

# “I am Not Nobody Now”

## Empowering Women through Community Health Clubs

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August 2014 World Water Week Conference: Stockholm.  
Securing Water, Energy, Sanitation and Livelihoods through Consensus:  
Community Led Approaches in Africa





# Our Grandson!



16 children  
in Sub  
Saharan  
Africa

## **THREE THEMES:**

**Community Health Club Model of development rests on the following basic assumptions which we believe to be true:**

- 1. Holistic approach to disease prevention to reduce infant mortality**
- 2. Empowerment of Women to address ignorance**
- 3. Positive peer support to ensure behavior change**



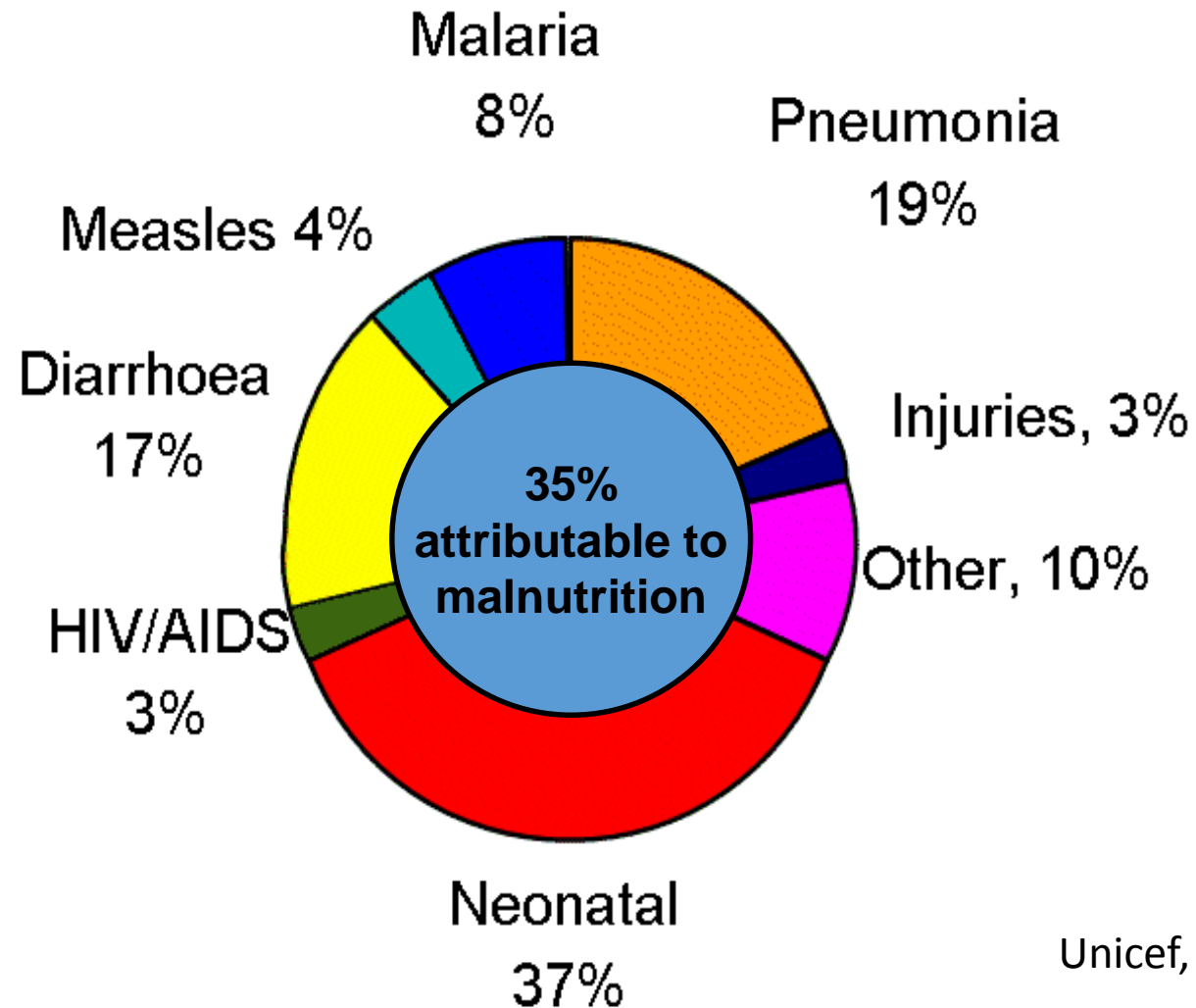
Segni of Guinea Bissau: one month old  
– died of neonatal tetanus



**Good hygiene & sanitation  
can reduce:**

- **Neonatal by 44%**
- **Diarrhoea by 88%**
- **ARI by over 30%**
- **ITNs can reduce  
Malaria by 50%**
- **Immunisation can  
prevent Measles 99%**
- **PMTCT can prevent HIV  
in babies**

# **Mortality Amongst Under Fives**



Unicef, 2006.

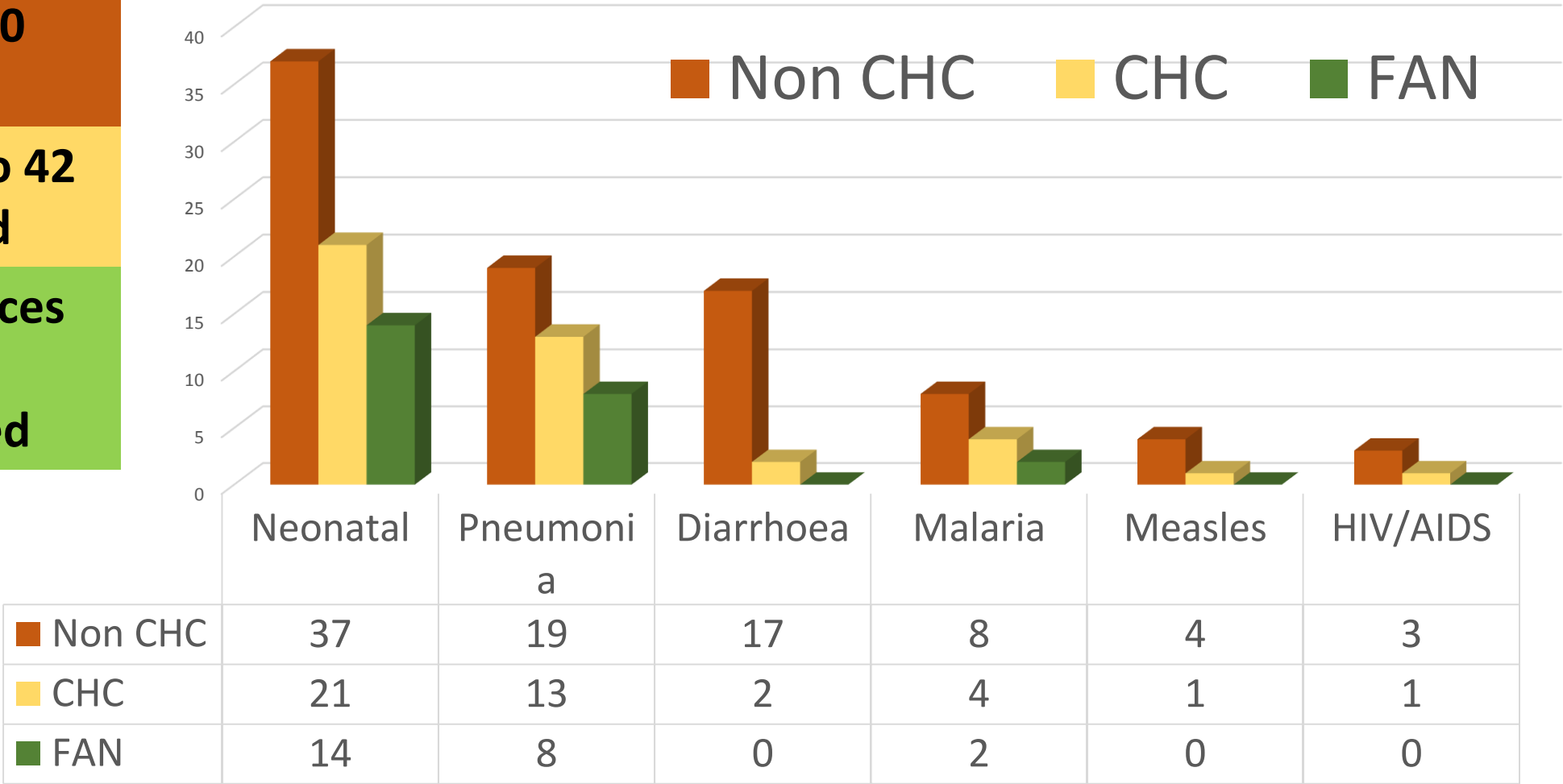
Estimated reduction of <5 child deaths through training mothers in Community Health Clubs (per 100 children)

88 deaths per 100 preventable

Reduced from 88 to 42  
46 deaths saved

Good Nutrition reduces  
from 46 to 30  
16 more deaths saved

Total saved =  
62 out of 88  
(70%)



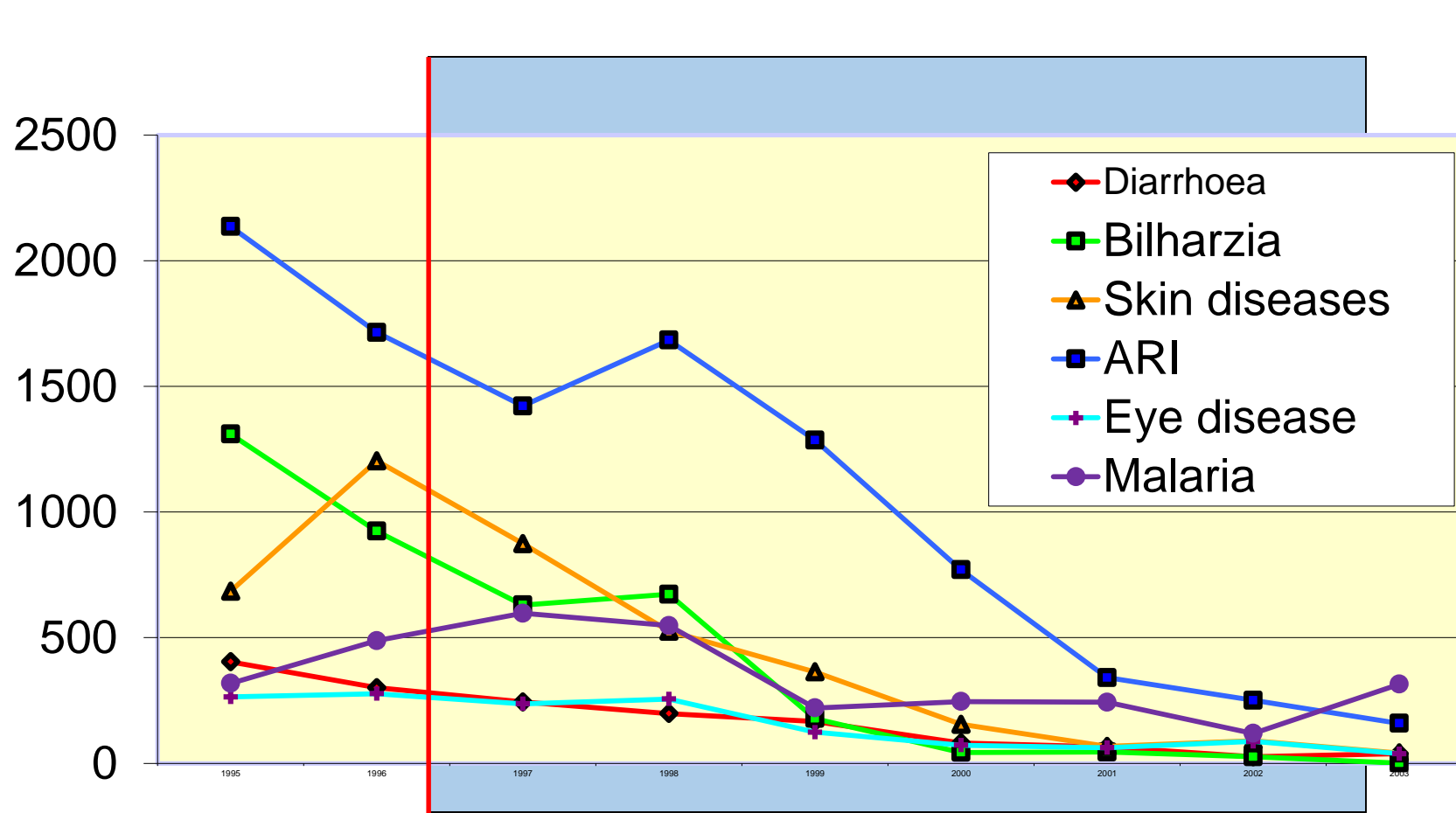
# Decrease in reported cases of communicable diseases

18 health clubs

1,777 h/holds in one ward

Period of Health Promotion 1995 - 2001

80 % coverage



Source: Ministry of Health, Makoni District Hospital, Zimbabwe.  
Ruombwe Ward. Makoni District, Manicaland 2002





**In Sakubva there were 4 cases: no deaths**





# Holistic Health Promotion Training

1. Disease Identification
2. General Hygiene
3. Handwashing
4. Water Sources
5. Water Usage
6. Drinking water
7. Germ Theory
8. Faecal – oral route
9. Defecation practices
10. Diarrhoea
11. Oral rehydration
12. Bilharzia
13. Malaria
14. Worms
15. Skin Disease
16. HIV/AIDS
17. Nutrition
18. Sanitation
19. Weaning
20. Child Care

Theory Session	Zuva	Facilitator's Signature
1 Zvakatikomberedza	21/05/12	E. C.
2 Kuona rudzi rwezvirwere	14/05/12	E. C.
3 Utsanana/Kugeza maoko	21/05/12	E. C.
4 Kuchengedza Misha zvineutsanana	08/05/12	E. C.
5 Panobva mvura yekunwa	31/06/12	E. C.
6 Kuchengedza mvura mumba	13/06/12	m. chikwanda
7 Kushandisa mvura mumba	20/06/12	m. chikwanda
8 Mvura yekunwa	27/06/12	m. chikwanda
9 KufambaKunoita utachiona	14/07/12	E. C.
10 Manyoka	11/07/12	m. chikwanda
11 Mvura yemunyu neshuga	18/07/12	E. C.
12 Zvimbudzi	25/07/12	m. chikwanda
13 Chipfunga	1/08/12	Chindaga
14 Chimhungwe	29/07/12	m. chikwanda
15 Kudya kunodiwa nemuviri	05/08/12	m. chikwanda
16 Makonye	02/08/12	m. chikwanda
17 Zvirwere zveganda nemaziso	29/08/12	E. C.
18 Rurindi nezvirwere zvechipfuwa	05/09/12	m. chikwanda
19 Mukondombera	12/1	
20 Kuronga zvekuita	20/09/12	J. Tamba

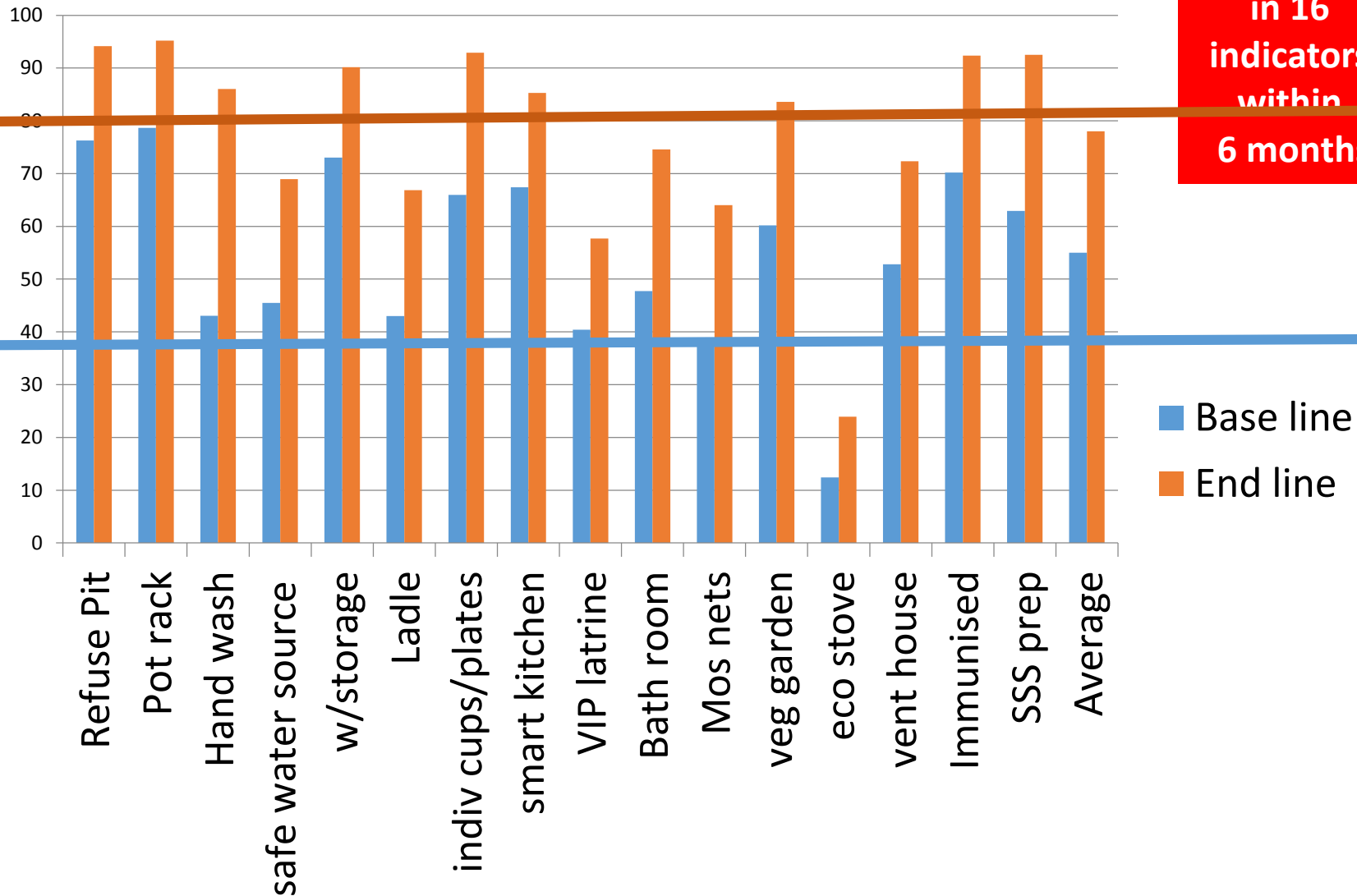


## MONITORING: OXFAM - ZIMAHEAD Project

% hygiene behaviour change in 5,502 CHC Members, in 121 CHCs in Masvingo Rural, Zimbabwe, 2011

**23%  
improved  
hygiene  
in 16  
indicators  
within  
6 months**

The  
average of  
all 16  
indicators  
was 79%  
uptake





**How do Community Health Clubs work?**

**How do we get the buy in and the response?**

**Empowerment of Women through Group support**

Community ?

COMMON  
UNITY





***‘Teach the  
women and  
you teach the  
nation’***

**Julius  
Nyerere**



05/02/2013 10:31 AM



***‘Non members  
have quite a lot of  
misunderstanding  
amongst them and  
they spend quite a  
lot of time  
quarreling, but for  
us club members  
we are always  
doing something  
constructive’***

70 yr old female CHC  
member, Zimbabwe









# A Certificate gives a sense of achievement and public recognition



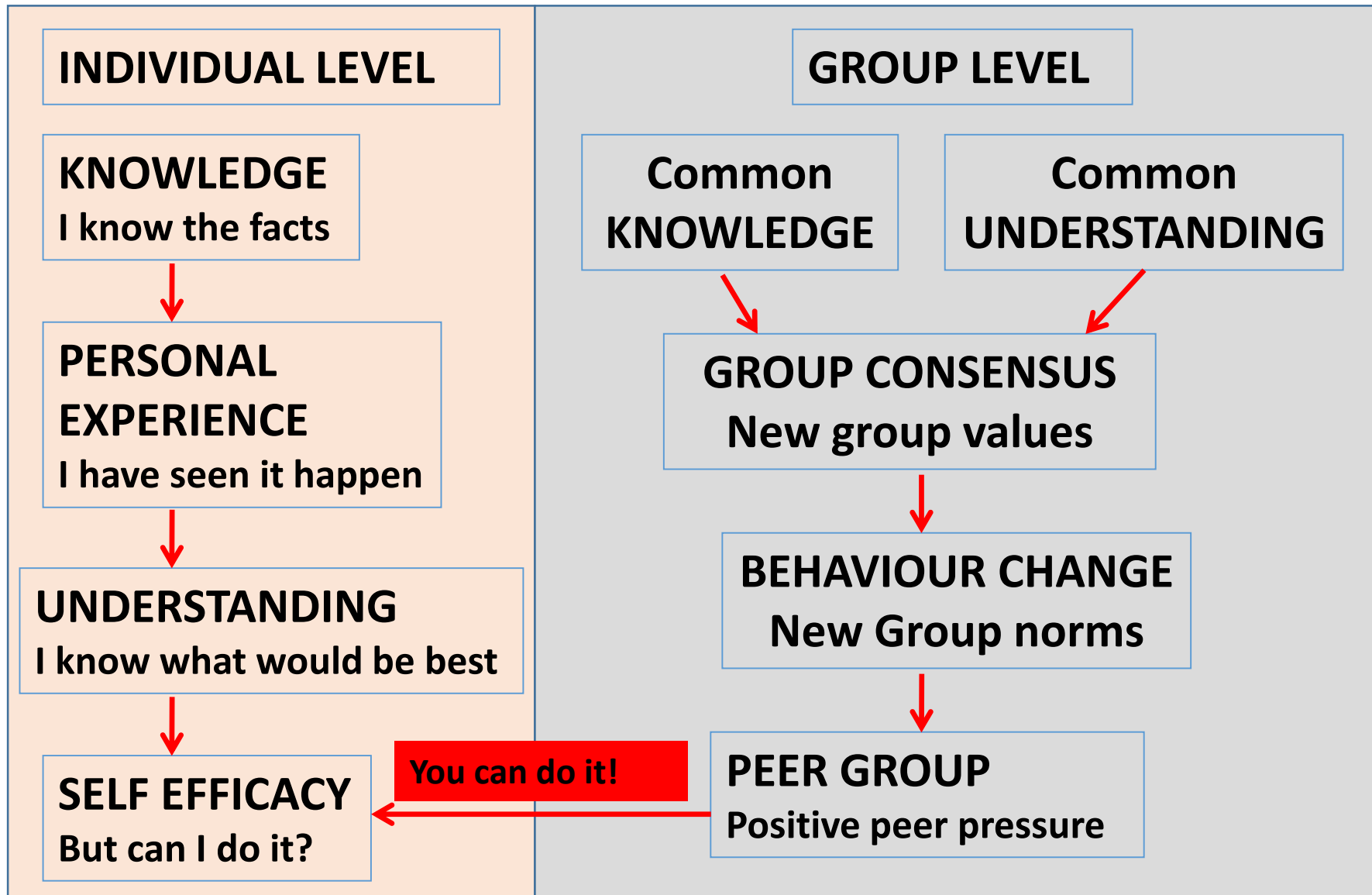


***‘To count  
to one  
million  
you have  
to start  
with 1’***

**Mother  
Theresa**



05/02/2013 10:37 AM





# Empowerment of Women





***'I AM NOT  
NOBODY  
NOW!'***

A CHC  
Trainer  
Mrs Toriro,  
in  
Zimbabwe





Women are coming  
around the corner  
Women are coming  
around the corner  
Women are coming

**Tell your friends**

Women are coming

**Tell your Government**

Women are coming

Women are coming

Women are coming

Around the corner



**THANK YOU FOR LISTENING!  
PLEASE TAKE THIS FURTHER**

[www.unicef.org/wash](http://www.unicef.org/wash)

[www.wssinfo.org](http://www.wssinfo.org) Joint Monitoring Program

[www.who.int/household\\_water/network](http://www.who.int/household_water/network)

Morof. D. (2009) Active Surveillance and Mortality Study, Post-Cholera Outbreak in Zimbabwe (EPI AID 2009-084 for Disease Control. Atlanta

For more information on Community Health Clubs please go to:

[www.africaahead.com](http://www.africaahead.com)