



# 2024 CHESIDS ANNUAL REPORT

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# OPENING STATEMENT

2024 was a pivotal year in OUR journey. We celebrated our 10th anniversary, marking a decade of collaboration with communities, strengthening health systems, empowering emerging public health leaders, and championing the well-being of women and children through impactful initiatives.

Indeed, it was a year defined by growth, action, and deepened commitment to equitable public health in Nigeria. In a world marked by persistent health disparities, we have chosen to respond with innovation, resilience, and community-centered solutions.

This report reflects not only what we accomplished but also how we did it through collaborations, partnerships, and people-first programming. We expanded our flagship public health stewards program, strengthened grassroots initiatives, and launched evidence-based interventions that advanced Maternal health, reproductive health, Hepatitis B prevention, Menstrual equity, and anti-FGM advocacy.

Our work is grounded in data, driven by youth, and powered by our passion for change. Through every challenge, our mission remains clear: ending preventable sickness & death among women and children; strengthening the role of youth in health & development; and supporting the emergence of resilient & sustainable systems for health across Nigeria.

Thank you for believing in us and being a part of this journey.

With gratitude,  
The CHESIDS Team



# OUR REACH

**71, 679 persons  
reached in 10 years**

**2024:  
1,602 persons  
reached directly**

**6,638 persons  
reached indirectly**

**7 projects completed  
in 2024**

**7 communities  
served in 4 states  
across Nigeria**



# The Next Hundred Public Health Stewards Program

**The Next Hundred Public Health Stewards (TNH-PHS)** is CHESIDS' flagship program, tooling the next generation of young public health enthusiasts in Nigeria with the knowledge, skills, and experiences essential for impactful public health practice.

Designed for enthusiastic yet sub-optimally skilled youth, the program starts with a 3-day orientation and proceeds with a 3-month immersion in partner public health organizations. This model has proven effective in bridging the skills gap among emerging public health professionals.

From **7 applications** in 2021 to **1,025 applications in 2024**, the program's growth underscores its relevance and reputation as a trusted pipeline for Nigeria's young public health workforce.



In response to increasing demand, CHESIDS partnered with the **African Institute of International Development Professionals (iDevPro)** to expand TNH-PHS from **Abuja** to **Kano State**, marking the first launch outside the Federal Capital Territory. By October 2024, the program celebrated its **first 100-steward milestone in Kano!** This underscores its capacity to scale and adapt through strategic partnerships.



**In 2021**

**7 Applications**



**In 2024**

**1,025 Applications**

# The Next Hundred Public Health Stewards Program

Indeed, **partnerships are the driving force** behind the program's growth and impact. Through our collaboration with **NOIPolls Limited**, cohort 8 stewards toured the largest polling center in West Africa. This exclusive experience enhanced their understanding of how public health data is generated, analyzed, and applied in decision-making; an opportunity that underscores the unique value of the TNH-PHS journey.



We are proud to catalyze the transformation of enthusiasm and potential into **actual jobs, career growth, and community impact** among Nigeria's robust youth population. Our partners remain vital to this journey, providing real-world experience, building leadership capacity, and opening career doors. Together, we're shaping a new generation of capable, confident public health professionals.

# TNH-PHS Alumni Community Project: Hepatitis B Awareness Program

In 2024, we moved from sharing opportunities with TNH-PHS alumni on WhatsApp to their first-ever alumni-led community project. Partnering with CHESIDS and the Primary Healthcare Centre in Waru, the alumni led the design and implementation of a Hepatitis B Virus (HBV) awareness project.

Hosted by the District Head of Waru, this intervention marked a significant milestone: it was conceived, planned, and executed by alumni themselves, from identifying the issue to planning and delivering impact.

The alumni identified HBV as a pressing concern. With a national prevalence of 8.1% among adults (NAIIS, 2018), Nigeria is a major contributor to Africa's 90 million hepatitis cases. Yet many remain unaware of their HBV status.

The session targeted women of reproductive age, men, elderly caregivers, youth, and persons with disabilities. Participants left with practical knowledge on how to identify symptoms of HBV, modes of transmission, prevention strategies, and the importance of vaccination (especially for children).

Attendees were also linked to the local health facility, where the Officer-in-Charge provided next steps for accessing HBV-related services.

This project is another example of CHESIDS creating platforms for young people to apply their public health knowledge and skills in solving health and development issues in their communities, especially in urban slums.

While some alumni had participated in outreaches before, this was different. This time, they led and the hands-on experience deepened their understanding of program design, team dynamics, and community engagement.





# Alumni Reflections

## Cohort 8

*"It taught me that solutions begin when a problem is identified, and interventions are tailored based on community needs... I now approach work with a stronger approach for participatory planning and the power of teamwork in driving impact."*

## Cohort 8

*"This experience has taught me the value of collaborative problem-solving, effective communication, and adaptability... I'm excited to apply the skills and knowledge I've gained to future projects."*

## Cohort 7

*"The experience has made me want to do more for underserved communities... seeing the smile on their faces was a motivation for me... It's always an exciting and learning experience."*

## Cohort 5

*"I now approach every task with zeal and enthusiasm. My personal mantra has become: 'Whatever is worth doing is worth doing well.' I'm eager to contribute to meaningful change and help build a lasting legacy."*

# TNH Women Empowered: Maternal and Household Nutrition Program

As part of efforts to end preventable sickness and death among women and children, CHESIDS, led by its Board of Trustees, engaged pregnant women, grandmothers, and women of reproductive age to offer practical insights on minimum nutritional requirements before, during, and after pregnancy.

Many participants were unfamiliar with dietary recommendations such as slightly reducing staples, legumes, and fats; maintaining or increasing fruits and vegetables; and boosting iron-rich foods like meat, poultry, and fish. This gap underscores the urgent need for sustained, culturally sensitive nutritional counselling.





# TNH Women Empowered: Maternal and Household Nutrition Program

Dr. Ezimma, a seasoned medical doctor and member of the CHESIDS board of trustees who led the session also addressed other key aspects of maternal care, including ante- and postnatal visits, reinforcing the role of proper nutrition in safeguarding maternal and child health.

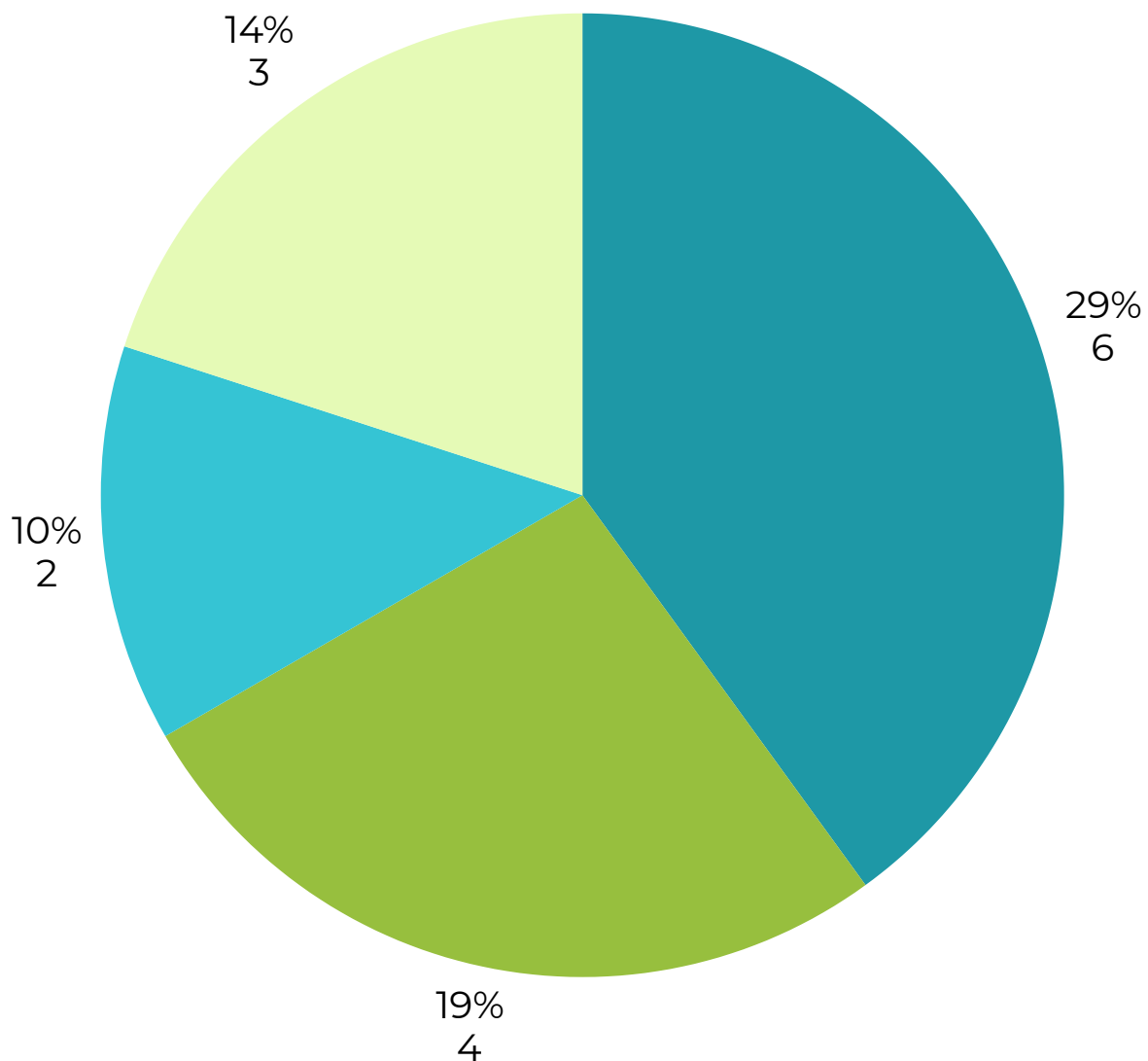
Primary healthcare providers were engaged to help sustain nutrition education within the health system. In their feedback, the facility leadership welcomed the fresh perspectives and credibility the session offered, noting that through the session, women felt supported beyond the regular clinic staff.

According to the Officer-in-Charge, this was the first session focused specifically on maternal nutrition by any organization. Both staff and participants expressed interest in further collaboration with CHESIDS on related maternal and child health topics.

The women left with refreshed knowledge about food groups, their nutritional value, the benefits of micronutrients such as folic acid, zinc, iron, and vitamin B12, and appropriate portion sizes to support healthy pregnancies.



# TNH Women Empowered: Maternal and Household Nutrition Program



Total number of participants was **21**, some participants are classified in more than one group hence the variance in percentages

- 29% pregnant women and young girls (6).
- 90% women of reproductive age (19).
- 19% of elderly women, caregivers and people with disabilities (4).
- 10% of Children of the target beneficiaries (2).
- 14% of Primary Health care providers (3).

# TNH Women Empowered: Maternal and Household Nutrition Program

## Identified knowledge gap

Many women were unfamiliar with dietary recommendations such as slightly reducing intake of staples, legumes, and fats; maintaining or increasing consumption of fruits and vegetables; and increasing intake of iron-rich foods like meat, poultry, and fish.

Many women are poorly informed about the importance of maternal nutrition and the critical nutrients needed to sustain themselves and their children.

## Why the session matters

Equipping women with practical nutrition knowledge before, during, and after pregnancy improves maternal health, supports child health and development, and strengthens community well-being.





# The Next Hundred Girls with Menstrual Hygiene Management Skills Program

At **Overcomers International College, Lugbe**, for the first time, boys and girls were part of the same conversation **about menstruation, stigma, and support**. CHESIDS leveraged the **2024 International Menstrual Hygiene Day** as a platform to enable the students of Overcomers International College, Lugbe, to challenge silence, stigma, and shame around menstruation.

By inviting boys into the conversation, the program sparked honest discussions, encouraged empathy, and laid the groundwork for a more supportive school environment. Through a mix of values clarification activities, Q&As, and an engaging fireside chat, the students learned, laughed, and reflected upon their lived experiences. The boys were curious about how to support girls during menstruation and reduce discrimination, allowing everyone to live with dignity.



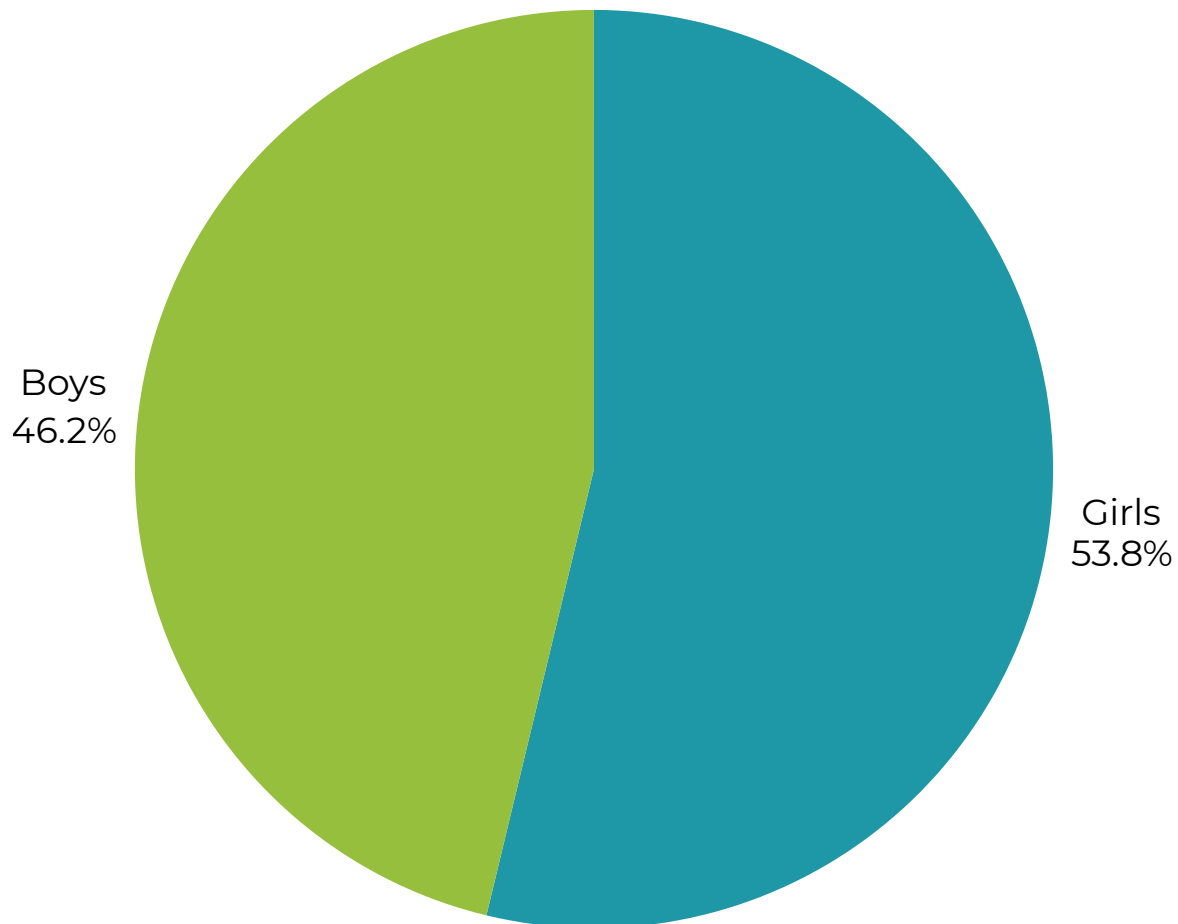
*"Participating in this conversation was eye-opening. I never understood the challenges that girls face during their periods. It was great to hear their experiences and realise that we can support each other better. The stigma around menstruation needs to change, and I'm glad we could talk about it openly." — A male student from Overcomers International College*

The **key learnings** for us were:

- **Inclusion could mean separate but focused conversations that enable both genders to engage authentically.**
- **Interactive activities that enable participants to speak, reflect, and question phenomena openly deepen impact.**

# The Next Hundred Girls with Menstrual Hygiene Management Skills Program

Through *The Next Hundred Girls with Menstrual Hygiene Management Skills* program, CHESIDS has equipped 200 girls in Aliade, Makurdi, 50 girls in Lugbe with the information, skills, and confidence to manage their menstrual periods with dignity, in schools that are becoming more informed and inclusive.



# Partnering with Youth for Health (PY4H) in Ebonyi State

***Positioning survivors to lead Female Genital Mutilation elimination efforts, one community at a time.***

With an estimated 19.9 million survivors of Female Genital Mutilation (FGM) in Nigeria, their voices remain critically underrepresented in efforts to eliminate the practice. This silence undermines progress. To break the culture of silence, **CHESIDS** launched the Voices for Change Project a community-based initiative that positions young survivors to lead abandonment efforts against FGM in their communities.

In partnership with the **Nigeria Chapter of the Global Youth Consortium Against FGM**, the activity was implemented in **Amugo Unuphu community, Ebonyi State**, in July 2024. The strategy was to equip young women who have survived FGM with the knowledge, leadership tools, and safe spaces to both heal and advocate.

The early results are promising: 12 young women with one message: **FGM HURTS US, STOP IT!**



## INTERMEDIATE RESULTS

Outputs	Results
3-Day training for master trainers	2 Community-based master trainers cascading knowledge to 10 additional peers.
1 Safe space established	12 young women participating in support group sessions.
12 young women completed 3 mentoring sessions	12 young women participating in support group sessions.



***“Madam A.” thought she knew all about FGM but it wasn’t until she participated in the Voices for Change mentoring sessions that she realized that massaging the clitoris with petroleum jelly and other similar substances was in fact Type 4 FGM.***

***Through peer-led discussions, she found the courage to confront her struggles with intimacy in her marriage. Armed with new knowledge, she began sharing her experience within her community.***

***When she learned her neighbor planned to subject their daughter to FGM, she took action, explaining its harmful effects and convincing the neighbor to reconsider the plan. “I said, ‘No, this must stop!’ and showed her a different path for her daughter,” She recalls. She later joined 9 other project participants in their first community engagement with Catholic Women’s Organization (CWO) members at Immaculate Parish in Amugo.***



**CHESIDS PY4H initiative continues to enable youths to drive health and development efforts within their communities.**

**We aspire to tool The Next Hundred FGM survivors to challenge FGM in 100 communities across two states.**

# The Next Hundred Impactful Storytellers: Building your Professional Brand through Storytelling

***“Capturing the essence of who you are and what you stand for”***

***~Olufunke M. Olufon***

In another first, CHESIDS partnered with TEDx speaker and communications leader Olufunke M. Olufon and Options Consultancy Services to deliver a hybrid workshop on strategic communication, personal branding, and leadership for young professionals.

## Workshop Objectives:

- Understand how storytelling shapes and communicates a professional brand
- Identify personal and professional experiences that strengthen brand narratives
- Learn storytelling techniques to articulate brand messages clearly
- Apply storytelling in interviews and professional settings

With her signature approach, Olufunke guided participants through the elements of a personal brand story and how to optimize storytelling across platforms and professional contexts.

Working through a custom worksheet, participants crafted personal brand statements. One participant shared that this helped him to rework his brand message to better reflect his values and aspirations, aligning it more closely with his career goals. Post-workshop interviews showed that the young professionals left with a renewed ability to use storytelling as a strategic tool for brand building and engagement. Many began publicly sharing their journeys online, demonstrating the ripple effect of the session's practical impact.

Creating fiction

-Not just sharing my story, but also ensuring it has a strong impact - a good landing that resonates with my audience.

This workshop was insightful, and I'm excited to apply these learnings to enhance my professional brand! Thank you [Centre for Health Systems Support and Initiatives for Development \(CHESIDS\) Options Consultancy Services](#) [Olufunke M. Olufon, PMP](#) for this great opportunity.

Can't wait to share my story and inspire others



Organized by [Centre for Health Systems Support and Initiatives for Development \(CHESIDS\)](#) in collaboration with [Options Consultancy Services](#) and [Olufunke M. Olufon, PMP](#) The maiden edition of the next hundred impactful STORYTELLERS held yesterday 19th November 2024 and I am honored to have participated in it.

The workshop had its theme as “Developing your professional brand through story telling” and this was facilitated by the trailblazing [Olufunke M. Olufon, PMP](#) an author, TEDx speaker and Senior Communication Officer at Bills and Melinda Gates Foundation based in Seattle Washington. The session was fully packed, interactive and insightful. She touched on: professional branding, what makes story telling so powerful in professional branding, Elements of a brand story etc.

My take home are (personalized):

- I am my professional brand
- The way I communicate determines how people would address me
- Story telling is that tools that sets me apart from every other person, it is unique because it is authentic and reflects who I truly am
- Story telling does not always have to be fictional or drive emotions, it should pass a clear message of how credible I am



# About the Guest Speaker

**Olufunke M. Olufon** is a strategic communications expert with over 20 years of experience spanning public relations, media, and leadership development. A TEDx speaker and author on purposeful living, she empowers organizations and individuals to share their stories of impact through speeches, panels, workshops, and coaching.

## Collaborators:

- Olufunke M. Olufon, Guest Speaker.
- Options Consultancy Services.



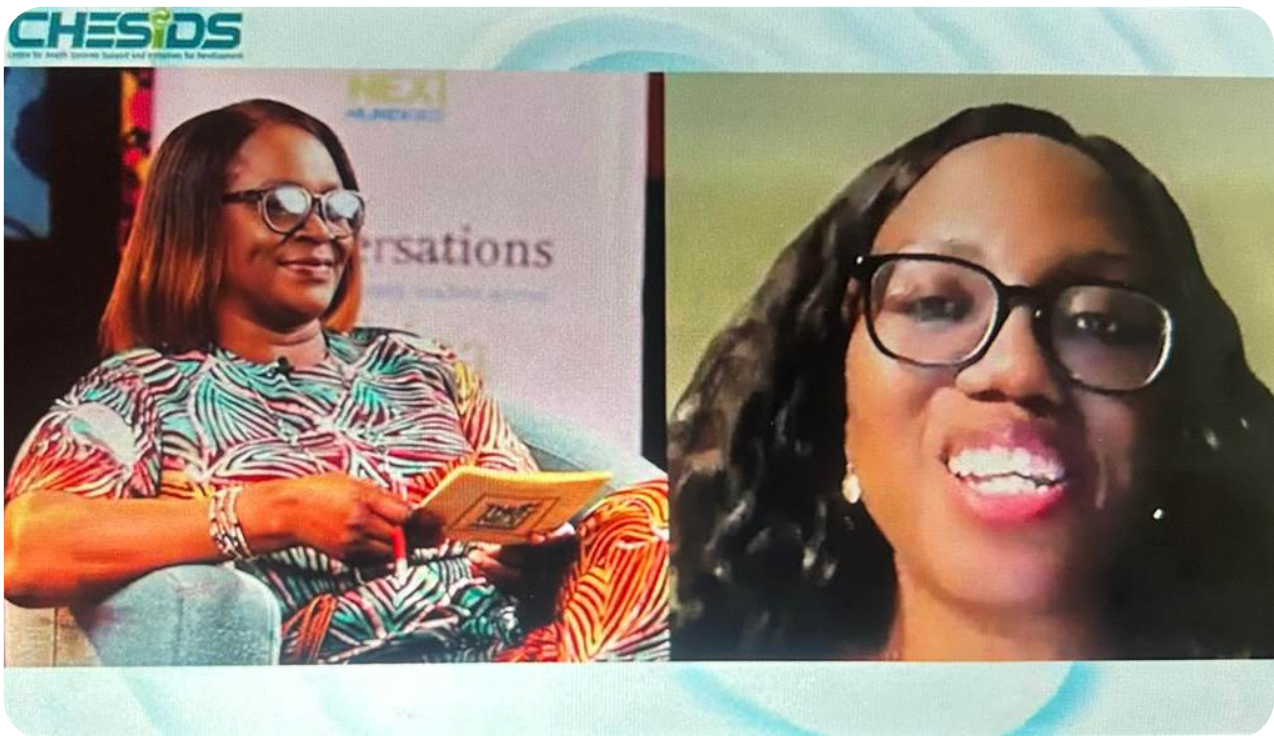


# The Next Hundred Conversations with Public Health Leaders

To inspire and tool the emerging generation of Public Health leaders across Africa, this is the overall goal of The Next Hundred Conversations with Public Health Leaders program. In the year 2024, we interviewed three (3) African female public health leaders on their thoughts on leadership in public health. Dr Aday Adetosoye, Dr Amina Aminu Dorayi and Dr Kathryn Johnson shared their thoughts and also made contributions on the qualities of a good leader, how to manage a team effectively, and many other strategic areas.

**Highlighted below are some key takeaways from the interviewed public health leaders.**

Dr Aday Adetosoye, the former vice president of the Global Health Programs Delivery Group, Management Sciences for Health (MSH) said, *“when reporting up, you should understand the people or the person above you which is called the internal networking, understand their yes’ and nos, know who they are and what their preferences are so that you can be more effective in your work”*. She ended her session by stating that you should keep learning to maintain a skill level in the area you are leading, do unto others as you will have done unto yourself, be kind to others and lead courageously.



# The Next Hundred Conversations with Public Health Leaders

*"A leader should have the ability to have communication skills and people management skills. As a leader in public health or whatever field, the team that you work with is the most important."* Amina Aminu Dorayi, country director, Nigeria Pathfinder International.



*"Global leadership requires in terms of its effectiveness the ability to be clear on where you are headed and then be sure that you are measuring those results, so that you can alter your plan if you are not achieving them."* Kathryn Johnson, Co-founder, Centre for Global Service.





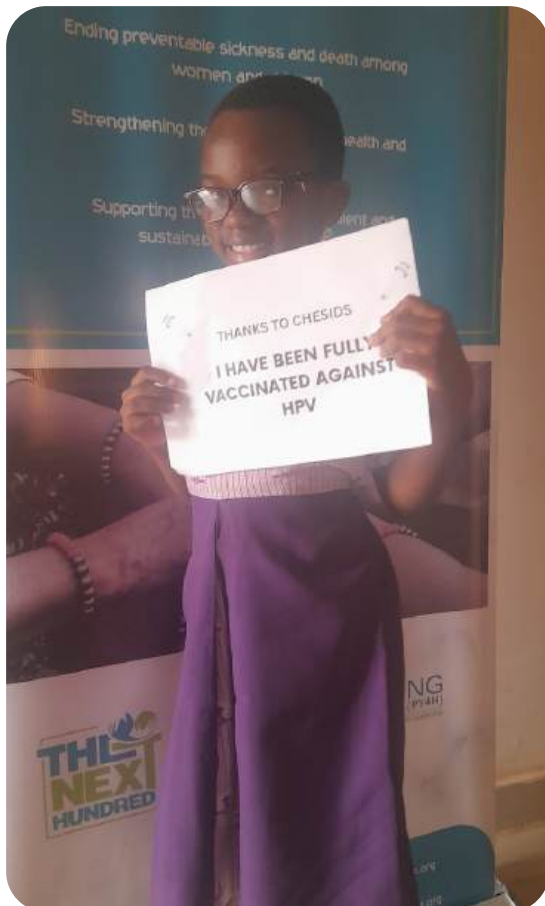
# The Next Hundred Girls Receiving the Human Papillomavirus (HPV) Vaccine project

In 2023, CHESIDS launched a project to increase HPV vaccine equity among girls aged 9–15 years in Benue State. While 20 girls completed the full vaccination series, 10 girls only received their first dose.

In 2024, CHESIDS prioritized the completion of the vaccination for these 10 girls to ensure they are fully protected. This effort builds on our continued commitment to improving HPV vaccine uptake and cervical cancer prevention.

Additionally, CHESIDS will sustain advocacy and awareness campaigns to promote the HPV vaccine, leveraging grassroots efforts and digital platforms to educate more communities about the importance of immunization.

This continuation reflects CHESIDS' dedication to leaving no girl behind in the fight against HPV and cervical cancer.





# Collaborations and Partnerships

CHESIDS has not achieved its milestones alone, our incredible partners have played a pivotal role in our journey. To acknowledge their unwavering support we decided to visit them personally.

These visits were an opportunity to express our gratitude for their invaluable contributions to CHESIDS' success. Beyond simply showing appreciation, the visits allowed us to engage in meaningful conversations with our partners, strengthening our relationships and fostering open communication.

We also sought their feedback on our programs and initiatives, ensuring their insights help us improve and align with shared goals. This exchange of gratitude and dialogue reinforced our commitment to collaboration and continuous growth.



# Capacity Building Opportunities

We made significant investments to strengthen the capacity of our staff with valuable resources that can make impactful change, foster innovation, and build resilient health systems.

Training Programs	Participants	Key Outcomes
EDC Life member Staff Training	CHESIDS Staff	CHESIDS staff equipped with early-stage businesses and startups strategic tools for sustainable growth and success.
Integrating Feminist Intersectionality Approaches in Public Health Programmes	CHESIDS Staff	CHESIDS staff gained insights that focus on addressing social determinants of health through an intersectional lens for more impactful public health programs.
Insights Learning Forum (Digital Transformation in public health: Innovations and impact.	CHESIDS Staff	CHESIDS staff explored innovative technologies and fostered collaboration to transform health systems across Africa.
Thriving as an aspiring, Early and mid-level female health practitioner - THE HOW	CHESIDS Staff	CHESIDS staff empowered with tools and strategies to excel in their careers even as an aspiring, early, and mid-level female health professional.
The Africa Society for Social & Behavior Change Summit	CHESIDS Staff	CHESIDS staff empowered with tools and strategies to excel in their careers even as an aspiring, early, and mid-level female health professional.

# Capacity Building Sessions

## Topic - Compliance: The Need to Get Grounded Speaker - Madam Adeline, Member CHESIDS Board of Trustees

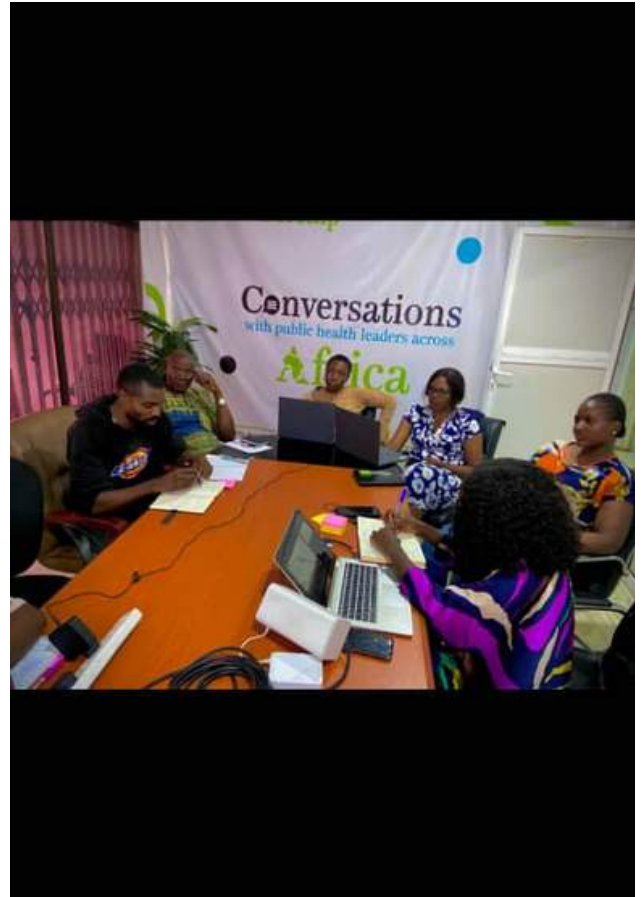
Notes from Madam Adeline's session:

- The Onus is on us to ensure that the structures are built and followed.
- It is the standards set now that would be followed
- Procurement is a process. It starts with market research, trends etc
- Ensure to carry out your due diligence
- Never compromise with your suppliers
- Chesids should be known for quality, value and standards
- Ensure to work together and network





# Capacity Building Opportunities



## Integrating Feminist Intersectionality Approaches in Public Health Programmes



# Capacity Building Opportunities



**Insights Learning Forum (Digital Transformation in public health: Innovations and impact.**





## Collaborations: 2024 International ZERO Tolerance Day Against Female Genital Mutilation



### International Day of Zero Tolerance for Female Genital Mutilation 2024





## Goals for 2025

- Collaborate with the Benue state Bureau for International Cooperation and Development (BICD) and Benue Network of NGOs (BENGONET) to scale TNH-PHS to Benue state.
- Increase the number of immersion partners from 10 to 15 by 2026 Q2.
- Immerse 70% of the 2025 cohort members by Q1 2026.
- Complete 1 TNH-PHS Alumni project in an urban slum within the Federal Capital Territory.
- Partner with Public Health Institutions to incorporate conversations with public health leadership video interviews into their teaching resources.

Upwards and Onwards!

# Partner with Us

At CHESIDS, we believe that sustainable health outcomes are highly attainable through collaboration. Partnership isn't just support, it's shared ownership of the future of public health.

As we look ahead, we are actively seeking new partnerships to:

- Scale the Next Hundred Public Health Stewards Program to additional states
- Expand our Menstrual Health and Maternal Nutrition programs
- Work with additional survivors to lead grassroots action against FGM;
- Deepen our work in urban slums and underserved communities;
- Leverage data, storytelling, and digital health tools to strengthen systems.

If your organization is committed to transforming public health, investing in youth capacity, or reaching vulnerable populations, we invite you to walk this journey with us.

## Our Partners (2024)

We are grateful to our 2024 partners who made our work possible:



# THANK YOU !!!



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