



hesperian health guides

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An Avalanche of Needs

A letter from the Executive Director

A few weeks ago, I joined some of Hesperian's long-term partners in Guatemala. While we gathered to celebrate the 40th anniversary of ASECSA's community-based health work, we spent a lot of time discussing the increasingly difficult challenges to people's health throughout the Americas: violence against women, backlash against reproductive rights, environmental destruction, unsafe and unfair work, migration tearing apart families and communities, and corrupt governments failing to deliver public services. This veritable avalanche of needs should have felt overwhelming.

Instead, I came home with renewed hope and a stronger commitment than ever to Hesperian's mission. Every one of the 300+ health promoters shared how they promote health through community organizing. They shared their struggles and successes, citing Hesperian materials as their source for information and inspiration. Midwives in Guatemala used *Health Actions for Women* to raise awareness and prevent gender-based violence; Salvadoran community leaders used *A Community Guide to Environmental Health* in their campaign to ban mining; Mexican health promoters used our materials to form support groups on sexual assault in the workplace; and young Colombian activists promoted access to reproductive health services with Hesperian's new mobile apps.

This community-strengthening approach is the basis of everything Hesperian does because ultimately, health will be achieved—and defended—only when people are organized to work not just for healthcare but also for adequate housing, clean air and water, inclusive education, and violence-free homes, workplaces, and streets.

This year, our small staff—with support from many volunteers, partners, and our indispensable donors—provided **an astonishing amount of information and inspiration for people promoting health and hope in 221 countries**. None of this would be possible without you, because everything we do depends on your support.

I send you this annual report with a message of thanks and of hope from the community health organizations of the Americas and literally the world—they are grateful for Hesperian's work and rely on us for information and inspiration to respond to the challenge of building stronger, healthier communities. We can help meet that challenge with your participation and your support.

Thanks,



Sarah Shannon
Executive Director
Hesperian Health Guides





Everything online: Meeting needs with free digital content

Hesperian has become the worldwide go-to health information hub. Over 6 million people visit our multilingual HealthWiki every year for information on women's health and environmental topics, on child development and disabilities, and on training health workers and community midwives.

We also respond to the unprecedented attacks on health—especially women's health—in the US and worldwide by producing and publishing more digital content at a faster pace. When we launched our newly digitized flagship manual on women's health in Filipino, visits from the Philippines skyrocketed! The Philippines became one of our top user-countries for the first time. And the return of a more restrictive “Gag Rule,” limiting international access to life-saving health services (not just reproductive ones), generated millions of views of our women's health content in Spanish. Those pages are now the most searched-for content in the entire HealthWiki, which has grown to 6265 pages in 18 languages!

With the setbacks to people's right to health, demand for Hesperian's content grows as does our commitment to provide vital, life-saving health information for free. We are thankful for the support from our health-minded donors who believe in the power of knowledge for action.

“At ChildFund International, I routinely sent HealthWiki links and documents to my colleagues in the 25 countries where we worked.”

—Meg Carter

Resisting the attack on women's health

Our women's health content is helping challenge the attacks on women's sexual and reproductive rights.

This year, we focused on expanding the reach of all of our women's health materials. From the launch of *Health Actions for Women* in Spanish and Nepali to developing two mobile apps on reproductive health, Hesperian is leading the way to provide women and their organizations with the right tools at the right time—to open difficult dialogues, find creative solutions, and mobilize communities to ensure girls, adolescents, and women have equal rights and access to straightforward, unbiased information.

Women's health is central to Health for All, and an essential component of all the health materials Hesperian produces. There isn't a Gag Rule yet devised that can stop us from delivering information to the people who need it.

“Health Actions for Women invites us to become community educators and activists by proposing activities, not telling us what to do, but encouraging us to adopt and adapt these ideas.”

—Mayra Morales Aldaz, DDESER

Peace Corps Volunteers ♥ Hesperian

Current and returned Peace Corps Volunteers are vital to ensuring that our books get into the hands of those who need them most.



“As a Peace Corps Volunteer in Senegal, I constantly used Hesperian materials

to advise people on critical issues and teach prevention. It was extremely relevant because people could relate to the materials and illustrations. I had no internet access, so these books provided the basis for much of my knowledge about how to address medical issues for myself, my community, and for teaching. I owe a lot of my success to Hesperian.”

—Jacqueline Gerson, RPCV, Senegal

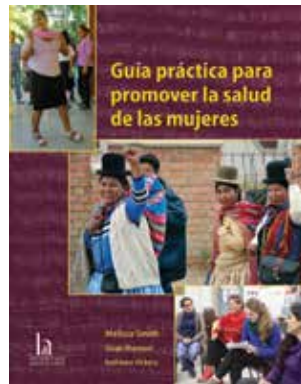
Responding to today's issues

Women face sexual harassment and sexual violence in the workplace every day, particularly in low-wage jobs. When the Sexual Harassment Action Network formed to empower victims, advocate for laws to punish abusers, and change the norm of harassment and violence, we quickly adapted chapters from *Workers' Guide to Health and Safety* into a Spanish-language booklet on violence and sexual harassment. *Salud laboral: Acoso y violencia* will bolster activists' work with our renowned people-centered language and practical tools.

This booklet gave us an opportunity to pilot our rapid-response material development by quickly adapting content from our massive library of resources. As issues arise, we are prepared to draw upon and deploy our materials quickly and efficiently to meet people's needs.

More languages, please!

In just 12 months, we launched the Spanish, Nepali, and Lao editions of *Health Actions for Women*; the Spanish edition of *Recruiting the Heart, Training the Brain*; and published new chapters of the *New Where There Is No Doctor*, including "Problems with the Eyes and Seeing" and "Heart Disease and High Blood Pressure."



Our digital resources grew exponentially this year too, as we digitized 44 new materials in 16 languages in the HealthWiki, and published 33 new (and free!) PDFs in 14 languages. This year we added content in Bangla and Nepali. And did we mention that we also worked on beta versions of a mobile app in 4 languages?

While our editorial and digital teams are producing content for digital delivery, including ebooks, a hidden but vital element of our work is to keep all content, in every language and in every format (print, PDF, wiki, ebook, and mobile app), up-to-date. Our reprints team are the unsung heroes at Hesperian, ensuring that new information and important changes are documented, incorporated, transmitted and disseminated in real time throughout all our materials.

All of these new translations, plus the 96 translations in 51 languages currently in progress, mean that millions of people who didn't have Hesperian content in their language will now be able to get vital health information.



When disaster strikes

People responding to emergencies in the US and around the world, from epidemics to natural disasters, relied on Hesperian materials to take action, save lives, and protect basic environmental resources.

When Hurricane Maria struck Puerto Rico, stranding millions without power and clean water, Hesperian was front and center, equipping volunteers from the Bay Area with information for both medical care and disease prevention. *A Community Guide to Environmental Health* became an essential tool for health educators who produced educational materials and flyers key to their door-to-door campaigns showing people how to purify water, treat diarrhea, and clean up mold.

In Yemen, war and destruction of basic sanitation systems have resulted in one of the worst cholera epidemics ever recorded—millions have been made ill and thousands have died. We worked with partners to translate our *Cholera Fact Sheet* into Arabic and distribute it widely in the region. Health providers and educators are using it to teach others how to prevent and stop the spread of this deadly disease.

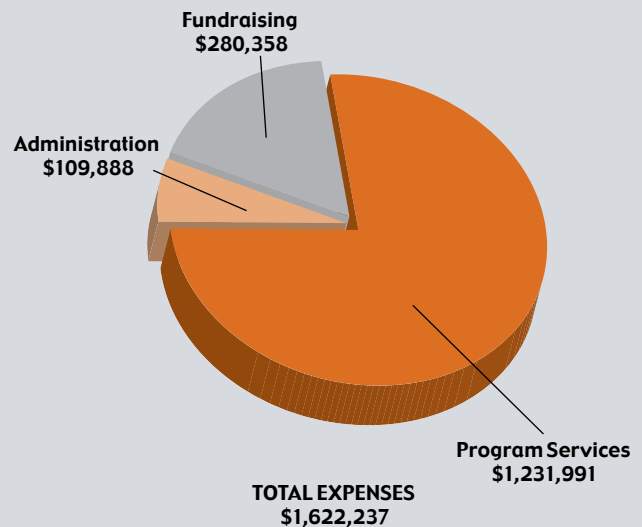
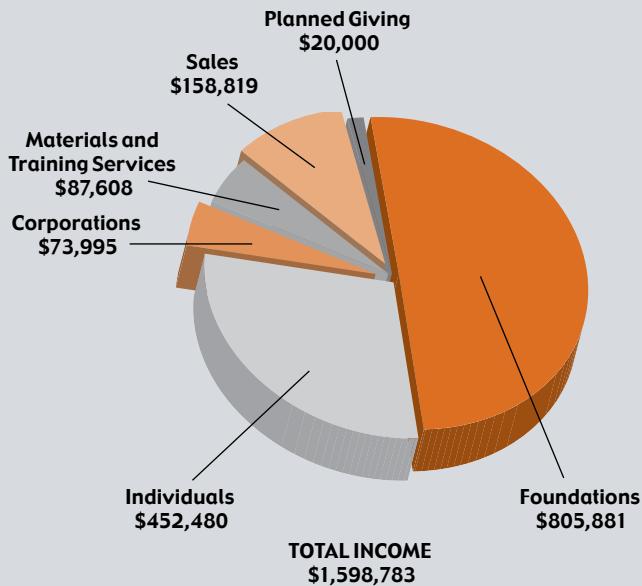
Books for action

In the right hands, our books become a tool for change—reviewed, shared, and used to address health needs. Our expanded "Gratis Book Program" helps address growing health needs in the U.S., especially in immigrant communities and communities tackling climate change. We produce and ship these resources at no charge thanks to donors who believe in the power of information. Thanks to you, this year we sent 1,047 books to be used and shared for years to come.

"Thank you for donating copies of Where There Is No Doctor to our health program. They will help us train new health promoters and also support promoters back in their communities."

—Victor Manuel Lopez, health worker, Guatemala

Income and Expenses



Hesperian ended Fiscal Year 2018 with net assets of \$485,931.

Your support means everything

Without your support, millions of people worldwide could not access our life-saving health information. Help us continue our work:

- Become a monthly donor and have your gift automatically billed to your credit card.
- Take advantage of your employer's matching gift/workplace giving program.
- Give a gift in honor of someone special or buy them a Hesperian book.
- Buy from us directly.
- Give a gift in memory of someone special. We'll notify the family of your generosity.
- Name Hesperian in your will, insurance policy, retirement plan or trust.

This past year, Hesperian received a major bequest from long-time donor Marjorie Boetter. Her support helped us publish *Health Actions for Women* and her bequest will have an impact on women worldwide for years to come.



In memoriam

Hesperian mourns the loss of Davida Coady, public health hero. As a committed board member and generous supporter, Davida inspired Hesperian to expand its work into creating accessible, encouraging, and practical information on women's health and other topics. She led an astounding life, pursuing health and justice on every continent, providing direct service to refugees and people in struggle, and achieving more in one lifetime than seems humanly possible. Thanks to all who gave a gift in her memory.

Why I give

Deborah Ottenheimer was first introduced to Hesperian while traveling in Africa. The minute she saw our books, she was hooked. Deborah later went to medical school and is now a practicing OB/GYN. She continues to work in international health, most recently in Haiti. She finds our books to be spot on, especially in women's health, and says they are useful teaching tools that respect people's experiences.

"I use Hesperian books because the information is unbiased, well-researched and applicable to people worldwide. Hesperian is interested in health without any other agenda and that's why I am a long-time donor!"

—Deborah Ottenheimer



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