Executive Summary

One Heart Worldwide’s mission is to save the lives and promote the well-being of mothers and their newborns in underserved areas of rural Nepal. One Heart Worldwide’s model, the Network of Safety, engages local stakeholders to address critical gaps in MNH service delivery, ensuring that every pregnant woman and newborn can access quality care from a trained medical provider. One Heart Worldwide works side-by-side with the Government of Nepal and local communities to provide program delivery and training through a talented team of Nepali health professionals who are supported by a small technical team in the US.

Website: https://oneheartworldwide.org/
The Story Behind One Heart Worldwide

One Heart Worldwide (OHW) was started in Tibet in 1997 as a small maternal and newborn health program from the University of Utah. At the time, one in ten Tibetan newborns and one in hundred Tibetan pregnant women died during childbirth. In 2004, the project was incorporated as One H.E.A.R.T. (Health Education and Research in Tibet) with a goal to better understand the local traditions and cultural beliefs related to childbirth in order to be able to develop a culturally sensitive, comprehensive and collaborative model to reduce the risk of maternal and infant mortality in Tibet. Based on this research, One H.E.A.R.T. started training local health providers, community members, families, and mothers in culturally appropriate safe birthing practices and helped provide them with a safe and clean place to give birth.

Between 1999 and 2009, One H.E.A.R.T. successfully developed and refined what is today called the Network of Safety model. The Network of Safety is a culturally sensitive participatory model integrating several maternal and newborn interventions from the community level throughout the secondary and tertiary healthcare facilities. By the end of 2008, in Prefecture Health Bureau reported no maternal deaths and newborn death rates dropped 70%. In 2009, One H.E.A.R.T. stepped out of Tibet and turned over their program to the local Tibetan team, who registered themselves as a non-governmental organization. To this day, the previous OHW Tibetan team successfully continues their work with local resources.

In 2010, One H.E.A.R.T. moved its operations to Nepal and simultaneously expanded to a global scale as One Heart Worldwide (OHW), a 501(c)3 registered non-profit organization. OHW subsequently launched the Network of Safety in the pilot sites of Baglung and Dolpa, two of the most remote areas of northern Nepal. At the time, these two districts faced some of the highest maternal and newborn mortality rates in the country, as fewer than 20% of pregnant mothers sought care during their pregnancies or delivered with a trained health worker. By the end of 2019 however, marked improvements both in terms of access to care and in the number of lives saved were reported by an external research team.

Since 2010, the OHW programs have reached a cumulative total of 370,000 pregnancies in support of Nepal’s national plan to provide quality MNH services to rural pregnant women and their newborns. In 2022, our programs will be active in 20 rural districts, having completed transition in 9 districts already. Now in our twelfth consecutive year in Nepal, our programs are expected to reach 87,000 pregnancies in 2022 alone, and more than 300,000 pregnancies over the next 3 years.

In addition, over the last 10 years, OHW has successfully shared the Network of Safety with several other organizations around the world. We have provided technical assistance to programs in China, Ecuador, Liberia, Mexico and Peru. One Heart Worldwide continues its path to bring the Network of Safety to scale and support women and newborns throughout Nepal and globally.
Challenge
7,000 newborns & 810 women die every day from complications related to pregnancy & childbirth. A child born in South Asia is 9x more likely to die in their first month of life than a child born in a high-income country.

Solution
One Heart Worldwide (OHW) works to eliminate this public health disparity. What it strives for is lofty, incredibly difficult, and yet very simple: believe all women and newborns should receive the quality healthcare services they deserve during pregnancy and childbirth, anytime and anyplace.

Mission
To save the lives and promote the wellbeing of the mothers and their newborns in underserved areas of rural Nepal.

Vision
A locally led health system providing equitable access to quality care for all mothers and newborns.

Impact (all data as of the end of 2021, unless otherwise specified)
• 370,000 cumulative pregnancies reached (since 2010)
• 18,216 Community outreach providers trained
• 15,519 local stakeholders trained
• 605 skilled birth attendants trained
• 10,556 MNH providers received CME (continued medical education) to improve their skills in obstetrics and neonatology
• 563 health facilities upgraded as fully functioning birthing centers
• Local co-investment in Birthing Center renovation = 50%
• 87¢ of every $1 raised is invested back into OHW programs.
• Program costs = $38/pregnancy. Since 2010, we have reduced our cost per pregnancy from over $2,000 to under $50, a 98% decrease
• We have reached 42% of our goal to provide safe maternal and newborn care for 250,000 annual pregnancies in 36 of the most rural districts in Nepal