Health Education and Healthcare Implementation in Rural Kenya

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Introduction
- The Health Grand Challenges program supports Princeton interns at Mpala Research Centre in Laikipia County, Kenya.
- Interns work on projects related to public health education and healthcare access for communities surrounding Mpala.

Objective of Internship
The objective of the Health Grand Challenges internship at Mpala is to allow Princeton students to use their skills to assist local NGOs and communities with healthcare implementation and health education.

Internship Overview and Reflection
- As Global Health interns at Mpala Research Centre, my partner and I developed educational curriculums on sex education and rabies vaccination for primary school students in Laikipia County, Kenya.
- While visiting schools analyze the state of health education in the area surrounding Mpala, teachers expressed a need for sex education for 11-13 year old primary school students, in addition to the rabies curriculum we were already developing.
- We developed a six part hygiene and sex education curriculum and taught it to two local schools.

- Additionally, we worked as interns for Communities Health Africa Trust, a local NGO that runs a mobile clinic that offers free contraception and health services to communities across Kenya.
- We traveled with the mobile clinic for approximately a week each across Samburu County, Kenya, assisting doctors and nurses.

Looking Ahead
- Future Global Health interns could expand and build on the health education program in local schools.
- We envision that the reach of the program could be expanded to more schools and a Kenyan research assistant to help with language and cultural barriers.
- Interns could build on previous partnerships with the Laikipia County Rabies Vaccination Campaign and Communities Health Africa Trust.

Conclusion
- This internship requires willingness to learn about other cultures and listen to community members about their needs.
- Without going out into communities and speaking to local educators, we may not have produced our sex education program, which was one of the most impactful project.