



# Introducing mothers2mothers

## THE CHALLENGE

**Africa's health systems will need up to 6.1 million more health workers by 2030.<sup>1</sup>**

**Over 600 million people across Africa cannot access basic health services.<sup>2</sup>**

**Sub-Saharan Africa faces major obstacles to meet the United Nations Sustainable Development Goals (SDGs) by 2030, in particular ending the AIDS epidemic, and ensuring good health and well-being for everyone (SDG 3), and achieving gender equality (SDG 5):**



One out of 14 children born in sub-Saharan Africa dies before age 5.<sup>3</sup>



Around 300 children contract HIV each day in sub-Saharan Africa.<sup>4</sup>



3,100 out of the 4,000 new global HIV infections a week among girls and young women (ages 15–24) occur in the region.<sup>4</sup>



Sub-Saharan Africa alone accounted for approximately 70% of global maternal deaths in 2020.<sup>5</sup>

## OUR APPROACH

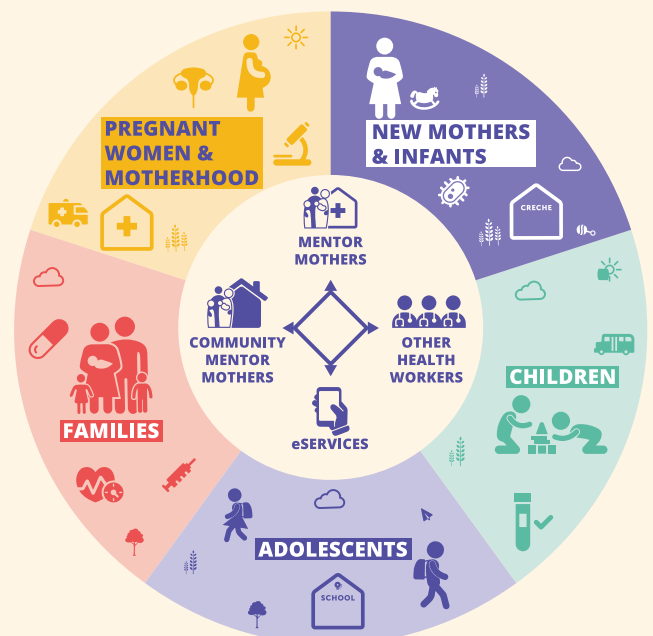
**mothers2mothers (m2m) is an African NGO that provides integrated primary health care to families who need it most, delivered by women who know them best.**

m2m trains and employs local women living with HIV as community health workers who provide services in under-resourced health clinics and door-to-door in communities.

These Mentor Mothers educate and support women and their families to overcome barriers to medical care, and ensure they receive the integrated primary health care services they need and stay in care.

From an initial focus on preventing mother-to-child transmission of HIV, today m2m Mentor Mothers provide integrated primary health care services from pregnancy and childhood to adolescence—including reproductive, maternal, newborn, and child health, early childhood development, and tailored adolescent services. To ensure the best possible health outcomes for our clients, we also provide services, education, and support on health conditions that disproportionately impact people living with HIV in settings of marginalisation and poverty—including tuberculosis (TB), malaria, and noncommunicable diseases such as hypertension, diabetes, and cervical cancer. We have integrated clinical services into our Model in a number of countries, and our eServices platform enables us to support and follow up with our clients remotely.

We also partner with governments and other NGOs to spread the Mentor Mother Model and its benefits, which has dramatically scaled our programme beyond what we would have been able to achieve alone.



## OUR IMPACT

Since m2m was founded in 2001...

More than 16 million people have been reached with our health services and support.

Over 12,000 jobs have been created by m2m for women living with HIV.

According to our 2023 Annual Programme Review:



**93%** of our clients used **modern family planning methods** in 2023, compared to a benchmark of 56% in sub-Saharan Africa.<sup>6</sup>



m2m has achieved **virtual elimination** of mother-to-child transmission of HIV among our enrolled clients for ten consecutive years, with a transmission rate of **0%** in 2023.



**100%** of clients we referred for tuberculosis (TB) testing in 2023 **received a TB test**, and all those who tested positive for TB were successfully linked to treatment.



**Only 0.23%** of m2m clients who were HIV-negative when enrolled in our programme contracted HIV in 2023—**15 times** lower than a sub-Saharan benchmark of 3.6%.<sup>7</sup>



**97%** of enrolled m2m clients were **retained in care and on treatment at 12 months** in 2023, well above a global benchmark of 74%.<sup>8</sup>



**98%** of our clients had **received age-appropriate childhood immunisations** in 2023 to safeguard their health by their first birthday, up from 96% in 2022.

**Bupe Sinkala**, a Site Coordinator in Zambia, dedicates her life to ensuring her clients make positive choices for their health and stay in care.

*I started working for m2m two months before COVID-19 changed our lives, and provided health services and education to ensure people continued to receive vital health information and could access the care they needed.*

*That's what my job means to me—it means making sure my community can access health care services, even during the most trying of times.*

*I know how important that is. I found out I was living with HIV in the middle of my wedding planning at only 23 years old. I was devastated and scared. My husband promised he would be by my side but... he did leave.*

*My Mentor Mother supported me during one of the darkest moments of my life, and thanks to her, I felt I could inspire and help my peers with my own story.*

*That is what makes us Mentor Mothers so unique as community health workers. We are passionate about the communities we serve, because they are our own; and because we understand the realities our clients face, we can help them make the best health decisions for themselves and their families.*



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2. <https://ahaic.org/download/executive-summary-the-state-of-universal-health-coverage-in-africa/>
3. Under-five mortality, UNICEF, March 2024: <https://data.unicef.org/topic/child-survival/under-five-mortality/#:-:text=In%202022%2C%201%20in%2014,in%2014%20rate%20by%202001>
4. Global HIV statistics Fact Sheet 2023, UNAIDS (2023), [https://www.unaids.org/sites/default/files/media\\_asset/UNAIDS\\_FactSheet\\_en.pdf](https://www.unaids.org/sites/default/files/media_asset/UNAIDS_FactSheet_en.pdf)
5. Maternal Mortality, World Health Organization (26 April 2024), <https://www.who.int/news-room/fact-sheets/detail/maternal-mortality>
6. [https://www.un.org/development/desa/pd/sites/www.un.org.development.desa.pd/files/files/documents/2023/Feb/undesa\\_pd\\_2022\\_world-family-planning.pdf](https://www.un.org/development/desa/pd/sites/www.un.org.development.desa.pd/files/files/documents/2023/Feb/undesa_pd_2022_world-family-planning.pdf)
7. [https://journals.lww.com/aidsonline/FullText/2020/04010/Incident\\_HIV\\_among\\_pregnant\\_and\\_breast\\_feeding.12.aspx](https://journals.lww.com/aidsonline/FullText/2020/04010/Incident_HIV_among_pregnant_and_breast_feeding.12.aspx)
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