



## Annual Report July 2021–June 2022

### Dear friends,

We are filled with a mixture of excitement, astonishment, pride, and foreboding as Hesperian approaches our 50th anniversary. Almost 50 years ago, the publication of *Where There Is No Doctor* heralded a new era for people's health. On the same path trod by barefoot doctors in China, with the same voice asserting the necessity of primary health care in the Alma Ata Declaration, Hesperian pioneered a model of community health promotion and care by and for those who needed it most.

Since our founding, Hesperian has promoted primary health care as the prioritizing of community level actions to improve the social and economic conditions that determine health, to prevent illness, and to deliver basic, respectful care in people's communities. Cut from the same cloth as other liberatory movements of the 1960s and 1970s, we should expect to have achieved similar successes and to have suffered similar setbacks, but generally moved toward a situation of more equality in health. But that has not happened.

While celebrating it as a strategy, primary health care was never really adopted by governments or

international bodies, was staunchly opposed by pharmaceutical and finance companies, and was mostly just ignored by the medical education system. For the majority of the world's people, barriers to health remain insurmountable.

It is widely recognized that the COVID-19 pandemic has highlighted the shortcomings of the international health system. But more importantly, it has given birth to increasingly broad demands that health be made accessible to all people, especially those marginalized and written off by the health system. Communities are now demanding the right to create health, to recognize the interdependence of people's health, to reclaim health of and on the planet.

Hesperian has always worked toward Health for All. As this annual report demonstrates, primary health care doesn't look like it did 50 years ago —

today, fewer village health workers ride donkeys and more use smart phone apps — but the core values and principles central to our work 50 years ago remain to guide us during the next 50.

We look forward to continuing to accompany you in this struggle,

Sarah Shannon  
Executive Director  
Hesperian Health Guides

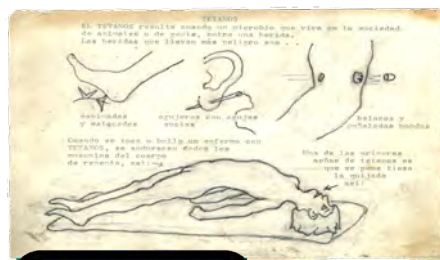






# 50 Years of *Where There Is No Doctor*

A 2-inch thick pile of typed tracing paper held together by a binder clip and titled “Medicina Sin Medicinas” is the first copy of *Where There Is No Doctor* we have



in our files. It spoke to a global recognition of the failure to provide basic health care to the majority of the world’s poor, mostly rural population. While much has changed in the past 50 years, Hesperian still strives to fulfill that

basic objective: the Human Right to Health. As the majority of the world’s population moved from the countryside to the cities, the *NEW Where There Is No Doctor* now responds to this and other new realities. Hesperian has also expanded our conception of health to correct our blind spots — around gender, disability, age, sexuality, race and ethnicity — an

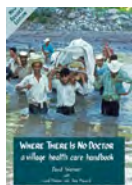
ongoing process for us all. And we’re harnessing every bit of today’s technology, all nonexistent in the 1970s, to reach anyone and everyone still living *Where There Is No Doctor*.



**1973**

**Donde no hay doctor**

Published and distributed in Mexico.



**1977**

**Where There Is No Doctor**

In 2022, now in its 40th printing.

“The most widely used health care manual in the world”

— World Health Organization



**1982**

**Helping Health Workers Learn**

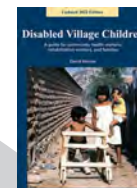
Every health educator’s favorite book!



**1983**

**Where There Is No Dentist**

This unique community dentistry guide stays updated and in demand.



**1987**

**Disabled Village Children**

Major updates in 1997 and 2022.

**1996**



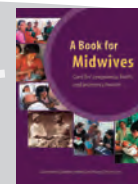
Executive Director Sarah Shannon replaces David Werner as Hesperian is reborn.



**1997**

**Where Women Have No Doctor**

Putting women at the center, then and now.



**1995**

**A Book for Midwives**

Support for bringing babies into the world.



**2000**

Hesperian helps found The People’s Health Movement in Savar, Bangladesh.



**2000-2004**

**Helping Children Who Are Blind  
Helping Children Who Are Deaf**

Launch of our Early Assistance Series for Children with Disabilities.

# 50 Years and Counting: Happy Birthday, Hesperian!

We’re counting on you to join us in celebrating 50 years of Hesperian and 50 years of *Where There Is No Doctor*! With our partners around the world, we’re planning a series of in-person and online gatherings to discuss Hesperian’s impact on the global evolution of community health. Your stories, testimonies, photos and memories will draw us closer together as we recommit to creating a world where Health for All becomes a reality. Stay tuned on our website, [hesperian.org](http://hesperian.org), as dates and details are confirmed.

2007



**A Health Handbook for Women with Disabilities**  
By and for women with disabilities.

2008



**A Community Guide to Environmental Health**  
Reflecting community expertise from 33 countries.

2011



**HealthWiki**  
Launched with the first 5 chapters of the digital **NEW Where There Is No Doctor.**

2015

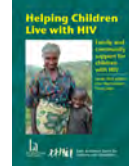


**Health Actions for Women**  
Practical strategies to mobilize for change.



**Workers' Guide to Health and Safety**  
Supporting textile, shoe and electronics factory workers.

2019



**Helping Children Live with HIV**  
Because half the world's children with HIV do not get treatment.

2019

Third reproductive health mobile app launched; now in 10 languages.



2022



**HealthWiki**  
Now with 43 languages and more than 8000 webpages of free information.

2020



**Coronavirus**  
FACT SHEET

**COVID-19 fact sheets**  
10 fact sheets  
34 languages

2011



Hesperian Foundation becomes Hesperian Health Guides.



2014

Agreement formalizes 40 years of partnership with US Peace Corps.

## A Home of Our Own



Financial stability, permanency, and community are all reasons families seek home ownership. Hesperian may not be a family in the traditional sense, but for these same reasons, we are thrilled to announce we are moving into our own home!

Generous bequests left by long-time supporters of Hesperian allowed this building purchase, making monthly rent payments a thing of the past.

Hesperian's 50-year journey started in a Palo Alto living room, passed through a church basement, strip mall, and a former practice studio of Creedence Clearwater Revival prior to 25 years renting an office in Berkeley. The move to Oakland brings immediate savings of over \$120,000 yearly and unprecedented stability for Hesperian, defying the notoriously challenging conditions today's nonprofits face.

Purchased from a women's shelter that outgrew the space, our new home came filled with good vibes as it welcomed our boxes, boxes, boxes! Please visit us in our new neighborhood.







## Celebrating the 2022 Edition of *Disabled Village Children*

If you work with children with disabilities, your copy of *Disabled Village Children* (DVC) may be covered with notes, held together with tape, and cracked

to fall open to your favorite pages. Prior to the

most recent book updates, we consulted Kathy Clark, who used the book in Rwanda, Cambodia and elsewhere. She began her response: "I have reviewed your beautiful book again, from cover to cover. It is so comprehensive and complete that I

am blown away by the depth and breadth of quality material it includes." That quality is common to all of Hesperian's disability materials, centering the voices, wisdom, and experiences of people with disabilities. *Disabled Village Children* focuses on community-based rehabilitation, respecting the local knowledge, skills, and resources that create supportive programs. In 2018, a multi-year labor of love put the 650-page book in our free online HealthWiki. Another effort by committed staff and external reviewers produced a thoroughly revised edition in 2022, with improved burn rehabilitation, prevention of contractures, seizures and epilepsy sections, among others, and with new language reflecting how we conceive of and talk about disability today.

## Where Women Have No Doctor at 25 years

As the U.S. confronts reproductive rights setbacks, it's never been clearer how reproductive health is woven into all aspects of health and wellbeing. When Hesperian's *Where Women Have No Doctor* was first published, it broke new ground by tackling not only illness and anatomy but also relating gender inequality to illness, as well as to violence, displacement, alcohol use, worker health, mental health and other issues. It included "Working for Change" sections to explore root causes of ill-health and identify possible solutions. Free online in 7 languages, the book fomented holistic approaches. A group in Kenya uses it "for our workshops on ensuring healthy birth, staying healthy physically & mentally, and addressing health for children and adults with disabilities."

Countless testimonies show how the book finds its way into the hands of people already doing the challenging

and brave activism and education necessary to improve health. To keep the book useful and inspiring, Hesperian just completed a most ambitious update of *Where Women Have No Doctor*.



## Grateful for Gratis in 14 Countries

Thanks to our truly committed donors, each year Hesperian's Gratis Book Program sends hundreds of free Hesperian books far and wide. We recently sent a survey to health worker and community leader recipients of donated books. Despite sobering realities — including acute shortages and armed conflict — 40 people from 14 countries, mostly in Africa (68%) and Asia (25%), responded.

The results are fascinating! Those surveyed use their Hesperian books...a lot! Fully 90% report using them "very often, such as weekly or monthly." The top uses are to provide health education (75%) and address or prevent community health problems (72%). Almost everyone (90%) shares Hesperian information with 10 or more people, and a third share with more than 100 others.

Why do people appreciate the books so much?

"It was very important seeing community members carrying out basic health care, the books are a great opportunity to help communities with no health access."

"The books were so easy to use, with simple language making understanding so easy."

"We love how practical, straightforward, and context-specific the books are!"



# Social Media Drives Access to Reproductive Health Apps

“You are not alone.” That’s the first message people see opening our reproductive health apps (in fact, it’s central to all our resources). It is also true for us:

Hesperian’s dozens of partners worldwide support us and each other.

When Hesperian’s Zacharie Mulumba (based in Democratic Republic of the Congo), the youth organization ASRJ, and other partners used social media to announce a reproductive health in-person gathering, over 300 people attended, many downloading the Hesperian apps. They join tens of thousands across the African continent using the apps in French, English, Afaan Oromoo, Amharic, Kinyarwanda, Kiswahili, and Luganda. In Latin America, Hesperian’s lively presence on Facebook, Twitter, Instagram and TikTok shares information and reinforces campaigns supporting dozens of organizations and networks (whose user feedback continues to improve the apps).

Online information circles back to in-person outreach, and not just in Spanish: activists in Ecuador recently developed reproductive health videos in Kichwa featuring the app.

Never has communication been such a two-way street, and never have we been more connected!



© Emmanuel Lusanga

## NEW RESOURCE

### Doing Global Health Work

When Kirk Scirto approached Hesperian about writing a book for doctors and other professionals bringing their clinical skills to countries not their own, we were skeptical. After all, we focus on improving health *Where*

*There Is No Doctor!* But the paradigm shift that Kirk and other international health activists are promoting convinced us: professionals involved in global health can counter historic harms from colonization and marginalization. Marshalling an enormous amount of research and Kirk’s own extensive experience on four continents, the book examines the pitfalls of traditional approaches (“suitcase” medicine, clinic building) and the benefits of applying more sustainable Hesperian-style community empowerment approaches (training, system strengthening, etc.). Filled with examples of communities expanding their access to and control over health, this practical, engaging book will inspire and guide the work of new generations of professionals and students in effective and transformational ways.



### Volunteers and Collaborators

We gratefully acknowledge the participation of **101 volunteers and collaborators who donated 5964 hours** to help ensure our materials remain accurate, up-to-date, accessible, relevant, and shared most widely.

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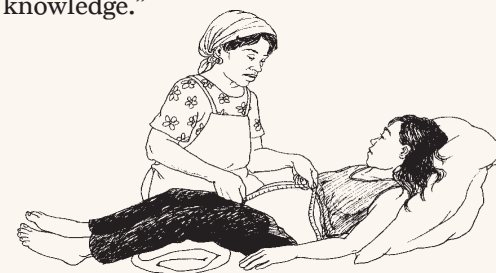
## Why I Give

While looking for materials to support midwives in Mexico, nurse-midwife Carlene Nelson and her colleagues at Georgetown discovered *Where There Is No Doctor*. Later, while training midwives in El Paso, Texas, Carlene was delighted to get Hesperian's call enlisting her help to review and field-test *A Book for Midwives*. "I migrated with Hesperian, from *Where There Is No Doctor* to *A Book for Midwives* and now to your other women's health resources."



*I am so grateful for the resources and education I've had – both experientially and academically. Education is the key, and information is the sparkplug for problem-solving and making change. People can turn Hesperian materials into something that works for them."*

Now retired, Carlene has donated to Hesperian for over 15 years and even made a recent gift to Hesperian using extra funds set aside for a trip postponed by the pandemic. "I believe that any place where people lack information is resource poor. I give to Hesperian to give people knowledge."



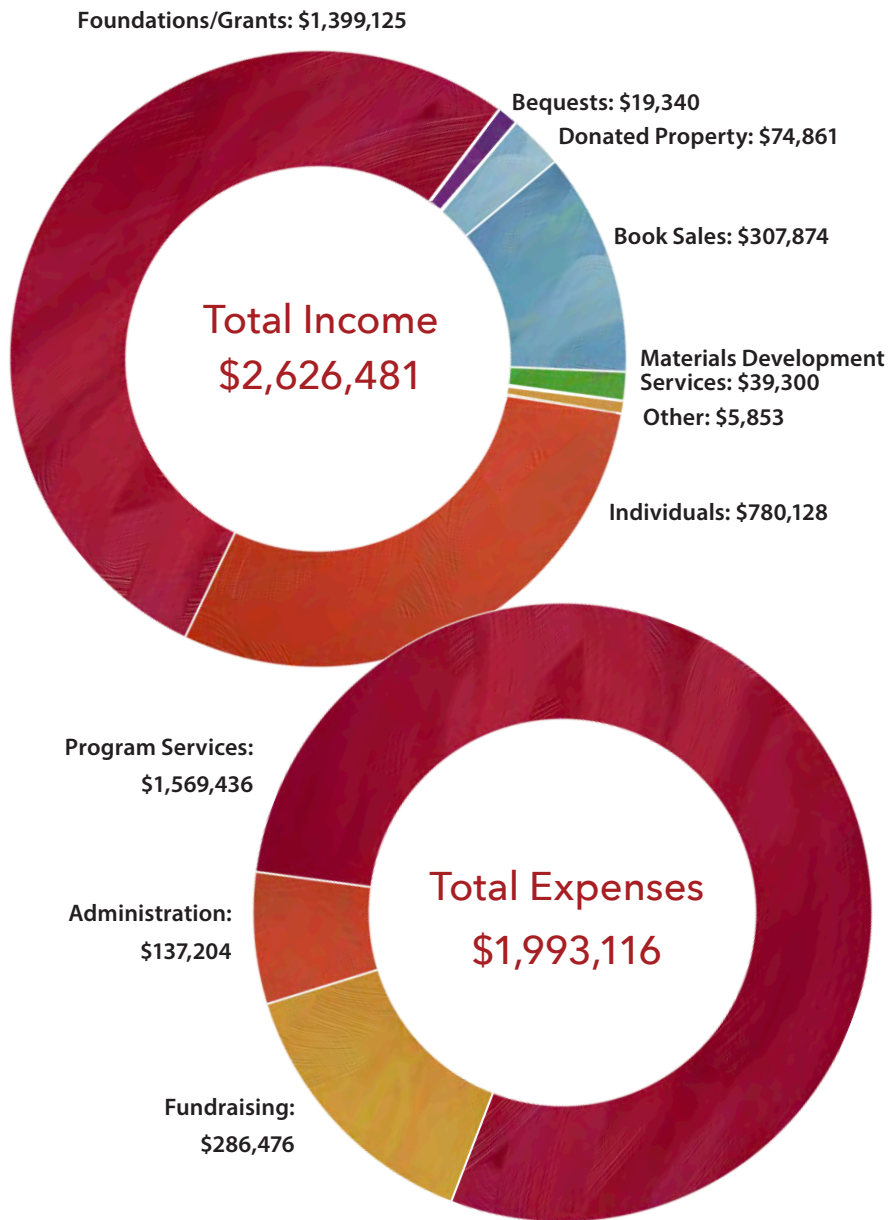
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## About Hesperian

Hesperian Health Guides addresses urgent, emerging, and primary health needs, structural inequalities, and their root causes by working together with the people most directly affected. Our information and educational resources help people around the world take greater control over their health and lives. Our goal is to create a world with Health for All, Now!

### Our Team 2021-2022

Nasrullah Amirzai  
Dani Behonick\*  
Lori Berenson  
Michael Birnbach  
Kate Bobrow-Strain  
Jean Box  
Jenny Chung  
Alicia Flores  
Natalia Galeano  
Todd Jailer  
Rosemary Jason  
Tawnia Litwin  
Aditi Malhotra  
Susan McCallister  
Zacharie Mulumba  
Maile Robles  
Sarah Shannon  
Keziah Sullivan  
Kathleen Tandy  
Vanessa Tran  
Leilani Westman  
Paula Worby\*

\* Staff Representative to the Board

### FORMER STAFF MEMBERS

Maral Chalian, Johanna Kougbeadjo  
Miriam Lara-Mejia, Rick Solomon  
Stephanie Viviano

### Board of Directors

Trupthi Basavaraj  
Garrett Brown, Secretary  
Eva Harris  
Leigh Haynes  
Samantha Heep, Treasurer  
Sarah Jane Holcombe  
Katherine Jones Debay  
Larry Kressley  
Bill Lankford, Co-Chair  
Purnima Mane  
Oladele Ogunseitan  
Melissa Smith  
Linda Spangler  
Susan Weissert, Co-Chair  
Prentice Zinn

BOARD MEMBERS EMERITAE  
Pauline Butcher  
Ellen Vor der Bruegge

Hesperian ended Fiscal Year 2022 with net assets of \$4,485,520. In FY22, Hesperian's Board of Directors authorized the transfer of bequest-generated assets to purchase and improve an office for Hesperian, an investment totalling \$1,750,000. Net assets also include a Reserve Fund of \$400,000; book and equipment inventory; and multi-year restricted grants.

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