



# ANNUAL REPORT 2024

INSPIRING YOUNG PEOPLE TO REALISE THEIR FULL POTENTIAL

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# ACRONYMS

**A4HU: Action 4 Health Uganda**

**CBO: Community-based Organization**

**CSO: Civil Society Organization**

**DHO: District Health Officer**

**DSW: Deutsche Stiftung Weltbevölkerung**

**FP: Family Planning**

**MIF: Multi-Sectoral Investment Fund**

**NYN: National Youth Network**

**POWER: Providing Opportunities for Women Entrepreneurship and Reproductive Health**

**SRHR: Sexual Reproductive Health Rights**

**YEC: Youth Empowerment Centre**

**YC: Youth Club**

# ABOUT US

Action 4 Health Uganda (A4HU) is a non-governmental organisation whose mandate is to empower young people in Uganda to enable them to effectively address issues related to Sexual Reproduction and Health (SRH), socio-economic status, as well as poverty alleviation through a holistic approach to health and development. A4HU was established to address the challenges facing adolescents and young people in Uganda. These challenges include high rates of teenage pregnancy, Sexually Transmitted Infections (STIs), and limited access to SRH services including Family Planning.



# CORE VALUES

**Accountability:** We are Stewards and hence answerable for all our actions, resources used, and decisions made.

**Integrity:** We carry out our duties and responsibilities with high ethical standards to attain our desired impact.

**Inclusivity:** No one is left behind; our actions are deliberate to impact on all people regardless of age gender and class in society to foster participation

**Wellbeing and safety:** We focus on the health and well-being of rights holders, employees, clients, and partners, to get much more out of them.



## MESSAGE FROM C.E.O



I am honored to present this 2024 Annual Report. Thanks to our dedicated staff, passionate volunteers, supportive partners, and, most importantly, the incredible young individuals who continuously inspire us with their determination and resilience. This year, we have made significant progress in our mission to enhance the health and socio-economic status of young people throughout Uganda, reaching 45,443 (26,347 Females and 19,096 Males) young people with SRHR information and services. Together, we are forging a future where health services, empowerment, and opportunities flourish, ensuring that no one is left behind—every young person deserves a chance to thrive.

As we focus on 2025, our role in motivating young people to unlock their full potential remains crucial. We are committed to continuing our vital services aimed at uplifting the youth of our country, ensuring they have the resources and guidance they need to succeed.

I extend my heartfelt gratitude to our longstanding partners, DSW and BMZ, for their unwavering support, which provided us with the necessary resources to help Action 4 Health Uganda achieve its goals. I also appreciate our new partners, Max Brose, YALI, SIHI, TASO, and many others. With their partnership, we look towards a future filled with hope and opportunity.

**MRS. SARAH KINTU**

A handwritten signature in blue ink, appearing to be 'S. Kintu', written in a cursive style.

**CEO, Action 4 Health Uganda**

# MESSAGE FROM CHAIRMAN BOARD OF DIRECTORS



This year has been a testament to our unwavering commitment to inspiring young people to realize their full potential. Through our work in Sexual and Reproductive Health and Rights (SRHR) and economic empowerment, we have provided youth with the tools, knowledge, and opportunities to make informed decisions about their health and achieve economic independence.

As we look ahead to 2025, our resolve remains the same: creating lasting change by addressing young people's health and economic needs, empowering them to break free from cycles of poverty and become confident leaders in their communities. Our continued success in increasing access to critical SRHR services and information for young people in underserved areas relies on the generous support of our donors, partners, and dedicated staff. Together, we will continue to inspire and empower youth to lead healthy, self-reliant lives and build a brighter future for themselves and their communities where no one is left behind.

**Mr. Fabian Byomuhangi,**

**Chairman, Board of Directors**

# IMPACT 2024

7,981

young people reached with SRHR information and services

140,607

condoms distributed  
111,933 Male, 1,674 Female

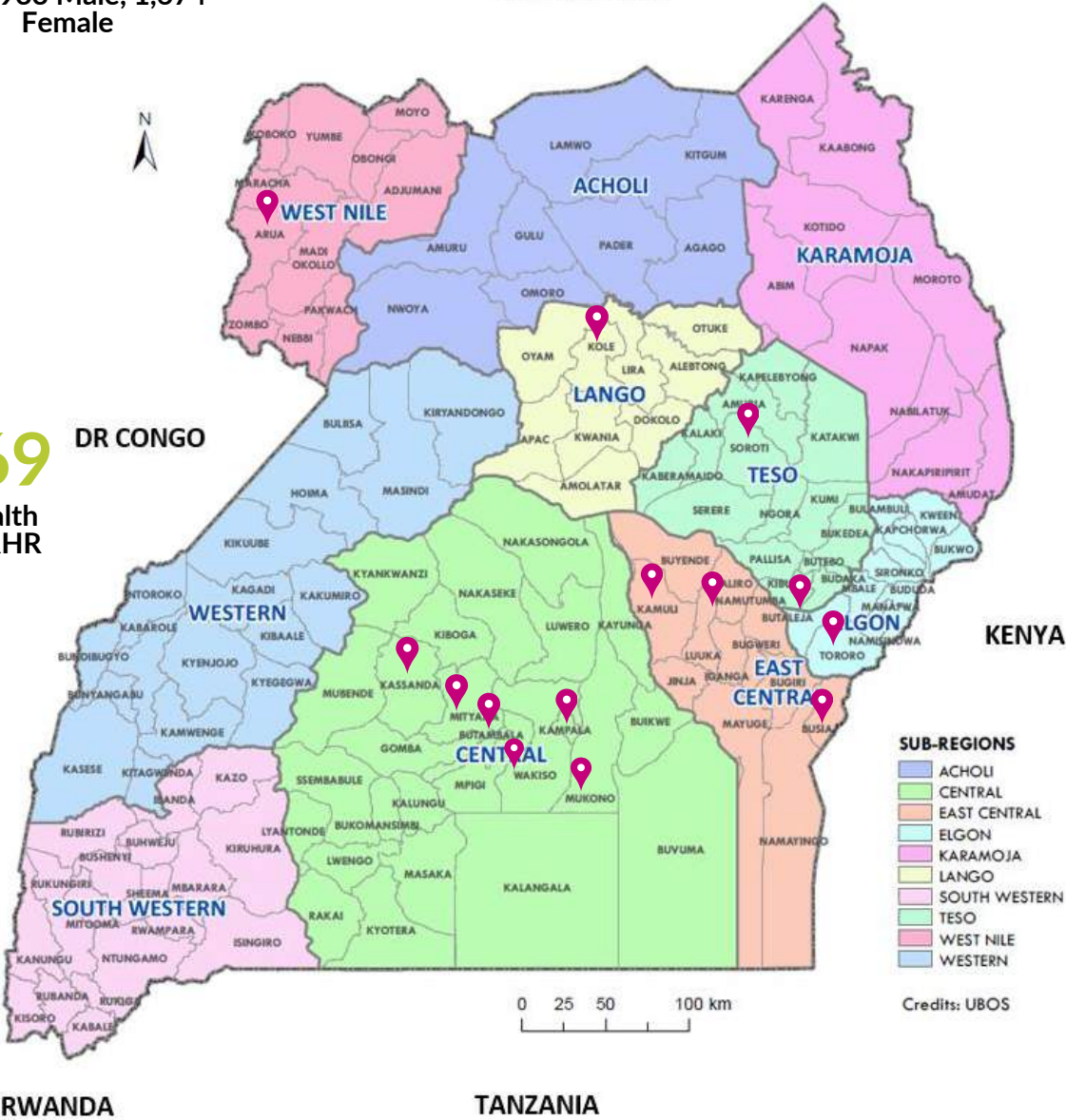
SOUTH SUDAN

31

schools supported with SRHR

30,269

referred to health facilities for SRHR services



- SUB-REGIONS**
- ACHOLI
  - CENTRAL
  - EAST CENTRAL
  - ELGON
  - KARAMOJA
  - LANGO
  - SOUTH WESTERN
  - TESO
  - WEST NILE
  - WESTERN

Credits: UBOS

Busia: Buteba, Buyanga  
 Kampala: Ndeeba, Rubaga Division (Kasubi, Mutundwe, Ndeeba)  
 Kamuli: Kitayunjwa  
 Mityana: Malangala, Namungo (Kisaana, Namungo), Ssekanyonyi (Kagerekamu), and Bbanda (Bbanda)  
 Mukono: Katosi Landing Site, Kasawo (Kawafu, Kawongo, Kigogola, Namaliga), Nagojje (Nagojje), and Nama (Katoogo)  
 Tororo: Akalait  
 Wakiso: Bussi Island, Kyengera (Kasenge, Nsangi, Katereke), Nabweru (South Ward), and Kasanje (Kkoba, Buvvi).

01



## EXPANDING QUALITY SEXUAL AND REPRODUCTIVE HEALTH

Recognizing the importance of youth-friendly health services, we commissioned a new Youth-Friendly Corner at Kitebi Health Centre III in Rubaga Division of Kampala District. This facility provides a larger space and additional personnel to support young people, especially pregnant teenagers, better. It now serves between 100 and 150 teenage pregnancy survivors a day.

Additionally, the Kampala YEC has an office within the facility and has deployed peer educators who work alongside health workers. This collaborative approach ensures that all survivors' needs are comprehensively addressed when seeking services. *"Before the commissioning of this Youth Corner, we were providing health services in a non-exclusive space with no regard for the ages of those present. This would discourage some young people from coming to the health facility. The new Youth Corner provides a safer space for young people to access age-appropriate health services without fear of being judged or discriminated against."* Sister Edith Nalwoga, the Nursing Officer, Youth Corner, Kitebi Health Centre III.

Furthermore, we constructed two new Youth-Friendly Centers at Bulera and Malangala Health Centre III in Mityana district, which will be commissioned in early 2025.



The A4HU C.E.O Mrs. Sarah Kintu and District Medical Officer of Rubaga Division, Dr. Denis Buluma, at the commissioning of Youth Corner at Kitebi HC III

### ONSITE REFRESHER TRAINING OF HEALTH WORKERS

Onsite refresher training for health workers in four health centers in Mukono and Wakiso provides 46 health workers with hands-on skills to equip them to handle any health-related concerns of the young people who visit their health facilities.

*"I commend Action 4 Health Uganda for the invaluable refresher training provided to our health workers. The enhanced understanding of Gender-Based Violence (GBV) has equipped us to handle cases with sensitivity and expertise. We're committed to creating a safe environment for our youth through community outreach and education, ensuring timely referrals and support for those affected."* - Juliet Nakamya Kaggwa, In-Charge, Nagojje Health Centre III, Mukono District.



## DELIVERING MODERN CONTRACEPTIVES TO WHERE YOUNG PEOPLE LIVE



Youth Truck at Katosi Landing Site in Mukono District

Many young people struggle to access age-appropriate SRHR information, counseling, and family planning methods due to long distances to health facilities and fear of judgment. To bridge this gap, the Youth Truck traversed 14 districts, reaching over 28 underserved communities, facilitated by health workers in the host communities and A4HU trained peer educators.



Scan the QR code to Watch the Youth Truck documentary

## PEER-LED REFERRALS TO HEALTH FACILITIES

Like bees tirelessly moving from flower to flower, the 17 BEEs—Flying Nurses—trekked through communities, ensuring that young people had access to lifesaving SRH services. These dedicated community health workers provided counseling, essential SRH information, and subsidized commodities, reaching young people at their doorstep and eliminating barriers to access.

“ At health facilities, we sometimes face stock-outs of FP commodities. For example, there was a time we spent 2 months without combined oral contraceptives (COCs), and I sent clients in need of them to one of the flying nurses in my community,” one of the Flying Nurses.

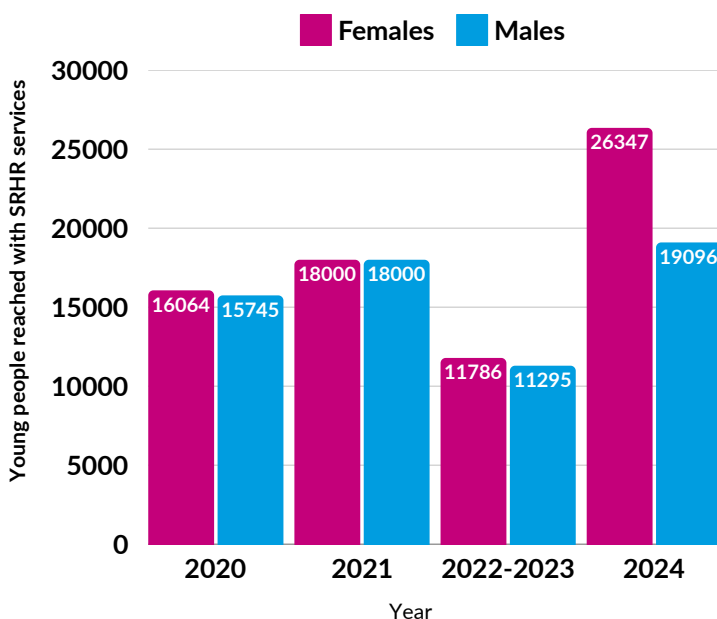


Scan the QR code to watch the Flying Nurses inaugural promotional event



A Flying Nurse transacts with a youth in Kikandwa Sub-County of Mityana District

## YOUNG PEOPLE REACHED WITH SRHR SERVICES 2020-2024



A male Flying Nurse (Drone) interacting with Dorte Muller, the M&E DSW, at his station in Malangala sub-county Mityana District.



## FOSTERING YOUTH EMPOWERMENT THROUGH SUSTAINABLE LIVELIHOODS AND ECONOMIC PLATFORMS

### POWER: Launch of POWER Cohort 2 and Expansion of the Multi-Sectoral Investment Fund

POWER-Providing Opportunities for Women in Entrepreneurship and Reproductive Health launched Cohort 2 and the Multisectoral Investment Fund (MIF) on September 13, 2024, following the successful implementation of Cohort 1 of the POWER project. At the launch, 20 women entrepreneurs were onboarded and will receive training from five certified business coaches, all POWER alumni. These coaches will guide them in scaling their SRHR/Family Planning startups from micro-enterprises to small, medium, and eventually large businesses. With this growth, the initiative can potentially create employment opportunities for an estimated 600 youth annually.

33 income-generating activities (IGAs), including agriculture and small-scale enterprises, were established to provide youth with sustainable livelihoods.

Financial literacy dialogues reached 20 VSLA groups in Mukono, Mityana, Kampala, Wakiso, and Busia Districts, integrating VSLA sessions with financial management and SRHR knowledge.

In most groups, members appreciated the importance of setting aside funds for health. The VSLA-SRHR and financial literacy dialogue reached 335 young people (193 Females and 142 Males).



Young people watch a Financial Literacy Dialogue in Busia District



## STRENGTHENING YOUTH LEADERSHIP FOR STRONGER GOVERNANCE

### YECs: CHAMPIONING YOUTH EMPOWERMENT

In a powerful display of youth-led sustainability, seven YECs galvanized youth clubs to mobilize resources for YEC-led social enterprises. With initial funding from their own contributions, supplemented by A4HU support, these enterprises are set to generate income that will be reinvested into their organizations, ensuring smooth operations and continued youth empowerment efforts in their communities.

### YECs LEADING IN INFLUENCING POLICY CHANGE AND PROTECTING VULNERABLE COMMUNITIES

On February 15, 2024, the Busia District Council tabled the Busia District Disco Matanga Bill, also known as the Child Protection Bill, to regulate harmful cultural practices like Disco Matanga, which expose women and girls to sexual abuse and violence.

This milestone was driven by youth-led advocacy efforts spearheaded by the Busia YEC and A4HU. Young advocates played a pivotal role in mobilizing communities, sensitizing district leaders, and presenting robust audiovisual evidence showcasing the impact of Disco Matanga in Busia and neighboring areas.

Similarly, in Kamuli District, an ordinance was successfully tabled against teenage pregnancies in the region.



Ordinance tabling against teenage pregnancy in Kamuli district council meeting



**03**  
Youth-Friendly  
Corners  
constructed at 3  
Health Facilities



**13**  
YECs  
registered  
as CBOs



**The youth spotlight panel featuring our young people**

The youth spotlight panel during the YALI East and South African (ESA) Symposium on Gender-based Violence held at Bonita Training Centre at the A4HU Head Office had young people from Busia, Tororo, and Mityana participating in discussions at a national platform representing their communities.

Graced by Daniele H. Nyirandutiye, the US Mission Director, the event culminated in the development of a position paper advocating for policy reforms and increased funding for GBV shelters, which will be presented to the African Union Convention on Ending Violence Against Women and Girls, pushing for urgent action on this critical issue.



*US Mission Director Daniele H. Nyirandutiye addressing the attendants of the symposium*



John Jesse Nabundesu, an alumna of the A4HU YEC Network, continues to illuminate the knowledge he gained from his training with Action 4 Health Uganda. He is currently a member of the European Union Youth Sounding Board for International Partnerships, and my work involves engaging with duty bearers to ensure accountability and address pressing issues that impact young people everywhere.

scan the QR Code.

**Find more about John Jesse here:**  
<https://a4huganda.org/blogs/john-jesse-a4hu-yec-network-alumna/>





Young people producing Makapads at the Malangala Cottage Factory in Malangala Sub-County, Mityana District, using technology developed by Technology 4 Tomorrow (T4T)

## RESEARCH & INNOVATION: DRIVING YOUNG PEOPLE'S WELL-BEING

A4HU continued to support youth-led innovations by leveraging technology to enhance access to SRHR information and products. In 2024, Kitebi Youth Plus which successfully launched the "WEKUME" (a Luganda word for "Protect Yourself") application on the Google Play Store with support from A4HU. This app provides young people with reliable SRHR information and access to essential products, further advancing A4HU's mission of empowering youth through innovative solutions. Find it in the QR Code to the right:

Scan QR Code for  
WEKUME APP

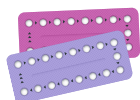


In June 2024, A4HU launched the social marketing model Flying Nurses, aka BEEs, in Mityana District following the 2023 feasibility study. This model has significantly enhanced the delivery of SRHR information and family planning (FP) products to underserved communities at a low cost. Through this approach, the YECs serve as distribution hubs for Family Planning products supplied to the Flying Nurses. By leveraging social marketing strategies, the model has increased the uptake of Family Planning commodities, with 1,728 condoms and 2038 pills sold in 2024. The Flying Nurses operate in 10 sub-counties: Malangala, Kalangaalo, Butayunja, Kakindu, Kikandwa, Ssekanyonyi, Bbanda, Maanyi, Bulera, and Namungo.



1728

condoms sold



2038

pills sold



6

Quality Assurance Visits  
conducted

Additionally, A4HU launched its new data management application, CommCare. Designed to streamline implementation data management processes, the application supports data collection and offers modules tailored to various thematic areas. CommCare operates on Android-powered smartphones, and 100 phones have been distributed to peer educators, teachers, and Flying Nurses to facilitate its use.



A Flying Nurse transacting with a young man in Kikandwa Sub-County Mityana District



## ENHANCING A4HU & PARTNERS' IMPACT AND EFFICIENCY

A4HU continued to advance its mission through deliberate efforts to strengthen its operational capacity and foster strategic collaborations. In 2024, A4HU hosted the Eastern & Southern African Youth Leaders Symposium on GBV Shelter Policy & Sustainability, organized by the Young African Leaders Initiative (YALI) Uganda, under the theme **“Breaking Barriers; Integrating SRHR, GBV Care & Mental Health Services Access in ESA shelters for lasting Impact.”** At the end of this landmark event was the development of a position paper advocating for policy reforms and increased funding for GBV shelters. This paper will be presented to the African Union Convention on Ending Violence Against Women and Girls to urge decisive action in tackling GBV in the region.

Additionally, several donors, including The AIDS Support Organization (TASO), PATH, and Makerere University School of Public Health - Social Innovation in Health Initiative (SIHI,) conducted Organization Capacity Assessments (OCAs), which have been pivotal in identifying and addressing institutional gaps. These assessments enabled A4HU to refine operational systems, align priorities, and optimize resource utilization.

These platforms have enhanced resource mobilization, facilitated knowledge exchange, and fostered innovative solutions to address community needs. The POWER project exemplifies A4HU's commitment to empowering communities, while the Multisectoral Fund underscores the importance of collective action to achieve sustainable development.

A4HU participated in in and- out of country collaborations including the launch of Donors Delivering for SRHR Report where the C.E.O Mrs. Sarah Kintu was a panelist. The report is an annual publication analysing and ranking the latest data available to track the disbursements of members of the Organisation for Economic Co-operation and Development (OECD)'s Development Assistance Committee (DAC) to SRHR, reproductive, maternal, newborn and child health (RMNCH), and family planning (FP), as part of their Official Development Aid (ODA). The Program Manager participated in the European Week of Action for Girls in Brussels and engagements with policymakers in Berlin Germany in collaboration with DSW.



*Attendees of the YALI Symposium on GBV Shelter Policy & Sustainability*

Collaboration with the Government of Uganda remains central to this strategic objective. A4HU has contributed to developing policies and frameworks that align with national priorities through active participation in technical working groups. These engagements ensure that the organization and its partners operate within a cohesive policy environment, fostering accountability and enabling access to critical resources and networks.

Looking ahead, A4HU will continue to build on these achievements by investing in technology, strengthening governance structures, and promoting data-driven decision-making. These efforts will ensure that A4HU and its partners deliver on their mandates effectively and remain agile and responsive to the evolving needs of their communities.

Reagan Leonard Kulubya, a Youth Champion, interacted with Hurju Madalina, the EU desk officer for Uganda, in October 2024 to present their impactful work to promote SRHR among young people and learn about the EU's priorities and initiatives in Uganda.

# STORIES OF CHANGE

## The Growth of the Anti-GBV Youth Club in Kananage Village-Kamuli District

The Anti-GBV Youth Club was established in 2020 with the support of A4HU and is in Kananage Village, Southern Division, Kamuli Municipality. Starting with just 15 members, the club has expanded to 30 members over time. With A4HU's backing, the club has engaged in a variety of activities including trainings in sexual and reproductive health (SRH), leadership, entrepreneurship, club management, life skills, health peer sessions, savings and group business management. The training in income-generating activities (IGAs) has empowered the club to advocate for the prioritization of adolescent health. Currently, the members have significantly increased their SRH knowledge and are actively sharing this information with their peers in the community.



*A photo showing a poultry project owned by Anti-GBV Club*

Thanks to the IGA training, the club has initiated several projects funded by group savings. They have established a catering business and a poultry farming venture. The catering business, which began with an investment of 400,000, now generates an income of 100,000-120,000 per month. The poultry business is projected to yield over 4,000,000 once the chicks begin laying eggs. Previously, the club raised a cow, which was sold along with its calf. Each member received a goat from the proceeds and now all members own goats that they plan to raise and expand their individual farms.

Looking ahead, the club aims to develop a large events management business to handle major community events and parties thus providing financial growth opportunities for its members.

## MALE INVOLVEMENT IN SRHR: OKIRU'S EFFORTS TO PROMOTE RESPONSIBLE CHOICES



Okiru Edward, a 21-year-old from the Pillar of Restoration Association Youth Club in Tororo District has come a long way from his early years as an unaware teenager. At 16, Okiru, like many boys his age lacked knowledge about Sexual and Reproductive Health (SRH) and didn't fully understand the struggles his peers faced.

He was uncertain of how to support fellow boys dealing with SRH challenges. However, everything changed in 2020 when his friend Paul encouraged him to join A4HU's Empower Youth Project (EYP) and become an advocate for young people's health. This was the turning point in Okiru's life



*Edward Okiru conducts a peer learning session during an SRHR-themed Sports Gala in Tororo District*

Through the training he received as a youth champion, Okiru learned about the importance of health rights, access to health services and accurate health information. He began to understand the vital role he could play in promoting SRHR awareness among young people especially boys. His involvement in EYP opened many doors. He participated in health outreaches, peer education sessions, advocacy campaigns and other community initiatives. Through these activities, Okiru became a trusted voice in his community helping to bridge gaps in SRH knowledge among his peers. He focused on youth clubs and schools where he delivered engaging sessions that resonated with other young people facing similar challenges.

EYP did not just equip Edward with knowledge, the project also empowered him with leadership skills and a platform to address the SRHR issues affecting young people. He had the opportunity to voice concerns and raise awareness among different stakeholders amplifying the needs and challenges of his peers. Today, Okiru is not only a peer educator but also the chairperson of his youth club, where he continues to lead and inspire other young people. From a young boy with little knowledge of SRHR, Edward has evolved into a passionate advocate who is making a real difference in his community. His journey reflects the power of youth empowerment and the transformative impact of knowledge, mentorship and advocacy. Okiru's story is a testament to how one individual supported by the right opportunities can become a beacon of change and a good example to others.

## **“VSLA changed my life!”-NAFUNA JULIET’S VLSA TESTIMONY**



*Juliet at her drug shop*

Nafuna Juliet is a dedicated and ambitious member of the Rakat Youth Club, which operates under the Busia Youth Empowerment Centre in Busia District. She is also a qualified Nurse who aims to increase access to SRHR information and services to the young people in her community at a low cost. When the Empower Youth Project made its way to her area, Juliet recognized a remarkable opportunity for herself and her entire community. By joining the Youth Club, she opened the door to a wealth of resources that could enhance her financial literacy and overall economic situation.

Through the Village Savings and Loans Association (VSLA), Juliet secured a loan, a pivotal moment that allowed her to start a drug shop in her neighborhood. This venture provided her with a steady source of income. It addressed the critical health needs of her fellow community members, ensuring they had access to essential medications and healthcare supplies.

Due to her hard work and entrepreneurial spirit, Juliet has been able to support her family significantly. She proudly pays the school fees for her siblings, ensuring they have the educational opportunities they deserve. Additionally, she is committed to repaying her loan, reinforcing her dedication to her personal growth and the well-being of her community.

## **MHM IN SCHOOLS CHANGING THE LIVES OF YOUNG BOYS AND GIRLS**

A4HU, through the TeamUp Uganda program, continued to implement the Menstrual Hygiene Management (MHM) program in 40 schools in Mityana and Kassanda Districts. Sessions were held in schools to sensitize the school management committees and the students on the importance of menstrual hygiene management. The Youth Truck was also key in spreading the message of Menstrual Hygiene Management through organizing school debates and dialogues and screening the MHM documentary. In so doing, these activities demystify myths and misconceptions around menstruation.

The girls are now alert about their menstrual cycles, which helps them be prepared with the required menstrual hygiene products, such as sanitary pads. “I can now carry sanitary pads in my bag without fear of being made a laughingstock by the boys,” says Joan Jovia Nambalirwa, a Senior Five student at Nakwaya Secondary School, Mityana District.



*Pupils of Kabayenga Primary School, Mityana District, watching a video on MHM*

Mr. Nambale Yefusa, the Director of Studies at St. Kizito Secondary School, Mityana District, and the Patron of the Youth Club at the same school, shared, “We have noticed a reduction in the number of pregnancies among female students. They now know the dangers of early pregnancies and the need to wait to start families. There has also been reduced absenteeism among female students, who are now more confident about attending school even during their menstruation periods. Even when they are absent, it is due to other factors exclusive of menstruation. The boys are also now more responsive in helping girls during menstruation.”

**“Before, teaching children about menstruation was hard because we did not have the right tools. But now, with The Youth Truck, it is like a new world of learning. The truck helps a lot, and it shows things in a way that makes learning fun,”** remarked Mr. Derrick Kasirye, Deputy Head Teacher and Science teacher at Bakijulula Primary School in Mityana District.

**“After watching the MHM video, I felt inspired to speak up about periods. I started helping my friends stay clean and feel confident during their periods.”** a Primary Six pupil aged 12 years narrated.



# PHOTO GALLERY: THE YEAR IN ACTION



Angela Bähr during her visit to the Youth Friendly Corner at Kitebi HC III



The President of Uganda visit the A4HU exhibition table during International Youth Day in Soroti District



Stakeholders during Busia YEC Close-out meeting under EYP Project



POWER Cohort 2 ladies during a practical session at Bonita Training Center



Proprietor of Little Winnie Foundation (C)also a POWER Alumni trains POWER Cohort 2 ladies



MHM Debate at Bujubi Secondary School in Mityana District



Dorthe Muller, M&E Lead DSW at MAKAPADS factory under Malangala YEC in Malangala Sub-County Mityana District



SRHR Sports Gala in Busia District



Community health outreach on Bussi Island, Wakiso District



A4HU Staff during the launch of POWER Cohort 2



CEO-A4HU gives her address during the 16DaysOfActivism organized by YALI



A Peer Educator addresses the community members during a community health outreach in Mityana District

Young people pose for a photo with US Mission Director Daniele H. Nyirandutiye and CEO A4HU Mrs. Sarah Kintu



Stakeholders at the close-out meeting of EYP in Tororo District at the district head offices



Distribution of condoms in Tororo District during in celebration of Women's Day



Onsite refresher training of health workers at Kasanje Health Centre III Wakiso District



Program Manager (centre wearing African print shirt) with the German members of the Parliamentary Council on Population and Development



Catherine Poran, Executive Director of Stanbic Business Incubator during a session with the ladies of POWER Cohort 2 2024-2025



A4HU staff participating in team building activities during the 2024 end of year staff retreat



A4HU staff participating in team building activities during the 2024 end of year staff retreat

# OUR PARTNERS






**INSPIRING YOUNG PEOPLE TO REALISE THEIR FULL POTENTIAL**

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