



2024

ANNUAL REPORT

EMPOWER  **POWER**
THROUGH  HEALTH

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MESSAGE FROM OUR CO-FOUNDER

Dear friends of ETH,

Over seven years ago, we founded Empower Through Health (ETH) with the conviction that all people are equally valuable, worthy of dignity, and deserving of agency to shape their own futures. ETH was born from the belief that healthcare and education are fundamental human rights and that sustainable, community-driven solutions have the power to transform lives.

Today, as the global health landscape faces unprecedented challenges - shrinking funding and increasing pressure on already fragile healthcare systems - our work has never been more important. U.S. cuts on humanitarian assistance, which made up less than 1% of government spending, will have devastating consequences. Millions of lives are at risk, and countless more will face deepening poverty and suffering. In this moment of crisis, ETH remains uniquely positioned to deliver impactful care because we are not reliant on U.S. government funding. Instead, we have built a model that is community-driven, adaptable, and sustainable, allowing us to respond effectively to emerging health challenges and continue expanding access to essential services.

From the beginning, our mission has been twofold:

- To create an immediate impact on marginalized communities through direct healthcare and education.
- To develop ETH as a model for effective healthcare implementation in low- and middle-income countries globally.

Thanks to your unwavering support, we have made tremendous progress toward both.

Since 2019, our Mpunde Health Center has treated over 53,000 patients, delivering essential medical care to those with little or no access to healthcare. Additionally, ETH serves as the primary referral center for psychiatric care in Buyende District, a region home to over 400,000 people. Through this work, we are not only delivering life-saving care but also combating stigma and reshaping perceptions of mental health in rural Uganda.

Beyond healthcare, we have taken our next major step: education. In 2025, we will celebrate the fifth year of our Global Health Experiential Fellowship (GHEF) – a program that has now trained 160 predoctoral Ugandan and American students in equitable global health research. We have also begun the process of constructing a primary school to provide children in the region with access to quality education, reinforcing our commitment to breaking cycles of poverty and empowering future generations.

Our research and intervention development have arisen directly from our clinical care. For example, when we started providing mental healthcare in 2021, despite serving a district of over 400,000 people, we were seeing fewer than 10 people per month. We quickly realized that mental illness stigma and demand-side barriers were significant obstacles to care.

We designed a community-led theatrical intervention that significantly reduced mental illness stigma and was embraced across our communities. Now, we receive over 100 patients per month with severe mental illness, demonstrating the power of culturally attuned, community-driven interventions. Building on this success, we remain committed to expanding healthcare access and collaborating with local community structures to develop innovative physical and mental healthcare delivery models.

As we reflect on what we have accomplished, we remain committed to deepening our impact, scaling our programs, and pushing the boundaries of what is possible in health delivery for marginalized communities. Through your continued support, we will expand access to essential healthcare, pioneer new models of care, and empower even more individuals with the agency to shape their own futures. None of this would be possible without you – our community members, donors, volunteers, researchers, and partners who believe in this mission.

Thank you for standing with us.



Yang Jae Lee, MD
Chairperson & Co-Founder,
Empower Through Health



MESSAGE FROM EXECUTIVE DIRECTOR

As we reflect on the past year, I am honored to share key updates and insights into the significant impact ETH has made in advancing our mission. Through dedication, collaboration, and innovation, we have made strides in healthcare, education, research, and capacity building, bringing us closer to our vision of transformative change in our communities.

Mpunde Health Center recorded its highest number of beneficiaries to date, reflecting the growing reach and trust in our services. The number of psychiatric patients doubled compared to previous years, a result of both increased confidence in our care and the successful destigmatization campaigns launched three years ago. Additionally, we established a Memorandum of Understanding (MoU) with Jinja Referral Hospital, which will serve as an additional observership site for students participating in the Global Health Experiential Fellowship (GHEF) clinical weeks. With its broader range of services, Jinja Referral Hospital is an ideal site for students seeking firsthand experience in comprehensive rural healthcare.

Through our Educate Mpunde project, we successfully purchased land for the construction of ETH Primary School, marking a significant step toward improving educational outcomes in our catchment area.

In mid-February 2025, we reached our \$50,000 fundraising goal and are now in the planning phase, preparing blueprints for the school. Student enrollment is expected to begin next year.

A key milestone last year was the expansion of our research capacity, with the recruitment of three full-time Field and Research Officers. This strategic investment has enabled us to conduct more rigorous, evidence-based studies, strengthening our research impact and contributing to the development of meaningful policies and programs. We also recorded our highest number of published research papers, all of which were conducted during the summer as part of GHEF.

We are deeply grateful to Vitamin Angels for their continued support and to Second Presbyterian Church in Nashville for enhancing our pad production capacity. We also sincerely appreciate all of our generous individual donors for their invaluable contributions to ETH's growth and success.

Finally, I want to extend my heartfelt appreciation to the Board of Directors, leadership, and the dedicated ETH-Uganda team on the ground. Their tireless efforts in reaching remote areas have been instrumental in realizing our mission.

On a personal note, I am profoundly thankful to ETH for supporting me in furthering my career and pursuing my master's degree. I will forever be grateful for the opportunity to be part of such a transformative organization. Thank you all for being an integral part of our journey. Together, we will continue to make a meaningful difference.



Kazungu Rauben
Executive Director,
Empower Through Health - Uganda



KEY ACCOMPLISHMENTS

1. HEALTH CARE

ETH opened Mpunde Health Center in 2018 to fulfill our mission of providing direct healthcare to individuals in resource-poor areas. Since its establishment, the center has been dedicated to offering primary, preventive healthcare, and maternity services to the residents of Buyende District and the surrounding catchment area of 70,000 people. Buyende is one of the districts facing some of the most underfunded healthcare conditions and the poorest health outcomes in Uganda.

In 2024, Mpunde Health Center served 14,485 patients, averaging 39 patients per day a significant increase from 7,033 patients in 2023, with an average of 19 patients per day. This growth can largely be attributed to ETH's various outreach initiatives, including the Kyabazinga "King of Busoga" Coronation Medical Camp, the Rubella and Polio Vaccination Campaign, and the Deworming and Vitamin A Supplementation Outreach. These programs significantly expanded the center's reach and contributed to the increase in patient volume.

Mpunde Health Center is also the only facility in Buyende District with a psychiatric clinical officer, making it the referral center for all mental health cases in the district. The number of psychiatric patients almost doubled compared to the previous year, a trend largely driven by the community awareness campaign conducted through mental illness destigmatization programs. These programs reached over 40,000 community members in the catchment area, fostering trust and understanding of mental health issues.

As a result of these efforts, there is growing trust and reliance on Mpunde Health Center's services. This has led to an increase in patients from neighboring districts such as Kaliro, Luuka, and Kamuli, further extending the impact of the center's care beyond Buyende.



A 2024 Fellow helping to take record at the clinic



Psychiatric Clinical officer at work station



I was the first person to welcome the ETH team and guide them through our catchment area. The moment I met them, I thought to myself, what a blessing to have these people here! From that day on, I have actively participated in all their activities and continue to support their work in any way I can because ETH has become a part of me.

Before ETH started, we faced serious challenges. Expectant mothers had to walk or travel nearly 10 miles about 2 hours and 30 minutes on foot or 1 hour and 20 minutes by bicycle just to access antenatal care or a safe place to deliver. Many mothers gave birth along the way, without any trained personnel to assist them, and the survival of both mother and child was left to fate. Today, with ETH's presence, healthcare is within walking distance, reducing transport costs and, most importantly, saving lives. We rarely bury children ever since ETH started, but before we would bury at least a child or mother that died while giving birth in a week.

There is one family that makes me like ETH more, of a young man in my community who had mental illness. He was unable to work, completely dependent on others for care, and had no hope for the future. I encouraged his mother to bring him to the clinic for help. After receiving treatment, his life changed. Today, he grows rice, has built his own house, supports his siblings in school and recently shared that he is planning to get married.

ETH has transformed my community, and I hope they continue their great work. My wish is for them to build a big laboratory with machines, introduce blood transfusion services and provide an ambulance to help transport complicated cases to Jinja Referral Hospital for better care.



Dhatemwa Siraje
Chairman – Mpunde



I like ETH clinic because the staff are friendly and always ready to help. I can ask them anything because of that sometimes, when I go to the garden I bring for them fruits like jackfruit because they are like my sisters and brothers unlike in government facilities where the health workers are rude and show little attention to patients.

When my child gets sick, I go straight to ETH for treatment, and while my child is being cared for, I can focus on finding money for drugs. With family planning services available, I have been able to space my children by three years, which has made life easier.

The good thing with ETH clinic is that there is always medicine in stock. In government facilities, I can walk for three hours, wait in line the whole day, and in the end, they tell me the test kits are finished. If I'm lucky to get tested, they either give me a prescription to buy medicine myself or tell me to come back the next day. By then, I've spent the whole day without food and often just give up on returning.

ETH has made things easier for me and other mothers. We pray for more resources so that we keep getting the services.

Mrs Gadhaf, 26 years old, Mother of three

MENSTRUAL DIGNITY PROJECT

47% of the population in Buyende spends \$1.90 a day, leading households to prioritize essential needs such as food, medical care, and emergencies over menstrual hygiene. As a result, many girls either enter relationships with older men to afford sanitary products or miss school—or even drop out—due to lack of access to menstrual hygiene products.

In response to this, ETH launched an initiative last year to provide reusable menstrual pads that can be washed and used repeatedly, offering a sustainable solution. ETH implements such cost-effective interventions to uplift the rural communities in Buyende.

Early last year, through our pad-making workshop, 70 reusable pad kits were produced, which were distributed to two rural primary schools in Mpunde Village, Buyende District. The distribution was accompanied by comprehensive menstrual hygiene education sessions, ensuring that all 70 girls understood the importance of proper menstrual hygiene practices. A follow-up survey revealed that 85% of the girls who had previously used disposable sanitary pads found the reusable pads to be more comfortable, non-irritating, leak-proof, and, importantly, they did not miss any classes due to menstruation.

Later in the year, another production cycle was conducted, producing 294 kits enough to benefit 294 girls. Moving forward, we plan to conduct a baseline study in the first quarter of 2025 before distributing these kits. The study will help identify challenges surrounding menstrual hygiene in the target communities.

The distribution will also include menstrual hygiene education sessions for both boys and girls, along with a needs assessment to evaluate the willingness of school administrations to incorporate the cost of menstrual kits into school tuition. This will inform the pricing model for the kits and facilitate collaboration with schools to ensure the sustainability of the project.



The team leading the production process

“

Before receiving ETH reusable pads, I used to rely on old T-shirt material during my periods. When my flow was heavy, the blood would sometimes leak through, staining my uniform and desk. This happened to me twice, and the entire class laughed at me. Because of this, I often skipped school during my periods to avoid the embarrassment.

Even when I attended school, I avoided playing because physical activities made the flow heavier, increasing the chances of leaks that kept me isolated. After getting these reusable pads, I now attend class with confidence, knowing all is well and nothing will happen. I also actively participate in sports like running and playing women football, without any fear.

Thank you, ETH, for supporting me and other girls in my school. I hope this initiative reaches more girls who are still struggling to afford pads and are forced to use old T-shirts like I once did

Namuyiga Lovisa, 13-year-old female, St. Paul Primary School

“

I had never learned about menstruation and always thought it wasn't something boys needed to know about. Now, I understand that it's a normal biological process that every girl goes through.

Bakali Joseph, 13-year-old male, St. Paul Primary School

2. EDUCATION

ETH is tirelessly working to empower the local community by shaping future global leaders. We provide practical opportunities to develop socially responsible global citizens through the Global Health Experiential Fellowship and the ETH Career Scholarship. The Educate Mpunde Project extends our mission to the school-aged children in Buyende District.

GLOBAL HEALTH EXPERIENTIAL FELLOWSHIP

The Empower Through Health (ETH) Global Health Experiential Fellowship is a five-week in-person program, supplemented by virtual activities before and after the time in Uganda. It offers students a unique opportunity to work on an intercultural team, conducting an immersive, collaborative project that addresses a high-impact area in global health

Last year, we hosted three successful cohorts in Uganda, comprising 44 fellows, including 34 Americans and 10 Ugandans. The program offered an invaluable opportunity for all participants to gain firsthand experience in public health research. Fellows collaborated on field research, gaining deep insights into the unique health challenges faced by local communities.

The projects undertaken focused on understanding various forms of stigma, exploring the beliefs of mental healthcare providers and community members toward individuals with mental illness, and examining the impact of child loss on mothers and families. The data collected provides important preliminary information for our future interventions. For detailed information about these projects, please refer to the research section on page eighteen.

In addition to their research, fellows had the chance to live in the village, experience traditional Ugandan cuisine, and participate in various weekend excursions. These trips included visits to Jinja, Kampala, Sipi Falls, and Murchison Falls National Park, offering fellows a richer cultural and geographical understanding of Uganda.



Fellows attending the Orientation



Fellows conducting the Interview

ETH CAREER DEVELOPMENT SCHOLARSHIP

In line with our commitment to fostering continuous learning and community development, ETH initiated the Education and Scholarship Program. This program is designed to support the professional development of our dedicated team members while contributing to improved education outcomes in our catchment areas.

The application process for the program opened in January 2024, and a total of five applications were received. One scholarship was awarded to the current Executive Director for a Master of Public Health program at Cavendish University. We hope to continue the program and award scholarships to more staff members.

EDUCATE MPUNDE

Educate Mpunde continues to make significant strides in expanding educational opportunities in Buyende District. By the end of 2024, we had reached 75% of our \$50,000 fundraising target, thanks to the generosity of our donors. We are thrilled to announce that we successfully met our goal in mid-February 2025, allowing us to move forward with our plans for school construction.

With the necessary funds secured, the planning phase for construction has already begun, and actual construction is set to commence later in 2025. A portion of the funds was used to purchase land valued at \$6,300, which will serve as the site for the primary school we plan to build. As we take these initial steps, we remain mindful that continued support in the future will enable us to expand our facilities and further enhance learning opportunities for the community.

Additionally, through the support of Global Health Experiential Fellowship (GHEF) participants, we sponsored even more children, increasing the total number of beneficiaries to 45. All of our beneficiaries receive tuition fees, enabling them to attend primary school year-round. Additionally, they received school uniforms, books, pencils, and other items required to go to school successfully.

To ensure long-term success, we engaged parents in discussions on the importance of supporting their children's education, fostering good behavior, and creating a safe, nurturing home environment.

With these milestones, Educate Mpunde is making a lasting impact by providing children with access to quality education and empowering families to support their academic journey.



Project beneficiaries of Educate Mpunde

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I had the sole responsibility of taking care of my children after my husband married another wife that left me helpless; ensuring that the children stayed in school was very difficult. I didn't have enough land to grow enough crops to sell and raise school fees, and most times when we didn't even have enough food to eat, leaving us to sleep on empty stomachs.

With ETH's help, my children have never missed school. One of them has even joined secondary school, something I initially thought would be impossible. I had planned for her to get married instead because I couldn't afford to raise the school fees. ...I saved, and started a tomatoes and vegetable stall and use profits to buy food at home and also buy necessities for my children like clothes.

Nambi Harriet, 39 years old, Mother of nine children

“

Before receiving support, my kids were often sent home from school because I couldn't afford the fees. They would rarely sit for their exams, and when they did, their performance was poor. Now, things have changed. My daughter, who used to be among the last five in her class, has improved significantly and now ranks among the top 15 students. I was lucky that all three of my children are now receiving school fees support, and they no longer miss any classes. With this burden lifted, I can now focus on taking care of my elderly mother, who can no longer do much, and also ensure there is food at home.

Winnie Namulondo, Mother of three children

3. RESEARCH

To achieve our goal of advancing global health through research, ETH is scaling up the efforts through the Global Health Experiential Fellowship. The projects mentioned above gave us important preliminary data to develop interventions that will improve the community's access to physical and mental healthcare. They focussed specifically on reducing demand-side barriers to access as well as how to utilize existing community structures to improve healthcare. Our ultimate goal is to scale up our interventions and generalize them for the wider community. Some of the past research projects that have received recognition through publication include:

RESEARCH PUBLICATIONS

Pathways to care for psychosis in rural Uganda: mixed-methods study of individuals with psychosis, family members, and local leaders

<https://doi.org/10.1017/gmh.2024.143>

This study examined care pathways for individuals with psychotic disorders in rural Uganda, focusing on factors influencing treatment choices. Conducted in Buyende District using a mixed-methods approach, it included 67 in-depth interviews, four focus group discussions, and structured questionnaires with 41 affected individuals. Findings revealed a strong preference for biomedical care, yet barriers like cost and distance delayed access. Beliefs about mental illness also influenced care-seeking behaviors, leading many to combine biomedical, traditional, and faith-based treatments. While 81% eventually accessed biomedical care, the median delay was 52 days, compared to just 7 days for any initial care. The study concluded that enhancing access to biomedical services and fostering collaboration with traditional and faith healers could improve mental health outcomes in rural Uganda.

Community perspectives to inform the development of a radio program to destigmatize mental illness in rural Uganda: a qualitative study

<https://doi.org/10.29392/001c.120280>

We collaborated with community health workers in Buyende District to develop and pilot a radio program aimed at reducing mental illness stigma. Using focus groups and purposive sampling, we gathered perspectives from both affected and unaffected families to evaluate the program's acceptability and effectiveness. The 45-minute program, adapted from a community-led theater intervention, depicted an individual's recovery from mental illness. Following the broadcast, two focus group discussions (n=12) and 17 in-depth interviews were conducted. Participants reported increased understanding of mental illness causes, treatment options, and greater acceptance of those affected. Findings suggest that the radio program has the potential to change healthcare-seeking behavior and reduce mental illness stigma in rural Uganda, warranting further research on its broader impact.

Differences in mental illness stigma by disorder and gender: Population-based vignette randomized experiment in rural Uganda

<https://doi.org/10.1371/journal.pmen.0000069>

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COLLABORATION & PARTNERSHIP



We have established a Memorandum of Understanding with Jinja Regional Referral Hospital (JRRH), which will now serve as an observership site for students participating in the fellowship's clinical week. This partnership enhances the fellowship experience by providing first-hand exposure to healthcare delivery in a rural setting. Additionally, it positions us to support medical students seeking practical experience in healthcare and global health within the Global South. This collaboration marks a step forward in fostering impactful learning opportunities for both undergraduate and medical students.



ETH-U exchanging the Memorandum of Understanding with JRRH

ETH also participated for three days in the Kyabazinga Coronation Medical Camp, an initiative by the Busoga kingdom that gave free health screenings to community members. A 100-seater tent was mobilized that supported four partner organizations. We distributed over 4,000 doses of multivitamin supplements to government health facilities in Buyende District. Furthermore, 1,600 participants benefited from our mental health education sessions, 200 mental health screenings were conducted, and 57 individuals received free treatment for mental health conditions. Additionally, 2,600 children were dewormed, 1,200 children received vitamin supplements, and 92 mothers received antenatal services.



Team ready to offer services at the Kyabazinga Coronation Medical Camp



The Executive Director facilitating a mental health awareness talk



CHALLENGES & RECOMMENDATIONS

The global health and development landscape is shifting dramatically, with significant funding cuts from the U.S. government. These reductions will have devastating impacts for the most vulnerable globally, which will realistically result in the deaths of millions. This moment demands that we double down on our commitment to ensure access to essential health services and community-driven solutions. While this external environment presents real challenges, it also underscores the increasing importance of our work, which is not reliant on U.S. government funding, in filling critical gaps left by declining international support.

Over the past several years, we have strategically positioned ourselves to pursue U.S. federal funding, particularly through the National Institutes of Health (NIH) and United States Agency for International Development (USAID). We have developed the necessary infrastructure, collected preliminary data in two key areas, and submitted a major NIH grant application that we hoped would enable us to scale our impact. However, given the current climate of funding cuts, these opportunities seem increasingly uncertain. While this is a setback, we remain committed to pursuing funding from a diverse range of sources, including philanthropic contributions, research collaborations, and social entrepreneurship to benefit the communities we serve and make our interventions scalable globally.

Operationally, limited laboratory services at Mpunde Health Center pose a significant challenge to accurate clinical decision-making, affecting the quality of patient care. Expanding laboratory services to include microscopy and blood analysis is essential for timely and precise diagnosis, which will improve treatment outcomes. Additionally, hiring a dedicated laboratory technician will ensure efficient operation and enhance service delivery. However, insufficient space remains a major barrier to implementing these critical improvements. To address this, plans are underway to construct additional rooms for maternity, laboratory, and examination services. This expansion will not only improve laboratory capacity but also strengthen overall healthcare services, ensuring that patients receive comprehensive and timely medical attention.

The impact numbers, especially for antenatal care, immunizations, and deliveries, while uptrending, are still lacking. Enhancing community engagement activities within the catchment area is imperative. Given the success of outreach campaigns in boosting psychiatric service numbers, a similar strategy should be adopted for maternal health services. Community engagement activities and targeted outreach programs can play a pivotal role in increasing antenatal care attendance, improving immunization rates, and encouraging more institutional deliveries.

Access to mental health services remains a significant challenge, as current services primarily benefit individuals living near Mpunde Health Center or those who can afford transportation to the facility. This geographic and financial limitation prevents many community members, especially those in remote areas, from receiving the care they need.

To bridge this gap, there is a critical need to expand mental health services beyond Mpunde by training healthcare workers in other facilities across Buyende District. Equipping these providers with the necessary skills to diagnose, manage, and support individuals with mental health conditions will decentralize care and ensure that services are more accessible. Additionally, establishing dedicated mental health clinic days in strategically located health facilities within the district would further enhance service delivery, enabling more individuals to seek timely and appropriate care without the burden of long-distance travel. Expanding these services will contribute to reducing stigma, increasing early intervention, and ultimately improving mental health outcomes for communities across Buyende.



FUTURE DIRECTION -

As we look ahead, Empower Through Health Uganda is committed to furthering our impact in each thematic area.

1. HEALTH CARE

- Expand Mpunde Health Center facilities, including the construction of additional rooms
- Strengthen outreach campaigns to remove demand-side barriers for physical and mental healthcare
- Train healthcare workers to screen, diagnose, and refer mental health cases

2. EDUCATION

- Construct a primary school to offer quality education for the community
- Develop institutional collaboration opportunities for Global Health Experiential Fellowship with medical schools and universities
- Explore opportunities for collaborating with schools to include the cost of ETH reusable pads in tuition

3. RESEARCH

- Develop and scale community-led mental health interventions
- Investigate sustainable community-engaged models for NCD management in rural Uganda
- Evaluate workforce challenges and referral systems to strengthen rural healthcare delivery

ANNEX 1

ANNUAL HEALTH CENTER IMPACT

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec	Total
Outpatient	172	135	141	224	186	127	232	235	301	315	281	317	2666
Static Immunisation	93	88	102	126	212	149	172	98	135	142	95	114	1526
Antenatal (ANC)	26	25	27	23	31	33	30	30	92	32	35	22	406
Postnatal/ Deliveries	8	9	18	10	11	6	8	9	13	7	9	7	115
Stillbirth/ Abortion	2	0	1	0	1	1	2	3	2	2	2	2	18
Family planning	10	8	4	11	13	6	23	13	7	9	4	4	112
Rubella-Measles and Polio immunisation	0	0	0	0	0	0	0	0	1087	0	1135	0	2222
Deworming and Vitamin A supplementation	0	0	0	790	0	0	0	0	3800	0	0	0	4590
Mental Health Awareness	0	0	0	0	0	0	0	0	1600	0	0	0	1600
Psychiatric OPD	70	72	79	71	67	79	90	75	354	99	88	86	1230
Total Patients Received	371	329	368	1244	508	395	534	450	7384	597	1645	548	14485

ANNEX 2

INCOME AND EXPENSES - 2024

INCOME

CURRENCY IS US DOLLAR

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Student Programs	-	1,000.00	21,995.00	71,656.00	26,821.60	6,781.01	3,425.00	2,229.00	100.00	-	-	-	134,007.61
Fundraising /Other	3,636.05	5,454.68	6,508.72	5,463.45	1,478.01	1,756.20	9,275.00	1,647.26	7,663.90	8,168.70	760.00	3,807.00	55,618.97
Research	-	-	-	15,000.00	-	13,468.48	-	-	-	-	1,106.44	1,000.00	30,574.92
Investments	134.45	153.74	1,433.93	159.90	289.06	164.55	78.80	111.09	76.33	120.07	25.57	10,572.76	13,320.25

EXPENSES

CURRENCY IS US DOLLAR

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total	%age
Mpunde Health Center	4,273.00	2,729.00	3,902.00	3,875.00	2,445	1,751.00	1,479.00	1,173.00	3,566.00	4,116.00	4,456.00	3,477.00	37,243.00	21.72
GHEF/ Research	1,223.00	1,365.00	1,304.00	1,972.00	38,054.00	17,646.00	19,093.00	16,508.00	865.00	865.00	743.00	743.00	100,381.00	58.54
Menstrual Dignity Project	414.00	413.00	-	-	-	-	-	-	873.00	718.00	661.00	-	3,078.00	1.79
Education Projects	-	162.00	-	590.00	-	-	309.00	752.00	51.00	643.00	185.00	6,297.00	8,989.00	5.24
Administrative Costs	3,897.00	2,155.13	2,431.71	2,400.80	663.72	536.00	464.00	677.00	1,221.00	751.00	632.00	5,961.00	21,790.36	12.71
Grand Total	9,806.00	6,824.13	7,637.71	8,837.80	41,162.72	19,934.00	21,345.00	19,110.00	6,575.00	7,093.00	6,677.00	16,479.00	171,481.36	100

Note on Financial Reporting:
 The financial figures presented in this Annual Report reflect all Empower Through Health expenses incurred in Uganda during the 2024 calendar year, as well as U.S.-based expenses (e.g., advertising, software, communications). These figures exclude funds transferred in December 2024 for Uganda's January–March 2025 operating budget, which are recorded in U.S. accounting as 2024 expenditures but were not yet spent by the close of the Ugandan fiscal year. This timing difference accounts for the variance between Ugandan operational reports and U.S. financial statements, which are used for tax filing and donor reporting.