



## THE WORK AND ACHIEVEMENTS OF RHIYW (RWANDAN HEALTH INITIATIVE FOR YOUTH AND WOMEN)

RHIYW is a Rwandan non-governmental organization founded by a passionate group of healthcare advocates, including public health experts, clinicians, mental health professionals, social workers, nutritionists, health educators, and youth SRH champions. The organization also benefits from an international advisory committee of global experts in public health, research, and advocacy.

RHIYW is committed to improving the health and well-being of adolescents, youth, women, and the other vulnerable population by ensuring access to comprehensive, high-quality healthcare, education, empowerment, and support. The organization emphasizes the accessibility and quality of health services, in line with the World Health Organization's holistic definition of health.

The organization runs diverse programs focused on:

- ❖ Sexual and reproductive health and rights
- ❖ Adolescent and Youth Engagement
- ❖ Maternal health (Including antenatal, perinatal, and postnatal care)
- ❖ Gender-based violence prevention
- ❖ Communicable and non-communicable diseases
- ❖ Mental health and well-being
- ❖ Nutrition
- ❖ gynecological health
- ❖ Environmental health
- ❖ Digital health
- ❖ Community health including Community Health Worker (CHW) Programs, Immunization and Disease Prevention Campaigns
- ❖ Health research and education.



Special attention is given to vulnerable populations.

RHIYW collaborates with key national institutions such as the Rwanda Ministry of Health, Rwanda Biomedical Center, Ministry of Youth and Arts, local governments, and various national and international partners. It operates across several districts in Rwanda, with a headquarters in Kicukiro District (Kigali) and a satellite office in Musanze District (Northern Province).

# RHIYW'S GOALS, VISION, MISSION AND VALUES

## GOALS

To enhance the health and well-being of adolescents, youth, women and other vulnerable population through accessible high-quality healthcare, education, support, empowerment and advocacy.

## VISION

A world where every adolescent, youth, and woman has access to comprehensive, high-quality healthcare, education, empowerment, advocacy and support, leading to improved health and well-being.

## MISSION

To strengthen institutions and systems that promote the health and well-being of adolescents, youth, and women by equipping them with essential knowledge, resources, and support.

## VALUES

The values upheld by RHIYW include:

- |                    |                          |                   |                         |
|--------------------|--------------------------|-------------------|-------------------------|
| 1. gender equality | 6. sustainability        | 10. Empowerment   | 15. Respect             |
| 2. equity          | 7. integrity             | 11. Inclusivity   | 16. Age appropriate     |
| 3. accountability  | 8. creativity&innovation | 12. Collaboration | 17. Culture sensitivity |
| 4. partnership     | 9. excellence            | 13. innovation    | 18. Adaptability        |
| 5. transparency    |                          | 14. Compassion    |                         |

## STRATEGIC PRIORITIES

- ❖ Strengthening the capacity of public and community-based institutions
- ❖ Increasing access to essential health and well-being services and information
- ❖ Promoting the use of technology and digital platforms to enhance service delivery
- ❖ Conducting research, monitoring, and evaluation to inform health policies and practices
- ❖ Supporting the development and adoption of evidence-based clinical guidelines
- ❖ Enhancing the capacity of healthcare providers to deliver high-quality services.
- ❖ Ensuring the availability of essential health supplies and equipment
- ❖ Empowering youth, women, community health workers (CHWs), and volunteers in health and wellness service delivery
- ❖ Promoting mental health, resilience-building, and healthy lifestyle initiatives
- ❖ Strengthening maternal and comprehensive Sexual reproductive health services
- ❖ Expanding prevention, testing, and treatment of STIs, communicable, and non-communicable diseases
- ❖ Addressing malnutrition through community-based nutrition and food security interventions
- ❖ Promoting inclusive, rights-based approaches to health
- ❖ Supporting community-driven health programs to improve outcomes for vulnerable populations

## PARTNERS

- Rwanda Ministry of Health (MoH)/ Rwanda Biomedical Center (RBC)
- Ministry of Youth and Art
- Professional associations of gynecologists, medical doctors, nurses, and midwives
- Health student associations and academic institutions
- Administrative districts and public youth centers
- National and international non-governmental organizations (NGOs)
- Development partners and donor agencies
- Private health institutions
- Community structures, including local leaders, faith-based groups, and grassroots organizations.

## OUR APPROACH

RHIYW implements a variety of strategies to effectively promote health and wellbeing services.

- Institutional Strengthening and Partnerships
- Empowerment Through Education and Youth Engagement
- Community Engagement and Inclusion
- Mental Health and Psychosocial Support
- Research, Monitoring, and Evidence-Based Practice
- Technology and Innovation
- Client-Centered and Holistic Care
- Advocacy and Policy Engagement
- Promotion of Healthy Lifestyles



## RHIYW's Work and Achievements: (2019 – 2025)

Over the past five years (2019–2024), RHIYW has remained committed to improving health and wellness services for adolescents, youth, women and other vulnerable populations across communities in Rwanda. Our work has primarily focused on strengthening the capacity of public health facilities and youth centers to better meet the health and well-being needs of these populations particularly in the area of sexual and reproductive health.

Beyond strengthening facility-based care, we have implemented extensive community outreach initiatives including mobile clinics to deliver essential health services to hard-to-reach areas. These efforts have been complemented by training healthcare providers and equipping primary health facilities to improve service delivery.

RHIYW has also played a strategic role in shaping national health policies, guidelines, and strategies. As an active member of several technical working groups under the Ministry of Health—most notably the Rwanda Maternal, Neonatal, Child, and Adolescent Health (RMNCAH) Technical Working Group—we have contributed to the development and refinement of key national frameworks guiding public health priorities



Below is an overview of our key activities and the outcomes achieved in collaboration with our partners;

## 1. Reaching Adolescents and Youth with Sexual and Reproductive Health Education and Services

Through the establishment of safe spaces for youth friendly sexual and reproductive health (SRH) at youth centers, youth corners and outreach activities;

- ❖ Over 150,000 adolescents and youth participated in educational sessions covering a wide range of SRH topics, including: Prevention of STIs and HIV/AIDS, the importance of male circumcision, puberty and body changes, Sexual consent and respectful relationships, Menstrual hygiene, Contraception and pregnancy prevention, Gender-based violence awareness, legal abortion services in Rwanda and prevention and Myths and facts around sexuality and reproduction.



- ❖ More than 14,000 young people were HIV testing and received counseling and referral.



- ❖ Over 16,000 Young people were provided with modern contraceptives along with personalized counseling.



- ❖ Over 5000 adolescents and youth who tested positive for sexually transmitted infections (STIs) received appropriate counseling, treatment, and referrals.



- ❖ More than 3,000 survivors of sexual and gender-based violence (SGBV) were given counseling and initial care, with referrals made to Isange One Stop Centers (IOSCs) for comprehensive support.





❖ 2,560 adolescent girls who tested positive for pregnancy were given counseling and basic antenatal care (ANC), and of them some were referred for safe abortion services in alignment with their choice and in accordance with legal eligibility.



❖ 150 young couples participated in pre-nuptial consultations, counseling, and services to support their sexual and reproductive health.



❖ Additional services provided to youth via mobile clinics, youth centers and outreach included basics antenatal care services, post-abortion care, HIV prevention for young sex workers, menstrual care, and specialized counseling and services for gender minorities.



**2. Provide recreational and life skills programs tailored to youth, aimed at promoting well-being and empowerment, through community outreach initiatives and institutional settings.**

- Over 120,000 adolescents and youth participated in recreational activities and accessed free internet and the computer lab at youth centers.



- More than 70,000 adolescents and youth participated in different educational sessions focused on; Adopting positive behaviors, avoiding alcoholism and drug use, Peer pressure and decision-making, life skills and personnel development, Healthy eating habits and balanced diets, Social and Community Values, resilience, financial literacy and saving habits, building self-esteem and positive mindset building and digital literacy.





- More than 10,000 adolescents and youth were screened for non-communicable diseases (NCDs) and received counseling on healthy diets, with referrals made to hospitals for those diagnosed with or showing signs of health conditions.



- 560 teen mothers participated in psychosocial support groups and engaged in income-generating activities at the youth centers.



- More than 7,500 street boys received sexual and reproductive health (SRH) education and counseling, including information on male circumcision and referral services.



- 690 young sex workers participated in support groups, receiving education on SRH and guidance on adopting behavior change for improved health outcomes.



- More than 450 children engaged in child labor, 540 youth with disabilities, 240 LGBTQ+ youth, and well a certain number of adolescents and youth leaving in refugee's camps.



**3. Support and Strengthen the capacity of public health institutions to implement and scale up diverse sexual and reproductive health (SRH) education and services;**



❖ RHIYW has trained over 4,500 healthcare workers across 86 public health facilities, including nurses, midwives, medical doctors, mental health nurses, and psychologists, on key SRH topics. These include; Adolescent and youth-friendly sexual health services, comprehensive Abortion care, Gender-based violence (GBV), Sexually transmitted infections (STIs) and HIV/AIDS



❖ More than 16,000 community health workers have been trained on various subjects related to SRH and maternal health information and support.



❖ 2,400 community leaders were engaged to reach vulnerable groups with SRH and maternal health information and services and through dialogue, and community-based outreach.



❖ More than 300 youth champions have been actively engaged in SRH service delivery activities, raising awareness and supporting community-based interventions.



❖ 76 public health facilities and youth centers have been equipped with essential SRH commodities and supplies, such as: Contraceptives, HIV test kits, and STI medications.



❖ Contributed to the development, adaptation, and dissemination of SRH guidelines and educational resources for healthcare providers and youth, covering key areas such as adolescent health, contraceptive care, sexual violence prevention and response, STI management, antenatal and postnatal care (ANC & PNC), and abortion care.





❖ Additional capacity-strengthening activities include:

- Active participation in national and district-level technical working groups on different sexual reproductive health services, adolescents and maternal health services.
- Regular supportive supervision and quality assurance visits to ensure effective service delivery
- Development of IEC (Information, Education, and Communication) materials on SRH
- Equipping and operating mobile clinics in underserved or rural areas for broader outreach.



#### 4. Enhancing the Capacity of the Health System in the Use of Digital Tools in Health Education and Services

❖ RHIYW trained 176 healthcare providers from 72 facilities on using telemedicine to deliver comprehensive abortion care, improving their ability to offer safe, timely services via digital platforms.



❖ RHIYW is implementing a telemedicine project across five districts, involving 67 health facilities, to expand access to SRHR services, especially comprehensive abortion care. The initiative has already reached over 1,000 individuals.



❖ In addition, RHIYW has actively participated in the development and piloting the use of family planning (FP) and comprehensive abortion (SA) mobile applications, serving as sources of information to support healthcare providers during service delivery.



❖ To further support SRH education, RHIYW has also developed some educational videos featuring for key messages on various SRH topics, contributing to increased awareness and informed decision-making among adolescents and youth.





## 5. Equipping primary health facilities with Sexual and Reproductive Health (SRH) supply, consumables and equipment .

Through collaborative efforts, RHIYW secured funding to equip 76 public health facilities with essential SRH supplies, consumables, medical equipment, and ICT resources, including ultrasound machines, sterilizers, gynecological tables, lamps, computers, and accessories. Additionally, RHIYW donated pharmaceuticals such as STI treatment medications, misoprostol, mifepristone, pregnancy tests, STI testing kits, condoms, pads, and educational materials like pamphlets and posters.



## 6. Strengthening Programs to Improve Women's Health During Pregnancy and Childbirth .

❖ RHIYW conducted outreach in rural areas to promote modern family planning methods, educating over 70,000 people. As a result 12,974 women adopted family planning methods, including 8,306 implants, 564 IUDs, 813 birth control pills, 1226 DMPA injections, and referrals for tubal ligations and vasectomies.



❖ More than 14,000 women living in rural and hard-to-reach areas were provided with a range of maternal health services beyond contraceptives, including antenatal care, postnatal care, comprehensive abortion care, Emergency obstetric care, support for gender-based violence (GBV), mental health services, and services related to sexually transmitted infections (STIs), HIV/AIDS services and health education and counselling.



❖ RHIYW trained 102 midwives and nurses from 46 health facilities on ultrasound use for antenatal care, followed by mentorship visits. This led to over 35,000 women being screened, with high-risk cases receiving care or referrals for advanced treatment.



❖ RHIYW organized health education sessions for over 5,000 young women, covering birth preparedness, postpartum contraceptive options, and nutrition and hygiene during pregnancy.





## 7. Conducting Research and Evaluation to Inform Health Policies and Participate in Advocacy for Policy Reform in SRHR.

❖ Over the past five year (2019 – 2024) RHIYW has successfully conducted Five studies focused on various sexual and reproductive health (SRH) topics.



❖ The findings from different studies, best practices were shared with relevant stakeholders to inform policy and practice.



❖ RHIYW actively engaged in key national SRHR platforms such as sub technical working groups on adolescent health, safe motherhood, abortion care, and gender-based violence contributing to advocacy and policy reform efforts to strengthen Rwanda's SRHR framework.



## 8. Reaching Vulnerable Populations in Rural Areas including elderly men and women

RHIYW extends its services to vulnerable groups in rural communities, including elderly men and women, by providing Non-Communicable Disease (NCD) prevention and care services.

- 5,000+ high-risk individuals (primarily older adults) were reached through community outreach initiatives. These individuals received screening for high blood pressure and diabetes, and those who tested positive were referred for appropriate care and treatment.



## 9. Targeted Hepatitis B & C Prevention and Treatment for Elderly and Other High-Risk Groups

RHIYW also implements targeted outreach for Hepatitis B and C prevention and management.

- more than 3,000+ high-risk individuals were tested for Hepatitis B and C during outreach activities.
- Individuals who tested negative for Hepatitis B received vaccination.
- Those who tested positive for ei-



ther virus were referred to appropriate healthcare services for follow-up care and treatment.



## 10. Expanding District-Level and Community Structure Collaboration to improve Health information and Services Delivery

In addition to its direct collaboration with the Ministry of Health, the Ministry of Youth, and the Rwanda Biomedical Center (RBC), RHIYW has established strong partnerships with various community structures. The organization is formally registered in seven districts, enabling it to strengthen local collaboration and ensure the smooth and effective implementation of its health programs and projects.



## 11. Financial Management and Accountability

Over the past six years, the Rwanda Health Initiative for Young Women (RHIYW) has effectively managed a diverse funding portfolio including grants, sponsorships, and donations through sound financial planning and a strong commitment to transparency. With operational accounts in both Rwandan francs (RWF) and U.S. dollars (USD), the organization has consistently overseen annual budgets ranging from \$..... to \$ ....., ensuring alignment with its mission and strategic goals



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