

**Scaling Up Adherence To Mutual Health
Trusts Through Dialogue Structures in Buea Health District:
Case Study of Mho in Bepha-Buea**

An Abstract of the Thesis By
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The Challenge for promoters of health insurance in Cameroon is to transform the foresight for social risks into foresight for health. Health and illness come in pairs. Instead of waiting for the problem to happen again, it is better to enlarge the cycle of people, beyond that of friends and family who can help. The general objective of this work was to improve adherence to Mutual health Trusts through Households and Village Cultural Development Associations in the Buea Health District. The specific objectives were to assess heads of households and members of village cultural development associations' knowledge on BEPHA and MHO and their efficiencies. A convenient sampling technique was used to select respondents from all the seven health areas of the Buea Health District. Instrument used was the questionnaire. Data was analysed by qualitative and quantitative descriptive statistics. The results indicated that 98% of respondents were aware that health care has a cost. 68% of respondents said mutual health trusts were efficient in guaranteeing quality care. It was also observed that only 2.3% of households belong to mutual health trusts. This work proved that many households are still reluctant to enrol. Based on this mutual health trusts should improve on their managerial and technical capacity to attract more members.