



Healthcare Accessibility in the Central Region: A New Hope for Simiw District

Access to quality healthcare is a fundamental human right. Yet in Ghana's Central Region, especially in districts like Simiw, this right remains out of reach for many. The situation is especially dire for underprivileged residents who face a range of obstacles—from the high cost of services to the physical distance from healthcare facilities. These barriers represent lives at risk, mothers in distress, and children growing up without basic health support.

The Healthcare Crisis in Simiw

According to recent data, the doctor-to-patient ratio in the region is approximately 1:10,000, far below the WHO's recommendation of 1:1,000 (WHO, 2023). The midwifery gap is equally alarming, with 1 midwife attending to as many as 5,000 pregnant women (UNFPA, 2022).

Despite efforts by the government through the National Health Insurance Scheme (NHIS), many residents either cannot register for the scheme or struggle to renew it due to financial or logistical constraints. Health insurance coverage stands at just 60% in the region (NHIA, 2022), and even those enrolled often pay out-of-pocket for medications and services.

A Grassroots Solution: JF Ithand Firm Care Foundation Steps In

In response to this pressing need, JF Ithand Firm Care Foundation—a Ghana-based nonprofit committed to empowering underserved communities—has taken bold steps to bridge the healthcare gap in Simiw District.

Guided by our mission to make healthcare accessible to all, our team brought mobile health outreach services directly to the people of Simiw. This included:

- Free health screenings
- On-site registration and renewal for NHIS
- Health education and counseling



Voices from the Ground: Real Stories, Real Impact

During our outreach, interviews conducted by UTV captured the deep appreciation and relief expressed by community members.

"This is the first time healthcare has come so close to us. Many people have not visited a clinic in years due to financial constraints or travel difficulties. I have many health issues like blood pressure and "



"The NHIS renewal alone is a blessing. Now I can take my child to the clinic without fear."



The **chief and elders of the community also expressed heartfelt gratitude**, pledging their support for future initiatives and requesting that the Foundation return to continue this life-saving work.



Support Us

The healthcare work in Simiw is just one chapter in our ongoing mission to transform lives across Ghana. JF Ithand Firm Care Foundation is committed to expanding this initiative to more districts—one community at a time.

We invite partners, donors, and volunteers to join us in this mission. Together, we can overcome the structural and financial barriers that deny people the care they deserve.

Email: info.care@jfithand.net

Contact: +233 303981917

Website: www.jfithand.org

YouTube: https://www.youtube.com/@JFIthand_ngo

Instagram: https://www.instagram.com/jfithand_ngo/?hl=en

Facebook: <https://web.facebook.com/profile.php?id=61571775718928>

TikTok: https://www.tiktok.com/@jfithand_ngo?lang=en