

Foundations for Health and Empowerment



Foundations for Health and Empowerment (F4HE) aims to improve the health and wellbeing, and enhance the equitable development and empowerment, of women, girls, their families, and their communities. The program will address the gender and social barriers that women and girls face in accessing health services to improve outcomes related to maternal, newborn, child, and adolescent health; sexual and reproductive health; and early childhood development.



Outcomes¹

Indicator	Country	Disaggregation	Baseline	Result – Year 4 ²	N (sample size)
% of supported health facilities that are gender responsive, adolescent friendly, and child friendly as per standards	Afghanistan	Gender responsive	83%	83%	6
		Adolescent friendly	67%	100%	6
		Child friendly	17%	83%	6
	Kyrgyzstan	Gender responsive	22%	67%	18
		Adolescent friendly	44%	89%	18
		Child friendly	39%	39%	18
	Pakistan	Gender responsive	12%	49%	41
		Adolescent friendly	44%	74%	41
		Child friendly	2%	60%	41
	Tajikistan	Gender responsive	63%	32%	68
		Adolescent friendly	13%	60%	68
		Child friendly	5%	35%	68

¹ The list of outcome indicators is not exhaustive. Standard indicators and/or those with data available have been shared. The full logic model with the ultimate, intermediate and immediate outcome level results is available upon request.

² The Year 4 reporting period for this project covers April 2024 to March 2025.



% of supported Early Childhood Development (ECD) centres meeting the minimum quality and secure learning environment standards	Afghanistan	Total	40%	100%	15
	Pakistan	Phase-I ³	81%	97%	34
		Phase-II	0%	88%	65
% of Canadians who state that their knowledge of international development issues increased following a public engagement activity under the project	Canada	Women, girls	N/A ⁴	88%	24
		Men, boys	N/A	100%	12
		Non-binary	N/A	N/A	0
		Gender not reported	N/A	50%	2
		Total	N/A	89%	38

Reach

Reporting Period	Country	Gender	Primary stakeholders ⁵	Intermediaries ⁶	Total Reach
Year 4 (April 2024 – March 2025)	Afghanistan	Women, girls	233,140	2,526	235,666
		Men, boys	86,661	2,018	88,679
		Total	319,801	4,544	324,345
	India	Women, girls	2,830	284	3,114
		Men, boys	250	509	759
		Total	3,080	793	3,873
	Kyrgyzstan	Women, girls	34,108	11,324	45,432
		Men, boys	23,741	10,831	34,572
		Total	57,849	22,155	80,004
	Pakistan	Women, girls	143,455	43,607	187,062
		Men, boys	129,380	28,390	157,770
		Total	272,835	71,997	344,832
	Tajikistan	Women, girls	77,009	2,651	79,660
		Men, boys	59,909	1,405	61,314
		Total	136,918	4,056	140,974
	Total (South, Central Asia)	Women, girls	490,542	60,392	550,934
		Men, boys	299,941	43,153	343,094
		Total	790,483	103,545	894,028
	Canada	Women, girls	-	226,666	226,666
Men, boys		-	226,906	226,906	
Non-binary		-	4,577	4,577	
Total		-	458,149	458,149	

³ Phase-I and Phase-II ECD centres in Pakistan were initially reached at different points in the project lifecycle and are from very distinct contexts. Therefore, results for each type of centre are presented separately.

⁴ Data for this indicator was not required at baseline, as the indicators are directly linked to implementation of activities.

⁵ The individuals intended to experience an improvement in well-being as the ultimate outcome of the program. For instance, this might include those receiving health services in a health program, or women and girls in a women's empowerment program.

⁶ Individuals that are not the primary stakeholders of the project, but that will experience a change in capacity and behaviour, practices, or performance which will enable them to contribute to the program's efforts to improve wellbeing of primary stakeholders. For example, this might include health workers or health officials in a health program, or traditional community leaders in a women's empowerment program.



Cumulative Reach (to March 2025)	Total (South, Central Asia)	Women, girls	885,200	139,648	1,024,848
		Men, boys	538,290	102,941	641,231
		Total	1,423,490	242,589	1,666,079
	Canada	Women, girls	-	1,015,921	1,015,921
		Men, boys	-	1,016,161	1,016,161
		Non-binary	-	20,612	20,612
		Total	-	2,052,694	2,052,694