

Hesperian Health Guides: *Knowledge for Action. Action for Health.*

“Where There Is No Doctor is unique. Never has a single book had such a broad and sustained impact on the world’s most isolated and marginalized communities. It has saved untold millions of lives.”

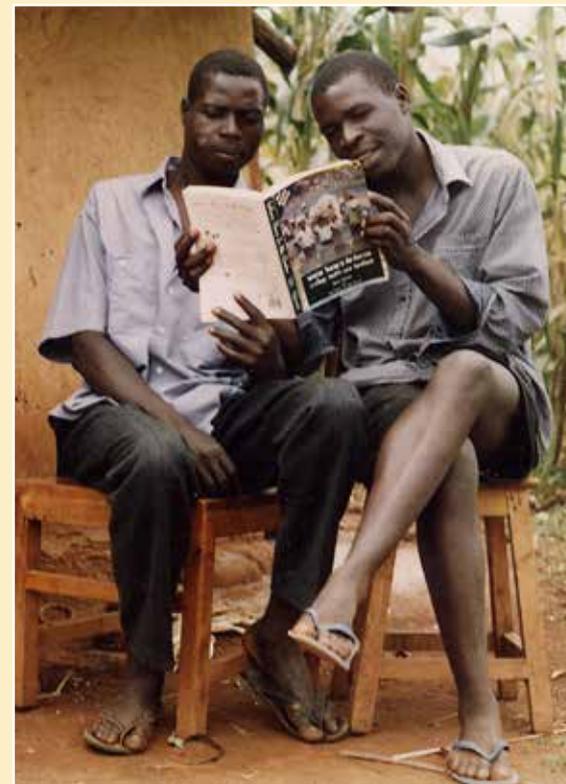
— Martin Sheen

Grassroots beginnings: *Where There Is No Doctor*

1973: In a remote hamlet in Mexico’s Sierra Madre, hours from the nearest clinic, villagers and visiting health workers created a manual of straightforward guidelines for addressing common medical problems and emergencies. And so was born *Where There Is No Doctor*, the book the World Health Organization calls “arguably the most widely used public-health manual in the world.” Over the past 40 years, Hesperian Health Guides has gone on to revise and update *Where There Is No Doctor* 28 times, publish 10 additional health titles in English and Spanish, facilitate hundreds of translations into over 80 languages by partnering with grassroots community health workers around the world, and revolutionize health content delivery through new technologies.

*“These books are going to be of great help to us, **they are more than the money you could have sent us.** I have given the books to our staff to read and use. In our health center, we treat kids born with rickets, post-polio, adults recovering from stroke and we also run a school for the blind. As you know HIV/AIDS is a big problem in our society, there are many orphans around due to that. The books are going to help us a great deal.”*

— Cecelia Wiryen, Cameroon, West Africa



Hesperian Health Guides — what makes us unique?

- **Catalyzing action from within communities:** Hesperian strives for a world in which people and communities are equipped to achieve health for all. Our mission is to provide information and educational tools that help all people take greater control over their health and work to eliminate the underlying causes of poor health.
- **Breadth of health content:** **Hesperian's books** cover topics including women's health, disability, health worker training, environmental health, dentistry, and early childhood development. Four upcoming titles focus on children affected by HIV, workers' health and safety, chronic and non-communicable diseases, and women's empowerment.
- **Open Copyright Policy:** Hesperian's pioneering **open copyright policy** encourages and supports partners around the world to adapt and translate Hesperian resources to meet the needs of their communities. There are over 280 published translations in more than 80 languages to date.
- **Global community partnerships:** All Hesperian materials are created in partnership with the people who will use them. We rely on input and feedback from thousands of grassroots health workers around the world, in addition to a rigorous expert medical review.



- **Free access to lifesaving information:** Hesperian sends thousands of free books to health workers around the world in response to written requests through the donor-funded, volunteer-run **Gratis Books Program**.
- **Innovative digital health content delivery:** The **Hesperian Digital Commons** makes Hesperian health resources more accessible to health practitioners and educators, particularly in the Global South, through a HealthWiki, mobile app, and image database.
- **Global reach:** Hesperian books have been used in 221 out of the 230 countries and territories in the world, with over 3 million books distributed and over 1 million people accessing free online resources. According to Johns Hopkins CCP, each copy of *Where There Is No Doctor* reaches an average of 40 people — which means that the more than 3 million copies in print have changed the lives of over 100 million people.

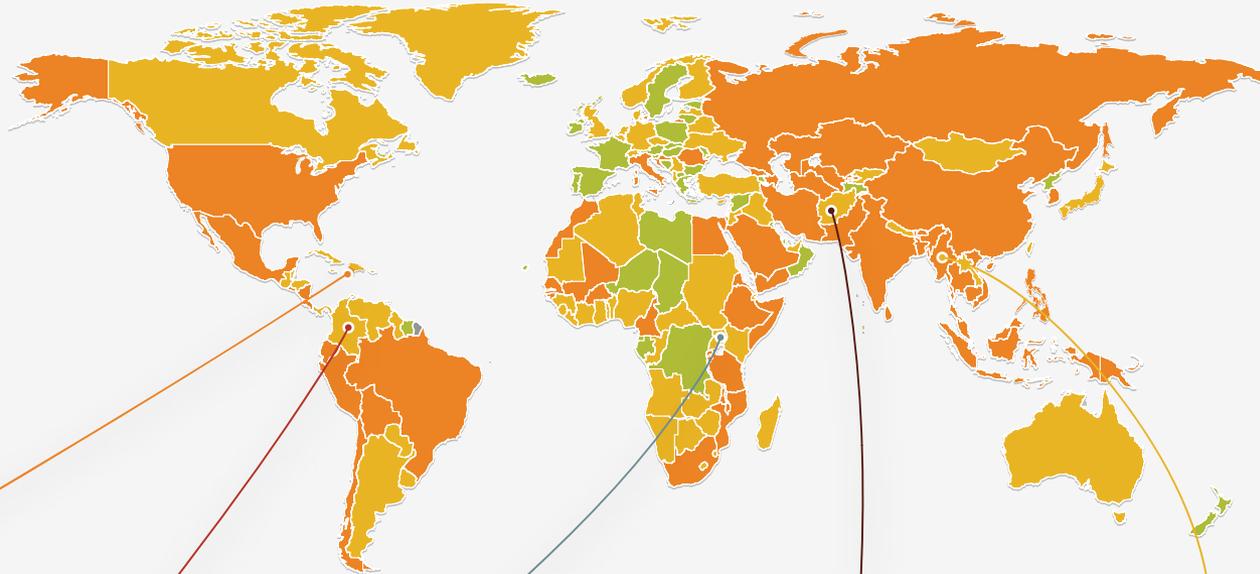
WHERE IN THE WORLD?

Our books reach people in many ways. In the countries on this map, Hesperian Health Guides have been:

Downloaded, Donated, and Translated

Downloaded and either Donated or Translated

Downloaded



Where There Is No Doctor has been, quite literally, a lifesaver for the poor—even where there is a doctor.
 —Dr. Paul Farmer, Haiti



Your books have been very important in our work as community health agents in communities suffering from violence.
 —Pastoral de la Salud Team, Colombia



People want to give us clothes, and that is nice, but your books give us knowledge, which is true power.
 —Samual Watulatsu, Uganda



I am campaigning for peace and health, using your book in Dari and Pashto, without peace, good health is not possible.
 —Dr. Hamid Elmyar, Afghanistan

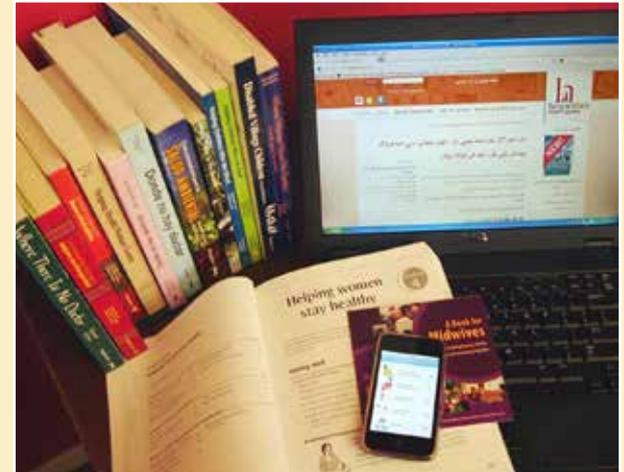


The pictures are exactly like our disabled children, which helps me to work with them according to their abilities.
 —Run Tin Ceu, Burma

Expanding access to health information: The Hesperian Digital Commons

The **Hesperian Digital Commons** is a project that re-imagines our trusted print materials through the innovative use of technology, with the goal of making lifesaving health information as accessible as possible for those who need it most. The Hesperian Digital Commons includes:

- **The Hesperian HealthWiki:** This free online resource makes it possible to access Hesperian health content from anywhere, even in areas with slow internet connections. Visitors can search for information, navigate between languages (11 so far), and copy and paste text to create health education materials. As of April 2015, nearly 5 million unique visitors have used the HealthWiki since its launch in 2012.
- **Safe Pregnancy and Birth mobile app:** Available for free download in English and Spanish for iPhone and Android devices and downloaded over 236,418 times in over 175 countries, the app provides critical information on staying healthy during pregnancy and birth, and recognizing and responding to danger signs during labor.
- **Hesperian Images:** Hesperian Images is an online database that houses over 12,000 of Hesperian's renowned health illustrations. Visitors can browse, purchase, and download images to fit the needs of their health education and training materials. Grassroots health workers are encouraged to request free images.



“Nidan is a not-for-profit Nepali organization, looking for ways in which to grow and fulfill its mission of ‘together for a healthier Nepal’. When we learned about the incredible online tools so easily accessible and made available by Hesperian, we felt like a whole new world opened up before us, with countless opportunities. We have learned that we can assimilate a vast collection of line drawings and written material from the HealthWiki on primary health care and create any sort of amalgamate we choose. We also learned that the material would soon be available in Nepali. We are extremely excited to explore all the possibilities...”

— Dr. Aditi Giri and Dr. Prashant Khatiwada, Nidan, Nepal

Looking to the future:

Looking to the future: The core purpose of our work is fundamentally the same as it was over 40 years ago: to provide medically accurate information in a multiplicity of languages and formats that empower individuals and communities to treat both medical ailments and the social causes that underlie them. In 2015–16 we plan to:

- Deepen partnerships with organizations working to support women’s health and rights as we increase distribution for our newest title, *Health Actions for Women*.
- Publish a brand new health and organizing manual for factory workers.
- Build the Hesperian HealthWiki to scale, with more languages, more content, and improved mobile access.
- Work with partners to develop training modules to expand and support their work.
- Offer more print-on-demand titles in more languages.

Recent highlights:

- **April 2015:** Executive Director Sarah Shannon is awarded the **2015 Ruth Roemer Social Justice Leadership Award** by the UCLA Fielding School of Public Health for her commitment to social justice issues through outstanding service and support of vulnerable communities.
- **February 2015:** Released highly anticipated new health title, *Health Actions for Women*.
- **November 2014:** Peace Corps and Hesperian sign Memorandum of Understanding
- **April 2013:** Executive Director Sarah Shannon is awarded the **Dory Storms Child Survival Recognition Award** by the CORE Group, recognizing her “courage, leadership, and commitment to guiding non-governmental organizations working in child survival toward more effective program implementation and increased impact.”

“...In isolated villages in Africa, hidden corners of the Middle East, and rural communities in Asia and Latin America, the mere mention of [Hesperian] draws smiles, prayers and, occasionally, deep bows of thanks. This small Berkeley publishing company is responsible for countless miracles in various parts of the world by providing basic health care books to those who either cannot afford medical treatment or cannot survive the long, arduous journey to the nearest doctor.”

— **San Francisco Chronicle**, July 22, 2005

