

FACT SHEET

# Training Health Care Workers and Saving Lives

How Project HOPE empowers health care workers and builds healthier, more resilient communities for an equitable world.

As guardians of our health and well-being, health care workers are the backbone of a secure society. Yet even before the devastating toll of the COVID-19 pandemic, shortages of skilled personnel left millions without the medical attention and quality care they needed. 4.5 billion people – about half the world’s population – were not covered by essential health services as of 2021. While the gap is felt disproportionately in countries experiencing high rates of poverty, the shortage of health care workers is felt by every country. The World Health Organization estimates a global shortfall of 11 million health workers by 2030, with shortages likely concentrated in low- and lower-middle-income countries. This comes as the incidence of noncommunicable diseases rises and communities feel the impacts of an aging population. A sustained and strategic investment in the global health care workforce is essential to achieve the 2030 Sustainable Development Goals, ensure health equity, and provide universal health coverage.

## How Project HOPE Strengthens the Capacity of Health Care Workers

**Project HOPE is committed to giving health care workers the knowledge, tools, and support they need to deliver expert care and save lives.**

Without health care workers, communities cannot be secure. This is why Project HOPE has worked to build a strong and resilient global health care workforce for 65 years. Every day, we equip local health care workers around the globe with the knowledge and skills they need to meet the needs of their own communities. Our training programs provide critical knowledge to help

By 2030, there will be a global shortage of **11 million** health care workers, disproportionately affecting low- and lower-middle-income countries.



At least **55 countries** do not have enough doctors and nurses to meet WHO’s recommended staff ratios, which severely compromises the quality of health care services and patient safety.

With only **3%** of the world’s health care workforce, sub-Saharan Africa is home to **24%** of patients with infectious or noncommunicable diseases.

frontline personnel prevent the spread of disease, care for patients living through trauma, administer vaccinations, provide lifesaving neonatal care to newborns, and protect their own physical and mental health.

Project HOPE also emphasizes strengthening the enabling environments that support health care workers, including mentoring, supportive supervision, and broader health systems strengthening to ensure that new skills translate into sustained improvements in quality of care.

Our methodology originated with the S.S. HOPE in 1958, the first peacetime teaching hospital ship, thanks to the vision of President Eisenhower and Project HOPE founder Dr. William Walsh. To reach as many people as possible, we use a train-the-trainer approach, where master trainers share what they learn with other health care workers in their communities. Depending on the context, we take on-site, virtual, and/or hybrid approaches, typically paired with mentoring and on-the-job engagement. Our methodology ensures that our trainings reach health workers at the epicenter of today's greatest health challenges.

## Where Project HOPE Trains Health Care Workers

Project HOPE is training health care workers across 5 continents, with active programs in China, Colombia, the Dominican Republic, Egypt, Ethiopia, Haiti, Honduras, Indonesia, Kosovo, Malawi, Mexico, Moldova, Namibia, Nigeria, North Macedonia, Poland, Sierra Leone, Ukraine, and the United States and Territories.

Whether it's responding to disasters and health crises, combatting infectious or noncommunicable diseases, building mental health resilience, or protecting maternal, neonatal, and child health, we equip health workers with the tools they need to address the health challenges in their communities.



Head to [projecthope.org](https://projecthope.org) for more information regarding Project HOPE and our efforts to support health care workers.



### SPOTLIGHT Infectious Disease

#### The Problem

Infectious diseases are a lethal global health threat with a unique ability to destabilize political and economic systems. As the leading cause of death in low-income countries — and a major contributor to preventable deaths in every country — infectious diseases like tuberculosis (TB), multidrug-resistant TB, respiratory conditions, HIV, malaria, cholera, and COVID-19 are an urgent threat. There is no solution to any global health crisis without addressing the growing threat of infectious diseases.

#### Our Response

Project HOPE tackles infectious diseases by building the capacity of health care workers at the national and community level. In Ethiopia, Project HOPE works with PEPFAR to strengthen community health and support systems, improve organizational and technical capacity structures, and increase support for data collection, enabling five Ethiopian NGOs to be prime recipients of USAID/PEPFAR funding. As part of programming in developing countries like Namibia, Nigeria, and Malawi that lack affordable preventive treatment and quality care, Project HOPE reached nearly 500,000 people through the training of health care workers. Project HOPE has also worked with national TB programs in Tajikistan and Ukraine to train health workers in effective practices.

Number of Healthcare Workers Trained Since 2015

Year	Total # of HCWs
2015	23,785
2016	25,092
2017	36,997
2018	33,395
2019	24,550
2020	116,571
2021	154,133
2022	34,161
2023	241,889
2024	33,893
<b>Total: 724,466</b>	



### SPOTLIGHT Countries in Crisis – Haiti

#### The Problem

Haiti is experiencing a complex humanitarian emergency caused by political instability, violence, high inflation, rising food insecurity, and limited access to healthcare. Since April 2024, over **110,000** people have been forced to flee their homes, living in displacement camps, makeshift shelters, and overcrowded urban spaces that have become breeding grounds for disease outbreaks, malnutrition, and gender-based violence. The country's health facilities are understaffed, underfunded, and face shortages of medical commodities. As a result, Haiti struggles with ensuring access to the Basic Package of Health Services (BPHS), has high rates of maternal and infant mortality, and its Human Development Index ranking is the lowest in the region.

#### Our Response

Project HOPE is addressing health care challenges in Haiti through mobile medical units and hospital support. This work includes training and supporting local health care workers in five health facilities, developing water, sanitation, and hygiene (WASH) infrastructure in health facilities and promoting hygiene activities within communities via Community Health Agents, and providing integrated primary health care, psychosocial support, and gender-based violence case management services. In 2024, Project HOPE provided more than 40,000 health consultations through Mobile Medical Units comprised of medical doctors, nurses, psychosocial support officers, social workers, and Community Health Agents. Project HOPE is also supplementing salaries for health care workers — many of whom have gone months or even years without pay — enabling them to support themselves, continue serving their communities, and avoid having to leave the country in search of work. As displacement and community needs grow in Haiti, Project HOPE remains committed to providing essential health care services and emergency humanitarian assistance.



### SPOTLIGHT Emergency Response

#### The Problem

When disaster strikes, it does not strike equally. Emergencies disproportionately impact under-resourced countries where health systems are under-equipped to respond to crises. In a crisis, health workers can only save as many lives as their resources allow them to. Hospitals and clinics are under-equipped, communities are unprotected from conflict, and families face a severe lack of food, clean water, and medicine. Nearly 360 million people are affected by conflict and disaster each year.

### Our Response

Before, during, and after devastating earthquakes, record-breaking storms, sudden disasters, violent conflicts, mass displacement, deadly outbreaks, and complex humanitarian crises, Project HOPE works hand-in-hand with health workers and local partners to meet the health and humanitarian needs of those most affected. In **Ukraine**, Project HOPE has rehabilitated eight health and social facilities damaged by the war and supported 317 health facilities hosting Ukrainian refugees and provides essential medical services through more than 35 mobile medical units in frontline communities. In Gaza and Lebanon, along with local partners, Project HOPE has provided mental health consultations and reached thousands of people with psychosocial support and provides more than 1,000 medical consultations through 6 primary clinics every week. In partnership with other health organizations, Project HOPE also delivered Psychological First Aid training to 30 frontline responders in Lebanon to equip them with the skills needed to teach others how to understand trauma, alleviate suffering, enhance coping mechanisms, and foster resilience. Throughout these and other emergencies, Project HOPE continues to identify the most urgent needs, support health workers on the ground, find ways to help communities often overlooked in emergencies, and look for opportunities to strengthen the health system for the long term.



### SPOTLIGHT Noncommunicable Diseases

#### The Problem

Noncommunicable diseases (NCDs) such as heart disease, respiratory disease, and diabetes are the leading cause of death in the world. More than three-quarters of NCD deaths occur in low- and middle-income countries.

#### Our Response

Project HOPE works to address the growing risks of NCDs globally by training health care workers and implementing programs targeted to the communities they serve. In Mexico, South Africa, India, Puerto Rico, and the United Arab Emirates, Project HOPE has improved clinical and mental health for people at risk of or living with diabetes through a game-based self-management education curriculum. Project HOPE is working to reduce morbidity and mortality from cardiovascular diseases in Nigeria through an initiative focused on strengthening hypertension control at the primary healthcare level. Through these and other activities, Project HOPE has reached more than 4.5 million people who either have or are at risk of NCDs.



SPOTLIGHT

## Reducing Maternal and Infant Mortality

### The Problem

Each year, more than 300,000 women die from pregnancy complications and childbirth, and 2.5 million babies die during the first month of life. In most African countries, where maternal and neonatal mortality rates are the highest, there is a critical gap in available health care workers to support pregnant women and care for newborns.



### Our Response

Project HOPE has helped provide vital services for women and infants in more than 28 countries by training and equipping local health care workers with the tools they need to improve maternal, neonatal, and child health. In Sierra Leone, Project HOPE helped launch a baccalaureate and graduate degree program in Neonatal Nursing and Pediatrics, which has equipped more than 60 graduates with the skills needed to provide advanced nursing care to newborns. Project HOPE and USAID Ghana are partnering with Ghana Health Services and the Ghana Ministry of Health to strengthen obstetric, newborn, and child health services; boost reproductive health and family planning access; and address malnutrition, malaria, and antimicrobial resistance in six Ghanaian regions, creating sustainable improvements in the health system that will benefit mothers, newborns, and children for years to come. Project HOPE is also a leading partner in neonatal and child health support in Ethiopia, establishing centers for Comprehensive Emergency Obstetric and Newborn Care, providing mentorship programs for hospitals, equipping hospitals and trained health workers to reduce barriers to emergency response and timely, life-saving obstetric and neonatal care, and supporting the establishment of 123 newborn resuscitation corners and 500 oral rehydration therapy centers. Through such programs, Project HOPE aims to achieve a global community where no woman or newborn risks dying from preventable causes.



SPOTLIGHT

## Mental Health

### The Problem

Lack of access to quality mental health care is a serious global problem — but it's also an issue in the U.S., with **18% of adults and 25% of people under 30** reporting experiences of depression or receiving treatment for it. However, due to barriers like the cost of care, gaps in insurance coverage, and a lack of qualified psychiatrists, **more than 27 million Americans experiencing mental illness are going untreated.** These gaps are especially significant for communities of color, people experiencing poverty, and other marginalized groups. For those who are able to seek care, many still face social stigma and shame around mental illness.

### Our Response

Project HOPE supports comprehensive mental health and well-being programs for those who need it most. We collaborate with Indigenous leaders, communities of color, health workers, and young people to adapt culturally appropriate mental health initiatives, address mental health stigma, and promote resilience. Project HOPE also works to raise awareness, support mental well-being, build the capacity of local partners, and provide support to affected populations. We integrate mental health support in our emergency response work, after earthquakes in Morocco and Türkiye, and in conflict settings such as Ukraine, Gaza, and Israel. In Los Angeles, Project HOPE is working with schools after the 2025 wildfires to address trauma and build resiliency among teachers and students.

To address health worker burnout, Project HOPE provides training on Mental Health and Resilience to frontline health workers, in collaboration with national and local partners, including NYC Health & Hospitals, public health departments, and free and charitable clinics across the country, expanding to 3 West African countries after notable success. In the U.S.V.I., Costa Rica and Nigeria, Project HOPE's Youth Mental Health program trains young peer educators to engage youth at schools and in their communities, building awareness and skills to reduce stigma, build resilience, protect and maintain their mental well-being, and know when and how to seek help for themselves and others.