



CHANGE IS COMMUNITY BASED

Hesperian's first book, *Where There Is No Doctor*, was created to meet the needs of a small Mexican village forced by governmental neglect to develop its own health system. As the publication spread to other parts of the world, many marginalized communities saw their problems—and potential solutions—reflected in its pages.

When communities work together to solve pressing concerns, a holistic approach arises, encompassing what academics call the “social determinants of health.” Put simply, strengthening community strengthens health.

In developing *Promoting Community Mental Health*, we worked with farmworker communities on California's central coast, community organizers in Chicago, domestic workers in New York, and many others. Their dedicated work

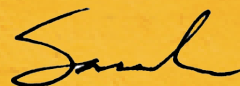
demonstrated how building community reduces isolation and improves mental and physical health.

The stories in this annual report detail how community organizations drive real, lasting change. Hesperian is privileged to work with community-based organizations creatively and effectively working to promote reproductive health and rights, reduce stigma and improve health for people living with epilepsy and with disabilities, defend workers' health, and much more. These groups share information, promote access to care, and fight censorship and disinformation.

As I write this, the outcome of our US presidential election is unknown. Yet no matter the result, we remain committed to transformative and sustainable

change through community-based efforts. It's a long road to achieving Health for All—by depending on each other and working together, we will get there!

I appreciate with gratitude Hesperian's communities of promotoras, Community Health Workers, environmental organizers, union health and safety advocates, reproductive health champions, teachers, nurses, midwives, and doctors. And especially our supporters, whose contributions of time, expertise and funds keep Hesperian on the front lines of the struggle for health.



Sarah Shannon
Executive Director
Hesperian Health Guides



Multilingual and Mobile Friendly

In January 2024, Hesperian's website got a fresh new look! Now mobile-friendly and quicker to load, our site better supports visitors with limited bandwidth.

In the update, the Language Hub received a major overhaul. Previously, finding translated materials prioritized English speakers on computers. Now, people anywhere on any device can easily browse the 88 languages in which Hesperian's resources are available —helping new and returning visitors quickly locate the information they need in the language and format that works best for them.



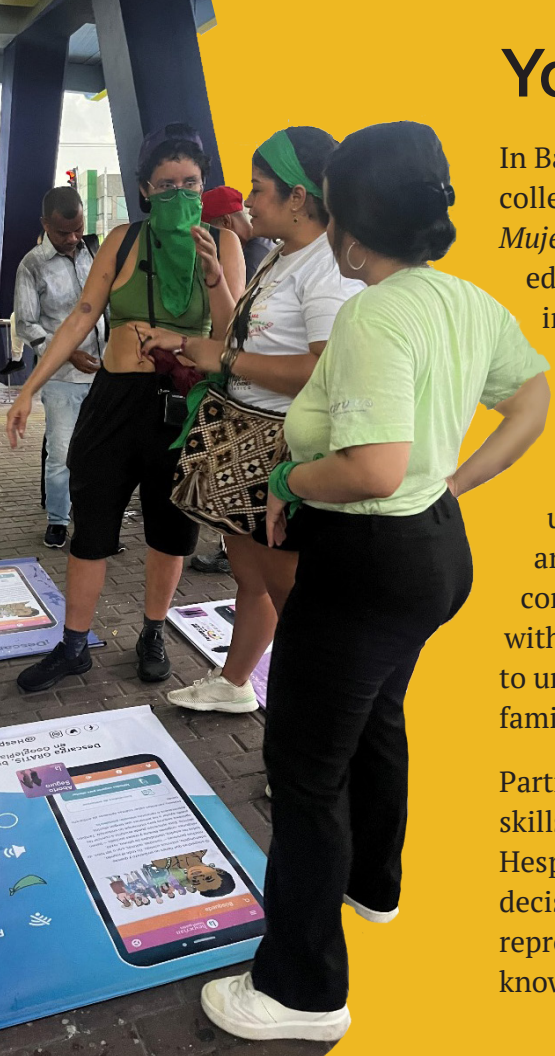
Promoting Community Mental Health

If getting affordable, appropriate *physical* health care is a challenge in the US, finding mental health care is even harder. The mental health crisis has reached epidemic proportions in the US and around the world. Hesperian's 2025 resource *Promoting Community Mental Health* recognizes that building community is key to addressing the social conditions that turn everyday challenges into crises. Grassroots community organizers working with teens and elders, with men, women, and LGBTQ+ people, with communities of color and white people, all contributed their knowledge and stories of tackling issues like

isolation, gun violence, addiction, discrimination, and homophobia. The resource shares strategies to build and nurture the vital human bonds that allow individuals and communities to deal with the stresses, anxieties, and traumas that threaten and damage our mental health.

Promoting Community Mental Health provides tools and guidance for activists, organizers, health workers, and other mental health promoters. As the book goes to press, we are beginning the collaborative work of developing the Spanish edition with our Latinx community partners.





Youth Leading the Way

In Barranquilla, Colombia, the feminist collective *Red Departamental de Mujeres Jóvenes Atlántico* empowers and educates girls and young women—including migrants, young mothers, and those living in rural areas—to recognize and address the gender-based violence which affects their daily lives. The collective utilizes intergenerational outreach and educational activities, such as community fairs and partnerships with schools and local health centers, to unite caregivers, youth, and their families.

Participants learn crucial leadership skills and how to use tools like Hesperian's apps to make informed decisions around their own sexual and reproductive health. Equipped with knowledge and confidence, these young

women are ready to defend their rights and demand better physical and mental health for themselves, their peers, and the women in their community.

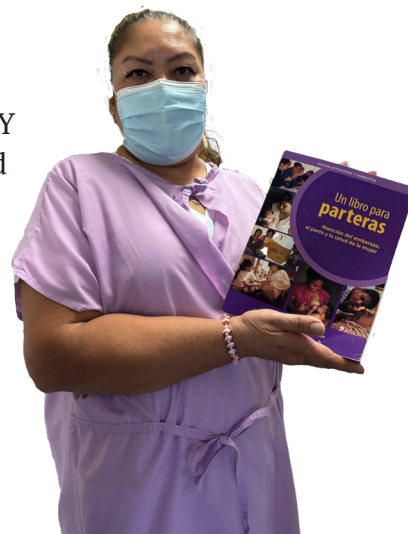
Hesperian works with young people in Africa, where our partner Youth Action Movement Democratic Republic of Congo delivered health information to schools across the country. In the city of Mbujimayi alone, the team reached 300 students!

Over 60 partners in 15 countries delivered information and services using Hesperian apps this year. Already the feedback we've received from people in 22 countries about the updated Safe Pregnancy and Birth app and the Safe Abortion app is helping make these tools even more valuable to those who need and use them.

Supporting Midwives

Complementary resources *A Book for Midwives* and the Safe Pregnancy and Birth app support midwives in delivering better birth outcomes. Inés Bonilla, a graduate of the School for Traditional Midwives Unanchu Mamakuna in Ecuador, uses the book to know when a pregnancy risk means a hospital visit and shares the app in her community because, “many times women find it hard to ask us and tell us

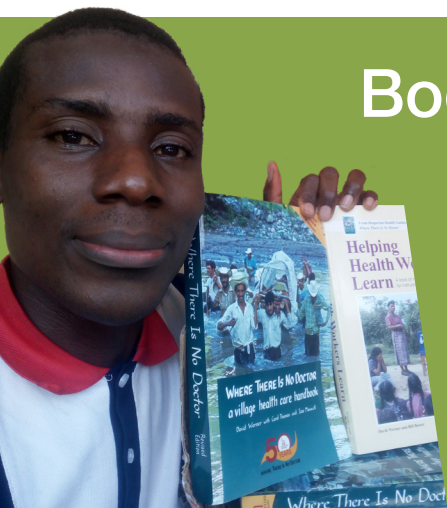
things.” In Uganda, Hesperian partner IWAY Community Development Network Limited collaborates with midwives like Awori Diana, who works “hand-in-hand with mobilizers to reach far communities where village mothers are taught to use the app.” Together, these important tools reduce anxiety and unnecessary travel, and ensure good health in all stages of pregnancy and birth.



Books to Teachers

Staff and translation partners collaborated to send hundreds of Hesperian book sets to over 30 local organizations conducting teacher trainings in Angola, the Democratic Republic of Congo, Guinea Bissau, Malawi, Mozambique, and Zambia!

We also heard from Daniel Ighakpe in Nigeria, who uses our books to share health information with pupils, parents, and fellow teachers at his school. Daniel wrote, “*I have gained a whole lot from Where There Is No Doctor. I consult it whenever I am ill to help me take necessary steps to help myself before seeking further medical assistance. Bless you for your fine work!*”





Feminist & Environmental Movements

Because women's health and rights are inextricably

linked to the land on

which they reside, women's groups around the globe struggle to defend and restore the environment. Our partner in Ecuador, *Fundación Luna Creciente*, works toward women's

empowerment and people-centered land governance in areas impacted by climate change and environmental destruction. In the Andean highlands, the Amazon, and coastal mangroves, the women of *Luna Creciente* organize to protect the health of ecosystems and the people who inhabit them.

Luna Creciente's leadership inspires us to consider new ways of integrating environmental health into all Hesperian resources. We are grateful for the opportunity to accompany our awesome local and global partners in the struggle for environmental justice.

Why I Give

Laura Kettel Khan has been a Hesperian monthly donor since 2017: "The publications support people's health and well-being, my passion and part of my commitment to the world around me." Laura first used *Where There Is No Doctor* with the Peace Corps in Honduras in the 1980s. "I relied on it to make sure I did things correctly, from cleaning wounds and basic first aid to rehydrating children."

Laura helped her village build a chicken coop at their school so kids could eat at least one egg a day at lunch. Visiting years later, she found the chicken coop still contributing to children's nutrition.

"That basic nutrition information in *Where There Is No Doctor* is as relevant and necessary as ever. That's why I give to Hesperian."

— Laura Kettel Khan



People with Epilepsy Support One Another

Pooja Nandi, a volunteer with Samman Association, has spent years uniting people living with epilepsy to support one another and challenge epilepsy-related stigma. In addition to building support groups, Samman Association runs rural medical camps, trains community health workers, and offers counseling to improve the lives of those with epilepsy. Hesperian is thrilled to partner with Pooja and Samman, utilizing feedback from support group participants and their caregivers to develop new materials on epilepsy and seizures. This eagerly anticipated resource will fill a void in education and care, increasing access to treatment world-wide.

"I've always believed that epilepsy is only a part of me — it doesn't define who I am. I'm just as capable as anyone else."

— Pooja Nandi, Mumbai, India

Dirty Work in “Clean” Industries

The passage of the CHIPS and Science Act, intended to stimulate electronics manufacturing in the US, also raises a number of worker safety issues. The completion of the Spanish edition of *Workers' Guide to Health and Safety* will make it an essential and timely resource for the low-wage Spanish

speakers sought to work in chip fabrication plants. We are working with occupational health and safety experts and community partners to also update and add information on the garment industry, chemical hazards, and protecting workers from infectious diseases.





Helping Children Live with HIV
is helping us form support
groups for boys and girls living with HIV in
Cameroon. Living in a conflict zone, there
is much to be done. We are improving their
nutrition through backyard gardening and
supporting them in education so they can
avoid abuse and exploitation.”

— Chia Benard Ful, Director

Gratis books

Hesperian’s volunteer-led and donor-funded Gratis Books Program puts hundreds of books a year into the hands of local grassroots organizations like Chia’s. We also rely on Hesperian friends and supporters to help transport books to rural communities. If you or someone you know is traveling to a village that could use our health materials, consider taking a few books with you to leave behind!



Casa Generación in Perú transforms the lives of currently and formerly unhoused children, adolescents, youth, and families. Using Hesperian resources, they conduct workshops on women’s health and empowerment with women living in situations of sexual exploitation.

NEEDS & FUNDING



IDENTIFYING NEEDS
& RAISING FUNDS



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GRATIS
BOOKS



LOCALIZING &
ADAPTING RESOURCES



TRAINING

POSITIVE COMMUNITY CHANGE



SELF RELIANCE



MORE EQUITY
BETTER HEALTH



ADVOCACY & ACTION



Using and sharing Hesperian resources in community groups in Indonesia and...

...in the classroom in the Democratic Republic of Congo

...and on the radio in Colombia!



New Adaptations and Releases!

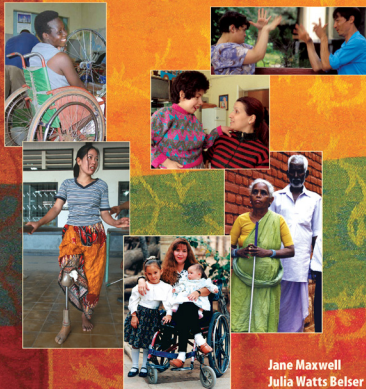
Le Tesserin, an organization in Burkina Faso dedicated to transforming the lives of people with disabilities, took on the monumental task of translating and adapting *A Health Handbook for Women with Disabilities*. The organization uses the book to fight stigma and break down barriers in education so girls with disabilities can have the same opportunities as their peers and thrive academically, socially, and professionally.

With mounting casualties from the civil war in Burkina Faso leaving more people in need of reliable, easy-to-understand resources on living with temporary or life-long disabilities, Le Tesserin's work to make this book available in their country is especially vital.

We are proud to partner with Le Tesserin and pleased to announce that *A Health Handbook for Women with Disabilities* is available in French on our HealthWiki, with their printed version available soon.

Also new to our free online HealthWiki this year is *Where There Is No Dentist* in Korean, *A Book for Midwives* in Haitian Kreyol and Dari, the *Workers' Guide to Health and Safety* in Mongolian, and the first 10 chapters of *Disabled Village Children* in Russian.

Manuel de santé des femmes handicapées



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We gratefully acknowledge the participation of 121 volunteers and collaborators who donated 4,872 hours to help ensure our materials remain accurate, up-to-date, accessible, relevant, and shared most widely.

REMEMBERING STAN SPRAGUE



As a volunteer book-packer, Stan's joyful presence regularly treated us to mood-lifting news of backpacking trips, folk music concerts, his zero-waste lifestyle, or the latest neighborhood goings on. We feel blessed to have shared some of his 95 well-lived years.



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Companies with workplace giving benefits can donate, volunteer, and match employee giving. If Hesperian isn't on the list of eligible recipients, please request we be added so you and others can easily double—or even triple!—the impact you have in communities around the world. Reach out to jade@hesperian.org with any questions you have about workplace giving or donor advised funds.

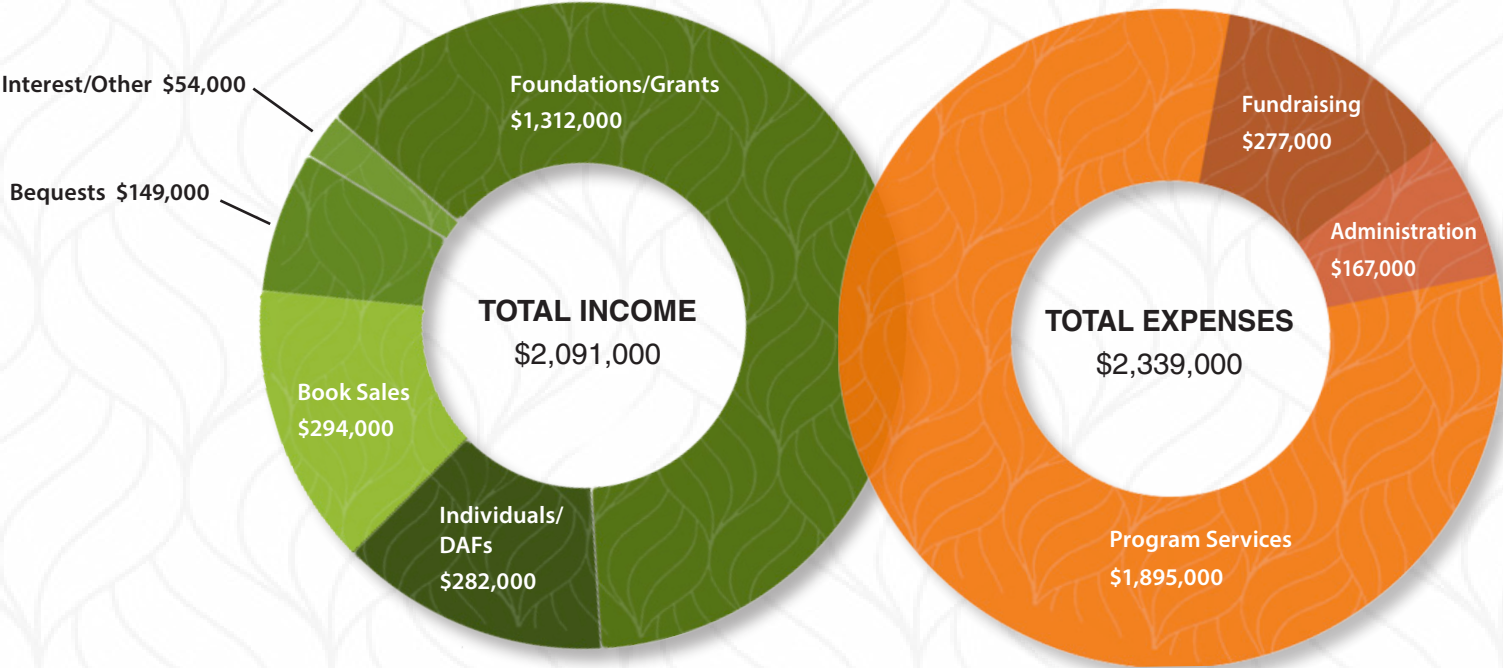
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JULY 2023 - JUNE 2024



Hesperian ended Fiscal Year 2024 with net assets of \$3,200,000. In June 2022, Hesperian used bequest-generated assets to purchase and improve a building to house Hesperian's operations, 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.



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 2023-2024

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Congratulations to production designer Kathleen Tandy on her recent retirement. Join us in recognizing her for fifteen fearless years of shepherding Hesperian resources to publication. With a love of linguistics keeping her comfortable navigating languages she couldn't read, and experience laboring as a cabinet maker underpinning her work on the *Workers' Guide*, her deft and speedy touch on our books won't be forgotten!



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