



EMPOWER THROUGH HEALTH

2019 ANNUAL REPORT





CONTENTS

Welcome	3
The Challenge	5
Mission	6
HEALTHCARE	7
Mpunde Health Center	8
RESEARCH	9
Peptic Ulcer Project	10
Emergency Medicine Project	11
EDUCATION	13
Community Health Workers	14
Educational Opportunities	15
ORGANIZATIONAL DEVELOPMENT	16
Development	17
FINANCES	18
2018 Finance Report	19
2019 Finance Report	20



WELCOME

We founded Empower Through Health two years ago under the belief that no matter who we are or where we come from, there is more that unites us than separates us. Parents all over the world toil to ensure the well-being of their children; we all take solace in the comfort of family and community; the smile and warmth that we feel upon seeing a sunset is shared throughout the world. We all are united by our common humanity and our quest for dignity, companionship, and purpose. We believe that all human life is precious and equal and that we should all be able to live in good health to have agency to determine our futures.

However, there are gross inequalities and injustices in the global order. The district in which we work in Uganda, Buyende District, has a population of 363,300 but only one practicing clinical physician. There is nowhere in the district in which patients can obtain blood work. Children routinely die of infectious diseases and perpetually combat untreated parasitic infections and malnutrition. Mothers die from routine childbirth.

These facts are unfathomable and unjustifiable in the globalized 21st century, where futuristic treatments are possible in many parts of the world.



Drawing upon our intercultural strength, we seek to be advocates and healers for those left out of the global system. In 2019, we gave 8,192 patients medical care and given the upward trend of patients, we expect the number in 2020 to be closer to 12,000 or more giving people previously without access to modern essential medical services. We also conducted vital public health research to inform our work and to advance the frontiers of scientific knowledge in 2019. This organization and this work mean the world not only to the 70,000 people who can access modern healthcare but also to us. From the bottom of our hearts, thank you for being a part of our work.

Thank you,
The ETH Team

[Click to learn more about our team.](#)



THE CHALLENGE

More than 1.6 billion people live in places where weak health services and chronic crises (drought, famine, conflict, etc.) leave them without basic medical care. For example, the Busoga region in Eastern Uganda has 40% rate of stunting and 60% rate of iron deficiency anemia in under 5 children. There is only a 16% birth registration rate in the region suggesting low uptake and availability of formalized healthcare services. Busoga region also consistently ranks low on other health indicators compared to other regions of Uganda.

Available data suggests that 10% of children perish before their fifth birthday in rural areas of the Busoga region. However, accurate mortality rates for under five children are difficult to obtain given the low birth registration rate and low uptake of formalized healthcare services, and 10% could represent an underestimation in mortality rates.

Additionally, there is a severe shortage of healthcare providers in the region. For example, Buyende District, which has a population of 363,300 people, has one full-time physician that practices in the district. In the face of such severe health worker shortage, accessing a physician or even a mid-level provider, remains unrealistic for most of the population.



MISSION

Empower Through Health (ETH) works to empower some of the world's most vulnerable live in better health through provision of direct healthcare, research to advance the frontiers of knowledge, and creation of economic opportunities. ETH seeks to incubate an interdisciplinary and intercultural innovation hub where dedicated and talented people can work together to find solutions to humanity's most pressing issues.

[Click to learn more about our mission.](#)



HEALTHCARE



MPUNDE HEALTH CENTER

ACCOMPLISHMENTS TO DATE

ETH opened Mpunde Health Center on November 1st of 2018. It provides primary healthcare and maternity services to a catchment area of 70,000 people in Buyende District, a rural district in the Busoga region.

In 2019, ETH provided healthcare to 8,192 patients providing primary healthcare, immunizations, and maternity services. It is headed by a Clinical Officer (equivalent to a United States Physician's Assistant) who work with other supporting mid-level providers and some foreign volunteers.

Additionally, ETH mobilized \$56,000 of medical equipment to be donated to a regional hospital.

2020 AND BEYOND

In 2020, ETH seeks to improve diagnostic capacity at Mpunde Health Center through acquisition of an ultrasound and the hiring of a lab technician. Longer term, ETH seeks to expand clinical capacity through a hospital capable of delivering specialty care.



RESEARCH



PEPTIC ULCER PROJECT

ACCOMPLISHMENTS TO DATE

An initial baseline survey conducted by the ETH team found that 57.9% of the population suffer from symptoms of peptic ulcer disease.

Based on this data, ETH team members worked with Washington University School of Medicine faculty for a follow-up study that confirmed the high rates and found good response to medical treatment with 97.1% of respondents reporting clinical improvement.

2020 AND BEYOND

Building from the previous studies conducted by ETH's team, ETH seeks to train Community Health Workers (CHWs) in diagnosing and managing common causes of peptic ulcer disease. CHWs have been shown to effectively treat acute conditions such as malaria and diarrhea illnesses but having CHWs successfully diagnose manage sub-acute conditions such as symptoms of peptic ulcer disease would represent a leap in CHW capacity. Additionally, this study will evaluate best incentive schemes to optimize performance of VHTs.



EMERGENCY MEDICINE PROJECT

ACCOMPLISHMENTS TO DATE

In Uganda, there is a paucity of emergency medical transport. Effectively, motorcycle taxi drivers function as ambulances for medical emergencies, but most drivers have no skills in basic first aid to devastating consequences. Along with LFR International, a organization working to improve emergency care in low resource settings, ETH conducted in a study where 154 motorcycle taxi drivers were trained in first aid. Initial results showed the trained drivers used their training to treat 250 injuries in the first nine months, suggesting that the training was effective.

A follow-up study conducted by ETH in collaboration with LFR International also revealed that the motorcycle taxi drivers benefit financially from their training with trained individuals reporting 20% more income, as they acquire more customers.



2020 AND BEYOND

Building from previous studies conducted by ETH's team, ETH seeks to build a sustainable first aid training course for motorcycle taxi drivers through charging motorcycle taxi drivers for attending the training. Given that the previous study showed that motorcycle taxi drivers reported earning 20% more income over the course of two years, an appropriate marketing campaign could enable the success of this program. It has not been shown that first aid programs can be financially sustainable in low-income countries, and this study could lead to a forward step in implementation of low-cost and high-impact first aid programs across low-income countries.





EDUCATION





COMMUNITY HEALTH WORKERS

ACCOMPLISHMENTS TO DATE

In rural and impoverished regions with a deficit in healthcare workers, Community Health Workers (CHWs) can be a major asset to fill the deficiency. Uganda's national health policy promotes five-member volunteer CHWs per village to improve health indicators through health education and mobilization for health programs. However, CHWs are often inactive due to lack of funding and training.

ETH has formed relationships with at least one CHW from each of the 54 villages in our catchment area. We learn from the CHWs in terms of health problems in the community and work collaboratively to improve health outcomes and to conduct research projects.

2020 AND BEYOND

ETH will continue working with CHWs in designing and implementing research projects, community education programs in sanitation and health-seeking behaviors, and mobilization of patients for immunization and sexual health programs.



EDUCATIONAL OPPORTUNITIES

PUBLIC HEALTH PRACTICUM

Three interns from Saint Louis University Master's in Public Health program conducted a study to explore the factors affecting maternal and child health utilization.

UNDERGRADUATE & GRADUATE STUDENTS

In keeping with the mission of becoming an intercultural hub for innovation, ETH will continue to provide internship and research opportunities in Uganda and United States for both international and domestic students at the undergraduate and graduate levels.



ORGANIZATIONAL DEVELOPMENT





DEVELOPMENT

GRASSROOTS ORGANIZING

In 2020, ETH will develop a network of college club chapters, tasked with carrying out and raising money to finance research projects, as well as promote interest in global health.

We hope that by building a network on college campuses, we will be able to drive interested students into our educational programs as well as social enterprise work.

SOCIAL ENTERPRISE LAB

Throughout 2020, ETH will explore and vet potential social enterprise models that could create economic opportunities in rural Uganda while financially supporting community programs. From the vetting process, one social enterprise model will be selected and will be conducted.



FINANCES



2018 FINANCE REPORT

2018 REVENUE

REVENUE SOURCE	% of total	\$
Grants	0%	\$0
Individual Donations	99.6%	\$81,916.00
Events	0.4%	\$289.45
Gifts & services	0%	\$0
		TOTAL: \$82,205.45

2018 EXPENSES

REVENUE SOURCE	% of total	\$
Operating Expenses	90.3%	\$20,677.63
American Salary	6.5%	\$1,500
Fundraising	2.8%	\$647.22
Advertising	0.3%	\$80
		TOTAL: \$22,904.85



2019 FINANCE REPORT

2019 REVENUE

REVENUE SOURCE	% of total	\$
Program Fees	19.3%	\$5,478
Individual Donations	72.3%	\$20,553.38
Events	0%	\$0
Gifts & services	8.4%	\$2,400
		TOTAL: \$28,431.38

2019 EXPENSES

REVENUE SOURCE	% of total	\$
Operating Expenses	96.0%	\$54,644.12
American Salary	4.0%	\$2,250
Fundraising	0%	\$0
Advertising	0%	\$0
		TOTAL: \$56,894.12



EMPOWER THROUGH HEALTH

ORGANIZATIONAL INFO

1030 Highlands Plaza Dr. E, #319, St. Louis, MO 63110


We are a 501(c)3 organization.


EIN: 824208158

CONTACT US

admin@ethealth.org

ethealth.org

 [@empowerthroughhealth](https://www.facebook.com/empowerthroughhealth)

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