

Improving Women's Health through Education and Collaboration: The Women and Health Learning Package

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The Women and Health Taskforce

- Primary goal: Development of women-friendly healthcare providers and health systems



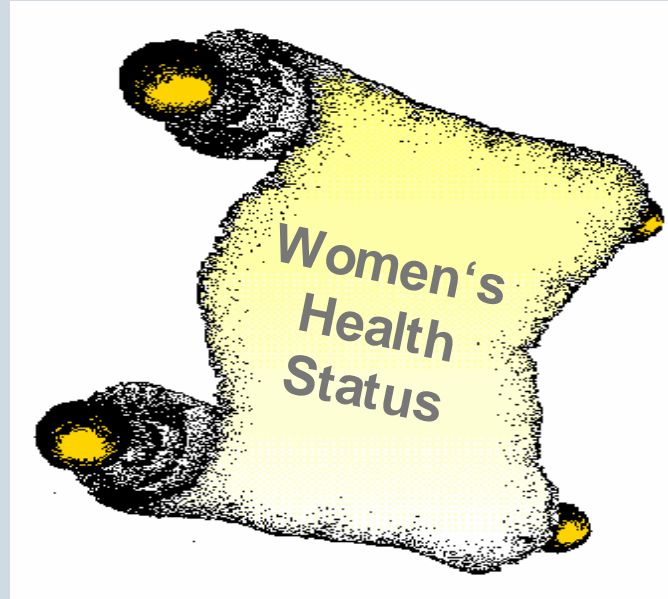
*Forum for exchange
and development*

*Strategies and
resources*

*Incorporating
gender issues in
health professions
education*

DETERMINANTS OF WOMEN'S HEALTH STATUS

Individual behavior and psychological factors



Biological factors



Social, economic and cultural influences



Health and nutrition service



The Women and Health Taskforce



- First convened in 1993
- Re-organized and re-energized in 2002

- Members from more than 20 countries:
Egypt, India, Iran, Kenya, Malaysia, Mexico, Pakistan, Philippines, South Africa, Sudan, Uganda, USA...



The Women and Health Taskforce 2007



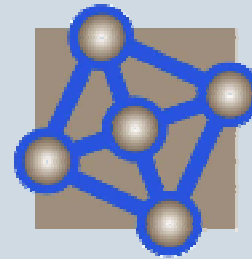
Annual Meeting in Kampala, Uganda

Key Partnerships

- Women and Health Taskforce
 - Knowledge, concepts, authorship and review
- GHETS
 - Staffing, funding and project management
- Network TUFH
 - Organization forum and networking, technology development, website and CD-ROM
- Global Knowledge Partnership (GKP) and Universiti Sains Malaysia
 - Funding for website and CD-ROM, and grant management

The Network: TUFH

- Global network of individuals, institutions and organizations committed to improving the health of communities
- Established in 1979
- Nearly 300 members in 65 countries
- Based at University of Maastricht, The Netherlands



THE NETWORK
TOWARDS UNITY FOR HEALTH



Global Health through Education, Training and Service (GHETS)

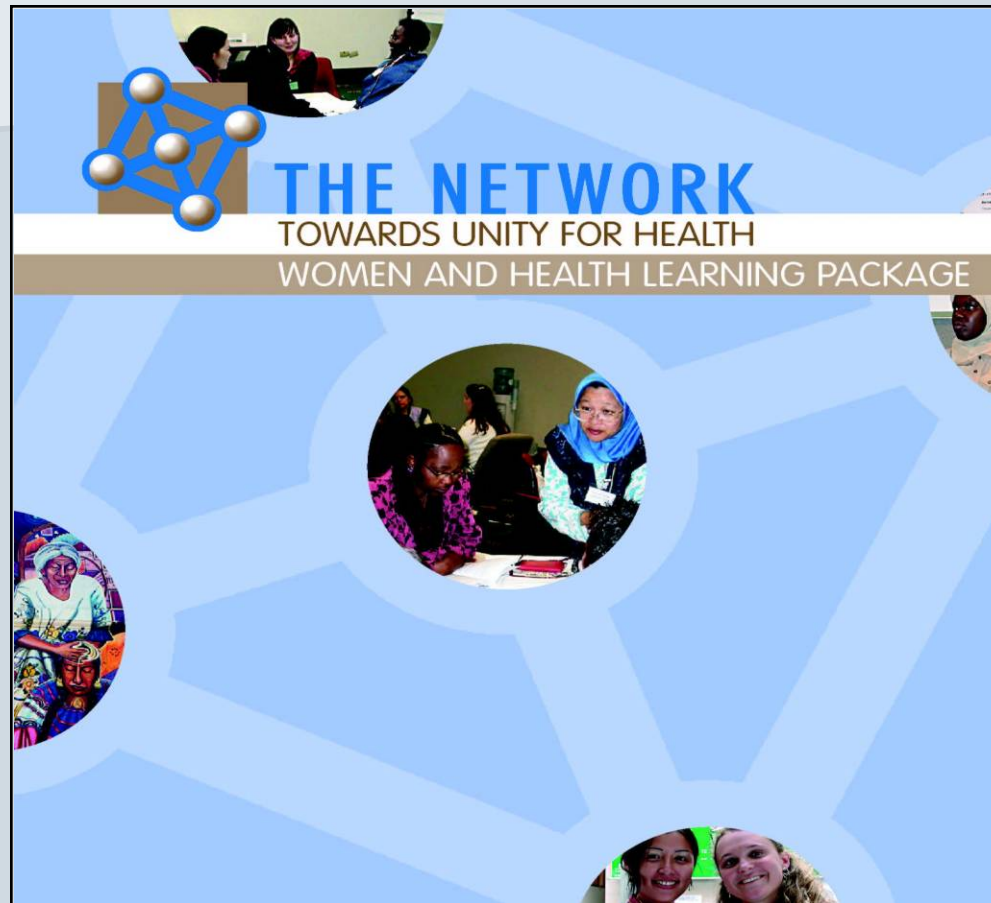
- Program development partner of The Network-TUFH
- NGO based in the USA, founded in 2002
- Invests in healthcare workers on the front lines of the struggle to improve the health of communities
- Main program areas: Women's Health, Human Resources for Health, Worker and Community Health
- Provides administrative coordination, funding and other support to the Women and Health Taskforce and its members



THE WOMEN AND HEALTH LEARNING PACKAGE



Women and Health Learning Package



Module Format

- Author Information
- Global Overview of Topic
- Regional/Local Overview
- Resources, recommended readings, websites
- Case studies
- Student notes
- Tutor notes

Phase I: Five Learning Modules

- Violence Against Women
- Gender and Health
- Adolescent Health
- Unwanted Pregnancy and Unsafe Abortion
- Contraceptive Practices

Seven Pilot Universities 2004-2005

- Ahfad University for Women
Sudan
- Mahatma Gandhi Institute of
Medical Sciences
India
- Makerere University
Uganda
- Maseno University School of
Public Health and Community
Development
Kenya
- Metropolitan Autonomous
University – Xochimilco
Mexico
- Suez Canal University
Egypt
- Ziauddin Medical University
Pakistan



Pilot Implementation

- Mini-grants of US\$1200
- Training meeting at Network-TUFH Atlanta Conference
 - Social accountability model
 - Topic orientation
 - Strategies for implementation
- Reports of projects at 2005 Network-TUFH Conference in Vietnam

Pilot Lessons

- Diversity of implementation methods and strategies
- Advantage of small size of mini-grants
 - Catalyst for project—without causing institutional problems
 - Sustainability
- Priorities for Phase II
 - Focus on modules in development
 - Dissemination and implementation
 - Community and academic institutions
 - Support for new institutions

Major Accomplishments, Phase I

- Editorial review of five learning modules
- Creation of introductory and explanatory materials
- Development of web page
- Design and production of electronic versions
- Training of pilot institution representatives
- Full-scale implementation
- Continuing publicity

Phase II: Nine Additional Modules

- Nutrition and Women's Health
- Mother to Child Transmission of HIV/AIDS
- Internalization of Domestic Violence
- Female Genital Mutilation
- Menopause
- Safe Motherhood
- Involvement of Men in Reproductive Health
- Cervical Cancer
- Use of Medicines by Women

Community-Based Projects 2005-2006

- Training for **female health volunteers** in a traditional Pushto-speaking community, Ziauddin University, **Pakistan**
- Training women, youth, health and sanitation workers in **Internally Displaced Persons camps**, Ahfad University, **Sudan**
- Educational outreach to recent medical graduates about **female genital cutting**, Suez Canal University, **Egypt**



Mini-Grants between \$1500 and \$3000



Lessons Learned

- Well developed university-community relationship is essential
 - Community buy-in and support (especially from men)
- Working within existing institutions and programs leads to greater sustainability





- Successful programs can be absorbed by institutions or used to recruit larger donors



- Small mini-grants help committed leaders lay the groundwork for larger, expanded programs



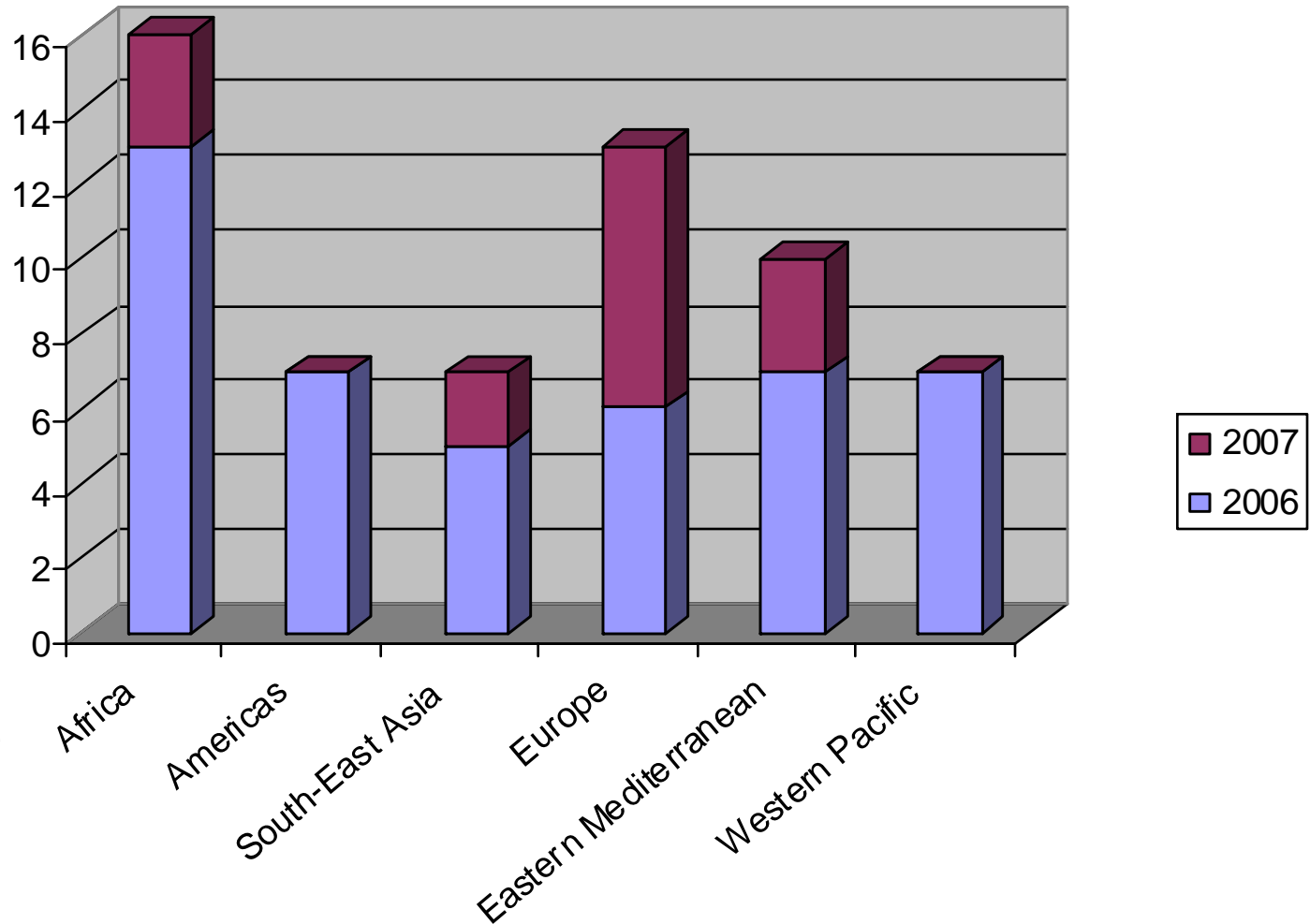
Community-Based Projects 2007-2008

- Training for **church-based women's groups** in **Nigeria** using a Training-of-Trainers (TOT) model.
- Training **community women and medical students** in Kampala, **Uganda** on reproductive health and contraception.
- Educating **at-risk-youth** in health centers in **South Africa** using specially tailored adaptations of the WHLP.
- A "National Workshop for **Promoting Women's Health Learning** for Malaysian Health Professions Students" in **Malaysia**



Mini-Grants between \$1500 and \$3000

Downloads by Region



257 unique users
201 institutions
60 countries
200 CDs

Today and Beyond

- Dissemination
 - Presentations at Network Conferences, International Women and Children conference in Dhaka, Bangladesh, regional conferences
 - Need for more systematic outreach and dissemination
- In-depth monitoring and evaluation
 - Documentation of use of modules and impact on community
 - Evaluation of modules and their usage
- Regional adaptation of the modules
- Continued, sustained funding
- Proposals for new and continuing community projects

Preliminary Evaluation

- Average Rating of All 14 Modules = 4.5
- Most used modules
 - Gender and Health
 - Adolescent Health
 - Contraceptive Practices
 - Violence Against Women
 - Unwanted Pregnancy and Unsafe Abortion
 - Nutrition and Women's Health*

Preliminary Evaluation

- Mostly medical and nursing students (71%)
 - Also used with community members, nutrition, public health students
- Adaptations
 - Incorporated in curriculum (CBE, PBL)
 - Stories/Dramas/Songs (community)
 - Adapt cases to local context
 - Translate into Spanish and Nepalese

Recommendations

- Need for new modules
 - Breast Cancer
 - Women's Health and Human Rights
 - Elderly Women
 - Obstetric Fistula
 - HIV Prevention
- Use modules with men in the community

Lessons

- Global collaboration promotes diverse learning tools
- Also highlights universal women's health issues
- Small catalysts can yield large results
- Women's health and gender-based health issues not emphasized in many health professions curricula
- Importance of educating women-friendly health providers

Declaration of Women's Health

Women have the right to the enjoyment of the highest attainable standards of physical and mental health.

The enjoyment of this right is vital to their ability to participate in all areas of public and private life.

Health is a state of complete physical mental and social well-being and not merely the absence of disease or infirmity.

Women's health involves the emotional, social and physical well-being and is determined by the of their lives, as well as by biology"

*4th World Conference on Women
Beijing, 1995*

