

Maternal Health in Slum Colonies of Kochi, Kerala

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& Amy Davies

Birth for Change

Dr Allison Wren

HWDI



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INITIATIVES**



City Sanitation Plan, 2011



- Access to toilets
- Drainage network
- Water supply
- Waste water management
- Solid waste management
- Governance issues
- Financial sustainability



Survival Strategies of Women Slum Dwellers in Kerala

Dr Gladis Mary John, 2012-2014 for the Cochin Corporation

Major Conclusions

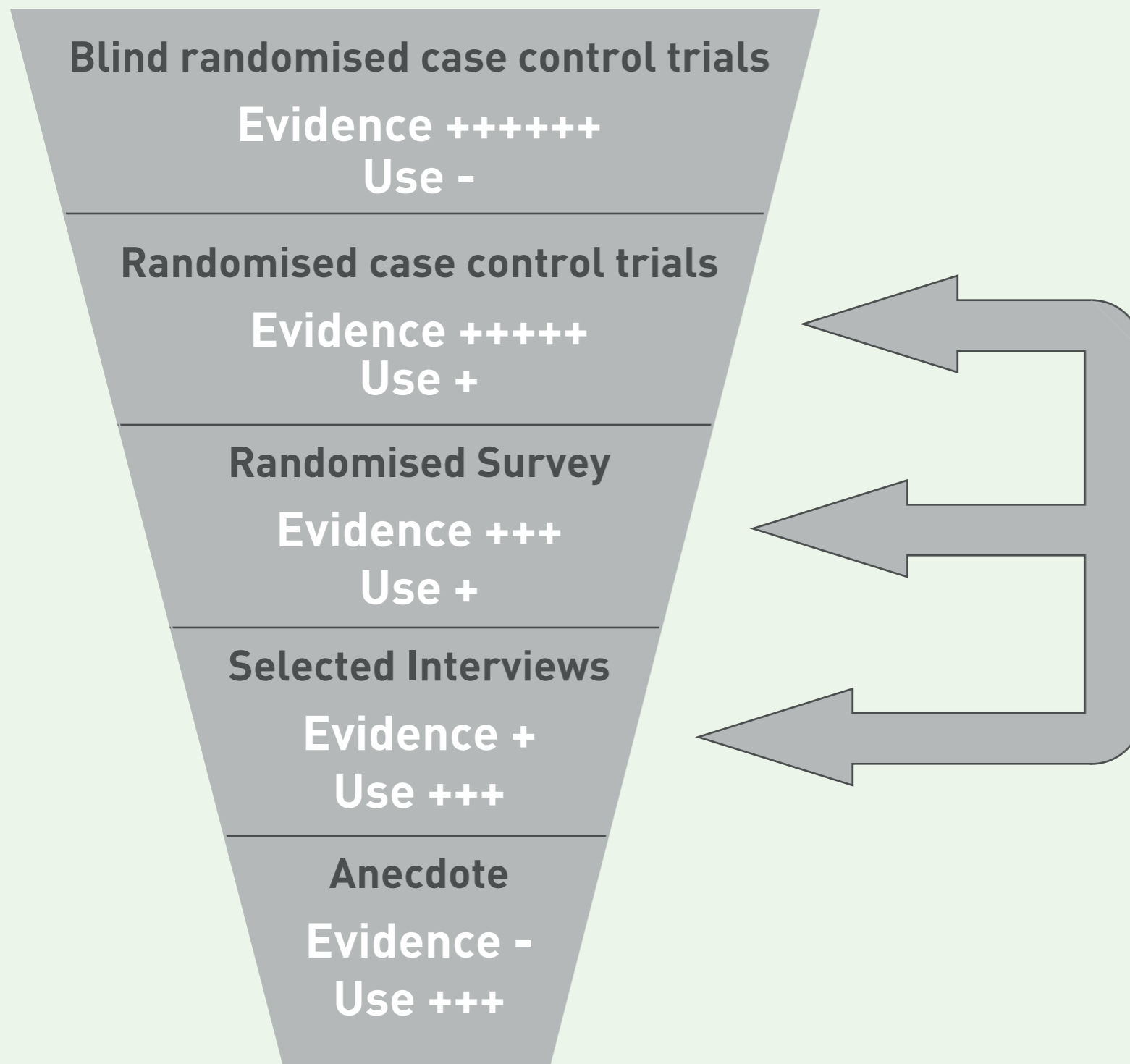
1. Pop = 603,597, 32% in 280 slum colonies, study involved 4 of these.
2. 50% of women work, no formal education facilities available.
3. 90% poor families lack drainage, some 4hrs water per day.
4. 40% have chronic health problems, no mental health available.
5. Lack of knowledge of health, welfare rights, no continued programmes.
6. Excessive use of alcohol and drugs, 60% victims of crime.

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Project Design

Participatory Impact Assessment



Project Design

Phased Approach

Phase 1

Baseline survey, randomised first 100 women, aged 18-60, from 82 households in 2 slum colonies, Udaya and PMT. Answers analysed by: surveygizmo.com
COMPLETED.

Phase 2

6 Monthly education sessions aspects of maternal health and effects of diet, smoking +drug use. An impact question asked at the beginning and end of each session, use of incentives.
COMPLETED.

Phase 3

2nd door-to-door questionnaire after 2-3 months to test for longer term reflection, behavioral changes, use of a control group.
WILL BEGIN SOON.

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Phase 1 - baseline survey

Family Background

SNAPSHOT

98% Moved to slum

Family size 1-3 children

28% Illiteracy

84% Some education

83% Had been pregnant

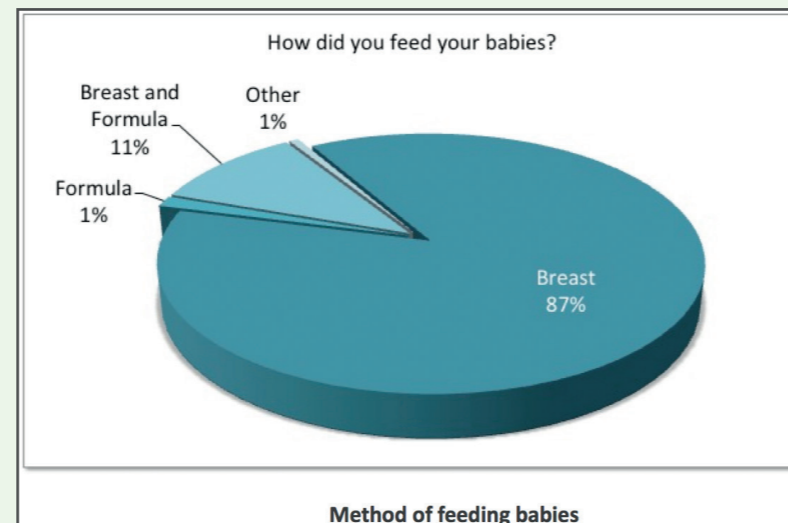
96% Born in hospital
(62% - Government
33% - Private)

32% By caesarean section

28% Had a miscarriage

	Number of responses	% Responses	% Respondents
Normal birth	103	68.21%	93.75%
Instrumental- ventouse/forceps	0	0.00%	
Caesarean section	45	31.79%	
Total births	151	100%	
Total responses question	75		
Did not answer question	5		6.25%
Total	80		100.00%

How was each child born?



Reason	Number of responses	% Responses	% Respondents
Continuing education	9	10.71%	67.00%
Not sent to school	2	2.38%	
Not interested in studying	9	10.71%	
Failed Grade/Degree	7	8.33%	
Parents(s) Alcoholic	3	3.57%	
Death of parent(s)	3	3.57%	
Ill health of parents	4	4.76%	
Personal Illness	2	2.38%	
Financial difficulties	22	26.19%	
Household responsibilities	7	8.33%	
Marriage	3	3.57%	
Pregnancy	1	1.19%	
Started Work	3	3.57%	
Other	9	10.71%	
Total reasons	84	100%	
Total responses question	67		
Did not answer question	33		33.00%
Total	100		100.00%

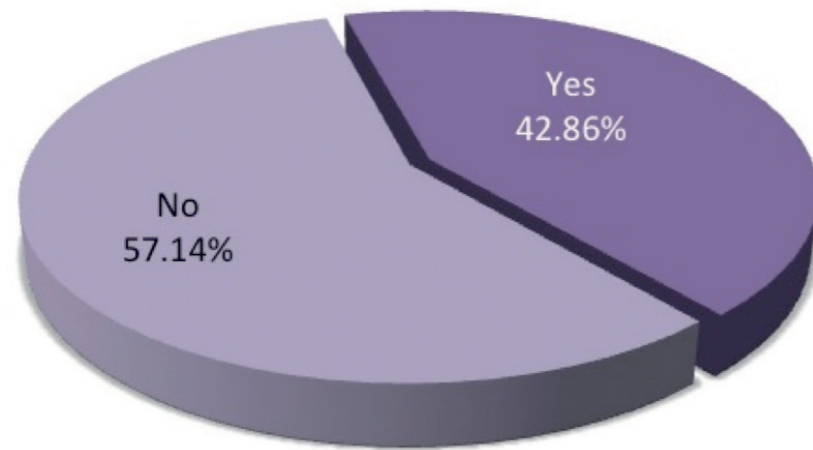
why did you stop going to school?



Phase 1 - baseline survey

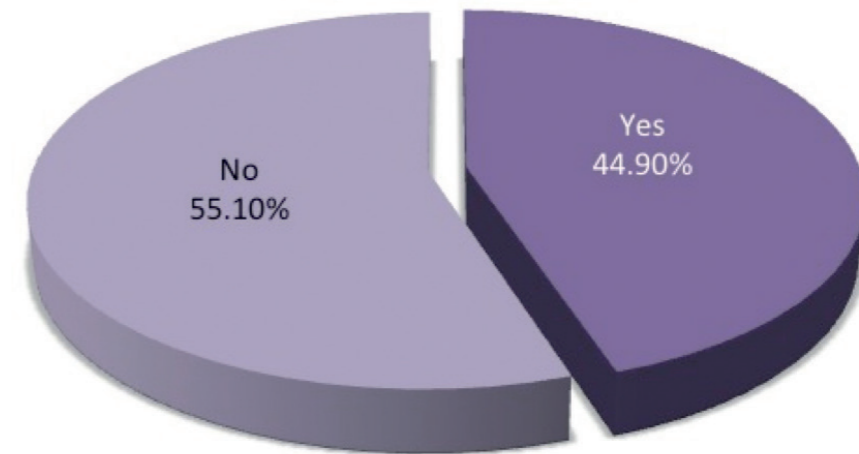
Menstruation - 1

Did your mother tell you anything about menstruation?



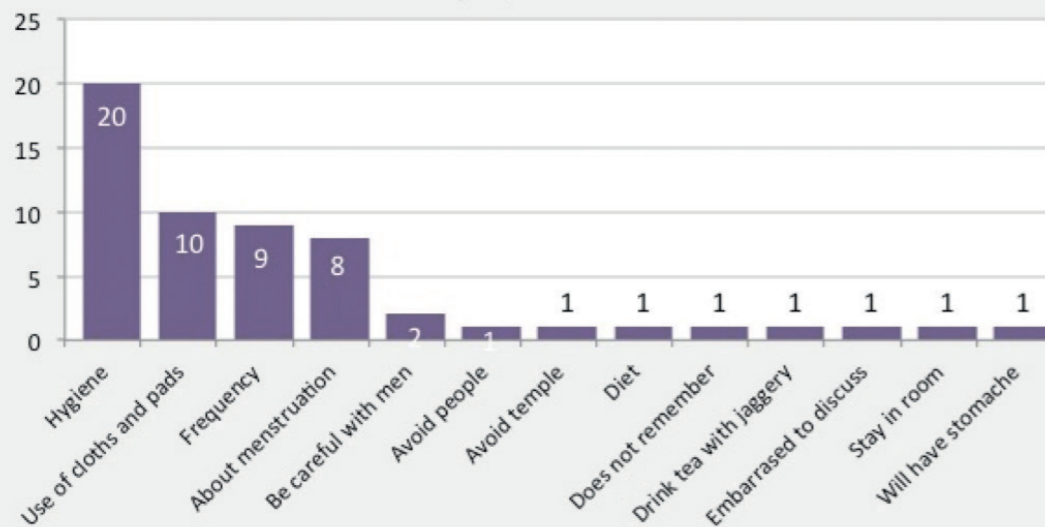
Taught about menstruation by mother

If you have daughters, have you told them anything about menstruation?



Told daughter(s) about menstruation

If yes, what was it?

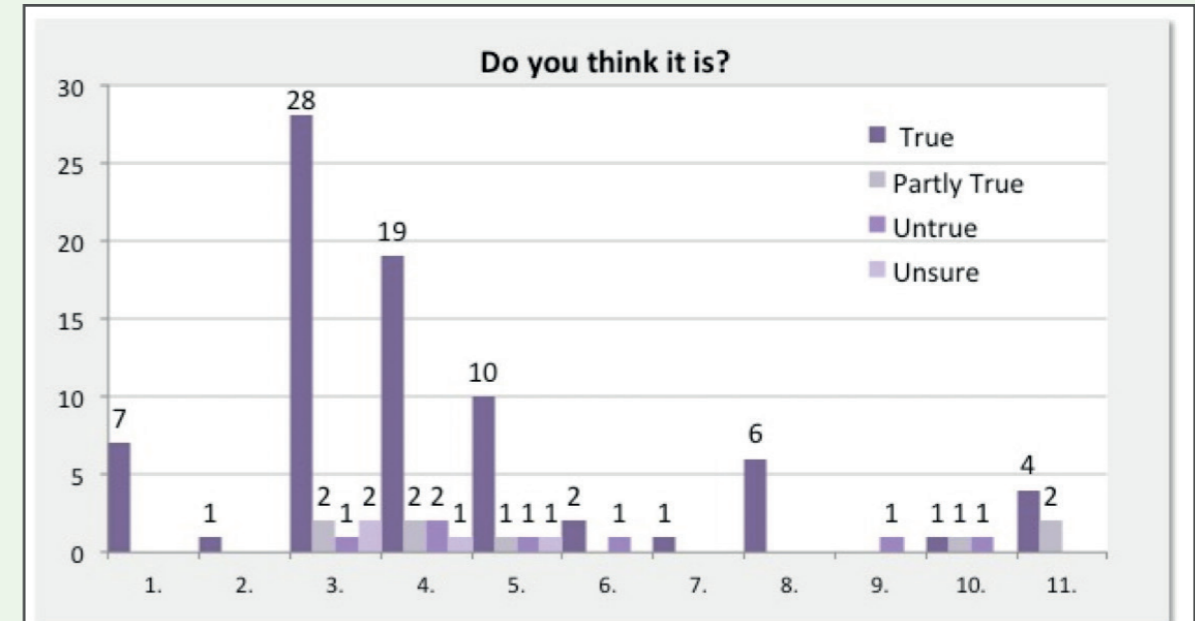
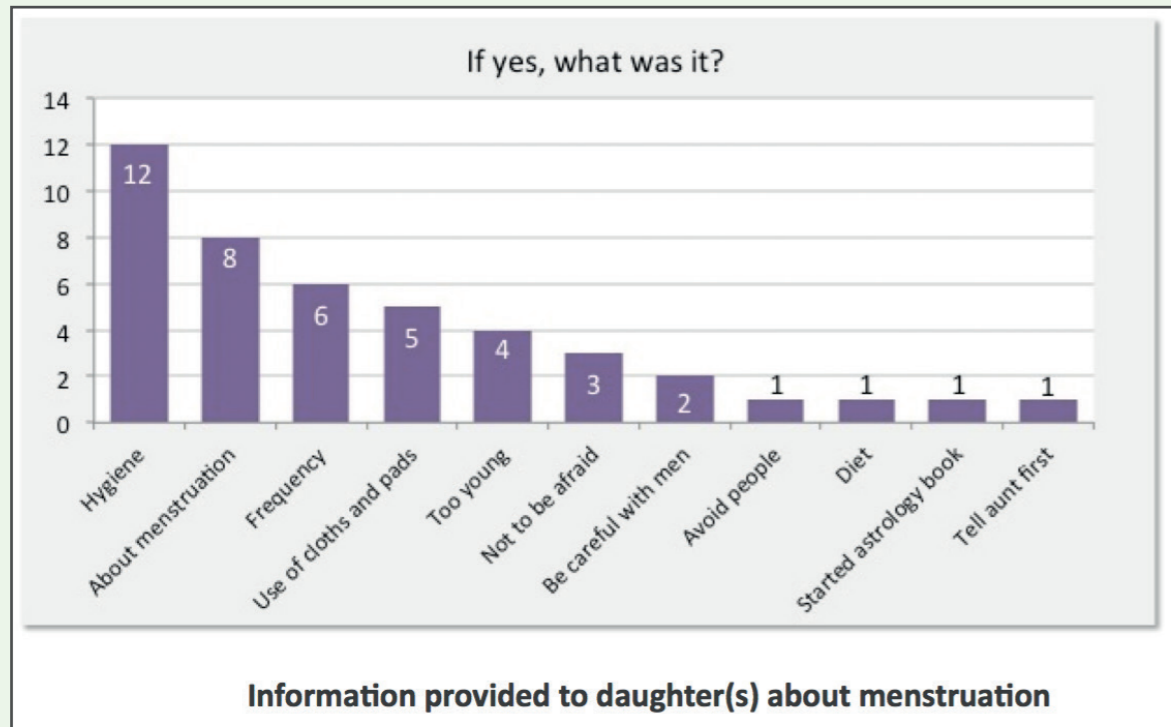


Information about menstruation provided by mother



Phase 1 - baseline survey

Menstruation - 2



1. Oil bath/bath daily
2. No Meat for 7 days
3. No touching religious items (lamps, pictures, books, clothes)
4. No going to temple, mosque, church
5. No touching or separate items (kitchen, plates, glasses, food)
6. Stay outside of the house or in a separate room during period
7. No need to fast during Ramadan
8. Cleanliness and management of periods (burning old cloths etc)
9. Celebration when period started
10. No sex
11. Stay in house during period

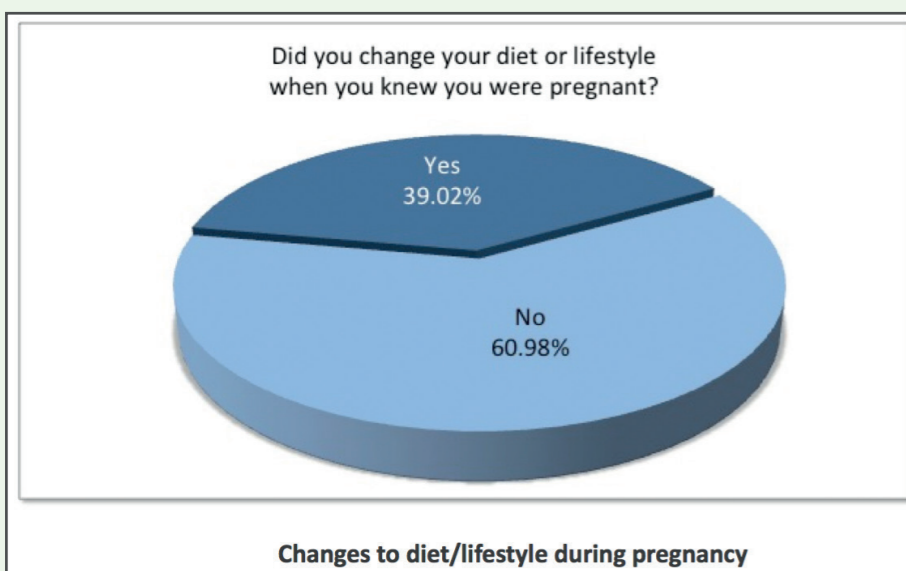
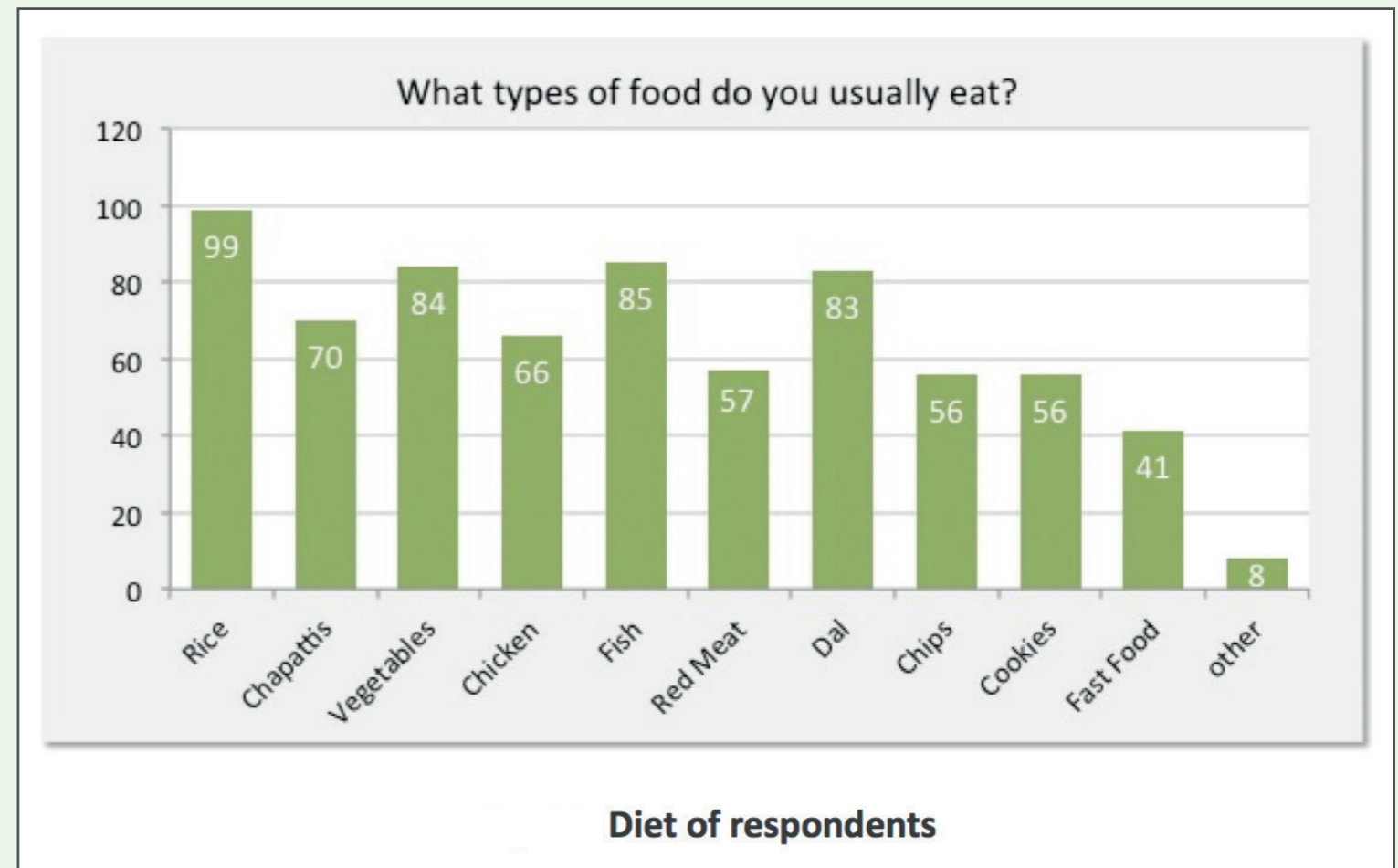
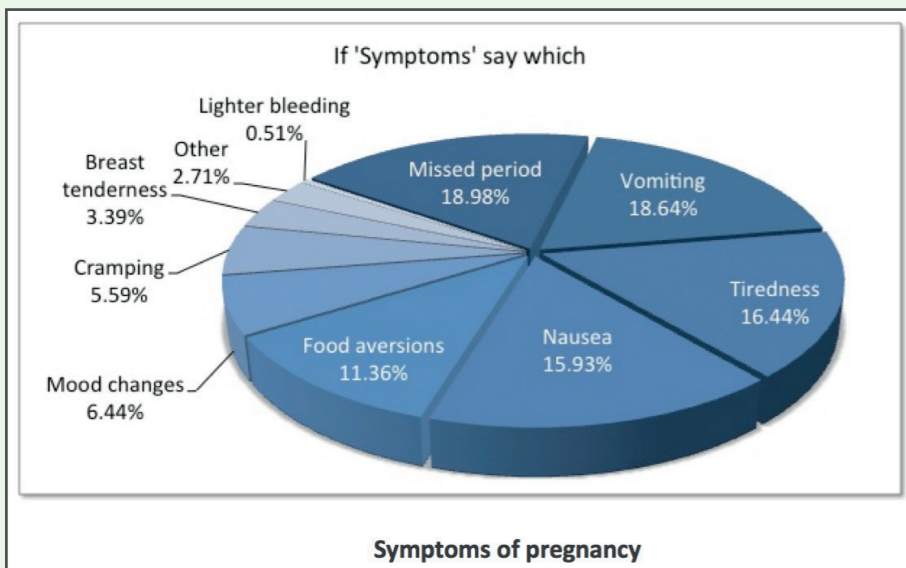
Traditions and beliefs about menstruation



Phase 1 - baseline survey

Contraception + Pregnancy

82.2% Were aware of some form of contraception... **BUT** 84% used **NO** contraception.
 2.8% Reported staying active during pregnancy
 28% More bed rest or total rest
 48% Had some education about diet



Phase 1 - baseline survey

Income and Expenditure

SNAPSHOT

51.5% Had a job

55% Reported husband working

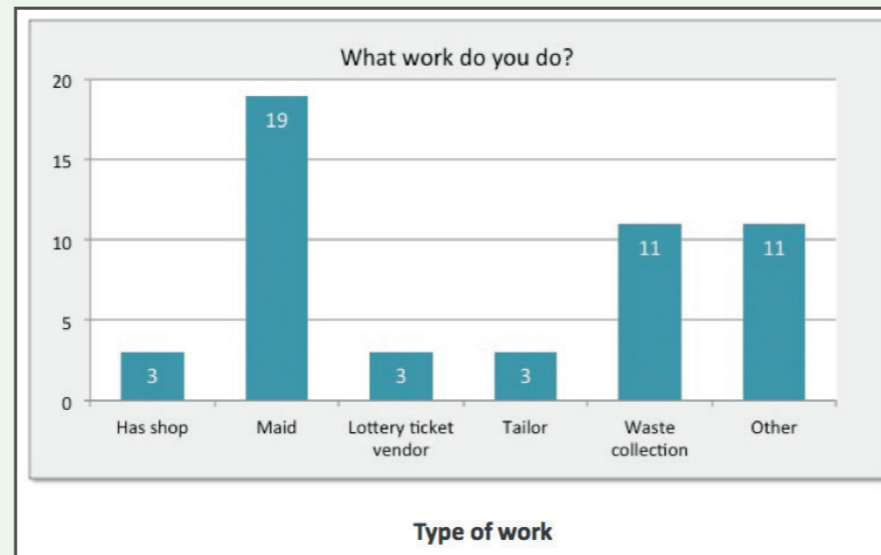
Monthly income between \$15 - \$314
(most \$78 - \$118)

“Other” expenditure included

50% Utilities

26% Private education

20% Medical bills



Expenditure	Number of responses	% Responses	% Respondents
Food	93	26.04%	96.00%
Rent	26	8.33%	
Alcohol	24	2.08%	
Smoking	30	0.00%	
Transport	33	1.04%	
Clothing	48	1.04%	
Loans	63	29.17%	
Other	42	32.29%	
Total types of expenditure	359	100.00%	
Total responses	96		
Did not answer question	4		4.00%
Total	100		100.00%

What is the item that you spend the greatest amount of your income on?



Phase 1 - baseline survey

Conclusions



Diet

Smoking/Alcohol Use

Private Education

Breast Feeding

**Knowledge of Menstruation
and Pregnancy**

Birth Practices

**Divisions between
Men and Women**

Social Taboos

Income Stagnation

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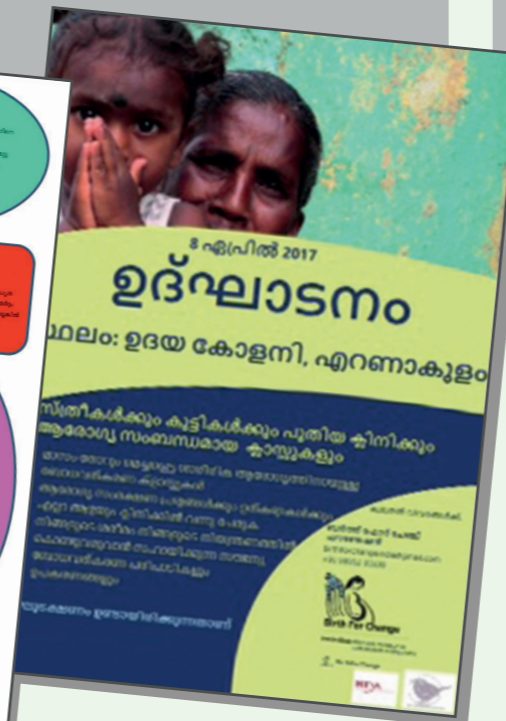
Phase 2 - Health Clinic and 6 Monthly Classes with before/after impact questions

CLASSES x ACTIVITIES = FINDINGS

Menstruation
Diet
Alcohol/Smoking
Pregnancy
Childcare
Birth Practices

Films
Posters
Games
Quizzes
Cyclebeads
Meals
Fe/Ca supplements
Trip to beach

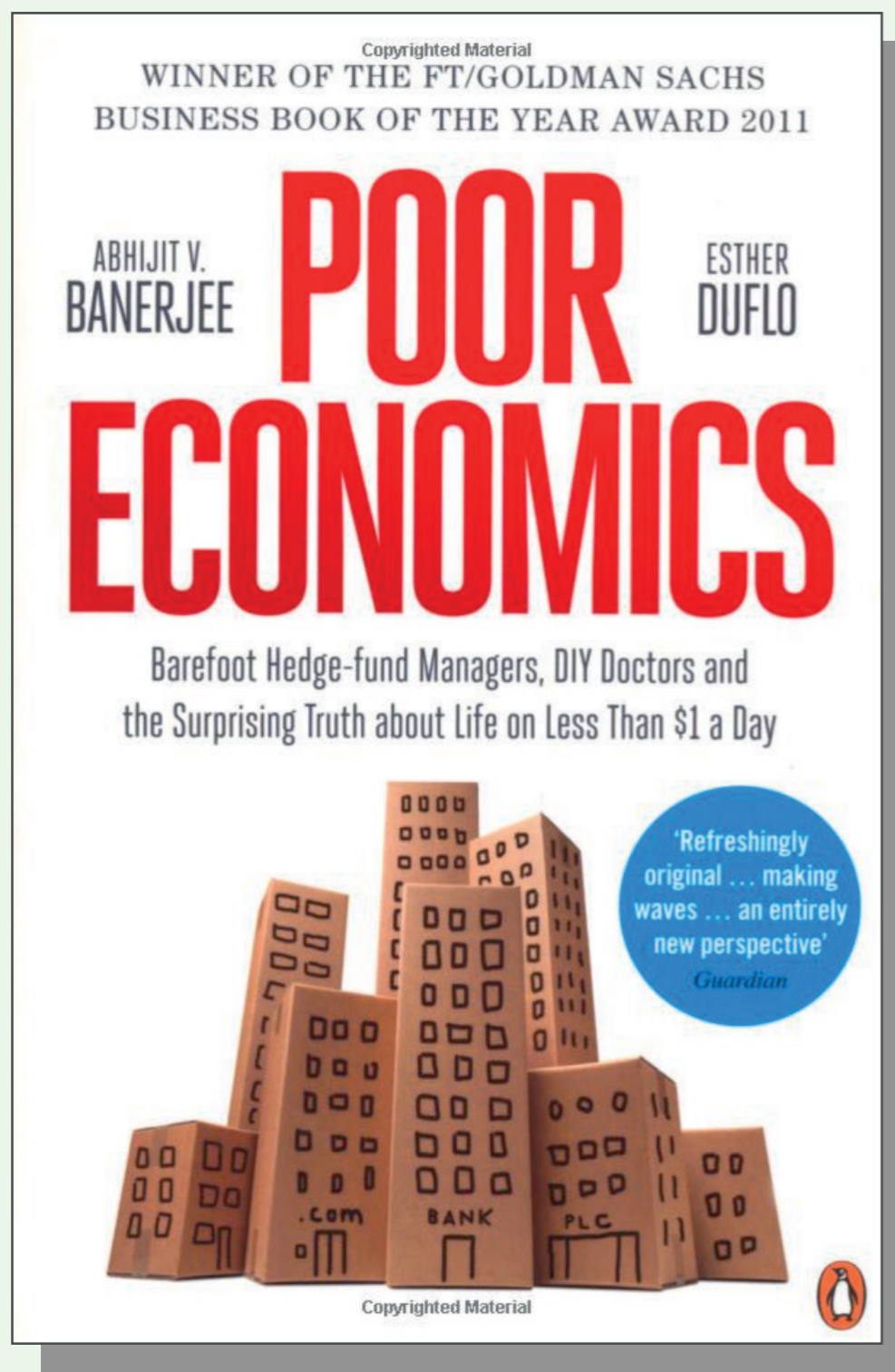
Initial enthusiasm
Dwindling attendance and interest
Competition
Slum "Wars"
Analysis of impact questions underway
Adaptations - focus on menstruation/pregnancy outreach to rural areas



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Phases 1 + 2 - Interim Conclusions



“POOR ECONOMICS”

Abhijit Banerjee and Esther Duflo
2011, Penguin Books

3is

IGNORANCE

IDEOLOGY

INERTIA

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Acknowledgements

**Kochi
Birth for Change
and Volunteers**

UK



**Project Design
Rob Davies (NIDA)
Graphics
Carol Usher (NIDA)
Presentation Design
Bob Luck
(Whitebeard Arts)**

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VISION

This new UK-based NGO seeks to support pilot projects and a world where everyone has a basic science literacy, bringing greater confidence and empowerment to help solve day to day problems, and understand the technical underpinnings of our lives to bring about social change for the better.

MISSION

HWDI believes that there must be a fundamental rethinking of how individuals and communities learn. To bring about wider and deeper information landscapes for all it will work across sectors to establish innovative partnerships between traditional and nontraditional players to address the interdependent challenges of combating ignorance.



HWDI are delighted to announce our ISLA 2017 winner

Dr Susan Nasif Obeid

of  Cymaza

The logo for Cymaza is an orange circle containing a black silhouette of a person with their arms raised in a celebratory gesture. The word "Cymaza" is written in a stylized, gothic-style font, with the "C" and "z" in black and the "y", "m", "a", and "a" in orange.

and her Virology Comics

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