

## Women's Health: Nepal



Status: In progress  
Project Partner: COSAN  
Country Office: Asian Aid Australia  
Duration: April 2011 to March 2014  
Budget: \$100 000  
Project Coordinator: Quentin Campbell  
Rama Basnet (COSAN)

### What does this project aim to achieve?

The Women's Health Project in Nepal aims to raise awareness, help prevent and cure the incidences of uterine prolapse (UP) among the rural, poor women of Gorkha and Sindhupalchok districts of Nepal, with the view of improving their health and increasing their life expectancy. Women's health is highly neglected in Nepal, one of the few countries in the world where a woman's life expectancy is lower than a man's, and uterine prolapse is a common health issue among women. Studies in Nepal indicate that some 600,000 women, or 40% of the female population, suffer from second and third-degree uterine prolapse.

Several non-government and/or community-based organisations are helping to address this issue by focusing on offering operations to women to cure the condition. But research suggests that little is done in educating women on how to prevent uterine prolapse. This project aims to fill this gap by funding the development and implementation of an awareness and training campaign involving local people and other organisations.

### Who does this project help?

This project will help rural women, between the ages of 15 and 70, in twenty-five villages in the Gorkha and Sindhupalchok districts of Nepal where incidences of uterine prolapse are among the highest in the country. It is anticipated that 50,000 women will be involved in various training seminars, community support programs, workshops on women advocacy rights and in the distribution of resources. Some 5,000 girls will also be encouraged to attend awareness activities conducted at various schools in these districts.

It is also anticipated that approximately 6,000 women will be screened for the condition and up to 600 will receive operation support for second and third-degree uterine prolapse.

### Why has Asian Aid chosen this project?

Asian Aid has chosen to support the Women's Health Project because it believes this project can make a *real* and *positive* difference in the lives of some of the most disadvantaged people in Nepal. Illiteracy, poverty, lower social standing, cultural practices such as early marriage and early pregnancy, lack of understanding regarding sanitation, nutrition and secure childbirth and the need for women to work and carry heavy loads during pregnancy and soon after birth make uterine prolapse a devastating reality for so many poor, rural Nepalese women. But prevention is possible. Having women understand the causes of the condition, and helping to prevent its continued spread will help not only the affected women, but also their communities.

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## When will this project begin and/or end?

Research to identify the scope of the project was conducted in 2008 and 2010, but the project will begin in April 2011. It is anticipated that the project will continue for three years.

## How will this project be funded?

This project will be funded by Asian Aid Australia through donations made specifically to this project by our donors and supporters. Asian Aid's partner, Community Services Academy Nepal (COSAN), will implement the work.

## What can you do to help?

Asian Aid needs to raise \$100,000 to support COSAN's work in this area. You can help us give hope today by donating specifically to this project. To donate, visit [www.asianaid.org.au](http://www.asianaid.org.au) or call us on (02) 6586 4250 with your credit card details.

An opportunity may also exist for people with medical skills (doctors, nurses and/or medical support staff) to volunteer by going to Nepal. Call Quentin Campbell on (02) 6586 4250 for more information about this opportunity please.

We value your continued prayers for the work Asian Aid does.

Thank you.