Philani Maternal, Child Health, and Nutrition Project

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Cape Town, South Africa
Summer 2014
Princeton IIP
Work Description

- Mentor Mother Program
  - Home-based, primary health care outreach program
  - Educates and supports pregnant women
  - Rehabilitates malnourished children
  - Promotes sustainable community health
  - 66,558 households visited since beginning of 2014
Work Description

- Client satisfaction survey
  - Designed and implemented survey to Mentor Mothers’ clients
  - Analyzed results to provide feedback on program
Impact

- Identified need for providing **Vitamin A** and **deworming tablets** on home visits
Work Description

• **Referral Organization Directory**
  - Individually contacted over 50 shelters, counseling organizations and rehabilitation centers regarding services and referral process
  - Philani refers vulnerable children, abused pregnant mothers, etc.
Impact

• Makes it easy for Philani staff to find referral process information, contact numbers, and the right organization to refer to

• Exposed me to the wide range of social and health issues dealt with in Cape Town
Work Description

• Child Mortality Analysis
  o Analyzed reasons for infant and child death in 2012 - 2013
  o Found prevalence of accidents and sleep-related incidents
Most Memorable Experience

- Attending home visits with one of Philani’s Mentor Mothers

Shacks in Khayeltisha

Two of Philani’s Mentor Mothers
Side Project

- **First 1000 Days Research**
  - To educate public via a newspaper article
  - Nutrition, hygiene, immunizations
Academic and Career Plans

- Low rates of exclusive breastfeeding in both South Africa and United States
- Growing interest in public health and health policy – senior thesis and beyond
Academic and Career Plans

- Love for children
- Passion for pediatrics and neonatology

Myself, with Philani’s Educare children
Conclusion

• Witnessed the challenges our world faces today in maternal and child health
• Learned about the social, political, historical, and cultural ties to health
Conclusion

- Solidified the role of global and public health in my future medical career
- Experienced an amazing rich culture