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H O P E



*Empowering communities . . .
one village at a time*

H O P E



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HDF Mission

To facilitate a non-political movement for positive social change and community empowerment through mass literacy, enhanced quality of education, universal primary healthcare and grassroots economic development

HDF Vision

To become a center of excellence known for progressive and transformational human development.

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Chairperson's Reflections

Dear HDF Supporters,

Peace and Greetings

This newsletter is dedicated to health issues in Pakistan and how HDF is addressing them.

Pakistan spends less than 1% of GDP on healthcare. The provisions and conditions of health are very dismal. Health inequalities in all age groups are linked with several factors: poverty, illiteracy, lack of preventive health and healthcare education, and poor access to healthcare services. Malnutrition, lack of clean drinking water, poor sanitation and inadequate waste disposal add to the problems.

HDF Community Health Clinics provide basic healthcare, free medications, health education, family planning, prenatal care, safe deliveries and immunization. Umeed say Aagay is our maternal-child wellness program which is focused on first 1000 days of life, a step towards saving 400,000 lives annually.

With your support we are able to provide safe drinking water, sanitation and waste products disposal and kitchen gardens to address malnutrition. Smoking as a health hazard was successfully addressed through our advocacy program.

During my visit to Pakistan last month, I saw first-hand the impact of HDF programs: Our staff consisting of a lady doctor, dispenser, LHVs and CHW had a full clinic: villagers were very happy with easy access to the facility and free medications. I was pleasantly surprised when a grandmother expressed satisfaction with the family planning education in the community. The parental compliance with the immunization schedule was also impressive. The community was proud to take care of their water filtration plant and women showed off their kitchen garden and the vegetables.

Basic healthcare, health education, healthy lifestyle, adequate nutrition, safe drinking water and clean environment all contribute to a stronger community which leads to better physical, mental, emotional and ultimately fiscal health of a nation: All this was made possible with your support and generosity. Your donations will continue to provide healthcare of our underserved communities.

Thank you for your continued confidence in making a difference the HDF way.

Kind regards,

Naheed M. Qayyum, MD
HDF Chairperson





Former Female Patient Community Health Worker

“

Three days after the birth of our second daughter, my husband left and never returned. I had a newborn and a toddler to take care of with no means to support myself,” said Sughri Bibi, from Village Kalyah, Islamabad Capital Territory. “What worried me most was my daughters’ health and future,” she added.

*40,617
patients
were treated
through HDF
Community
Healthcare
Centers in
the first three
quarters of
2019*

It was through a routine visit from a Human Development Foundation Community Health Worker that set Bibi on the path to a better life.

Bibi was being treated by a CHW following the birth of her child and attended a training session on the importance of breast feeding through HDF’s Mother and Child Wellness Campaign. One of the doctors witnessed her hard work and compassion and suggested she apply for a CHW position at an HDF Community Health Center. After a few months, she received training and started working as a CHW in her own village.

In Bibi’s village, women are often deprived of the most basic primary health care, even during pre and postnatal stages. Generally, women in the family eat only after the whole family is done eating. Therefore, they rarely meet nutritional goal needed to assist a healthy pregnancy.

Sadly, almost 400,000 mothers and children die every year due to poor healthcare services.

“Each day I work in the village reminding myself that the majority of these deaths are preventable. I feel proud of myself for contributing to the reduction of these deaths,” said Bibi. As a CHW, she assists HDF in providing immunizations and growth monitoring, as well as education on the importance of proper nutrition.

atient Becomes a th Worker

40,617

Bibi is also trained to ensure mothers and the preterm/low birth weight babies receive immediate specialized care and continuous monitoring after delivery. CHWs counsel mothers, promote breastfeeding, check vitals and provide first aid.

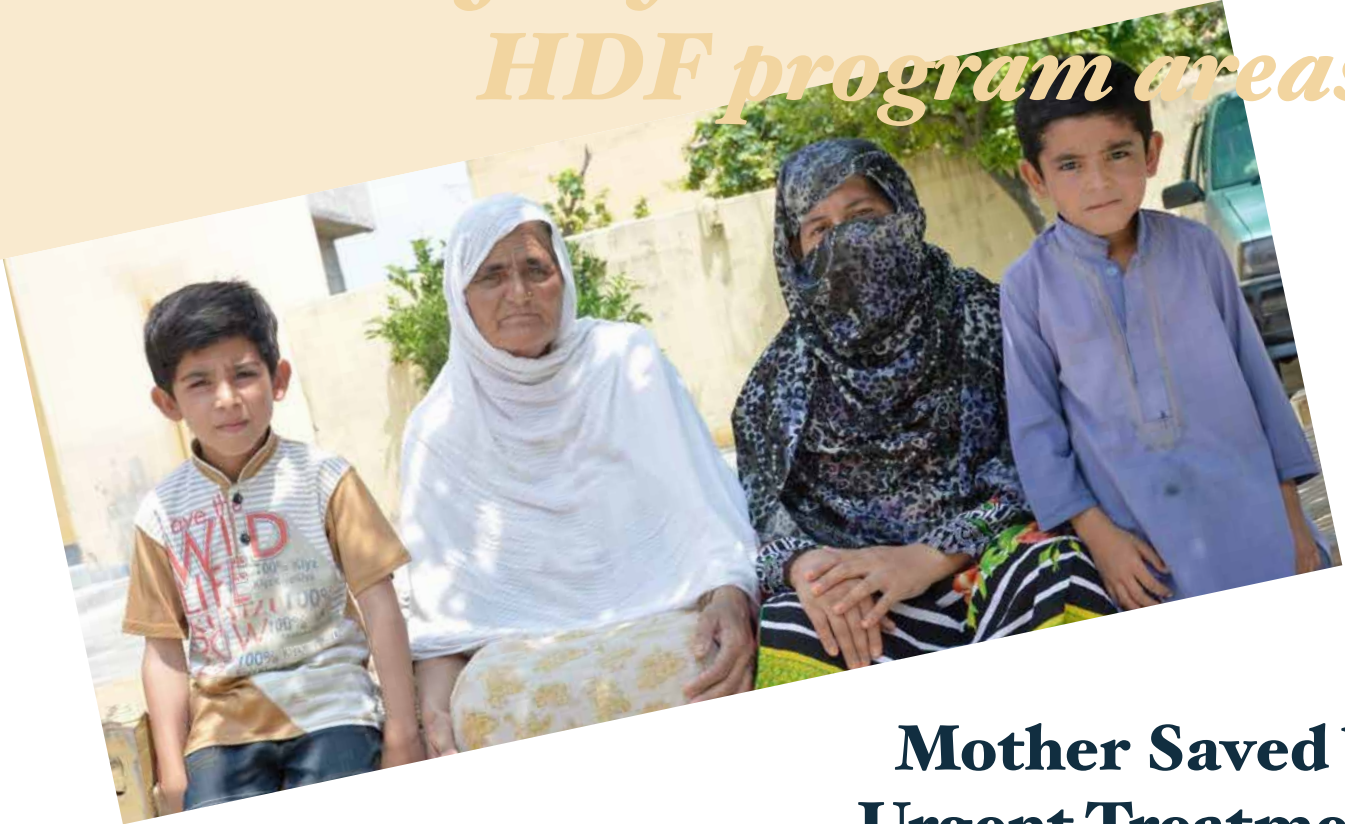
“The work I do has a positive impact on my daughters,” said Bibi. The girls are now in 7th and 9th grade. “The younger one often visits the CHC where she picks up the stethoscope and plays doctor, which is what I hope she becomes, saving the lives of thousands and making me proud. My other daughter is helping me learn how to use computers.”

It is through her roll at HDF that Sughra Bibi has not only found a way to provide for her family, but she has also found the power to help other women and secure a positive future for her daughters.

HDF Pakistan 2019 Health Program Activities (292 Villages • January 2019 – September 2019)

- 24,516 households were provided preventative healthcare services.
- 40,617 were treated at 9 Community Health centers (CHCs).
- 2,528 school children were examined under HDF School Health and wellness Initiative.
- 7,528 women were provided antenatal care.
- 33,457 children under the age of five were assessed for malnutrition under community based growth monitoring sessions.
- 98% Women in Reproductive Age (WRAs) were immunized against tetanus.

99% *women of reproductive age and children under 5 are fully immunized in HDF program areas*



Mother Saved by Urgent Treatment

Samina knew something was wrong. Her health had been declining for weeks. She had fevers and vomiting, fatigue and abdominal pain. As a wife and a mother, she had people depending on her, and so much to do. She reached out to neighbors and her mother-in-law for help. None of the Desi remedies were working.

“I was on the verge of giving up hope of being healthy anymore,” Samina shared.

Fortunately, Samina found Human Development Foundation’s Community Health Center in Village Stala. The staff welcomed her and immediately recognized the need for an urgent ultrasound. They discovered that she had an ectopic pregnancy, a potentially life-threatening diagnosis.

Surgery was the only option to treat Samina, but she was skeptical. It took a caring staff at HDF to help her feel comfortable with the treatment and everything that was involved. Now, several months later, Samina is thriving.

“I cannot thank HDF enough, because I am sound and healthy today. I am happy to be able to enjoy my life with my loved ones,” said Samina.

Pakistan has the worst Neonatal (under 28 days) mortality rate in the world: UNICEF report

Birth of a child is the most memorable and beloved natural phenomenon. A newborn is vulnerable, defenseless and has minimal resistance to any external exposure. The situation becomes gloomier in case of a developing country where both infrastructural and socio-cultural barriers aggravate the situation. South Asia ranks as the worst region in the world when it comes to child health.



Moving Past Hope

A Mother & Child Wellness Campaign by HDF

The situation is no different in Pakistan where infant mortality rate of 61 and neonatal mortality rate of 44 per 1000 live births and malnutrition prevails in shape of wasting, stunting and anemia. Lack of breastfeeding, one of the primary factors in a newborn's growth, deflects the child from its natural growth trajectory resulting in irreversible stunting and malnourished babies across the country.

Malnutrition is a silent epidemic which is hollowing the nation at an enormous rate. It may seem that the remedy to such a colossal calamity would be exorbitant, but surprisingly it is free of cost. Breast-milk is a natural medicine which helps protect children against allergies and infections by increasing their immunity and reduces the overall risk of malnutrition.

HDF under its awareness campaign Umeed Say Aagay (Moving Past Hope) has been rigorously advocating for importance of breastfeeding and all those factors that could contribute in reduction of malnutrition. In this regard, we have made 'breastfeeding corners' for Mothers working in our offices all over Pakistan. We support our women employees to ensure that their newborns and infants have an uninterrupted access to Mother Milk. Our community health workers go door to door in HDF villages educating about exclusive breastfeeding till 6 months along with breastfeeding practices till two years of age.

The good news is that HDF through its proven, cost-effective and highly impactful mother and child wellness program has successfully reduced the infant mortality rate, child mortality rate, and maternal mortality rate to less than 50% of the country-wide rate.

HDF staff conducting education sessions in villages of Lahore to raise awareness about the role of fathers and other family members in supporting and facilitating Mothers for breastfeeding. Behavioral change, especially that of fathers, is one of the primary objectives to address the issue of malnutrition.





DC Network adopts Mu

1,178
**Village
Population**

40
hand pumps

4
latrines

In the fabric we call Pakistan, there are many holes through which we lose the most impoverished and destitute of people. For the past 22 years, the Human Development Foundation has worked tirelessly to mend those holes and rescue these individuals. In 2018, the Washington D.C. Network took a leap of faith by adopting the Muhammad Sheikh Village which is located in the District of Tando Muhammed Khan. The village is located 36 miles from Hyderabad and 107 miles from Karachi.

With the donations collected last year, the network installed 40 hand pumps, built 40 latrines, created a village cleanliness program, provided preventive healthcare, rehabilitated the ghost government school and most importantly purchased a piece of land for the future HDF Primary School in Muhammad Sheikh Village.

On October 19, 2019 the Washington D.C. HDF Network held their Annual Fundraising Gala. It was well attended by over 200 people and they were able to raise over \$100,000. The total funds needed to build the primary school is \$126,000 leaving them \$26,000 short of accomplishing their goal.

The primary school will educate 253 children between the ages of 5-9 year-olds and prepare for the arrival of 424 children who are 0-5 years-old. The new school will have six classrooms, a computer lab and a playground. It will also have a boys and girls

bathroom, a water-filtration system and a boundary wall. The water filtration system will be built into this boundary wall, allowing students to access clean water on the inside during the day and the community members to access clean water on the outside.

The installment of this new school is only the second step in the five-year journey to making this village a viable and healthy community. The final objective is to achieve these six goals by 2023:

1. Reduce poverty in village from 40% to 20%
2. Improve literacy rate from 20% to 100%
3. Increase child school enrollment from 55% to 100%
4. Increase safe drinking water from 20% to 100%
5. Improve proper sanitation systems from 40% to 100% for households
6. Improve nutrition for children and mothers and 100% immunization

Muhammad Sheikh Village

“Muhammed Sheikh Village is located in a desolate part of Sindh, this village faces poverty and severe water shortage,” said DC Network President Sharmeen Khan. Since the village is so arid and remote, access to clean water is limited. Each day the women and girls of the village spend many hours collecting water for drinking, bathing, cooking and other household needs. Not only does this not allow women to work, but it also does not allow girls to attend school, causing them to remain trapped in a life of poverty and illiteracy. “Clean water changes everything. It changes the economy. It changes health. It changes the opportunity for education,” said Khan.

Once the remainder of the funds have been secured, construction can begin on the school. The network is hoping to open the school in the fall of 2020. Anyone who would like to contribute towards the construction of the school or would like to adopt a child for the 2020 academic year can contact the HDF office at info@hdf.com.



One donor starts Nazar 20/20 program to correct vision of thousands across Pakistan

It started as a small spark, an idea in the back of Saqlain Khan's mind. It took 10 years to cultivate, catch fire. Now, that fire has spread and turned into Nazar 20/20, a program at the Human Development Foundation that improves vision and the lives of students and teachers across Pakistan.



When Saqlain Khan registered his son for school in the US, they asked for records of an eye exam. That small checkbox in the school registration process got him thinking. Having grown up in Pakistan, Khan couldn't remember ever having his eyes checked in school. He called a few friends still living in Pakistan and they agreed. There is not a system in place to make sure all children get vision exams.

"I never had the courage to do anything about it, but it was always in the back of my mind," said Khan.

Fast forward several years. Khan had been a heavy smoker. After he quit smoking, he took up running and ran the Chicago Marathon in 2011. Over the next several years, he ran six more marathons. Running marathons helped him realize some things. Khan said, "you have to have courage and a willingness to do things that are hard."

In 2017, he called on four friends who helped fund the initial Nazar 20/20 project and put the plan into motion. Khan and Salahuddin Abbasi visited a government run inner city school in Lahore, Pakistan as a pilot project. They tested nearly 1,000 kids in grade 6-10 and the results were shocking. 30% of the students had an undiscovered visual impairment. The teachers didn't realize the real reason why some children were not performing. They simply could not see the board clearly.

"80% of the learning of kids up to the age of 12 is through vision. If nobody corrects their vision, chances are most of these kids would end up dropping out of school," said Khan.

"Before I couldn't see the white board, but now I can read it clearly and understand what the teachers are saying," said a young girl, smiling with a new pair of glasses on.

Khan discovered that one boy could not see more than 2 feet in front of him. He asked that student how he was able to do any schoolwork. The boy admitted to copying everything from the student sitting next to him.

"This trip opened my eyes." Khan shared. "These kids have the same desires as mine but were born in a different place."

In the first round of eye exams, 24% of the students were given glasses on the spot to correct their visual impairments. 6% of the students had more challenging visual impairments and were referred to a charity hospital for additional assistance.

Khan realized the impact of this program was life changing for these children and there were so many more students who needed help. Because this program is bigger than one person,



Khan reached out to HDF to partner with this initiative. He was confident that HDF had the infrastructure and experience to be able to expand the program nationally through their schools and healthcare centers.

The next step was to create more vision screening kits, and train staff to give the eye exams. Khan had lenses premade in China but reached out to a local Pakistani manufacturer to build out 15 kits. Each kit has a trial lense box for testing, frames, and lenses. Each kit makes 185 pairs of glasses.

In 2019, on Khan's second visit to Pakistan all 7000 HDF students had their eyesight tested and approximately 25% of the students were provided glasses on the spot. An additional 2,500 students have been tested at non-HDF schools, providing over 400 pairs of glasses and referring 125 students to a local charity hospital.

"I am really thankful to the Nazar 20/20 team for organizing this initiative at our school and educating us about such a huge problem and we hope to continue

this in the future," said Farah Imran (pictured), principal at HDF Secondary School Ainu Bhatti.

While the impact of the Nazar 20/20 program continues to spread across Pakistan, it is important to remember that it all started with a spark of an idea. Saqlain Khan wants people to know, "if you have an idea, especially if it's a noble cause, just start. People will step in to help you."

And many lives will be forever changed.

Youth Water Initiative

raises money for solar powered plant



After learning about the water crisis in Tharparkar, high school students Zayn Khan and Munir Siddiqui took action. They reached out to friends, all students at Hinsdale Central High School, and together they created the Youth Water Initiative.



“It took some time and research, but then we started to plan.

We gathered a group of our closest and smartest friends and decided that we should try and make a difference, however big or small it might be. We founded the Youth Water Initiative. Our goal is simple. Bring clean water to underserved villages around the world,” said Khan.

The Youth Water Initiative partnered with the Human Development Foundation to choose a village in need. HDF has infrastructure in place throughout Pakistan and were able to identify a village that would benefit most from a solar powered water pump.

The Village of Dabho Bheel, located in Tharparkar Sindh has just 880 peo-

ple. Because the nearest water source is 1.5km away, women and children spend hours each day carrying 30-litre jugs on their heads in order to bring back water to their homes.

“Our goal is to raise \$8,000 which will provide a solar water pump for the village as soon as possible,” added Khan.

The Youth Water Initiative set up a website and a peer to peer platform to donate to the cause. Then they took to email marketing and social media to educate others about the water crisis in Pakistan. They are looking for youth team leaders across the country. If you are a high school or college student and want to make a difference, visit youthwaterinitiative.org to learn more about how you can make safe water a reality for a small village in Pakistan and join the team.

22,000,000

22 Million people lack adequate access to clean drinking water in Pakistan.

2018 Financials

RECEIPTS

Grants & Contributions	\$	2,254,031
Miscellaneous		5,600

Total Reciepts	\$	2,259,631
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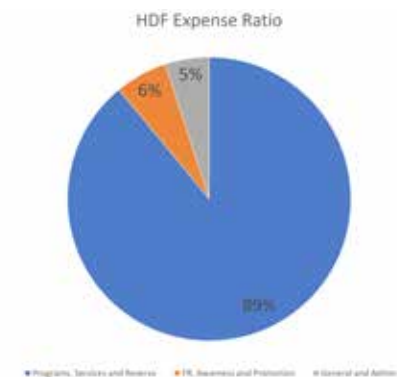
EXPENSES

Program Disbursements		
Education and Literacy	\$	894,357
Health and Wellness		741,546
Economic Development		19,839
Sustainable Environment		26,025
Social Mobilization		23,092
Other Program Services		267,162
Total Program Disbursements		2,150,572
Fundraising, Awareness and Promotion		153,545
Management and General Expenses		122,020
Unrealized Investment Loss		111,722

TOTAL EXPENSES	\$	2,537,859
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Surplus (Deficit) to Fund Balances	\$	(278,228)
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NET ASSETS/FUND BALANCE AT YEAR END	\$	2,280,655
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***Students learning
the importance of
washing hands***



Support our Work!



Donate \$1 a day (\$30/month)



Ask your employer to match your donation.



Choose HDF

As your preferred charity when shopping on Amazon smile.



Honor a loved one

Donate in someones memory or honor.



Host a Fundraising Iftar/Dinner

Ask us how.



Adopt a project!

Ask us how.



Endowment

Donate now to fund our good work forever.



Planned Giving

You may enjoy financial or tax benefit while also helping ensure that the work of HDF will endure for generations to come.



Donor Advised Fund

A donor advised fund is a charitable giving program that allows you to combine the most favorable tax benefits with the flexibility to support your favorite causes.

Get Involved!

You can make a difference in someone's life and your own by volunteering. There are many ways to get involved with HDF – from attending or hosting an event, to becoming a fundraiser, to speaking at college campuses/networking events or joining a network planning committee. We are seeking motivated individuals who are interested in fighting poverty in Pakistan. Please contact the HDF office at info@hdf.com to learn more.

DC Chair Sharmeen Khan and her team had a very successful fundraiser to raise money for new school in Muhammed Sheikh Village.



Former DC network president Huma Ahmad and hosts Rizwan Malik and his wife Themina Moiz and hosts Uzma and Ziagham Ansari.



Minnesota chair and board member Bushra Dar at their Iftar fundraiser.



LA Chair, Dr. Yasmeen Khan with special guests Syed Javed Anwar and celebrity good will ambassador Ahsan Khan.



MI Chair, Shahzad Syed with former chair Nina Rehman and guest speaker Wajahat Ali.



Chicago Chair, Fatima Hussain with her team at fundraising Iftar.



Tampa Chair, Dr. Nafeez Hafeez with her team at community outreach fair.



Human Development Foundation

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