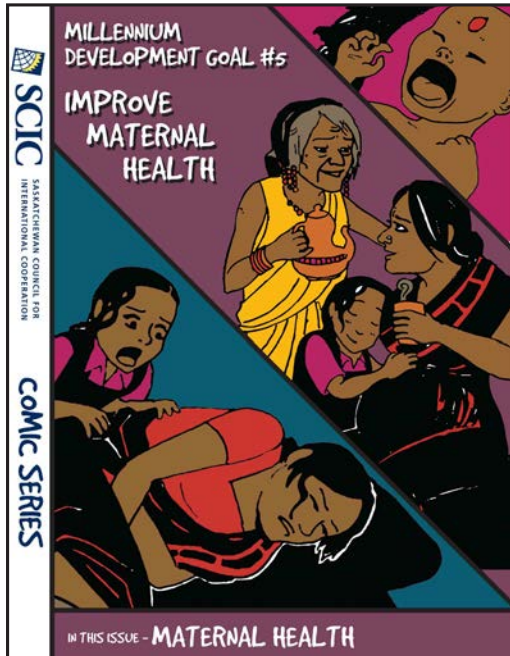


GOAL 5: Improve Maternal Health

CUT BACK BY THREE-QUARTERS THE NUMBER OF WOMEN WHO DIE WHEN THEY ARE HAVING BABIES.



THIS COMIC TAKES PLACE IN INDIA
CONTINENT: **ASIA**
CAPITAL: **NEW DELHI**
LANGUAGE: **HINDI, ENGLISH**
SPORT: **CRICKET**
POPULATION: **1,210,193,422**



With a burgeoning population of more than one billion people, many of whom live in poverty, access to health-care clinics and doctors is limited in general, let alone for pregnant women. As a result, being a mother in India can be very dangerous, as the life of both mother and baby in poverty can be at risk. Follow Chakori and her pregnant mother in this comic, and experience what life is like for some families living in India. Will Chakori's mother be able to deliver a healthy and happy baby, or will she experience lots of bumps along the way of her pregnancy?

GOAL 5 – RELATED LEARNING IDEAS:

1. Have students imagine that they are with a team of Doctors without Borders, visiting a certain country in the world. Each doctor must compile a medical research report outlining the types of complications women can face during pregnancy and child birth. Are these complications avoidable? How? What are the consequences if women do not have access to proper maternal health clinics and resources?
2. As a class, research what reproductive rights are under the United Nations and World Health Organization. Then, in groups, ask students to prepare presentations about a specific right or issue under reproductive rights. Have students present their findings to the class, and engage presenters and class in a class discussion about the presented issue.
3. Invite the student's mothers and/or grandmothers to the class for a celebratory tea and cookies afternoon. Dedicate the evening to celebrating motherhood by screening a movie, discussing issues related to maternal health, presenting the student's work about issues of motherhood, and maternal health etc.

Source: Wikipedia

“Half a million women die each year around the world in pregnancy. It's not biology that kills them so much as neglect.”
–Nicholas D. Kristof

DID YOU KNOW?

- Every day, approximately 800 women die from preventable causes related to pregnancy and childbirth.
- 99% of all maternal deaths occur in developing countries.
- Maternal mortality is higher in women living in rural areas and among poorer communities.
- Young adolescents face a higher risk of complications and death as a result of pregnancy than older women.
- Skilled care before, during and after childbirth can save the lives of women and newborn babies.
- Between 1990 and 2010, maternal mortality worldwide dropped by almost 50%

Source: WHO (2012)

GLOSSARY

BOLLYWOOD: the Indian film industry.

CHAI TEA: a drink of tea made with cardamom and various other spices, milk, and a sweetener.

DIA: Hindi word for midwife, who is a person trained to assist women in childbirth.

SARI: an outer garment worn chiefly by women of India and Pakistan, consisting of a length of lightweight cloth with one end wrapped about the waist to form a skirt and the other draped over the shoulder or covering the head.

TETANUS SHOT: a vaccination to treat the serious disease tetanus, which causes painful tightening of the muscles, usually all over the body, and can lead to the “locking” of the jaw, preventing a person from opening his/her mouth or swallowing.

GLOBAL AND LOCAL ACTION

FUNDRAISE FOR MATERNAL HEALTH PROJECTS: Fundraise or join efforts in organizations that work on maternal health efforts such as Million Mums and the White Ribbon Alliance for Safe Motherhood.

BUILD A BIRTHING HUT: Raise money to build a birthing hut by hosting a baby shower for brave mothers in Africa. See birthing hut project by Cause Canada www.cause.ca/babyshowers

CELEBRATE MOTHER’S DAY EVERY DAY: Celebrate the women around the world who gave us life. Participate in the Mother’s Day Every Day campaign at www.mothersdayeveryday.org.

YOUNG WOMEN’S WELLNESS PROGRAM: Start by Planned Parenthood Regina in 2001. The main goal of this program is delaying sexual activity. Programming takes place in Regina inner city schools and in the community. If you’d like to sponsor this program or donate to it call 306-522-0902.

WRITE TO YOUR MEMBER OF PARLIAMENT: Let the government know that you appreciate their efforts in improving maternal health through CIDA. Remind them that more needs to be done to meet the target of reducing the proportion of maternal mortality by three quarters.

Maternal Health in Developing Countries

SIMPLE TOOLS TO SAVE THE LIVES OF MOTHERS AND KIDS

Imagine if pregnant women and their kids in developing countries could be given simple, lifesaving health care, even when miles away from a hospital or doctor. Community health workers—trained practitioners who provide health care for pregnant women, assist in childbirth, and treat newborns—provide just that service. Without community health workers, pregnant women and newborn babies in the developing world are at risk for disease. More than 350,000 women die in childbirth and pregnancy each year, and almost 3.6 million babies die before they are a month old. Even small complications can be deadly for people living far from hospitals. Community health workers are saving lives by using a very basic—yet very important—set of solutions and techniques.



IN THE KIT:

- 1. SOAP, STERILE BLADE, PLASTIC SHEET, CLEAN THREAD OR CORD CLAMPS:** In low-resource areas, this simple, clean equipment can ensure safer childbirth.
- 2. MISOPROSTOL:** A drug that helps to prevent bleeding after childbirth. It doesn't need to be injected, and because it doesn't need to be refrigerated, it's easy to transport.
- 3. BABY HAT AND SWADDLING MATERIALS:** Keeping babies warm is important. Hats and blankets help prevent newborn hypothermia and infections.
- 4. INSECTICIDE-TREATED BED NETS:** By sleeping under nets treated with insecticides, mothers and their children can reduce their risk of being bitten by malaria-infected mosquitoes.
- 5. PAEDIATRIC ZINC TABLETS:** Diarrhoea is a leading cause of death among children in developing countries. Using zinc with oral rehydration therapy can significantly reduce the severity of the illness.
- 6. VACCINES:** Rotavirus, pneumonia, measles, Hib and DPT vaccines are all crucial for protecting children from disease. For example, rotavirus alone is the cause of more than 500,000 deaths a year in the developing world.
- 7. PNEUMONIA DRUGS AND TIMER FOR RESPIRATORY TRACKING:** Pneumonia can pose a major health risk for children. Proper treatment and the use of a simple timer to monitor breathing can help save lives.
- 8. PLUMPY'NUT:** A peanut-based paste rich in vitamins, minerals and calories that helps promote rapid weight gain for children suffering from malnutrition. It doesn't need water or refrigeration and lasts for two years.
- 9. EDUCATIONAL MATERIAL (LIKE FLASH CARDS):** These cards can give new mothers advice when the community health worker isn't available, and can help teach best practices for the mother's health and for raising healthy children.



TIGRAY, ETHIOPIA

Mothers received in-home training from community health workers to give their children anti-malarial drugs.



UTTAR PRADESH, INDIA

Community health workers helped teach the community about hygiene and preventing neonatal hypothermia by encouraging skin-to-skin contact between the baby and mother.



SYLHET, BANGLADESH

Community health workers encouraged clean cord care, provided blankets to keep babies warm, and encouraged breastfeeding.

Activity: Celebrating Mothers

PURPOSE

To help students learn about how people in other cultures celebrate mothers.

SUBJECT AND GRADE

Social Studies; Grades 1-6

TIMING

1 hour

MATERIALS

Computer

Internet

Materials for display

PROCEDURE

1. Mothers are celebrated throughout the world. Ask students to read through the ways in which mothers are celebrated (below) and choose one to investigate further using the school library or the internet.
2. Ask the students to create a display of different ways in which mothers are celebrated.

MOTHER'S DAY AROUND THE WORLD

Mother's Day is now celebrated in many countries around the world. Australia, Mexico, Denmark, Finland, Italy, Turkey, Belgium, Russia, China and Thailand all have special celebrations to honour mothers.

- The ancient Greeks celebrated Mother's Day in spring, like we do in Canada. They used to honour Rhea, mother of the gods, at dawn with honey cakes, special drinks and flowers.
- Japan's Imperial Family traces its descent from Omikami Amaterasu, the Mother of the World.
- Hindu scripture credits the Great Mother, Kali Ma, with the invention of writing.
- Native American women have long been honoured with the name 'Life of the Nation' for their gift of motherhood to the people.
- The Buddha honoured mothers when he said, 'As a mother, even at the risk of her own life, loves and protects her child, so let a man cultivate love without measure toward the whole world.'
- Mother's Day in England originated during the 1600s. Servants would go home to see their families, bringing cakes and sweets to their mothers. This custom was called 'going a-mothering'. Each mother would receive a simnel cake and mothers would give a blessing to their children.

Source: Change the World in Eight Steps.

www.oxfam.org.uk/education/resources/change_the_world_in_eight_steps

Click on Goal 5: To improve maternal health—information and activities

Activity: Mother's Health Around the World

PURPOSE

Introduce students to facts about maternal health in developing countries.

SUBJECT AND GRADE

Social Studies/Health; Grades 6-9

TIMING

1 hour

MATERIALS

A photocopy of the worksheet next page for each student

Computers Internet

PROCEDURE

1. Give each student a photocopy of the table below and ask them to match the beginnings of the sentences to the endings so that they have a sentence that makes sense.
2. Ask them to use the internet to do some research into the fifth Millennium Development Goal.
 - What kind of improvements does the United Nations want governments to make?
 - How easy would it be to make these changes?
 - Ask students to write a summary of their findings.
 - Suggested websites include: <http://endpoverty2015.org/> www.un.org/millenniumgoals

TEACHING POINTS

Target 5.A. Reduce by three quarters, between 1990 and 2015, the maternal mortality ratio

Target 5.B. Achieve, by 2015, universal access to reproductive health

More than 500 000 women die each year in pregnancy and childbirth. Most of them die because they had no access to skilled routine and emergency care. Since 1990, some countries in Asia and Northern Africa have more than halved maternal mortality. There has also been progress in sub-Saharan Africa. But here, unlike in the developed world where a woman's life time risk of dying during or following pregnancy is 1 in 4300, the risk of maternal death is very high at 1 in 31. Increasing numbers of women are now seeking care during childbirth in health facilities and therefore it is important to ensure that quality of care provided is optimal. Some 215 million women who would prefer to delay or avoid pregnancy still lack access to safe and effective contraception. It is estimated that satisfying the unmet need for family planning alone could cut the number of maternal deaths by almost a third. The UN Secretary-General's Global Strategy for Women's and Children's Health aims to prevent 33 million unwanted pregnancies between 2011 and 2015 and to save the lives of women who are at risk of dying of complications during pregnancy and childbirth, including unsafe abortion.

WORLD HEALTH ORGANIZATION KEY WORKING AREAS

- Strengthening health systems and promoting interventions focusing on policies and strategies that work, are pro-poor and cost-effective.
- Monitoring and evaluating the burden of maternal and newborn ill-health and its impact on societies and their socio-economic development.
- Building effective partnerships in order to make best use of scarce resources and minimize duplication in efforts to improve maternal and newborn health.
- Advocating for investment in maternal and newborn health by highlighting the social and economic benefits and by emphasizing maternal mortality as a human rights and equity issue.
- Coordinating research, with wide-scale application, that focuses on improving maternal health in pregnancy and during and after childbirth.

Worksheet: Mother's Health Around the World

<p>A. Every minute of every day, somewhere in the world and most often in a developing country...</p>	<p>1. ...it represents an enormous cost to her nation, her community, and her family.</p>
<p>B. A woman's death is more than a personal tragedy,...</p>	<p>2. ...can significantly reduce the health risk that women face when they become pregnant.</p>
<p>C. Most maternal deaths could be prevented if women had...</p>	<p>3. ...a woman dies from complications related to pregnancy or childbirth.</p>
<p>D. More than a decade of research has shown that small and affordable measures...</p>	<p>4. ...children lose their primary caregiver, communities are denied her paid and unpaid labour, and countries forego her contributions to economic and social development.</p>
<p>E. When a mother dies...</p>	<p>5. ...making maternal mortality the health statistic with the largest disparity between developed and developing countries.</p>
<p>F. Nearly all maternal deaths (99 percent) occur in the developing world...</p>	<p>6. ...access to appropriate healthcare during pregnancy and childbirth, and immediately afterwards.</p>

Source: Change the World in Eight Steps.
www.oxfam.org.uk/education/resources/change_the_world_in_eight_steps
 Click on Goal 5: To improve maternal health—information and activities

Activity: The Story of a Birth

PURPOSE

Each student will discover the story of a birth in North America by talking to a woman who has had a baby in North America (or another developed region) to complete the attached worksheet. The women they interview can be their own mothers, aunts, neighbours, and so on. They will partner with other students to identify similarities and differences between birth stories. They will understand these experiences in contrast to the experience of birth in a developing country.

SUBJECT AND GRADE

Social Studies/Health; Grades 6-9

TIMING

1 hour for the lesson

Plus time for interviews (not during school hours)

1 hour to debrief

MATERIALS

Hand-out Worksheet "The Story of Birth"

TEACHING POINTS

Every year, more than 500,000 women die in childbirth, most of them in developing countries. While this is not an issue of concern in wealthier nations—where fewer than 10 women die for every 100,000 child births—the rate of deaths among women in the developing world can be as high as 1,000 for every 100,000 births. Poverty is the biggest reason for this disparity. The women in the developing world are dying during childbirth because they are malnourished and weakened by other illnesses and disease. They are also more likely to have numerous births and they lack access to trained health care workers and medical facilities.

PROCEDURE

1. To assess prior knowledge, hold a brief discussion about the range of services that women have to choose from when they are pregnant - hospital care, midwives, family doctor, etc. Ask students if they know about the types of tests/services that pregnant women typically get—ultrasounds, blood tests, etc.
2. Ask students to consider the assumptions held by North Americans regarding health care experiences for pre/post natal care (i.e., doctors, not midwives deliver babies, babies are delivered in hospitals not homes, medicine for pain is preferable).
3. Distribute the handout/worksheet "The Story of Birth" and ask students to speak to a woman who has given birth about her experiences during pregnancy and childbirth.
4. The next day, hold a discussion about some of the information they gathered.
 - a. What are some of the similarities between all of their experiences?
 - b. What are some of the differences?
 - c. What did they learn that surprised them?
 - d. Share their ideas about how things would be different for new mothers in the developing world.
 - e. How might extreme poverty make these birth stories different?
5. Explain to students that the United Nations came up with the fifth Millennium Development Goal to help make things more fair for all mothers so that they have access to life-saving health care during pregnancy and child birth.
6. As a class, identify five measures that could be implemented to improve maternal health in the developing world, based on the findings from the worksheet.

Source: Educational Resources. Free the Children.

www.freethechildren.com/getinvolved/educator/programs.php?type=curriculum

Click on Health: Secondary Lesson Plan

Worksheet: The Story of a Birth

1. My interviewee was pregnant from (month/year) _____ to (month/year) _____
2. During this time, she visited the doctor _____ times.
3. She took the following health measures while she was pregnant:
4. She took these medicines and/or vitamins while she was pregnant:
5. She bought the medicines from: _____
6. Did she pay for the medicines herself, or were they covered by insurance or public health programs?
7. She took a childbirth class: YES OR NO (circle one)
8. The class was provided for free through public health or a hospital: YES OR NO (circle one)
9. How did the childbirth class help her?
10. My interviewee was mostly COMFORTABLE/UNCOMFORTABLE (circle one) while she was pregnant.
11. She had the following people to help her while she was in the hospital:
(list doctors, nurses, family members, etc.)
12. She took some medicine to reduce the pain when she began delivery: YES OR NO (circle one)
13. My interviewee stayed at the hospital for _____ days.
14. With your interviewee's help, write a paragraph on the following:
Mothers in the developing world sometimes have a harder time when having a baby because they don't have easy access to doctors, hospitals and other services. My interviewee believes that if she had been a mother in a developing country, maybe things would have been very different. This is how:
(write a paragraph on the back of this page):