



IMPACT REPORT

*Increasing access to healthcare at the far end of the road
& strengthening the local healthcare system*

Dear Friends,

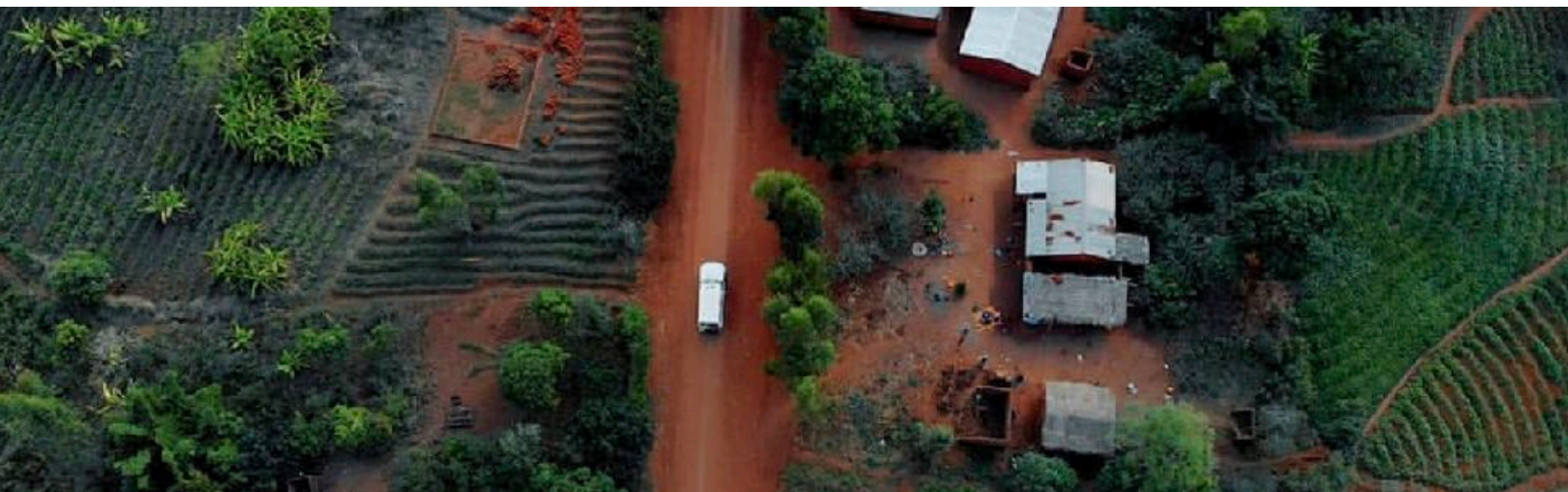
Over the past four years, you've heard us go on and on about GAIA's commitment to achieve the UNAIDS' goals of 90-90-90 (90% of people living with HIV aware of their status; 90% of those on antiretroviral therapy; and 90% of those achieving viral suppression) in the communities that we serve. The public health impact of achieving such a goal is lofty: tipping the scales of the epidemic towards extinction. In this Report, you'll read about the many methodical efforts we employ to achieve this objective and learn that Malawi - along with London, San Francisco, Stockholm, and a handful of countries, mostly in the developed world - is on track to reach the milestone within a year! It's a remarkable story, and an extraordinary success of which we are enormously proud.

Since 2016, the number of Malawians living with HIV who are actually infectious, meaning they have not achieved viral suppression through medication, has been cut nearly in half. This has not only dramatically reduced the number of AIDS deaths, but also the number of newly infected people. The scales are tipping... and we will continue to work hard and partner with like-minded organizations to ensure they are heavily weighted on the side of change.

While GAIA does much more than HIV testing, care, and treatment - as you'll read here - this is a milestone that will leave our founders, funders and communities smiling. This is impact!

Todd Schafer
Executive Director

Joyce Jere, RN, MPH
Malawi Country Director



DASHBOARD



GAIA's Approach

GAIA provides access to critical healthcare at the far end of the road in remote, rural regions of southern Africa, and builds the capacity of local healthcare systems. We do this through:

- Mobile clinics
- Community education and HIV testing
- Nursing scholars and fellows

Our robust monitoring and evaluation (M&E) system is used not only to track indicators/outcomes, but also to guide evidence-based decisions to improve program performance. We use mobile data collection tools for our community-based healthcare programs when possible and use a customized Salesforce app to track academic and professional progress of our scholars. In addition, we invest in professional development to ensure our team is on the cutting edge of research and M&E practices.

Rigorous implementation research further informs refinements to GAIA's programs. For example, Program Coordinator Lucy Munthali is conducting operational research to improve unmet need of family planning commodities on GAIA mobile clinics. We then share best practices -- at conferences, workshops and in publications -- influencing policy and field practice. GAIA's team has published 24 peer reviewed journal articles and conducted 20 scientific presentations. We are keen to learn from others and share what we have found!

thegaia.org

2019 Progress Toward Goals

| | 2019 Targets | Through Q3 | Status |
|--|--------------|------------|--------|
| HIV testing and counseling sessions | 7,500 | 6,035 | |
| Mobile health clinic visits | 250,000 | 192,816 | |
| Nursing scholar graduates (cumulative) | 472 | 451 | |
| Family planning consultations | 10,000 | 6,713 | |
| School support for orphans and vulnerable children | 312 | 312 | |



Achieved



On track



Reached
to Date

1.7M

Clinic Visits



537

Nurses Supported



PROGRAM HIGHLIGHTS

Building Malawi's Healthcare Workforce, Empowering Young Women as Nurses

As one of the poorest countries in the world with one of the most fragile healthcare systems, there are only 3 nurses for every 10,000 people in Malawi (versus 98:10,000 in US), and 65% of nursing positions in the country's public hospitals and clinics are vacant. GAIA's Nursing Scholars Program works to build much-needed capacity in Malawi's healthcare system; in fact, in 2019, roughly 10% of Malawi's registered nurses are GAIA supported. At the same time, Malawi has one of the world's lowest gender equality rankings, at 173/188 worldwide. As a result, GAIA's Nursing Scholars Program also aims to lift up and empower girls and women – 80% of our nursing scholars are female.

To measure specific empowerment outcomes among its scholars, GAIA conducts annual surveys of graduates to determine outcomes on many indicators, including: participation in decision making, control over earnings, and attitudes toward inequalities in gender roles (see box at right). Other key findings from GAIA's 2019 Nursing Scholars Program empowerment survey:

- ✱ Married female GAIA nursing scholars participate in household decision-making at much higher rates than other similarly educated Malawian women (98% versus 77%).
- ✱ GAIA nursing scholars provide financial support for things like education, housing and food to an average of 3.6 siblings, relatives, or friends.
- ✱ Role modeling: 83% of GAIA nursing scholars have spoken to groups of students about what is possible with an education.
- ✱ When asked how their lives are different from other women in their village, two-thirds of female GAIA nursing scholars described their **independence, decision-making, and ability to support others.**

Female Empowerment Indicators

GAIA Nursing Scholars
vs.
Malawi National Averages

1

(vs. 3)

AVERAGE #
of current children

24

(vs. 19)

AVERAGE AGE
1st birth

98%

(vs. 10%)

HAVE A
bank account

25

(vs. 18)

MEDIAN AGE
1st marriage



Using Research to Improve Care at GAIA Elizabeth Taylor Mobile Health Clinics

In Malawi, 85% of the population live in remote, rural areas with poor access to basic healthcare and a several-hours walk to the nearest health facility. GAIA's mobile clinics represent a nimble and efficient approach to filling gaps in the healthcare grid, reducing high prevalence diseases like HIV and malaria among hard-to-reach, rural Malawians. Mid-way through 2019, with only one and a half years left to reach the 90-90-90 targets, GAIA has helped Malawi achieve: **92% of people living with HIV know their status, 84% of those are on treatment, and 91% of those are virally suppressed/non infectious.** Using implementation research to improve program performance is key to our success and in 2019 we again hosted UCSF students to conduct research that will enhance our ability to better serve our clients and adapt to the changing epidemiological landscape. One study looked at the rising numbers of hypertension clients, aiming to help us better understand health-seeking behaviors and, as a result, target education and services for people with this chronic disease. A second study looked at an improved approach to treating young febrile patients, including a refresher training on integrated management of childhood illness and the use of battery-operated pulse oximeters. Both students made recommendations for improving protocols, which are under review by the GAIA Malawi team.



GAIA
2171 Francisco Blvd. East, Suite I
San Rafael, CA 94901

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
SAN RAFAEL, CA
PERMIT NO. 87

GAIA provides access to critical healthcare at the far end of the road in remote, rural regions of southern Africa, and builds the capacity of local healthcare systems.

We do this through...

mobile clinics

community education
and HIV testing

nursing scholars and
fellows



Meet Alinafe, a GAIA Changemaker

Like many girls in her village, Alinafe became pregnant at 15, nearly dropping out of school. With determination, she returned to school after giving birth and enrolled in GAIA's new Mawa Girls program, which aims to empower girls and prevent HIV by equipping them with information and resources. Today, Alinafe is thriving and said the support she is receiving will help her graduate from secondary school and create a productive and healthy future!



@theGAIA



@theGAIA_Malawi

GAIA is a 501(c)(3) nonprofit organization. Tax ID #94-3364364