



ESWATINI

March, 2024

18 March – 21 March 2024 | RFHD Country Chair, PDG MARTIN
FORSYTH-THOMPSON

Highlights

- Project launch Launch at Ministry of Health Headquarters at Mbabane
- 3 Health Day Sites were set up in the Shiselweni region, in Eswatini
- About 1, 858 people visited the various sites
- Over 11, 144 services provided in total
- 1, 845 BMI measurement performed
- 1, 277 blood pressure test
- 1, 277 blood sugar test
- 1, 277 pulse test
- 1, 114 synchromatic screening
- 631 deworming administered
- 268 vaccinations
- 50 hypertension defaulters attended
- 32 malnourishments screening
- 24 Pre HIV counselling sessions
- 24 HIV test performed
- 24 post HIV counselling sessions
- 7 family counselling sessions
- 2 Hepatitis B vaccinations
- 2 pregnancy tests
- 1 polio vaccination



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Executive Summary

The March 2024 Rotary Family Health Days was held in Eswatini for the second time, the first having taken place in 2014. This was mainly as a result of the successful application of the Global Grant application from the Rotary Foundation with the assistance of RFHA Inc. The program was held at three sites - (Jericho, Zombodze and Ecinisweni - situated in the Shiselweni region, the most poverty-stricken area of Eswatini.

HISTORICAL BACKGROUND

Rotary Family Health Days in Eswatini took place in 2014 at Ntfontjeni in the Hhohho region, Big Bend in the Lubombo region and Malkerns in the Manzini region with each site organized and managed by the relevant Rotary Clubs working in cooperation with each other. For ease of logistics, in 2024 the RFHD Eswatini EXCO agreed to the scaling up of the program in Eswatini to concentrate on one region with three sites. Consequently, the Rotary clubs in Eswatini held health camps in the three communities from March 18 to 21, 2024. The outcome was good and showed that the decision to cover one region instead of spreading across the entire country was a wise one.

The 2024 edition of RFHD in Eswatini recorded 1,858 registrations in 2024. This low figure as compared to the target in the Global Grant application of 9000 is associated with the available funds for the program versus the number of days employed to activate the program which was four instead of the whole week.

Acceptance of the program has increased tremendously over the years due to the publicity it received through robust working relationship with like-minded partners, such as the Elizabeth Glazer Pediatric AIDS Foundation (EGPAF – Eswatini Office) and constructive work with the Ministry of Health and various local media houses. There was increased material and logistics support from our key program partners, especially the Regional Health Management Team (RHMT). The support from the Ministry of Health has been very beneficial to the RFHD program as it signifies official acceptance of RFHD as one of the important health programs in Eswatini. The Ministries of Health and Education and Training officially sent information and directives to their respective regional teams and the Primary HealthCare Centers (Clinics) all over the country to work with Rotary on the RFHD, as they do with polio, malaria, and other health programs which Rotary spearheads.

Funding for the March 2024 program came mainly from The Rotary Foundation Global Grant with support from the five rotary clubs in Eswatini (D9400), together with their counterparts at Lerr/Ostfriesland in Germany (D1850), as well as corporate sponsorships from FNB Eswatini, Eswatini Royal Insurance Corporation (ESRIC). There was also in-kind support from the Elizabeth Glazer Pediatric AIDS Foundation (Eswatini Office), The Government of Eswatini through the Ministries of Health and Education and Training, and the clinics where the program took place, as well as local NGOs that supported especially through human capital

The proof of concept and sustainability of the program has long been established. The Rotary Foundation of Rotary International regularly sends members of the Cadre of Technical Advisers to audit the various yearly programs, the last having been sent being in 2020. The audit was conducted virtually spanning a period of one week. The Auditor was able to speak with key role participants in the program and had no known reservation about the program. His report was duly submitted to the Rotary Foundation of Rotary International.

Background

Rotarians for Family Health and AIDS Prevention Inc. (RFHA)

Rotarians for Family Health & AIDS Prevention (RFHA) is a global Rotarian Action Group and mobilizing partner of Rotary International. RFHA creates the design, obtains the resources, and has overall management responsibility for Rotary-led disease prevention and treatment programmes such as the Rotary Family Health Days. RFHA's mission is to save and improve the lives of children and families who do not have access to preventative health care and education. This is done through the mobilization of Rotarians, national and global partners. RFHA's direct impact is the **strengthening of infrastructure on health care delivery systems** worldwide.

RFHD is therefore an initiative of the Rotary Action Group for Family Health & AIDS prevention (RFHA).

The Rotary Family Health Days is a signature program of RFHA

RFHA's role in the RFHD programme is to act as the lynchpin organisation to initiate the programme, obtain buy-in from partner organisations and funding sources and to co-ordinate the work with all implementing partners leading up to and over the three-day event. RFHA further provides mechanisms, tools, platforms, and training to assist the Rotary Districts and clubs in the roll out of the RFHD's as well as developing a comprehensive Media and Communications strategy delivered through a dedicated Media team.

RFHA develops and implements large scale community development and humanitarian service programs which provide preventative health care and education to families who normally wouldn't access them. Through these programs, people receive free health screenings and testing where necessary and onward referral to doctors and medical facilities as appropriate. This provides a link to care that would otherwise not exist in the communities.



Rotary Family Health Days: A Public Private Partnership

A Historical background

The Rotary Family Health Days is the signature program of the Rotarian Action Group, Rotarians for Family Health & AIDS Prevention Inc (RFHA). It is a unique public/private partnership program that is currently in its 13th year of operation. This three-day program provides holistic, comprehensive and preventive health screening (both communicable and non-communicable) of diseases by way of leveraging and inspiring a significant force of humanitarian-driven Rotarians and partners. Through this program, tens of thousands of people are served in mostly under-privileged communities in countries in East Africa, South Africa, West Africa and India.

The services include free life-long immunizations to children, such as polio and measles vaccines and comprehensive life-saving annual health screens, counselling, testing and referrals for HIV/AIDS, TB, diabetes, hypertension, malaria, and some cancers. They also include deworming of children, vitamin A supplementation and immunizations for polio. Other services, such as eye and dental examinations, are included at almost all locations. Health counselling, education and referrals for follow-on care are also provided. Distribution of insecticide treated mosquito nets, male and female condoms, hygiene packs, dental cleaning supplies and other materials are also offered to clients in areas of need and unavailability.

In 2023 this three-day campaign operated about 137 health camps through the efforts of over 234 Rotary Clubs and 5495 Rotarians, Rotaractors, and community volunteers. The sites were located across Nigeria, South Africa, Ghana, Cote d'Ivoire, Togo, Benin, and Uganda. Since its inception in 2011, the RFHD program has seen more than 3,5 million patients provided with over 13 million free health services. Those who need it, are referred for further treatment.

In Eswatini the program is Rotary-led together with our valued partners which include the Eswatini Government through the Ministry of Health, local NGOs, our media partners and the corporate community, among others.

The March 2024 RFHD Program was mainly funded by the Rotary Foundation, the Leer/Ostfrieland and the five rotary clubs in Eswatini and supported by The Ministries of Health and Education & Training, Primary Health Centres (clinics) and local NGOs. We also had excellent technical support from RFHA Inc. who provided personnel and material support.

RFHD Program Model Eswatini

Primary Partners

- Rotary Family Health and Aids Prevention (RFHA) – a Rotary International Action Group
- Rotary Clubs in Eswatini (D9400) and Germany (D1850)
- Eswatini Government Ministry of Health and Ministry of Education & Training
- Shiselweni Regional Health Management Team and the local Clinics
- Local NGOs (EGPAF, Eswatini Diabetes Association, Taiwan Medical Mission, etc.)





RFHD Program Model

Primary Partners and Funders

- Rotary Family Health and Aids Prevention (RFHA) – a Rotary International Action Group
- Rotary Foundation
- Eswatini Ministry of Health
- Primary Health Centres (Shiselweni clinics)
- Local NGOs

Media Support Partners

- Times of Eswatini
- Eswatini Observer
- Eswatini Television Authority
- Eswatini Broadcasting & Information Services

Planning and Implementation of the Rotary Family Health Days

Determining the Dates

The Executive Committee members select possible dates, based on the availability of the dates and their convenience to all the Rotary Clubs. Thus the input of the Assistant Governor was necessary in the course of selecting the appropriate dates. The Ministry of Health gives us a free hand to select dates but need sufficient notice to facilitate strong participation in the program by government agencies.

Selecting the Sites

As many clubs wish to be involved and find avenues to involve the people in the community and new communities they have not explored in the past. The Rotary Clubs members deal directly with the people and conduct Needs Assessments of their geographical areas. Reports are collated and discussed by all the committees set up and agreement is reached on how many sites will operate and their exact locations. Factors considered include medical gaps, needs, performance in previous years within that location, community assets and the level of Rotarian involvement. The local government health departments, State ministries of Health, CDC and the USAID also provide lists of suitable locations that need service and the areas each of them works. The locations are finalized with our partners, who offer valuable logistics and personnel support. As a result of the paucity of funds only three sites were approved for activation this year.

Criteria identified for the site selection included the following:

- ✓ Rotary footprint
- ✓ Evidenced based areas with a high burden of disease in an urban and rural context
- ✓ Under-serviced areas
- ✓ Resources available
- ✓ Key populations as identified in conjunction with the Ministries of Health
- ✓ Both formal and informal areas
- ✓ Areas with basic infrastructure.
- ✓ Alignment with national objectives

In 2022, the Eswatini Chapter of RFHD was constituted under the Directorship of PDG Martin Forshth-Thompson with Rotarian Skhumbuzo Mbuyisa as the Program Manager. Several committees were also formed to coordinate the preparations *(see organogram). The various committees met weekly/bi-weekly for this purpose. Rotarian Okello Okumu, the Assistant District Governor, was tasked with awareness creation amongst the Rotarians in the different clubs as well as stakeholder engagement.

The Public Health Committee, chaired by Rotarian Musa Mthethwa and comprised of Rotarians from all the Eswatini clubs, made four exploratory visits to assess the possible sites and meet the local leadership that would form a key partnership for delivering the planned medical and dental services. Issues of interest were the local population, the facilities available, the space in the facilities to enable patient comfort and flow to be compliant with M&E requirements. The committee also assessed for availability of water and electricity. As a result of these trips and the various consultative meetings between the clubs and local authorities, three centres were agreed upon to host the program.

Zombodze Clinic is a short drive off the main tar road on a gravel road throwing dust into the air and buzzing with construction activity. Zombodze has a rich history in the culture of the Kingdom of Eswatini. Near the clinic is the Tinkundla office, two primary schools and a secondary school. The clinic was designated to provide General Practitioner Consultations, Pharmacy services and any other services as required. Patients with needs over and above these covered during the week would be transported to Jericho Clinic or Equisweni Primary School as appropriate.

Jericho Clinic is situated 11 Km off the main tar road to Lavumisa. Although bumpy and dusty in the heat of the day, the scenery and rock formations are magnificent against the backdrop of the clear blue March skies. The Clinic has in its immediate neighborhood a primary and secondary school, as well as police station. Jericho was designated the main centre and hence the base for deployment of the most resources. It's also here that the specialist (as well as GP consultations) were based.

Equisweni Primary School is situated right next to the tar road. A beautiful, neatly manicured school of 1200 pupils, it is host to the government's model inclusive school for children with special needs. These children have a special unit for their classroom and other learning and developmental needs. Equisweni was designated to host the Dental Clinic, rendering oral health care services. And this was the case for much of the morning on Monday, the first day of the outreach. By the afternoon, there was an overwhelming number of community members seeking medical consultations. The Rotarians had to quickly make arrangements to commence medical consultations the following day and this went on at full capacity for the rest of the week.

The Rotary Clubs in Eswatini have regularly engaged in health-related outreaches and from the onset, it was clear that this RFHD was going to be a rich and broadly impactful program with several add-ons and services over and above the traditional RFHD the 10 countries where it takes place across the continent.

The Rotary Clubs mobilized the required human resources and equipment, as well as medical and dental supplies and pharmaceuticals. The Rotary Club of Mbabane made available 6 operational modern Dental Units which have been accumulated over time through corporate support to the Club's annual Medical and Dental Outreach.

Training the Teams

The working group planned Monitoring and Evaluation training sessions which were led by the RFHA Inc M&E expert. This was held virtually for key participants including Rotarians, Rotaractors and other volunteers. The syllabus dealt mainly with data collection, what is expected of volunteers at the site itself, confidentiality in results, etc. Facilitators included Rotarians, and both government and private medical experts, our consulting staff and RFHA committee members. The best use of the designed forms for data capturing was extensively discussed in these trainings.

Engaging with Primary Partners and Funders

1. The Ministries of Health and Education were familiarised with the program early enough to get them to continue their collaboration. They were requested to mobilize the community citizens to come out for the event at the various sites, permit Rotary the use of government health facilities at sites for the tests, donate consumables like condoms and test kits and deploy nursing and technical staff for the program.
2. The RFHA EXCO and sub committees constantly worked with all the Rotary Clubs, Rotaractors, the Family of Rotary and international Rotary Community giving information, explaining the program and mobilizing them through visits, workshops and training
3. The major partner for the program was EGPAF, which already had a large footprint in the Shiselweni region in terms of delivery of clinical and public health services. Other partners included Eswatini Diabetes Association and the Taiwan Medical Mission
4. Meetings were held with major program partners, who were requested to transport the services of their NGO partners to Rotary and provide other relevant support.
5. The Central Planning Committee has engaged the services of an M&E Consultant through the support of RFHA Inc. As a cooperating partner they support with their wealth of professionalism and the M&E focal person worked with the various committees of the organization to achieve our goals
6. Our media focal person prepared a cost-effective and viable media campaign to effect wider publicity. This included Radio and Television jingles, fliers, and posters. Communication materials were supplied by various government and primary health centers.

This program was funded mainly by a Global Grant supported by funds from Rotary Foundation, The Rotary Club of Leer (Ostfriesland) and the five Rotary clubs in Eswatini. Local Sponsorship was generously provided by EEC, FNB, and Build It Nhlanguano as well as Premier Bakeries, Southern Star Logistics, GALP, Olive Lodge,

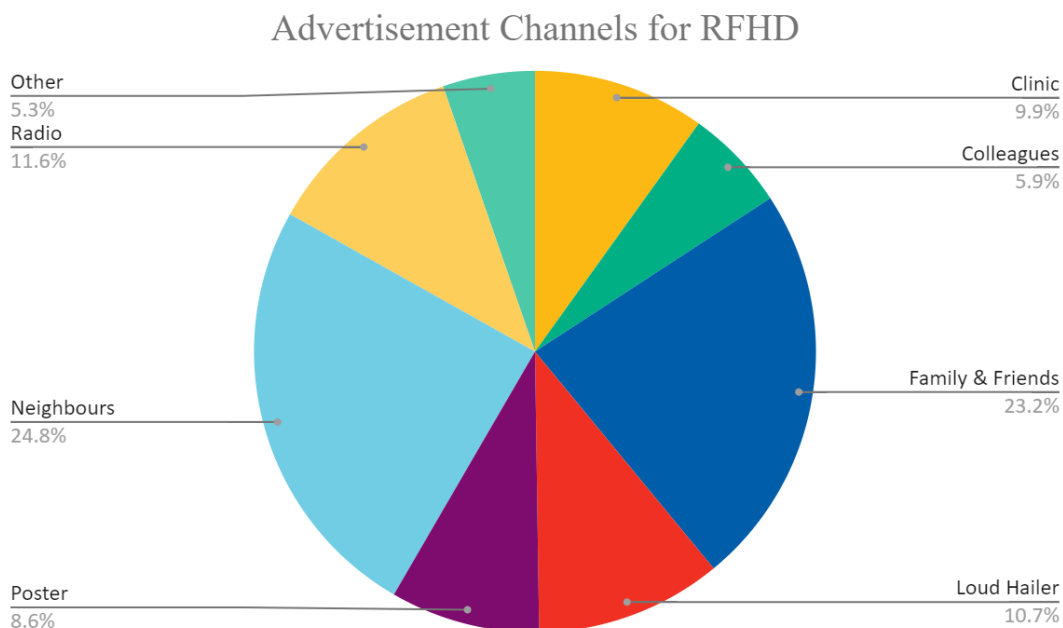
Media Strategy and Plan

We had a very robust media plan in collaboration with our media partners. Our media team organised nationwide coverage of the program from various sites and helped with media interaction in Mbabane for the national launch program. The RFHD launch event took place in Mbabane, attended by the Honorable Minister for Health and the Principal Secretary, Rotary and community leaders and our key partners. The event was covered by the Eswatini Television Authority, Eswatini Channel TV, national newspapers and radio stations. There were television interviews and radio talk sessions during the activation and constant daily updates during the course of the event. Other publicity campaigns include:

- Radio announcements and interviews
- Pre and post event press interviews and newsreels
- Awareness campaigns in the targeted community gatherings, markets, schools and worship centers
- Social media campaigns, such as Facebook and WhatsApp platforms
- Distribution of flyers, posters and banners
- Notifications and announcements in Rotary bulletins and speaking at Rotary events like Club meetings, Club events etc.
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The exit interviews shows that:

- A majority of attendants had not attended previous RFHD events
- Word of mouth through family, friends and neighbours was recorded how the most attendees interviewed heard about RFHD, followed closely by loud hailers.

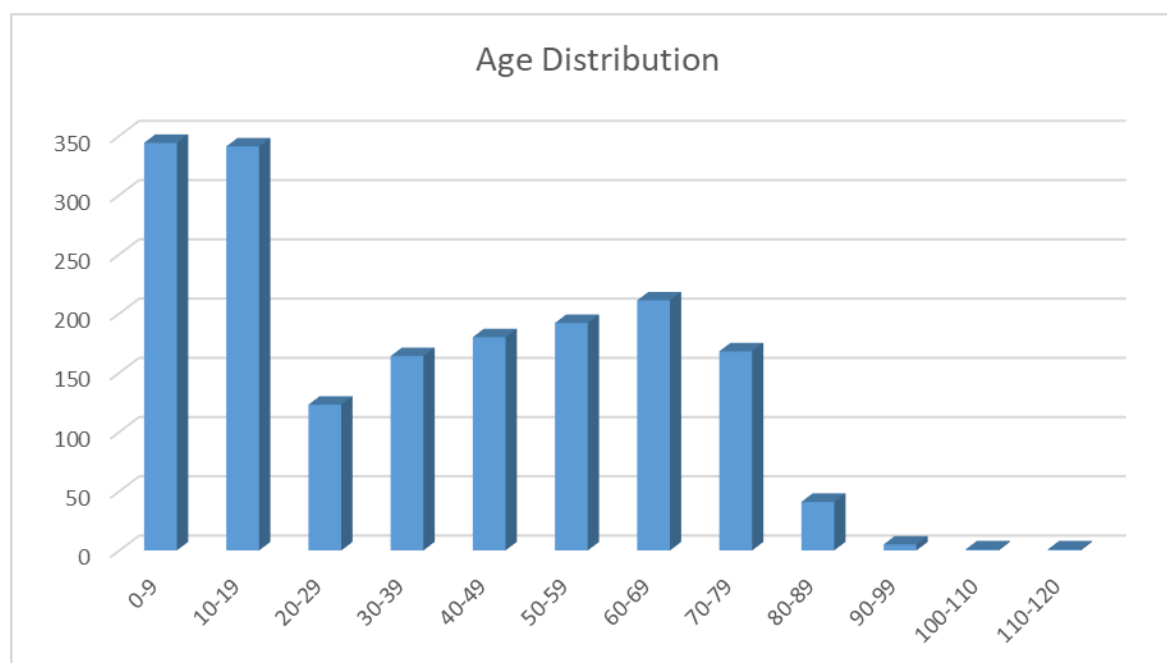


Monitoring and Evaluation

The Overall Summary

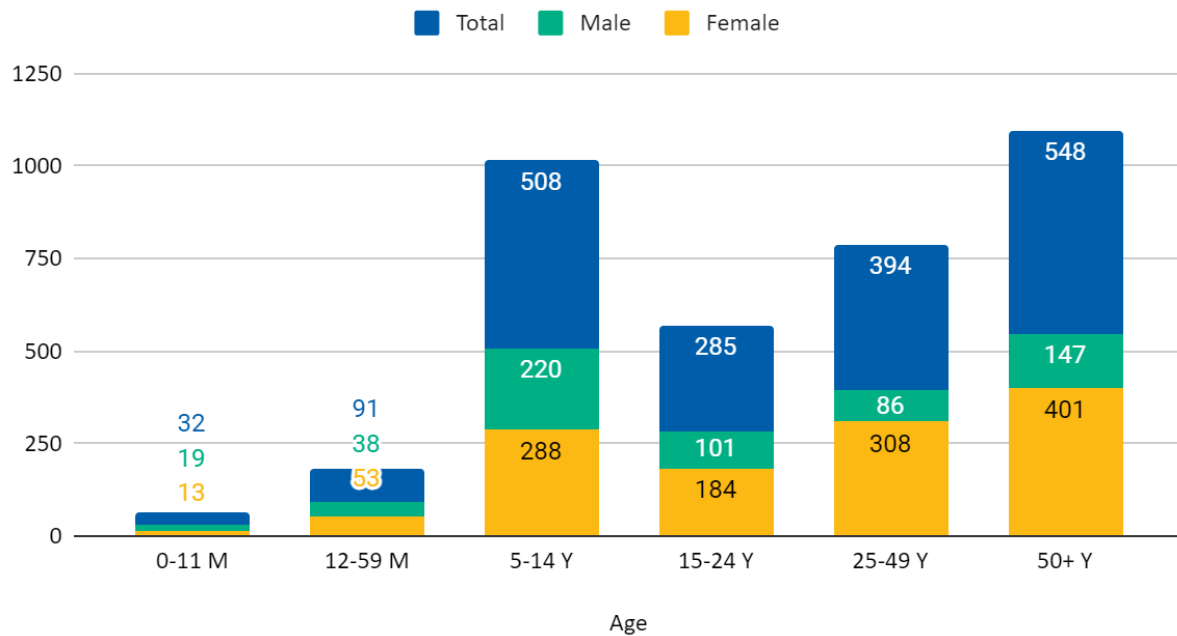
Relevant data was collected on sites by Rotaractors, Rotarians and volunteer workers from our NGO partners. The records are being analyzed for use during the 90-day Impact Study/Exit exercise, which will be conducted in July 2024. The exercise is planned to be conducted by our M&E team with the support of the RFHA M&E Team. It will cover areas in all the sites. When the report is received, it will be shared with all parties.

AGE DISTRIBUTION

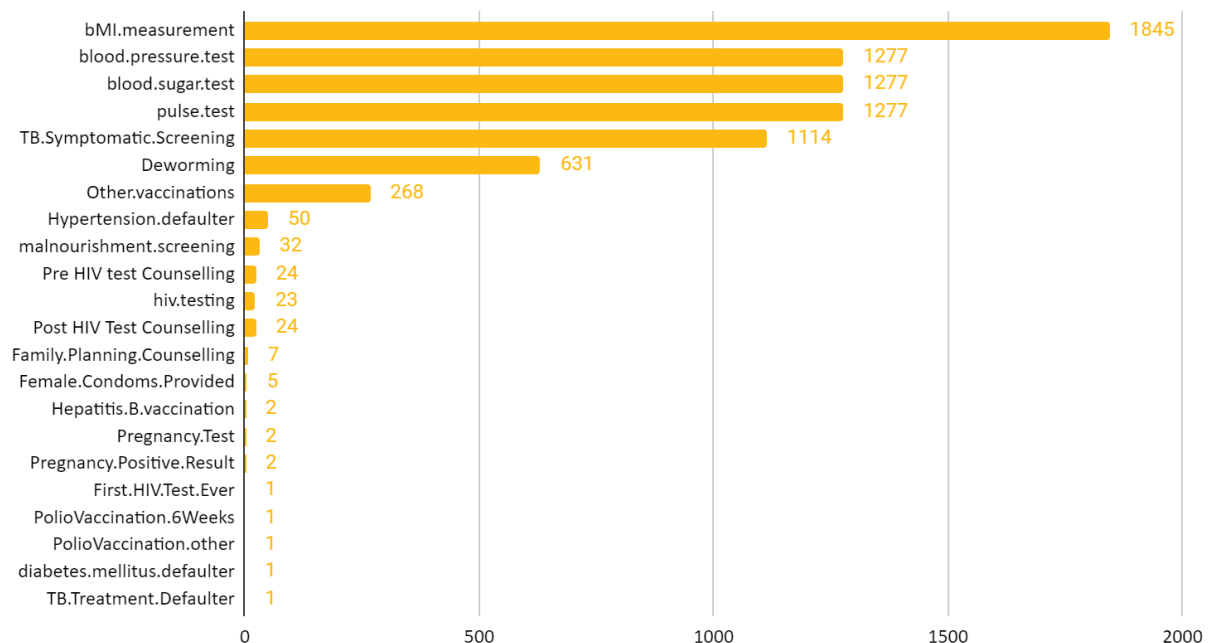


GENDER DISTRIBUTION

Registration Eswatini: 1858

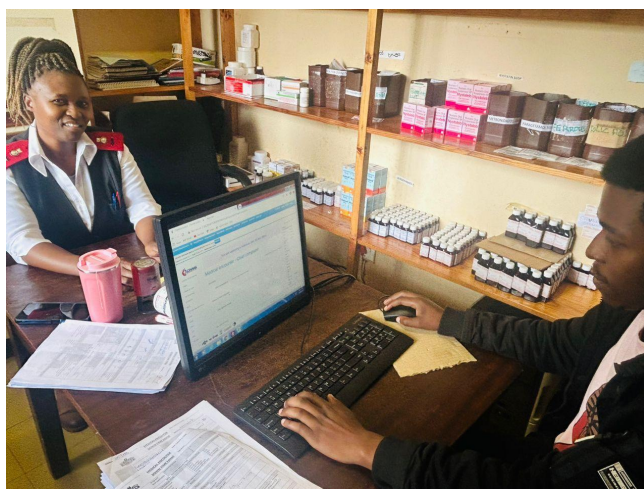


Core Services: 7865



Registrations by Rotary Clubs





Rotary Add-on Services Provided

Services provided included the following:

Jericho Clinic

- Health Education and Screening
- General Practitioner Consultations
- Specialist Consultations (Paediatrics, General & Paediatric Surgery, Orthopaedic Surgery, Urology, Dermatology)
- Breast & Cervical Cancer screening and LEEP treatment by Eswatini Breast and Cervical Cancer Network
- Eswatini Diabetes Association Awareness and testing services
- Pharmacy

Zombodze Clinic

- Health Education and Screening
- General Practitioner Consultations
- Pharmacy

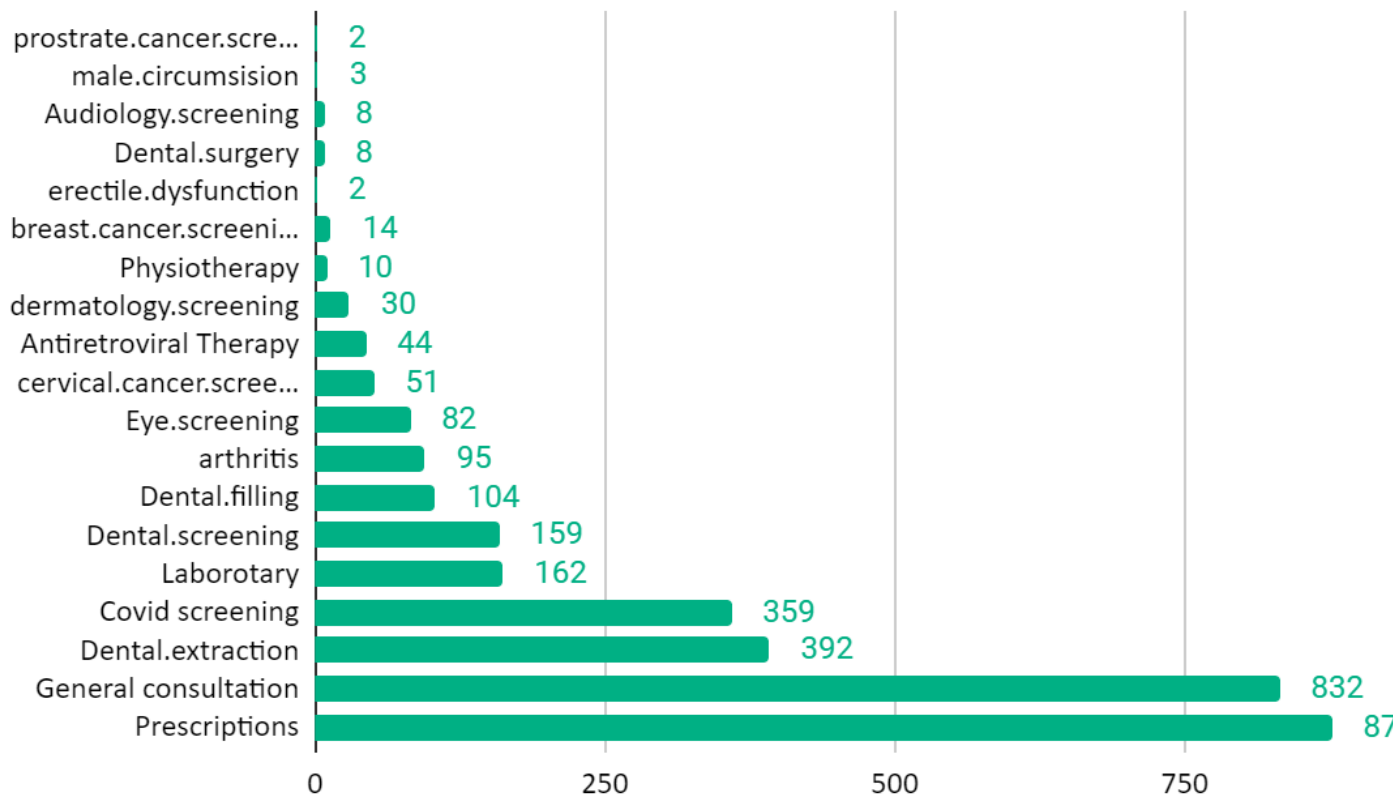
Eqinisweni Primary School

- Health Education and Screening
- Voluntary Medical Male Circumcision provided by EGPAF Mobile team.
- General Outpatient consultations
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- Specialist Consultations (Paediatrics, Surgery)
- Dental care offered to school children and the surrounding community.

Other services that were available at all the centres included

- HIV Testing and further care when indicated.
- There was a focus on dental screening which recorded 663 services in total delivered to the communities.

Add on Services: 3234



Challenges and Recommendations

RFHA Eswatini requested assistance from certain NGO partners, who were very active in providing counselling, testing, screening and supply of materials to various sites.

- The Ministry of Health and partner organisations supported the program with supplies of male and female condoms, HIV Rapid Testing kits and facilities/materials for polio immunization, HIV testing and Hepatitis screening.
- The Ministry of Health also provided logistics and personnel support through their Primary Health Care centres
- We received media support from Eswatini Television Authority, Eswatini Observer and Times of Eswatini. The PR team also helped in enhance our social media presence. We hope to receive more of this support in subsequent programs.
- The support of RHFA Inc for Monitoring and Evaluation was tremendous in the design of training tools and data capture.
- All six (6) Rotary Clubs in Eswatini gave the RFHD generous support and ample opportunities to speak at their meetings, events, seminars and major programs.
- As a result of the program we have received some requests by members of the communities to volunteer in the program and or enquiries on how to join Rotary. This is good news to Rotary and is being followed up.

Challenges

- Funding arrived late for the program, which created concern for the key role players but this setback was managed appropriately.
- Internet access in the rural communities still poses challenges, coupled with the unavailability and unreliability of Rotaractors to help with data collection. This impacted on our performance on the M&E front, as well as our collation of data and reports.
- The program ran for only three days but service providers were overwhelmed during the last day of the event, when crowds built up.
- The ideal site layout with one entry point and one exit point was not possible, which resulted in several attendees not being captured in the M&E system
- There is also a nationwide shortage of government-supplied children vaccines.

Conclusion

Regardless of the pockets of challenges encountered, the March 2024 program was a success. The Central Planning committee members were eventually satisfied that the Rotary Family Health Days had again been restored in the communities.

As usual, the program was a great experience both for Rotarians and the public we serve. Irrespective of the time and other resources put in, the team was determined to make it an excellent program.

Effectively:

- We achieved most of the goals of the program.
- Some clients were able to get referrals for medical follow-up in, treatments, and care.
- Awareness of the program has been generated more than previously and more access has been achieved because of this year's program
- Clients in various communities are in dire need of our services, which help them in knowing their health status. This in turn has reduced health anxieties and the cost of keeping healthy, and encouraged lifestyle changes
- Rotary awareness in the communities was enhanced and this is an affirmation of Rotary's good deeds in the community.
- Participating Rotarians felt fulfilled to be part of the program
- As a result of the program, members of some communities are now interested in attending Rotary events and meetings with a view to becoming members.

Recommendations

Following the demand by the community members, we would like to recommend that:

1. The next program be approved as early as possible and all stakeholders are informed in good time;
2. The Funding be released in time to enable us have several months to plan and prepare for the RFHD;
3. More funding and resources be mobilised to cushion the current inflationary trends, which hav affected all items of our medical supplies and cost of administration.

Appreciation

We wish to appreciate the effort of the Ministry of Health officials for their support and believe in our activities. We also recognise the astuteness of The RFHA CEO, Susan Paget and her leadership style of coordination. All participants and recipients in Eswatini are very grateful to the RFHA Inc. Board for giving us the opportunity to serve the various people in our communities through the Rotary Family Health Days Program.

Acronyms

AGYW	Adolescent Girls And Young Women
AIDS	Acquired Immune Deficiency Syndrome
ART	Antiretroviral Therapy
CBO	Community Based Organisation
CDC	Centres For Disease Control And Prevention
CHW	Community Health Worker
EPI	Expanded Programme On Immunization
HBV	Hepatitis B Virus
HCT	HIV Counselling And Testing
HCV	Hepatitis C Virus
HIV	Human Immunodeficiency Virus
HIVDR	HIV Drug Resistance
HTS	HIV Testing Services
IEC	Information, Education And Communication
M&E	Monitoring And Evaluation
VMMC	Voluntary Medical Male Circumcision
NCD	Non Communicable Diseases
NDOH	National Department Of Health
NDP	National Development Plan – Vision 2030
NGO	Non-Governmental Organisation
OVC	Orphaned And Vulnerable Children
PCA	Provincial Council On AIDS
PEPFAR	United States Presidential Emergency Fund For AIDS Relief
PIP	Provincial Implementation Plan
SANAC	South African National Aids Council
STI	Sexually Transmitted Diseases
TB	Tuberculosis
UNAIDS	Joint United Nations Programme On HIV/AIDS
USAID	United States Agency For International Development
USG	United States Government
UTT	Universal Test And Treat
VCT	Voluntary Counselling And Testing

WHO	World Health Organisation
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Partner Summary

As a result of the success of the RFHD program, public awareness of the Rotary brand has grown and more organisations are confident in dealing with us. During the year under review the following partners collaborated with us

Participating Rotary Clubs

- Rotary Club of Malkerns Valley
- Rotary Club of Manzini
- Rotary Club of Matsapha
- Rotary Club of Mbabane
- Rotary Club of Mbuluzi-Mbabane
- Rotary Club of Nhlangano
- Rotary Club of Phalaborwa
-

Volunteers and their groups

Partners

- Eswatini Diabetes Association
- Eswatini Breast and Cervical Cancer Network
- Elizabeth Glazer Pediatric Aids Foundation
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Sponsors

- Rotary Foundation
- Rotary Clubs of Leer (Ostfriesland)
- Eswatini Electricity Company
- First National Bank
- Build It Nhlangano
- Local Support from
- Ministry of Health (MoH)
- Ministry of Education & Training (MoET)
- Regional Health Management Team (RHMT)
- Local Admin

Contact Us

WEBSITE: rfha.org

FACEBOOK: [@rfha.org](https://www.facebook.com/rfha.org)

INSTAGRAM: [@RFHA.INC](https://www.instagram.com/RFHA.INC)

TWITTER: [@RFHAINC](https://twitter.com/RFHAINC)

ROTARY FAMILY HEALTH DAYS COUNTRY CHAIR DETAILS:

① **NAME:** *Martin Forsyth-Thompson*
TITLE: *Country Coordinator*
EMAIL: martin@rotary9400.org.za
mft@realnet.co.sz

