

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 project addresses 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 – Endline / Cumulative ²	N (sample size) – Year 5 / Endline
% of live births attended by skilled health personnel	Afghanistan	Total	72%	90%	2,394
	Kyrgyzstan	Total	99%	100%	1,212
	Pakistan	Total	83%	93%	1,009
	Tajikistan	Total	92%	100%	1,011
% of children who meet age-appropriate developmental standards (cognitive, language, social, emotional and physical)	Afghanistan	Girls	68%	73%	428
		Boys	68%	74%	520
		Total	68%	73%	948
	Pakistan	Girls	33%	70%	153
		Boys	41%	71%	212
		Total	37%	71%	365
	Tajikistan	Girls	85%	92%	201
		Boys	81%	92%	213
		Total	83%	92%	414



% of supported health facilities that are gender responsive, adolescent friendly, and child friendly as per standards	Afghanistan	Gender responsive	83%	90%	10
		Adolescent friendly	67%	60%	10
		Child friendly	17%	90%	10
	Kyrgyzstan	Gender responsive	22%	72%	18
		Adolescent friendly	44%	89%	18
		Child friendly	39%	39%	18
	Pakistan	Gender responsive	12%	32%	47
		Adolescent friendly	44%	53%	47
		Child friendly	2%	4%	47
	Tajikistan	Gender responsive	63%	38%	74
		Adolescent friendly	13%	93%	74
		Child friendly	5%	37%	74
% of women of (25-34) who made decisions alone or jointly on selected topics on personal and child health and Early Childhood Development (ECD)	Afghanistan	Total	26%	50%	724
	Kyrgyzstan	Total	34%	56%	497
	Pakistan	Total	17%	66%	455
	Tajikistan	Total	28%	68%	436
% of supported ECD centres meeting the minimum quality and secure learning environment standards	Afghanistan	Total	40%	85%	20
	Pakistan	Phase-I ³	81%	77%	30
		Phase-II	0%	73%	37
		Total	47%	75%	67
	Tajikistan	Total	56%	98%	42
Monetary value (Canadian \$) of support raised from local donors by local partner civil society organizations	Kyrgyzstan	Total	\$245,009	\$347,614 ⁴	2 CSOs
	India	Total	\$131,578	\$385,795	4 CSOs
	Pakistan	Total	\$859,949	\$722,898	2 CSOs
% 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 ⁵	89%	55
		Men, boys	N/A	97%	33
		Non-binary	N/A	100%	5
		Gender not reported	N/A	87%	15
		Total	N/A	92%	108

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

² This update covers the Year 5 reporting period for this project from April 2025 to March 2026. However, as this was the final year of project implementation outside of Canada, outcome values in this column represent final project achievements.

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 Year 5 actuals presented for this indicator are final cumulative values, summing two different annual measurements. Exact years assessed vary, based on distinct CSO sub-project timelines.

⁵ Data for this indicator was not required at baseline, as the indicators are directly linked to implementation of activities.



Reach

Reporting Period	Country	Gender	Primary stakeholders ⁶	Intermediaries ⁷	Total Reach
Year 5 (April 2025 – March 2026)	Afghanistan	Women, girls	160,686	4,990	165,676
		Men, boys	144,271	1,801	146,072
		Total	304,957	6,791	311,748
	India	Women, girls	2,253	357	2,610
		Men, boys	342	2,189	2,531
		Total	2,595	2,447	5,042
	Kyrgyzstan	Women, girls	8,745	4,868	13,613
		Men, boys	6,103	618	6,721
		Total	14,848	5,486	20,334
	Pakistan	Women, girls	92,661	43,951	136,612
		Men, boys	77,656	14,890	92,546
		Total	170,317	58,841	229,158
	Tajikistan	Women, girls	51,091	2,444	53,535
		Men, boys	33,575	687	34,262
		Total	84,666	3,131	87,797
	Total (South, Central Asia)	Women, girls	315,436	56,610	372,046
		Men, boys	261,947	20,185	282,132
		Total	577,383	76,795	654,178
	Canada	Women, girls	-	271,079	271,079
		Men, boys	-	271,344	271,344
Non-binary		-	5,476	5,476	
Total		-	547,899	547,899	
Cumulative Reach (to March 2026)	Total (South, Central Asia)	Women, girls	1,200,636	196,258	1,396,894
		Men, boys	800,237	123,126	923,363
		Total	2,000,873	319,384	2,320,257
	Canada	Women, girls	-	1,287,000	1,287,000
		Men, boys	-	1,287,505	1,287,505
		Non-binary	-	26,088	26,088
		Total	-	2,600,593	2,600,593

⁶ The individuals intended to experience an improvement in well-being as the ultimate outcome of the project. For instance, this might include those receiving health services in a health project, or women and girls in a women's empowerment project.

⁷ 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 project's efforts to improve wellbeing of primary stakeholders. For example, this might include health workers or health officials in a health project, or traditional community leaders in a women's empowerment project.