



COMMUNITY
VISION GROUP
TRANSFORMING LIVES THROUGH
EDUCATION AND TRAINING



April CHIPO Coalition Call

Hepatitis B Elimination Agenda: Awareness and Education Campaigns in Cameroon

Gilbert N. Miki

Founding President/CEO, Community Vision Group

About Community Vision Group

- Community Vision Group (CVG) is a not-for-profit organisation committed to providing solutions to community challenges especially in the domain of Education, Health, Agriculture as well as Research and Training.
- CVG is registered and incorporated in the **United Kingdom** (England and Wales, Reg No.13294553), **Cameroon** (Reg No.10/ACK/E/32/A2/CSAAJP). And **Malawi** (Reg No. TMBRS1013908)

MISSION | VISION | STRATEGIC OBJECTIVES

Mission

- Community Vision Group is dedicated to activating and nurturing potentials for holistic transformation for a poverty free society

Vision

- Our vision is to create a transformed community through shared responsibility

Our Strategic Focus

- Support to Quality Primary Education
- School Health and Nutrition/School Feeding
- Healthcare Service Delivery Primary Eyecare services and Hepatitis B
- Smallholder Agricultural Development
- Research and Training

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Focus on Healthcare Service Delivery

**Hepatitis B Campaign: Awareness and Education
Activities, Screening, Vaccination, and Linkage to
Care in Cameroon and Malawi**

Background: State of Hep B in SSA & Cameroon

- In Sub-Saharan Africa (SSA), Hepatitis B is endemic, and the prevalence is highest (Seroprevalence of HBsAg: 6.1%), with about 60 million people living with Chronic Hepatitis B (CHB).
- Of the 60 million, 33% (21 million) are eligible for treatment and only 1% are accessing treatment.
- Liver cancer is the leading cause of death in Africa, with about 55% attributable to HBV.
- Over 87 890 deaths are recorded annually in sub-Saharan Africa, with 80% of cases due to HBV infection.
- HBV is indeed a grossly neglected public health challenge and studies on the incidence of cirrhosis in HBsAg+ are rare (see Sonderup et al., 2019 and Okeke et al., 2019)

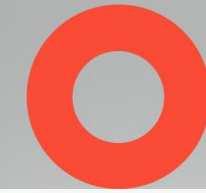
Background: State of Hep B in SSA & Cameroon

- Cameroon with an estimated population of 22.25 million has a high burden of hepatitis with very low testing rate for chronic HBV.
- HBV is a common co-infection in people living with HIV and according to WHO, approximately 7% have co-infection in Cameroon
- In Cameroon, prevalence rate is 11.2% and a study with a pooled sample of 100,501 individuals of low risk revealed a prevalence rate of 9.5% in 2017.
- In 2013, the prevalence rate among pregnant women, blood donors and healthcare workers was 12.2%, a percentage higher than the continental average of 8.8% (see Schweitzer et al., 2015).
- In 2019, over 12,000 new cases of Hepatitis B were recorded up from 9,600 in 2018 (25% increase) while sadly <1500 people infected are on treatment (see Bigna et al., 2017)
- Regional prevalence of HBV in Cameroon: Far North, North and South Regions (>15%) Centre, East and South West (8-15%) and Littoral, North West and West (8 - 17%)
- Overall, approximately 2,250,000 people are infected by HBV in Cameroon as of 2017 (see Bigna et al., 2017)

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Strategic Direction | Goal | Purpose

Strategic Direction

- Awareness and Education Activities,
- Screening, and vaccination, and
- Linkage to care and Support

CVG aims to contribute to eliminating HBV infection as well as significantly reducing the number of deaths related to liver cirrhosis and cancer due to CHB

Purpose

- To **create a model HBV program** that can be **adapted, scaled, and replicated** in other regions of Cameroon, where HBV and liver cancer burden is high

Goal

- Contribute to eliminating HBV infection by providing a full cascade of care for hepatitis B including **awareness raising and education, screening, vaccination, and linkage to care**

Strategic Objectives

Our strategic Objectives include:

- Increase the number of **people screened** for viral Hepatitis B in Cameroon through **improved awareness raising and targeted group education campaigns**.
- Improve **access to screening and vaccination** among **key populations** including pregnant women, prisoners, healthcare workers, blood donors, commercial sex workers and a designated segment of the general population (the youth especially students) **as well as reduce stigma and discrimination among the affected population.**
- Increase **access to care and support** to **people testing positive** for viral Hepatitis B, especially those **disproportionately affected by poverty.**
- Enhance government **commitment** to and influence the formulation of policies that will fast track the realization of a “No Hep Community” by 2030

What we are doing

- Engaging the general public during major Hepatitis related events including World Hepatitis Day
- Radio Talks on Hepatitis B Topical issues – What it is, how it transmitted, how it can be prevented, living with it etc
- Outreach to churches/mosques
- Outreach to schools – Partnership with Decentralised Government Ministry of Secondary Education for the implementation of Hep Education Project
- Targeted Outreach programmes – Athletes for Hep B Initiative

This is an initiative of Community Vision Group, registered not-for-profit limited by guarantee under the Companies Act of 2006 in England & Wales (CN13204553)

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HEPATITIS B

General Information

What is Hepatitis?

"Hepatitis" means inflammation of the liver. The liver is a vital organ that processes nutrients, filters the blood, and fights infections. When the liver is inflamed or damaged, its function can be affected. Heavy alcohol use, toxins, some medications, and certain medical conditions can cause hepatitis. However, hepatitis is most often caused by a virus and the most common types of viral hepatitis are Hepatitis A, Hepatitis B, and Hepatitis C.

The only way to know if you have Hepatitis B is to get tested

What is Hepatitis B?

Hepatitis B can be a serious liver disease that results from infection with the Hepatitis B virus. Hepatitis B infection can be either acute or chronic. **Acute Hepatitis B** refers to a short-term infection that occurs within the first 6 months after someone is infected with the virus. The infection can range in severity from a mild illness with few or no symptoms to a serious condition requiring hospitalization. Some people, especially adults, are able to get rid of the virus without treatment. People who clear the virus become immune and cannot get infected with the Hepatitis B virus again.

Chronic Hepatitis B refers to a lifelong infection with the Hepatitis B virus. The likelihood that a person develops a chronic infection depends on the age at which someone becomes infected. Up to 90% of infants infected with the Hepatitis B virus will develop a chronic infection. Up to 50% of children (1-5 years) who are infected will develop a chronic Hepatitis B infection. In contrast, about 5-10% of healthy adults (19 years and above) who are infected will develop chronic Hepatitis B, meaning over 90% will recover from an exposure. Over time, chronic Hepatitis B can cause serious health problems, including liver damage, cirrhosis, liver cancer, and even death.

How is Hepatitis B spread?

The Hepatitis B virus is spread when blood, semen, or other body fluids from an infected person enters the body of someone who is not infected. The virus can be spread through:

- **Sex with an infected person.** Among adults, Hepatitis B is often spread through sexual contact
- **Injection drug use.** Sharing needles, syringes, and any other equipment to inject drugs with someone infected with Hepatitis B can spread the virus
- **Outbreaks.** While uncommon, poor infection control has resulted in outbreaks of Hepatitis B in healthcare settings
- **Birth.** Hepatitis B can be passed from an infected mother to her baby at birth. Worldwide, most people with Hepatitis B were infected with the virus as an infant

Hepatitis B is **not** spread through breastfeeding, sharing eating utensils, hugging, kissing, holding hands, coughing, or sneezing. Unlike some forms of hepatitis, Hepatitis B is also not spread by contaminated food or water.

What are the symptoms of Hepatitis B?

Many people with Hepatitis B do not have symptoms and do not know they are infected. If symptoms occur, they can include fever, feeling tired, not wanting to eat, upset stomach, throwing up, dark urine, grey-colored stool, joint pain, and yellow skin and eyes.

When do symptoms occur?

If symptoms occur with an acute infection, they usually appear within 3 months of infection and can last up to 6 months. If symptoms occur with chronic Hepatitis B, they can take years to develop and can be a sign of advanced liver disease.

What is Hepatitis B?

Hepatitis B is a liver disease caused by the Hepatitis B virus. It is the most common infection in the world, with over **two billion (1 in 3) infected** and about **300 million** people living with **chronic Hepatitis B infection**. When infected, you can develop an acute infection, ranging in severity from a very mild illness with few or no symptoms to a serious condition requiring hospitalization. **Acute Hepatitis B** refers to the first **6 months** after exposure to the Hepatitis B virus. Some people can fight the infection and clear the virus. For others, the infection remains and leads to a "chronic," or lifelong infection. Over time, chronic Hepatitis B can cause serious health problems including **liver damage, liver failure**, and even **liver cancer**.

How is Hepatitis B spread?

Hepatitis B virus (HBV) is usually spread when blood, semen, or other bodily fluids from a person infected with HBV. This can happen through sexual contact with an infected person; unsterilized or contaminated needles and syringes, or other equipment to inject drugs; or from an infected mother to her baby at birth. **Hepatitis B is NOT** spread through breastfeeding, hugging, kissing, holding hands, coughing, or sneezing.

Can Hepatitis B be spread through sex?

YES. Hepatitis B is easily transmitted through sex. In fact, sexual contact is the most common way Hepatitis B is spread. Hepatitis B is 50-100 times more infectious than HIV. If you are sexually active, get vaccinated against Hepatitis B and talk to a doctor about your risk for STDs and HIV.

The best way to prevent Hepatitis B is to get vaccinated

HEPATITIS B

Sexual Health

Can Hepatitis B be prevented?

YES. The good news is that Hepatitis B is preventable and treatable. It begins by testing to know if you are infected. If not infected, the best way to prevent Hepatitis B is by getting vaccinated. For adults, the vaccine is usually given as a series of 3 doses over a period of 6 months and this is needed for long-term protection. There is also a combination vaccine that protects against both Hepatitis A and Hepatitis B. You should talk to a doctor about which vaccine to take.

Who should be vaccinated against Hepatitis B?

The vaccine is safe and effective and recommended for sexually active adults, especially:

- People with multiple sex partners
- Anyone with a sexually transmitted disease (STD)
- Anyone having sex with an infected partner

What are the symptoms of Hepatitis B?

Hepatitis B is a "silent epidemic" because many people do not have symptoms and do not know they are infected. If symptoms occur with acute infection, they usually appear within 3 months of exposure and can last anywhere from 2-12 weeks. People can live with chronic Hepatitis B for decades without symptoms or feeling sick.

If symptoms do appear, they are similar for both acute and chronic Hepatitis B and can include: Fever, Fatigue, Loss of appetite, Nausea, Vomiting, Abdominal pain, Dark urine, Grey-colored stools, Joint pain, Jaundice.

This is an initiative of Community Vision Group, a not-for-profit organisation partnering with communities to campaign for a healthy and protected liver in Cameroon.

HEPATITIS B AND YOUR FAMILY

Information for Cameroonians and Africans at large

What is Hepatitis B?

Hepatitis B is a liver disease caused by the Hepatitis B virus. It is the most common infection in the world, with over **two billion (1 in 3) infected** and about **300 million** people living with **chronic Hepatitis B infection**. When infected, you can develop an acute infection, ranging in severity from a very mild illness with few or no symptoms to a serious condition requiring hospitalization. **Acute Hepatitis B** refers to the first **6 months** after exposure to the Hepatitis B virus. Some people can fight the infection and clear the virus. For others, the infection remains and leads to a "chronic," or lifelong infection. Over time, chronic Hepatitis B can cause serious health problems including **liver damage, liver failure**, and even **liver cancer**.

How is Hepatitis B spread?

People get Hepatitis B when they come into contact with an infected Hepatitis B person. Hepatitis B can be passed from an infected mother to her baby at birth or from a family member to young children. The virus can also be spread through sex with an infected person. Hepatitis B is passed the same way as HIV, but spreads more easily. **Hepatitis B is NOT** spread through breastfeeding, hugging, kissing, holding hands, coughing, or sneezing.

Do people with Hepatitis B feel sick?

Most people live with Hepatitis B for many years without feeling sick. Over time, Hepatitis B can lead to liver damage, liver failure, and even liver

cancer. Getting tested for Hepatitis B is usually the only way for people to know if they have Hepatitis B.

Should other people be tested for Hepatitis B?

YES. When a person has Hepatitis B, doctors will want to test all sexual partners, family members, and people living in the same house for Hepatitis B. It is important for these people to get tested because doctors can help them stay healthy. People who have Hepatitis B should get medical treatment. Others who do not have the disease should get the Hepatitis B vaccine. This protects them from getting the virus.

Why is the Hepatitis B vaccine important?

A Hepatitis B vaccine prevents people from getting Hepatitis B. All babies born in Cameroon and many other countries get the vaccine at 6 months, 10 months, and 14 months. Any other family member or sexual partner of people with Hepatitis B should also get the vaccine. The vaccine is safe and works for people who have never been infected with Hepatitis B.

Getting tested for Hepatitis B can help you take care of yourself and protect your family.

Acknowledgement: Community Vision Group is not the author of these materials, and we extend our gratitude to US Department of Health and Human Services Centers for Disease Control

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Hepatitis B Campaign - Synopsis

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Athletes
for
Hepatitis B

BECOME
STRONGER
DON'T
LET HEPATITIS B
WIN

Call now
info@communityvisiongroup.org

Parcours Vita
Bamenda



Targeted Outreach Programs - Athletes for Hep B



Targeted Outreach Programs – Outpatient Units and ANCs



Outreach to Churches/Mosques



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Radio Talks



A

Outreach to schools



Annual Volunteer Forum

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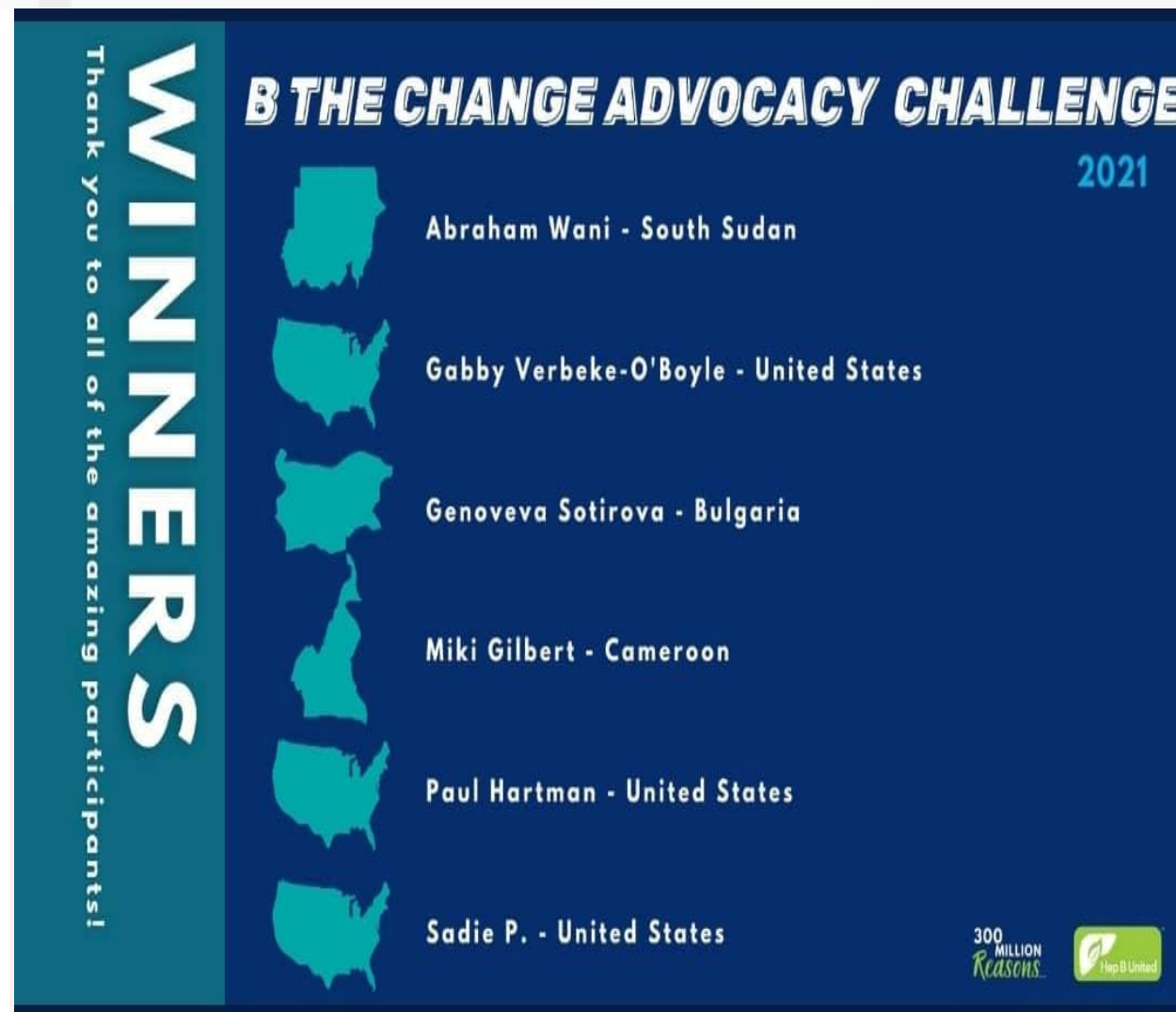
Recognition and awards



Hep B Foundation @HepBFound... · Aug 10 ...

Congratulations to the winners of the [#BtheChange](#) Advocacy Challenge! Thank you to all participants for using your voice to help bring attention to the needs of the [#hepatitisB](#) community around the world!

[#WHD](#) [#WorldHepatitisDay](#) [#NOhep](#)





Coalition for Global Hep... · 17m ·
1st place in the [#testing](#) 📺 category
was [@comvisiongroup](#) (Cameroon)



📺: "The volunteers take the
conversation on hepatitis
(screening) over the radio, with the
general public calling in for
questions & answers, ... a monthly
programme & CVG hopes to make it
weekly"



Coalition for Global Hepat... · 1h ·
Co-Runner-Up in the [#testing](#) 📺
category was [@comvisiongroup](#) in
Cameroon

The story behind the 📺: "The
photo captures a Volunteer during
the official launch of the Athletes for
[#HepatitisB](#) campaign in May
2022... Their key message was the
urgency to screen for hepatitis"



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Congrats!

to the [#HepEliminationInAction](#)

2022

Photo & Video Contest Winners



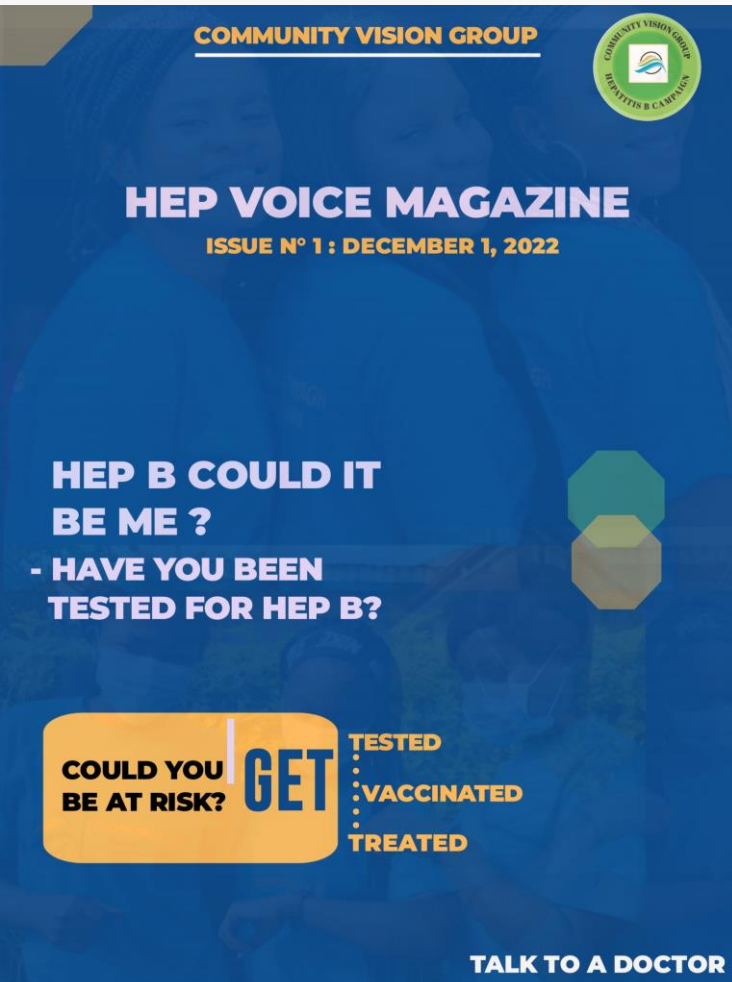
COALITION
FOR GLOBAL
HEPATITIS
ELIMINATION

TASK
FORCE
FOR
GLOBAL
HEPATITIS
ELIMINATION

Some Challenges

- No funding to fully scale Hep B awareness raising and education activities
- Inability to provide screening and vaccination services – making awareness & education ineffective
- High cost of screening and vaccination services
- Slow response for collaboration – linked to funding gaps
- Limited incentive for volunteers

Our Hepatitis B Elimination Roadmap



- Accompany Awareness and Education campaigns with screening and vaccination
- Provide Hepatitis B Infrastructure for Linkage to Care and Support
- Promote better awareness among key populations and the public on viral Hepatitis B
- Fully integrate Hepatitis B Campaigns in schools and universities
- Build sustainable partnerships with the Government, other CSOs and Mobile Telephone companies
- Support Government action through research to influence policy and advocacy

Meet Our Team

- Gilbert N Miki – Founding President – g.miki@communityvisiongroup.org
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-
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**WE SUPORT
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**CVG
VOLUNTEERS**

Thanks

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