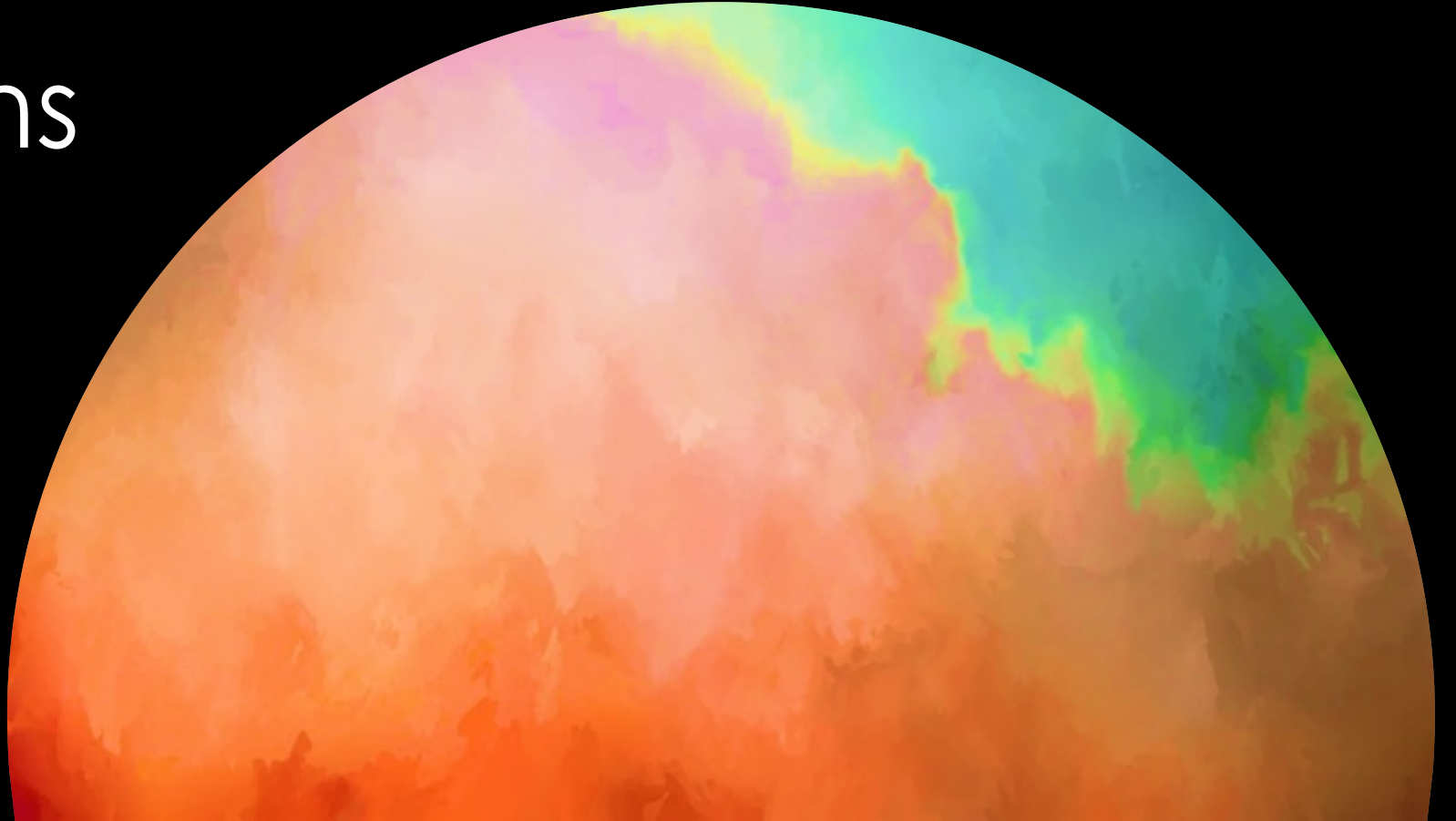




Global Health Connections

Annual Report 2023



Together We Can...
connect, engage, and empower
individuals to improve the health and
economic sustainability of their
community.



A group of people, including men and women, are working in a field. In the foreground, a woman wearing a purple headscarf and a pink skirt is bent over, working the soil with a wooden stick. To her left, a man in a grey jacket and a blue hard hat stands looking on. In the background, several other people are visible, some wearing hats, standing or working. The field is dark brown soil, and there are green plants and trees in the background.

Welcome to Global Health Connections

We are an organization unlike no other—one that is in the pursuit of promoting health education, and social and economic empowerment in Western, Kenya.

We are focused on an entirely new way of providing assistance--we don't give or do, rather we teach and empower communities to solve both current and future problems.

We respect people and believe in their capacity to build up themselves and their villages.

Join us on our journey...



2023
At A Glance



- Villages with Community Health and Empowerment Clubs (CHECs):

15

- Villagers Currently Enrolled in a CHEC:

1,082

- Sustainable Economic Projects Started:

41

- Kenyans Impacted by CHECs:

Over 12,800

- Adopt a Village Donors:

4

Our 15 Villages...

We had an impactful year!

4 Villages in Homa Bay County:

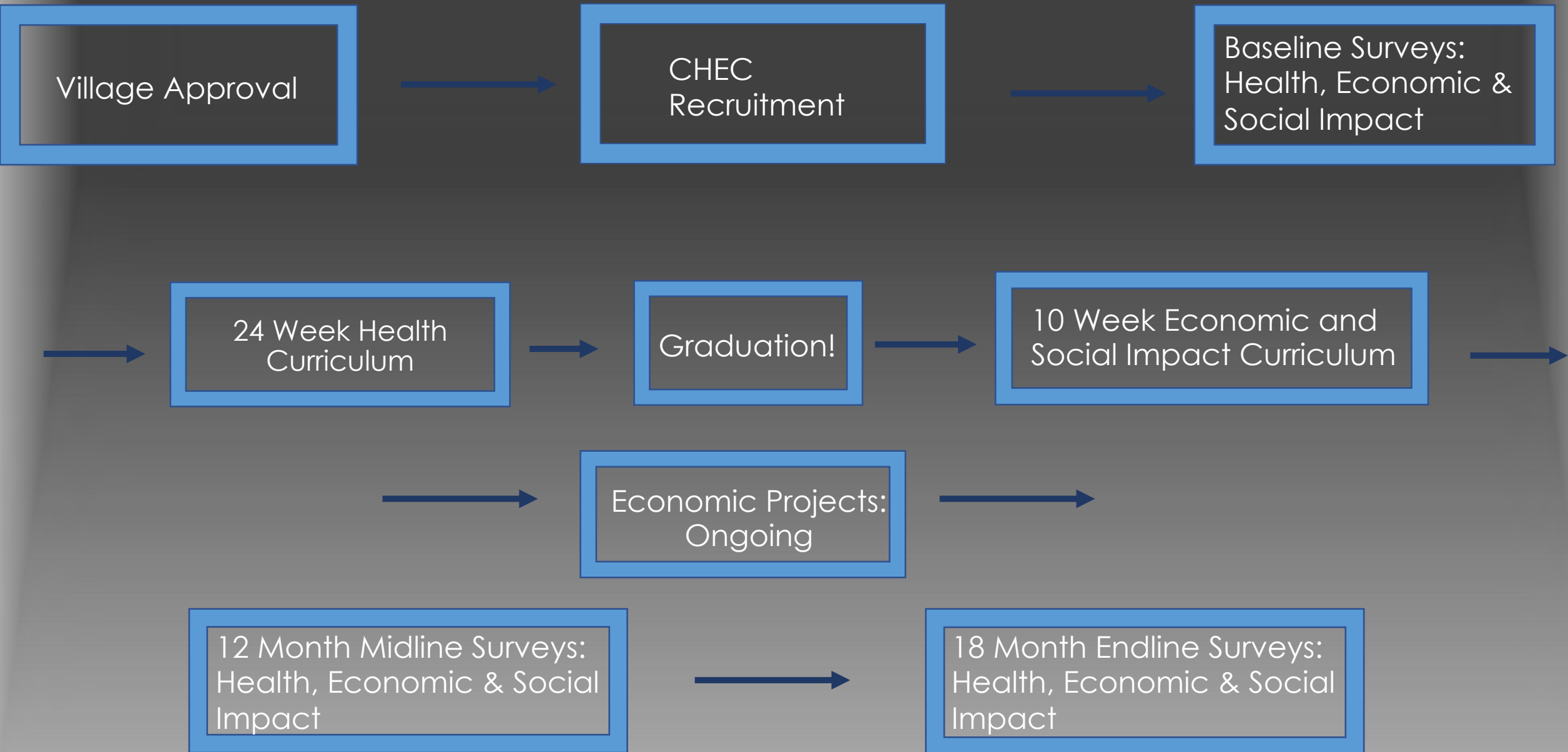
Olare
Kanyadhiang
Kanyipir
Kanyamfwa

11 Villages in Kisii/Nyamira Counties:

*Mokubo
*Biombe
*Tabaka
*Kegati
*Kiagware
*Ititi
*Itierio
*Nyasumi
*Nyanturago
*Nyamecheo
*Nyamagesa

* Denotes a village with a Greener Hills Honey Cooperative Apiary

Our Programmatic Strategy



24 Week Health Curriculum

Our 24 Week Program includes topics such as WASH, Nutrition, Disease Prevention and more.

We train CHEC members on the importance of sanitation and hygiene, nutrition, and disease prevention. We gauge behavior change by comparing and analyzing data from our Baseline, Midline and Endline survey tools.

We also spend time on building model kitchen gardens, latrines and tippy tap handwash stations.

Program Details

10 Week Economic and Curriculum

Our 10 Week Program includes topics such as Entrepreneurship, Financial Literacy and Business Financing.

Every village has unique needs and resources. Our team takes into account existing conditions, terrain, and population as we determine which economic programs will best serve each individual community. This means a variety of different projects—beekeeping, soap making, millet and napier grass farming—may be implemented.



THE GHC DIFFERENCE & COMPETITIVE ADVANTAGE...

Local, On the Ground Expertise

Analytics to Measure Impact

Household Follow-up for Accountability

Health Training, Along with Economic Training and Income Generation

Traditional and Non-traditional Revenue Generation

Focus on Empowerment and Increasing Social Capital

Sustainable Governance



A smiling man in a blue shirt is pouring water from a yellow jug into a small container. He is standing in a garden with trees and plants. In the background, there are more trees and a white plastic chair. A yellow tag is hanging from a tree. A striped cloth is hanging on a line. Another person in a blue shirt is partially visible on the right.

Village Highlight:

Nyasumi

Nyasumi Village

Nyasumi is our third Adopt-a-Village program and first in Nyamira County. It is also our largest club, with 286 members. GHC completed the health training curriculum in May 2023 and graduated all 286 members. All continued on to the economic curriculum and chose beekeeping as their income-generating project.





Our challenges in Nyasumi were many, especially given the size of the village and number who wanted to join the CHEC. The results of the baseline surveys told us the families in this village were struggling on a daily basis to have clean water and ample nutrition. We found, however, that there was considerable, genuine interest in learning and changing behaviors in this village, and all who joined the CHEC were enthusiastic and eager participants.

We took on the challenge of teaching 286 members and feel that Nyasumi is one of our greatest success stories. This is a very vibrant and promising CHEC. We taught them how to make detergent, how best to build a kitchen garden, a latrine and a shower stall. The progress, participation and willingness to change behavior was and still is impressive.

Our team finished the 24-week health training curriculum in May. Member turnout for meetings was consistently high and participants showed commitment and engagement. All 286 members graduated, continued on to the economic curriculum, and are participating in beekeeping.

This is a very vibrant and promising CHEC. We taught members how to make detergent, how best to build a kitchen garden, a drying rack for pots and utensils, a latrine and a shower stall. We trained 28 members to be apiary managers and to lead their respective beekeeping sub-groups. A majority of members participated in building the 140-hive apiary and all are eager to start raising bees!

The Nyasumi CHEC members are truly an inspiration.

Nyasumi Village: Transformation

A CHEC Member tends to her
new kitchen garden



Nyasumi CHEC members learn how to
properly build a kitchen garden





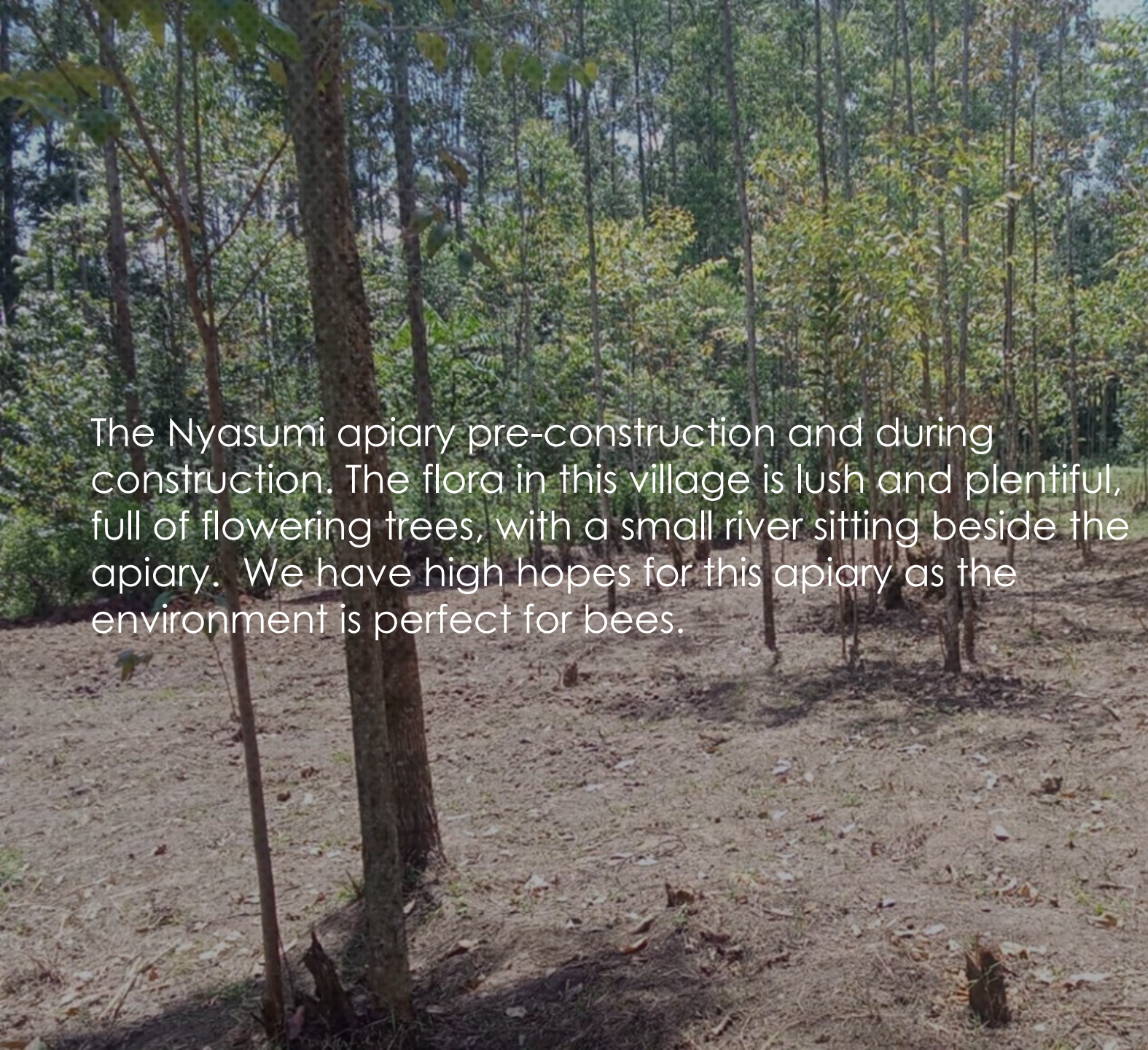
A Nyasumi CHEC member stands by her newly built drying rack and tippy tap hand-washing station



Apiary: Economic Empowerment

A group of approximately 20 people are standing in a line outdoors. Most of them are wearing full-body protective suits in a light tan color, which include hoods with fine mesh veils and yellow gloves. Two men in the center of the group are not wearing suits; one is wearing a blue and white plaid short-sleeved shirt and dark jeans, and the other is wearing a dark blue long-sleeved shirt with white stripes on the sleeves and light-colored trousers. They are standing in front of a building made of rough-hewn stone blocks with several windows that have metal grates. The ground is covered with green grass.

The 286 members of the Nyasumi CHEC decided to pursue beekeeping as their income-generating project. The group set to work and built a beautiful apiary on land donated by a member. We trained 28 apiary managers from this club and each one is responsible for their own sub-group. Each sub-group of 10 members will be responsible for maintaining, inspecting and harvesting 5 hives.

A large, dark brown tree trunk stands prominently in the foreground on the left side of the frame. The background is a dense forest with many thin, vertical tree trunks and lush green foliage. The ground is covered in dry leaves and twigs.

The Nyasumi apiary pre-construction and during construction. The flora in this village is lush and plentiful, full of flowering trees, with a small river sitting beside the apiary. We have high hopes for this apiary as the environment is perfect for bees.





THE COMPLETED 140 HIVE NYASUMI APIARY



Village Opportunity: Beekeeping

Beekeeping

GHC has helped ten villages build and set up apiaries, and trained 64 apiary managers in partnership with the National Institutes of Beekeeping.

We have 450 hives spread across the ten apiaries and over 670 club members involved in beekeeping.

We had multiple harvests in our first year, collecting and selling over 140 liters.



Our projections for 2024 are to harvest and sell over 1500 liters. The revenue produced from the honey will provide a sustainable, supplemental source of income for the villages.

We are also creating native pollinator habitats and working to increase the biodiversity for both honeybees and wild bee species.





GHC Opportunity:
Greener Hills Honey Cooperative

  @nyaboketina



Greener Hills Honey

www.greenerhillshoney.org

Economic empowerment is one of the 3 pillars that make up the GHC CHEC model. We believe apiaries can not only generate significant economic opportunities, but also contribute to the preservation of our ecosystem. We created Greener Hills to bring together our beekeepers and help them harvest, process and sell their raw and delicious honey.

As a branch of Global Health Connections, we work with our existing CHEC members to develop beekeeping enterprises. We help them build apiaries, provide them with hives and training, and then help to process and sell the honey. We then sell the honey under the Greener Hills Honey Cooperative label and split the profits with the village. It's a win-win for all involved.

We currently have 10 apiaries, 450 hives, 64 trained apiary managers and over 670 members involved in some aspect of beekeeping. We have thus far harvested 140 liters of honey and estimate over 1500 liters in 2024.



Village Accomplishments

- 2023 brought 6 new Community Health and Empowerment Club graduation classes. We now have 15 active CHECs in Kisii, Nyamira and Homa Bay Counties.
- Our recently conducted midline survey data show statistically significant improvements in almost all the health, economic and social indicators that we measure, when compared to the baseline data. Our data methodology tools prove effective behavior change is not only taking place, but is sustainable and improving the health and economic well-being of our villagers.
- We helped initiate over 14 income generating projects in CHEC villages, including beekeeping, rice cultivation, tailoring, water purification and quarry mining.
- We trained 64 CHEC members on the art of beekeeping and apiary management.
- We helped form Sustainable Governance Committees in our six newest villages and put these members through our four week leadership training curriculum.



Organizational Accomplishments

- Statistical Analysis of CHEC programs has provided strong evidence of a large, positive impact for improved health behaviors, financial management, and empowerment of women at the household level. This proof of our CHEC concept will lead to support from additional foundations.
- Our baseline vs. midline nutritional assessments of children 5 and under showed great improvement, with some villages demonstrating 100% "normal" height, weight and mid-upper arm circumference.
- We have greatly enhanced its organizational capabilities in accounting/finance, information technology, human resources management, and marketing/social media.
- Both our governing Boards in Denver and Kenya have become stronger with key additional members joining in 2023.
- GHC has improved its financial sustainability through grants (Rotary, Google), individual donations, and our Adopt-a-Village program. In addition, GHC started Greener Hills Honey Cooperative as a social entrepreneurship to support our CHEC programs.



Our Board

USA

Board of Directors

Dr. Blair Gifford, PhD, Chairman
Gretchen Berggren, MD
Holly Church
Melinda Culea
Suzanne Dircksen
Don Howard
Dr. Erlantz Hyppolite, MD
Erin Maruzzella
Dr. Nancy Mulligan, PhD
April Perman
Adam Frange
Alex Scialdone
Colin Smith
Lee Van Slyke

Officers of the Board

Blair Gifford, Chairman
Holly Church, Vice Chairman
Suzanne Dircksen, Secretary/Treasurer

Kenya

Board of Directors

David Monari,
Chairman
Monica Orwochi,
Vice Chairman
Terecy Moraa,
Treasurer
Faith Mageto,
Secretary
Tushar Patel
Vishaj Patel
Ken Martin



Our Team

Our team is small, but mighty. We are comprised of intelligent, generous, hard-working people who are committed to changing a small piece of our world together.

USA

Dr. Blair Gifford,
PhD, Chairman
and Founder of
Global Health
Connections

Mimi Gordon,
Executive
Director

Holly Church,
Vice Chairman

Suzanne
Dircksen,
Secretary/
Treasurer



Kenya

KISII:

Faith Mageto,
Executive
Director

Christine
Nyaboke
Regional CHEC
Coordinator

Mark Orondo,
CHEC Project
Officer

HOMA BAY:

Salome Nyariro,
Regional CHEC
Coordinator



Financials

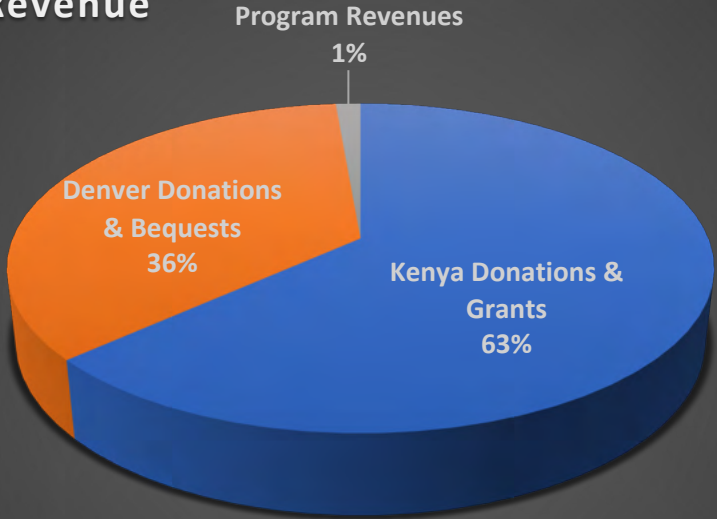
We are currently a small operation, with big dreams and plans to expand. From day one, we've relied on generous private donors and grants to fund our programs and operating expenses.

Our commitment to focusing on empowering individuals from a health, economic and social perspective inspires this support. From passionate donors, enthusiastic fundraisers, long-standing clubs, and loyal volunteers, we have found a community that believes, as we do, that teaching and empowering *together* is the way towards a sustainable and prosperous future.

2023 Financial Summary

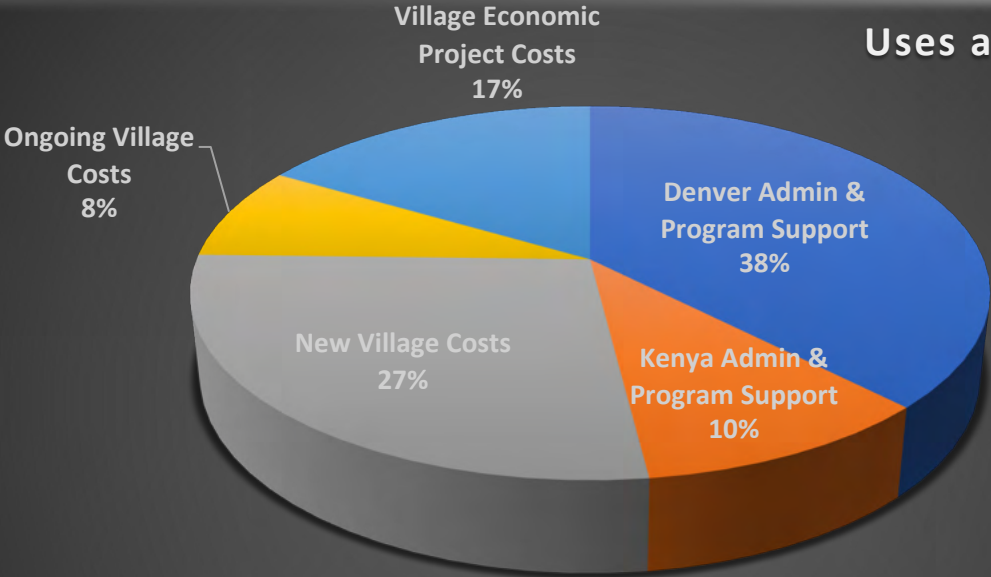
- **TOTAL OPERATING EXPENSES FOR 2023: \$ 91,463**
- We do our best to keep our operating costs in both Denver and Kenya as low as possible. Operating costs in Denver include the extensive surveying we do in all our villages and the data analysis that goes along with it.
- The majority of all grant and donation money received goes towards funding new villages, economic projects, ongoing village costs and direct support for these projects.
- Adopt-a-village/apiary sponsors help support the on-going operations of the respective sponsored village.

Sources of Revenue



■ Kenya Donations & Grants ■ Denver Donations & Bequests ■ Program Revenues

Uses and Expenses




■ Denver Admin & Program Support ■ Kenya Admin & Program Support
■ New Village Costs ■ Ongoing Village Costs
■ Village Economic Project Costs

What Motivates Us?

GHC's mission is focused on empowering individuals from a health, economic and social perspective.

Our goal is to build sustainable villages—healthy, economically viable and empowered villages that have learned how to flourish and govern as the years go by. We aim to cultivate a framework that supports, nurtures and sustains this. We've accomplished many great things thus far and seen our members improve their health, well-being and economic status and that is empowering to us as an organization.

This visible behavior change and progress is what keeps us going and fuels our mission. Simply put, our *club members* are our motivation to keep doing what do every single day.



As 2023 comes to a close,
we reflect on the
unbelievable year we
have had.

GHC's Future is Bright!

In 2024, we look
forward to...

- Developing four new CHECs: one village CHEC in Kisii County and 3 pilot village CHECs in Kajiado, Nakuru, and Homa Bay Counties.
- Broadening awareness of GHC's powerful and impactful CHEC Model.
- Publishing results of our CHEC programs' impact at improving household health, finances and empowerment.
- Implementing Sustainable Governance Committees in all CHEC villages.
- Growing our Adopt-a-Village/Apiary program and gaining 4-5 more sponsors.
- Developing social enterprise aspects of GHC such as honey processing, poultry, rice and pyrethrum
- Forming new partnerships with top organizations, including Kentegra, Lwala, and World Food Bank