkwo Emeke, Owerri North LGA

Market sensitizations were conducted at Afor Iru (Ahiazu Mbaise LGA), Nkwo Emeke (Owerri North LGA), Afor Uzoagba and Eke Iho (Ikeduru LGA), World Bank Market (Owerri West LGA), and Ori Ekwe (Isu LGA). Community screenings took place in Mgbolo and Umuokiri (Okuku, Owerri West LGA), Obodo-Ujichi (Ahiazu Mbaise LGA), Amaeke Uborji (Owerri West LGA), Umudiagba (Nwangele LGA), and Umuahara Ogbe (Ahiazu Mbaise LGA). Additional screenings were held during the Imo Marathon "Racing for Peace" in Owerri Municipal LGA, and at St. Thomas Catholic Parish, Obinze.



Awareness and screening during the Imo Marathon at Government House Roundabout

These activities reached an estimated 30,858 individuals with life-saving information on diabetes prevention, healthy living, and the importance of early diagnosis. A total of 1,887 individuals were screened, and 155 cases of high blood pressure and high blood sugar were identified and referred for further medical attention.



ACTION TO SUSTAIN PRECISION AND INTEGRATED HIV RESPONSE TOWARDS EPIDEMIC (ASPIRE)

In May, CFHI made significant progress through a series of community and facility-based health interventions aimed at improving the well-being of vulnerable children and their caregivers across supported locations in the Federal Capital Territory. During this period, 33 new beneficiaries including two children living with HIV and 31 HIV-exposed infants were enrolled into the Community Case Management Program across various health facilities.



Food Demonstration at Kabusa

The team mobilized 138 vulnerable children for essential HIV services such as drug refills, viral load sample collection, and adherence support at facilities including Kubwa General Hospital, Nyanya General Hospital, Maitama District Hospital, and University of Abuja Teaching Hospital. To ensure access, 28 children received transport assistance, while 21 children previously lost to follow-up were successfully tracked and returned to treatment. Adolescent support also featured prominently, with 15 youths participating in a community Operation



During the OTZ Activity at Lugbe

Triple Zero (OTZ) session in Lugbe, where discussions focused on treatment adherence and the importance of peer support.

Caregiver engagement remained a priority, as 49 caregivers were reached through Infant and Young Child Feeding (IYCF) sessions held at MDH and Mpape, focusing on breastfeeding and complementary feeding. A culturally significant food demonstration was also conducted in Kabusa, showcasing the traditional Gbagi meal, "Akaagi and Tuwon Masara." Psychosocial support activities included a session on disclosure and adherence counseling for adolescents in Gosa community, reaching 22 participants. Additionally, a case conference convened at NHA brought together children, caregivers, facility staff, and case managers to discuss challenges related to viral non-suppression and improve treatment outcomes.

ACTION TO SUSTAIN PRECISION AND INTEGRATED HIV RESPONSE TOWARDS EPIDEMIC (ASPIRE)

The “Mothers Love” outreach event in Nyanya community attracted 129 participants, including pregnant women, breastfeeding mothers, and children. This event offered health talks, HIV and syphilis screening, blood pressure checks, and distribution of hygiene kits and incentives. Nutritional assessments were conducted for 362 vulnerable children to identify and address dietary deficiencies.

CFHI also facilitated the transfer of a beneficiary from Kubwa General Hospital to Kagini Primary Health Care for easier access to antiretroviral treatment. Routine monitoring and household verification visits continued in Gosa, Lugbe, and Sabon Lugbe communities to ensure sustained support and accurate data tracking.

These activities underscore CFHI’s commitment to strengthening healthcare access, treatment adherence, and psychosocial support for children and families affected by HIV in the communities it serves.

WORLD MENSTRUAL HEALTH AND HYGIENE DAY 2025



On May 28th, Centre for Family Health Initiative (CFHI) proudly marked Menstrual Hygiene Day 2025 with an empowering outreach at Government Secondary School, Gosa, Abuja.

In a vibrant gathering of over 50 students and staff, CFHI led engaging activities including an essay competition titled “My First Period” for girls, and a spelling bee focused on menstrual health in

in which boys actively participated promoting inclusivity and helping to break the stigma around menstruation.

The event featured the distribution of hygiene kits to 20 students,



Cross- Section of the Students and the Staff

providing them with essential materials to manage their menstrual health safely and with dignity.

The outreach was supported through the generous financial contribution of Dr. Ifeanyi Nsofor, whose partnership helped make the initiative possible and impactful.

This initiative reinforces CFHI's commitment to transforming attitudes, promoting menstrual dignity, and ensuring menstruation is never a barrier to education, health, or empowerment.



CFHI Executive Director leads a sensitization session on menstrual hygiene



The school principal addresses students during the event



WORLD HYPERTENSION DAY 2025

As part of the global observance of World Hypertension Day 2025, the Centre for Family Health Initiative (CFHI) proudly participated in a major awareness and screening outreach held in Owerri, Imo State.

The event, spearheaded by the Imo State Ministry of Health in partnership with the Health Strategy and Delivery Foundation,



Commemoration of World Hypertension Day

brought together several key stakeholders including CFHI, MercyTree Foundation, Population Services International, Corona Management Systems (CMS), and the World Health Organization (WHO).

CFHI contributed significantly by conducting free blood pressure checks and leading targeted health education sessions focused on lifestyle changes for hypertension prevention. These activities helped promote the campaign's central theme: "Measure Your Blood Pressure Accurately, Control It, Live Longer."



Commemoration of World Hypertension Day

Reaching over 8,750 individuals, the event underscored the urgency of early detection and control of hypertension.

CFHI remains committed to strengthening community health systems and addressing non-communicable diseases such as hypertension—the silent killer.



Commemoration of World Hypertension Day

SAFEPAD PRODUCTION

SafePad is a unique and awardwinning sanitary pad with a special antimicrobial treatment produced by Centre for Family Health Initiative (CFHI) in partnership with Real Relief, Denmark. To partner with us to end period poverty in Nigeria and beyond, kindly contact info@cfhinitiative.org or ed@cfhinitiative.org for more information. The permanently bonded antimicrobial technology helps heal vaginal infections by removing yeast and bacteria during use and care



OUR APPEAL

Interested in helping in any aspect of our work?

Persons interested in donating to our activities, offering volunteer services or partnering with us, are always welcome. All CFHI's projects are community based and family-centred, so that our beneficiaries are reached with activities that proffer sustainable solutions. Therefore, individuals or groups concerned with improving community health, sustainable socio-economic empowerment and the development of family-centred policies should kindly do so through the channels below

ACCOUNT DETAILS

Name: Centre for Family Health Initiative

Number: 5080117843

Bank: Fidelity Bank PLC

Swift Code: FIDTNGLA

Or Contact Us:

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