JOINT DEVELOPMENT ASSOCIATES INTERNATIONAL

CATALYZING TRANSFORMATIONAL DEVELOPMENT



SEPTEMBER 2018

AN EMPOWERED WOMAN IS A PRODUCTIVE WOMAN

Knowledge is power and the good use of it changes life in different ways. Women in Afghanistan have the primary role to care for their family and home. But JDA has come across many stories of women, like [redacted] who are unaware of the potential health risks that unsanitary habits can bring. If we want to improve the quality of life for women, families and communities, it is essential to help empower women with knowledge about hygiene, sanitation, and nutrition.

[redacted] TESTIMONY

"My children became sick with diarrhea frequently. I never understood the reason for their sickness, until I took part in JDA's hygiene lessons. I became aware about microbes, worms, water purification, Oral Rehydration Theraphy preparation, good nutrition, and proper hygiene and sanitation habits. After taking each lesson, I put my knowledge into action and made the necessary changes. I also share the lessons with other women, because I realize how important this information is to better care for our health."

One of the ways that we do this is through educational training. We gather several groups of women for a six week education program to learn about good hygiene and factors causing malnutrition. Through training with pictures and drawings, they begin to understand their influence as effective members of their households and communities. They are encouraged to use their potential to build healthier communities by becoming champions of health and nutrition, sharing their knowledge, promoting positive behavioral changes, and supporting and training other women. This method has been an excellent way to create more trainers within each group who receive the lessons. Many of the women transfer their knowledge into neighboring villages, creating an impact on a greater number of people. The biggest impact is the power they have to keep their families healthy. Their active participation improves the overall health of their communities.

THIS YEAR, 4,450 WOMEN HAVE BEEN TRAINED IN HYGIENE, SANITATION, AND NUTRITION.



For the past 9 years, JDA has been assisting women in gaining the knowledge and skills to improve their health and that of their families. Programs and like Hygiene & Nutrition training provide opportunities women can use to build skills and empower themselves. As they participate in the program, they take on more responsibilities and assume leadership roles, and as a result, they receive social empowerment.

