

District Rotary Grant Application

Proposed Project: *The Mfangano Health Network*—Building infrastructure to improve maternal and reproductive health for HIV-affected networks on Mfangano Island, Kenya.

<p>Implementing Partner: Rotary Club of Mbita Mfangano International Sponsoring Partner: Rotary Club of Ft. Collins Breakfast Supporting Partner: Organic Health Response-Ekialo Kiona Center Requested Budget: \$30,000USD</p>

Rotary Club of Mbita Mfangano:

Since 2012, the Rotary Club of Ft Collins Breakfast has worked with community leaders on Mfangano Island and Rotary Clubs in Western Kenya to assist the remote communities in Kenya’s Lake Victoria with the envisioning and formation of a Rotary Club on Mfangano Island. Through mentorship and support from Rotarians in Colorado and Kenya, as well the Governors of Districts 5440 and 9212, these local leaders successfully established and registered the **Rotary Club of Mbita Mfangano** in 2015.

In a little over one year this club has proven itself to be an active change maker for the communities of Mfangano Island, initiating and completing successful sanitation, health, and mobility campaigns. These campaigns include phase 2 of a water, sanitation, and health (WASH) project on Remba Island, distribution of mobility devices with *Crutches for Africa*, a “Purple Slip” Project with *Project Humanity* to advance prenatal care, as well as their own local initiative to acquire 8 maternity mattresses for the Health Centre in Sena, Mfangano Island (see more details below). RC Mbita Mfangano, will serve as the implementing partner in collaboration with the nonprofit organization Organic Health Response (OHR) – Ekialo Kiona Center.

1. Briefly describe project, its location and its objectives:

With support of a \$30,000 Rotary International District Grant, this project aims to expand the proven **Mfangano Health Network – Microclinic Program** and build infrastructure to coordinate a maternal and reproductive health campaign to this at-risk community of 26,000 people in rural Western Kenya.

The Issue: Mfangano Island, Kenya

The remote communities of Mfangano Island, Lake Victoria, Kenya, home to 26,000 Suba and Luo people, represent one of the poorest and most HIV prevalent populations in East Africa, and demonstrate some of the highest fertility rates in the region. With **local HIV prevalence on Mfangano estimated at approximately**



30% for over a decade,¹ few places in the world have been hit harder by HIV/AIDS.^{2,3} Separated from definitive healthcare on the mainland by a 2-hour boat ride, quality health care services are difficult to find on the island. Research on Mfangano has shown that individuals instead rely heavily on social networks (eg. extended families, friends, church groups, farming cooperatives, women's groups, school clubs, etc.) for health maintenance. Yet, without efforts to formally involve these same social networks in the life-long HIV treatment process, HIV-infected individuals in many communities remain stigmatized and isolated and are forced to navigate challenging healthcare decisions on their own.

To address these health challenges, the Rotary Club of Mbita Mfangano is partnering with the supporting partner, Organic Health Response (OHR)-Ekialo Kiona Center, to enroll all interested residents into microclinic groups and implement a novel maternal and reproductive health education campaign on Mfangano Island in 2016-2017.

Project outcomes:

This Rotary project intends to support the building of a unique and powerful social infrastructure for this island community, with the following outcomes:

- Improve rates of HIV testing, enrollment and engagement in HIV clinical care
- Increase HIV knowledge, reduce stigma and improve social network support
- Empower mothers and adolescent girls with knowledge and access to quality health services to improve maternal and reproductive health
- Reduce rates of early marriages, pregnancies, and school drop-outs
- Improve knowledge of personal health and of HIV status
- Increase number of women delivering with a skilled birth attendant.

The Mfangano Health Network - Microclinic Program:

Over the last 7 years, the Organic Health Response (OHR)-Ekialo Kiona Center has worked to develop and field-test an innovative approach to addressing these critical health challenges. In partnership with groundbreaking Microclinics International (MCI), OHR has designed a unique adaptation of the "microclinic" model to improve health outcomes on Mfangano. The approach is simple- **we harness the power of existing social networks to activate community-level involvement in health coordination, monitoring, and mobilization.** A "Microclinic" is not a small

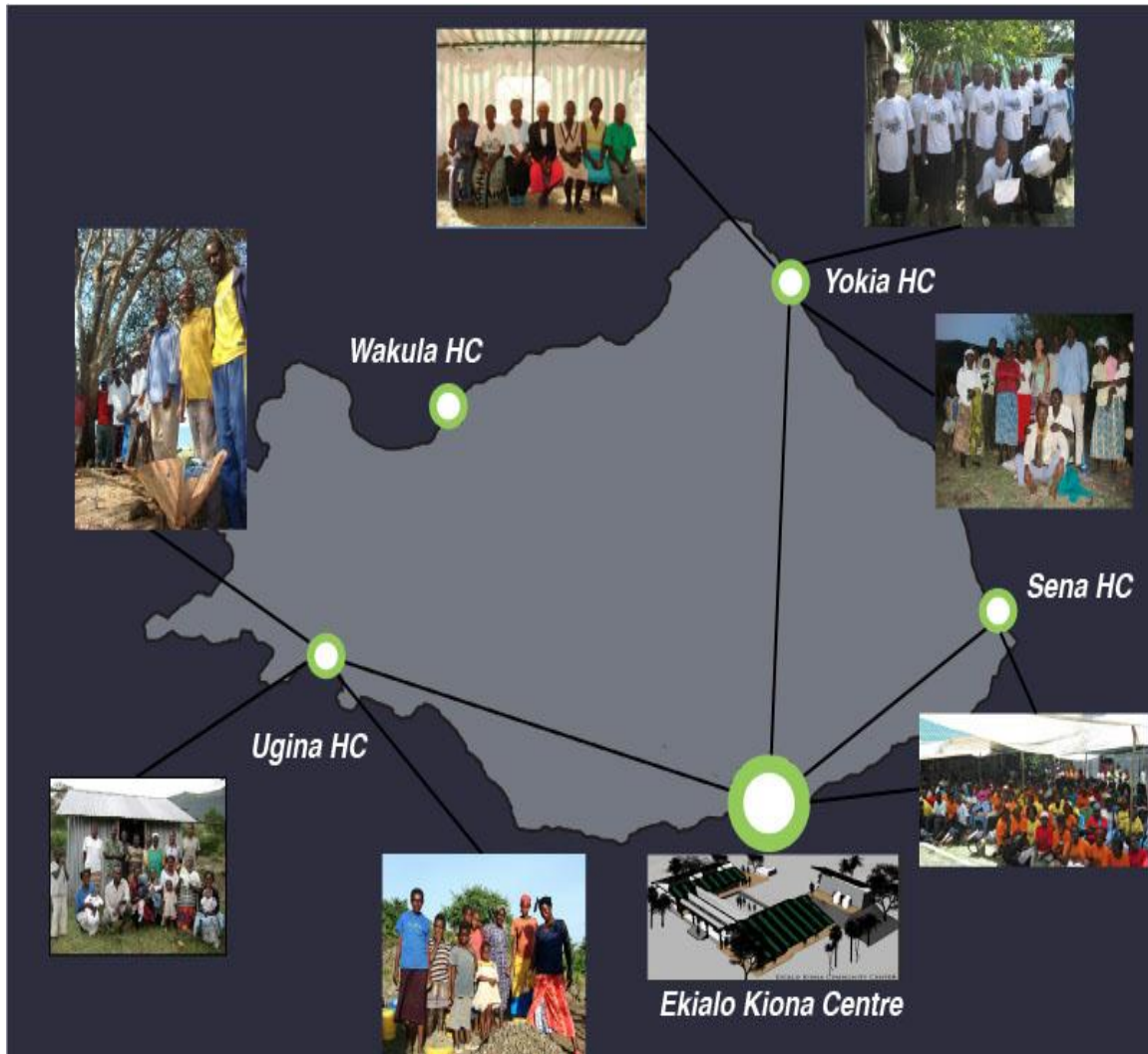
¹ (2013) Kenya, County HIV Service Delivery Profiles. Ministry of Health, Republic of Kenya.

² Fiorella K., Hickey M.; Salmen, C.; Bukusi E., Cohen C., et al (2011). The Mfangano Health Baseline Survey: Associations between social support, food security, HIV testing and HIV status among randomly selected households within Mfangano Island, Suba District, Kenya; 2011; San Francisco, CA.

³ Mojola S.A. (2011) Fishing in dangerous waters: Ecology, gender and economy in HIV risk. Soc Sci Med 72: 149-156.



building, but rather a therapy management collective comprised of 5-15 friends, relatives, co-workers and neighbors. Microclinics are trained teams, and supervised by distinctive community health workers, to keep all members strong and engaged together in lifelong health.



Mfangano Health Network – Microclinic program: Connecting the Ekialo Kiona Centre to communities and health centers (HC) island-wide

Proof the program works:

OHR successfully completed the pilot phase of this program in 2012, training and graduating 46 Microclinic groups in the Mfangano East sub-location, involving over 529 community members. All Microclinic groups completed an innovative 6-month, 12-session curriculum to explore HIV/AIDS biology, group communication skills, and community mobilization to support families affected by HIV. Using a “train-the-



trainer” model, the curriculum was facilitated by 28 Community Health Workers from Mfangano East to educate their Microclinics in small groups. Upon completion of the Microclinic curriculum, greater than 90% of program participants participated in formal group HIV counseling and testing sessions, allowing over 100 HIV-positive participants to disclose their HIV status for the first time to family and friends. **To our knowledge, this is the first program in East Africa to facilitate successful community-wide disclosure on this scale!**

Through cutting-edge research with world leading researchers at the **University of California-San Francisco** and the **Kenya Medical Research Institute**, Organic Health Response recently published its results in leading journals demonstrating statistically significant improvements in retention in HIV care, as well as improved medication adherence among participating communities.⁴ Additional qualitative research has demonstrated important community-wide reductions in stigma, improved social support, and collective responsibility for HIV care.⁵ The community-research department at OHR continues to explore the roots of disease and poverty along the shores of Lake Victoria, and is building evidence for effective interventions in partnership with local organizations such as Rotary Club of Mbita Mfangano and the Kenya Ministry of Health.

Project plan:

Using the proven Microclinic model, the Rotary Clubs of Mbita Mfangano and Ft. Collins Breakfast, in partnership with the Organic Health Response, will create a delivery platform for critical education and outreach services in the community.

The 12 month project aims to:

1. Expand the proven Microclinic platform by creating 70 new Microclinic groups across 3 new sub-locations, providing access for 15 new villages on Mfangano Island.
2. Develop and implement a community-level maternal and reproductive health campaign focused on antenatal care, safe delivery, and family planning/reproductive health for all Microclinics within the Mfangano Health Network.
3. Activate a comprehensive outreach, referral and monitoring services across villages in all 4 sub-locations of Mfangano Island, Kenya.

⁴ Hickey, M. D.*; Salmen, C. R.* et al. 2015. “Pulling the Network Together:” A quasi-experimental trial of a patient defined support network intervention for promoting engagement in HIV care and medication adherence on Mfangano Island, Kenya. *Journal of Acquired Immune Deficiency Syndromes*. May 2015.).

⁵ Salmen, C*.; Hickey, M* et al. 2015. “*Wan Kanyakla*” (We are together): community transformations in Kenya following a social network intervention to promote engagement with HIV care. *Social Science and Medicine*. Volume 147, Dec 2015, 332–340



Project activities:

1. Recruit, register, and train 70 new Microclinic groups in Mfangano North, West and South sub-locations.
2. Recruit and train 40 community health workers to organize and facilitate Microclinic classes and outreach services.
3. Develop culturally relevant HIV, maternal health, and reproductive health curriculum for rural communities along the shores of Lake Victoria, for use during this project and for dissemination among local, regional and international partners.
4. Coordinate 16 maternal and reproductive health outreach campaigns to provide education on pregnancy, antenatal care, male support in pregnancy, birth planning, mother-to-child-transmission (MTCT), obstetric emergencies and transportation, and postpartum follow-up. Outreaches will provide “youth-friendly” testing, counseling and referrals for HIV, STIs, pregnancy, and rape, as well as first aid services.
5. Coordinate care and conduct follow-up for pregnant women, before and after birth, as well as with any participant in need of referral services.

Project timeline and phases:

October - December 2016: Microclinic Formation and Training

- Complete training of 70 Microclinic groups on Mfangano Island (500 participants).
 - Register microclinic groups
 - Train community health workers as facilitators
 - Conduct 8-session classes for microclinic groups (3-month training)
 - Graduate microclinics and provide branded T-shirts upon completion of training.
- Purchase outreach equipment.

January - September 2017: Education and Care Coordination Campaigns

- Conduct 4 specialty trainings for community health workers on antenatal care, birth planning, obstetric emergencies and transportation, and follow-up.
- Complete 16 outreach campaigns focused on maternal and reproductive health.
- Coordinate care, provide referrals and follow-up for 500 pregnant women.

2. Describe how the project will benefit the community and/or improve the lives of the less fortunate.

The inhabitants of Mfangano Island are some of the poorest and most affected by HIV populations in East Africa and the world. Today, microclinics on Mfangano have the potential to address an array of community health needs in addition to HIV, from



access to family planning, birth planning and emergency transport, to child nutrition, with proven results. Through this process, we have found that strengthening relationships at the micro-level can improve macro-level change. This program will build the capacity of local leaders, health care workers, and parents to improve healthcare for their families and communities. Moreover, this program will strengthen relationships between patients and healthcare facilities, improving access and advocacy for maternal and reproductive health in the region.

3. Describe the nonfinancial participation by sponsoring Club Rotarians in the project (ie how Rotarians will be involved).

The implementing club, Rotary Club of Mbita Mfangano, will support this project through the following:

- Mobilize local community participation in the project
- Volunteer at health campaigns and outreach services
- Provide oversight for Organic Health Response with implementation of planned activities
- Supervise and manage use of all grant funds
- Provide ongoing, real-time evaluation of project and impact assessment through submission of timely reports
- Create and submit final reports to the international club on grant activities, impact and use of funds
- Disseminate project results locally, regionally and nationally at Rotary and other forums.

The sponsoring club, Rotary Club of Fort Collins, Breakfast will support the project through the following:

- Conduct quarterly Skype calls to check-in and provide advice to Rotarians from RC Mbita Mfangano
- Mobilize awareness of the project through international channels and provide RC Mbita Mfangano with contacts of partners to collaborate with and share results
- Assist with dissemination of grant funds and review reports and evaluations of the project
- Disseminate project results locally, regionally, nationally, and internationally at Rotary conferences/meetings and other forums.

4. How will the general public know this is a rotary-sponsored project? Please provide details of the publicity plan.

RC Mbita Mfangano will ensure OHR uses Rotary logos on all flyers and class materials, and proudly displays the Rotary banner at all health campaigns and outreach events in the community. A Rotary sign will be placed at the entrance of the Ekialo Kiona Center on Mfangano Island, the headquarters of Organic Health



Response, to announce this project and Rotary's support. The Rotary logo will also be published on the Organic Health Response website.

In addition, all published work by the Organic Health Response on the Mfangano Health Network will highlight Rotary's support for this project.

5. Sustainability

- **Local Leadership:** This project will be implemented on the ground by a team of local Mfangano leaders and Rotarians with a proven track record of dedication to their community, honesty, and capability, including:
 - **Richard Magerenge**, (1st President, RC Mbita Mfangano): Richard is a lifelong resident of Mfangano Island, and small business owner (the Mfangano Island Beach Resort), with over 10 years of experience as a senior manager of community based health and education programming in partnership with local NGO's, the Ministry of Health, and international research organizations (including Oxford University, Kenya Medical Research Institute, and University of California).
 - **Robinson Okeyo**, (Club Project Service Director): Robinson is a lifelong resident of Mfangano Island, certified with a Diploma in Community Development, and lead implementer of numerous Rotary grant projects on Mfangano and nearby islands.
 - **Pam Mohamed and Joyce Obanda**: (Rotarians and Community Health Workers): Pam and Joyce serve as Community Health Worker Coordinators , directing training and supervision for over 50 community health workers and health navigators who will comprise the ground force for this intervention.

- **Local Ownership:** All program activities will be coordinated and managed by the locally-owned and managed Ekialo Kiona Center at Kitawi Beach. This solar powered community center serves as headquarters for numerous health, education, and livelihood programs, and houses the broadcasting studio for Mfangano's only local radio station, EK FM. The 35 Kenyan staff members that run this center are from Mfangano and surrounding islands, representing and serving their community.

- **Local Partnerships:** Over 8 years of programming and service, OHR-EK and RC of Mbita Mfangano have established longstanding relationships with the Ministry of Health, local government officials, and other community based organizations (CBOs).

- **International Partnerships:** OHR-EK has secured MOU's for research and funding support for this intervention from key international partners including the Segal Family Foundation, Kenya Medical Research Institute, and University of California-San Francisco.



- **Rotary Network:** This budget and subsequent projects built upon its success will be completed and augmented with support from a network of Rotary Clubs in Kenya and USA which have worked together to implement previous projects on Mfangano including: RC of Ft. Collins Breakfast, Glenwood Springs Sunrise Rotary Club, Denver Tech Center, as well as Rotary Clubs in Minneapolis and San Francisco

6. Project contact – who in the club is the primary contact who will monitor progress, provide additional information if needed and submit the final report?

Richard Magerenge

President, RC of Mbita Mfangano

Email: mfanganoeco@gmail.com

7. How will the club assure that the project is completed as proposed, funds spent appropriately, recognition of rotary visible, and reports compiled in timely manner?

RC Mbita Mfangano will serve as the implementing club, and will provide real-time monitoring and evaluation of this project. With project activities based on Mfangano Island, RC Mbita Mfangano is able to supervise all planning, activities, implementation, and grant spending, as well as prepare all reports to the sponsoring clubs. OHR-EK, RC of Mbita Mfangano, and RC of Ft. Collins Kenya have a proven track record on Mfangano Island of successful Rotary Grant implementation on Mfangano including:

- Rotary Simplified District Grant for HIV testing, sustainable agriculture, and women’s crafts workshop in Mfangano
- Rotary Matching Grant for Organic Agriculture training and Reforestation program
- Mobility Device (Wheelchair and Walker) Collection and Distribution Project for over 75 disabled residents of Mfangano East.
- Water Sanitation and Latrine Construction Project on nearby Remba Island
- “Purple Slip” Project at Mfangano Sena Health Center, where the club delivered prenatal packs to mothers who attended prenatal visits and delivered at the health center.

8. Provide project manager name and contact information if different than above

Robinson Okeyo,

Club Project Service Director, RC Mbita Mfangano

okeyojnr@gmail.com, +254.720.288.070

9. Cooperative organization:



Organic Health Response (OHR)-EK Center:

OHR is registered as a 501c3 Nonprofit in Colorado, USA

EK Center is registered as at Community Based Organization in Homa Bay County, Kenya

10. Budget

We request a **\$30,000 grant for a 12-month project starting in October 2016 to September, 2017**. Please see attached budget for specifics on items, price and vendor.

