



乡村卫生员培训手册

*Pamene Palibe Dokotala*

Kako pomoći slijepoj djeci

សៀវភៅណែនាំ  
សម្រាប់សមាគមន៍  
សុខភាពបរិស្ថាន

សុខភាពបរិស្ថាន

VVU, Afya, na Jumuia Yako

*TAM, ГДЕ ХЕТ ДОКТОРА*

مُسَاعَدَة الْأَطْفَالِ الْمَكْفُوفِينَ

*DAUNIM SIK  
LONG PLES*

صحت کارکن  
کیسے سیکھیں، کیسے سکھائیں

치과의사가

없는곳에

Panduan Masyarakat untuk  
Lingkungan

Giúp đỡ trẻ điếc

अपाङ्गता भएका महिलाहरुको  
लागि स्वास्थ्य निर्देशिका

**h**  
hesperian  
health guides

Annual Report  
July, 2015–June, 2016

## A message from the Executive Director

Dear friends,

My office is right across the hall from our digital staff and not far from our design department, but I still don't understand how they can produce so much vital health information.

This year we brought out five print books in four languages, five e-books in two languages, eight PDFs in five languages (plus updates) and 26 digital resources in eight languages for our online HealthWiki. We also helped our international partners release their own adaptations of Hesperian publications in Urdu, Uzbek, Bengali and Malagasy; and we're assisting others with their translation and adaption of our new books into Bangla, Chinese, Indonesian, Khmer, Lao, Nepali and Vietnamese. Hesperian Health Guides are now available in 85 languages, with 293 titles in all.

Given all those languages, you'd think our small office was a mini-United Nations. Although our nineteen staff members are talented and hard-working, our incredible output relies on constant collaboration with partner organizations and dedicated volunteers. Our Zika materials—among the first practical and accessible ones available—were promptly released in five languages by people working on three continents. COBIHESA in Tanzania often posts *New Where There Is No Doctor* chapters in Swahili before we even finish our Spanish translation. Afghan refugees next door in Oakland are translating our materials into Dari to send to their relatives at home. The list goes on.

Our online HealthWiki offers material in fourteen languages, with more on the way. If digital publications literally flew out the door of our website, it would be a blur—five million people, most using cell phones, access them each year from every corner of the globe.

Technology allows us to share our life-saving information globally, but what makes it effective, what really saves and transforms lives, is the commitment we share with tens of thousands of partners in hundreds of countries—to create a world where poverty, inequality and war no longer sicken and kill with impunity.

That's the common language we all speak.



Sarah Shannon, Executive Director  
Hesperian Health Guides



# Online, nasa oras, iba't iba

## Online, on time, diverse

Hesperian has not only pioneered comprehensive, easy-to-understand health materials in print—now we're also on the cutting edge of putting them online, in more and more languages, for a wider and wider range of people. This year has been prolific in both ways—we published more materials than ever, and more people than ever visited us on the web.

We brought out 26 new digital resources in eight languages, including Swahili, Filipino and Somali (all firsts for us). The Swahili content caused a surge in online visitors from Kenya, where the government is trying to implement internet access for everyone. And despite the fact that we have only a handful of chapters in Filipino, we're already getting as many visitors from the Philippines as we do from the nations that access us the most (Colombia, Brazil, India and Venezuela).

We've also been able to respond quickly to emerging health crises like the Zika virus. Before the World Health Organization even labeled it an epidemic, we'd brought out illustrated Zika fact sheets in English, Spanish, French, Haitian Kreyol and Portuguese. We made them available both on our HealthWiki, which allows for easy



mobile access, and as PDFs, which can be printed out for people who don't have an internet connection.

Given the serious danger Zika poses to pregnant women and their unborn children, and how little trustworthy information was available about it, our fact sheets led to 20% more people visiting our site, often reading our women's health information pages. When they got there, they spent 40% more time than usual. Most importantly, 65% of them were new to our HealthWiki.

We also published two new books online—*Health Actions for Women* and *Workers' Guide to Health and Safety*. Since their launch this spring, each has been viewed by thousands of users.

Thanks to partners like COBIHESA in Tanzania and Likhaan Center for Women's Health in the Philippines, our digital resources are now used in every country and territory in the world.

Albanian, **Amharic**, **Arabic**, Armenian, Aymara, Azeri, Bambara, Bangla, Bengali, Bicol, Bunyore, Burmese, Cebuano, Chichewa, **Chinese**, Croatian, Dari, **English**, **Spanish**, Esperanto, Farsi, **Filipino**, Fon, **French**, Fulfulde, Georgian, German, Gujarati, **Haitian Kreyol**, Hiligaynon, Hindi, Iban, Igbo, Ilongo, Indonesian, Italian, Japanese, Jinghpaw, Kannada, Karakalpak, **Khmer** Kirundi, Korean, Kurdish, Kwangali, **Kyrgyz**, **Lao**, Luganda, Macedonian, Malagasy, Malayalam, Malaysian, Malinke, Marathi, Mayangna, Miskito, Mongolian, Naga, **Nepali**, Oriya, Oshivambo, Pashto, Persian, Pidgin, **Portuguese**, Pular, Quechua, Romanian, Rukiga, Russian, Samoan, Serbian, Shan, Shona, Shuar, Sindhi, Sinhala, Somali, **Spanish**, **Swahili**, Tamil, Telugu, Tetum, Thai, Tibetan, Tigrinya, Turkish, Turkmen, Tzotzil, Ukhrul, **Urdu**, Uzbek, Vietnamese, Wolof, Yoruba, Zulu

# *Afya ya wanawake yaperwa umuhimu wa aina yake* **Women's health takes center stage**

During the last year, Hesperian put a special emphasis on women's health. Here are some examples of what we've been up to.

## **Family planning**

New and updated family-planning content has been added to our free online HealthWiki in English, Filipino, French, Portuguese, Spanish and Swahili. Since the Swahili family-planning page went up earlier this year, it's been visited 54,302 times. What's

more, HealthWiki visits from Kenya—accessing information in both Swahili and English—increased dramatically. Once ranking 23rd as a source of visitors to our website, Kenya is now 11th—and 9th for mobile phone users.

The same thing happened with our new Filipino information. Since posting it earlier this year, we've seen a 35% increase in visitors from the Philippines, and a 117% increase in people accessing material in Filipino from anywhere in the world.

(By the way, our website doesn't just attract people from developing countries. Texas is one of our largest sources of visitors for women's health information!)

Building off the success of our widely-used, award-winning Safe Pregnancy and Birth app, we've begun building a new Family Planning app. We hope to launch a beta version of the app next year.

## **Safer pregnancy and childbirth**

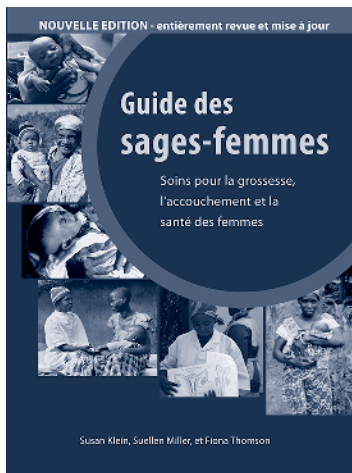
Every day in 2015, 830 women died from complications of pregnancy and childbirth. Nearly all these deaths were the result of poverty, with particularly high rates in West and Central Africa, where most women give birth without the help of a skilled health worker. Increasing the number of trained midwives could prevent thousands of deaths.

Clearly written and heavily illustrated, our *Book for Midwives* is an excellent tool for learning the skills that can save these lives. This year, in collaboration with ENDA in Senegal and the African Birth Collective of



Aji Styawan, courtesy of Photoshare

**Using technology to share information about health across generations.**



midwives in Oregon, we produced a French translation aimed particularly at women in French West Africa. *A Book for Midwives* is also available in four other languages: Nepali, Spanish, Urdu and, of course, English.

We added *The Childbirth Picture Book* to Hesperian's catalog

this year, and it's now available in Arabic, English, French and Spanish. Chinese, Somali, Swahili and Tibetan editions are in the pipeline.

## Preventing fistula

A fistula occurs when a hole is torn between the vagina and the urethra or rectum, resulting in an uncontrollable leaking of urine or feces. This can happen during birth, when a baby's head presses against the pelvis for too long, or it can be caused by sexual violence. Every year, thousands of women who've suffered a fistula are divorced, abandoned, impoverished and treated as cursed outcasts (usually, all four).

To address this problem, Hesperian has released a free, downloadable PDF titled *Working Together to Stop Obstetric Fistula*. In addition to information on preventing this devastating condition, the pamphlet

discusses strategies for healing fistula, surgery to repair it and country-specific resources for finding help. Translations into Chichewa, French and Nepali are underway.

To help produce this first edition, Canadian university student Katharina Gref shared her research on women's health in Nigeria. We plan to work with partners in Ethiopia, Nigeria, Nepal, Pakistan and elsewhere to field-test, expand and improve the content.



Lucy Pery/Hamin Fistula Relief and Aid Fund Australia

**Training midwives will help reduce the incidence of obstetric fistula.**

# *Zika, yon epidemi k ap vin pi grav chak jou* **Zika, the emerging epidemic**

As the Zika virus was burning through Brazil, and the World Health Organization had just recognized it as an international public-health emergency, we'd already posted a Zika fact sheet on our online HealthWiki. Translations into Spanish, French, Portuguese and Haitian Kreyol soon followed. More informative than a poster, yet not too long or medicalized, it has great illustrations and includes information on distinguishing Zika from malaria, dengue, chikungunya and the like.

We were able to respond so quickly because we've put a special focus on mosquito-borne illnesses since the 2008 publication of *A Community Guide to Environmental Health*. Our skilled translation partners in Latin America and the Caribbean were already in place, ready to jump in with virtually no notice.

But it's not just about speed. Most of the early Zika materials produced by other organizations were overly technical and academic, and blatantly ignored birth control. Our fact sheet included practical information on that and other topics, with a strong focus on prevention—how to avoid

mosquito bites and how to deprive mosquitoes of places to breed.

In February 2016, visitors from the U.S. hand-carried Hesperian's Spanish-language Zika fact sheet to the Guatemalan community of Santa Maria Tzeja (a place with very little support from the health authorities). Months later, when the first Zika cases hit, the fact sheet's detailed recommendations concerning bed nets, mosquito breeding areas and condom use for women who might become pregnant allowed community health workers to respond quickly and appropriately.

As climate change and forced migration encourage the spread of mosquito-borne diseases, poor people will suffer the most. And that's exactly who we're reaching.

We rose to similar public-health challenges after the massive earthquakes in Nepal in 2015 and in Haiti in 2009 (which included a cholera epidemic). In both situations, our editorial staff was able to prepare and distribute the needed resources in the needed languages in record time.



**A health promotor in Guatemala holds a copy of Hesperian's Zika fact sheet in Spanish.**

# *Progresso no Novo Onde Não Há Médico* **Progress on the New Where There Is No Doctor**

The world has changed enormously in the more than forty years since the first edition of *Where There Is No Doctor* came out. Most of the world's people now live in cities, women's roles have shifted dramatically, and the poor face health challenges previously considered problems of affluence, like diabetes and cancer.

To accommodate these changes, we've been busy the last several years with a major revision of the book. Eleven new chapters are finished and have already been translated into 13 languages, including four into Swahili and one—on newborn babies and breastfeeding—into Somali (a new language for us). Given the severe risk that Zika poses for pregnant women in Brazil, translating the Family Planning chapter into Portuguese was a top priority.

Releasing the diabetes and cancer chapters was another major accomplishment. It included field-testing by community groups in eight countries and feedback from several expert reviewers. The field-testing invigorated everyone. Hillside Health, our partner in Belize, reported, "All the Community Health Workers asked if we could keep training them because they found the information so helpful! The CHWs, Hesperian, Hillside, and the Ministry of Health all learn from these discussions how we can tailor our work to meet community perceptions and misconceptions about diseases."

These new chapters encourage community action to address the social causes of cancer and



Diana Mrazikova | Networks, courtesy of Photoshare

**Making a home visit during an anti-malaria campaign, a health worker explains to a woman the necessity of sleeping under mosquito nets.**

diabetes—urbanization, changing food supplies and environmental damage. And our field-testing shows that health workers are eager to be working on these problems in their communities.

All the new chapters are heavily illustrated and retain the warm and accessible tone people love about *Where There Is No Doctor*. And we're posting them online as we go, in as many languages as we can.

# *Compasión y empoderamiento, aquí en EEUU* **The language of compassion and empowerment, here in the US**

Over the years, many people have asked why we don't publish health information specifically for the U.S. They have a point—while our materials are widely used and appreciated in the U.S., we'd never produced anything explicitly for use here. Then we met Dr. America Bracho, the director of Latino Health Access, an extremely effective health promoter program in southern California.

Dr. Bracho and the *promotores* of LHA (who are mostly immigrants) had used Hesperian materials for decades, both in the countries they came from and in the Orange County communities where they now live. Our materials work for them because they are written in a language of respect for culture, belief in people's abilities, and recognition of challenges to health posed by conditions of poverty, inequality and marginalization. And their experience of putting that into practice blew us away.



**LHA staff and health promoters sharing ideas.**

We asked LHA if they would be interested in writing their story, and they told us they had already started! *Recruiting the Heart, Training the Brain* was published in April, is now being translated into Spanish and has already garnered many positive reviews.

Nancy Halpern Ibrahim, executive director of Esperanza Community Housing of Los Angeles, wrote, "it should be required reading" for anyone interested in community health work. "This masterful work describes in clarity and detail why *promotores* are so uniquely effective in [producing] positive and sustainable health outcomes."

Soledad, one of the LHA *promotoras*, explains: "We come from a culture that is rich. We know how to be a community. We were always helping each other; always in moments of crisis, like a community, like neighbors, like a family. There are many things that are different here [in the U.S.]. We don't know the system; we don't know how it works. The system starts to overpower us."

"At LHA, I discovered I had a lot to offer. I feel the responsibility to give back. A hidden or saved-up talent is of no use if it is not shared... I want to continue enriching our communities, and ensure that none of us loses our humanity."

At Hesperian, that's the spirit we try to infuse into our books, and it's an approach that works in every culture and every language.



# *Transformación a través de la traducción* **Transformation through translation**

Last year's launch of our *Workers' Guide to Health and Safety* was the culmination of over a decade of global collaboration between workers, organizers, union leaders, academics and professionals at all levels. But the launch of a Hesperian book isn't the end of a project—it's just the beginning. Translations transform our books by taking their reach worldwide.

As we were doing marketing outreach for the book, our partners in Asia quickly began raising funds for translations into Bangla, Bahasa Indonesia, Chinese and Vietnamese. Besides offering them various sorts of technical support, we helped them create in-country, language-specific fundraising websites to support not just the translation but also the design, editing and printing of the book.

Thanks to a Department of Labor/OSHA grant, we began work on the Spanish edition in October. This grant funded the translation of two large sections of the book—focused on chemical hazards—into Spanish.

Even more importantly, it allowed us to produce and field-test a hazardous-chemical curriculum/discussion guide aimed at Spanish-speaking garment worker organizers in Los Angeles. While our book translations use a pan-Latin American Spanish, the discussion guide was significantly adapted to the everyday “Spanglish” used by these U.S. organizers.

Our field-testing partner was the Los Angeles Garment Worker Center (GWC), a vibrant community-based organization that responds to workers' needs. This field test was a unique opportunity to get input

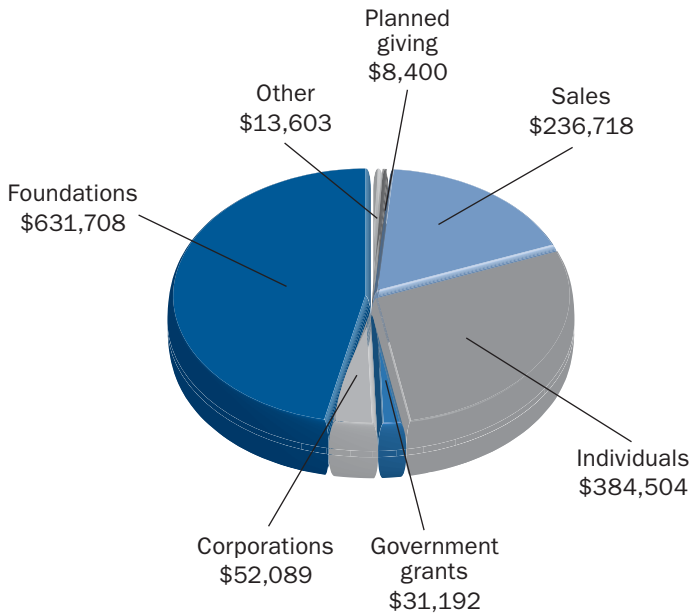
from hard-to-reach workers new to these topics, though not to chemical dangers—rashes and respiratory difficulties were common complaints among even those workers whose jobs don't put them in direct contact with chemicals.

At the end of our third two-hour training, workers and organizers alike felt activated and validated by the content. One trainer exclaimed: “I didn't realize how much workers already did to protect themselves, and this helped them see how they're already active promoters of their health at work.” The Spanish chapters are now available on our Spanish-language WikiSalud, and the training guide as a PDF.

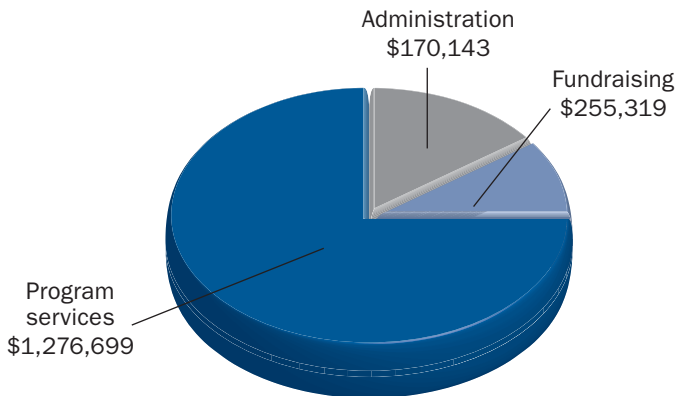


**Leading a body-mapping activity for chemical exposure.**

## Income and Expenses



**Total Income: \$1,358,214**



**Total Expenses: \$1,702,161**

## Why Bev Schubert gives to Hesperian

Early this year, Bev Schubert volunteered to teach a two-week midwifery course in Laos with Health Leadership International (HLI). Most of the participants, fifteen women from several Lao provinces, were already midwifery students or nurses, but only a few had hospital experience. All were committed to learning and updating their skills to meet new government requirements.

“The Lao *Where Women Have No Doctor* was immensely helpful, especially considering our language barrier,” she says. “The graphics were rich, the language respectful, appropriately detailed and presented in a way that made the messages clear.”

“This allowed me to cover a wide variety of topics, everything from gynecology exams, routine prenatal care, nutrition and labor, to suturing, extraction of the placenta, neonatal resuscitation and postpartum care. At the end of the course, there was a simple ceremony. All the graduates received a certificate and will continue their education.”

Other HLI members participated to make the midwifery course one of the most comprehensive ever given in Laos. Videos produced by the Global Health Media Project (GHMP) complemented the written resources.

Bev’s experience in Laos led her to conclude, “Hesperian is making a big difference in the world. It’s a great privilege to be associated with this wonderful organization and to contribute to its survival.”

Bev and her husband Chris are stalwart financial supporters of Hesperian. We hope you’ll join them.

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### In memorium

Hesperian is saddened to have lost a longtime supporter — Elizabeth “Mopsy” Matthews. To her family who named us a recipient of gifts in her memory and to the many people who donated in her honor, we give our thanks and condolences.

Her work and memory live on.

## Our volunteers and collaborators

We gratefully acknowledge the participation of our **120 volunteers** and other collaborators who donated 8,838 hours of energy to the development of our content this year. They help ensure that our work remains accurate, up-to-date, accessible and relevant. We could not do what we do without them!

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For a list of partner organizations, including the organizations that helped us field-test our materials, see <http://hesperian.org/about/partners>.

## Gratis Books responds to crisis

The letters are handwritten, the stamps are exotic and the requests are always compelling. Every day, Hesperian receives letters from people all over the world requesting free books. “Each letter we receive demonstrates a critical need for our materials and often tells a powerful story,” says Lee Gallery, longtime volunteer coordinator of our Gratis Book Program. “When I get a letter, I’m reminded of how most of the world lives and how fortunate we are. Sending a Hesperian book really changes lives and empowers the powerless.”

This past year, as refugees from the Middle East and North Africa crammed into precarious and often deadly boats, or trekked from country to country on foot, we searched for a way to respond to multiple crises. Thanks to a partnership with the Syrian-American Medical Society (SAMS) and other generous donors, we were able to send free Arabic editions of *Where There Is No Doctor, A Community Guide to Environmental Health* and *The Childbirth Picture Book* to refugees in Yemen and other places in the Middle East.

While we’re committed to sending books to those who need them, regardless of their ability to pay, the cost of international shipping continues to increase—**it’s now equal to the average cost of a book!** So raising funds is vital.

Last year we conducted three fundraising matches that brought in close to \$20,000. Combined with other contributions, that allowed us to send 1,385 books to individuals and health clinics worldwide. Please join us in supporting this key program.

## How to support our work

### Workplace giving

Looking to maximize your donation to Hesperian? Be sure to check out your company's workplace giving program. Many matching gifts programs allow you to double or even triple your contribution! Get the most out of your giving by asking your employer today for details.

### Monthly donations

Become a monthly sustaining donor and provide ongoing support for Hesperian's work. Each month, an amount you choose will be automatically billed to your credit card, and can be cancelled whenever you want. Becoming a monthly sustainer is a hassle-free way to donate and it cuts down on donation requests and greatly reduces our fundraising costs.

### Paying tribute

There is no greater way to acknowledge an important milestone or to express condolences than to give a tribute gift. A gift to Hesperian 'in honor of' or 'in memory of' will have an impact on people worldwide. Hesperian will send a note to the person you are honoring or the family of the deceased to notify them of your thoughtfulness. Donate today on behalf of your loved one, friend or colleague.

### Wills and living trusts

Selecting Hesperian as the beneficiary in your will or living trust provides a lasting legacy to our important work and makes a difference for years to come to people worldwide. This past year, Hesperian received a major bequest from the estate of longtime supporters, Luella and Keith McFarland.

For close to thirty years, Luella and Keith were strong advocates of Hesperian and our materials. They read and gave feedback during the development process on publications, connected us to groups who would benefit from having a Hesperian book and supported us financially—from donating money they collected by recycling aluminum cans to donating the proceeds from the sale of land. The bequest Hesperian received from their estate this year will continue to support our work into the future.

### Buy books directly from us

Buying books directly from us maximizes our revenue and helps ensure that our books remain in print. Visit [store.hesperian.org](http://store.hesperian.org) and make your purchase today!

### If you would like more information

Contact Sherry Nadworny at 510-845-1447.



### A returned Peace Corps volunteer gives back

Gregory MacCrone was a Peace Corps volunteer in Liberia in 1989. When he saw his neighbor, Jenny, covered in rashes on her arms and legs, "I used *Where There Is No Doctor* to diagnose scabies and learn what to do." After 2 treatments with ointment and careful laundering, Jenny was cured. "Her father paid me with three bunches of bananas!"

Gregory still appreciates how *Doctor* helped when he was a young Peace Corps volunteer and wants others to have the same resource that helped him and Jenny. That's why he has been a generous donor to Hesperian over the years.

# À propos de Hesperian

## About Hesperian

Hesperian's mission is to publish and distribute books and educational materials that help the world's poor take greater control over their health and their lives. Our publications have been translated into more than 80 languages and are used in 222 countries and territories. A pioneer in community-based health education since the 1960s, Hesperian is world-renowned for writing and illustrating reliable health manuals that enable people with minimal formal education not only to diagnose, treat and prevent most common health problems, but also to organize to change the social causes of poor health.

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