

ANNUAL IMPACT REPORT

NACHAM AFRICA

PERIOD

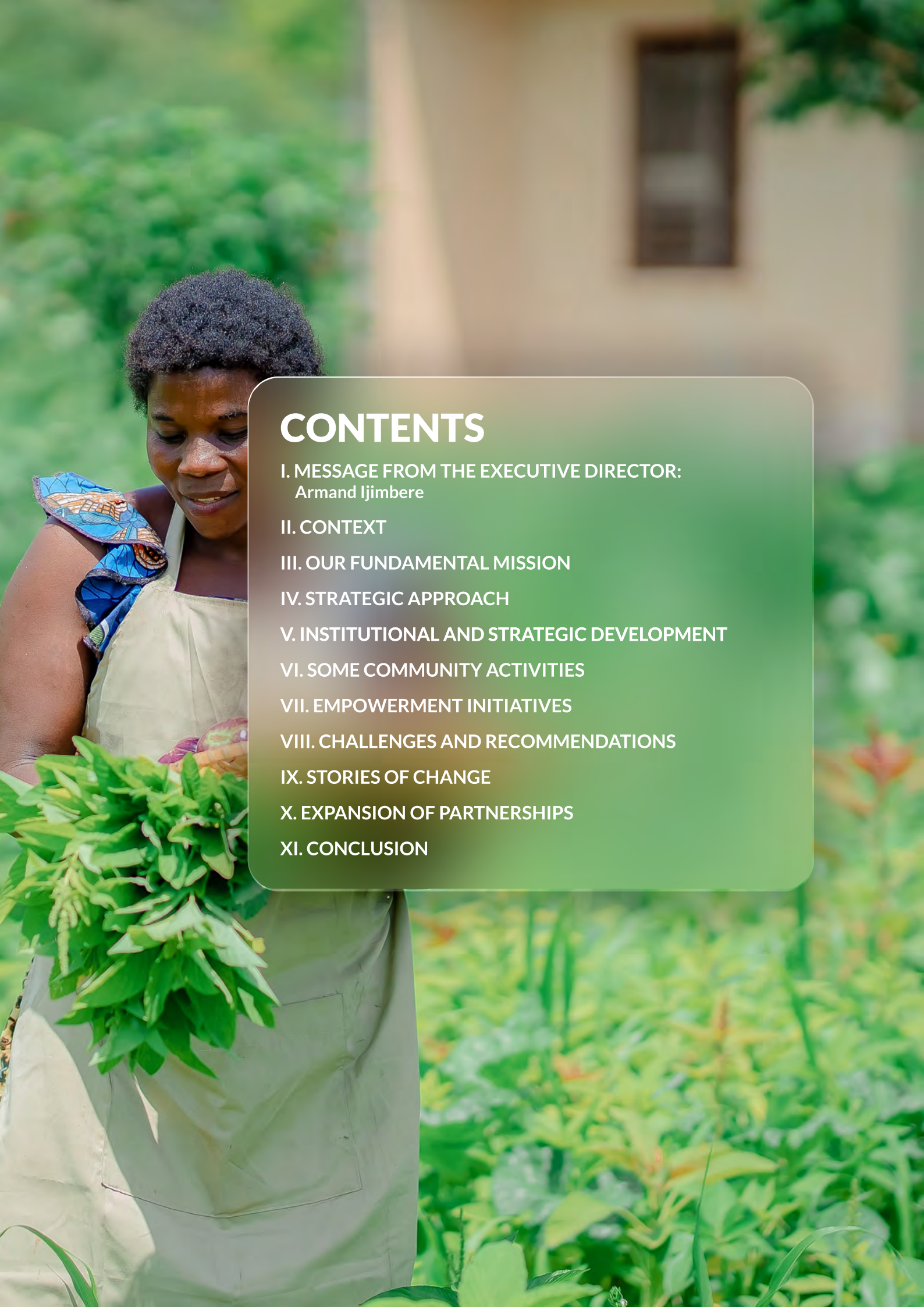
OCTOBER 2024 – SEPTEMBER 2025

AREAS OF INTERVENTION:

KABEZI DISTRICT HOSPITAL,
CLINIQUE PRINCE LOUIS RWAGASORE (CPLR),
KAMENGE UNIVERSITY HOSPITAL (HÔPITAL ROI KHALED),
PRINCE RÉGENT CHARLES HOSPITAL (HPRC)
AND COMMUNITIES.



Eux, C'est nous.

A woman with dark skin and short, curly hair is shown from the chest up, looking down at a large bunch of green leafy vegetables she is holding. She is wearing a light-colored apron over a blue patterned top. The background is a blurred green field with a building visible in the distance.

CONTENTS

I. MESSAGE FROM THE EXECUTIVE DIRECTOR:
Armand Ijimberé

II. CONTEXT

III. OUR FUNDAMENTAL MISSION

IV. STRATEGIC APPROACH

V. INSTITUTIONAL AND STRATEGIC DEVELOPMENT

VI. SOME COMMUNITY ACTIVITIES

VII. EMPOWERMENT INITIATIVES

VIII. CHALLENGES AND RECOMMENDATIONS

IX. STORIES OF CHANGE

X. EXPANSION OF PARTNERSHIPS

XI. CONCLUSION

I. MESSAGE FROM THE EXECUTIVE DIRECTOR:

ARMAND IJIMBERE

I have the honor of leading a results-driven nonprofit committed to ensuring that poverty does not stand between the most Vulnerable patients and healing in Burundi's public hospitals. In a context where food insecurity is deepening, with hundreds of thousands of children projected to suffer acute malnutrition and one of the highest stunting rates globally, hospitalization too often becomes a humanitarian crisis for the poorest families. Medical care alone is not enough when patients lack food, emotional support, and hope. Nacham Africa exists to fill this critical gap.

During this fiscal year 2024-2025, Nacham Africa intervened across multiple public hospitals to deliver nutritional support, psychosocial care, and dignity-restoring solutions, ensuring continuity of treatment and reducing abandonment linked to hunger and distress. Our integrated approach supports the most vulnerable patients and caregivers during hospitalization while empowering them toward recovery and self-reliance through kitchen gardens and self-management initiatives. This period also marked the launch of our Strategic Plan, which shifts our work from emergency response to sustainable, measurable transformation, with clear outcomes in nutrition recovery, mental well-being, treatment adherence, and household resilience.

In fundraising, this fiscal year 2024-2025 was successful. By the grace of God, we managed to add new partners to our portfolio, strengthening our mission and expanding our capacity to serve. We recognize that this progress was not by our own strength, but by the grace of God, who opened doors, moved hearts, and provided the resources needed to continue this work of compassion and service.

Above all, we give glory to the Lord, who made this work possible. Without Him, nothing we have accomplished would have happened. We are humbled to be a bridge He is using to answer the prayers of His people—bringing nourishment, comfort, and dignity to the most vulnerable. I extend my deepest gratitude to our dedicated staff, whose compassion and professionalism make impact possible every day; to the Government of Burundi, for its collaboration and trust; to our donors and partners, whose support sustains this mission; and to our beneficiaries, who honor us with the opportunity to serve them.

Looking ahead, the coming year will be a period of measured scale—expanding our hospital coverage, strengthening data-driven monitoring and evaluation, and deepening partnerships to multiply impact while maintaining accountability and excellence. Nacham Africa remains steadfast in its commitment to transform lives—feeding the body, healing the mind, and restoring hope—for a healthier, more dignified Burundi.

Armand IJIMBERE



II. CONTEXT

Burundi remains one of the countries most severely affected by hunger and poverty worldwide. According to the Global Hunger Index 2025 and the IPC framework, the nutritional situation is alarming and has deteriorated rapidly: the number of children suffering from acute malnutrition has more than doubled in two years.



Extreme Poverty

87% below \$1.90/day

Extreme poverty:

With a GDP per capita of USD 245.8 and 87% of the population living on less than USD 1.90 a day, families have no resilience to disease.



Hospital Paradox

No meals provided

The "Hospital Paradox":

Although 95% of Burundians depend on agriculture, access to food stops at the doors of public hospitals.

These facilities treat illnesses but do not provide meals. For rural patients (90% of cases), this leads to treatment abandonment, preventable deaths, and profound psychological distress.



Childhood Stunting

55% under 5 affected



Acute Malnutrition

484K+ children
(2024-25)

Impact on childhood:

More than 55% of children under five suffer from stunting, one of the highest rates in the world. Approximately 484,490 children will suffer from acute malnutrition between 2024 and 2025.

***In response to this crisis,
NACHAM Africa is taking
action to ensure that
poverty is no longer an
obstacle to recovery.***

The organization aligns its actions with the Sustainable Development Goals (SDGs 1, 2, 3, and 10) through an integrated approach:

- 1. Nutritional and Medical Support (Emergency):** Provision of daily nutritious meals in public hospitals to enable the most vulnerable patients to recover physically.
- 2. Psychosocial Support and Dignity:** Mental health programs and psychological support to break the isolation of families and restore the dignity of patients.
- 3. Empowerment and Prevention:** Community nutrition education and promotion of hospital vegetable gardens to encourage self-management.

This fiscal year 2024-2025 marks a turning point with the launch of the 2025-2030 Strategic Plan . NACHAM Africa's ambition now goes beyond emergency aid to aim for systemic change:



Strengthening livelihoods:

Entrepreneurship training, improved agricultural practices and agri-food processing.



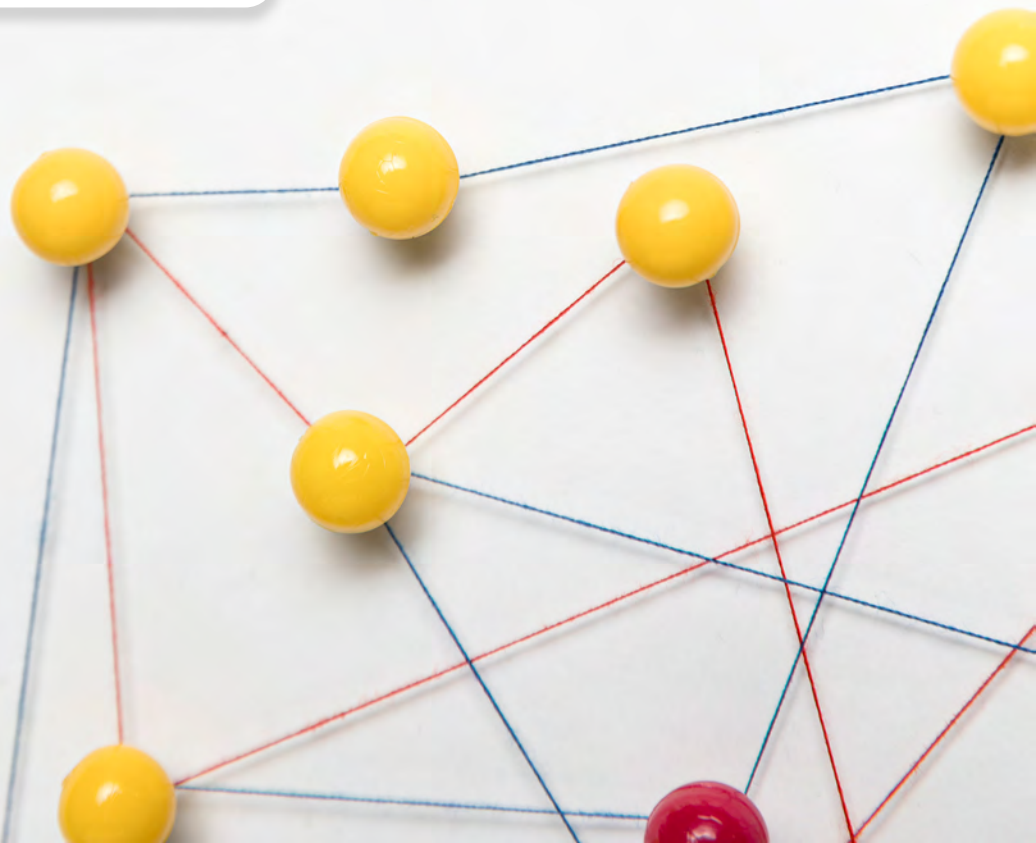
Financial resilience:

Setting up Village Savings and Credit Associations (VSLAs) and cooperatives.



Post-hospital reintegration:

Enabling beneficiaries to return to their communities with the necessary tools to increase their income and ensure their food security in a sustainable way.



III. OUR FUNDAMENTAL MISSION

To promote the well-being of the most vulnerable by strengthening their nutritional, psychological, and economic resilience.

Our projects are integrated on two pillars:

1. Nutritional Program:

This covers prevention, managing malnutrition, and offering livelihood support for families after the hospital stay to help them become self-reliant.



2. Psychosocial Program:

This vital pillar ensures mental well-being. We provide psycho-education, individual/group support, and referrals for complex cases.



IV. STRATEGIC APPROACH

1. Nutrition

We have a simple meal plan (porridge in the morning, varied dishes in the evening) with added vegetable supplements.

For fairness, identification uses the hospital's social service, and we conduct regular ward visits. We also collaborate with ward chiefs to confirm the most vulnerable cases.

2. Mental health promotion



Psychotherapy and Counseling:

We deliver targeted mental health services to individuals, effectively addressing their psychological needs through professional clinical support.



Awareness Sessions:

These initiatives equip the community with vital mental health knowledge to foster understanding and actively reduce social stigma.



Psycho-Emotional Support for Children:

We provide essential care for hospitalized children, helping them manage and overcome the emotional challenges and stress of the clinical environment.

3. Livelihood Support

Supporting beneficiaries through cooperatives to help families achieve self-reliance post-hospitalization.



DETAILED RESULTS OF NACHAM ACTIVITIES IN HOSPITALS

DOMAIN 1: NUTRITION AND FOOD SECURITY

Outcome Achieved:

Each month, 310 vulnerable patients achieved nutritional security.

October 2024 – March 2025:

35.9% of the annual distribution.

April 2025 – September 2025:

64.1% of the annual distribution.

Annual Total:

129,566 meals.

310 people

fed per month.

DETAILED RESULTS OF NACHAM ACTIVITIES IN HOSPITALS

DOMAIN 2: PSYCHOSOCIAL SUPPORT AND MENTAL HEALTH

Outcome Achieved:

767 patients achieved improved psychological resilience and a significant reduction in feelings of isolation.

Pediatric stress was mitigated for 388 children by transforming their hospital experience through structured play.

First Semester:

45.6% of the year's patients.

Second Semester:

45.6% of the year's patients.

Annual Total:

767 patients supported.

First Semester:

47.7% of annual admissions.

Second Semester:

52.3% of annual admissions.

Annual Total:

388 children accommodated..

Semester Performance Comparison

April 2025 - September 2025 vs October 2024 - March 2025

MEALS SERVED

Second Semester

83,054

First Semester

46,512

Change

+78.5% (+36,542)

MENTAL HEALTH
SUPPORT

Second Semester

417

First Semester

350

Change

+19.1% (+67)

KINA SPACE
(CHILDREN)

Second Semester

203

First Semester

185

Change

+9.7% (+18)

V. INSTITUTIONAL AND STRATEGIC DEVELOPMENT

A. Launch of the Five-Year Strategic Plan (2025-2030)

This fiscal year 2024-2025 marks a pivotal moment with the development of the Strategic Plan 2025-2030, outlining our vision for the next five years across five key areas:



Holistic Health & Nutrition:

Strengthening food assistance.



Mental Health Promotion:

Institutionalizing psychosocial support.



Economic Empowerment:

Moving from assistance to self-sufficiency (kitchen gardens).



Advocacy & Partnerships:

Enhancing institutional influence.



Organizational Excellence:

Digitalization and accountability.

V. INSTITUTIONAL AND STRATEGIC DEVELOPMENT

B. Implementation

Training in Results-Based Reporting

To support this ambition, NACHAM initiated capacity building for staff, including intensive internal training on Results-Based Reporting (RBR).



Objective:

Improve impact reporting (changes for patients).



Tool:

Development of an exclusive NACHAM Africa Training Manual to standardize data collection across all sites.



Outcome:

Training was successfully conducted.

GEDSI Training

Nacham Africa, represented by key staff, participated in a five-day GEDSI Training to enhance its programs on gender equality, disability, and social inclusion for vulnerable populations.

Organized by **World Vision**

Social entrepreneurship training

NACHAM participated in an intensive training program in social entrepreneurship, aimed at developing sustainable solutions for community challenges and enhancing the effectiveness of NACHAM's programs.

MASHAV Carmel Training Center - Israel

VI. SOME COMMUNITY ACTIVITIES

A. Mental Health



+10,000
people reached.

Beyond NACHAM's daily activities within its four partner hospitals, the organization actively conducts mental health awareness campaigns across various provincial hospitals and various community settings. These initiatives aim to educate local populations about mental health challenges, reduce stigma, and encourage individuals to seek psychological support when needed.



Nationwide Campaigns

Theater Outreach:

Presentation of an emotional and educational play on mental health awareness by the Nacham Africa theatre group, reaching community members across the hills of Rukeco, Muremera, Ruhororo, Kiremba, and Nyamurenza in Ngozi Province.

Hospital Awareness:

Organization of a mental health awareness session at Kiremba Hospital (Renato Monolo) by Nacham Africa as part of the Remesha project, strengthening the regional healthcare landscape through essential psychological support.

World Commemoration:

Participation in the national commemoration in Gitiza upon invitation by the Ministry of Health, featuring a theatrical performance on mental health issues in the presence of the Health Minister and WHO representatives.

Kirundo Campaign:

Implementation of an educational campaign for medical staff and patients at the Kirundo and Vumbi hospitals to strengthen mental health awareness.

Remesha Initiative:

Collaboration with the MSPLS to conduct awareness sessions in Gitega markets aimed at addressing and reducing social stigma.

Awareness Sessions:

Organization of interactive discussions and presentations on mental health at the Kayanza, Gahombo, and Mubogora hospitals to engage local communities and staff.

B. "Back to School" Activity



As part of the KINA project , NACHAM Africa supported the schooling of 278 children from families in distress. By distributing complete school kits, the organization transformed a period of family anguish into a message of hope. We ensure that a parent's illness does not become an obstacle to the fundamental right to education, allowing these children to return to school with dignity.



278 children
Supported

VII. EMPOWERMENT INITIATIVES

1. Self-Sufficiency through Farming

NACHAM AFRICA started cultivating crops for sustainability at Prince Louis Rwagasore Clinic and Kabezi District Hospital.

Prince Louis Rwagasore

harvested crops from **August to November**
plan to cultivate again in **December**.

Kabezi District Hospital

Received ecological fertilizer to improve vegetable quality



1,300 kg fertilizer
from **AHEZA IWACU**

2. Strategic Empowerment:

We have integrated vulnerable women's cooperative named ADECOV into our hospital nutrition programs. This dual-impact approach secures stable income for local families while transforming women into crucial partners in Burundi's fight against malnutrition.



NACHAM AFRICA

2024-2025 in Numbers



129,566

Nutritious Meals Served
Oct 2024 - Sep 2025



310

Vulnerable Patients Fed
Per month average



767

Patients Received Psychosocial Support
Improved psychological resilience



388

Children Supported
Through KINA play therapy



278

Children Back to School
Complete school kits provided



4 Hospitals + Communities

Kabezi District Hospital • Clinique Prince Louis Rwagasore • Kamenge University Hospital • Prince Régent Charles Hospital
Comprehensive nutritional, psychosocial & empowerment support



10,000+

People Reached
Mental health awareness campaigns

VIII. CHALLENGES AND RECOMMENDATIONS



Sustainability of Program Effectiveness:



The effectiveness of our program is being compromised by rising demand and costs.

Recommendation:

Increased support is essential to sustain and enhance program effectiveness.



KINA Space:



The environment is welcoming, but most **books are not in the local language**.



Limited to **one location**

Recommendation:

Develop a booklet in Kirundi on maintaining hope for hospitalized children, enhancing visibility and support

Expand the KINA initiative to other hospitals beyond Clinique Prince Louis Rwagasore.



Patient Interaction:



Visits facilitated **patient engagement** and **understanding** of NACHAM's approach.



Insight:

Comfort visits provide significant support; patients expressed **gratitude** for NACHAM's benefits.



Logistics and Mobility:

Recurring fuel shortages have led to occasional postponements of our field outreach activities.

Corrective Action:

Implementation of a strategic agreement with our partner transport agency to secure fuel reserves in advance, guaranteeing the continuity of our operations.



Inflation and Security of Supply:



Rampant inflation has caused a drastic increase in the cost of food, limiting access to resources for some of our target beneficiaries.

Recommendation & Innovation:

Signing of direct partnerships with agricultural cooperatives to stabilize purchase costs.

Launch of agricultural production owned by NACHAM Africa to strengthen our food self-sufficiency and reduce dependence on the local market.



Support Capacity:

Despite our efforts, the waiting list of beneficiaries continues to grow due to our current budgetary constraints.

Insight:

Demand far exceeds our financial capacity, leaving many families without essential nutritional support.

Need:

Increased funding is crucial to absorb this waiting list and respond to the growing humanitarian emergency.

NACHAM Africa will take a decisive step in its expansion, consolidating a holistic approach that inextricably links physical health, mental well-being and economic autonomy.

1 Expansion of Hospital Coverage

We plan to expand our services to one additional public hospital in the regions most severely affected by malnutrition.

This expansion aims to ensure that no patient is deprived of essential nutritional care, transforming the hospital into a true place of comprehensive recovery.

2 Strengthening Psychosocial Well-being

Health is not just about nutrition. In 2026, we will intensify:

- **Direct psychological support** for patients and their families.
- **Mental health awareness campaigns** to break down stigmas and promote holistic healing.

3 Community Empowerment and Resilience

To move from emergency aid to sustainability, NACHAM Africa will focus on:

- **Nutrition Education:** Raising awareness in communities about good eating practices.
- **Sustainable Agriculture:** Introducing training in resilient agricultural techniques to encourage healthy and environmentally friendly consumption habits.

4 Strategic Partnerships Against Inflation

To counter rising prices and secure access to resources, we will:

- **Increase alliances with local agricultural cooperatives**, creating a short supply chain.
- **Strengthening our own production chain** to protect our beneficiaries from market fluctuations and ensure consistent, high-quality support.

IX. STORIES OF CHANGE



My name is **Bizimana Deo**, and I am a staff member at Kabezi District Hospital. The change we are seeing here, thanks to Nacham Africa, is profound and systemic.

Before, most of our patients came from low-income backgrounds. Many, discouraged by hunger during long stays and the eventual stop of family support, would ask to be discharged before completing their treatment.

Now, thanks to the contribution of Nacham Africa providing nutritious meals, patients no longer have that anxiety. They stay until the end of their treatment, are happier, less stressed, and above all, we see that they recover much faster. This factor (hunger) is no longer an obstacle to the continuity and effectiveness of our care.



My name is **Jeanine Nahimana**, and I live in Kirundo. Since 2012, my life changed when I was diagnosed with a mental illness.

Before my encounter with Nacham Africa, I lived in double suffering. Despite eight years of medical treatment, the most painful aspect was not the illness itself, but the constant stigma and exclusion from my community. I lived in silence and shadows.

The turning point was my participation in a Nacham Africa awareness session. Watching the play that truthfully illustrated the mistreatment we endure brought my own reality to light.

Today, everything has changed in my mindset. I no longer feel alone. Seeing the truth about mental health being publicly shared has given me immense hope and renewed strength.

This is a fundamental change because, beyond medical care, my dignity as a human being has been restored. I thank Nacham Africa for finally breaking the silence, allowing people like me to reclaim their place in society.

My name is **Icimpaye Léocadie**, and I come from Ruziba.

When my 7-year-old daughter, Nadine, who suffers from anemia, was transferred to Kabezi District Hospital, I was terrified. The long distance and lack of transportation worried me; I feared she wouldn't receive food and that her condition would worsen since she needed nutritious meals to recover. Her weight had already dropped to 14 kg.

A friend reassured me by explaining that Nacham Africa distributed meals here. This convinced me to accept the transfer. This change has been vital: thanks to Nacham Africa's contributions and their regular meals, Nadine has been able to continue her treatment under good conditions.

Today, she has gained 5 kg, her weight is now 19 kg, and we are about to be discharged since she is showing clear signs of recovery. This proves the crucial importance of nutrition in healing.





My name is **Bukuru Généroise** and I live on Gitongo Hill in Mutaho. For a long time, my life was marked by a profound ordeal. My husband, once healthy, succumbed to a mental illness that devastated our home. I found myself alone, bearing the weight of daily life and raising our children, facing a situation that was beyond my control.

Around me, the advice was unanimous: my friends and family were urging me to leave. They feared for my safety and that of my children. Under the weight of exhaustion and the stigma associated with mental health, I had almost decided to give it all up. I felt on the verge of collapse.

Everything changed the day I attended a play organized by NACHAM Africa about mental health. One scene moved me deeply: that of a community health worker who, with immense empathy, convinced parents to treat their child rather than mistreat them. It was a revelation. I understood that my husband's illness was not a tragedy, but a condition requiring care and support.

Inspired by this message, I chose to stay. My determination replaced my fear. Today, I am resolved to accompany my husband toward appropriate care, convinced that with compassion and medical guidance, his condition can improve. This play was not just a performance; it saved my marriage and gave my family a future.



My name is **Dushime Rénilde** and I live on Burengo Hill in Ngozi Province. Before my encounter with NACHAM Africa, I shared the same view as many others regarding people with mental health conditions. In my community, we simply called them "crazy." We avoided them, we isolated them, convinced that they were beings to be shunned.

Everything changed when I attended the play organized by the association. There, I discovered the story of Ntore, a character whose fate deeply moved me. By following his journey, I understood that his distress and his excessive reliance on substances were not choices, but the consequence of profound trauma inflicted by his uncle.

It was a shock to me. Behind what we called "madness" lay invisible pain and tragic circumstances. I realized that Ntore was not the cause of his illness, but a victim who needed understanding, not contempt.

This experience has radically transformed my worldview. Today, I no longer see the "illness," I see the human being. I have made a personal commitment never again to stigmatize a person in mental distress. From now on, I want to be a voice in my community to raise awareness among my neighbors: let's learn to surround and support those who are suffering, because no one should have to bear their pain alone.



Dr MUBE Sebastien
Medical Director
Kabezi district hospital

Previously, many patients faced an impossible choice: fight the disease or fight hunger. Often coming from remote rural areas, their families could not afford to provide them with daily meals. This extreme hardship forced patients to prematurely abandon their treatment, returning home weakened and without hope of a full recovery.

Today, NACHAM Africa 's intervention has changed this narrative. Thanks to the systematic provision of nutritious meals, hunger is no longer an obstacle to health. Patients are no longer forced to flee the hospital; they find the strength there to fight their illness.

The result is immediate and visible: patients regain strength and treatment completion rates have increased significantly.

X. EXPANSION OF PARTNERSHIPS

For this fiscal year 2024-2025, NACHAM Africa is honored to have the support of three new internationally renowned partners. These collaborations strengthen our capacity to intervene and the sustainability of our programs:



Imago Dei Fund



The increased budget during the year made it possible to transform an emergency response into a sustainable development model. Here are the five pillars of this impact:

- **Expansion of Social Impact:**

A direct increase in the number of beneficiaries cared for, enabling us to meet the growing waiting list in partner hospitals.

- **Strengthening Human Capital:**

Recruiting new qualified staff, essential to ensure quality care and rigorous management of larger-scale projects.

- **Economic Empowerment:**

Integrating vulnerable women's cooperative into our nutrition supply chain. This partnership transforms these women into key players in the fight against hunger while securing their income.

- **Investing in Sustainability:**

Launching agricultural production programs in hospitals , reducing our dependence on external markets and laying the foundations for long-term food self-sufficiency.

- **Modernizing Communication:**

The acquisition of new audiovisual equipment , strengthening our advocacy, awareness-raising and visibility capabilities with our national and international partners.

XI. CONCLUSION

The Annual Impact Report showcases the meaningful strides Nacham Africa has made in supporting vulnerable populations in Burundi through:

Psychosocial Well-Being:

Our mental health initiatives have helped reduce feelings of isolation and have restored dignity to many patients.

Nutritional Support:

We served over 129,000 meals, playing a vital role in the recovery of patients, especially children facing malnutrition.

Community Engagement:

Through awareness campaigns and the KINA initiative, we have effectively challenged stigmas surrounding mental health and fostered a nurturing environment.

Sustainable Development:

The newly established Five-Year Strategic Plan (2025-2030) reflects our commitment to enhancing food security, mental health, and economic empowerment.

As we look ahead, your continued support and collaboration will help us navigate challenges and sustain these impactful programs.

Thank you to all our partners and stakeholders for your dedication to improving lives.

