




hesperian

ANNUAL REPORT

JULY 1, 2009 – JUNE 30, 2010



Dear Friends,

When torrential downpours in Pakistan led to devastating floods, Hesperian turned to our partners in the Sindh area. We asked the Pakistan Forum on Women's Health (Karachi) and the Trust for Rural Development (Hyderabad) if posting downloadable materials on water, sanitation, cholera and refugees in Urdu, Sindhi and English would be helpful. In the midst of other emergency-related demands, these partners responded enthusiastically and forwarded us electronic files from their editions of *Where Women Have No Doctor*, *Where There Is No Doctor* and on safe drinking water from *A Community Guide to Environmental Health*. Similarly, we reached out to local Urdu and Sindhi speaking colleagues and produced translations of our cholera factsheet. All these materials were posted rapidly on our developing Hesperian Digital Commons. As the crisis intensified over the next few days, these materials were downloaded nearly 2,000 times from within Pakistan!

Co-dependence (of this positive kind) plays an increasingly central role in Hesperian projects. For example, we're working with Likhaan in the Philippines to jointly explore how to best prepare and present materials on the web for community health workers. Collaborators throughout Latin America are downloading provisional pages of our newly translated *Community Guide to Environmental Health* to generate feedback on the Spanish edition of this book, even as they are incorporating it into their organizing work.

By mobilizing our global networks, Hesperian delivers health materials where they are needed most. Inside this annual report you will find more examples of how our connections with some of the most dedicated health workers in the world mutually enrich our work. Another important partner whose support we are deeply appreciative of is you!

This year we thank you more than ever. More than 125 organizations depend upon your support, as do we. Please remember how your contribution to Hesperian amplifies as it spreads throughout our networks and continue to be generous with your time, your cooperation, and your financial support.

Sincerely,



Sarah Shannon, Executive Director

Haiti:

Networking to Save Lives

The day after the devastating earthquake hit Haiti on January 12, Hesperian was ready. We uploaded to our website digital copies of *Kote Ki Pa Gen Dokte* (*Where There Is No Doctor* in Kreyòl), *Kote Fanm Pa Jwenn Dokte* (*Where Women Have No Doctor* in Kreyòl), and other health materials in Haitian Kreyòl, French, Spanish, and English.

News of free accessible materials in Kreyòl “went viral,” generating an overwhelming response from a wide variety of health activists. In addition, our materials were distributed by the World Health Organization and other large relief organizations, as well as by individual volunteers. Our Kreyòl materials were downloaded over 30,000 times in the first

week alone! Responses poured in from around the world, and the stories we heard about the realities volunteers were witnessing made us wish we could do more.

On January 25, the opportunity arrived. We received a request from Medical Education Cooperation with Cuba (MEDICC), a partner nonprofit organization that had created a Spanish-French-Kreyòl glossary of commonly used medical terms, to add an English translation to their 4000+ word trilingual glossary, to assist the many English-speaking volunteers arriving in Haiti. Using a “wiki” format, Hesperian staff, and more than 80 global volunteers, worked non-stop to meet a 30-hour deadline.

Their collective work was reviewed by a team of medical translators, and again by Haitian medical doctors, and on January 27 we posted *Health for All: A Kreyòl-Spanish-French-English Glossary* on our new Haitian Kreyòl Health Information site at <http://creole.hesperian.net>. The glossary is available to download in PDF form using any of the 4 languages as a starting point, whether by a Haitian health worker who speaks only Kreyòl, or a US volunteer who speaks only English.

We hope these materials will serve the people in Haiti as they build new lives amidst the destruction of the earthquake.



photo courtesy of LANBI Elkartea

Mongolia:

Translation Powers Environmental Solutions



photo courtesy of Oyungerel Tseveddamba

Oyungerel Tseveddamba, the first Human Rights and Environmental Advisor to the President of Mongolia, was helping a group of nomadic herders investigate ecological toilets when she found Hesperian's website and downloaded our book *A Community Guide to Environmental Health*. Then she ordered a copy and read it cover to cover.

Oyungerel was struck by the book's accessibility and applicability to local environmental issues. "In Mongolia, we face deep problems in every aspect the

book has touched upon. Many people saw the problems, but no one was able to give answers how to change things for the better."

Inspired by the solutions she found in the book, Oyungerel applied for a seed grant from Hesperian to translate it into Mongolian. She hired a typist, put aside all other work, and gave herself forty days to complete the translation. Because she found the material so easy to understand, she finished one day early!

Now, the book is used in all 360 *soums* (counties) of Mongolia by community activists, environmental inspectors, and doctors. It has been added to libraries of all rural schools. In addition, parts of the book were copied and given away: to herders from Arkhangai province (toilet choices), miners from Darkhan Uul province (health risks from mercury), and citizens from Muren in Huvsgul province (solid waste management).

Oyungerel's story shows how one book can be a transformative tool, and also highlights how Hesperian's open copyright policy makes it easy to adapt and translate our books into other languages—further increasing their reach.



photo courtesy of RHEST, Nepal

Nepal:



Learning from the Community

For a month this spring, Dr. Aruna Uprety, a health activist from Nepal, and the person responsible for translating *Where Women Have No Doctor* and *A Health Handbook for Women with Disabilities* into Nepali, worked at our offices in Berkeley. Aruna is the first of several Fellows, long-time Hesperian collaborators helping us develop materials for the 21st-Century edition of *Where There Is No Doctor*. In Nepal, Aruna also works tirelessly to prevent trafficking of girls and violence against women through girls' education in rural areas. She spoke with us about how she first discovered Hesperian.

I first came into contact with Hesperian through the book *Where There Is No Doctor* when I started going to community health centers in the countryside in Nepal. I began to see the book everywhere—it had been published by the first medical school in Nepal. I took a closer look and saw examples of cultural practices like using papaya and honey to treat bed sores. I thought to myself, well, if this respected medical institution is using this book that includes traditional remedies, I too should pay attention to them. So, I shifted from an “expert” to a learner.

I started learning from people in rural communities throughout Nepal by asking questions such as, “What do you use for a cough or a fever? How is it working for you?” Then, I started passing on the remedies I

was learning to others in different places, first in my country and then in other parts of the world. *Where There Is No Doctor* is the only book I can use in my work. And because it is translated into many languages, even if we don't share a common language, I can show people where the information is. People usually think I am not a medical doctor because I share this knowledge!

One of the most important things about Hesperian is that anyone can use the materials—there is no copyright. In Eastern philosophy, when someone says you can use this, it is considered egoless. This has changed me too. Now, in all of the health education materials I myself have written, I make sure people know they can copy them and use them everywhere.

What's in Process?

Books in Development

With the help of our global partners, Hesperian has made significant progress on several major projects:

Community Action for Women's Health and Empowerment: A draft of this activities-based companion to *Where Women Have No Doctor* is nearly complete. Several early chapters were reviewed by experienced community health educators and trainers in Afghanistan, Mexico, the Philippines, Nigeria, India, Kenya, Lebanon, and the Choctaw Nation in the US.

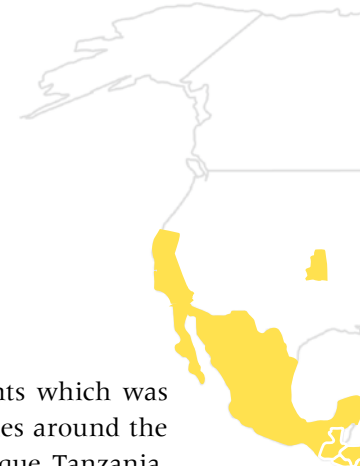
A Workers' Guide to Health and Safety: Meetings in China and Cambodia with partners from all over Asia helped us complete an extensive section on "social hazards," and make headway on chapters on the electronics and shoe industries. We expect to publish the book in 2012.

Where There Is No Doctor for the 21st Century: The major rewrite of our classic manual is underway. This

year we developed a Table of Contents which was critiqued by 40 advisors from countries around the world, including Bangladesh, Mozambique, Tanzania, Guatemala, El Salvador, Laos, East Timor, and Ghana. We also drafted chapters on pregnancy and birth; water and sanitation; problems with the belly and gut; and nutrition.

A Community Guide to HIV: Several new chapters addressing the needs of children with HIV have been developed. Review partners are especially excited to see tools for children's psychosocial support included along with clear information about clinical and home care, as well as information on preventing mother-to-child transmission, and keeping mothers healthy as the best way to improve child health.

Una guía comunitaria para la salud ambiental, the Spanish edition of our *Community Guide to Environmental Health* (2009) was reviewed by partners in several countries in Latin America and will be released in 2011.



Keeping Books in Stock

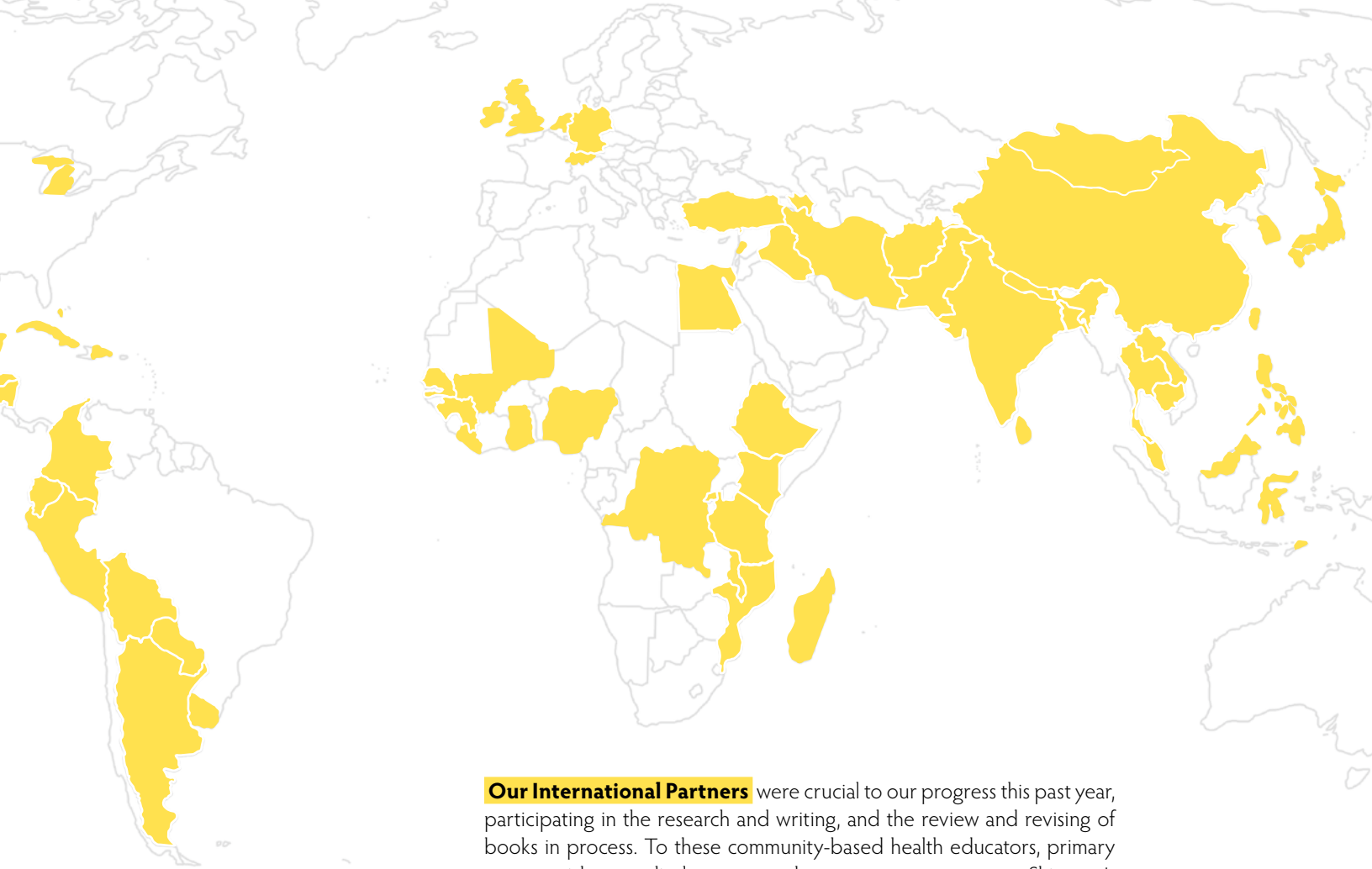
When our sales department alerts us we will be running out of copies of a particular title, our editors begin a process to update and revise the book before we order more copies from the printer.

This important but labor-intensive process is necessary to make sure our titles contain the most up-to-date information and reflect ever-changing international guidelines. A thorough review before

reprinting ensures we are providing our readers with the best information available.

This fiscal year, we updated and reprinted *Where Women Have No Doctor*, *Donde no hay doctor*, *A Book for Midwives*, *Disabled Village Children*, and *Aprendiendo a promover la salud*. Our revision process also allowed us to fully digitize *Disabled Village Children* and make it available as a free PDF download.

ed Village Child



Our International Partners were crucial to our progress this past year, participating in the research and writing, and the review and revising of books in process. To these community-based health educators, primary care providers, medical experts, and grassroots groups we say: Shine on!



Bay Area:

Local Networks for Health and Human Rights

What do human rights and health have in common? How can fighting for health as a human right bring together diverse groups working for social change?

Inspired by a large gathering of health, housing, transportation and environmental activists grappling with these questions in south Los Angeles in June 2009, Hesperian staff came together with several local activists to see what could be done in the Bay Area to build a common analysis and encourage action around the right to health. The initial organizing group decided to start by forming a learning circle and reached out to dozens of local individuals, networks, and organizations to join the effort.

Over the course of four months this spring, two dozen activists met regularly to examine health, human rights, and the connections between them. We analyzed several successful US campaigns that used human rights as an organizing focus for health. One result was a deeper understanding of how organizing for health as a human right allows us to work positively *for* change, rather than only reactively *against* problems and systems. Other tangible outcomes of the learning circle include a health and human rights curriculum to share with others, and a core group of committed and educated activists and organizations ready to take collective action on health and human rights here in the Bay Area.

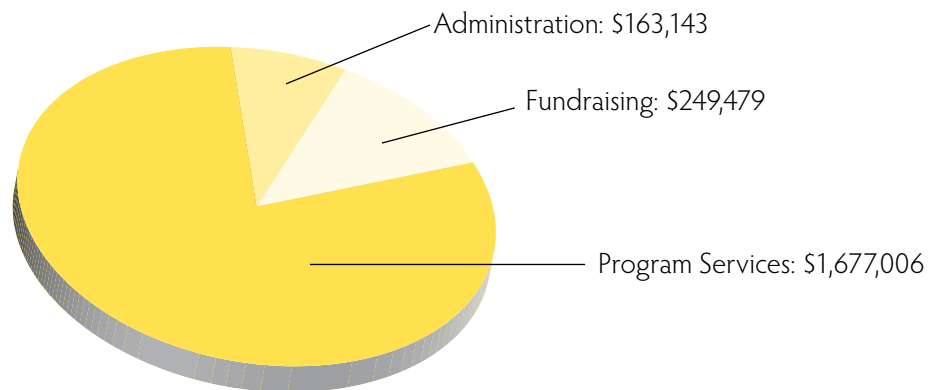


Financial Activity

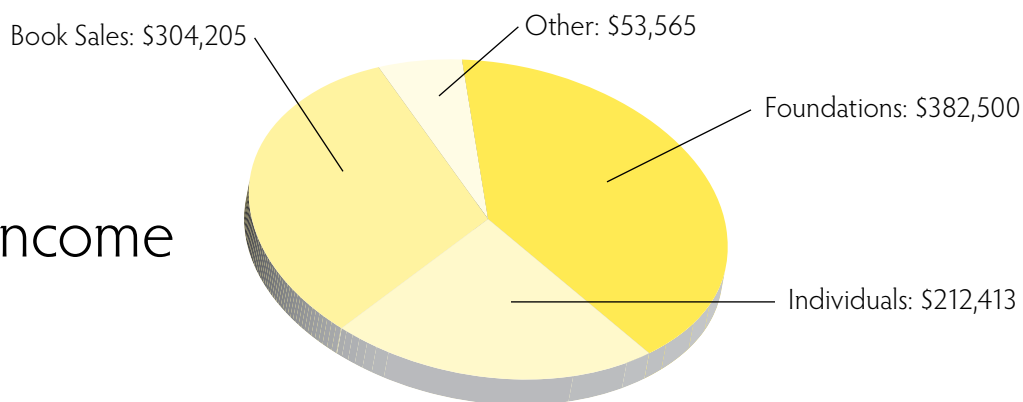
Hesperian ended the year with strong unrestricted assets totaling \$593,642. During the year we spent down several multi-year grants previously awarded for ongoing project work (including the restricted \$2.7 million, three-year grant from the Bill and Melinda Gates Foundation). Like many nonprofit organizations, Hesperian experienced a drop in institutional funding and individual donations in 2009-2010. This drop was anticipated, given the economic downturn. We responded by reducing our overhead expenditures to 20% of total expenses, and by extending our fundraising strategies to include new sources of funding. We expect this push to lead to additional income in the next fiscal year.

Over 75% of both institutional and individual donors renewed support for our work this year. Unrestricted income from individual gifts continues to be key to Hesperian's long-term stability. We are encouraged by your confidence and grateful for your sustained partnership.

Expenses



Income



Hesperian's International Partners in 2009–2010

Hesperian gratefully acknowledges the assistance received from the following organizations around the world that collaborated with us to develop, translate, or adapt our publications.

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Association for the Rehabilitation of Physically Disabled (ARPD), Pakistan
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Berkeley Free Clinic, US
Big Brother Mouse, Laos
Center for Public Health and Environmental Development (CEPHED), Nepal
Center for Research and Promotion of Community Health (CRPCH), Turkey
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Colectivo de Obreras Insumisas, Mexico
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Haitian Health Foundation, Haiti
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Human Development Foundation/Center for Development Action and Research, India
Humanitarian Assistance for the Women and Children of Afghanistan (HAWCA), Afghanistan
Hyderabad Book Trust, India
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Institute for Social Transformation (INSIST), Indonesia
Institute of Research and the Promotion of Alternatives in Development (IRPAD), Mali
International Medical Health Organization, US
IOHSD, Philippines
Jagruiti, India
Jamkhed International-North America (JINA), US
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Kentalis International, Iraq
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Local Solutions Foundation, Mongolia
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MASUM, India
Mennonite Central Committee, Laos
Medical Education Cooperation with Cuba (MEDICC), US
Medical Mission Sisters, US
Mercy Corps International, US
Merit Witness, Pakistan
Midwives For Haiti, US
Migrant Word, US
Millennium Relief and Development Services (MRDS), US
Ministry of Health, Cambodia
Ministry of Information, Laos
Mobility International USA (MIUSA), US
Modelo de Salud Mayangna, Nicaragua
Myanmar Christian Health Workers/CDC, Myanmar
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Hesperian's Gratis Fund sends our books and materials free of charge to people who are unable to pay for them. Each month we receive 150 to 200 requests for free books from rural villages and urban shantytowns around the world. The requests are sent by community health workers, school teachers, regional librarians, religious leaders, and others who need resources to serve their communities. This year we distributed almost 1,000 Gratis books, most of them to Sierra Leone, Ghana, Ethiopia, Nigeria, Zambia, Cameroon, Kenya, Liberia, Uganda, and India.

Our volunteer coordinator of the Gratis Fund is Hesperian Board Member Lee Gallery, herself a Peace Corps volunteer in Ethiopia in 1964. Thanks to Lee's volunteer efforts, Gratis Fund expenses include nothing but the cost of the books and shipping fees.

George Mtonga from Lundazi, Zambia writes "These books are a great source to our project. They have really brought a great change in the lives of the people of our community."

The Gratis Fund depends on individual donations. Your support is deeply appreciated.

Hesperian Collaborators

Hesperian gratefully acknowledges the participation of the hundreds of collaborators, including doctors, nurses, midwives, physical therapists, pharmacists, health educators, digital advisors, and community organizers, who help review, write, and field test our materials to ensure Hesperian's work remains accurate, up-to-date, accessible, relevant, and available in print and on our website. We could not do what we do without them.

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Partner Profile: UnaMesa Association



UnaMesa began partnering with Hesperian in 2008 to launch online digital materials to help health and education groups improve their services through innovative uses of technology. During this past year, UnaMesa helped Hesperian create an on-

line Spanish-English-Kreyòl-French medical glossary in response to the Haiti earthquake, and is helping us field test digital versions of *Where There Is No Doctor* with community health workers from Asociación Mujeres Defensoras de la Vida in Honduras. UnaMesa

is also helping us launch an online database of all the illustrations in our books. These digital efforts will help us and our partners update and share our materials, including translations, much faster than in print.

Greg Wolff, the founder of UnaMesa, believes that major advances in health will come from putting appropriate technologies and reliable information into the hands of community health workers served by Hesperian. Greg was drawn to working with Hesperian by our reputation for creating high quality and useful materials. He recognizes the potential for using computers and mobile phones to increase the accessibility and reach of these materials.

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We thank the following former staff and Board members, for their invaluable help during 2009-2010: Denise Bergez, Roland Bunch, Kristen Cashmore, Shu Ping Guan, Ingrid Hawkinson, Man Poon, Karen Susag, Janice Tunder, Leah Uberseder, Gaurav Vashist, Allen Curtis Wands-Bourdoiseau

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About Hesperian

Hesperian's mission is to provide information and educational tools that help all people take greater control over their health and work to eliminate the underlying causes of poor health. Our publications have been translated into more than 80 languages, and are used in more than 100 countries. A pioneer in community-based health since the 1970s, Hesperian is renowned for writing and illustrating reliable health manuals that enable people with minimal formal education, not only to diagnose, treat and prevent common health problems, but also to organize to change the causes of poor health. Hesperian maintains an open copyright, and most of our health resources are available for free download on our website.

5 Ways to Get Involved

Become a Monthly Sustainer

It's easy, secure and convenient! Your gift of **\$10 to \$250** per month provides us with dependable support, and makes you part of a circle of donors committed to enabling Hesperian to develop and distribute our materials worldwide.

Host a Hesperian House Party

Educate and inspire your friends about Hesperian's work by hosting a House Party. We can send you a House Party Kit to help you plan and get organized.

Give a Gift of Health

Hesperian Gifts of Health make a great alternative gift for the holidays, birthdays or other occasions. For a minimum gift of \$25, we will send your honoree a card letting the person know that a life-saving book like *Where There Is No Doctor* was sent in his or her name to an underserved community.

Promote Hesperian Books to Others

There are many ways to spread the word about our books. Speak to your local community groups, academic or health institutions, service clubs or church groups about donating or sponsoring a translation, or buying books in bulk to send to communities that need them.

Become a Legacy Donor

Mary K. Ryan, a long-time supporter, left a bequest of over \$110,000 to Hesperian in her will. Mary believed in our mission of health for all, having served both as a Peace Corps Volunteer in Bolivia and as a volunteer with Amigos de Las Americas in Ecuador.

Like Mary, you too can become a legacy donor. By including Hesperian as a beneficiary in your will, charitable trust, IRA, or life insurance policy, you will give a community gift that touches the lives of people around the world for years to come. For more information, contact: Shobha Hiatt at 510-845-1447 x 222, or via email: shobha@hesperian.org

To find out more about participating in Hesperian's work:

Visit: www.hesperian.org/involved.php

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Berkeley, CA 94704-1144 USA

