



Enhance Health Education Research Foundation (EHERF)

e-News
Issue 1,
January, 2025

Greetings,

We are glad to introduce you to the work of EHERF (Enhance Health Education Research Foundation). EHERF is a not-for-profit, faith-based organization established in 2022 by a dedicated group of Christian individuals committed to providing charitable services and support to vulnerable populations in Uganda.

The work of EHERF started in rather an exceptional way, embodying the spirit of selflessness and setting an example of local generosity. Thanks to Emily Ninsiima and her team at EHERF who selflessly launched out their mission with seed contribution from the team itself. That alone is a bold statement of their faith and love to serve humanity in ways unimaginable.

EHERF launched out a public healthcare program to empower middle-aged women who are struggling with age-transition challenges of menopause. Menopause is known to be associated with increased risk of Non-Communicable Diseases (NCDs) like obesity, diabetes, and cardiovascular disease.



- ♦ Non-communicable chronic diseases form the **most neglected, biggest global health burden**.
- ♦ **NCDs drive people into poverty**, making it more likely that a person will die or suffer a disability from an NCD
- ♦ **Spreading awareness about non-communicable chronic diseases** by involving community health workers can go a long way in educating women in both rural and urban settings.
- ♦ Following **menopause**, women are increasingly vulnerable to common NCDs
- ♦ The high treatment cost of NCDs impose a direct economic burden on healthcare systems, households, and society



EHERF is undertaking action research on women at risk of NCDs whose predisposing factor is linked to menopause. In one of our outreach posts, Kitara Health Group in Wakiso District, where we screened a sample of 23 women (aged 30 – 65) for NCDs, we found out that 70% of them suffered from hypertension and 30% from diabetes mellitus. 40% of the women were newly diagnosed and therefore did not know their NCD status. This a clear-cut testament of the glaring public health challenge of NCDs in Uganda.

Our strategic goal is to identify peri- and post-menopausal women at risk of non-communicable diseases in rural communities which lack NCD care, treatment and support services. We also aim to investigate the prevalence of NCD risk factors among peri- and postmenopausal women, upon which EHERF and other development partners can focus their interventions; including, creating awareness, screening and enhancing access to treatment, care and support towards addressing the challenge of Non-Communicable Diseases.

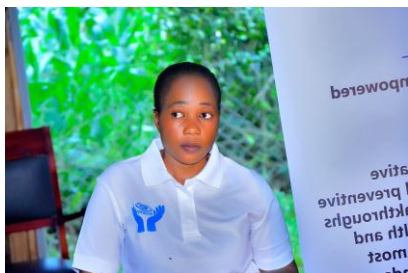
Community healthcare

Through the generosity of its founding members, EHERF offers affordable healthcare services through Cornerstone Medical Services that offers a range of services; including, Outpatient and Inpatient care, ultra sound, laboratory, specialized women and pediatric care.

Our nutrition clinic is martialing efforts to address malnutrition, one of Uganda’s most critical development challenges. According to [UNICEF](#), malnutrition threatens to destroy a generation of children in Uganda, where more than one third of all young children – 2.4 million – are stunted



Welcome aboard!



Mrs. Emily Ninsiima,
Executive Director, EHERF

Support our work by contacting us:

