National Health Action Force Nepal
शरीरमाद्यं खलु धर्मसाधनम्

National Health Action Force Nepal (NHAFN)

# Strategic Framework (2024-2028)

## Vision

A healthier, resilient, & prosperous Nepal where every citizen has access to equitable, high-quality health care, preventive services, & is empowered to live a healthy life.

## Mission

To reduce health inequities by empowering communities, advancing public health education, & advocating for policies that address Non-Communicable Diseases (NCDs), maternal & child health, & emergency preparedness, while fostering collaboration with local, national, & international partners.




## Core Values

1. Equity : Ensuring all individuals, particularly marginalized groups, have access to healthcare services & resources.
2. Inclusivity : Engaging communities from diverse socio-economic backgrounds in health programs.
3. Empowerment : Building capacity among individuals & communities to make informed health decisions and take action.
4. Collaboration : Partnering with governmental, non-governmental, & international organizations to maximize health outcomes.
5. Accountability : Ensuring transparency, responsiveness, & ethical practices in all our interventions.
6. Sustainability : Implementing interventions with long-term impacts & ensuring alignment with global health standards.

# Strategic Goals
(2024-2028)



## 01 Health Awareness & Volunteering

### Goal :

Increase public awareness on prevalent health issues including NCDs, maternal & disaster preparedness, by mobilizing community volunteers.

### Objectives :

- Develop a national health awareness curriculum targeting common (COPD, diabetes, hypertension) & maternal health, to be adopted by schools community centers.
- Use digital platforms, social media campaigns, & traditional media to reach a target of 1 million Nepalis annually by 2026 with health education content.
- Mobilize 500 community health volunteers by 2025 to conduct hea promotion activities across 50 districts.

### Activities :

- Organize health camps, training sessions, & workshops at the grassroots level.
- Leverage storytelling & local influencer to encourage preventive health behaviors.
- Establish a volunteer-led health helpline for disseminating reliable health information & assistance.



## Non-Communicable Diseases (NCDs) 02

### Goal :

Mitigate the growing burden of NCDs through prevention, early detection, & improved treatment access.

### Objectives :

- Implement a national screening program for hypertension & diabetes in partnership with local health centers by 2025, aiming to screen at least 500,000 people.
- Reduce tobacco use by 10% in targeted communities by 2027 through educational campaigns & advocacy for stronger tobacco control policies.
- Strengthen NCD management by providing ongoing training to 2,000 healthcare providers in rural & urban areas by 2026.

## Activities :

- Establish community-based risk assessment and screening services for diabetes, cardiovascular diseases, & COPD.
- Provide resources for individuals to adopt healthier lifestyles through dietary changes & physical activity.
- Partner with the Ministry of Health & WHO to create national registries for tracking NCDs, ensuring better data for policy making.

# 03 Emergency & Disaster Preparedness



## Goal :

Build community resilience to health emergencies & natural disasters through education, capacity building, & infrastructure development.

## Objectives :

- Collaborate with local governments to develop disaster preparedness & response plans in 25 vulnerable districts by 2026.
- Train 3,000 healthcare workers, volunteers, & first responders in emergency care & disaster response by 2027.
- Establish emergency health kits in 100 rural health centers by 2025, ensuring communities have essential supplies in times of crisis.

## Activities :

- Conduct community-wide disaster drills & emergency simulations in earthquake-prone & flood-affected regions.
- Develop a public health emergency response protocol in collaboration with the Ministry of Health.
- Build partnerships with global organizations for funding & resources for emergency preparedness.







## Goal :

Improve maternal & child health through accessible healthcare & education on nutrition & prenatal care.

## Objectives :

- Implement community-based nutritional programs to reduce stunting in children under five by 20% by 2028.
- Increase antenatal care coverage to 90% in rural districts by 2027 through outreach & mobile health services.
- Achieve a 30% reduction in maternal & child mortality rates in underserved areas by 2028.

## Activities :

- Establish mobile health clinics to reach remote populations for maternal health check-ups.
- Promote breastfeeding, immunization, & child nutrition programs through local health volunteers & NGOs.
- Train birth attendants, nurses, & community health workers to improve delivery & postnatal care.

# Strategic Pillars

### 1 Public Awareness & Education

NHAFN will drive community-based campaigns to raise awareness of NCDs, maternal health & disaster preparedness, leveraging local languages & cultural practices to ensure accessibility. We aim to empower people with knowledge to take proactive steps toward their health.

### 2 Community Engagement & Participation

Local communities will be active participants in identifying health challenges & co-developing solutions. This participatory approach ensures the sustainability & effectiveness of NHAFN's interventions by building community ownership.

### 3 Health System Strengthening

Strengthening the capacity of local health systems is key to ensuring sustainability. NHAFN will work closely with governmental health services to integrate NCD care, maternal health, & disaster preparedness into primary healthcare systems.

### 4 Partnership & Networking

NHAFN will continue building relationships with national health ministries, global health organizations (e.g., GAAPP), academic institutions, & local NGOs to drive collaborative action& attract funding for health programs. We will also tap into international resources for health innovations & best practices.

# Operational Priorities

**Phase 1** (2024-2025) : Focus on Respiratory Diseases & NCDs through 'Project Chetana'.

- Implementation : Conduct mass screenings for COPD & asthma; establish support groups for patients.
- Partnerships : Work with the Ministry of Health, WHO, & local hospitals to provide free or subsidized medications.

**Phase 2** (2026-2027) : Expand to include Cardiovascular Diseases, Diabetes, & Emergency Preparedness.

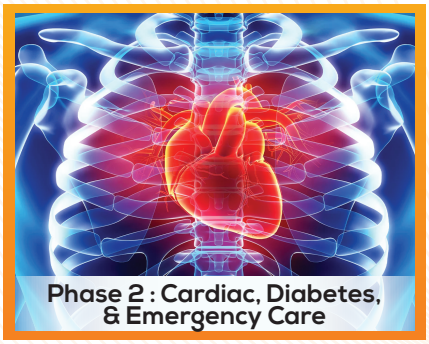
- Implementation: Focus on early detection and lifestyle interventions for cardiovascular diseases & diabetes; introduce disaster preparedness education in vulnerable districts.
- Partnerships: Collaborate with universities for research on NCD risk factors & management, & with INGOs for emergency preparedness grants.

**Phase 3** (2028) : Maternal & Child Health & Cancer Prevention.

- Implementation: Expand health services to include cancer screening (cervical, breast) & enhance maternal healthcare outreach.
- Partnerships: Join forces with UNICEF, WHO, & maternal health NGOs for funding & technical support.



Phase 1 : Project Chetana



Phase 2 : Cardiac, Diabetes, & Emergency Care



Phase 3 : Maternal,Child Health & Cancer Prevention.

## Measuring Success

1. Annual reports will track the progress of each strategic goal using specific indicators (e.g., no. of individuals screened, trained healthcare workers, reduction in tobacco usage).

2. Community surveys & national health data will be used to assess changes in health outcomes.

3. Independent audits & evaluations by third-party organizations will ensure accountability & transparency.



NATIONAL HEALTH ACTION FORCE NEPAL
शरीरमाद्यं खलु धर्मसाधनम्
ESTD. 2024
NHAFN

• ADVOCATE • • EDUCATE • • TRANSFORM •

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"Sowing seeds of change: planting for the planet, caring for cancer" with every accomplished project.