



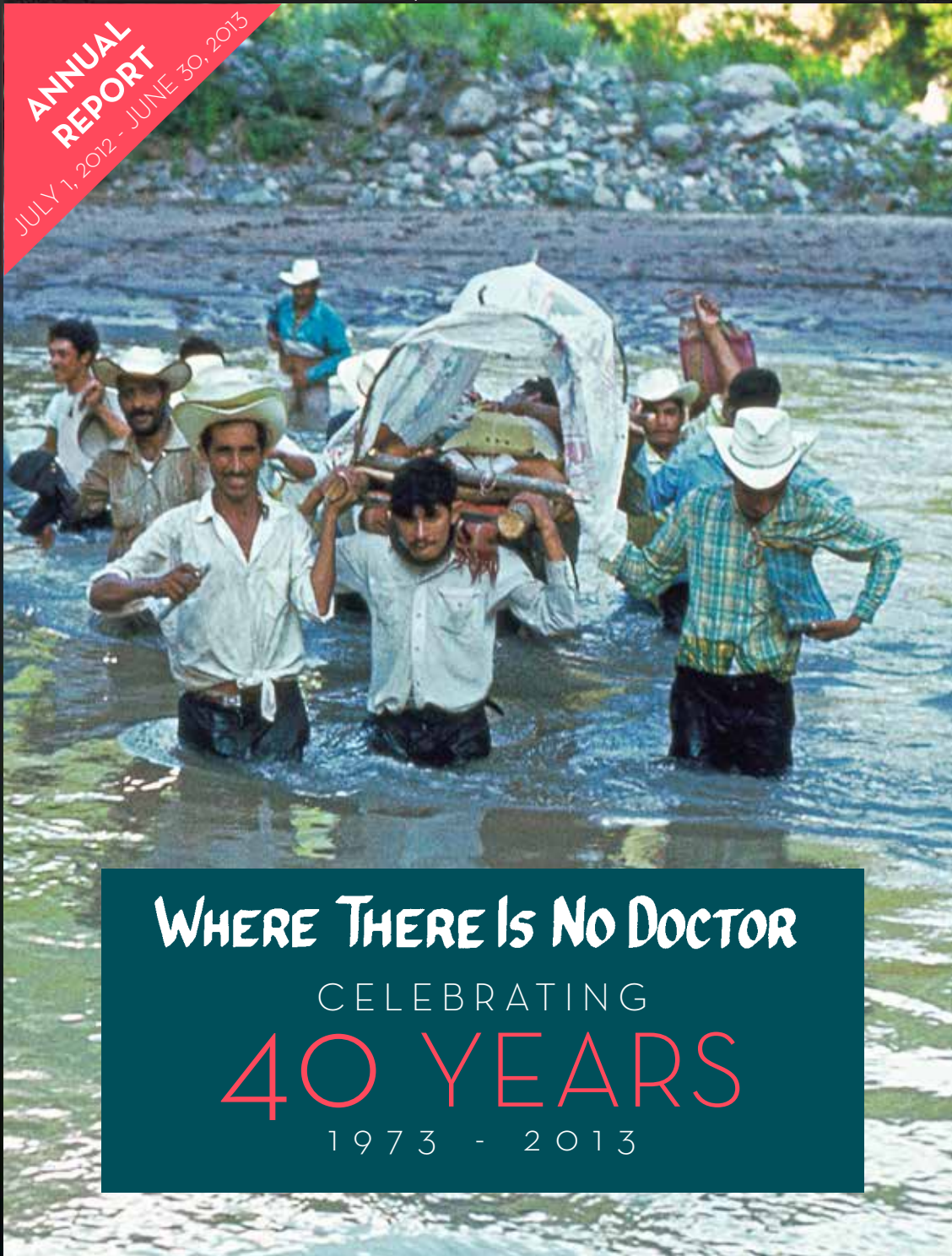
iPad

Hesperian Health Guides



**ANNUAL
REPORT**

JULY 1, 2012 - JUNE 30, 2013



WHERE THERE IS NO DOCTOR

CELEBRATING

40 YEARS

1973 - 2013



Dear friends,

In 1973 when *Where There Is No Doctor* was first written, it took hours of driving on a slow, potholed dirt track from the remote hamlet of Ajoia in Mexico's Sierra Madre to reach the nearest doctor, health clinic or hospital. There was no guarantee that once villagers arrived at a health post there would be personnel or adequate funds or medicine to get the care they needed.

Where There Is No Doctor was written both to challenge the injustice of the health system in places like Ajoia and to demystify illness and health. Starting as a loose-leaf binder containing notes describing symptoms of health problems and how to treat them, it eventually developed into the printed book *Donde no hay doctor* and translations into 80 languages, including English. On average, 40 people read every book—which means that the three million copies in print have changed the lives of over 100 million of the world's poor!

And that's not counting the other formats in which the material has been presented: in leaflets, pamphlets and e-books, as radio programs, talking books, skits and plays, on mobile phones, tablets and the internet. We've taken advantage of every technological advance over the past 40 years but one thing hasn't changed: a huge number of people still need clear, easy-to-follow, practical health information.

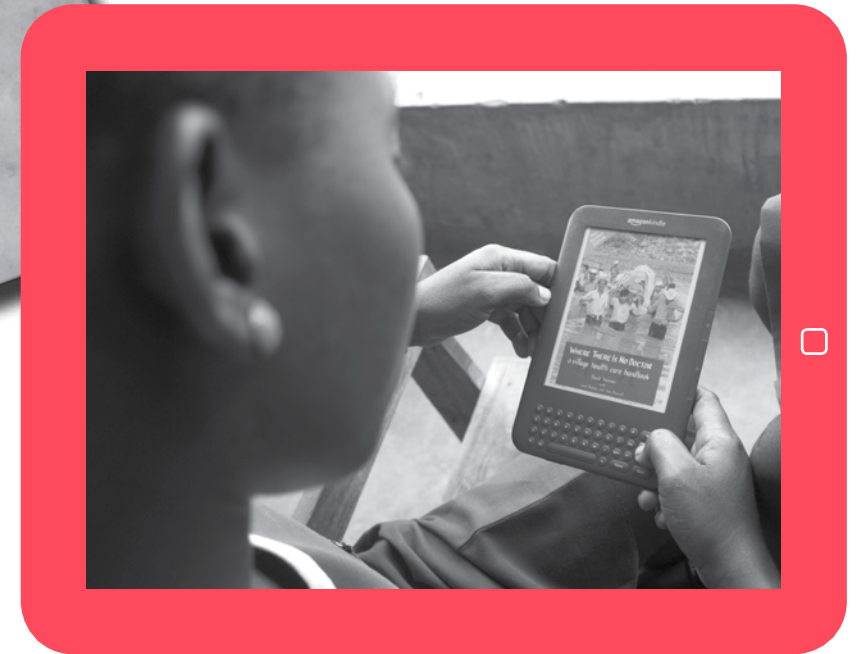
Unfortunately, health inequities throughout the world are growing, not shrinking, and the social injustice that creates and magnifies health problems has yet to be overcome. Without a doubt, Hesperian's health guides are needed more than ever.

There would be no books to distribute without your participation as volunteers, donors and staff, health educators and community organizers, field-testers, expert advisors and book reviewers, writers and readers, artists and activists. Thank you for putting your energy and your faith into Hesperian and *Where There Is No Doctor*. Together we're steadily approaching the goal that inspired the creation of that modest notebook 40 years ago: Health for All!

Sincerely,



Sarah Shannon, Executive Director



From notebook to eBook!

When *Where There Is No Doctor (WTND)* launched as an eBook for Kindle this year, it reached thousands of school children in Africa thanks to our partnership with Worldreader, a San Francisco-based organization that distributes Kindles in Sub-Saharan Africa to increase literacy. After receiving repeated requests for the book, Worldreader approached Hesperian in 2012 about distributing *WTND* for free on their devices in Africa. Currently, they have downloaded it onto more than 3,000 Kindles in 9 countries to an overwhelmingly positive response.

WTND is available for [Kindle](#), [Nook](#), [iPhone](#), [iPad](#) and [iPod](#) devices, a far cry from the original handwritten notebook of the 1970s. Whether delivered as low-tech paper or high-tech electronics, the goal remains the same: to address the underlying causes of poor health in communities around the world and stop the spread of preventable, treatable diseases.

AVAILABLE NOW

The expanding universe of the Hesperian Digital Commons

The collaborative, community-based process that led to the creation of *Where There Is No Doctor* 40 years ago continues to inspire and inform Hesperian's digital materials development. Far from leaving the print book behind, Hesperian provides an array of tools which allows health educators and practitioners to access health content in a combination of formats that best fits their needs—from printed books to eBooks, from single images to the comprehensive yet light-weight HealthWiki, from PDFs to mobile apps, and more. Over the past year, the Hesperian Digital Commons has grown exponentially in terms of content and has registered a 3-fold increase in numbers of visitors from around the world.

We have always relied on readers and users of our resources to send us feedback. New digital formats make sharing comments and ideas easier than ever.

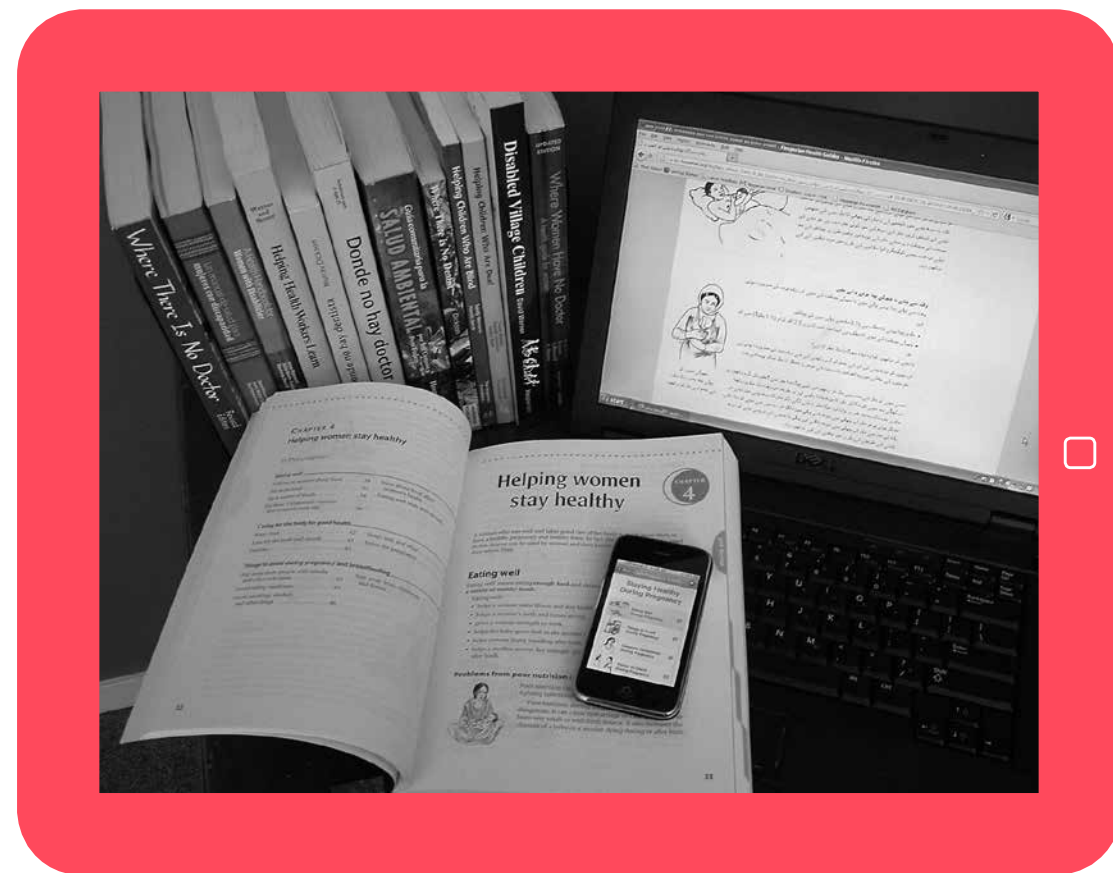
HESPERIAN HEALTHWIKI:

Visits to free web-based versions of Hesperian's books in the [HealthWiki](#) soared to 560,810 in the past year, with visits from Spanish-speaking countries increasing by more than 150%. Newly released titles include *A Community Guide to Environmental Health* in English and Spanish, as well as several advance chapters from the *New Where There Is No Doctor*. The HealthWiki currently hosts information in 12 languages with multilingual navigation, and is receiving visitors from every part of the globe.

Information not yet available in the HealthWiki can still be accessed as free PDF downloads via the Digital Commons, which hosts all 20 Hesperian titles in English and Spanish. PDF downloads of several titles are also available in an additional 30 languages.

MOBILE APPS:

Since its release, Hesperian's mobile app, *Safe Pregnancy and Birth*, has been downloaded 87,922 times. Once downloaded, the app does not require internet access for community health



workers to look up more than 20 step-by-step “how-to” instructions for essential health skills. The Spanish version launched in March and has been downloaded 7,405 times with the highest number coming from Spain, Mexico, and Chile. The app won the “She Will Innovate” award, chosen by Intel Corporation and Ashoka Change-makers from 292 submissions from 54 countries, recognizing it as “an innovative digital tool that helps women and girls live healthier and more meaningful lives.”

HESPERIAN IMAGES:

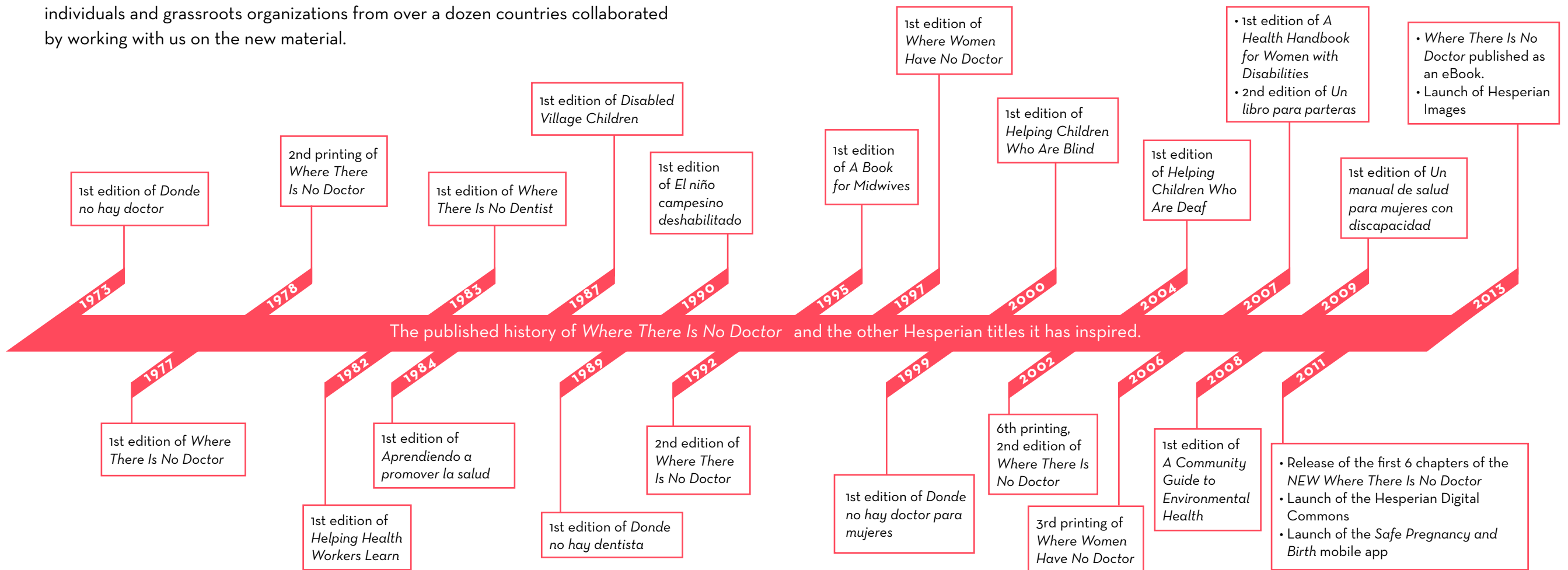
Since moving from the beta version to launching our publicly accessible database of over 12,000 illustrations, community health workers and educators around the world have written to share how useful this resource is to their work. With every image from Hesperian's 20 in-print titles available to download, [hesperianimages.org](#) is a one-of-a-kind resource. Organizations and individuals pay on a sliding scale, while grassroots health workers can request free images via our Gratis Images Program.

Preparing *Where There Is No Doctor* for the next 40 years

As we celebrate 40 years with *Where There Is No Doctor* (WTND) and reflect on the incredible impact this book has had on community health around the world, we are also working so it will continue to save lives and empower health workers for another 40 years. This past year, Hesperian made great progress on the *New Where There Is No Doctor*—our major revision of this classic book—to better address the health challenges the world’s poor now face.

The First Aid chapter is among the most widely used and depended upon material in WTND, and this year we released a brand new version of the chapter full of updated protocols and new information on emergency topics, and reorganized to assist community health workers responding to accidents and injuries. More than 40 individuals and grassroots organizations from over a dozen countries collaborated by working with us on the new material.

Preparing *Where There Is No Doctor* for another 40 years means not only developing new content, but also finding new ways to deliver it into the hands of those who need it. Hesperian’s new Digital Commons allows us to publish this life-saving content on the internet even before the book is complete. This year, the new First Aid chapter joined 6 other advance chapters of the New WTND on the Digital Commons. All are available as PDFs for free download, as well as in the flexible HealthWiki format. Attesting to the deep impact of *Where There Is No Doctor*, these 7 new chapters are some of the most sought-after content on the Digital Commons and during this past year were accessed by over 135,000 unique visitors.



Helping Children Live with HIV

Many communities, especially those in Sub-Saharan Africa, have been devastated by the HIV/AIDS epidemic. Among the least visible yet most affected have been children, from birth to adolescence, when they are growing and developing most rapidly and most dependent upon care from mothers, who may be sick themselves. To support caregivers in their day-to-day responsibilities for children affected by HIV, Hesperian is producing *Helping Children Live with HIV*, a new book in our Early Assistance series.

Working with experienced partners in Africa and elsewhere to produce a practical resource that both recognizes challenges and builds on existing knowledge and strengths, this book will cover the diagnosis of HIV in children; how to prevent and treat health problems including the prevention of HIV infection in children; how to use medicines and provide comfort care; how to talk with children about HIV, death, illness, grief, and social stigma; and the necessity to organize support for caregivers and children in need.



Health Action for Women

Inspired by requests from grassroots groups struggling to deal with issues such as sexuality, safe abortion, and gender-based violence in their communities, *Health Action for Women* provides practical strategies for working to improve women's health. Designed as a companion to *Where Women Have No Doctor*, this book collects activities and methods (storytelling, role plays, games, etc.) that enable community health activists to spark discussion and action on often controversial topics.

Incorporating feedback from community-based groups and reviewers from more than 20 countries has significantly enriched this new resource. Over 1,400 women and men of all ages participated in discussions, tried out activities, and told us what was most important to them and their communities.



Workers' Guide to Health and Safety coming in 2014!

As Hesperian completes our landmark *Workers' Guide to Health and Safety*, we have been testing an accessible yet comprehensive new section to help workers identify the chemicals they are exposed to daily and understand how chemicals affect health, both immediately and in the longer term. Chemical resource pages are one of the many innovative tools our *Workers' Guide* will provide to help workers and their advocates improve the physical and social conditions in factories and achieve the right to safe, fair, healthy, and fulfilling work.

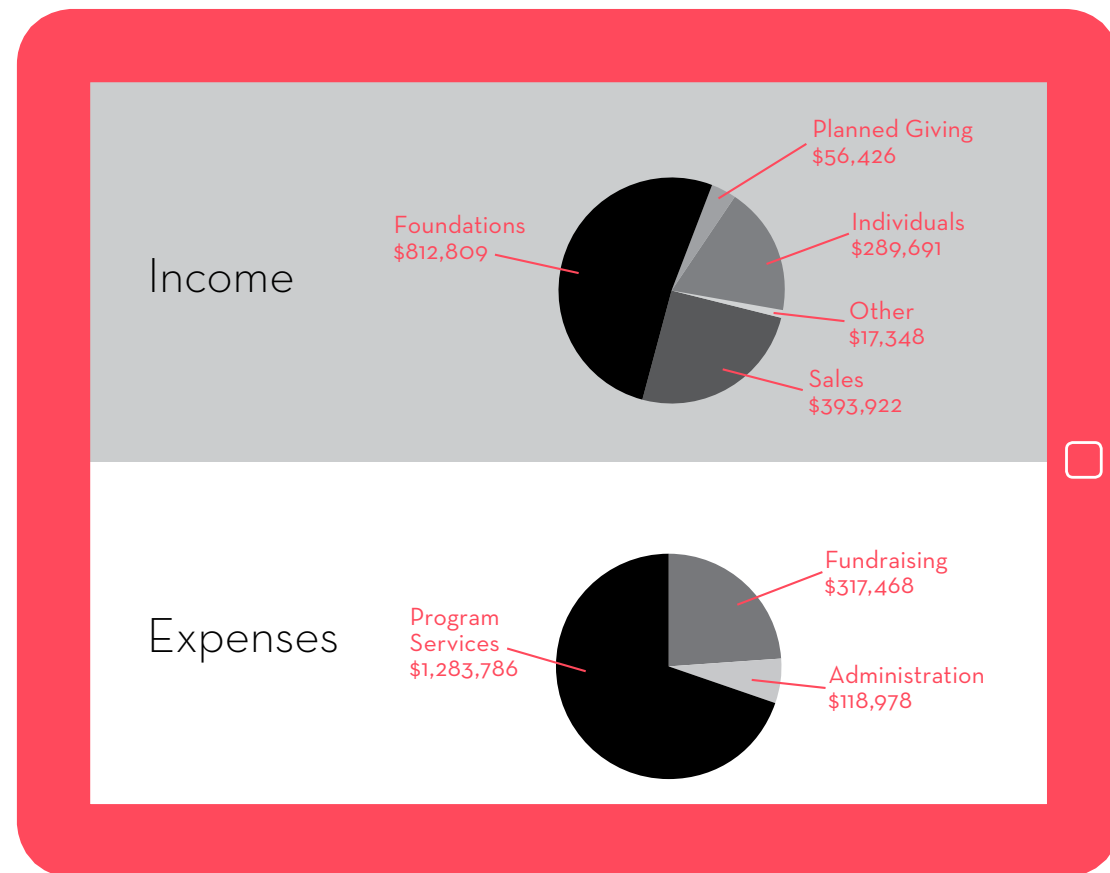
Financial Activity 2012-2013

Once again Hesperian received 4 Stars (the highest rating for fiscal management) from Charity Navigator!

Hesperian closed FY 2013 with assets of \$887,899 including \$340,140 in unrestricted assets. Individual donations, vital to our fiscal health, totaled \$289,691—an increase from the previous year. Revenue generated by book and product sales also increased to \$393,922. Foundation funding totaled \$812,809 and Hesperian also received \$56,426 as bequests and planned gifts.

In addition, Hesperian received the valuable gift of 14,472 volunteer hours from 1,203 volunteers working around the world as researchers and reviewers, book packers, field testers, translators, website and mobile app coders, and data analysts.

We thank you all—our donors, volunteers, book buyers and well-wishers—for your invaluable support.



Donors like you made all this possible—THANK YOU!

- Anonymous • Robert Abell • Sarah Adams • Egeniwarr Aduku Edolo • Frank Alfano • Mildred Alfonso • Shirley Allison • Maria Katherine Alway • Andrew Amster • Ann and John Anderson* • Hilary and Michael Anderson • Holly Anderson • Jon Andrus • Nilofer Ansari • Suzanne Arpante • Linda Artel and Bruce Berg • Amber Arvidson • Travis Ash • Ajantha Attaluri • Karlin Bacher • Sarah Bachman and Ray Wells • Paul Bahlinger • Marianne Bailey • Edwin Baldrige • Mary Jane Barabash • Charles Baroo • Eva Bartok • Bernadette Beach • Laurie Beavers • Emily and George Beck • Carl and Jenny Becker • Merritt Beckett • Bruce and Gail Bedingfield • Katherine Bedrich • Veronica Beers • Christine Beier and Lev Michael • Lorraine Bello • Linda Bender • Mary Bender and Stephen Hoyt • Bill Bennett • Doug Berch • Robert Berenson* • Denise Bergez* • Janet Bernhard • Maria Bernhardt • Jutta Bertram-Northnagel • Anurag Bhargava • Victoria Biancolo • Gardner Bickford • Barbara Binder • Ra Birhan • Michael Birnbach and Pat Bagdon • Judith and Gerald Blanchette • Jason and Leila Blatzheim • Caroline Bliven • Hannah Bloom • Anne Bluemel • Barbara Blum • Kate and Aaron Bobrow-Strain • Sara Bobson • Steve Boese • Pamela Bondy and Yonah Dokarker* • Norman Bookstein • Michael Borque • Rita and Bill Bourne • J. Russell Bowman • Isabelle Brabant* • David Braun and Christine Braun* • James Brennan • Norma and Donna Brewster • William Brieger • Dana Brosig • Erin Brotherton • Calla Brown • Leah Brown • Cassandra Brown • Julie Brown • Susan and Daniel Brown • Heather Brown • Douglas and Phyllis Brunson* • Jan Buchanan • Matt Buckley • Jenifer Burckett-Picker • Matthew Burk • Susan Burns • Webster Burns • Monique Bussell • Pauline Butcher* • Chris and Timothy Butler* • Jerry and Barbara Buttrey* • Sarah Buttrey* • John Bygott • Steve and Beth Cagan* • Susan Camp • Lawrence Canavera • Lucy Candib* • Charlene Canger • Linnea Capps* • Claire Card • Cynthia Carmichael* • Andy Carnahan • Jim and Dana Dee Carragher • James Carter* • Sharon Cary • Ricky Cash • Kristen Cashmore* • Roderick Chamberlain • Samuel Chapin • Judy Chapman • Lea Chatto • Andrew Cheng • Ivy Chevers • Michelle and Dennis Chick • Marcia Christian • Domenick Cirulli* • Paul Clairville • Karen Clark • Hugh Clark • Elizabeth Clark • Keith Clay • Ann Cleaves • Andrea Clement • Dawnine Clews • Jonathan Cohanne • Jonathan Cohen and Rebecca Lasky* • David Colclasure • Carol Colfer • Gay Colyer • David Coombs • Kris Coontz • Lindsay Cope • Lee and Betty Copeland • Manuel Armijo Cordero • Maria Cornelius • Julia Cornelius • Marc Corren • Joan Costello • Barring Coughlin • Jean and Roger Cox • Carmen Stephanie Cox • Suarez and G. Stodel Friedman • Jan-Marie Crenshaw • Bill Cromeans • Mary Crowther • Robert Culbertson • Stephen Cullenberg* • Adrian Cummings • Jacqueline Cunkelman • Mary Lou Currier • Robin Daley and William Kaiser* • Margaret Daly and Stephen Masternak* • William and Susanne Daniell • Keith Danner • Philip Darney and Uta Landy* • Emily Davidson* • Helen Ann Davis • Wendy Davis • Lindsey Davis • Chris de Beer • John de Castro • Frank De Leeuw* • Evelyn De Leeuw • Erika De Luca • Kathy DeRiemer* • Tom Dean • Arthur Del Nero • Kiran Delneuve • James deMaine • Gerald Dew • Melanie DeWitt • Daryl Dichek and Ken Smith* • Julian and Hong-Ha Do • Mary and L. Robert Dodge* • Helen Dolan • Alice and Arthur Dombay • Jennifer Donohue • Robert Downie • Sheila Doyle Kiernan* • Nancy Drooker and Alix Sabin • Patricia DuCharme • Brenda Duerksen • Michael and Kate Duffield • Joseph and June Dunford • Barbara Dunn • Frances Dupont • Daniel Dworkin • Clara Dykstra • P. William Dysinger • Linda and Jay Eastman* • Heidi and Roy Eastman* • Erin Eckert • Walter Eden • Laura Edwards • Leslie Elliott • Marcia Elliott • Diane Emerson • Ruth Endicott Freeman* • Susan Ensel • Nathan Epp • Lawrence Epstein • Laurel Erickson • Gina Eubanks • John Evans • Frances Evans • Elena Evans • Kit Everts* • Rob Everts and Deb Biba* • Jumatil Fajar • Deborah Falk and Aulking Walcott* • Jerry and Nancy Falk* • Krista Farey* • Leeanna Farrell • Kiersten Faulkner • Anita Feder-Chernila* • Eric Felice • Katherine Feltes • Pauline Fenty • Andrea Ferroni • Matthew Fick • Grace Flannery • Mark Flebotte • David Fleishhacker • Amy Fletcher • Melanie Florence • Megan Fockler • Teresa Foley* • Anna Folkerts • Kevin Ford • Tom and Florrie Forrest* • Nancy Frank • Marc Franklin* • Heather Franzese • Virginia Frazer • Susan Freireich* • Cynthia Fressola • Scott Friedman* • Edith Friedman • Brie Furnis-Lawrence • Sally and Richard Gaines* • Irene Gale • Susan Gallagher • Lee Gallery* • Elizabeth Gallery* • Simmi Gandhi • Mary Ganguli • Chandra Ganguly • Juan Garay • Sandy and George Garfunkel • Cathleen Garman • Susan Garratt* • Carole Gautschi • Christy Gavitt • Donnell Geib • Maxine Gerber • Barbara Gerner DeGarcia • Robert Gerzoff • Andrea Geyling* • Tim Giese • Michael Ginther and James O'Donnell* • Jean Girardot* • John Glazer • Jim Gloverm • Dawn Gluck • Miguel Godayol Gonzalez • Bethany Golden • Stephen Goldsmith • Joshua Goldstein • Anne Goldstein and Philip Tegeler • Jose Maria Gonzalez • Suzan Goodman* • Ruth Gorham • Alice Gosak Gary • Portia Graves • Marian and Roger Gray* • Daniel Gray • Elizabeth Gray • James Green • Ken Green • Randall Green • Deborah and Donald Griffin • Jane Griffith •

* = Giving for a decade or more!

Marlene Griffith Bagdikian • Hugh Groman • Caroline Grootes • Sarah Grossman* • Barry Grossman • Jane Grossman • Terry Grumley • George Gunkelman • Robert Hackett • Christine Hagerbaumer • John and Renata Hahn-Francini* • Robert Hains • Prairie Hale • Marian Haley Beil • Thomas Hall* • Helena and Bertrand Halperin* • Daniel Hannon • Kevin Hansen • Chris Hansen • Joseph Hanzs • Dustin Harbage • Mary Alice and Charles Hardin • Chris and Marcus Harding • Eric Hardison • Terri and Robert Hargrave • Gene Harkless • Todd Harmel • Eva Harris* • Nancy Harris* • William and Barbara Harris* • Betsy and David Harris • Carol Harrison • Jean Harsch • Michele Hartigan • Susan Hawkins • Grace Haynes • Nancy Hays • Lettie Heer • Regina and William Heffernan • Mark Heffington • Sharath and Shweta Hegde • Gretchen Heinrichs • Susan Heller* • Ruth Heller • Luz Henao • Nancy Henderson and Kathryn Ann Black* • Sara Hendren • Gretchen Herbkersman* • William Herring • Linda Hetue • Esther Hewlett* • Tim Hightower • Anne Hildreth • Herman Hill • Ellen and Bob Hirth* • Ova Hochstetler • Robin Hodgkins • Robert Hogrefe • Eva Holsinger • Bobbi Hopkins • Linda Howat • Linda Höwe • Julie Howell • Donald Hubbard • Sandra and Michael Brewer • Barbara Hudman* • Melrose Huff • Donald Huffman • Carrie Hummel-Logee • Zoe Humphreys • Ar dys and Kenneth Hunter* • Mae Hurley • David Hutchinson* • Linda Hutton • Merry Hutton • Frederick Huxley • Adam Ida • Adelheid Irvin* • Howard Isaacs • Jeanne Isabel • Ellen Jacobs • Diana Jacobson • Doris Lavonn Jaeger* • Todd Jailer and

Sarah Shannon* • Priyank Jain • Malvice Jefferson* • Elizabeth Jenkins-Joffe • Judith Jennrich • Shirley Jensen • Philippe Jeudi • M. Lee Johnson • Deborah Johnson • Maureen Johnson • Portia Jones* • Vanessa Jones • William Joyce • Alphonso Joyner • Richard Jurgensen • Matthew Kane • Christopher Kantarjiev • Rosemary and Dan Kaplan* • Marvin and Adriana Karno* • Jennifer Kasper • Jonathan Katz • Michael Katz • Franklin Kavalier • Karla Kay • Barbara Keeffe* • Sherry Keith and Robert Girling • Sue Keith • Jeanne and David Kemp* • Donald Kemper • Walter Kerschl • Linda and Kevin Kessler • Kathryn Ketcham • David Kilburn • Jessica Kiley • Gailmarie Kimmel • Shauna King • Gloria Kirk • Joan Kloehn* • Amber Kloppe • Michael and Sachiko Knappman • Stephen Knudson • Beth Knutsen Main* • Jean Kohn* • Elizabeth Koop • Jon and Margaret Kosek* • Thomas Kozhimannil • Larry Kressley • Jim Krieger and Kimberly Wicklund • Adam Kubryk • Gillian Kuehner • Candace Kugel* • Edward Zuroweste • Mary Kunkel • Jenny Kuo • Ipek Kursat • Timothy and Traci La Valle • Lizzie LaCroix • Kevin and Catherine LaCroix • Mary Laird • Sarah Lampman • Lorna Lang • Mark Lange • Bill Lankford • Ellen Lapowsky • Miriam Larkin • Joyce Latura • Beverly and Bob Lauderdale • Joshua and Nancy Lazerson* • Norma Lebard • Robert and Eleanor Ledogar • Philip Lee • Rebecca Legler • Steven Leiner and Mary Mays* • Pamella Leiter • Monica Lemos • Janet Lent* • John and Sylvia Leonard • Ellen Leonard • Chuck Levenstein • Mark Levente and Kathleen Anzicek • Shirley Linde* • Brian Linde and Jodie Ruland* • Elizabeth

Lindgren-Young • Joan Liston • Alanea Liston • Bev Litchfield • Mary Little • Alice Litton • Julie Litwin and Shelley Sella • Tawnia and Matt Litwin • Judith and Dick Litwin • Gita Liv • Peter Loewinthan • Patrick and Sharon Logan • Judith Lorimer • Jeffrey Love • Marsha Love • Francina Lozada Nur • DeWayne Ludwig • Alex Luger • Iona Luke* • Tobias Lutz • M. Brinton Lykes • Virginia and Bob Lynch • Augusta and Thomas Lyon • Alan and Rosemary MacHardy • Norberto Machuca • Janet Magnani • Umaimah Mahmud-Thiam • Carrie Malanga • Stanley and Janet Maleski • Geoff Mamlet and Hannah Bloch* • Tresha Mandel • Ed Mann • Greg Mann • Rosemarie Marchese • Gail Mardfin • Ruth Margalit • Bela Mariassy • Edward Marino* • Suzanne Marks • Helen Marler • Johannes Marstad • Raymond Martin* • Natasha Martin • George Margaret Davidson • Masao Murai • Kelly Murphy • Frank and Helen Lyngaas Myers • Roberta Mylan* • Arthur Naiman* • Judy and Roy Nakadegawa* • Hideaki Nakajima • Andrei Nanu • Jean Naples • Chris and Suzanne Nauman* • Bruce Nayowith* • Mary Ellen and Thomas Neill* • Carlene Nelson • Edward Nevin • Barbara Newcombe* • Hope Newcomer • Paul Newman* • Julie Newton • Bruce Newton • Dawn Nicholson • Cheryl Nickerson • Marie Niemann* • Janell and Mark Niemann-Ross • Yoko Noda • Jamie Norris • Pat Norton • Peter Notidis • Priscilla Novak • Philip Noyce • Claudia Noyes • James O'Barr • Candace O'Bryan • Gregory Oelke • Ellen Ogman • Gail O'Kelly • Jennifer Olson • Eric Olson • Catherine Olson • Rande Oneal • Katie Ouellette •

Evan Metcalf and Mary Crawford* • Sharon Metcalf and Randy Smith* • Amy Metzger • Pedro Meza • Roberta and Spencer Michels • Kate Michlitsch • John and Mary Middleton • Maya Miguel • Delinda and Ronald Miller* • Martha Miller and Robert Gamble* • Lorene Miller* • Jennifer Miller and Dai Gwilliam • Laura Mills • Diane Mills-Gutierrez • Gabriella Miotto* • Debra Mipos* • Margaret and Ron Mischner* • Michelle Mitchell • Martha Molina • Deborah Molloy • Dawn Montague • John Moody • John and Virginia Morgan • Beth Morgan • Kevin Moroney • Karen Morris • Karan Morrisey • Kathleen Morrow • Clifton Mouser • Mollie Mouton • Suzanne Mowry • Meg Moynihan • Stuedemann • Caroline Mudd • Marjorie Muecke • Dorothy Mull* • Solange Muller* • Margaret Mullins • Carol Munch-Taylor • Leslie Munn* • Linda and James Munroe-Davidson • Masao Murai • Kelly Murphy • Frank and Helen Lyngaas Myers • Roberta Mylan* • Arthur Naiman* • Judy and Roy Nakadegawa* • Hideaki Nakajima • Andrei Nanu • Jean Naples • Chris and Suzanne Nauman* • Bruce Nayowith* • Mary Ellen and Thomas Neill* • Carlene Nelson • Edward Nevin • Barbara Newcombe* • Hope Newcomer • Paul Newman* • Julie Newton • Bruce Newton • Dawn Nicholson • Cheryl Nickerson • Marie Niemann* • Janell and Mark Niemann-Ross • Yoko Noda • Jamie Norris • Pat Norton • Peter Notidis • Priscilla Novak • Philip Noyce • Claudia Noyes • James O'Barr • Candace O'Bryan • Gregory Oelke • Ellen Ogman • Gail O'Kelly • Jennifer Olson • Eric Olson • Catherine Olson • Rande Oneal • Katie Ouellette •

Vicky Oumiette • Colleen Paeff • Elizabeth and Robert Pagnani* • Lauri Paolineti* • Robert and Carolyn Parker* • Ann Pattock* • James Patton • Hannah Paultley • Christa Peacock • Reingold Pearson • Horacio Peralta-Marinkovic • Wendy Perlmutter* • Henry Perry • Gary Peterson • Jan Petersson • Beth Pfothenauer • Ruby Phillips* • Frances and William Phillips • Lesley Phillips • Mary Phillips • Vittorio Piegaja • John Pilkey • Jeffrey and Linda Pine • Lisa Pint • William Plank • Karen Platt • Suzanne and Charles Plopper* • Allison Plyer* • Mark and Julie Pohlman • Jonathan Pool • Louise Popkin* • Carol Posey • Russ Post • Susan and Kenneth Powell* • A.V. and Mildred Price* • Karen Price • Beth Pruett • Mary Puglia • Ronald and Karen Pust* • Sam Raees • Bonnie Raitt • Beneto Ramirez • Theron Ramos • Brian Randall • Edward Rappaport* • Sumana Reddy* • Alan Redmon • Joan Reeves* • Fred and Sheila Rehbein • Caroline and Mark Rehder • Paul Reynold and Lorraine Sylvester* • Julie Reynolds • Janet Riddle • Elizabeth Rielly • Stephen Rinsler • Nicholas Ritter • Jean David Robert • Briana Robertori • Peter Roberts • Patricia Roberts • Lawrence Robertshaw • Jessica Robinson • Alex Rockwell • James Rodgers • Rudi Rodriguez • Judith Rogers* • Marshall Rogers • Bryce Rogow • Sydney Rohan • Jean Francois Romang • Margaret Rombach and Robert Riggs • Barbara Roos • James Rosbe • Sandra Rose • Naomi and Michael Rosenfeld • Margaret Rosenfeld and Dan Weld • Robert Rosenfeld • Jane Rosenman • Nancy and Charles Ross* • Janet Ross • Mary Rossi • Lynn Rossiter • Cecilia and Joel Roth • Helene Rousseau • Alice

Royer • Nancy Rud Gordon • Frances Rushing • Lois Russell • Charles Russell • Susannah Sagan and Andrew Katz • Sergio René Salgado* • Andrew Samuel • Michael Santarelli and Laura Hall* • Lora Santiago • Stefan Santiago • Joe Sarcone • James Saunders • Vicki Scarpellini • Ken Schaeffe • Bob and Kay Schauer* • Alfred Scherzer • Chris and Bev Schubert* • Kurt Schueler • John and Nancy Schullinger • Marie Schutz* • Peter Scolney* • Mike Sedar • Jacqueline and Michael Sedgwick • Christine Segerhammar • Pauline Seibel • Michael Selender • Kim Selznick • Lizzie Sensenig • Adam Serchuk • Monica Setziol and James Phillips • Sue Severin* • Adrian Sgarioni • Andrew Shanon • Steven Shapiro • Sunil Sharma • Lynn Shearman • Katha Sheehan • Albert Sheena* • James Shelton • Benjamin Shenberger • Ruth Sherer* • Reddy* • Alan Sherman • Amy Sherman and James Page • Jessica Shinneman • Laurence and Suzanne Baker Shoup* • Marc Shulman • Patricia Shure* • Roberta Siegel* • Ana Sikula • Louise and John Singleton • Janey Skinner* • Catherine Smith • Bill and Gloria Smith • Gregory Smith • Theodore Smith • William Smith • Megan Smith • Barbara Smith • Janice Smith • Sanford and Patricia Smith • Deborah Smith Bernstein • Larry Snider • Audrey Snyder • Jonathan Soneff • Donald Spady • Linda Spangler* • Amanda Spangler • Leigh Speichinger* • Patricia Spencer • Kiriyo Spooner • James Spotts • Margaret St John • Jerry Stancil • Jessie Standish • James Stanek • Lesa Stark and Bill Fitzgerald • Diane Staves* • Diane and Joseph Stemach • Thomas and Ann Sterling* •

Sabin and Michelle Stevens • Forrest Stevens • Jered and James Stifter • Hayley Stokar • Oscar Straus • Robert Strayer • Cynthia Strieter-Boland • Lucy Stroock • Nelson Sturgis • Debra Suchyta • Mary and Peter Sundin • Joann Swanson and Robert Basila • Therese and Theodore Tanalski* • Geraldine Taplin • Kay Tarleton • Ruth Tarnopolsky • Jean Taylor • Brian Taylor • Dorothy Tegeler • Dean and Marie Tegeler • Nancy Tegeler • Ross Terrio • Fasika Tesfaye • Peter Thompson • Margaret and David Thouless* • Ina Tillman* • Richard and Marilyn Tipping* • Karen Jim Tlustos* • Heather Dawn Todnem • Charles Tomberg • Christopher Tonozzi* • Michael Towns • Elliot Trester and Barbara Wilson* • Sandy and Royce Truex* • Julius Trusch • Raul Tuazon • Carol and Richard Tubbs • Jennifer Tucker* • Janice Tunder* • Brian Turner • Donna Turpin • Barby and Victor Ulmer* • Heidi Unzicker • Aniruddha Vaidya and Neerja Bhatt* • John Vail* • Barbara Valuckas • Rick and Michelle Van De Graff* • F. Van Driel • Lois Van Tol • Monique Van Westerhoven • Gus Vaninetti • May Vaughan* • Kristine Vega • Victoria Vella • Linda Venter • Trevor Vernon • Victor Manuel and Vivianco Mora • Joseph Viviano • Susan Vlach • Ana Vollmar • Ellen Vor der Bruegge* • Dorothy Wagle • Madeline Wake • Anne Wakefield Atkinson • Laurie Walker • John Walker • Jean and Walter Walkinshaw • Catherine Walkinshaw • Barbara Walkover • Joanne Wallis • Eric Walter • Ernest Walter • Marjorie Wang-McLaren* • Kimberly Ward • Mary and Matthew Ware • Rita Warpeha • Janet Wasylshen-Velasco • Elisabeth Watson • Susanne Watson • Will Wauters •

Michael Wauters • Kathryn Webb • Catherine and Don Weber* • Lynn Weber* • Jim and Debra Weber • Susan Weissert • Janice Wellings • Tom Welte • Sarah Wenger • Jane Wentworth* • Eva Werbell • Emily West • Janet Westbrook* • Patrick Westhoff • MarianaWhaley • Hobart Wheeler • Diane Whitcomb • B. Maurene White • Linda Whitehouse • Roger and Katherine Whitley • Jeff Wieber • Merrill Wilcox • Mary Willett • Martha Willi* • Margaret Willits • Julie Wilmot • Elizabeth and Charles Wilson • Briana Wilson • Carol Winkel • Robert and Peggy Winkler • Elizabeth Winkler • Kristin Wolf • Stephen and Debbie Wood • Ed Wood • Julie and Fred Wright • Pablo Yori • Robert Young • John Young • David Zibell • Jane and Stacey Zones • Geraldine Zwack

Planned Gifts
Anonymous • Massih Hakami Revocable Trust • Sue Anne Gershenson Revocable Trust

Institutional Funders
Arntz Family Foundation • Bushrod H. Campbell and Adah F. Hall Charity Fund • California Communications Access Foundation • California Wellness Foundation • Cogan Family Foundation • Conservation, Food, and Health Foundation • Cornell Douglas Foundation • The Flora Family Foundation • Grousbeck Family Foundation • Ipas • Medtronic Foundation • New Field Foundation • Partnership Foundation • Dorothy and Jonathan Rintels Charitable Foundation • Sidney Stern Memorial Trust • Sweetgrass Foundation • United Methodist Church – Women’s Division • West Foundation • Westwind Foundation

* = Giving for a decade or more!

* = Giving for a decade or more!

Hesperian's volunteers and collaborators

We depend on the labor of hundreds of volunteers and collaborators, from book packers and medical experts, to digital advisors, wiki wizards, web coders, and community organizers, to those who develop, translate or adapt our publications. We offer them our wholehearted thanks!

Bill Affolter • Oladayo Afolabi • Salim Afshar • Alex Ahn • Julie Aldrich • Nadeem Al-Duaij • Casimir Alfred • Art Amman • Rabia Aslam • Lucille Atkin • Dilip Balami • Chris Beier • Roger Benham • Lori Berenson • Carolyn Blayney • Mao Boran • Jean Box • Garrett Brown • August Burns • Ray Butarbutar • Sarah Buttrey • Pascal Cassan • Blanca Castanon • Rene Castro Santoro • Daniella Caycedo • Karen Chesterton • Emma Chirix • Calvin Chiu • Sally Choi • Suki Chung • Veronica Churchill • Julie Cliff • Noel Colina • Amber Collins • Susie Colowick • Mara Cowen • Elizabeth Cox • Peg Cumberland • Sharena Curley • Amelia Dang • Barbara de Souza • Linda Delp • Karin Denevi • Milka Dinev • Javier Dominguez del Olmo • Hector Dominquez • Tenzin Drakpa • Monica Dyer • Diana Echenique • Mary Ellsberg • Libby Engles • Katherine Erickson • Abdul Muhsen Abu Fannouneh • Anne Farbman • Virginia Feldman • Daniella Fiddes • Graciela Freyermuth • Alanna Galati • Lee Gallery • Cecille Garcia • Tom Gassert • Connie Gates • Bette Gebrian • Omana George •

Jaclyn Gilstrap • Jason Goldman • Laura Goldman • Anastasia Gordon • Elizabeth Grossman • Mohit Gupta • Katie Gustafson • Charles Hale • Susan Heller • Gretchen Herbkersman • Linda Höwe • Alyson Hyman • Patrick Illegems • Saq Imitaz • Yelena Ionova • Andrea Irvin • Ellen Israel • Meg Ivankovich • Kathy Jobe • Edwin Jurig • Nathan Kamalyan • Anna Keller • Laura Kirkpatrick • Rebecca Klein • Smitha Kochukuttan • Jeong-ok Kong • Yalda Kontratchi • Kranti and Sabala • Barbara Kyle • Clara Lawal • David Levinson • Josh Litwin • Matthew Litwin • Silvia Loggia • Leith Lombas • Claire Long • Ronnie Lovich • Jay MacGillivray • Pascal Mailu • Natasha Martin • Elvia Mendoza • Suellen Miller • Avani Mody • Jennifer Moss • Georgia Mulligan • Dan Murphy • Catherine Muthoni • Meira Neggaz • Candice Newman • Michelle Nguyen • Tom O'Connor • Helen Abazie Ogechi • Giorgis Okbazgi • Deborah Ottenheimer • Sanjiv Pandita • Sana Patel • Jagdish Patel • Emmanuelle Pennarun • Phi Delta Epsilon Faternity • Georgina Phillips • Lesley Phillips •

Alix Pora • Dimu Pratama • Abrar Qadir • Nai Raman Sampranoi • Patricia Ravelo Blancas • Dee Redwine • Cecile Richards • Betsy Rodriguez • Paula Rojas • Dan Rutz • Yinusa Olanrewaju Saheed • Hamidullah Saljuqi • Tod Schimelpfenig • Robin Schneider • Angela Schramm • Melody Segura Suarez • Elizabeth Seiver • Alex Sen • Paola Sesia • Katharine Shapiro • Bishwa Bandhu Sharma • Michaela Simmons • Naina Singh • Janey Skinner • Amalia Smith Hale • Melissa Smith • Taryn Smith • Ted Smith • Brad Snyder • Juliana So • Alex Sobel • Miya Sortes • Linda Spangler • Stan Sprague • Brianna Stewart • A.O. Sule-Odu • Diane Switzer • Judy Tart • Claire Tebbets • Michael Terry • Felix Thomson • Jessica Trinh • Aruna Uprety • Adrian Valasquez • Irma Velasquez • Kathleen Vickery • Felicity Wales • Karen Warrick • Dorothy Wigmore • Glen Williams • Nichol Williams • Zoe Williams • Michael Wilson • Greg Wolff • Jessie Wong • Julie Wright • Theron Yeager • Justin Yoo • Hassan Zeneddin

For a list of organizational partners, visit: hesperian.org/about/partners.

Hesperian Staff

Michael Birnbach, Mary Ann Buckley, Jenny Chung, Meagan Demitz, Libby Engles, Jacob Goolkasian, Zena Herman, Todd Jailer, Lizzie LaCroix, Miriam Lara-Meloy, Tawnia Litwin, Jane Maxwell, Julia Nakad, Michelle Nguyen, Susan McCallister, Sarah Shannon, Rick Solomon, Kiriyo Spooner, Kathleen Tandy, Kathleen Vickery, Lily Walkover, Robin Young. **Former staff members:** Maria Caycedo, Emily Encina, Shobha Hiatt, Dorothy Tegeler.

Hesperian Board of Directors

Bill Lankford, Co-Chair

Founder, The Central American Solar Energy Project (CASEP)

Linda Spangler, MD, Co-Chair

Physician, Adult Primary Care, Alameda County Medical Center

Pauline Butcher, RN, MSN, Treasurer

Traditional birth attendant trainer, Guatemala

Larry Kressley, Secretary

Former Executive Director, the Public Welfare Foundation

Davida Coady, MD, MPH

Executive Director, Options Recovery Services; President, San Carlos Foundation

Juan Garay, MD, MPH

Coordinator on health and social sectors, Regional Cooperation with Latin America, EuropeAid; European Commission, Brussels, Belgium

Eva Harris, Ph.D.

Professor, Division of Infectious Diseases & Vaccinology, UC Berkeley; Co-founder and Board President, Sustainable Sciences Institute

Rob Rosenfeld

Founding Director, Yukon River Inter-tribal Watershed Council (1997 - 2009); Consultant for Indigenous governments, inter-tribal organizations and NGOs

Sarah Shannon

Executive Director, Hesperian

Ellen Vor der Bruegge, MPH, MS, MT

Independent Consultant; Former Vice President, Freedom from Hunger

Susan Weissert

Co-director Infant/Toddler Parents Program, Dominican Sisters Family Health Services; former Maryknoll lay missionary and AIDS Task Force Coordinator, Maryknoll Office for Global Concerns

Emily West, MIPP

Executive Director, The West Foundation

Amy Wilson, Ph.D.

Associate Professor, Department of Educational Foundations and Research; Program Director, International Development Graduate Program, Gallaudet University

Meagan Demitz and **Robin Young**

Staff representatives to the Board

About Hesperian Health Guides

Hesperian's mission is to develop and publish resources that help people take greater control over their health and lives, and to organize to change the root causes of poor health. A pioneer in community-based health since the 1970s, our world-renowned materials have been translated into more than 80 languages, and with the addition of our digital tools, are used in 221 countries and territories. Hesperian's open copyright ensures broad distribution of all our resources.

How can you participate in Hesperian's next **40** years?

Donate

Your gift will enable Hesperian to write and distribute lifesaving health resources.

Share your story

Visit the Hesperian website and tell us how you have used Hesperian resources.

Buy books

Add Hesperian information to your own library, and those of your friends and family.

Give a Gift of Health

Make a gift that will send a book to someone in the world who needs it but cannot afford to buy it.

Volunteer

You'll gain valuable experience with a non-profit publisher working for social justice.

Join the People's Health Movement

Visit: hesperian.org/get-involved/join-the-movement.

Share Hesperian with others

Like Hesperian on Facebook and follow on Twitter to join us in spreading information.



Questions about ways to give? For more information about how to donate stocks or include Hesperian in your personal financial plans and legacy giving, contact Lizzie at lizzie@hesperian.org.

To learn more about each of these opportunities, visit us at hesperian.org/get-involved.