



2023

ANNUAL REPORT



A Letter From Martha



Dear friends,

By now, you've likely heard the news – after much prayer and reflection, I've decided to leave Medical Teams. I'm so grateful for the time I've spent working alongside all of you to help heal our hurting world. I know too that it's the right time for a new leader to step in and continue our life-saving work.

The world needs Medical Teams now more than ever. Even as our teams worked courageously to meet the critical health needs of our brothers and sisters, collectively we still bore witness to so much pain.

But what brought me hope this past year were extraordinary acts of generosity and love from people like you.

As I reflect on 2023, this is what I'm focusing on – *the transformative power of this exceptional community*. You'll read more in the pages of this annual report about what we've accomplished this year together, but I want to highlight a few here.

Over the last 12 months, you helped thousands of mothers give birth safely to more than 39,000 healthy babies. In response to war and disease outbreaks in Sudan and Ethiopia, your generosity meant we could quickly expand our services on the frontlines. You trained more than 2,000 community health workers around the world to help care for their neighbors. And that's just the beginning of your impact!

Together, we've done incredible work to transform our hurting world into one that's healing.

There's a passage of scripture that I return to when I consider *how* we should bring life-saving medical care to people facing crisis. Corinthians 16:14 says, "Let all that you do be done in love." To me, that's the perfect encapsulation of the way this community cares for our neighbors around the world.

When you give of your time, money, and prayers to Medical Teams, you're participating in a radical act of loving transformation. None of us can know what the coming year will hold. But if last year is any indication, I have great faith in the power this community has to impact the lives of people around the world.

With gratitude,

A handwritten signature in black ink, appearing to read "Martha".

Martha Holley Newsome
President & CEO
2016 – January 2024

Our Calling

Daring to love like Jesus, we boldly
break barriers to health and restore
wholeness in a hurting world.

**This year, leading institutions recognized
Medical Teams for our quality care, efficiency,
and community-led interventions.**

Our recognitions include:



Transforming Lives With Health Care

At Medical Teams, we believe that the first step toward restoring hope for our brothers and sisters around the world is getting them access to health care. When disasters strike or people are forced from home by violence, we're quick to respond with life-saving medical care. But we don't stop there – we listen, comfort, and love the people we see in our clinics. Being cared for as a whole person is a transformative experience.

Together, with donors like you, we've transformed lives through loving, life-saving medical care.

**In 2023,
You Changed Lives Through...**



In 2023, You Changed Lives Through...

Medical Care

Caring for patients around the world

In countries around the world last year, people turned to us for medical care. But really, they turned to you. When you gave to Medical Teams last year, you transformed the lives of millions of people by providing them with health care.

When a parent feared their child was malnourished, you were there to help. When a veteran's tooth ached last year, they received free dental care and health consultations. When a mother went into labor, our skilled birth attendants made sure she wasn't alone.

Together, life-saving and life-changing transformations like these are possible!



In 2023, You Changed Lives Through...

Critical Supplies

**Stocking shelves and clinics in
hard-to-reach places**

It might seem humble, but a clean pair of gloves can change the course of someone's life. They're agents of transformation, just like you. A fresh pair of gloves between patients can prevent the spread of deadly diseases like cholera. Because of your generosity, providers had the supplies they needed to care for patients.

Whether in a remote area or right next door, you showed up when people needed it most.



In 2023, You Changed Lives Through...

Community Health

**Leveraging the strengths of communities
for better health outcomes**

There's one thing we've witnessed in our work that never gets old – seeing the ways people's lives transform when they're trusted to lead. That's why our community health worker programs are a fundamental part of each of our country programs. Giving to Medical Teams means strengthening communities from the inside out.

Community health workers are transformed by the opportunity to give back, and transform the lives of their neighbors by connecting them to care.

When communities lead, they're able to thrive!

IMPACT BY THE NUMBERS



4 MIL+

We helped more than 4.7 million people last year in 27 countries.



39,000+

We helped mothers safely deliver more than 39,000 babies and performed more than 7,400 emergency C-sections for mothers.



\$3.4 MIL+

We provided more than \$3.4 million in dental and medical care services in the Pacific Northwest



200+

We stocked more than 200 clinics' shelves around the world.



620,000

We reached 620,000 people with donated medical supplies.

Stories of Transformation

While statistics are good for the head, stories are good for the heart. When you meet these women – Natalia, Stella, Sydney, and Phyllis – you'll feel the way lives have been transformed by your generosity and partnership with Medical Teams.

Natalia



“I made the choice for my children.”

In 2023, Medical Teams served a population of more than 1.2 million people affected by conflict in Ukraine and Moldova

UKRAINE

When rockets began hitting Natalia’s small town, the shockwaves were deafening. She and her family were terrified. Before the war, Natalia and her husband had always called their village in Ukraine’s Donetsk Oblast region home. The narrow streets were quiet and tree-lined, the air was fresh, and each one of the quaint colorful houses was different from the other. Their beloved town was unrecognizable after the bombing began.

Soon after the invasion, Natalia’s husband left to join the army. Alone, Natalia dreaded the dark nights, the sound of explosions, the fear in her children’s eyes. Their cries broke her heart.

In early summer, she decided it was time to go.

“I made the choice for my children,” she says. “I wasn’t so much scared for my own life, but worried for them. I knew I needed to leave to protect them, even though this meant heading for the unknown.”

Natalia now lives in Izmail, a small town in southwest Ukraine. She shares a small furnished room with her three children. The first months in Izmail were especially difficult. Flashbacks to their time in war-torn Donetsk came frequently, and she struggled with anxiety and depression.

In early November, Natalia’s life transformed when she began meeting with Iuliya, a Ukrainian psychologist who joined Medical Teams to support her neighbors through counseling. In the last year, Medical Teams has provided mental health and psychosocial support to thousands of people just like Natalia.

“I started [individual counseling sessions], and it’s been difficult but good at the same time,” Natalia says. “It’s tough to talk about my memories and it makes me cry, but it helps at the same time.”

With help from Iuliya, Natalia began processing her grief and sense of loss. She wants to be able to support her children and establish a life in Izmail until they can go home.

“I know I want to get better,” she says, “and I want to make the best out of our time here.”

Stella and Angella



“I would like my child to become a nurse when she grows up to help sick people.”

In 2023, Medical Teams served a population of more than 1.2 million people in Uganda.

UGANDA

Stella is a woman of extraordinary strength. As she fled violence in Burundi, she was cut on the back by a machete – but she still carried on. She made it to safety in Uganda with her infant daughter, Angella.

Angella was like all six-month-old babies: sweet, smiling, and happy. So when she started coughing and vomiting, Stella was terrified. Angella had a high fever and refused to breastfeed. Stella worried that her baby would die.

Luckily, a neighbor had told her about a nearby Medical Teams clinic. Stella brought Angella in, and our providers jumped into action. A clinician tested baby Angella for malaria and treated her with anti-malaria medication. In just three days, Angella was back to her sweet baby ways.

Stella was so relieved her daughter was healthy again. Her fear and sense of helplessness was transformed into hope after she was able to get health care for her daughter. She says, “I thank Medical Teams for the good job they are doing. I feel proud of it. May they continue to offer services to sick people.”

Today, Stella is dreaming of her daughter’s future. After a harrowing journey to safety, she and Angella are able to rest now that her daughter has recovered.

“I would like my child to become a nurse when she grows up to help sick people by treating them like Medical Teams does,” Stella shares, beaming.

Sydney



“I never knew there was something like this...I’m so grateful.”

In 2023, Medical Teams volunteers donated 7,329 hours to hold clinics in the U.S.

UNITED STATES

Sydney, a mother to two adult sons, is the kind of woman who says yes to unexpected trips and knows the name of anyone she meets within minutes. Her appetite for life is inspiring. But after losing most of her teeth, she struggled to get help. Luckily, a neighbor told her about Medical Teams.

“I never knew there was something like this,” Sydney says. “I’m so grateful.” After the terrifying attack that led to the loss of her teeth, dentures were Sydney’s best option for a healthy future. They’re expensive and not always covered by insurance, though. Sydney needed help. That’s when Medical Teams stepped in to help transform her life through dental care, just like the 12,840 other people who visited our clinics this year.

Now, Sydney regularly visits Care & Connect Mobile Health clinics for fittings and maintenance. She’s on a first name basis with the incredible Medical Teams volunteers and staff who run clinics. They look forward to seeing her and hearing stories of her life, too.

Sydney shares, “There’s a lot going on. Never a dull moment!”

Despite her challenges, Sydney lives life to the fullest. Her strength is in her ability to still find joy after experiencing so much pain. Medical Teams is a small part of her story, but it’s the part that gave her back her smile.

Phyllis



“From the beginning of the first trip, Medical Teams empowered me.”

UNITED STATES

When Phyllis Cavens went on her first Medical Teams International trip to Thailand as a volunteer doctor, she didn't know she was embarking on a lifelong journey with Medical Teams! But Phyllis and her husband Travis both would go on to serve on 12 trips, together and apart. In total, they visited 16 different countries. Today, Phyllis stays connected to Medical Teams as a Love in Action donor. She's also a member of our global prayer team and Healthy Women, Healthy World.

“From the beginning of the first trip, Medical Teams empowered me,” Phyllis says. She was motivated to volunteer after seeing a press release from Ron Post in the local newspaper calling for care for Cambodian refugees. “When I read the article in the morning paper, I said to Travis, ‘This is something I can do.’ And he said to me, ‘I think you should go.’”

Two weeks later, Phyllis was on the plane with Ron and a team of 28 medical volunteers to Sakeo refugee camp to care for people from Cambodia. Phyllis describes her dedication to volunteering as an expression of both her faith and deep love for humanity. She finds joy and purpose in helping others.

“We are all God's children because God resides in everyone as a divine spark that calls us to love your neighbor as yourself,” Phyllis says, explaining her motivation behind her lifelong commitment to volunteering with Medical Teams. “The more you're in love with life, others, and yourself, the more you reflect the Kingdom of God.”

As a pediatrician, her heart has always been with children. An avid reader, Phyllis quotes the poet Carl Sandburg, saying, “There is only one child in the world and the child's name is All Children.” That's how she thinks of each child she's cared for, and how she continues to care today.

“It's my proudest title,” she says. “I'm a wife, a mother, I'm a Lutheran, I'm a Christian, I'm a pediatrician, and I've been blessed to be a Medical Teams International volunteer from that very first trip.”

Her generosity and compassion have been a blessing to Medical Teams from the very beginning. We are proud to continue serving alongside people like Phyllis, who have such extraordinary legacies of love.

Where You Helped In 2023



COLOMBIA

In Colombia, we're connecting communities of Venezuelan migrants to health care. In 2023, we served a population of more than 634,400 people at 6 sites across the country. Our team consists of about 70 members.

Highlights from Colombia include:

- Two institutional funders – including the U.S. Bureau of Population, Refugees, and Migration – doubled their financial commitment after the successful completion of first-year programs.
- We expanded our successful hygiene voucher program to function for people in transit with plans to substantially grow the program in 2024.
- We increased training for community health volunteers to educate their neighbors about chronic disease management and breastfeeding.



ETHIOPIA

In Ethiopia, we're committed to compassionately caring for both refugee and host communities. In 2023, we served a population of more than 595,000 people across the country.

Highlights from Ethiopia include:

- We grew the number of our nutrition sites from 6 to 82 sites and offered 224,204 consultations in 2023.
- We ranked 2nd in nutrition service quality by UNICEF, head of the UN's nutrition cluster, out of all international non-governmental organizations in Ethiopia.
- We quickly responded with life-saving care to the influx of Sudanese refugees into Amhara and the subsequent cholera outbreak in the same region.



MOLDOVA

In Moldova, we lovingly cared for Ukrainians and Moldovans affected by the ongoing conflict alongside our partners. Though our programs are refocusing on work in Ukraine, where the need is greatest, we provided valuable health care services in Moldova last year.

Highlights from Moldova include:

- Our mobile medical units, and partner medical units, conducted 822 consultations for refugee and host populations.
- We supported 3 local partners.
- We held community-based mental health and psychosocial support activities, where more than 140 people participated, and held 37 individual counseling sessions.



SUDAN

In Sudan, we work alongside the people we serve to deliver loving health care. In 2023, we served 130,665 people at 32 sites across the country. Our team consists of about 237 members.

Highlights from Sudan include:

- We adapted in April 2023 when conflict broke out, requiring flexibility and mobilization of medical teams in a dangerous security situation.
- We expanded programs into White Nile state and Gedaref to handle measles and cholera outbreaks.
- We grew our nutrition program to help treat malnutrition and increasing hunger in Sudan.

Where You Helped In 2023



TANZANIA

In Tanzania, we're breaking barriers to health care for refugees and host populations in remote areas. In 2023, we served a population of about 234,596 people at 6 sites across the country. Our team consists of about 250 members, most of whom are from Tanzania.

Highlights from Tanzania include:

- We maintained excellent safe motherhood coverage: 98% of mothers gave birth in a facility, 99% of mothers received prenatal care, and 93% of mothers received postnatal care within 2 days.
- We vaccinated 8,681 children under age 5 for measles.
- Our community health workers conducted 14,199 household visits, well above their target of 4,200 visits!



UGANDA

In Uganda, we're steadfastly serving refugees with compassionate care. In 2023, we served a population of more than 1.2 million people at 7 sites across the country. Our team consists of about 3,000 members.

Highlights from Uganda include:

- We responded quickly and effectively to an Ebola outbreak, with no Medical Teams staff or people we care for infected.
- We were chosen as the 2024 partner in Uganda by the U.N. Refugee Agency and World Food Programme.
- Our maternal mortality rate was far lower than the national average in Uganda, with 31 deaths per 100,000 live births versus the national average of 189 deaths per 100,000 live births.



UKRAINE

In Ukraine, we're courageously caring for Ukrainians displaced by the ongoing conflict. In 2023, we served a population of about 1.2 million people with 5 mobile medical teams across 3 regions. Our team consists of more than 40 members.

Highlights from Ukraine include:

- We secured more than \$4 million in institutional funding from the International Organization for Migration and the Ukraine Humanitarian Fund.
- We expanded our operations into 4 oblasts to help people in the areas most affected by the ongoing conflict.
- We expanded mental health support – including individual counseling, group sessions, and community engagement – with dedicated community health workers.



UNITED STATES

In the U.S., we're dedicated to compassionately caring for those without access to health care. Our team consists of about 30 employees, with 337 local volunteers.

Highlights from the U.S. include:

- We officially launched our Care & Connect Mobile Health model with our major partner, Kaiser Permanente Northwest.
- We hired staff dentists and nurses to support our volunteers, increasing our availability and consistency of services.
- Our COVID-19 testing program for seasonal farmworkers in Washington was recognized by the Center for Disease Control as a "National Best Practice," and now it's being adopted nationally by other organizations.



Healthy Women, Healthy World

“We are a community of women helping other women, and that brings a lot of joy in my life. It also brings a lot of completeness...even though we’re sitting in our homes, we can help someone else somewhere around the world.”

— Kristi York, Healthy Women, Healthy World member

Healthy Women, Healthy World

Since 2015, our Healthy Women, Healthy World movement has compassionately championed health for women and children around the world. Through education and events, this passionate community has delivered life-saving care to millions of women while empowering them to help their neighbors.

Healthy Women, Healthy World has raised over \$1.6 million dollars since its inception, with local chapters in both Seattle and Portland.

THIS YEAR, OUR HEALTHY WOMEN, HEALTHY WORLD MEMBERS:



Raised more than **\$130,000+** to increase access to health care for women and children around the world.



Hosted webinars for **1,500+ viewers** on gender-based violence and engaged supporters through inspirational quarterly book club meetings



Brought **41 volunteers** together to assemble and donate **500 hygiene kits** for unhoused families in Portland.



Financials

YOUR GENEROSITY BY THE NUMBERS

When you give to Medical Teams, your gift goes to work — we maximize your dollar to have the greatest impact, transforming lives both at home and abroad. Your generosity enables us to help our brothers and sisters who are hurting with life-saving medical care and medical supplies. Thank you for your support!

Medical Teams International strives for financial liquidity and reserves, allowing us to challenge ourselves to serve as many people as possible while remaining financially prudent. We are blessed by donors like you who allow us to own a medical distribution center outright and increase our impact every year.



Financials

Operating Revenue

2023

Private cash contributions	\$12,552,256
Public Grants	\$30,109,249
Gifts in Kind	\$26,231,198
Other income	\$1,228,421

Total

\$70,121,124

Operating Expenses

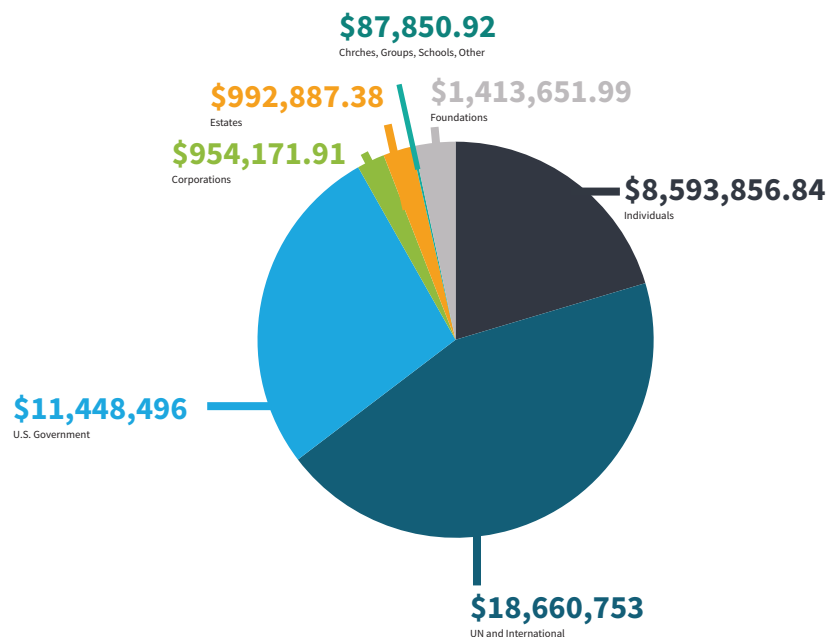
2023

International programs	\$	62,585,845
Domestic programs	\$	5,595,393
General and administration	\$	5,227,744
Fundraising and communications	\$	6,806,948

Total

\$ 80,215,930

2023 Sources of Cash Income



Liabilities and Net Assests

2023

Unrestricted net assets	\$	22,090,257
Restricted net assets	\$	4,460,363
Liabilities	\$	5,268,442

Total

\$ 31,819,062

Medical Teams International invested heavily in program growth in 2023 as we responded to urgent needs. We made strategic decisions to care for people affected by war in Ukraine and Sudan with unrestricted funds, which coincided with our multi-year fundraising campaign coming to an end. This led to an increase in spending greater than our expectations. In 2024, we are committed to balancing our revenue and expenses while continuing to provide loving, life-saving medical care for people facing crisis around the world

Corporate and Foundation Partners

THANK YOU TO OUR PARTNERS

We are grateful to our corporate and foundation partners who bring their expertise, resources and staff to the aid of people around the world. Their dedication and compassion advances the work of Medical Teams International in critical ways.

Corporate Partners



Blackell North
America Inc.





One of our staff members caring for patients in the Rwamwanja Refugee Settlement looks through a stethoscope in our onsite laboratory.

Foundation Partners

Ben B. Cheney
Foundation

BridgeHead
Foundation

Employees
Community Fund of
Boeing Puget Sound

Evangelical
Covenant Church

Gratis Foundation

Joseph E. Weston
Public Foundation
at OCF

Marie Lamfrom
Charitable
Foundation

Maybelle Clark
Macdonald Fund

Sanders Family
Foundation

Sheng-Yen Lu
Foundation

Stewardship
Foundation

The Clark
Foundation

The Norcliffe
Foundation

The Oregon
Community
Foundation

The Reser Family
Foundation

The Swigert (ESCO)
Foundation

Verdant Health
Commission

Wheeler
Foundation



Keith Watts, a retired veteran, came to Care & Connect Mobile Health for help with a painful tooth. After seeing the dentist, he said, "Please tell everyone involved in this, 'thank you so much.'"

Your Gifts Transform Lives

As we dare to love like Jesus, we're committed to caring for our neighbors around the world who would otherwise be left behind. We do this, in part, by leveraging our resources responsibly and effectively to help as many people as possible. By equipping clinics, healing patients, and empowering communities we're transforming our hurting world.

Thank you for partnering with us to care for our brothers and sisters. Your boundless generosity and faith are the fuel for our work!



Key People

Executive Staff

Martha Holley Newsome

President & CEO
(Jan 2024)

Jon Beighle

Vice President, Global Services
(Feb 2024)

Cindy Breilh

Executive Director, U.S. Programs

Mike Hogan

Vice President, Marketing &
Development
(Jan 2024)

Sam Wehbe

Chief Financial Officer/Vice President
of Finance

[See our current leadership](#)

2023 Board of Directors

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Chair, Executive Committee

Gabe Winslow

Vice Chair, Executive Committee

Ryan McAninch

Treasurer, Executive Committee Chair,
Finance and Administration Committee

Barbara McDougall

Secretary, Executive Committee

J. Michael Goodwin

Dr. Nathalie Johnson

John Phillips

Sarah Hasselbeck

Dametra Marletti-Johnson

E. Anne Peterson

Reagan Cannon

Lars Gustavsson

John Gardner

Dr. Albert Munanga

Pastor George Hopkins

Cyrus Lee, DMD

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Country Director

Ethiopia

Roger Kadima,
Country Director

Sudan

Birhanu Waka,
Country Director

Tanzania

Debora Niyeha,
Country Director

Ukraine

Duncan Fleck,
Country Director

Uganda

Jason Evans,
Country Director

USA

Cindy Breilh,
Executive Director



Act. Heal. Love.



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