ANNUAL REPORT
2018
VISION

CHAT envisions a future where individuals, communities and ecosystems across Africa are healthy and thriving.

MISSION

CHAT’s mission is to support underserved individuals and communities in fragile ecosystems across Kenya to access family planning information & services.
When CHAT was founded in the year 2000, Kenya's population was approximately 31.5 million people. By the end of 2018, the population had increased to just over 51.5 million. Projections estimate that the population will continue to increase, by an average of over 1.2 million people per year, and so within 25 years Kenya's population will have doubled to 60 million.

Population, poverty and the environment are intertwined. About 73% of Kenya's population lives in rural areas and many depend on natural resources for their health and livelihoods. Increasing population puts more pressure on natural resources, and leads to environmental degradation such as deforestation, overgrazing, increased conflict, and amplified community-wildlife conflicts. Critically, as the natural resources people rely on for their livelihoods become degraded, these communities experience a deepening cycle of poverty and suffering.

CHAT’s model has been refined over two decades to deliver holistic and grassroots health strategies, using diverse entry points to engage all members of a community. Long term, we help communities to advocate for their own government health services, as a way to strengthen and empower communities, and improve environmental sustainability.

With the efforts of dedicated staff, board members, volunteers and partners, CHAT grows every day. In 2018, CHAT impacted the lives of almost 130,000 marginalised, underserved individuals in 13 counties, by providing door-to-door behavior change information and family planning methods. Currently CHAT operates within five ecosystems: North Kenya Rangelands, Tana River, North Rift, Lake Victoria Basin and the Mara.

I am delighted to share our first annual report with our partners and supporters, and to highlight the impact we are all achieving on the ground together. This year we also developed CHAT’s Healthy People for a Healthy Environment 2019-23 Strategy Plan to focus and refine our outlook and ambitions over the next five years. These include partnering with more organizations, reaching out to more underserved communities surrounding fragile ecosystems in more counties, and strengthening our current projects.

We will continue to focus on helping the most vulnerable communities in Kenya and spreading the message between environmental sustainability & addressing reproductive wellbeing needs.

Family planning can be a sensitive issue and CHAT must continue to be thoughtful and strategic about how it presents its work. When I established CHAT in 2007, I only understood the importance of family planning from a conservation and population perspective. Now, I have come to understand just how much contraception can, and will, mitigate horrendous suffering.

Thank you for your support

SHARON WREFORD SMITH
PROGRAMME COORDINATOR

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1 | This population data was retrieved from the following website: http://www.worldometers.info/world-population/kenya-population/
2 | Ibid
CHAT’s CORE APPROACH

CHAT’s implementation model encompasses three core types of interventions, supported by a holistic approach to environmental awareness. These core interventions each respond to a specific set of needs or challenges for delivering family planning, and CHAT believes they must be delivered together to ensure sustainability and impact.

HEALTH SERVICES
CHAT also offers a suite of health services (TB, HIV testing and support, as well as basic medication and treatments) that are relevant to women, men, girls and boys, as a way of offering people a variety of entry points to access family planning. This integrated health services approach has proven successful in addressing the variety of barriers faced by underserved communities.

EMPOWERING COMMUNITIES
In the ecosystems where CHAT work, if they identify a community with no local health facility or committee, then the CORPs in the area will establish Village Development Committee (VDCs). The CORPs, with CHAT’s support, will connect this committee to local government agencies, to enable the community to build up a relationship with these agencies and to access training and funding opportunities. They also offer leadership on issues such as gender violence, security, environmental conservation, water, and other development issues.

QUIET ADVOCACY
Additional challenges to people accessing family planning information and services include limited government funding and weak supply chain management. To address these challenges, CHAT engages in some direct advocacy work. CHAT currently sits on three planning committees – for Laikipia, Samburu and Isiolo Counties – to advocate for increased funding for family planning within the broader health portfolio, and to lobby for integration of CHAT’s strategy into the overall workplan of the County government.

ENVIRONMENT
A Population, Health & Environment approach recognizes the complex interconnection between people, their health, and the natural resources on which they depend. It provides a framework for understanding and addressing these issues holistically, on the assumption that the outcomes for both human welfare and the environment will be greater than if these issues are addressed separately.
WHERE WE WORK

ECOSYSTEM
CHAT focuses their work where people and nature co-exist within fragile ecosystems. These areas include a variety of ecosystems from mountains to acacia woodland to dryland savannah to riverine areas, and include regions bordering conserved areas, or within community conservancies.

Approximately 80% of the inhabitants receiving CHAT’s services live in underserved rural areas. Barriers for these individuals to access and use family planning include poverty, lack of education or literacy, remote areas with no functioning health facility, cultural and religious barriers and myths or misconceptions. For example, in Samburu, Laikipia, Isiolo, Marsabit & Baringo the people are largely transient, semi-nomadic pastoralists from a number of ethnic groups, including Samburu, Turkana, Pokot, Boran, Somali and Mukogodo.

CHAT BELIEVES

1. Individuals can contribute more towards livelihood and economic opportunities when family size is manageable. This includes social opportunities, education and economic outcomes for all individuals in the community.

2. When you increase the spacing between children both mother and child have better health outcomes.

3. Increased family planning use reduces suffering of particularly women, including gender-based violence.

4. With the reduction of family size, populations reduce pressures on the environment.

5. When natural resource availability improves, security overall will improve for communities.

6. All our partners are key but the government is the most sustainable long-term partner for family planning, health, and environment needs of the community.
In the more remote and difficult to reach areas, CHAT employs mobile camel safaris, which offers integrated health services including family planning, antenatal care, HIV testing and counselling, basic curatives and referrals for other health issues.

This strategy is particularly effective in terms of engaging men, who get involved in helping care for the camels, which provides CHAT with an opportunity to informally share information on family planning.
Our CORPs move door-to-door, in their own and surrounding communities, and provide information and counseling on family planning using a population, health and environment (PHE) approach and any other health concerns individuals may have.

Working with people in the privacy of their own home allows people to feel at ease and make informed decisions in a confidential and low-pressure environment. The CORPs provides referrals to local medical centers and assists individuals to access these services. The CORPs also engage with people about broader ecological and social issues that impact the community’s overall well-being.

CORPs work with CHAT alongside local leaders and government representatives to identify areas where communities have limited access to health facilities, significant unmet family planning and health needs and where the cost of accessing medical facilities is a barrier.

In these areas, initially a motor mobile clinic is organized to provide integrated health services including family planning, immunizations, antenatal care, child welfare clinics, basic curatives and referrals.
CHAT'S ECOSYSTEMS

Our work in 2018

CHAT focuses their work where people and nature co-exist within fragile ecosystems. These areas include a variety of environments from mountains to acacia woodland to dryland savannah to riverine areas, and include regions bordering conserved areas, or within community conservancies.

Within these ecosystems, population growth and density are unsustainable for the health of communities and the environment. As the natural resources people rely on for their livelihoods become degraded, these communities experience a deepening cycle of poverty and suffering.

CHAT ACTIVITIES IN THIS REGION IN 2018:

<table>
<thead>
<tr>
<th>Ecosystem</th>
<th>CHAT Activities</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 North Kenya Rangelands</strong></td>
<td><strong>CAMEL OUTREACHES</strong></td>
<td>28</td>
</tr>
<tr>
<td></td>
<td><strong>CORPS</strong></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td><strong>BACKPACK</strong></td>
<td>20</td>
</tr>
<tr>
<td></td>
<td><strong>VILLAGE COMMITTEES</strong></td>
<td>32</td>
</tr>
<tr>
<td></td>
<td><strong>MOTOR MOBILE</strong></td>
<td>10</td>
</tr>
<tr>
<td></td>
<td><strong>CAMEL OUTREACHES</strong></td>
<td>69,928</td>
</tr>
<tr>
<td></td>
<td><strong>CORPS</strong></td>
<td>18,074</td>
</tr>
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</table>

**Key for Ecosystems**

- CAMEL OUTREACHES (SAFARIS)
- MOTOR MOBILE (CIRCUITS)
- BACKPACK (TRIPS)
- VILLAGE COMMITTEES

**Corps**

- Samburu
- Isiolo
- Laikipia
- Marsabit

**Number of individuals reached with positive PHE behaviour change information**

- 329,300
- 15,617

**Number of women reached with different FP methods of their choice**

- 32
- 42

<table>
<thead>
<tr>
<th>Ecosystem</th>
<th>CHAT Activities</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2 Tana River Critical Water Basin</strong></td>
<td><strong>CAMEL OUTREACHES</strong></td>
<td>2</td>
</tr>
<tr>
<td></td>
<td><strong>CORPS</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>BACKPACK</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>VILLAGE COMMITTEES</strong></td>
<td>10</td>
</tr>
<tr>
<td></td>
<td><strong>MOTOR MOBILE</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>CAMEL OUTREACHES</strong></td>
<td>15,143</td>
</tr>
<tr>
<td></td>
<td><strong>CORPS</strong></td>
<td>7,221</td>
</tr>
</tbody>
</table>

**Key for Ecosystems**

- Samburu
- Isiolo
- Laikipia
- Marsabit

**Number of individuals reached with positive PHE behaviour change information**

- 329,300
- 15,617

**Number of women reached with different FP methods of their choice**

- 32
- 42

<table>
<thead>
<tr>
<th>Ecosystem</th>
<th>CHAT Activities</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>3 North Rift Hilly, Highland, Deforested</strong></td>
<td><strong>CAMEL OUTREACHES</strong></td>
<td>2</td>
</tr>
<tr>
<td></td>
<td><strong>CORPS</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>BACKPACK</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>VILLAGE COMMITTEES</strong></td>
<td>10</td>
</tr>
<tr>
<td></td>
<td><strong>MOTOR MOBILE</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>CAMEL OUTREACHES</strong></td>
<td>15,143</td>
</tr>
<tr>
<td></td>
<td><strong>CORPS</strong></td>
<td>7,221</td>
</tr>
</tbody>
</table>

**Key for Ecosystems**

- Baringo (East Pokot)
- Nakuru (Mau Forest)

**Number of individuals reached with positive PHE behaviour change information**

- 15,143
- 7,221

**Number of women reached with different FP methods of their choice**

- 32
- 42

<table>
<thead>
<tr>
<th>Ecosystem</th>
<th>CHAT Activities</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4 Lake Victoria Basin Intense, Small-Scale Farming</strong></td>
<td><strong>CAMEL OUTREACHES</strong></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><strong>CORPS</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>BACKPACK</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>VILLAGE COMMITTEES</strong></td>
<td>8</td>
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<tr>
<td></td>
<td><strong>MOTOR MOBILE</strong></td>
<td>0</td>
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<tr>
<td></td>
<td><strong>CAMEL OUTREACHES</strong></td>
<td>7,507</td>
</tr>
<tr>
<td></td>
<td><strong>CORPS</strong></td>
<td>5,400</td>
</tr>
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</table>

**Key for Ecosystems**

- Kisii County

**Number of individuals reached with positive PHE behaviour change information**

- 7,507
- 5,400

**Number of women reached with different FP methods of their choice**

- 32
- 42

<table>
<thead>
<tr>
<th>Ecosystem</th>
<th>CHAT Activities</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>5 The Mara Wildlife, Wheat, Plains</strong></td>
<td><strong>CAMEL OUTREACHES</strong></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><strong>CORPS</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>BACKPACK</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>VILLAGE COMMITTEES</strong></td>
<td>10</td>
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<tr>
<td></td>
<td><strong>MOTOR MOBILE</strong></td>
<td>0</td>
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<tr>
<td></td>
<td><strong>CAMEL OUTREACHES</strong></td>
<td>10,499</td>
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<tr>
<td></td>
<td><strong>CORPS</strong></td>
<td>7,215</td>
</tr>
</tbody>
</table>

**Key for Ecosystems**

- Narok South County

**Number of individuals reached with positive PHE behaviour change information**

- 10,499
- 7,215

**Number of women reached with different FP methods of their choice**

- 32
- 42

<table>
<thead>
<tr>
<th>Ecosystem</th>
<th>CHAT Activities</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>6 The Abadares Forest, Water, Greens</strong></td>
<td><strong>CAMEL OUTREACHES</strong></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><strong>CORPS</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>BACKPACK</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>VILLAGE COMMITTEES</strong></td>
<td>10</td>
</tr>
<tr>
<td></td>
<td><strong>MOTOR MOBILE</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>CAMEL OUTREACHES</strong></td>
<td>987</td>
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<tr>
<td></td>
<td><strong>CORPS</strong></td>
<td>254</td>
</tr>
</tbody>
</table>

**Key for Ecosystems**

- NYERI

**Number of individuals reached with positive PHE behaviour change information**

- 987
- 254

**Number of women reached with different FP methods of their choice**

- 32
- 42

<table>
<thead>
<tr>
<th>Ecosystem</th>
<th>CHAT Activities</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>7 Nairobi Slums Hardship, Crowded, Struggle</strong></td>
<td><strong>CAMEL OUTREACHES</strong></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><strong>CORPS</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>BACKPACK</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>VILLAGE COMMITTEES</strong></td>
<td>10</td>
</tr>
<tr>
<td></td>
<td><strong>MOTOR MOBILE</strong></td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>CAMEL OUTREACHES</strong></td>
<td>1,897</td>
</tr>
<tr>
<td></td>
<td><strong>CORPS</strong></td>
<td>1,543</td>
</tr>
</tbody>
</table>

**Key for Ecosystems**

- Nairobi

**Number of individuals reached with positive PHE behaviour change information**

- 1,897
- 1,543

**Number of women reached with different FP methods of their choice**

- 32
- 42
CORPS

BOOTS ON THE GROUND

CHAT works with communities through a partnership approach

Local elders and leaders identify a ‘Community Own Resource Person’ (CORPs) who, by definition, must be good mobilisers, trusted by community, and able to respect individual’s confidentiality. There is no formal requirement, accreditation or education required before they join. All the training they need is received through CHAT’s support.

Each CORP supports their community in a customized way to the needs and challenges of that region, working alongside their home communities. They focus on health and family planning but may also participate in finding solutions to issues around development, environment and livelihood projects.

CORPs are performance based and supported by CHAT with ongoing mentoring and training (facilitated with the Government of Kenya).

STATISTICS

CAMELS

2 counties (Laikipia & Samburu)
2,430 long term FP
4 trips per year
6,225 for behavior change
30 days per trip

MOTOR

5 counties (Laikipia, Samburu, Tharaka Nithi, Kitui & Marsabit Counties)
7,972 long term FP
2 trips per month
44,063 for behavior change
10 days per trip

BACKPACK

13 counties
28,761 long term FP
38 CORPs
85,719 per year behavior change
10 days per trip

Other services: ANC 66 | Immunization 8 | patient 1,069
CHAT staff: 2 CORPS | 1 nurse | 6 camel herders
Fragile & remote regions
Travel by foot while the camels carry medical equipment, rations & camping kit.

Other services: ANC 601 | Immunization 990 | patient 5,172

Other services: ANC 911 | Immunization 842 | HIV testing & counselling 4,192

$4.90 average cost per person
1 CORP reaches
160 people
10 Village Development Committees supported
80% of inhabitants who receive CHAT’s services lie in underserved rural areas
HOW TO SUPPORT CHAT

If you would like to support CHAT please visit:  
www.chatafrica.org/donate

To see our volunteering opportunities please see:  
www.chatafrica.org/volunteer

For any other enquiries please contact:  
mobileclinicsafrica@gmail.com

Check out our projects on  
www.globalgiving.org

US$10  
WILL PROVIDE 2 WOMEN WITH SHORT-TERM CONTRACEPTION METHODS FOR 1 YEAR

US$15  
WILL PROTECT 1 WOMAN AGAINST UNWANTED PREGNANCY FOR 5 YEARS

US$25  
WILL SUPPLY 1 MAN WITH CONDOMS FOR 1 YEAR

US$50  
WILL SUPPORT A COMMUNITY BASED MOBILIZER FOR 2 WEEKS TO PROVIDE EDUCATION ON THE LINK BETWEEN FAMILY PLANNING & THE ENVIRONMENT

US$75  
WILL PROTECT 5 WOMEN AGAINST UNWANTED PREGNANCY FOR 5 YEARS

US$150  
WILL PROTECT 10 WOMEN AGAINST UNWANTED PREGNANCY FOR 5 YEARS
DONORS

Throughout CHAT’s history, there has been a focus on maintaining long-term partnerships with a variety of local, national and global donors and partners.

Many continue to support CHAT to this day, and we look forward to developing and growing our partnerships in the years to come. Here is a list of our donors in 2018. There are many private individual donors who contribute to our work and although we do not mention you here, we are very grateful for your support and will continue working hard for the communities we serve.

• US Aid - Afya Timiza
• Anonymous
• CHAPS
• CHASE Africa
• East Africa Women League
• Global Funds
• Global Giving
• Government of Kenya
• Kijani Kenya
• Maliasili
• Milgis Trust
• Mpala Conservancy
• Mugie Conservancy
• Offbeat Safaris
• The Nature Conservancy
• Oi Jogi Conservancy
• Private donations via paypal & online

FINANCES

INCOME: 63,562,590

EXPENSES

A DETAILED BREAKDOWN OF COSTS TAKEN FROM THE CHAT FINANCIAL STATEMENT 2018:

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Project Activities</td>
<td>49,223,512</td>
</tr>
<tr>
<td>Outreaches</td>
<td>26,474,105</td>
</tr>
<tr>
<td>Salaries</td>
<td>18,214,898</td>
</tr>
<tr>
<td>Vehicles</td>
<td>2,027,057</td>
</tr>
<tr>
<td>Monitoring and Evaluation</td>
<td>6,179,118</td>
</tr>
<tr>
<td>Administration</td>
<td>10,667,412</td>
</tr>
<tr>
<td>Salaries</td>
<td>4,336,319</td>
</tr>
<tr>
<td>Office expenses</td>
<td>1,744,937</td>
</tr>
<tr>
<td>Insurance and licenses</td>
<td>1,059,392</td>
</tr>
<tr>
<td>Depreciation</td>
<td>2,507,452</td>
</tr>
<tr>
<td>Other (audit, bank charges, exchange loss etc)</td>
<td>1,019,312</td>
</tr>
</tbody>
</table>

All annual audits are available on the CHAT website at www.chat.org or can be requested from mobileclinicsafrica@gmail.com
CHAT serves over 130,000 individuals with a PHE approach, of which over 50,000 chose a contraceptive family planning method – the highest number of people ever reached in one year! CHAT now has a staff of 13 and an active partnership with 32 CORPs, who together support the provision of family planning access and integrated mobile health services in 7 critical ecosystems across Kenya.

**CHAT’S PROGRESS & ACHIEVEMENTS**

- **1999**
  - Mpala Community Trust (MCT) is founded to provide family planning services to poor, underserved and marginalized communities.

- **2000**
  - Motor mobile strategy begin to provide services in Laikipia County. Most of the communities live 15-30 km away from the nearest facility.

- **2002**
  - Two CORPs are engaged. MCT begin to work with the Ministry of Health and our first HIV/AIDS programme begins.

- **2003**
  - First camel mobile safari in Laikipia.

- **2007**
  - The Communities Health Africa Trust (CHAT) is formed and joins with MCT. CHAT starts to design a PHE approach to their work, providing a holistic family planning intervention.

- **2008**
  - CHAT is granted funds for Laikipia and Samburu districts to initiate a motor mobile Outreach.

- **2011**
  - MCT is amalgamated into CHAT to reduce costs. CHAT continues to provide integrated health services with a focus on family planning to underserved communities in Laikipia, Isiolo and Samburu Counties.

- **2012**
  - CHAT wins the ‘Most Outstanding Health Market Innovation’ and ‘Mobile Health’ award from the Centre for Health Market Innovations (CHMI), supported by the Bill & Melinda Gates Foundation, the Rockefeller Foundation and UK Aid. CHAT participates in the Diamond Jubilee celebrations for Queen Elizabeth II to represent the northern pastoral communities of Kenya.

- **2014**
  - Family planning training curriculum developed alongside MoH, with an integrated component of ecological awareness.

- **2015**
  - CHAT starts to engage in advocacy at the County level.

- **2018**
  - CHAT serves over 130,000 individuals with a PHE approach, of which over 50,000 chose a contraceptive family planning method – the highest number of people ever reached in one year! CHAT now has a staff of 13 and an active partnership with 32 CORPs, who together support the provision of family planning access and integrated mobile health services in 7 critical ecosystems across Kenya.
KENYA OFFICE
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@communtieshealthafrica
@chatafrica
www.chatafrica.org

Ol Jogi Conservancy | Private donations via paypal and online