

# Invest in our Planet



## Population Connection 2023 Earth Day Webinar



**Dr. Gladys Kalema-Zikusoka, Founder and CEO, Conservation Through Public Health**

**Population Connection Board Member**

**Ashoka Fellow, National Geographic Explorer, Sierra Club EarthCare Award, Edinburgh Medal**

**WHO SAGO (Scientific Advisory Group for the Origin of Novel Pathogens)**

**2022 Tällberg-SNF-Eliasson Global Leadership Prize**

# 2021 UNEP Champions of the Earth Award Science and Innovation



**DR. GLADYS KALEMA-ZIKUSOKA**  
SCIENCE & INNOVATION LAUREATE 2021  
#EARTHCHAMPS



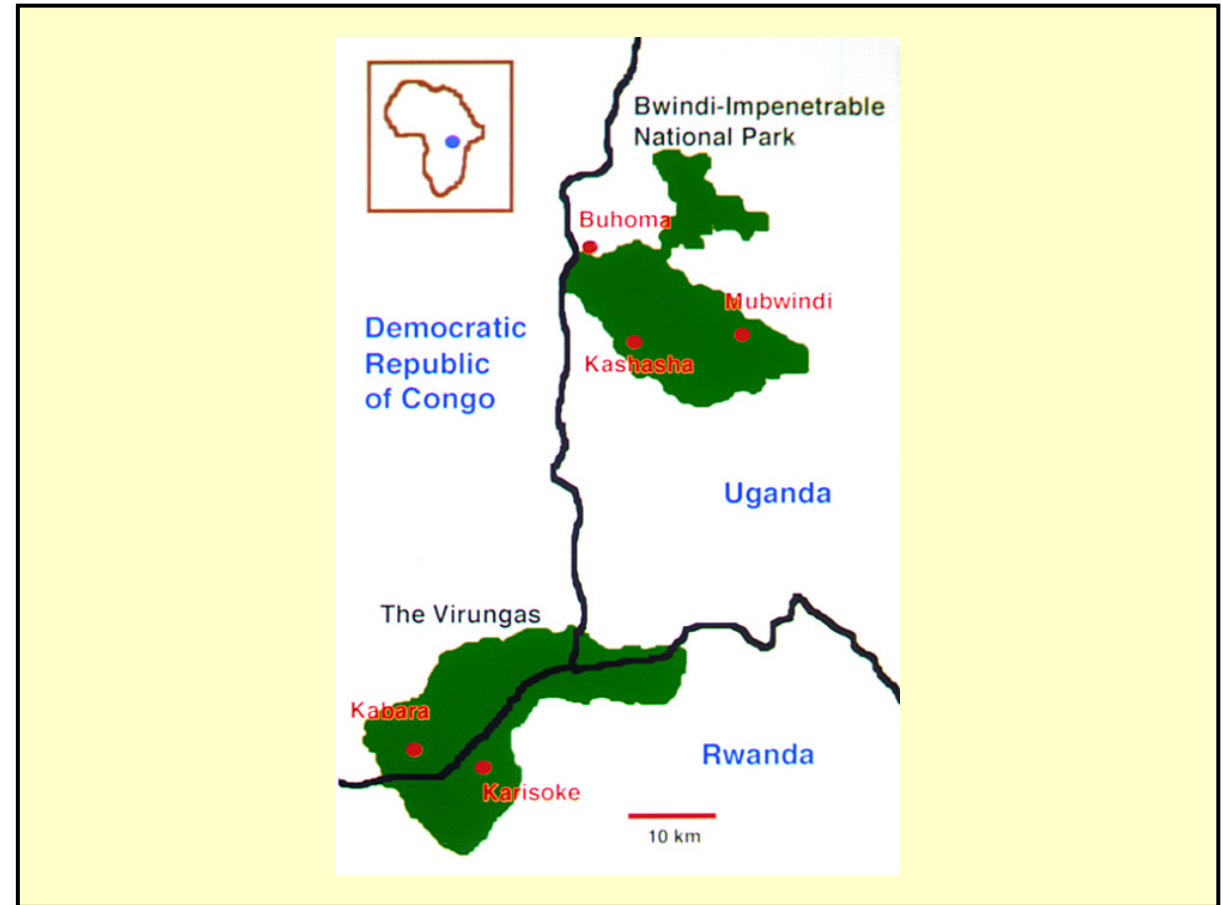
# Invest in our Planet

- This year's Earth Day theme is designed to persuade businesses, governments, and citizens around the world of the need to invest in our planet to improve our environment and give our descendants a better and safer future.





# Mountain Gorillas



# Threats to all Gorillas subspecies: Habitat Loss and Poaching

## Disease and Human/Wildlife Conflict



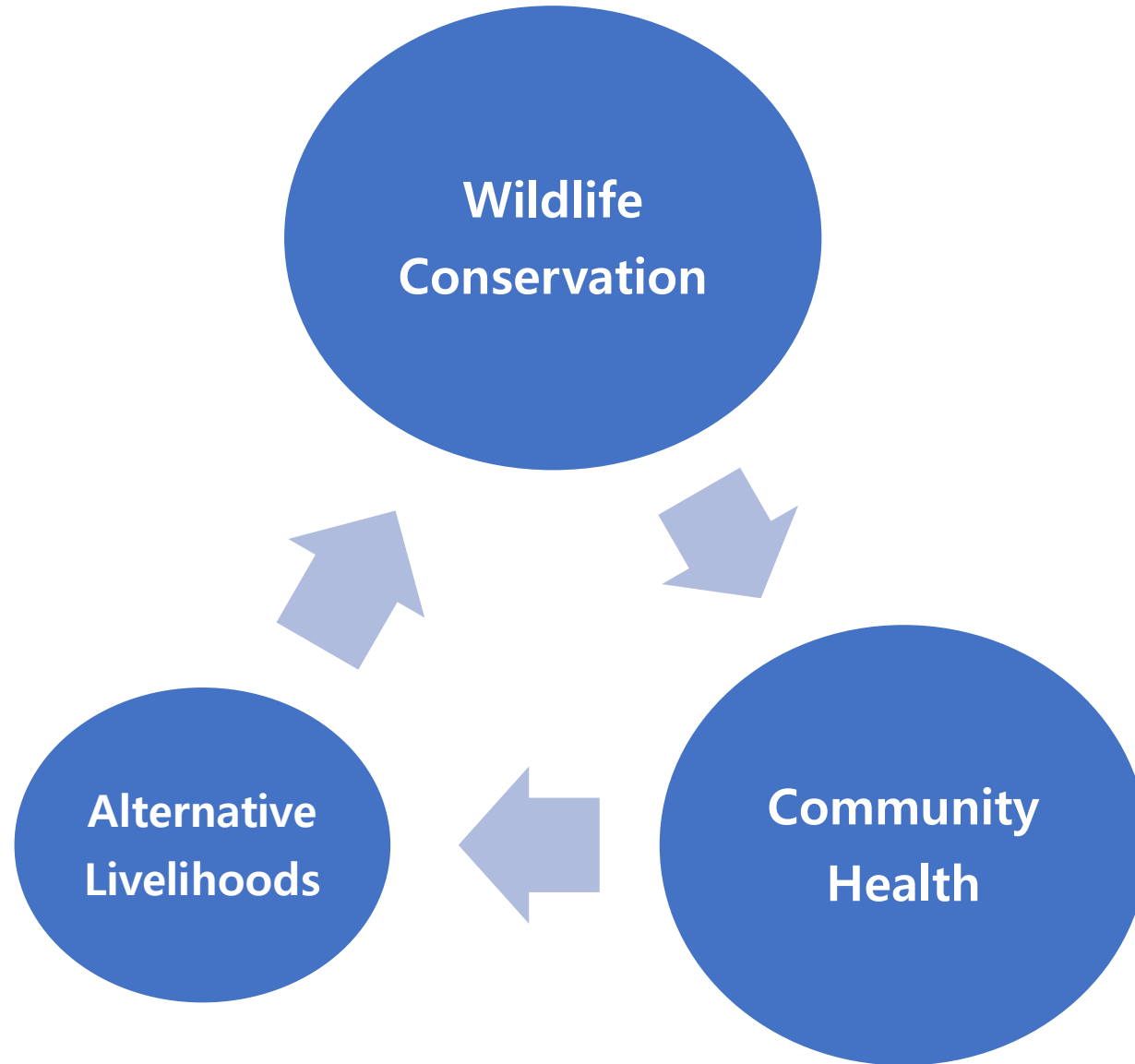
# Human Related Disease?



# Conservation Through Public Health

We keep gorillas and other wildlife healthy  
and their habitats secure

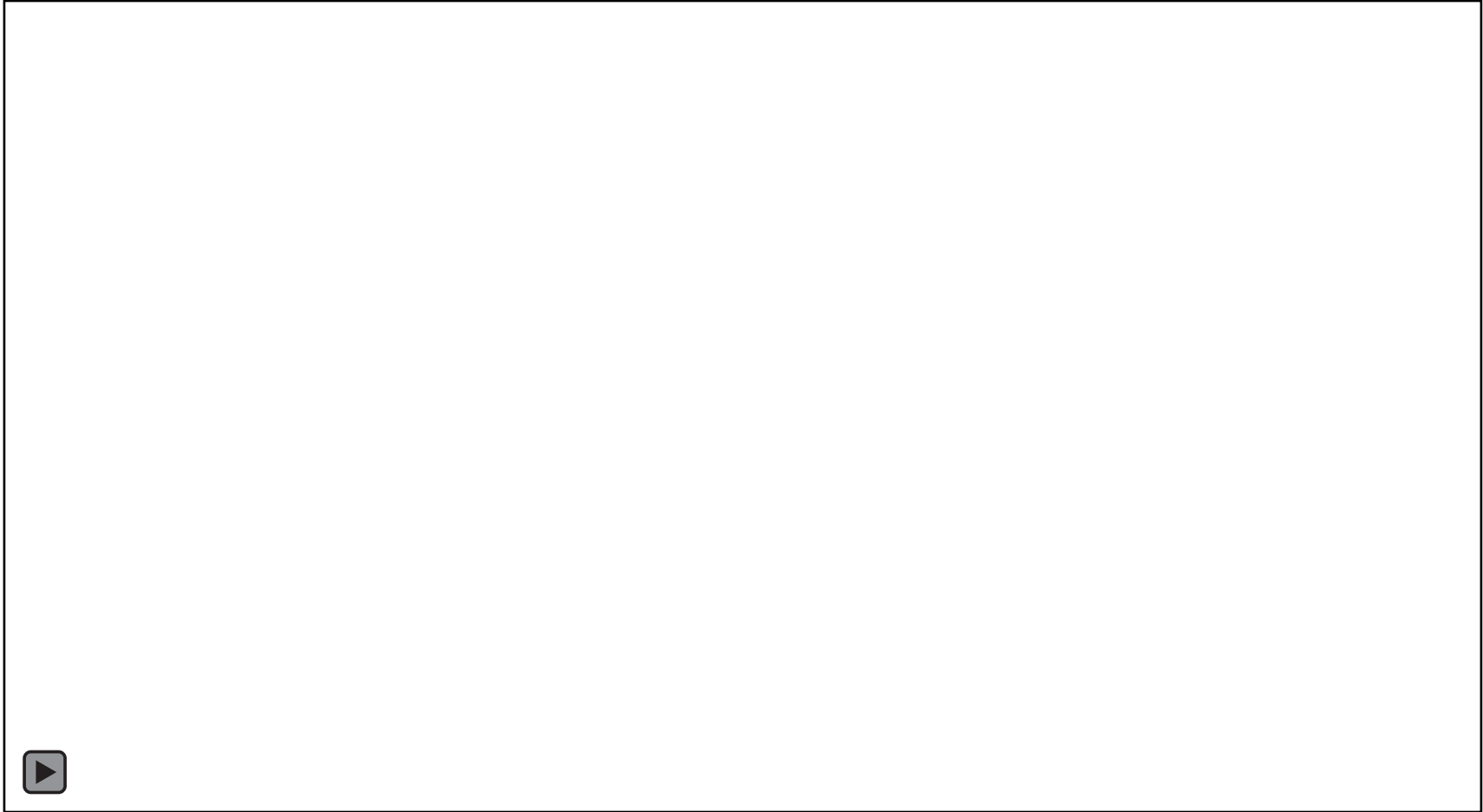






# Conservation Through Public Health (CTPH) founded in 2003

- **Mission:** Promote biodiversity conservation by enabling people to co-exist with gorillas and other wildlife through improving animal health, community health and livelihoods in and around protected areas and wildlife rich habitats in Africa
- **Vision:** People, wildlife and livestock living in balance, health and harmony with local communities acting as stewards of their environments





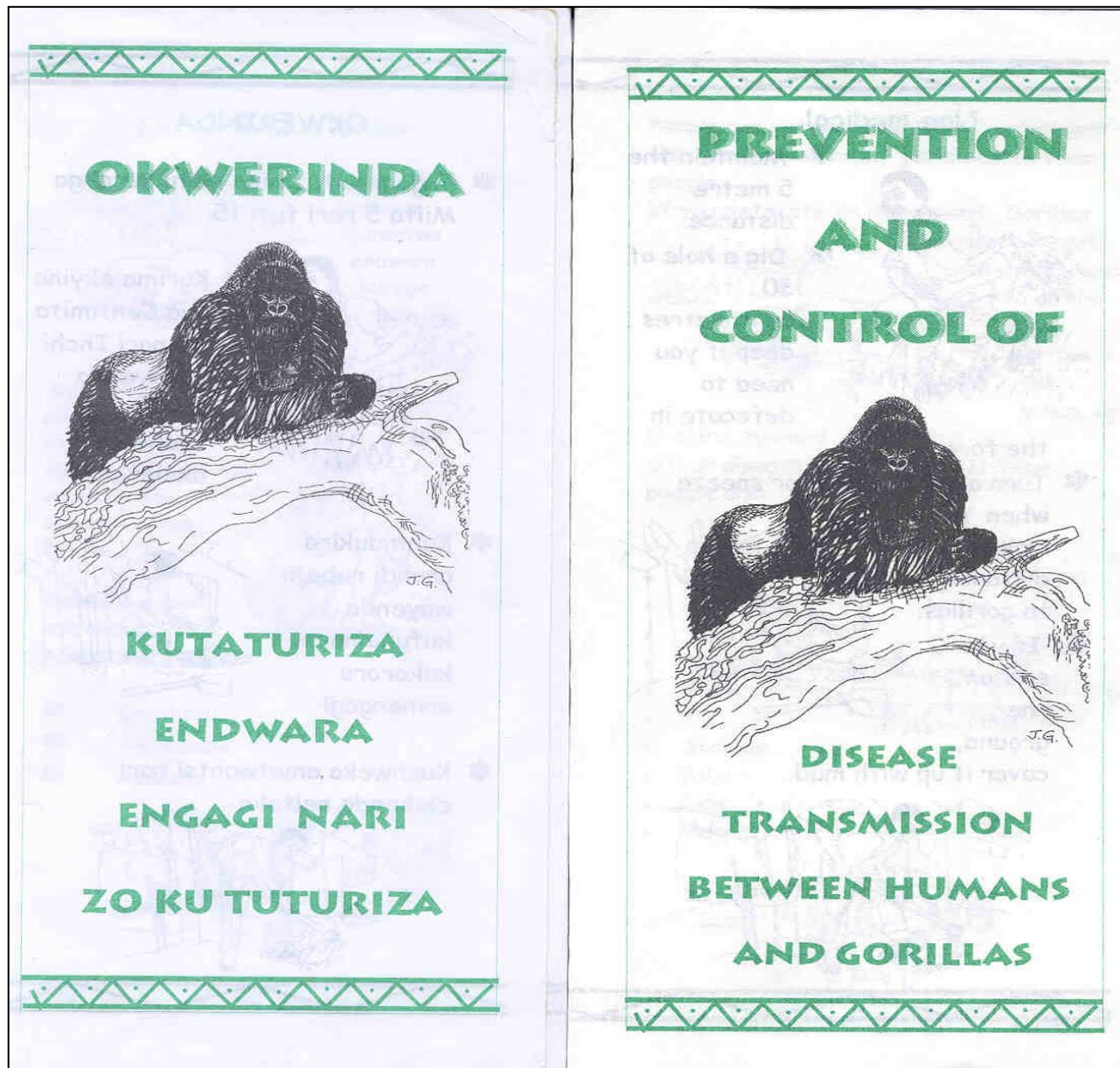
# Comparative Disease Investigations between people, wildlife and livestock protects gorillas and helps to monitor and evaluate the impact of our community health programs



Rangers being trained to collect fecal samples from mountain gorilla nests



CTPH Gorilla Health and Community Conservation Centre at Bwindi Impenetrable National Park



In 2007, we started off by training 26 Village Health and Conservation Team members to conduct home visits and group talks



# Community Testimonies

- Beneficiary testimony.avi
- Hope Matsiko testimony.avi

# Village Health and Conservation Team community volunteer educating her community





**Added Family Planning**  
**CTPH Population, Health and Environment (PHE)**  
**Educational Flip Chart**



**Added Family Planning**  
**CTPH Population, Health and Environment (PHE)**  
**Educational Flip Chart**



**In 2008, we trained Village Health and Conservation Teams (VHCTs) to administer family planning Depo-provera injections, partnership with Family Health International (FHI360)**



# Sustain Village Health and Conservation Teams with group livelihood projects



# Village Health Teams - Recognized Ministry of Health (MOH) structure

**270 VHCTs now conducting Behaviour Change Communication in 44 villages within 6 parishes with high human and gorilla conflict, reaching over 30,000 people in 6,000 households**



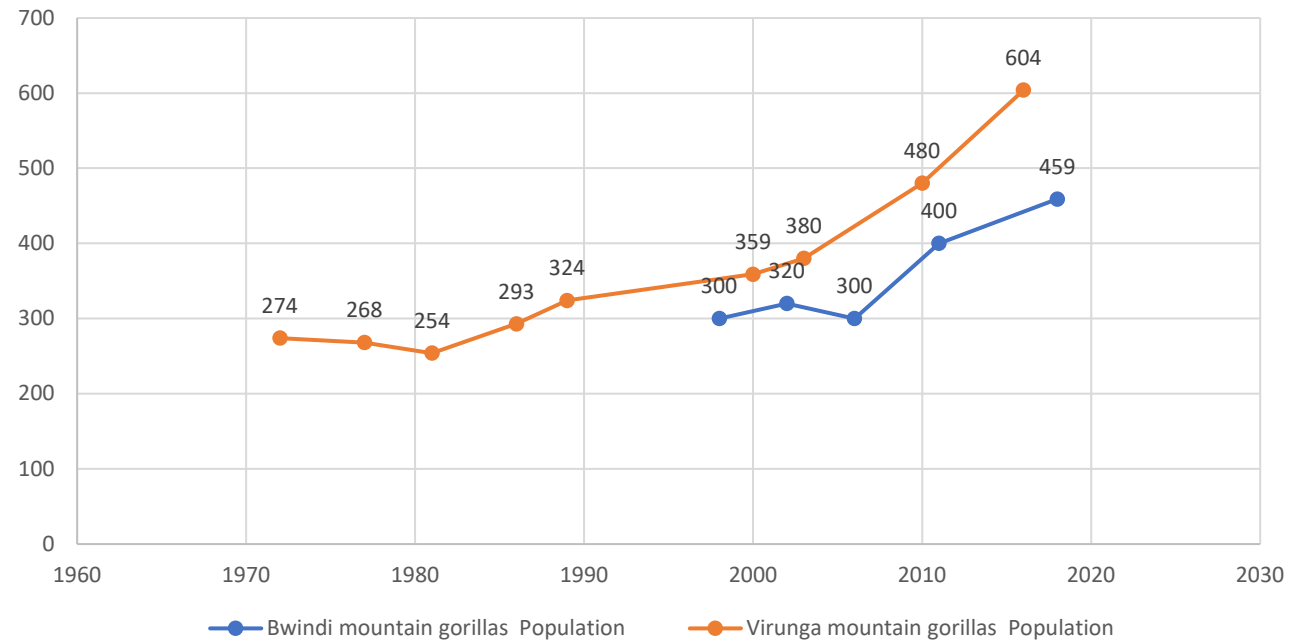
- **Good hygiene and sanitation**
- **How to prevent and control Infectious disease** (scabies, HIV, TB and other respiratory diseases, diarrheal diseases) + **COVID-19**
- **Voluntary Family planning**
- Nutrition
- Sustainable agriculture
- **Report homes visited by gorillas**
- **Awareness on zoonotic diseases**
- Gorilla and forest conservation
- Ecotourism

# 15 years later with support from Population Connection we train more Village Health and Conservation Teams to also administer Sayana Press family planning injections



# Only Gorilla Subspecies showing a positive growth trend from 650 to 1063 in the past 25 years

## MOUNTAIN GORILLA POPULATIONS (1972 to 2018)



© Conservation Through Public Health, 2020

# CTPH Impact since 2003



## Contributed to the mountain gorilla population increase

- **Increase from 22% to 67% women on family planning, above national average in rural areas increase from 30% to 45%**
- **Reduced gender disparities: Women are more involved in conservation and men in family planning**
- **Gorillas are better protected in community land**
- Three to seven fold increase in homes with hand washing facilities from 10% to 75%
- Reduced human related disease outbreaks in the gorillas (scabies)
- Reduced gorilla exposure to human and livestock diseases (giardia)



# Testimony from the local Government

**Dr. Stephen Sebudde, Kanungu District Health Officer**

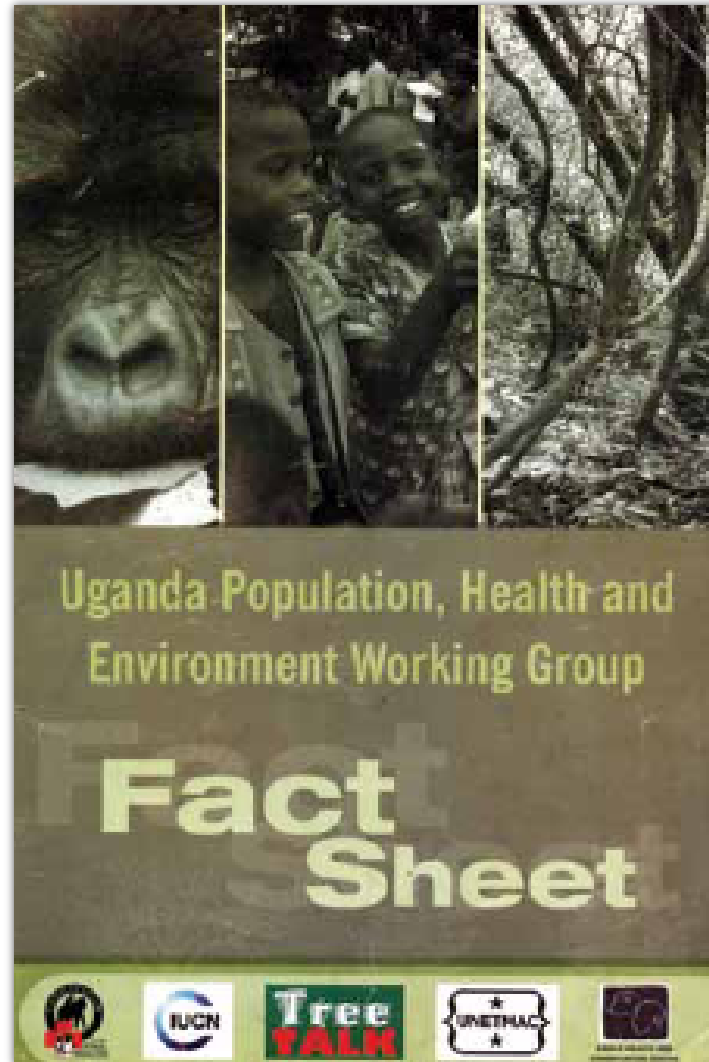
**“I commend CTPH for contributing to the reduced Fertility Rate in Kanungu District from 7.1 to 4.2, in the past 10 years, making it among the best districts in Uganda”**

**This means that the average number of children for each woman has reduced from 7 to 4!**

# Village Health and Conservation Teams set up at Virungas, Democratic Republic of the Congo (DRC) Mount Tshiabirimu and Mikeno sectors



# PHE Advocacy in Uganda



PHE INDICATOR	2000-2002	2006-2008
Population Size (Millions)	24.2 (2002)	30.7 (2008)
Population Growth Rate	3,2	3,2
Total fertility rate	6,9	6,7
Urban	4,0	4,4
Rural	7,4	7,1
Percent of married women using contraception (modern methods)	19,0	24,0
Infant deaths per 1,000 births	89,0	75,0
Child deaths per 1,000 births	158,0	137,0
Urbanization (% urban of total pop.)	12,0	13,0
HIV prevalence (% of total pop.)	7,9	6,4
Percent of households with access to improved water source	61,0	67,0
Percent of households with access to improved and nonshared toilet	41,0	58,0
Percent of population using firewood and charcoal as fuel for cooking	97,0	99,0

## COVID-19 Pandemic

Great Ape viewing regulations were upgraded in March 2020  
IUCN Great Ape Viewing guidelines, Gorilla Pathology Specialist Group



# Prevented the spread of COVID-19 among local communities and from people to gorillas at Bwindi through education and testing people and gorillas

## COVID-19

### SYMPTOMS

HEADACHE & SORE THROAT

FEVER

COUGH

SHORTNESS OF BREATH

PROTECT YOURSELF & OTHERS

There is currently no vaccine to prevent the coronavirus.



Symptoms of a coronavirus infection are similar to that of a common cold or flu.

Contact the national hotlines and/or your doctor immediately and stay at home.



For more information: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



Solidaridad



### PREVENTION

#### WASH HANDS OFTEN

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.



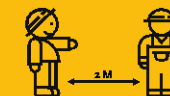
#### COVER COUGHS AND SNEEZES

Coronavirus spreads primarily through droplets generated when an infected person coughs or sneezes.



#### AVOID CLOSE CONTACT

Keep a safe distance (2 meters or 6 feet) between yourself and other people. Especially with people who are unwell.



#### CLEAN AND DISINFECT

Clean and disinfect frequently touched surfaces daily. Coronavirus also spreads when a person touches a surface or object that has the virus on it, then touches their eyes, nose, or mouth.



#### PREVENT DISEASE TRANSMISSION BETWEEN PEOPLE AND GORILLAS

Avoid close contact with gorillas and other wild animals. Stay at least ten meters (30 feet) away from gorillas. Turn away to cough or sneeze in your elbow. Call Uganda Wildlife Authority and HUGOs who will wear masks to safely chase gorillas from your gardens.



Joseph Arinaitwe - 0782 957 970 | Barbara Mugisha - 0782 589 745

# Trained Gorilla Guardians & Village Health and Conservation Teams (VHCTs) in COVID-19 mitigation

## VHCTs were able to provide family planning methods during the pandemic



# Gorilla Conservation Coffee is a Global Coffee Brand that supports farmers sharing habitats with gorillas

Coffee from farmers sharing a habitat with gorillas at Bwindi Impenetrable Forest



Donation of sales from each coffee bag sustains community health, gorilla health and conservation



# Reaching Global Markets enabled us to provide an income for Bwindi farmers in the absence of tourism during the COVID-19 pandemic

## PRODUCT

### 1° PREMIUM BLEND:

- 100% Arabica Coffee

### 3 SIZES:

- 125g
- 250g
- 500g



## WE ARE WORLDWIDE:

- Uganda
- Kenya (Safari Lounge)
- **USA ([gccoffeeusa.com](http://gccoffeeusa.com))**
- Canada
- **New Zealand ([gccoffee.nz](http://gccoffee.nz))**
- France
- **South Africa (Carico Cafe)**
- Switzerland
- **UK ([moneyrowbeans.com](http://moneyrowbeans.com))**



SAVING GORILLAS ONE SIP AT A TIME



**CTPH received funding from Population Connection to help strengthen and expand our Village Health and Conservation team model to two new parishes around Bwindi Impenetrable National Park, and support general operations**



# National Awareness Days

- CTPH works with National Population Council and other partners to annually celebrate World Population Day in Uganda



## WORLD POPULATION DAY 11 JULY, 2022

We observe this day to create awareness for issues that stem from our increasing global population.



# Family Planning commodities

- Working with Ministry of Health
- Reproductive Health Uganda
- UHMG



# Refresher training of Village Health and Conservation Teams on Family Planning



# Capacity Building for CTPH Staff

- Population Connection Short Course



# POPULATION CONNECTION

Volume 55, Issue 1  
March 2023

**PROTECTING WILDLIFE  
THROUGH IMPROVED  
HUMAN HEALTH AND  
CONSERVATION-BASED  
LIVELIHOODS IN UGANDA**



# MEMOIR OF A WILD LIFE

## Review of *Walking With Gorillas: The Journey of an African Wildlife Vet* by Dr. Gladys Kalema-Zikusoka

By Marian Starkey, Vice President for Communications

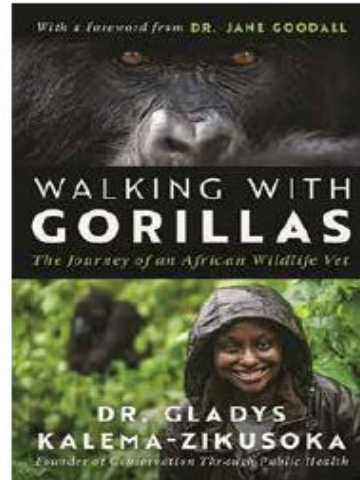
A species of ape that was predicted to go extinct before the turn of the century now numbers over 1,000 in the wild. Mountain gorillas have made a comeback, welcoming 15 new babies in 2022 alone, and that's in no small part due to decades of determination and creative and compassionate problem solving by Dr. Gladys Kalema-Zikusoka, Founder and CEO of Conservation Through Public Health (CTPH). Her organization was Population Connection's first Global Partner, and our pride in supporting CTPH has only grown since we made our first contribution in 2016. In 2021, Dr. Gladys became a member of the Population Connection Board of Directors, further strengthening our connection to her remarkable work.

After nearly three decades of working as a wildlife veterinarian in Uganda, Dr. Gladys has recounted her early life and accolade-laden career in a memoir, to be released on March 14 by Skyhorse Publishing, Inc. *Walking With Gorillas: The Journey of an African Wildlife Vet* features tear-jerking recollections of dear animal friends, empowering stories about being the only woman in graduate courses and on gorilla tracking expeditions, and heartwarming accounts of the heroes

and mentors who inspired and helped her along her way.

I've known Dr. Gladys for 16 years, but it took reading her memoir to learn that her beloved father was murdered by the maniacal regime of Idi Amin when she was a toddler. This grim chapter of Uganda's history is recounted through memories of Dr. Gladys's childhood during Amin's reign in the 1970s. Perhaps it was her experience of being raised, along with her siblings, by a widowed single mother who still managed a career as a respected political leader that gave her the confidence to pursue her somewhat unusual passion toward helping gorillas and other wildlife thrive in their natural habitats.

Her journey from amateur animal lover to world class wildlife veterinarian started with a rigorous education in veterinary science at the University of London and at North Carolina State University, where she met her husband, Lawrence, also from Uganda. She started working in Bwindi Impenetrable National Park, home to about half the world's mountain gorillas, in the early 1990s, soon after it was declared a UNESCO World Heritage Site. The park is surrounded by densely



populated human settlements, which have encroached into areas that were previously gorilla habitat, causing sometimes violent conflict between the two species.

The program model that has made the conservation goals of CTPH so successful focuses on human health and livelihoods. When people are hungry and ill, they tend not to extend sympathy to the plight of gorillas and other wildlife ranging on the borders of their settlements—especially when local folklore tells them that eating gorilla meat will cure what ails them. But when people have access to culturally sensitive health care and jobs that depend on the well-being of local wildlife, they have a vested stake in protecting it. Now

<https://act.populationconnection.org/a/may-2023-book-club-walking-gorillas>

**Publication date: 14<sup>th</sup> March 2023**

**Available to order here:**

<https://www.amazon.com/Walking-Gorillas-Dr-Gladys-Kalema-Zikusoka/dp/1950994260>

You can pre order my book in UK and other countries at:

<https://linktr.ee/dr.gladys>

<https://www.amazon.co.uk/Walking-Gorillas-Dr-Gladys-Kalema-Zikusoka/dp/1950994260>

# Thank You Very Much – Population Connection



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