Healthy Future
Public Association

Healthy Future

Building resilient, healthy communities across Kyrgyzstan.



583 Frunze St, 6th Floor
Bishkek, 720001, Kyrgyzstan

For a healthy & resilient Kyrgystan

We bring in more than 24 years of collective experience in making Kyrgystan healthier and more resilient.

Founded in 2016

Addresses the determinants of health to improve the wellbeing of the Kyrgyz population



Why our work matters

NCD BURDEN IS RISING

Kyrgyzstan faces a growing NCD crisis - cardiovascular diseases, diabetes, and hypertension now account for over 80% of all deaths. Many cases remain undetected or unmanaged due to weak preventive systems and limited early screening at the PHC level. Lifestyle-related risk factors such as unhealthy diets, low physical activity, and tobacco use remain widespread,.

MENTAL HEALTH REMAINS UNDERSERVED

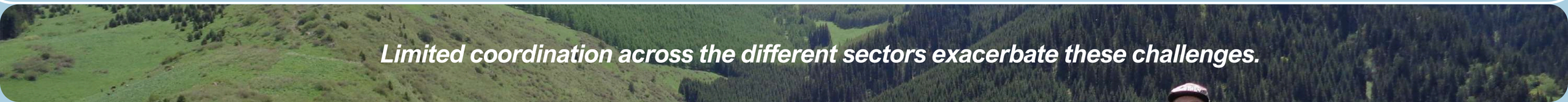
Mental health is one of the most underserved areas of the health system. Stigma, lack of qualified specialists, and insufficient integration into PHC prevent people from seeking or receiving support. Schools, workplaces, and families often lack the tools to identify stress, anxiety, or trauma early - leaving many issues unaddressed until crisis stage.

INCREASING CLIMATE-SENSITIVE HEALTH RISKS

Climate change is intensifying health vulnerabilities. Rising temperatures, floods, and changing disease patterns (e.g., vector-borne illnesses) threaten rural populations the most. Health infrastructure and local capacity remain underprepared to monitor, prevent, or respond to these emerging risks.

LIMITED ACCESS & PREVENTION IN RUAL AREAS

Despite strong policy frameworks, access to preventive and quality care remains uneven. Rural and remote communities often depend on under-resourced PHC facilities and lack systematic outreach, resulting in late diagnoses and preventable health complications.



Limited coordination across the different sectors exacerbate these challenges.

What makes us unique

Current implementer of the SDC-funded project:
“Effective Management and Prevention of Noncommunicable Diseases in Kyrgyzstan”



Recognized by **MoH and WHO for nationwide rollout of PEN protocols** across all PHC facilities.

Trained **3,000+ doctors and nurses** on PHC and NCD prevention.

Built a **network of Village Health Committees (VHCs)** for rapid community mobilization. **1600 VHCs, 84% of villages.**

Reached **hundreds of thousands** through awareness campaigns, improving screening and care-seeking.

A bit more about our achievements

Achievements are related to the indicators of the SDC-funded project **“Effective Management and Prevention of Noncommunicable Diseases in Kyrgyzstan”**

Decrease of Disability Adjusted Life Years (**DALYs**) in target NCDs by end of Project Phase II

6%

Decrease of **probability of dying** from target NCDs in target regions by end of Project Phase II

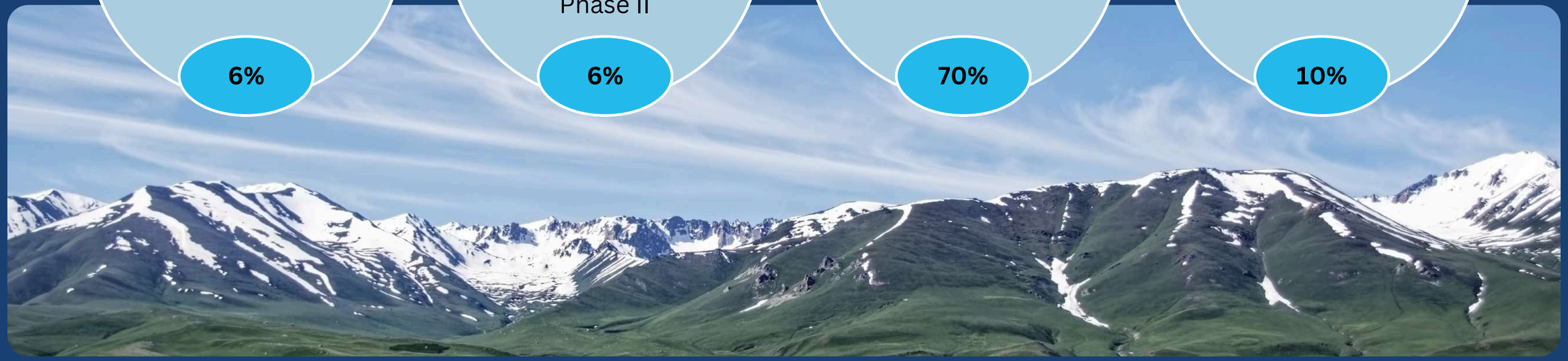
6%

% of adults in target regions reached through **NCD health education activities**

70%

Increase of **newly detected** cases of **hypertension** per 100,000 population

10%



Our intervention areas

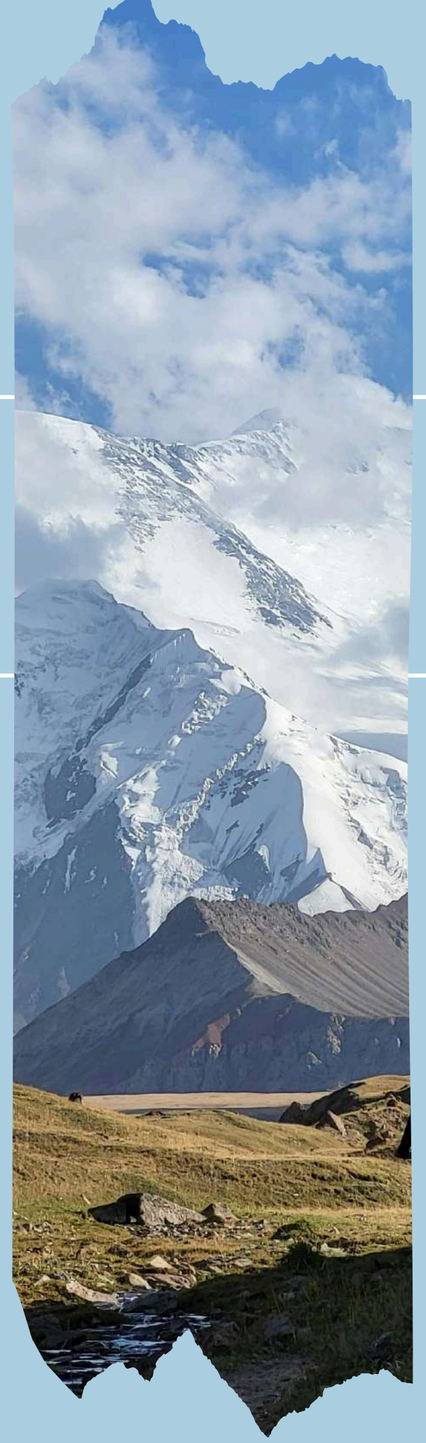
Health System Strenghtening

PHC | NCDS | COMMUNITY HEALTH | CAPACITY BUILDING | PREVENTION

AWARNESS CAMPAIGNS | EARLY DETECTION | EVIDENCE-BASED POLICY | HEALTH LITERACY

Strengthening the quality and resilience of the primary health system, expanding preventive care and early detection at community level, and providing evidence-based policy advisory.

- **Primary Health System Strengthening** – improving service quality, governance, and resilience.
- **Community-Based Prevention & Early Detection** – VHC-led awareness, NCD screening, and behaviour change.
- **Health Workforce Development** – continuous training for nurses, doctors, and frontline workers.
- **Evidence-Based Policy Advisory** – health system analysis, strategy formulation, and MoH support.
- **Multi-Stakeholder Cooperation** – connecting government, NGOs, and local self-governments.
- **Health Literacy & Awareness** – campaigns targeting prevention, gender-sensitive outreach, and youth engagement.



Our intervention areas

Mental Health

COMMUNITY OUTREACH

WORKPLACE WELLBEING

CAPACITY BUILDING

PHC INTEGRATION

SCHOOL PROGRAMS

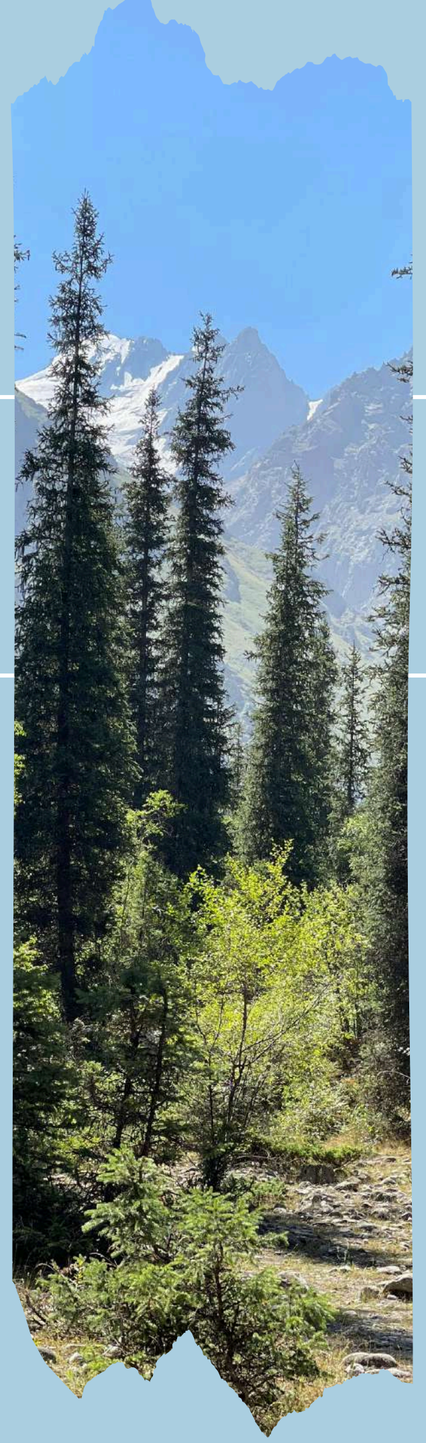
PSYCHOLOGICAL FIRST AID

AWARENESS CAMPAIGS

VIOLENCE PREVENTION

Improving access to mental-health support; strengthening the resilience of schools, workplaces, and families; integrating mental health into PHC and community systems.

- **Community Integration of Mental Health** – embed counselling and referral mechanisms within PHC / VHC structures.
- **School-Based Wellbeing Programs** – teacher and peer-support training, classroom life-skills sessions, early detection.
- **Workplace Wellbeing Initiatives** – awareness sessions, stress-management training, referral support.
- **Violence Prevention & Family Resilience** – community outreach
- **Public Awareness & Anti-Stigma Campaigns** – social-media campaigns, community dialogues.
- **Capacity Building for Frontline Workers** – VHC and PHC staff training on identification, referral, and psychological first aid.



Our intervention areas

Health & Climate Change

COMMUNITY OUTREACH

COMMUNITY TRAINING

HEALTH IMPACT STUDIES

CLIMATE-HEALTH POLICY ADVISORY

INTER-SECTORAL COORDINATION

CLIMATE RISK ASSESSMENT

AWARENESS CAMPAIGS

COMMUNITY ADAPTATION



Helping communities adapt to climate-sensitive health risks and supporting evidence-based climate-health policy and practice.

- **Climate & Health Risk Assessmen**t – local vulnerability mapping, baseline disease and exposure studies.
- **Early Warning & Preparedness Systems** – community-level response protocols for heat, floods, etc.
- **Community-Based Adaptation Action**s – clean-water/waste-management pilots, shade/tree planting
- **Capacity Building & Training** – equip VHCs and PHC workers with skills to identify and manage climate-related health impacts.
- **Awareness & Behaviour Change** – public campaigns on climate-sensitive diseases, safe water, and heat protection.
- **Evidence-Based Policy Suppor**t – integrate climate-health data into MoH / MoEnv planning and inter-sectoral coordination.

Our core team

Tolkun Djamangulova

Project Manager/Director

- Master of Science of Preventive Medicine, Kyrgyz State Medical Institute
- Strong experience in policy and program development.
- Strong track record in designing and leading projects with multidisciplinary teams.
- Experienced in facilitating dialogue between governmental and community actors.
- Demonstrated ability to mobilize, motivate, and engage communities and PHC providers.
- Hands-on experience with PEN implementation for NCD prevention and health promotion.
- Expertise in community-based health promotion initiatives.

Rakhatbek Aidaraliev

Project Coordinator/Deputy Director

- Obstetrician-Gynaecologist, Kyrgyz State Medical Institute.
- Strong management and leadership skills.
- Excellent interpersonal and communication skills for engaging with program participants and partner organizations.
- In-depth knowledge of health sector management and health systems governance, particularly in PHC management and public health.
- Solid understanding of health and social care systems.
- Proven ability to maintain effective working relationships with subcontractors and community leaders.
- Experienced in evaluation and assessment methodologies for health program

Our core team

·Akylai Taalaibekova
Technical Expert

Medical Doctor specialized in Preventive Medicine from the Kyrgyz State Medical Institute, experienced in coordinating health programs and providing technical support for implementing and monitoring activities at both PHC and community levels. Skilled in organizing public health events, training sessions, and research monitoring, with a strong background in managing population-level interventions and coordinating activities across target areas.

Nuriia Abdyrazakova
Technical Expert

Endocrinologist from the Kyrgyz-Russian Slavic University (B. N. Yeltsin), with extensive experience in developing and delivering training programs for VHCs and PHC facilities. Skilled in coordinating health program activities at the regional level, conducting capacity-building sessions for PHC professionals, and providing technical support for implementation and monitoring. Experienced in liaising with PHC managers and VHC leaders to ensure effective communication, alignment, and reporting across all project activities.

Mehrigiul Ablezova
M&E & Research Coordinator

Master of Arts in Sociology from Ball State University, Muncie, IN, USA, with experience in evaluation, study and methodology design, data collection and analysis, and field research. Worked as a research consultant for development partners, contributing to evidence-based program design and assessment.

Our core team

Natalia Leshchenko
Finance Officer

Accounting and Auditing graduate from Kyrgyz State National University, with extensive experience in accounting systems and financial management. Detail-oriented and analytical, skilled in problem-solving and decision-making, and recognized for integrity, discretion, and reliability. Strong communication and organizational skills, able to manage multiple tasks efficiently, meet tight deadlines, and work effectively both independently and within a team environment.

Begaiym Egimbaeva
Communication Officer

Master of Arts in Journalism and Mass Communication from the American University of Central Asia, with experience in planning and implementing promotional activities to enhance organizational visibility and reputation. Skilled in partner and beneficiary communication, designing and executing awareness campaigns, public events, and information workshops. Experienced in managing websites and social media platforms, maintaining media relations, and ensuring effective coverage of organizational initiatives.

What we published so far

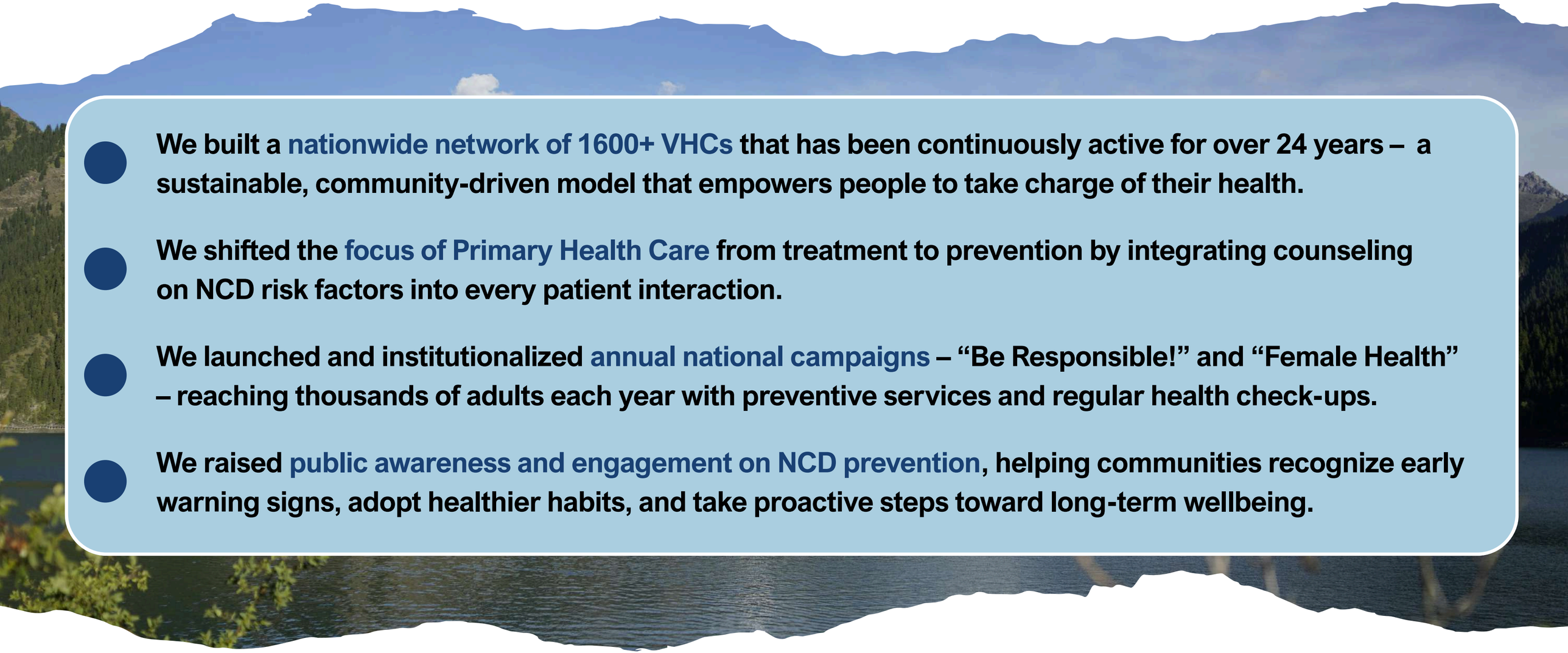
For General Use

- Manual for Volunteers on the Main Risk Factors of NCDs
- Guidelines for VHCs – Prevention of Main NCD Risk Factors
- Methodological Guide: The Safety Route for Noncommunicable Diseases
- Brochures on Breast and Cervical Cancer
- Brochures on Hypertension and Type 2 Diabetes
- Posters for PHC Facilities – Prevention of NCD Risk Factors
- Posters for VHCs and the General Population – Prevention of NCD Risk Factors
- Series of Videos on the Prevention of NCD Risk Factors

For Medical Workers

- WHO PEN Protocols (adapted for Kyrgyzstan)
- Clinical guidelines on hypertension, diabetes mellitus, breast and cervical cancer
- Clinical algorithms on hypertension, diabetes mellitus, breast &cervical cancer
- Standard Operational Procedures for family nurses on NCDs
- Video lectures for PHC staff
- Guide to proper nutrition for NCD patients and health workers
- Guidelines for PHC staff on Patient Education Classes
- Study report on the management of patients with hypertension at the PHC level

What we are really proud of



- We built a nationwide network of 1600+ VHCs that has been continuously active for over 24 years – a sustainable, community-driven model that empowers people to take charge of their health.
- We shifted the focus of Primary Health Care from treatment to prevention by integrating counseling on NCD risk factors into every patient interaction.
- We launched and institutionalized annual national campaigns – “Be Responsible!” and “Female Health” – reaching thousands of adults each year with preventive services and regular health check-ups.
- We raised public awareness and engagement on NCD prevention, helping communities recognize early warning signs, adopt healthier habits, and take proactive steps toward long-term wellbeing.

Why partner with us

1

Proven Track Record of Impact

For more than 24 years, we as a team have consistently delivered measurable, evidence-based results in strengthening Kyrgyzstan’s primary health system. Our interventions have reached hundreds of thousands of beneficiaries, supported national policy reforms, and built the country’s most resilient community health network recognized by the MoH and the WHO.

2

Strong Technical Credibility

Our team and extended network of experts brings decades of expertise in health policy, NCD prevention, mental health, and climate-health linkages. Healthy Future is a recognized partner of national ministries, WHO, and international donors, combining grassroots reach with policy-level influence.

3

Trusted Access Through the VHC Network

With over 1,600 VHCs active across all regions, we operate through a trusted, locally anchored structure that connects directly with communities. This network enables rapid mobilization, tailored outreach, and direct engagement - a critical bridge between citizens and the health system.

4

Scalable, Cost-Efficient, and Community-Based Model

Our approach is rooted in community ownership and preventive care; low-cost, high-impact, and easily adaptable to thematic areas such as mental health or climate resilience. The Healthy Future model demonstrates how locally driven action can transform public health outcomes nationwide and offers a replicable blueprint for other contexts.



THANK YOU!

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For further information, please contact
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