

Humble Smile Foundation

Annual Report 2022



HUMBLE SMILE
FOUNDATION

Design by Dahi Ben-Arie

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A Letter from the President

Right at the start of 2023 the WHO published its Draft Global Oral Health Action Plan (on which Humble Smile was honored to provide input). The plan includes the following calls for action for civil society organizations:

- Advocate for integrating management of oral disease and other non-communicable diseases (NCDs) into primary health care
- Collaborate among civil society and professional organizations to promote oral health and NCD programmes
- Raise awareness of conflicts of interests with commercial corporations
- Support taxation on tobacco, alcohol, and high free sugar content food & beverages
- Mobilize support for oral health promotion among diverse groups such as NGOs, academia and faith-based orgs working with marginalized people
- Advocate for policies and regulations for oral disease prevention such as healthy school meals, tobacco-free environments
- Accelerate workforce reform such as developing interprofessional collaboration models to improve workforce competency
- Mitigate environmental impacts of oral health care
- Conduct participatory research to identify oral health needs and interventions.

Rather than provide direction for Humble Smile, the above proposals for action serve as official confirmation for us being on the right track. It's fair to say that Humble Smile's transformation (that began with Covid in 2021) towards broad global health integration, has been accomplished in 2022. Perhaps it's not very humble to say, but I'll say it: Humble Smile Foundation is ahead of the game.

Thankfully 2022 saw all kinds of groups turn to us for support, such as: under-served communities in need of sustainable long-term solutions; academics wanting to apply their knowledge; professional societies looking for impact; interns seeking experience; students hungry for direction and guidance in helping their own communities.

In the following report you will see how our operations covered every single one of the above WHO tenets in 2022. That's not to say they were perfectly executed in every case (there's one hell of a learning curve when you're trailblazing), but I do hope you will enjoy reading about our conscientious and colorful journey getting there.

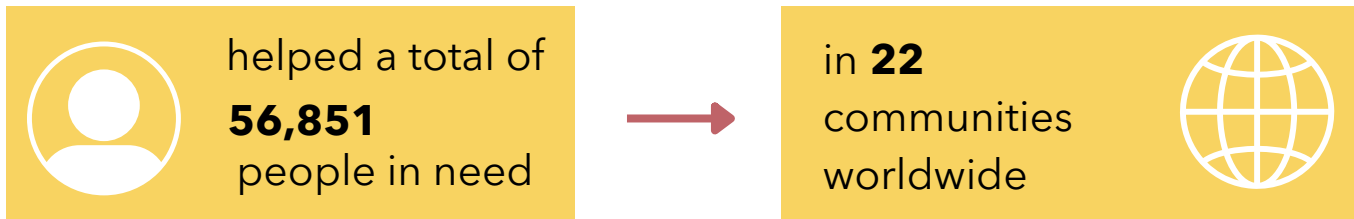


Darren Weiss
Executive Director
Humble Smile Foundation



Our Impact at a Glance

In 2022 we...



by reducing 7 health barriers...

- Lack of access to oral health services
- Lack of Access to oral health products
- 'Laziness' to maintain oral health
- Misconceptions about tobacco
- Lack of access to menstrual health services
- Lack of access to financial literacy
- Lack of community support

...as we built the capacity of **53** community health leaders and workers.

In 2022 Humble Smile celebrated 100 projects since its establishment in 2015!

Our New Vision

Healthy people in healthy communities on a healthy planet.

Our New Mission

To promote healthy living in sustainable social and ecological environments.

HSF India

For barriers to health to be overcome, they must first be recognised, and special attention must be given to the most underrepresented communities. For health to be accessible to all, it must be available, affordable, acceptable, and adequate for all. Read below about how Humble Smile helped reduce barriers to health in Bhaskar Nagar, an unofficial low-income urban settlement near Mumbai, India.

Healthy Homes



The Healthy Homes project aims to promote health and hygiene both individually and at a household level for women and their families. We do this by improving health and hygiene knowledge and practices through women gatherings, home visits, and formation of self-sufficient government registered self-help-groups (SHGs).

Our Impact

- **24.5%** increase in knowledge on oral health, menstrual health, hygiene, nutrition, dangers of tobacco, and water safety.
- **31.5%** increase in women's motivation to improve their own and their families' health and apply health knowledge in their household.
- **90%** of participants very motivated to form and join SHGs to further develop their skills and training, improve their livelihood, and become community health leaders.

The SHG formations would not have happened without our new partner MAVIM, Maharashtra's State Women's Development Corporation.

Oral Cancer Detection Camp

Oral cancer, being one of the most common cancers, affects 12.6 per 100 000 individuals in India. In Bhaskar Nagar over 90% of the male population consumes tobacco in some form (smoked, chewed, snuff dipped, etc.). Humble Smile Foundation together with its partners, Indian Dental Association, Gabriel Charitable Project Mumbai, and Terana Dental College and Hospital, organized a camp for screening and early detection of oral cancer.



Our Impact

- **248** men and women were screened by a dentist, specialized in detecting signs of oral cancer.
- **13** screened persons were referred to Shivaji Nagar Health Centre for further examination.
- **6** persons are scheduled for a biopsy.

Annapurna



Good nutrition is the basis for good health. However, not all community members can afford healthy food. Humble Smile's local team distributed food to the most underserved families.

Our Impact

- **44** families received healthy groceries, thanks to The Breakfast Revolution's donation.

Gogos Give Smiles

The Gogos Give Smiles program helps grandmothers (gogos) to support themselves and their community. In 2022 our initiative reached gogos in Chikomba, Zimbabwe, as well as the overpopulated township Alexandra (also known as Alex). Humble Smile Foundation, together with its local partners, is committed to uplifting the communities through various interventions that promote healthy environments and lifestyles.



3H



Launched in 2021, the holistic training project “3H” focuses on healthy bodies, environments, and relationships for Alex’s gogos. The initiative is the result of a multisectoral partnership between the City of Johannesburg’s Department of Social Development and local civil society organizations.

Our Impact

- 6 gogos on average participated in each 3H workshop.
- 200 children were reached indirectly through the workshops.
- 5 workshops were organized by HSF and partners.

Humble in Alex - ECD Project



Health Promoters (HPs) from Alex always played a crucial leading role in promoting health and well-being in their community. Building HP's capacity is crucial for a healthier community. The goal of the Humble in Alex - Early Childhood Development Project is to reduce health and safety threats for children, thereby promoting healthier, safer, and more sustainable environments in Alex's ECDs.

Our Impact

- **12** HPs from City of Johannesburg's Department of Health participated in HSF's training on conducting a needs assessment for early childhood development centres (ECDs) through digital data collection.
- **10** ECDs completed the survey conducted by the HPs.
- **90%** of assessed ECDs listed Nutrition and Food Safety as their main training need.

Humble in Zim

Recent drought, food insecurity and the covid pandemic, was compounded in Zimbabwe by the lack of health clinics and dental facilities. Humble Smile's Africa project manager visited Chikomba to assess the community's situation and set up a collaboration with local partners.



Our Impact

- **70** women received vegetable seed supplies for their gardens.
- **400** children received a Gogos Says Book, bamboo toothbrush and fluoride toothpaste.
- **7** local governmental and NGOs were engaged.

Global Health Projects

The following is a sample of the projects initiated in 2022...

The Tooth Fairy Project



An outcome of the Student Leadership in Global Oral Health Initiative, in collaboration with the Alliance for Oral Health Across Borders, is an oral health promotion project for primary school children living in an informal settlement community in Ibadan, Nigeria.

The Tooth Fairy Project was conceived and implemented by Joanne Egbe - a Nigerian dental student - to address the health disparities among communities of Nigeria by making toothbrushes and fluoride toothpaste accessible for the children of the informal settlement in Ibadan, accompanied by the relevant education and skills development.



The Dental Project on Aitutaki Island, Cook Islands Group

Children on Aitutaki, one of the South Pacific Cooks Islands, do not receive regular dental examinations. The oral health burden is high due to the lack of dental support, consumption of high amounts of sweet drinks and foods, and irregular toothbrushing. Led by Global Child Dental Fund, our partners instituted daily toothbrushing in Early Childhood Education centers, primary schools, and in the high school. Oral health professional volunteers also treated advanced caries, placed fissure protections on permanent molars, and promoted healthy nutrition in schools.



Mayu Smile Project



The extension group of the Central University of Venezuela, made up of volunteer students and professors from the Faculties of Medicine and Dentistry, led this important project that aims to provide rural and indigenous communities in Guárico state, Venezuela, with access to health services, aimed at the prevention and reduction of diseases. 1300 people were reached with Humble Oral Care Kits (each containing a bamboo toothbrush and fluoride toothpaste) and awareness about oral diseases and their prevention was raised. The group has also initiated a research project to assess the development of project which aims to improve the overall quality of life of the targeted population.

Humble Smile works to enlarge its network with similar minded organizations and professionals to achieve common global health goals. Here are some samples of what we did in 2022 to broaden our network and share our health promotion models.

Social Media Network

A Snapshot

- **70%** increase of new followers on our social media channels.
- **3.7%** engagement growth on Facebook, LinkedIn, Twitter, and Instagram.



@HumbleSmileOrg is our newly launched twitter account



Student Leadership in Global Oral Health

Through the SLGOH Initiative, launched in 2021, Humble Smile supports enthusiastic local potential leaders who wish to positively impact their community's health.

Our Impact

- **30** students received HSF 's mentorship.
- **2** webinars were organized by HSF about Ethical Project Promotion and Problem Solving in the Field.
- **10** Scientific Posters presented at the American Academy of Developmental Medicine & Dentistry One Voice Conference in Orlando Florida.

Global Events

From America to Asia, the Humble team participated in more than 10 networking events, for example...



Tessa (Creative & Communications) presented her scientific poster on Artificial Intelligence & Teledentistry at the American Association of Dental and Developmental Medicine's 'One Voice for Inclusive Health' conference in Orlando, Florida

Darren (Executive Director) presented at a webinar for the Belgian Dental Association on Oral Health Care in Transition.

Deema (MEAL and Research) participated in OLAM's Aspire Ethical Practices Program & Peer Groups.

Romay (Africa Project Manager) conducted a webinar on Women in Leadership in Rural & Township Communities for Circle of Global Business Women.

Leoni (Operations & Development), chaired a forum on Health & WASH in OLAM's Focal Point Conference.

Asha (India Project Manager) took part in OASIS India program.



Words of Appreciation

Our Humble appreciation goes to all our connected stakeholders in achieving common goals towards healthy communities with healthy lifestyles in a healthy environment.

We thank the communities for inviting and trusting us to integrate with their initiatives in 2022.



**THE
HUMBLE
CO.**

We express our sincere gratitude to The Humble Co. for their loyal and dedicated support since the founding of Humble Smile.

And we thank our international and local partners and sponsors who are committed to achieving the vision of healthy people on a healthy planet.

Acción Humanitaria por Venezuela, Africa Grain and Seed, Aging with Wisdom, Aitutaki Island Girls Brigade, Al Mustafa Trust, Alert-India, Alex Elderly Forum, Alliance for Oral Health Across Borders, Amerpharma, Association des Chirurgiens-Dentistes du Burkina (ACDB), Association Docenda, Bala Vikasa, Bank Of Maharashtra, Belgian Dental Association, Besa Pharm, Białowieska Akcja Humanitarna, Bike For Cambodia, Boky Mamiko, Centre for Preventive Dentistry, Chamos Charity UK, Circle of Global Business Women (CGBW), City of Joburg (Dept of Social Development Elderly Unit & ECD unit, and Dept. of Health), Colgate, Comeback Cycle (USA), Cuatro Por Venezuela Foundation, Dadasaheb Sargar, Dr. Mane Medical Foundation and Research Center, Etu Moana Resort Aitutaki, First Class Brands, FM Dental, Franklin University, Fundación Danac, Fundación Traki, Fundación Yammine, Gabriel Project Charitable Trust, GC Australasia, GIV-Ethiopia, Global Child Dental Fund, Global Dental Collective, Global Health Advocacy Incubator, Grameen First Foundation, Hebrew University-Faculty of Dental Medicine, Indian Dental Association, International College of Dentists (Australasian Chapter), Kosovo Dental Hygienist Association, Market 360 degree, Matahiva 'o Ha'afeva Association, MAVIM-Mahila Arthik Vikas Mahamandal, MDF Instruments, Medworx New Zealand, Ministry of Health of Burkina Faso, Ministry of Health of Cook Islands, Ministry of Women, National Solidarity and Family of Burkina Faso, Negev Coexistence Forum, New Zealand Oral Health Association (NZOHA), OASIS Education Group, OLAM, One Good Turn, ONGC - Oil & Natural Gas Corporation, Oral Health for Children in Teso, Prabhag Samiti Kalwa, Pratham, Proyecto Mayu, Radhakrishana Temple Trust, Renovate India, Ronald McDonald House, Rotary Sandton Central, Sahyog Foundation, Saidham Hospital, Saraswat Bank Kalwa, Shalva National Centre, Smiles for the Pacific, Sneha Foundation, Solidarity Engineering (USA), Stellenbosch University Agricultural Hub, Stethope, Tata Hospital, Terna Dental Collage and Hospital, Thane Municipal Corporation, The Breakfast Revolution, The Ideas Partnership, Training & Research Unit in Health Sciences (UFR / SDS) of Joseph Ki-Zerbo University, Uplift NZ, Vuka Skhoho, We.Care, Wheel Well, WojciecFec, World Youth Week of Coptic Orthodox, Youth Women & Opportunities, Zahnärztliches Hilfsprojekt Brasilien e.V., Zahnarztzentrum Astratum

Dr. Miguel Stanley Big Sugar



What do you think about the large amounts of money spent by Big Sugar companies on marketing?

"I believe that Big Soda/Big Chocolate companies have a massive responsibility in the sickness, premature death, and financial burden that they put on families around the world. Billions of people believe that they are buying a product of happiness, because the products are marketed as a product that will make you feel good. The tragedy is that no one is really looking at this."

Why is this a problem?

"Sugar is now going to the places where people cannot afford dentistry, and where there is a lot of unawareness about impact of sugar on health. In these lower income countries, there is an increase in noncommunicable diseases, including diabetes, vascular diseases, and tooth decay. Besides, Big Sugar companies contribute to pollution with their plastic bottles thrown in the ocean."

What is the solution?

"Big Sugar companies should provide people with health education, warning on packages, and training. Lots of marketing was happening to consume cigarettes, and now bans are happening. But why is this not happening on sugar? People say: 'don't take away our pleasure'. But you know what's not pleasant: premature death, heart diseases, diabetes, and our taxes that go to treating people with these diseases who use tobacco and eat junk food. Just like asbestos and tobacco were stopped, I believe Big Sugar will stop as well. We just need to keep the conversation alive and going."

Watch the full conversation on our [YouTube channel!](#)

Board of Directors

Executive Committee

President	Dr. Darren Weiss
Fundraising	Dr. Noel Abdayem
Treasurer	Marcus Stenkil
Secretary	Leoni Groot

Advisory Committee

Global Health Research	Prof. Lois K. Cohen
Pediatric Dentistry	Dr. Evelyn Mamber
Prevention and Cardiology	Prof. Birgitta Kohler
Partnership Development	Dr. Christian Coachman
Professional and Academic Relations	Dr. Barbora Durcanova
Public Health Senior Research Advisor	Prof. Fernando Hugo
Dental Volunteerism	Jay A. Miller DDS

HSF Local Offices

Board HSF Africa

Director	Romay Harding
Director	Zanella Nhlapo
Director	Oskar Holmblad
Director	Tim Mostert
Director	Nonzuzu Makanda
Director	Darren Weiss
Director	Leoni Groot

HSF USA

Emily Fultz
Alice Melz
Dylan Whitlock
Moody Alexander

Board HSF India

President	Darren Weiss
Vice President	Leoni Groot
Director	Asha Kamble
Director	Patrick Verkland
Director	Nipun Kaushik
Director	Mohamed Shafiq Sha

Board HSF Africa

Community Health Worker	Akshata Pawar
Community Health Worker	Asha Yadav

Team Leadership

Executive Director	Dr. Darren Weiss
Operations & Development Officer	Leoni Groot
Product & Account Manager	Patrick Verkland
Accountant	Ida Vinell
Creativity & Communications Officer	Dr. Tessa Waldhart
MEAL & Research Manager	Dr. Deema Saeed
Project Manager Gabriel Smiles	Asha Kamble
Project Manager Gogos Give Smiles	Romay Harding
MEAL Intern	Mireya Bowser

Akshata Pawar



Born and raised not far from the informal settlement, Bhaskar Nagar, Akshata Pawar joined Humble Smile Foundation in 2021 as a Community Health Worker. Always going the extra mile and managing her time well, Akshata ensures project data from self-help group gatherings and home visits are collected accurately and timely.

Committed field workers like Akshata play a crucial role in Humble Smile's impact on the people we reach, and we are grateful for that!

Romay Harding

As one of the founders of Gogos Give Smiles, Romay has set up dozens of partnerships for Humble Smile in South Africa and Zimbabwe since 2018. We wish to thank Romay for her devotion to the gogos, her enthusiasm about uplifting underrepresented communities, and for her continued and dedicated work in South Africa despite the challenges.



Mireya Bowser



"Since gaining hands-on experience with HSF I have realized that I enjoy public health work and would like to continue to positively impact communities, one project at a time."

While Mireya initially signed for a few weeks' internship through New York University, she decided to extend her intern position with Humble Smile. We are thankful for her enthusiasm, critical efforts and contributions to our monitoring and evaluation work. Read the blogpost of this future global health leader [here](#).

Auditor's Report

To the annual meeting of Humble Smile Foundation
Corporate identity number 802500-7785

Report on the annual accounts

Opinions

We have audited the annual accounts of Humble Smile Foundation for the year 2022.
In our opinion, the annual accounts have been prepared in accordance with the Book-keeping Act.

Basis for Opinions

We conducted our audit in accordance with International Standards on Auditing (ISA) and generally accepted auditing standards in Sweden. Our responsibilities under those standards are further described in the "Auditor's Responsibilities" section. We are independent of Humble Smile Foundation in accordance with professional ethics for accountants in Sweden and have otherwise fulfilled our ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinions.

Other matters

The audit of the report for the financial year 2021 has been performed by another auditor, who has issued an auditor's report dated September 14th 2022, with unqualified opinions in the Report of annual accounts and consolidated accounts.

Responsibilities of the Board of Directors

The Board of Directors is responsible for the preparation of the annual accounts and that they have been prepared in accordance with the Book-keeping Act. The board of Directors is also responsible for such internal control as they determine is necessary to enable the preparation of annual accounts that are free from material misstatement, whether due to fraud or error. In preparing the annual accounts, the Board of Directors is responsible for the assessment of the Foundations' ability to continue as a going concern. They disclose, as applicable, matters related to going concern and using the going concern basis of accounting. The going concern basis of accounting is not applied if decision has been taken to discontinue the operations.

Responsibilities of the Board of Directors

The Board of Directors is responsible for the preparation of the annual accounts and that they have been prepared in accordance with the Book-keeping Act.

The board of Directors is also responsible for such internal control as they determine is necessary to enable the preparation of annual accounts that are free from material misstatement, whether due to fraud or error. In preparing the annual accounts, the Board of Directors is responsible for the assessment of the Foundations' ability to continue as a going concern. They disclose, as applicable, matters related to going concern and using the going concern basis of accounting. The going concern basis of accounting is not applied if decision has been taken to discontinue the operations.

Auditor's responsibility

Our objectives are to obtain reasonable assurance about whether the annual accounts as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinions. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs and generally accepted auditing standards in Sweden will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these annual accounts. As part of an audit in accordance with ISAs, we exercise professional judgment and maintain professional scepticism throughout the audit.

We also:

- Identify and assess the risks of material misstatement of the annual accounts, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinions. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of the company's internal control relevant to our audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Board of Directors.
- Conclude on the appropriateness of the Board of Directors' use of the going concern basis of accounting in preparing the annual accounts. We also draw a conclusion, based on the audit evidence obtained, as to whether any material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the annual accounts or, if such disclosures are inadequate, to modify our opinion about the annual accounts. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause a company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the annual accounts, including the disclosures, and whether the annual accounts represent the underlying transactions and events in a manner that achieves fair presentation. We must inform the Board of Directors of, among other matters, the planned scope and timing of the audit. We must also inform of significant audit findings during our audit, including any significant deficiencies in internal control that we identified.

Report on other legal and regulatory requirements

Opinions

In addition to our audit of the annual accounts, we have also audited the administration of the Board of Directors of Humble Smile Foundation for the year 2022. We recommend to the general meeting that the member of the Board of Directors be discharged from liability for the financial year.

Basis for Opinions

We conducted the audit in accordance with generally accepted auditing standards in Sweden. Our responsibilities under those standards are further described in the "Auditor's Responsibilities" section.

We are independent of Humble Smile Foundation in accordance with professional ethics for accountants in Sweden and have otherwise fulfilled our ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinions.

Responsibilities of the Board of Directors

The Board of Directors is responsible for the Foundation's organization and the administration of the Foundation's affairs.

Auditor's responsibility

Our objective concerning the audit of the administration, and thereby our opinion about discharge from liability, is to obtain audit evidence to assess with a reasonable degree of assurance whether any member of the Board of Directors in any material respect has undertaken any action or been guilty of any omission which can give rise to liability to the Foundation. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with generally accepted auditing standards in Sweden will always detect actions or omissions that can give rise to liability to the Foundation. As part of an audit in accordance with generally accepted auditing standards in Sweden, we exercise professional judgment and maintain professional scepticism throughout the audit. The examination of the administration is based primarily on the audit of the accounts. Additional audit procedures performed are based on our professional judgment with starting point in risk and materiality. This means that we focus the examination on such actions, areas and relationships that are material for the operations and where deviations and violations would have particular importance for the foundation's situation. We examine and test decisions undertaken, support for decisions, actions taken and other circumstances that are relevant to our opinion concerning discharge from liability.

Stockholm June 30, 2023

BDO Mälardalen AB

Carl-Johan Kjellman
Authorized Public Accountant

Become a Member



By the end of 2022, HSF has increased by 60 members.

Meet A New Member

**Prof. Fernando Hugo,
HSF's Public Health
Research Senior Advisor**



Prof. Fernando Hugo from the Federal University of Rio Grande do Sul (UFRGS) in Porto Alegre, Brazil, has joined the Advisory Committee of HSF's Board of Governors as Public Health Senior Research Advisor after years of providing Humble Smile with advice and support.

**Join our Humble journey
and become a member!**

Reach out to us: hello@humblesmile.org



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South Africa

Humble Smile Foundation USA

San Diego
USA