

# HEAL International

*Annual Report 2019*



## Overview

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HEAL International is a non-profit organization that trains the next generation of public health leaders and offers health and empowerment education in resource limited communities. We believe that community development begins with education and that the HIV/AIDS epidemic creates both an imperative to act and an opportunity to learn.

HEAL provides service in Meru District, Arusha Region in Tanzania and in Phoenix, Arizona in the United States. We operate as a fiscal agent for the Technical Assistance Partnership of Arizona in the United States (EIN:26-3429018) and we are a registered non-governmental organization in the United Republic of Tanzania (Registration No.: I-NGO/00007289). We have been working in both Tanzania and Arizona since 2008.

We strive to empower the communities where we work to think about healthcare in new and innovative ways by taking health into their own hands. HEAL International is a small organization with a big dream -- that every person has access to the love and healing that they need to live happy and healthy lives.

This report provides an overview of our accomplishments in 2019 in both Arizona and Tanzania. It will cover the following activities:

- Community Health Facilitator Program - Arizona and Tanzania
- Health Ambassadors Club Program & HIV Prevention Education Workshops
- Girls Clubs Program & Reusable Pads Research - Tanzania
- Events in Arizona and Tanzania

### **Our major accomplishments this year are:**

- Engaging over 1,000 university students at Arizona State University through events such as Paint for Peace and #GiveWhoYouAre
- Reaching 4,375 students in 40 primary school classrooms and 46 secondary school classrooms during our annual CHF program in Tanzania
- Providing HIV prevention education to 423 community members in 15 different community groups during our CHF program in Tanzania
- Training 300 secondary school Health Ambassadors through our Health Clubs program in Tanzania
- Empowering 254 young girls in 5 different schools through our Girls Club program
- Distributing reusable sanitary pads to 80 students in two Girls Clubs
- Engaging 1,500 people at our annual Community Day in Akeri, and providing HIV testing to 201 community members
- Leading health conversations to 1,035 people in Arizona during the CHF program, including 50% who are from minority communities
- Facilitating a total of 36 sessions with 75 youth who are at risk for sex-trafficking through our Of My Own program in Arizona
- Training over 20 Tanzanian secondary school science teachers at our annual teacher training workshop in June

# Tanzania Programs

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## Health Education Programs

Each year, HEAL International provides health education programs to secondary schools and community groups in Meru District. Our primary goal is to empower the community to have knowledge surrounding their health and wellness, as well as to enable them to take action towards achieving an AIDS-free generation. Our programs are designed to reduce HIV stigma, support those living with HIV, and prevent new HIV infections among those most at risk.

In all of our education programs, we foster an open and interactive learning environment that offers students freedom of expression and encourages a celebration of knowledge. This allows them to become the agents of change to others in their peer group and the community. The purpose of our program is to invest in training public health leaders so that they can take action in their communities and work with us to achieve an AIDS free generation.

Based on feedback we receive from students, we regularly update the topics covered in our education programs. For example, this year we added topics related to Gender Based Violence and other Sexually Transmitted Infections to our conversations. We work closely with the district office and school headmasters to ensure we are covering valuable information. We also hope to continue recruiting new members to the same schools we have visited in order to keep sharing this valuable knowledge to as many students as possible and create club sustainability.

### ***Health Ambassador Clubs - January to December***

HEAL International began facilitating Health Ambassador Clubs in secondary schools in Meru District in 2017. This program's mission is to train the next generation of young, public health ambassadors in our community. The program offers training to students who are passionate about sharing knowledge about HIV/AIDS, regardless of the taboo that exists around the topic, and breaking the chain of misconceptions that lead to HIV stigma, which remains a major barrier to HIV prevention efforts.

This year, we expanded our program to new schools and reached more students than before. Each Health Ambassador Club program consists of 20 sessions, led by trained Health Offers, to empower the members to go out and share the knowledge they've acquired with other people in their community. The curriculum for the health club members aligns with the national curriculum, abides with student's ethical codes, and operates after school to ensure it does not conflict with the school schedule.

Additionally, this year we were also able to expand our curriculum to cover topics about Gender Based Violence and Sexual Transmitted Infections.

This year, we trained **over 300 new students** as Health Ambassadors.

| School or Group            | Location     | Form      | Number of Students | Completed or In Progress? |
|----------------------------|--------------|-----------|--------------------|---------------------------|
| Makumira Secondary         | Makumira     | Form 1-6  | 50                 | Completed                 |
| Uraki Secondary            | Usa River    | Forms 1-4 | 50                 | Completed                 |
| Haradali Winners Secondary | Kitefu       | Form 1-4  | 50                 | Completed                 |
| Maji ya Chai Secondary     | Maji ya Chai | Form 1-6  | 50                 | Completed                 |
| Mariado Secondary          | Usa River    | Form 1-4  | 50                 | Completed                 |
| Kikatiti Secondary         | Kikatiti     | Form 1-4  | 50                 | In Progress               |

***Year-Round Health Education and HIV Prevention - January to December***

In 2019, HEAL reached new schools and students with our HIV Prevention Education Workshops. This program typically lasts 1-3 days and focuses on HIV prevention, HIV transmission, HIV testing, HIV treatment, and HIV-related stigma reduction in schools and communities.

The goals and objectives for these workshops are to encourage communities to acknowledge risky behaviors and take action to better their health, as well as increase student knowledge, awareness, and passion of health-related issues by actively engaging them in learning. In addition, we hope to create and empower student health ambassadors to deliver health information in their diverse communities.

This year, we taught a total of **140 students and community members** in our HIV Prevention Education Workshops. The goals we had for this year were to focus on intensive training and delivering materials to students throughout the year.

| School or Group                          | Location | Standard/ Form   | Number of Students | Subjects Taught  |
|--|----------|------------------|--------------------|--|
| Mshikamano Vocational Training Institute | Makumira | College students | 70                 | HIV/AIDS Prevention, Transmission, Treatment, Prevention, Stigma Reduction |
| Sing'isi Vocational Training Institute   | Sing'isi | College students | 50                 | HIV/AIDS Prevention, HIV Transmission                                      |

|                    |                       |                            |    |  |
|--------------------|-----------------------|----------------------------|----|--|
| Teachers Workshops | HEAL's Compound-Akeri | Teachers at schools we run | 20 | HIV/AIDS Prevention, Transmission, Treatment, Prevention, Stigma Reduction |
|--------------------|-----------------------|----------------------------|----|--|

Next year, we plan to expand our education programs to other schools and locations that are high priority. We hope to reach a larger number of youth in Arusha, as well as implement better teaching methodologies by exploring the best ways to engage students with this content and ensure that we are discussing things that are important to them. In addition we plan on growing our relationships with the government, community, schools, teachers, and students to make sure that our programs reach youth and make an impact.

***Community Health Facilitator Program: June 22 - August 2, 2019***

From June 22nd to August 2nd, HEAL International conducted our annual Community Health Facilitator program in Arusha. This year, eighteen American university students joined six Tanzanian Health Educators as Community Health Facilitators to lead health conversations. The goal of this program is to empower the community to understand more about their health, to discover what matters to them in regards to their health, and to encourage the community to take preventative health action.

The education program was primarily implemented in Meru District, particularly in Akeri, Kimundo, Nkoanrua, Nkoarisambu, Patandi, and Tengeru Villages. We also completed one teaching session at Rao Secondary School in Moshi. The Community Health Facilitators worked alongside school teachers to develop a specialized curriculum for each class that complemented what the students are already learning in the areas of biology, health, and HIV/AIDS.

The HEAL International Health Education Curriculum consists of a range of health topics: Germs (“Things Too Small to See”), Nutrition, Hygiene and Sanitation, Malaria Prevention, HIV/AIDS Prevention, HIV/AIDS Transmission, HIV/AIDS Testing and Treatment, and HIV-related Stigma. Our curriculum is dynamic and includes activities for the students that reinforce what they are learning. During the program this year, the CHF’s utilized Germ Powder and other low cost science resources such as Foldscopes to demonstrate and reinforce topics we are covering. The curriculum also consists of other games that allow students to review content.

In total, our Community Health Facilitators taught HIV/AIDS and health education to **4,375** students in **40 primary school classrooms** and **46 secondary school classrooms**. Below, please find a breakdown of our health education program including schools taught, number of students, and subjects covered.

| School or Group                                   | Location    | Standard/<br>Form | No. of<br>Students | Subjects Taught  |
|---|-------------|-------------------|--------------------|--|
| Duluti St. Mary's English Medium Secondary School | Tengeru     | Forms 1, 3, 5, 6  | 206                | HIV/AIDS Prevention, Transmission, Treatment, Prevention               |
| Haradali Primary School                           | Chama       | Std 5 and 6       | 274                | Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention |
| Kimundo Primary School                            | Kimundo     | Standards 3-7     | 183                | Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention |
| Mfulony Primary School                            | Nkoarisambu | Std 4-7           | 159                | Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention |
| Nguruma Primary School                            | Chama       | Standards 4-6     | 102                | Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention |
| Nkoanrua Primary School                           | Nkoanrua    | Standards 3-6     | 172                | Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention |
| Nkoanrua Secondary School                         | Nkoanrua    | Forms 1, 3        | 466                | HIV/AIDS Prevention, Transmission, Treatment, Prevention               |
| Nkoarisambu Secondary School                      | Nkoarisambu | Form 1-4          | 497                | HIV/AIDS Prevention, Transmission, Treatment, Prevention               |
| Peace Matunda Primary School                      | Tengeru     | Standards 3 - 7   | 131                | Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention |
| Rao Secondary School                              | Moshi       | Form 2-4          | 600                | HIV/AIDS Prevention, Transmission, Treatment, Prevention               |
| Sing'isi Primary School                           | Tengeru     | Standards 3-6     | 401                | Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention |
| Sing'isi Secondary School                         | Tengeru     | Form 1-4          | 296                | HIV/AIDS Prevention, Transmission, Treatment, Prevention               |
| Tengeru Boys                                      | Tengeru     | Forms             | 580                | HIV/AIDS Prevention,   |

|                               |         |         |     |  |
|-------------------------------|---------|---------|-----|--|
| Secondary School              |         | 1 - 4   |     | Transmission, Treatment, Prevention                |
| Tengeru English Medium School | Tengeru | Std 3-7 | 308 | Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS |

***Community Health Facilitator Program: Community Group Education***

In addition to providing education in primary and secondary schools, our team facilitates conversations about health with community groups. These conversations are vital for increasing HIV/AIDS knowledge in the community, as well as focus specifically on reducing HIV-related stigma and encouraging the community to discover ways that we can support individuals who are living with HIV/AIDS. In addition, these conversations empower community members to get tested and know their HIV status, which aligns with national and international strategies and objectives.

This year, our team provided education to **423 community members in 15 different community groups**.

| Group                   | Locations                | Age      | No. of Members | Subjects   |
|-------------------------|--------------------------|----------|----------------|--|
| Akeri Free Library      | Akeri                    | Form 1-4 | 15             | HIV/AIDS Prevention, Transmission, Treatment, Prevention, HIV Stigma Reduction |
| Akeri Free Library      | Akeri                    | Std 4-7  | 15             | Germs, Nutrition, Hygiene and Sanitation, Malaria Prevention                   |
| Boda Boda Driver Groups | Tengeru, Sangsi, Kimundo | Adults   | 35             | HIV/AIDS Prevention, Transmission, Treatment, Prevention, HIV Stigma Reduction |
| KKKT Akeri Church Choir | Akeri                    | Adults   | 30             | HIV/AIDS Prevention, Transmission, Treatment, Prevention, HIV Stigma Reduction |
| AMEC Church Choir       | Akeri                    | Adults   | 30             | HIV/AIDS Prevention, Transmission, Treatment, Prevention, HIV Stigma Reduction |
| Community Groups        | Nkoarisambu Ward         | Adults   | 120            | HIV/AIDS Prevention, Transmission, Treatment, Prevention, HIV Stigma           |

|                           |         |            |     |  |
|---------------------------|---------|------------|-----|--|
|                           |         |            |     | Reduction  |
| TAG Nkoamansa Church      | Poli    | Adults     | 100 | HIV/AIDS Prevention, Transmission, Treatment, Prevention, HIV Stigma Reduction |
| Sing'isi Technical School | Tengeru | Ages 14-18 | 43  | HIV/AIDS Prevention, Transmission, Treatment, Prevention, HIV Stigma Reduction |

## Hatushindwi - Health and Empowerment for Girls

### *Hatushindwi Girls' Clubs - January - December*

Hatushindwi Girls' Clubs is a program that was initiated in 2017 to provide a space for adolescent girls in secondary schools to come together and discuss health, wellness, future goals, and challenges they face. We wanted to create a network of girls in different schools to empower each other and openly discuss personal and community health issues in a safe space. We envision a generation of young female leaders that are confident and self-expressed when talking about their health and the health of their communities.

The program's curriculum covers a variety of topics essential to adolescent girls, such as puberty, menstruation, HIV/STIs, gender based violence, early pregnancy and marriage, health relationships, decision making, future goals, and self-love. The program consists of 24 sessions.

**This year, we reached 254 young girls across 5 different schools.** We completed the program in four girls clubs, but due to many discussions of eager participants, we have not completed one club, and we are looking to extend our timeline for next year. We are going to introduce the Hatushindwi Girls Clubs in new schools next year, as well as finalize our Hatushindwi Facilitator Manual, which we will make available publically.

| Group              | Locations    | Age/ Grade | No. of Members | Completed or In Progress? |
|--------------------|--------------|------------|----------------|---------------------------|
| Makumira Secondary | Makumira     | 1-4        | 27             | Completed                 |
| Muongano Secondary | Usa River    | 1-3        | 71             | Completed                 |
| Haradali secondary | Maji ya Chai | 3          | 72             | In Progress               |
| Uraki secondary    | Makumira     | 1-4        | 72             | Completed                 |
| Mariado secondary  | Usa River    | 2-6        | 12             | Completed                 |



### ***Reusable Sanitary Pads Project***

While conducting our Hatushindwi program, our Health Officers, lead discussions about menstruation and methods girls can use to stay healthy, comfortable, and in school during their periods. Previously, HEAL provided disposable pads to young girls in our club, however we realized that providing disposable pads was a temporary solution. Since the girls can only use them for one month, the problems they face persist.

Last year, we decided to introduce reusable sanitary pads into our program. This year we were able to get 100 donated reusable pads from a charitable group in Arizona called Stitchers of Hope. We were able to distribute them **to 80 students in two Hatushindwi Girls Clubs**, Muungano Secondary and Mariado Secondary School, and the remaining pads will be distributed to girls in Uraki Hatushindwi Girls Club in the beginning of next year. Girls will now have access to reusable sanitary pads to use for up to two years!

Next year, we are planning on completing a research study to better understand how reusable sanitary pads impact attitudes towards menstruation, self-esteem, and self-efficacy. In addition, we will be exploring how we can bring this project to the community, where the women in the village will be able to manufacture their own reusable sanitary pads that can be distributed in the community and in schools with our Hatushindwi program. This will enable the adolescent girls to have access to reusable sanitary pads and engage in their studies, all while being comfortable and healthy. It will also allow women in the community to engage in a new business opportunity to support themselves and their families. This pilot that starts this work is not only to provide pads to girls, but also an opportunity to remove the fear about talking about puberty, menstruation, and women's sexual health in the community.

## **Community Engagement**

### ***Village Council Meeting - June 2019***

Each year, HEAL has the privilege of hosting leaders from the Village and Subvillage Council in Akeri and Kimundo villages, as well as the Clinical Officer from Kimundo Dispensary. These guests joined our American and Tanzania team at the HEAL International compound to discuss challenges that are faced in the community and the efforts their village is taking to solve some of the challenges. We discussed the issue of HIV/AIDS, particularly related to stigma and getting tested. The leaders shared their perspective on our programs, and we discussed ways to make our partnerships stronger and more impactful for the community.

We believe in working alongside our community and developing solutions with them, rather than for them. As a result, we make it a priority to visit with the leaders in our community and hear from them about how we can work together to support their efforts.

### ***Community Day - July 27, 2019***

At the end of the Community Health Facilitator Program, HEAL International held its fourth annual Community Day, which took place at the Akeri Primary School Field. The event received community members throughout the day, with students and adults coming from Akeri, Nkoanrua, Nkoarisambu, Kimundo, Sing'isi, and Tengeru.

The activities of the day were incredibly successful - the community came together to celebrate health and get tested for HIV. **There were over 1,500 children and young students** that participated in music, games, painting, and dancing. Almost all of the students were those taught by our HEAL Community Health Facilitators during the internship program, and many students came with their teachers and family members. This day strengthened our interns' relationships with their students, furthering the positive impact of HEAL's health education programs.

This year, **201 individuals got tested for HIV** at the event. As an organization, we were very excited as this represents the impact of our education programs and the willingness of community individuals to join together to achieve an AIDS-free generation. As an organization, we are encouraged by the amount of individuals between 15-24 who received HIV tests, as around the world, this age group is the most at risk for new HIV infections.

Community Day is a day of celebration and fun, and is a day to come together with the community and thank them for working with us. Ultimately, this event evidenced the continued importance of HEAL International's work within the community and revealed more ways that HEAL can partner within the community to continue to support the Meru District in their health goals.

## **Events - Tanzania**

### ***World AIDS Day - December 1, 2019***

Each year, HEAL celebrates and honors the lives of those who have been infected and affected by HIV/AIDS on December 1st - World AIDS Day. This year, we were thrilled to host an important event held at Tumaini University Makumira (TUMA), which is a Christian University located in Makumira, Arusha-Tanzania.

In the afternoon, HIV testing was made available to students at the University in partnership with Meru District Hospital under Dr. Sango, the District AIDS Control Coordinator, Ms. Lily, who is the Community HIV/AIDS Coordinator in Meru District, and Meru District Executive Director, Hon. Emmanuel Mkongo. Although it was a rainy day, our team was passionate about the event and travelled down the mountain to Makumira where HEAL was asked to share about preventing HIV among youth. One of our Health Officers, Haroun, shared how HEAL works with youth in secondary schools by providing HIV/AIDS awareness education in clubs, which includes encouraging youth to take action, change their behaviour, practice safe sex, and become HIV/AIDS awareness ambassadors to their fellow youth and communities at large.

The afternoon was filled with conversations about youth friendly services, effects of early pregnancies and abortions, preventing infections through family planning, preventing HIV infections by using condoms, ways for helping youth from getting infected with HIV, and achieving the 90-90-90 goals as a way of preventing deaths and infections. The event was also filled with other activities including free HIV testing, blood donations, and screening for blood pressure and diabetes. The event ended with speakers answering questions from the audience about the 90-90-90 goals and emphasizing on fighting HIV stigma as a way for achieving AIDS free generation and encouraging testing.

Later that evening, our team set up for our night event, a Candlelight Vigil. This annual event was created with the intention of shining a light on the HIV epidemic, bringing hope to those who are affected, raising awareness on fighting HIV stigma, and encouraging HIV testing.

Tea lights were arranged around the event area and students who joined were playing different games including Jenga and condom competition, where students were learning proper ways of using condoms through demonstration. The students were served with coffee and snacks while having conversations about HIV/AIDS and what HEAL does in general.

One of the most remarkable moments was when students, our team, and community leaders came together in a circle to light candles and participate in a moment of silence as a way of honouring those who have lost their lives to the epidemic. We are so thankful that we had an opportunity to work with Makumira University, Meru District Council, and everyone who participated to make the event successful. We will forever cherish the connections that we have created.

## Arizona Programs

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### Education Programs

#### ***Community Health Facilitator Program - Arizona Training and Service***

The Community Health Facilitator (CHF) program trains young people to be global health leaders. Through a partnership with Arizona State University, HEAL International trains and develops personal and professional skills in young people, empowering interns to powerfully stand with others in their health. The students from Arizona State University join recent graduates in Tanzania, who are also trained health facilitators, to lead conversations about health in Arusha. Both teams get to participate in hands-on international community development and get to experience working cross-culturally to achieve health goals.

In Arizona, the Community Health Facilitator interns train for five months to learn health education content, particularly around HIV/AIDS, as well as how to effectively lead cross-cultural conversations about health. During this training program, the CHFs facilitate discussions with their family and friends in Arizona and hold a space for their communities to talk about HIV/AIDS.

This year, 18 interns from Arizona State University participated in our program in Arizona and joined our 6 Health Educators in Tanzania. During their service in Arizona, they **led conversations about health to a total of 1,035 people during 370 conversations**, many of whom are young people and from minority communities.

#### ***Of My Own - Health Empowerment for Sex-Trafficked Youth***

Of My Own was started in Arizona in 2015 and was created as a way to offer sexual health education and healthy relationship discussions with youth who have been impacted by sex-trafficking or are at risk for trafficking in Arizona and who have been placed in safe houses. Youth who are trafficked typically do not attend school during the period of trafficking, and once they are rescued they commonly are home-schooled. Many of them do not have effective support systems or ways to learn about sexual and reproductive health, how to communicate needs, what components of relationships are important to have, and how to say no.

Of My Own covers all of these topics in **one-hour** small group settings that are facilitated by HEAL Community Health Facilitators. Our team establishes an environment for participants to feel self-expressed and safe to share what is important to them - whether that is being respected, loved, or trusted.

Last year, Of My Own went through a special curriculum transition to better fit the needs of the safe house we partner with. We spent 6 weeks reviewing our curriculum and designing it to be focused on a Trauma Centered Approach to care. The outcome is a series of

conversations, which we delivered this year, that are even more focused on the needs of the youth and take into account all of the experiences that the youth have had.

In 2019, HEAL facilitated a total of 36 sessions with 75 youth between the ages of 11-18. Evaluation of our sessions indicated that participants had an increase in knowledge of STIs and a change in attitude related to sexual health by 85%.

## **Events - Arizona**

### ***#GiveWhoYouAre - April 26, 2020, ASU Tempe Campus***

Our second annual #GiveWhoYouAre event was held at Arizona State University's Tempe campus on April 26, 2020. The purpose of this event is to give students the opportunity to learn about HIV/AIDS-related topics in a positive, stigma-free environment. The event was created and held by ASU students who are passionate about the work of HEAL International and want to share about sexual health with their peers.

People who attended the event engaged in interactive games, including a dunk tank, in order to learn information about HIV/AIDS; including transmission, prevention, testing, treatment, stigma reduction, and the 90/90/90/0 fast-track initiative. Five local public health and sexual health organizations from around the Valley also participated in the event by sharing information, services, and passing out condoms.

This year, #GiveWhoYouAre attracted approximately 500 people, and there were many students who got tested for HIV during the event.

#GiveWhoYouAre aims to promote healthy, open conversations about the effects of HIV/AIDS on the lives of many people, while giving students access to the resources and organizations that can facilitate their questions regarding sexual health. We are honored to work with passionate students to continue this event in an effort to engage students and create a future free of HIV infections.

### ***Annual Night of HEALing***

Each year, we host an Annual Night of HEALing fundraiser event in Arizona, which focuses on sharing about the impact of our work with the community. This year was our 10th Anniversary event, and was hosted on November 9th with the theme "Be the Light".

Attendees at the event this year enjoyed a unique venue at Legend City Studios in downtown Phoenix. The night was a casual cocktail event; attendees ate from food trucks, enjoyed signature wine, participated in a wine pull, bid on auction items, and bought raffle tickets. During the evening, our Board of Directors shared about the creation of HEAL and why we continue to passionately provide programs in both Arizona and Tanzania. They also shared about how our work has impacted communities over the past 10 years, and why working with young people to create young global leaders is so important to us. Videos of

previous Community Health Facilitators and HEAL staff members were shown to highlight stories of passion and impact.

The 10th Anniversary Annual Night of HEALing **hosted over 150 people**. As a result, we were able to raise funds to support our ongoing programs in both Tanzania and Arizona.

### ***World AIDS Day - Paint for Peace***

Every year at the Arizona State University Tempe campus, we host an event called Paint for Peace on World AIDS Day. The purpose of this event is to create a space to express hope for the future of HIV/AIDS, as well as to inspire, educate, and empower young people in our community. Guests attending the event are invited to paint on a small canvas, and include a red ribbon to honor those infected or affected by HIV/AIDS.

This year we hosted the 11th annual Paint for Peace event; over 150 people painted on a canvas and we were joined by 50 volunteer students to make the event a success. We had interactive conversations with students to spread awareness and positive messages about HIV/AIDS.

An important part of Paint for Peace is the free condoms provided to university students who walk by and are interested in learning about sexual health. During the event, we gave out over 400 condoms. We love hosting this event at ASU each year, and we are honored to join hands with so many young people to fight stigma and bring peace and understanding to the community.

### **In Conclusion**

We are so grateful for our communities in Arizona and Tanzania who continue to support our work. It is our truest desire to improve upon our ties and positive impact around the globe, and we are continuously looking for new ways to provide service. We welcome feedback and recommendations as to how we can improve our programs and support the community in the area of public health. If you have any questions or comments regarding our program, you can reach our team and staff at [www.healinternational.org](http://www.healinternational.org).