

Women in Nepal Face Serious Health Challenges

- Nepal has one of the highest maternal mortality rates in Asia.
- The United Nations reports that over 30% of women in Asia are ready to limit births but cannot find services.
- Many women in Nepal suffer needlessly from uterine prolapse, believing that it is a normal condition for women over thirty and do not seek medical help.
- Lack of medicine and personnel in public clinics in remote areas.
- Shortages of female health providers in rural clinics and small towns.
- Women are unwilling to discuss reproductive health issues with male health workers or to be examined by men



Due to lack of access, great distances to clinics and cultural constraints against women traveling alone, this woman in labor arrives for delivery at a clinic after being carried four hours from her home.

Who Are We? Friends of Nepal Pariwar Foundation

Friends of Nepal Pariwar Foundation is an all-volunteer, nonprofit, tax exempt 501(c)(3) organization, registered in 2007 in the U.S.A. to support health services in Nepal for women and their families through our local partner organization in Nepal, Pariwar.

The Friends of Nepal Pariwar board of trustees have made commitments to fund all operating expenses of the foundation. Trustees have followed progress in this area of Nepal for many years and annually visit the program. A copy of our Annual Report is available on request.

A long-range goal is to strengthen the capacity of all our partners to sustain their services entirely with local resources.

परिवार

Pariwar is "Family" in Nepali

Friends of Nepal Pariwar Foundation

Tax ID Number: 26-1246116

100%

of donations go to the Nepal project.

Mail tax-deductible contributions to:

Friends of Nepal Pariwar Foundation

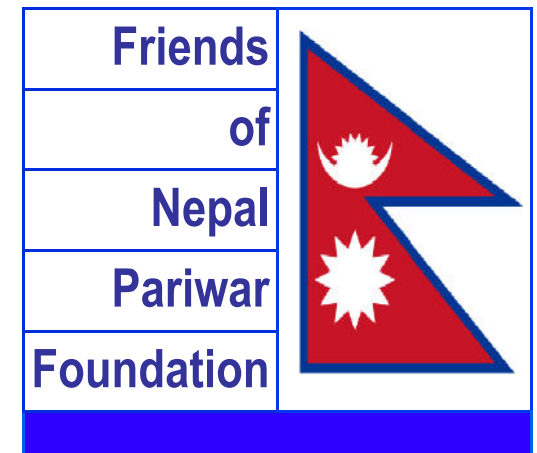
5877 Melita Road

Santa Rosa, CA 95409

Tel: 707-538-4577

Email: tarens@sonic.net

Partnership to Promote and Protect Health of Women In Nepal



Improved Health for Women and Their Families

The objectives of Friends of Nepal Pariwar Foundation are to:

- Develop quality-of-care, sustainable rural health clinics that will become models for rural government and community clinics in Nepal
- Increase access to safe and affordable health care for women and families in rural Nepal.



Certified nurse midwives provide prenatal care, assist women during labor and delivery and refer women at risk to district hospitals.



Medicines are sold at reasonable prices to provide access for local people and income for clinics.

Program Approach for Sustainability

Pariwar, our partner in Nepal, works with well established non-governmental, community managed clinics providing needed health care in rural and remote areas of Sindhupalchowk and Kavre districts of eastern Nepal. These clinics are serving an average of 2000-3000 women per year (plus 1000-2000 general patients) and are meeting part of their expenses, including local health provider salaries, through small fees for services and the sale of medicine. Clinic income for services will grow and eventually cover salaries of the nurse-midwives on staff, thereby making the clinics less dependent on outside support.

Until that time, funding support for Pariwar will provide partial bridging support for the salaries of nurse-midwives as the clinics strengthen and expand basic health services to rural women, reproductive health counseling, services and contraceptives, and referral, as well as improve financial management.

This year's budget of \$10,000 includes salaries of five nurse-midwives, transportation, training and one 50% scholarship for a local woman to be trained to fill the future nurse-midwife position in one clinic.

Accomplishments in 2008

- 16,881 users of clinic services, 64% of which are women
- 754 new family planning acceptors
- Four clinics generated \$3,645 of income over expenditure; these funds have been allocated for purchase of clinic beds and equipment for maternal deliveries



Friends of Nepal Pariwar Foundation supports the salaries of five certified nurse midwife health professionals working in remote, rural clinics.

Expected Outcomes in 2009

- Clinics will provide quality health services to 18,000 people in their own communities.
- Income from service fees and margin from the sale of medicines will enable these locally managed community clinics to generate funds to cover clinic costs and partially subsidize nurse-midwife salaries.
- Clinics will serve as a model of sustainability for other government and nonprofit organization sponsored clinics in Nepal

**Friends of Nepal
Pariwar Foundation**