



Saving the lives of mothers and children in Nepal and Vietnam

Vision for the future

Did you know that children born in the mid-western region of Nepal are 14 times more likely to die before their first birthday than children born in Canada?

As many as 1 in 17 babies don't live to see their first birthday in the mid-western region of Nepal, and as many as 1 in 33 among ethnic minorities in northern Vietnam.

In Vietnam and Nepal, especially in rural and remote areas, women and their newborns struggle to access health care due to poverty, long distances to health facilities, or because high quality health services simply are not available.

HealthBridge and its partners envision a future where all pregnant women and children get the essential health care and nutrition they need to not only survive – but to thrive.



We want to see:

- More women able to access health services for themselves and their children.
- High quality health services accessible to all mothers and babies.
- Healthier pregnant women, mothers and newborns, getting the nutrition they need.



The situation in Nepal and Vietnam



Son La is the third poorest province in Vietnam. Malnutrition is common in both regions. In Banke district, Nepal, almost one quarter of the population lives below the poverty line.

Poverty, cultural constraints, and treacherous roads make it harder for women to get to health clinics for pre-natal and delivery care.

Even if women do make it to a health clinic, they are sometimes faced with more barriers such as poorly equipped health facilities, or inadequately trained health workers.

Women's and children's health suffer as a result:

- In Son La, nearly 50% of women give birth without the help of a skilled provider, putting them and their babies' lives at risk.
- In Banke district, 60% of mothers do not receive health care during the critical two days following delivery.

What we are doing to achieve our goals

We are working with our partners and local governments in Banke district, Nepal, and Son La province, Vietnam, to strengthen the existing health systems and promote good nutrition. We are investing in people because we believe this will lead to sustainable, long-term change. We are doing this by:

- 1 Educating** – women, men and family members on the importance of health care and good nutrition.
- 2 Training** – health workers and community volunteers to deliver high quality health and nutrition services.
- 3 Empowering** – local women, men and health workers to break down gender-related barriers to accessing health care.
- 4 Strengthening** – health clinics by providing equipment, supplies, and sanitation facilities.

About us and our partners



HealthBridge Canada is a Non-Governmental Organization (NGO) that works with developing country partners to improve health and health equity for vulnerable people.

www.healthbridge.ca



Center for Creative Initiatives in Health and Population (CCIHP) works to create healthier communities in Vietnam by promoting equality, diversity and health for all people.



International Nepal Fellowship (INF) works to bring sustainable improvements in health and quality of life to poor and marginalized people in the western regions of Nepal.



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