

Value Health Africa

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Date: 2021

Name	MbiankeLivamcliff M.	Position	Regional coordinator	
Region/CITY	South West Region,Buea	signature		
ACTION PLAN 2021: From 01 January 2021 – To 30 December 2021				
OUTCOME/ OBJECTIVE	<ol style="list-style-type: none"> 1. Increase the number of physical activity and wellness programs in psychosocial support clinic. 2.create 3 local partnerships with local NGOs 3.carry out 4 awareness campaigns on safe diet, female reproductive health, hygiene for infection control and GBV 4.Carry out 3 free screening campaigns on NCDs 5. Lunch a blood donation campaign 6.support 5 health facilities with IPC trainings an empowerment. 7.continue research on funding opportunities 8. create 4 health clubs and SDG clubs in schools 			
SOUTH WEST REGION				
OUTPUT	ACTIVITIES	INDICATORS	MEANS OF VERIFICATION	TIMEFRAME
1. Increase the number of physical activity and wellness programs in psychosocial support clinic	<ul style="list-style-type: none"> -question and answer forums for women - chi chats with other peers - psychological assessment tests 	40 perinatal women	Written reports and pictures	January 30- April 31

2. create 3 local partnerships with local NGOs	- plan a meeting with leaders of the three local NGOs	3 NGOs	Signed MOUs	January 04- March 31
3. carry out 4 awareness campaigns on safe diet, female reproductive health, hygiene for infection control and GBV	- schedule community awareness campaigns in Idenau, Mabeta, Mile 16 and Muea	20,000 individuals	Written reports	March 1_ June 30
4. Carry out 3 free screening campaigns on NCDs	- Blood sugar, blood pressure, weight, height checks in limbe new town, Buea and Tiko	3000 individuals	Written reports	April_ June 30.
5. Launch a blood donation campaign	- Campaign launch in mile 1 hospital Limbe	500 adolescents	Written reports and pictures.	June 1st_ June 30
6. support 5 health facilities with IPC trainings	- IPC trainings in Mile 16, Zeo life, Buea town health center, Zion clinic	5 health centers	Written reports and pictures.	July 1_ November 30
7.	-			
8. create 4 health clubs and 4 SDG clubs in schools	- launch SDG and health clubs in 4 secondary and 4 high schools	100 students	Writing reports, pictures, feedback from the schools	February 5th-July 30th
CENTER REGION				
Name	FANDO MOUKEP Francis.	Position	Coordinator	
Region/CITY	CENTRE REGION, Yaoundé	signature		
ACTION PLAN 2021: From 01 January 2021 – To 31 December 2021				
OUTCOME/	1. Return the national and Regnal MOU 2. Increase the number of physical activity and wellness programs in community and school.			

OBJECTIVE				
<p>3. Proper education on NCDs 5. Proper education on SSR in schools 6. Create awareness on importance of physical activity for adolescence 7. Educate on proper hygiene 8. Improve knowledge on nutrition related diseases. 9. Increase knowledge of media users on proper nutrition, hygiene, physical activity and nutrition related diseases.</p>				
OUTPUT	ACTIVITIES	INDICATORS	MEANS OF VERIFICATION	TIMEFRAME
1. Return the National and regional MOU	_Meet the MS of the Minister and negotiate with him for the result of the National MOU	MS	The MOU return	January 10- February 28
2. Increased awareness on proper nutrition	Provide a day each week for nutrition education and local menu planning	80 persons	Written reports and pictures.	January 08- February 28
3. Proper education on NCDs	-Provide 3 hours each working day for NCDs education in schools - Create NCDs fighting clubs in schools to carryout NCDs education at least once every week.	1000 adolescents	Written reports	March 1_May 30
4. Proper education on SSR in schools	Provide 2 hours each working day for education on SSR - Encourage others to join health clubs by organizing inter games with SSR themes and award of prizes.	1000 adolescents	Written reports	March 1_May 30.
6. Improved knowledge on NCDs and BMI status.	Provide information on how to carryout anthropometry with practice -Provide information on common nutrition related diseases such as diabetes, hypertension e.t.c through projected videos, sketches, posters and short lectures.	1000 adolescents	Written reports and pictures.	March 1_ May 30
7. Improved knowledge on nutrition ,physical activity	- Posting of short videos, pictures and sketches to portray information on physical	2000 likes	Postings on social media platforms.	June 1- 30

and NCDs by internet users.	activity, proper nutrition and nutrition related diseases.			
8. Lay out peer educator on SSR and improve knowledge on SSR	- Train peer Educator's and use them to train orders - organize educational chats with the community on the theme: sexual and reproductive health	- 30 adolescents are formed - 1000 adolescents are educated on the SSR	Written Report and pictures	July 1 – December 30
Name	ONGLA DIANE PASCALINE	Position	National Coordinator	
Region/CITY	LITTORAL REGION, Douala	signature		
ACTION PLAN 2021: From 01 January 2021 – To 31 December 2021				
OUTCOME/ OBJECTIVE	<ol style="list-style-type: none"> 1. Create an Interview broadcast with Medical Doctor in Cameroon or Africa in our Facebook live Chanel 2. National MOU 3. Following Admin Activity of the region (prudential relief fund report, VAHA Annual report, VAHA financial report, update of VAHA activities from 2015-2021) 4. Increased awareness education of nutrition related diseases in primary schools – pupil and parent 5. Education on NCDs in the vulnerable Community of littoral 6. Create awareness against drug and alcohol abuse consumption 7. Educate on proper menstrual hygiene and awareness on sexual and reproductive health 8. Carry out 3 free screening campaigns on NCDs. 9. Lunch a blood donation campaign 			
OUTPUT	ACTIVITIES	INDICATORS	MEANS OF VERIFICATION	TIMEFRAME
1. Create an Interview broadcast with Medical Doctor in Cameroon or Africa in our Facebook live Chanel	Contact Dr of different district to make an interview to some specialist around our pillars and covid-19.	10 Health District 10 Private Health facilities In our 10 regions	VIDEO online	March to December 2021
2. Return the National	Meet the MS of the Minister and negotiate	PUBLIC HEALTH	The MOU return	January 10-

and regional MOU	with him for the result of the National MOU			March 15
3. Following Admin Activity of the region (prudential relief fund report, VAHA Annual report, VAHA financial report, update of VAHA activities from 2015-2021)	All the 2020 Activity report done (narrative and financial) Update of VAHA activities 2015-2021 completed	Validated	Post on the web page Shared with our partners and regional delegation of Public Health	January-March
4. Increased awareness on proper nutrition related diseases in primary schools – pupil and parent	Provide a day each week for nutrition education and local menu planning for pupil at school to avoid diseases.	20 schools	Written reports and pictures. Attendance list	April - December 2021
5. Education on NCDs in the vulnerable Community of littoral	- Awareness Campaign on NCDs education in 6 districts in the littoral region.	10 community in the littoral region	Written reports- pictures- attendance list	April_May 30
6. Create awareness against drug and alcohol abuse consumption	- propose an education of consequences on drug abuse and alcohol consumption. - make them participate on free alcohol day with Movendi	10000 pupil and étudiants	Written reports+ picture + video	May – October
7. Educate on proper menstrual hygiene and awareness on sexual and reproductive health	- organize educational chats with the youth and young mum around sexual and reproductive health in 5 communities in the littoral. Develop their capacity to be able to empower themselves	1000 youth and young mum	Written reports and pictures. Attendance list	April- December
8. Carry out 3 free screening campaigns on NCDs.	-Blood sugar, blood pressure, weight, height checks in Bonaberi , Bangue, and Deido	2000 individuals	Written reports	June-December.
9. Lunch a blood donation campaign	- Campaign launch in Laquitinie hospital Douala	100 individuals	Written reports and pictures.	June 1st_June 30

Name	VERDZEKA NAFISATU BIFIN	Position	Regional Coordinator	
Region/CITY	WEST REGION ,BAFOUSSAM	signature		
ACTION PLAN 2021: From 04 February 2021 – To 14 November 2021				
OUTCOME/ OBJECTIVE	<ul style="list-style-type: none"> -Raise awareness on cancer , it's prevention and detection -Online sensitization on smoking and it's effects. -improve awareness on nutritious food and visit to areas where there are refugees,. -Increase awareness on nutrition and importance of breastfeeding. -Improve knowledge on nutrition and donation of posters to hospital. -Improve awareness on physical activities and on nutrition 			
OUTPUT	ACTIVITIES	INDICATORS	MEANS OF VERIFICATION	TIMEFRAME
Awareness raise on cancer and it prevention,detection and treatment by internet users.	Posting of sketches on social media.	1000 likes	Posting on social media platform.	February 4 th
2. Improve awareness on smoking and it's effect. -Encourage more on physical activities	Posting of sketches on media	2000likes	Posting on social media.	March 11
3.Online sensitization on nutrition and blood donation. Visit to areas where there are refugees.	-posting of sketches and pictures on media	1000 likes 1000people	Posting on social media' -written report	June14th—20th
4. Increased awareness on nutrition and importance of breastmilk to child.	Posting of sketches on media	1000 like	Social media platform.	August 1 st -8 th

5,improve knowledge on nutrition . Donation of posters to hospitals.	Posting of pictures	200people	Written report	September 1 st -7 th
Improved awareness on nutrition. Encourage more on physical activities	Posting of short videos, pictures and sketches to portray information on physical activities, proper nutrition and related diseases	200people	Written reports	October26th -30th
Name	NESSA BATU	Position	Regional Coordinator	
Region/CITY	NORTH WEST REGION, BAMENDA	signature		
ACTION PLAN 2021: From February 2021 – To Decem 2021				
OUTCOME/ OBJECTIVE	<ol style="list-style-type: none"> 1. Increase awareness on cancer 2. Increased awareness on sexual and reproductive health 3. Improved menstrual hygiene 4. Increased awareness on smoking and its effects 5. Increased awareness on kidney care 6. Increased awareness and increase practice of environmental hygiene 7. Increased awareness on the importance of blood donation 8. Increased availability of blood for transfusion 9. Increased awareness on breastfeeding 10. Increased awareness in nutrition 11. Increased awareness on care of the heart 12. Increase knowledge on blood pressure status 13. Increased awareness on mental health 14. Increased awareness on obesity and its effects 15.-Increased knowledge on BMI status 			

16. Increased knowledge on diabetes

OUTPUT	ACTIVITIES	INDICATORS	MEANS OF VERIFICATION	TIMEFRAME
Online sensitization on cancer	-Posting of fliers carrying educative messages on cancer on social media	50,000online platform users	Report writing	Thursday 04th
Visit to adolescent clinic in Ndop	-Educating girls on sexual and reproductive health -Distribution of menstrual hygiene kits -Drawing up of program for the clinic for 2021	80 adolescent girls	Report writing and pictures	Friday 12th
Online sensitization on smoking and its effects	Posting of fliers carrying educative messages on smoking and its effects on social media	50,000online platform users	Report writing	Thursday11th
-Online Sensitization on care of the kidneys	-Posting of educative messages on care of the kidneys	50,000online platform users	Report writing	Friday 12th
-Stickers campaign -Online sensitization	-Pasting of stickers carrying educative messages in hot spots such as bus stops, markets -Posting of educative messages on social media platforms	50,000online platform users 50,000 people benefitting from knowledge on posters	Report writing and pictures	Monday 31st
-Online sensitization -Visit to schools	-Posting of educative messages on social media platforms on environmental hygiene -Health talks in schools	50,000online platform users 100 school children	Report writing and pictures	
-Online sensitization -Blood donation	-Posting of messages online -Mobilisation and Blood donation	50,000online platform users	Report writing and pictures	Monday 14th

		30 pines of blood donated		
-Online sensitization -Sensitization in IWCs and ANC	-Posting of messages on social media platforms -Visit to 3 ANC and IWC to sensitize the women on breastfeeding	50,000online platform users 200 pregnant and nursing mothers	Report writing and pictures	Sunday 1st-Sunday 8th
-Online sensitization -Radio visit	-Posting of educative messages on nutrition -Visit to the radio to talk on nutrition	50,000online platform users 500,000 people benefit from radio talk	Report writing and pictures	Wednesday 1st to Tuesday7th
-Online sensitization -Free blood pressure testing	_ Posting of educative messages on social media platforms -Free blood pressure checking	50,000online platform users 200 people know their BP status	Report writing and pictures	Tuesday 28th
-Online sensitization -Poster campaign	- Posting of educative messages on social media -Pasting of posters in hot spots	50,000online platform users 50,000 people benefit from stickers knowledge	Report writing and pictures	Sunday 10th
-Online sensitization -Free BMI screening	-Posting of educative messages on social media -Free body mass index checking and counselling	50,000online platform users 200 people know their BMI status and receive counselling	Report writing and pictures	Tuesday 26th
-Online sensitization -Partnering with regional delegation	-Posting of educative messages online -Visit to diabetic clinic -Partnering with the regional delegation	50,000online platform users	Report writing and pictures	Sunday 14th

-2021 evaluation meeting	-Evaluation of all what was done for 2021 in Northwest		Report writing and pictures	Wednesday 29th
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