



Humble Smile Global Health Society Rwanda (HSGHSR)

OUTLINE

Background

Humble Smile Global Health Society Rwanda (HSGHSR) is a society of young professionals and health sciences students who identify needs and opportunities within their communities for high-impact (life-changing) health interventions, particularly preventive measures aimed at the risk factors and determinants of Non-Communicable Diseases (NCDs). They then design, share and lead sustainable integrative projects accordingly. Evaluation is carried out for proof of concept to enable scale-up and sharing.

The HSGHSR will operate in Rwanda, which is a small Eastern African country with a quality of healthcare that has historically been very low, both before and immediately after the 1994 genocide. The mortality rate was more than one under the fifth age in 1998. The government of Rwanda initiated the Universal Health Coverage system *mutuel de sante* in 1999 which became operational in 2000. The scheme of health coverage covered 90% in 2014. This dramatically improved the health system in Rwanda with a reduced mortality rate of a child under five from 106.4 to 40.47 per 1000 live births between 2005 and 2020¹, as well as a reduction in communicable diseases like tuberculosis was registered. and communicable diseases like tuberculosis are reduced. However, the non-communicable diseases are increasing and oral diseases remain the top morbid burden as a consequence of lacking in health attention and sharing most risk factors that are rising at high frequencies in the country. In Rwanda, as elsewhere around the world, the burden of NCDs is increasing. World Health Organization (WHO) estimates from 2016 show that NCDs, injuries, and disabilities, accounted for 58 percent of total annual mortality in Rwanda².

¹ "SH.DYN.MORT."

² "National_Oral_Health_Strategic_Plan_2019-2024.Pdf."



In Rwanda, oral diseases are ranked among the top ten debilitating diseases, with high morbidity at each health sector level and all ages. About 64% of the population has experienced dental caries and gum- diseases. The majority of adults above 20 years of age (70%) had never visited an oral health care provider and about 60% had calculus and 32% had substantial oral debris. Until now, oral health has been focused on curative measures and services provided by dental clinics and some public hospitals, resulting in limited access and affordability to the general population³.

Regarding the above statistics, the HSGHSR comes into play to work on the frontline and initiate preventive and health promotion programs to curb the spike of both NCDs and CDs in Rwanda.

Mission

To promote healthy living in sustainable social and ecological environments.

We apply a holistic and human design-centered approach that is unique in each specific location. We develop innovative and effective models of health promotion that are culturally, socially, and environmentally sensitive and provide sustainable solutions to the specific needs and circumstances of each community/group. Results are then shared broadly to be picked up by the government or other executive players.

Our work directly contributes to the UN's Sustainable Development Goal 3: Ensuring healthy lives and promoting wellbeing for all ages and indirectly, working in line with other contributing development goals such as goals 4 and 5.

³ Morgan et al., "Building Oral Health Research Infrastructure."



Vision

Healthy people in healthy communities on a healthy planet.

Toward this vision we operate in the fields of global health with an aim of optimal health for all people and elimination of health inequities.

Guided by 4 smile lines: prevention, development, research, and leadership

Smile 1: **Prevention**

Preventive initiatives professionally designed and implemented by Humble Smile, applying a holistic and human-centered design. Innovative intervention models are developed that are culturally, socially, economically, and environmentally sensitive and provide sustainable solutions designed for the specific needs and circumstances of each vulnerable community.

Smile 2: **Development**

We provide support with help from Humble Smile Foundation for our local partners in their missions to increase autonomy and achieve United Nation's Sustainable Development Goals by working with underrepresented communities to define needs and activities and provide professional guidance, training, volunteers, innovative tools, resources, collaborations, and eco-friendly collaborations health, wellness and hygiene supplies.



Smile line 3: **Research**

The scientific team is involved in all stages of operations from assessing needs, designing evidence-based interventions, and testing pilots to real-time monitoring. Humble Smile's models, outcomes, and evaluations are presented academically not only to share data globally but also to establish best practices and advocate for improved policies and structures in the communities Humble Society serves.

Smile line 4: **Leadership**

The rising prevalence of non-communicable diseases such as malnutrition, diabetes, and tooth decay is compounded in underprivileged communities that don't enjoy the benefits derived from technological advances in water, sanitation, nutrition, health, and hygiene. Additionally, communicable tropical diseases such as tuberculosis, malaria, HIV/AIDS, STDs, and diseases from poor water sanitation and hygiene are still on the rise in the Sub-Saharan region on top of NCDs. New global approaches to sharing knowledge and learning with professionals are needed to enable them to address inequities and captain local organizations, ownership, and responsibility for the health, development, and ecology of the community.

Values

Humility

- Cultural sensitivity and respect for all involved
- Working with communities to define needs and activities
- Mutual partnerships with bi-directional learning- political, religious, and professional independence
- Responsibility for humanity and the environment

Equity



Responsibility to share scientific evidence-based know-how and innovation for the benefit of underprivileged communities

Encouragement of local leadership and stewardship to address inequities-inclusivity regardless of gender, age, ethnicity, or religion- targeting those most in need globally

Focus on the prevention of Non-Communicable Diseases to maximize reach, enhance well-being and change lives physically, developmentally, psychologically, socially, and environmentally

Governance by an independent decision-making body whose members are experts in health, development, and organization leveraged to promote effective and prudent management, maximize internal support, and to check the evaluation of the efficacy of the delivered strategy

Accountability

Compliance with applicable laws, ethical standards, and codes of conduct

Accountability for actions

Transparency in reporting

Robust monitoring & evaluation systems

Financial assessments to assure funds are used properly

Sustainability

Implementation of realistic behavioral and dietary interventions

Community-led development to increase the autonomy of underrepresented communities

Advocacy to address upstream and environmental factors that create inequities

Promotion of ecological products



Continual fundraising based on Corporate Social Responsibility model

Strategic Plan

Workspace

The strategy to achieve the long-term sustainable goal - SDG 3, but as we work on this main goal, we will consider other SDGs such as goals 4, 5, 17, 10, and 13 is as follows.

Developing programs/ projects that are community oriented by the use of different project and program tools like LFA (logical framework approach) or the problem solution tree approach to different project/program designs.

Working with community health workers; primary and high school teachers by training them on the prevention of oral health and NCDs.

Working with stakeholders to screen for non-communicable diseases in the target community to learn about their health status and for advocacy in their prevention.

Targeting the young generation for community outreach in pre-schools, and primary/high schools.

Targeting health centers and health posts in rural areas as primary health care frontline (such as Kigali rural places, Northern/South, East/west provinces, depending on the scalability of the project). Integrating Oral Health Education into the national curriculum.

Supporting urgent and curative interventions for diseases in the community with identified partners who can provide the service, when possible.

Partners/network & Fundraising

We shall engage and align with partners and funders with whom we share goals and vision.



Programs and projects might get their own sponsors which may escalate to organizational partnership formation.

Civil societies, non-governmental organizations and government entities are some of the targeted partners.

We will attend conferences and training programs to gain new skills for members' capacity building and sharing developed best practices. As well as improving HSGHSR's work, networking also helps in building opportunities to apply for different grants/funds. Working under the HSF umbrella is an opportunity to connect with other international stakeholders.

HSF chapter / umbrella relationship

HSGHSR will work under the umbrella of Global HSF, in terms of sharing common goals, mission and values.

HSF Africa will help with local logistics and regulatory compliance where possible.

HSGHSR can engage partners on HSF's behalf with consent. HSF (Global and Africa) will support the HSGHSR in many different forms and levels such as guidance in project and work manners; different forms of resources; network and partners; webpage (on HSF website); expertise on design and graphics; use of HSF regulatory status; innovative tools and solutions; products for distribution in the communities.

Membership of HSGHSR & roles

We are a global group of young health professionals who identify health issues that threaten people and the environment as opportunities for impact; design appropriate sustainable interventions together with the community; forge collaborations for integrative compliant implementation and life-changing outcomes; evaluate, tweak, scale-up and share the models with others...

HSGHSR is composed of young professionals who live in Rwanda and collaborate with other young regional and international professionals to achieve its goals with guidance from the Humble Smile Foundation team. We



share skills and knowledge to deliver community equitably tailored sustainable interventions.

HSGHSR would have a horizontal structure of Executive board members who work hand in hand to develop and design the activities that align with HSGHSR mission and values. The founding members will form various offices in the executive board as per needed while the organization grows in activities and membership.